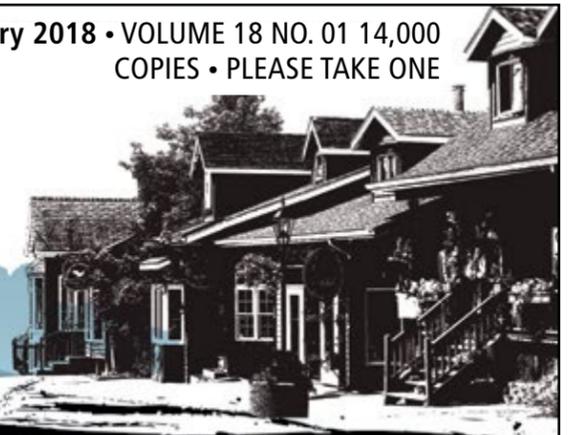


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Yiannis and Josée, the owners, developed évoilà5, a new concept for ready-to-cook healthy meals, because they wanted to spend more time with their two daughters, without neglecting the quality of their food. Their venture was successful, and évoilà5 now has 6 boutiques and is continuing to develop.

After experiencing the positive impact that évoilà5 provides, and seeing the benefits it brought to his own family of five, Claude Levesque decided to bring this service to the people of the great Laurentian region. You are invited to visit him and his welcoming team at his boutique in St-Jérôme.

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Boutique évoilà5 St-Jérôme is located at 1245, Jean-Baptiste Rolland West, St-Jérôme, QC J7Y 4Y7. Accessible via exit 41 or 43 from Autoroute 15.

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## Make Every Meal a Special Occasion Setting an inviting table

Susan MacDonald

Remember that gorgeous dinner table you prepared over the holidays? Well, just because the festivities are over doesn't mean you can't enjoy the same welcoming ambiance to your table throughout the year. Here are a few simple, yet stylish suggestions to create eye-catching appeal that will encourage your family to flock to the table at dinnertime.

Table linens offer a great variety of choices that can change the look of your table settings every day. Experiment with using tablecloths, runners, napkins, placemats or circular chargers to accent your dinnerware. Try using them as stand-alones or in any combination.

A centre-piece creates a focal point and helps accentuate the beauty of your table. Be creative but keep them low so they won't get knocked over, and so you can see the person across the table. A few ideas include flowers, candles, natural items such as crystals, river rocks, cedar twigs or pine boughs. Try placing long-stem flowers, such as calla lilies horizontally instead of vertically.

Dishes and glassware offer a multitude of ideas and opportunities and can be interchanged for variety. Try a mismatched theme rather than a unified setting for casual meals. You could also stack the service settings, starting with a dinner plate, followed by a salad plate and topped off with a bowl. Or, set a single dinner plate with the napkin and cutlery on top, rather than beside the plate.

Use napkins with similar colour tones, but of different patterns or themes to make a unique setting for each person. These can be further enhanced by the addition of small decorative items such as unusual napkin rings, or napkins and tableware tied with twine or ribbons.

Taking turns setting the table could be a fun activity for the entire family as well, allowing each member to show off his or her own creativity and style. What a perfect way to encourage even the youngest member to get involved with mealtime, even if they might require a bit of help.

A well-prepared meal deserves a proper table setting, and vice-versa. Mealtime is best enjoyed as "family time," so why not make yours every bit as special as it can be?



## Major investment to build snowmobile trail



To restore the link for snowmobile traffic between Saint-Faustin-Lac-Carré and Mont-Tremblant, the Québec government is providing financial assistance of \$3 million to the Club de motoneige Diable et Rouge Inc. for the realization of the by-pass path of the linear park, Le P'tit Train du Nord.

Minister of Transport, Véronique Tremblay, and Minister responsible for the Laurentians, Christine St-Pierre, recently made the announcement during their visit to the region. They took the opportunity to thank the regional players who mobilized for this bypass project between Saint-Faustin-Lac-Carré and Mont-Tremblant.

This long-awaited trail will give new impetus to the region's tourism industry. Since 2004, the Langlois decision has banned the movement of snowmobiles on the linear park between Saint-Faustin-Lac Carré and Mont-Tremblant.

- The snowmobile trail will be moved along the Route 117 right-of-way and on some private lands.
- The 9.2 km trail will leave the linear park, Le P'tit train du Nord, at Saint-Faustin-Lac-Carré to connect to the existing trail in the area of Simeon Street, Mont-Tremblant.
- The trail construction work will be under the responsibility of the Devil and Red Snowmobile Club Inc.
- Only snowmobiles will be allowed to access this new development.
- The section will ensure the continuity of the snowmobile trail number 325, linking Saint-Faustin-Lac-Carré to Mont-Tremblant.

"Quebec snowmobilers can rejoice: the by-pass between Saint-Faustin-Lac-Carré and Mont-Tremblant will see the light of day! I am very pleased to announce this financial assistance since it is in line with our government's commitment to develop permanent snowmobile trails. We recognize the importance of the snowmobile industry throughout Quebec, particularly in terms of economic and social benefits for the regions, and that is why we have made every effort to find a lasting solution to the situation experienced here, in the Laurentides region."

**Véronique Tremblay, Minister Responsible for Transport**

"This investment will help put in place a solution to reopen this important link that joins a network of trails in the Laurentians. Thus, the replacement of the interrupted section of trail number 325 will revive the tourism industry, an important economic engine and job generator during the winter period."

**Christine St-Pierre, Minister responsible for the Laurentides region.**

"After many years of volunteer work, we are proud of today's announcement. This is a very important link that will finally be able to revive the day thanks to the financial assistance granted by the Minister Responsible for Transport, Mrs. Tremblay. I can not ignore the commitment of club volunteers in this project, especially Mr. Roland Leroy, president of the club Devil and Red. Her dedication and passion for snowmobiling are invaluable in the P'tit Train du Nord. Not only will snowmobilers welcome this news with joy, but tourism development in the region will also reap the benefits."

**Mario Gagnon, President of the Quebec Federation of Snowmobile Clubs**

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## What's On My Mind... Your community news

Susan MacDonald, Editor



Welcome to the New Year, with all the opportunities and challenges it will have in store for us and unfold slowly over the coming months. It's now mid-January, and though we are still winding down from the holidays, we've stopped reviewing the past and begun looking forward. What does the future hold? Hopefully, better news for community newspapers.

On page 7 of this edition, you will find a letter addressed to Ms. Mélanie Joly, Minister of Canadian Heritage, and Ms. Carla Qualtrough, Minister of Public Services and Procurement, written jointly by representatives from three concerned media groups. The letter outlines the important role of local community media in the support of minority populations, made available in their native languages, and emphasizes the benefits of Federal financial assistance, through advertising, which would enable community media outlets to continue keeping their readers informed in their chosen languages.

The rest of Main Street's first edition for 2018 brings you some current news bits, highlights the local news from various communities and the outstanding achievements of some of our community members, tells you what's going on in the Laurentian cultural world and provides some informative and interesting opinion pieces from our regular contributors.

Our vital business sector is included, as well as our welcome to new arrivals, our goodbyes to old-friends, and news of any changes in locations or management that have come to our attention. We offer our businesses strong support by continuing to promote to our readers, at every opportunity, our motto of "Shop Local".

The entire community is featured in Main Street, from our churches and legions, our schools and universities, to our community groups and non-profit organizations. This is what sharing community news is all about, and we hope to be able to continue to do so well into the future.

While the government has put forth a program in the guise of assisting media to make a transition into the digital world, few local publications, particularly those servicing small and rural communities, are able to accept this tenuous offer. In truth, we all use and enjoy the Internet and social media platforms, but we still love the physical presence and tactile qualities of our print community papers. Few community publishers have any intention or desire to stop the rolling of their presses.

Richard Tardif, Executive Director of the Quebec Community Newspaper Association, was recently interviewed by Saroja Coelho of CBC Radio's segment, Breakaway, during which he clearly confirmed the position of the QCNA members. You can hear the full interview on our website home page by clicking the tab under the rolling banner, Listen - CBC. Substantiating his statements are the opinions of Nikki Mantell (The Low Down to Hull and Back) and Sophia and Lily Ryan (Bulletin d'Alymer). You can hear what they have to say by following this link <http://en.matv.ca/outaouais/mes-emissions/citylife/videos/5646363848001>.

As community members, you can help to support your local community newspapers by contacting your local MPs and voicing your concerns, and by shopping locally, and confirming to business owners that their print advertisements are effective. With your support, community newspapers will continue to thrive.

Enjoy the read and we will be back next month...

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# Observations Global Warming? Humbug!

David MacFairlane - MainStreet

After a miserable summer of 2017, and now wrapped within the grasp of a brutally cold winter, it makes me wonder what was all this

hullabaloo about the planet being in danger of overheating, and urgent action, like a smaller carbon footprint, was needed to correct this dangerous trend. This "cold spell" is not an isolated incident, because, as I remember, our previous summer and winter was not so enjoyable either. In addition, regions that are normally rather mild, such as the UK, have been experiencing brutal snow storms and freezing temperatures unlike anything in recent memory. Pictures of snow-blanketed roads and buildings and vehicles in ditches would remind us of our own winter predicaments; but in Europe?

A recent newsletter from Armstrong Economics (December 2017) warned that the Global Warming drum-beaters have been misleading the entire world and preventing us from understanding that GLOBAL COOLING is what's really occurring instead, and will cause a rapid decline in our civilisation through food shortages and the spread of infectious diseases. Martin Armstrong, the editor, points out that this is not simply an opinion, but data provided by his research, which indicates a rapid cooling of the sun, due to a decline in its energy output. He concludes that the earth is turning colder, not warmer, and by understanding this phenomenon, we will have the opportunity to prepare for some very hard times ahead regarding the availability of food supplies, energy and our way of life that we take for granted. He states that this will begin in 2017, and will continue to escalate as part of a 300-year cycle of the sun, which, as a thermodynamic system, does not produce constant output. In 2016, the UK Daily Express pointed out that solar activity has not been as low since the mini-ice age that occurred from 1645-1715, a period known as the Maunder Minimum, when the entire Thames River froze over. Scientist and mathematician, Valentina Zharkova, of Northumbria University, using updated models, has been able to predict the effects of solar activity with 97% accuracy, and indicates that solar magnetic activity is predicted to drop by 60% between 2030 and 2040. In late 2016, at a National Astronomy Meeting, she stated that after 2022, a new cycle, known as Cycle 26, will herald a new ice age which could be comparable with the last one of 1715.

Here, in Canada, we have just experienced a period of intense cold across the entire country, along with many severe storms. Last week, snow and ice blanketed the Maritime provinces, knocking out power for thousands in the region. In addition, the east coast of the US, from Florida to Maine, was also hit with a major snowfall that closed airports and snarled traffic for many days. In winter 2016/17, the entire continent of Europe had heavy snowfall and below-freezing temperatures causing hundreds of deaths and crippling transport systems. Even in Greece, many islands were blanketed in snow with sub-zero temperatures. This winter, 2018, Euronews is reporting that heavy snowfall and rain have caused many countries to issue alerts and evacuation orders due to the threats of flooding, landslides and avalanches. Northern Italy had 2 metres of snow in one night! Similarly, Erie, Pennsylvania, had 5 feet of snow on Christmas Eve. The BBC has reported that heavy snow has disrupted life in most of Northern Europe and the UK, making travel treacherous and leaving tens of thousands without heat and electricity.

Armstrong points out that NASA has also confirmed that we are entering a cooling period because the sun is experiencing a rapid decline in sunspots, and dimming in brightness, or energy output. Sunspots are cooler areas of the sun caused by strong magnetic fields from within. Although very hot, they are cooler than the rest of the sun by as much as 1800 degrees Celsius, so they appear darker. Sunspots are the most numerous during solar maximums, periods when solar output is at its most intense. During solar minimums, very few sunspots will be observed, due to a decline of the magnetic activity within the sun. These cycles last for around 11 years. In 2015, NASA recorded ZERO days without sunspots. In 2016, they recorded 32 days (9%) without sunspots. In 2017, they recorded 96 days (27%) without any sunspot activity, a huge jump from 2015 that cannot be ignored.

Temperatures dropped sharply in 1916, coinciding with WW1 (1914-1918). An influenza pandemic began in the spring of 1917, which infected about 500 million people in the world (one-third of the population) and killed between 20 and 50 million people. The precursor virus began in birds, mutated to animals and then to humans. By 1918 it was rampant and continued to 1920. Overall life expectancy was shortened by 12 years. Strangely, this virus thrived on the over-reaction of the body's immune system, so it killed the strong rather than the weak. Strong immune systems fed the virus, so it largely ignored children and the elderly. Obviously, lower constant temperatures do not help the planet's population to thrive, and make us vulnerable to illnesses and food shortages. Such conditions, when extreme, bring pandemics, famines and demographic decline.

In closing, may I suggest that it's time we wake up from our slumber of complacency and insouciance and begin to contemplate a possible future under much more unpredictable and unknowable conditions. Just one day too late will be altogether too late. It would be foolish to say, "it can't happen", because everything that can happen has happened before, although not, perhaps, in our lifetimes. So, anyone who looks out over the landscape today, and feels comfortable with the status quo would be, in my humble opinion, a simpleton. The time to prepare for the safety of loved ones and your future survival is now, before the deluge. If you do not see the possibility of such a calamity, it's likely you will be the victim of unforeseen consequences. Adequate preparation would include eliminating debts and having cash at home, storing reserves of non-perishable food supplies, ensuring the availability of clean water, and even learning how to grow fresh food indoors. Indoor, family-scale agriculture is not difficult, and information to do this is abundant online. Preparation is a pre-emptive process and a state of mind.

We are living in parlous times, dear readers. Ah, yes, the stock market is hitting new highs, Bitcoin is \$16,000 and rising, although lacking intrinsic value, and blockchain technology is just software that increases the security of digital transactions, unemployment is at historic lows, home-ownership is making people feel rich, and anyone who fogs a mirror can get credit, so what could go wrong? That is the illusion. This apple is rotten in its core. Most jobs are part-time or minimum wage, stocks are leveraged through margin speculation, and insiders are selling while you keep buying, homeowners are over their eyeballs in debt, credit-card debt has never been higher, worldwide sovereign debt is \$240 trillion and growing, while rich just keep getting richer and don't give a damn about you. It's the biggest bubble in history seeking a pin.

What will happen when the music stops? Will you have a chair?

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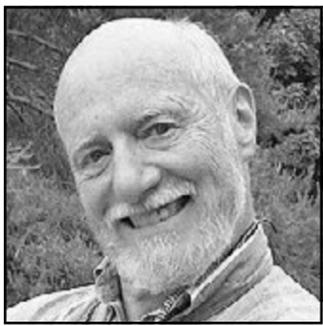
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## Simply Words on Paper Tribute to a treasured teacher

Jim Warbanks - Main Street

What makes a teacher great? Evident passion for the topic at hand. Much deeper knowledge of the subject that is being taught. An innate ability to reach out and connect with students who exhibit varied learning capacities and benefit from preferred methods. Welcoming the opportunity to respond to questions in a manner that adds a dimension to the subject. Someone who will be remembered and possibly quoted years after the particular class or discussion may no longer be relevant.

I have been fortunate to have had some exceptional teachers from my earliest school days; others were decidedly mediocre. Later, in my academic career, I sought out certain outstanding teachers by switching classes, if need be. Though it somewhat impeded my course progress, this allowed me to benefit from greater intellectual stimulation and broadened interests.

### Great teachers

I have known many great teachers, and indeed married one. Others, I still count as good friends. This to indicate that the tribute that follows is for a teacher and friend with decidedly superior credentials, Alain Lefevre, who passed away recently, but will be remembered fondly by family, friends and a very large contingent of former students.



I had met Alain a couple of years earlier, and was impressed

with the rapport he developed with Adult Education students. While serving on the Argenteuil Hospital Board of Directors, I had managed to obtain significant funding for a project that included teaching English language courses to hospital staff as well as other communication and signage measures. I needed expert help. I contacted Alain and proposed this challenging endeavor. Since he was also a Board member and tutor at the Laurentian Literacy Council (now Centre), he agreed to help develop and teach the courses, on condition that I become involved with the LLC. I remain involved to this day.

### Shed years

Most of the course material, to be taught to classes at beginner, intermediate and advanced levels, was provided by Alain. The emphasis was to be on oral skills, confidence in using a second language at work, and community awareness. Alain would normally teach the morning classes, while I attended to student recruitment, assessment and administrative details. We would get together for lunch in the cafeteria, then I would teach the afternoon classes. We taught, or audited, many classes together. Though he may have had certain health concerns, was tired from a hectic drive down from his home up north, the very moment Alain stepped across the class doorway, he appeared to shed twenty years and was animated, fascinated and fascinating until the class ended.

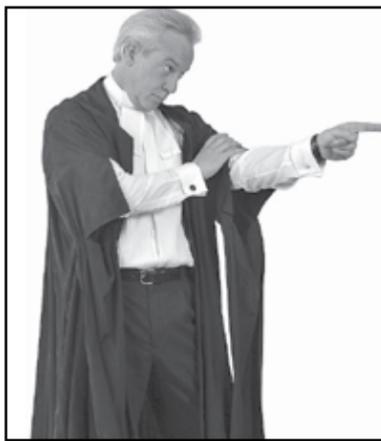
Alain was an immediate hit with the students, exhibiting all the traits mentioned above. He maintained a certain discipline, but also sufficient informality, so that a class often veered in an unanticipated direction, because of some expressed interest or concern. His depth of knowledge on an unimaginably wide range of topics from early to current Canadian and American history, sports, including boxing, the British Royal Family, naval exploration, the colonial powers, indigenous peoples, race relations, international politics, the development of commerce, the Armed Forces and, and, and.....

### Irish wake

Family members and friends at the Unitarian Church Memorial Service in Montreal celebrating his life, as well as at the later Irish wake gathering in a nearby pub, commented on his many attributes as a trusted friend, as well as a superb dinner host who could allay your concerns and establish proper perspective in almost any situation. These stories, many conveyed with a touch of humor, confirmed and expanded on the qualities that I observed at our regular shared lunches during our teaching time together. I was truly fortunate to spend such enjoyable times with Alain, certainly learned a great deal and treasure those memories. I take pride in quoting him, whenever an appropriate occasion arises, as it often does.

How serious was Alain about teaching? Very! I recall going to meet him to discuss some issue on one occasion at Laurentian Regional High School. He was tutoring a young student in a detention setting. Though the student was struggling, and appeared to possess limited skills, Alain had piqued his interest and forged ahead, totally ignoring me. His body language indicated that I was interrupting and distracting both of them. He was teaching, and when he was doing so, nothing else mattered. Nothing.

During the 50th Anniversary celebrations a couple of years ago at the Argenteuil Hospital, I arranged a display of some of the class pictures that were taken with Alain and guest speakers from the community. Most were initially published in Main Street. I had many delightful conversations and shared memories with some of his former students. They remembered him most fondly – as do I



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## 3 simple ways to improve your community

(NC) Creating a happier, healthier neighbourhood can help turn your community into a truly great place to live. Here are some little things you can do around the house and in your everyday life to make a significant difference.

1. Keep a courteous attitude when driving. Traffic jams and drivers who don't put their flashers on or cut you off without notice are all causes for the stress and frustrations that can build up on the road. Keeping calm and acting with civility will lower your stress levels and those of other drivers, which in turn can lower accident rates.
2. Lock your doors. Locking the doors to your house, office and car, and even locking your bicycle with a padlock, can greatly reduce theft rates. Make sure not to leave valuable objects in sight, such as your computer on the counter or your GPS or wallet on the dashboard.
3. Control the risk of damage. Starting your dishwasher or laundry machines only when someone is at home keeping an eye on the devices helps reduce the risk of water damage or a fire hazard in your dryer. Removing softener sheets from your dryer and closing your washer taps after use can also save you serious headaches.

Communities are really at the core of SSQ Insurance's services, because stronger communities make every person better. Find more useful tips at [blog.ssq.ca/en/](http://blog.ssq.ca/en/).



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# About Sainte-Adèle

Chris Lance - Main Street

The mayoress Briere has been crowned the leader of the municipality, up here in Sainte-Adèle, after the November 5th election. We will have four years of her leadership and I wish her the very best success in her new role.

Of special note, beginning the first of January 2018, your citizen card is not enough to allow you to drop off your Xmas tree or other unwanted materials at our Eco-Center in Mont-Rolland. You need to present proof of residence and a photo ID; an example might be your current municipal tax bill and your driver's licence. Also, your visits to the site have been curtailed to five visits per year. So, if you are a weekender, put a photocopy of your Sainte-Adèle municipal taxes in the car, and have a photo ID, so that the town employees can check you in before you trek over your unwanted junk.

There are lots of things to do this cold month. Probably, most of you are wishing to pack your shorts, swimwear and sandals for the annual road trip to Florida. If not, lace up the skates and head over to the local skating rink, or Lac Rond up by the Chantecler Hotel. You can bowl at our own local venue, you can still play tennis at InterClub, and you can downhill ski at Chantecler, Gabriel or Mont Sauvage. There are endless cross-country trails in our region, and new ones on the golf course at Golf de la Vallée. You can join "Plein-d'air-Sainte-Adèle" where you can sign up at [www.pleinairstadele.com](http://www.pleinairstadele.com), that will give you access to 100km of cross-country skiing, 45km of mountain biking and fat bikes, and 25km of walking routes.

You can play adult or kids' soccer, from January 22 to May 13. For information on that offering, telephone 450 592-2282 or visit the Internet site [www.fcboreal.ca](http://www.fcboreal.ca).

There is a new app for Apple or Android users called Sport-Plus to keep you in touch with sports events. It is free, but you will need your citizen card.

Also of note, in 2018, there is free access to Parc de la Rivière Doncaster walkways and trails, open Fridays, Saturdays and Sundays from 9 am to 4 pm. You will need to present your citizen card.

You should check out [www.salleanm.com](http://www.salleanm.com) for special events at Salle August-Norbert-Morin. An example of an upcoming event, on February 17 at 8 pm, is Brigitte Boisjoli singing Patsy Cline songs. There are also events at Place des Citoyens.

Yoga is in, and if you want to know more about what is available in Sainte-Adèle, go to [www.yogacommunautaire.org](http://www.yogacommunautaire.org). There, you will find dates, places and types of yoga in our town.

Got a speeding or local parking ticket? Now you can plead and pay on-line. Go to [constats-express.com](http://constats-express.com) and then click on the town at which you need to pay your fine.

Also of special interest, if you want to cross-country ski, visit [parlineaire.com](http://parlineaire.com) for general information and ski conditions for the P'tit train du Nord. You can purchase your ticket there to ski along the old train tracks.

The alternative, of course, to all this outdoor activity is simple: grab a warm blanket, a good book, a fresh log for the fire, short bread cookies, cocoa or tea, and just chill out for the month of January.

Enjoy, life is short.



## Village of Weir Newswire

Claudette Smith-Pilon

SNOW IS FALLING, FRIENDS ARE CALLING

### NEWS FROM CITY HALL

NEW ROAD SIGNAGE on Rte. 364 in Montcalm (Pine Lake) The M.N.A. for Argenteuil, Mr. Yves St-Denis, was present at the community hall for the Christmas luncheon, which gathered close to 89 residents. His visit to



the northern section of his constituency included a visit to Mr. Gary King, a resident of Pine Lake, to view and photograph his handmade road sign. The sign had been personally designed because Mr. King deemed the intersection to be dangerous. Mr. St-Denis made the necessary representation to the Minister of Transport regarding the signaling on that specific road. "I am convinced this new road sign will improved the security of drivers and pedestrians that use that section of Rte. 364. I thank the municipality and the Ministry of Transport for their precious collaboration concerning this file..." mentioned Mr. St-Denis.

Next community luncheon will be held on January 26. Please call Jolaine Craig to reserve: 819 687-9508.

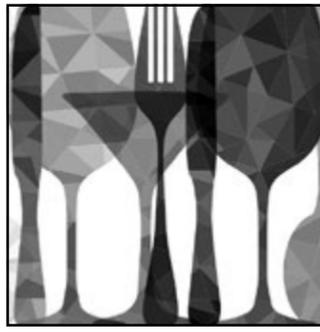
**IMPORTANT NOTICE:** If you are looking for a family doctor contact 1-844-834-4263 or visit [www.cliniquegrandtremblant.com](http://www.cliniquegrandtremblant.com)

### VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Result of Christmas Draw: Congratulations to the Winners  
Quilt: "Windmills at Night" winner - Rylee Ward  
Painting: "Église Tremblant" by Nancy Morton won by Sarah Gilbert  
L'Éscalope - \$100 gift certificate - won by Guy Lalonde.

The Christmas luncheon was well attended by guests and volunteers. Thanks to our special team for their preparations, baking, decorating, and for serving up all the food and goodies.

I would like to wish everyone a Happy New Year filled with good health, satisfaction in your accomplishments and peace of mind. May all your dreams come through.



## Good Grapes and Winning Wines

# Bottles on a budget

April Sirois - Sommelier - ISG

Hello, and welcome to the New Year!

After all the shopping and fun throughout the holidays, you're now looking over your credit card bills and realize you may have gone a little over board and it's time to budget up! The only problem is that it's the weekend, and you would like to treat yourself to a bottle of wine. Can you find a drinkable bottle at a reasonable price? Yes, you can, and the SAQ has a decent selection just waiting to be discovered, all within the \$20 range.

### Reds

Freccobaldi Santa Maria Morellino di Scansano 2009: This is a yummy "Super Tuscan" style Sangiovese, with 15% Cabernet Sauvignon, that brings it up to a big medium-bodied wine. Perfect for beef or game stew.

Louis Tête Régnie 2013: A light, fruity wine, easy to enjoy, that pairs nicely with hard cheeses.

J. Lohr 2008 Seven Oaks Cabernet Sauvignon: Fruit forward and food friendly, this is a very nice California Cabernet to compliment grilled meats, especially lamb.

### Whites

La Vieille Ferme Cotes Du Luberon: A great value wine, rich with lots of layers, suitable with salmon, with or without a cream sauce.

DR. Loosen 2009 Loosen Bros. Riesling: This is a true Mosel Riesling, lush and sweet, with a strong, acid backbone. I like this wine with curries and other rich spicy foods.

The Show Chardonnay 2012: With its soft, slightly buttery flavour, this Chardonnay will pair nicely with a roast chicken-and-potatoes dinner.

### Bubbly

Hungaria Grand Cuvee, Hungary: At an unbeatable value, full bodied and frothy, I like this wine, either on it's own, or in a cocktail.

Codorniu Selección Raventós Brut: A soft, fine mousse, this Cava, with its toast and baked apple flavors is a great bargain. Soft cheeses and fruit all the way.

Louis Bouillot Perle Rare 2014: This is slightly over the \$20 mark, but it is so worth the extra cost. Honestly, this would go with a lot, but I enjoyed it with a soufflé.

### Something sweet

Errazuriz Late-harvest Sauvignon Blanc 2016: This lovely 'sweet nectar' matches perfectly with dried fruit and nuts. This could help you enjoy that left-over fruitcake.

Cuvée Glacée des Laurentides Vendanges Tardives 2015: This sweet, slightly spicy wine is fantastic with any kind of chocolate.

La Face Cachée de la Pomme Neige Première: You can't go wrong with this rich, sweet, Quebec apple ice cider. Different, delicious and so good on ice cream. You just have to try this.

This is just a sampling of the good quality wines that you can enjoy, even on a post Christmas budget, or to have on hand for impromptu gatherings.

Cheers!

# Arundel News

Janet Thomas

### Arundel Goes Green

Want to know what's heating our new municipal garage this winter? Geothermal heat! Say goodbye to costly heating bills. A geothermal heating system reduces, or even eliminates, the building's reliance on fossil fuels with the ensuing monthly expense. A vast reservoir of thermal energy from the sun is stored in the ground and lakes around us, estimated to exceed all other energy sources combined by more than two thousand times. A geothermal heat pump extracts this heat from the ground and distributes it through a conventional duct system as warm air. Unlike conventional systems, a well-designed geothermal system can provide three to four units of heat for every unit of energy used by the heat pump. Arundel now proudly boasts of taking its first step on a greener path.



### Cross-Country Skiing /Snowshoeing is Here!

14 km of spectacularly beautiful, groomed trails are open for you to enjoy. Separate ski and snowshoe trails, for all levels of ability. Free parking: Arundel United Church. Yearly passes: individual \$40 / family \$60 / day passes \$5. Available at Arundel Provisions.

### Jack Rabbit Classic & Canadian Ski Marathon Passing Through Arundel

- Feb. 1** The Classic is a one-day race for experienced long-distance skiers only. Skiers can chose 65 km: Domaine St. Bernard - Arundel - Boileau, or 103 km to Montebello.
- Feb. 10 - 11** The two-day Marathon covers 160 km from Mont-Tremblant to Lachute, and welcomes over 2,000 skiers of all skill levels and ages.
- Sun, Jan 29: 2 pm** Loisirs Bingo at the Legion  
10 cards \$10; Grand Prize: \$100



# NEWS BITS FOR JANUARY



## A CALL FOR COOPERATION TO SAVE OUR COMMUNITY OFFICIAL LANGUAGE MEDIA

**Ms. Mélanie Joly, Minister of Canadian Heritage**  
**Ms. Carla Qualtrough, Minister of Public Services and Procurement**

As you know, community media play a vital role in the development and vitality of official language minority populations. They are both a reflection and even an important driver of the language and culture of the communities they serve. The report published in June 2017 by the Standing Committee on Canadian Heritage is eloquently authoritative, and the findings of the final report of the Office of the Commissioner of Official Languages, also released in June 2017, are clearly in line with this.

However, it is clear that there is a disengagement by the federal government from community media in minority situations, which results in a drastic reduction in federal advertising investments. Already in the fall of 2015, many organizations, including l'Association de la presse francophone (APF), l'Alliance des radios communautaires du Canada (ARCC) and the Quebec Community Newspapers Association (QCNA) have complained to the Commissioner of Official Languages, about the federal government's persistent inaction in this area. This has the effect of seriously undermining the dynamism of community media to the point of now threatening their survival.

Given the absolute urgency of the situation, ARCC, APF and the QCNA urge the Office of the Commissioner of Official Languages to hold a meeting with all key stakeholders and the federal government to develop and implement eminently a harmonized action plan that will turn the tide in this area. We hope we can count on your full support so that the authorized officials of your ministries can take part in this meeting.

It is important to act without delay since the 2017 report of the Commissioner of Official Languages confirms that between 2006 and 2015, annual federal advertising spending decreased from nearly \$2 million to \$430,000 for community newspapers, and \$730,000 to \$ 200,000 for community radio, which equates to a total loss of more than \$20 million over 10 years.

In response to this finding, in his aforementioned report the Commissioner recommended that Public Services and Procurement Canada (PSPC) review its mechanisms to ensure that the requirements of Part VII of the Official Languages Act, which is intended to support the development of Francophone and Anglophone minority communities are well understood and respected by federal institutions: "the requirements of the Act remain, and federal institutions must continue to ensure compliance with its provisions, in particular [...] the taking of positive measures and the obligation not to harm the development of linguistic communities in a minority situation."

In addition, the Standing Committee on Government Operations and Estimates, in its December 2017 report, identified a number of anomalies in the way PCPC has managed the government advertising file. The committee has issued a series of ten most convincing recommendations.

Several months have passed since the recommendations of the Commissioner of Official Languages were tabled, and no positive action has been adopted or even considered by the government authorities questioned in its final report, except by Canadian Heritage.

However, the urgency of action is very real and the status quo is not an option since community media are about to be unable to serve their French and English-speaking minorities. In 2016, as part of a cross-Canada consultation tour, Canadian Heritage officials and certain federal officials went to the field where they saw the glaring needs, the pressing expectations and the difficult reality of these unique media. which are often the only source of local information.

The report of the Commissioner of Official Languages is clear: "Advertising plans and campaigns must take into account the needs, concerns and linguistic preferences of these communities. Space or time purchases in the media must include the purchase of space and time in news outlets serving the Francophone or Anglophone minority in a community. "

Community media recognize the trend towards digital. But, it goes without saying that the situation of minority language communities cannot be compared to that of other communities. It is unthinkable that, in the short and medium term, community media can generate enough revenues from a digital platform to be able to survive and continue to inform their communities.

For all these reasons, we dare to believe that you understand the seriousness of the situation and that you will encourage all government stakeholders to participate in the meeting we have requested so that community media in minority situations can put all their energy to serve Canada's official language populations instead of struggling for what they deserve.

**FRANCIS SONIER**  
Président, APF



**PAUL DEMERS**  
Président, ARCC



**STEVE BONSPIEL**  
Président, QCNA



## STRICTLY BUSINESS

By Lori Leonard - Main Street

### Welcome to:

**Nancy Olivier** and **Stéphane Fournier**, new owners of **Fromagerie Saint-Sauveur**, 219 Chemin du Lac Millette, St. Sauveur. They are pleased and proud to offer a variety of 40 excellent cheeses. Unique favourites include Chèvre du Kaltbach (delicious goat cheese), Buffela and Shropshire Blue Cheese from Scotland (which is orange). Others are Comté from France, aged Cheddar and Gouda and more. 514 550-4407 / fromageriesaintsauveur.com / Facebook: Fromagerie Saint Sauveur.



### Congratulations to:

**Louis Dufour**, one of the founding members of **Mont Saint-Sauveur** (now Sommet Saint-Sauveur) who celebrates his 45th career year. Louis was a member of the National Ski Team of Canada and the recipient of many prestigious awards. He was inducted into the Laurentian Ski Hall of Fame in 1994, and was instrumental in many major decisions to enhance skiing in St. Sauveur and area.



**Sophie Larose**, Director of **Ressources Communautaire Sophie**, a non-profit organization, celebrates her 10th year running this amazing community organization at 3458, rue Principale, Wentworth-Nord. Sophie's organization offers food, clothing and household items to the needy. Sophie and her team (mostly volunteers) offer driving services, support parents with children, provide transport for medical purposes, help with tax returns, coach students with learning disabilities, prepare meals, organize community dinners and more. If you would like to support Ressources Sophie with a monetary or clothing donation, or donate time for a great cause, call 450 226-1304 / rcsophie.org / Facebook: RCSophie.



**Marie Lebrun**, new owner of **Boréale Coiffure Beauté**, 434 rue Principale, St. Sauveur. The salon offers many services, including hair colouring, cutting, hair extensions, pedicures/manicures, hair removal, lash lifts and lash extensions. **Mercedes Aubry** is responsible for nail care and **Natacha Dufour** for esthetics. 450 744-0555 / borealecoiffure.ca



### Did you know that:

If you are looking for a wonderful spot to go cross-country skiing, snowshoeing or hiking this winter, you can check out **Domaine Saint-Bernard**, 539 rue Saint-Bernard, Mont-Tremblant? They are situated in a picturesque location right in the heart of nature. Accommodations are available for large groups at The Grand Saint-Bernard, or for smaller groups at the Pavillon de Chasse or Maison de Ferme on-site. Astronomy courses are provided at the Velan Astronomy building. Info: 819-425-3588 / domainsaintbernard.org / Facebook: Domaine Saint-Bernard.



Laywer and Mediator, **Véronique Vidal** has been a lawyer in our area for 10 years? Véronique now has a new location at 703-A, rue Principale, in Piedmont. Véronique specializes in mediation, civil and commercial law. 450 675-8376/ veroniquevidalavocate.com.



After many years of business, Reinilde Brand, Suzanne Franke and Bernard Franke, active owners of Franke Volvo - Ste. Agathe, recently sold their business to the ALBI group? However, the family continues to run Franke Mercedes-Benz for sales and service at 1751, Principale, Ste. Agathe under the direction of Bernard Franke. It was important to the owners that the staff would maintain their jobs and that the clientele be respected in this transition. Mr. Franke says that it was an honour to do business with his Volvo customers and wishes to thank his loyal staff.





## New regional office for Parkinson Quebec

Steve Brecher - Main Street

On Tuesday, December 12, Parkinson Quebec held its official opening in Saint-Sauveur, the site of their newest regional office. Over 50 people attended a 5-7 cocktail event, including members of the community, government representatives, collaborating not-for-profit organizations, and people living with Parkinson's disease and their care-givers.

The office had a soft opening in September, with the launch of their first annual Parkinson's Journey Walk in Molson Park, which raised \$11,000 with over 150 people participating.

Mayor Jacques Gariépy attended the official opening, as did Executive Director Nicole Charpentier, and Board Chairman of Parkinson Quebec, Paul F. Dupre. Also in attendance were Mr. Jules Chiasson, representing MP David Graham, Regional Coordinator Alice Boulianne, and Development Agent, Josephine Piazza.

The presence of Parkinson Quebec in the Laurentians has been made possible by a grant from the Ministère de la Famille, under the framework of the Program Quebec Ami des Aînés.

### PURPOSE AND MISSION OF THE NEW OFFICE

- Establish a regional presence in the Laurentians.
- Offer information sessions and conferences about living with Parkinson's disease.
- Establish collaborative teams of volunteers and community partners.
- Coordinate conferences to provide information about the disease.
- Coordinate exercise groups based on types of exercises that are best suited to Parkinson's.
- Hold annual fund-raising events in the community.
- Educate the population about Parkinson's disease.

### DID YOU KNOW?

- An estimated 10 million people worldwide are living with Parkinson's disease.
- 25,000 reside in Quebec, and 3,250 are in the Laurentians.
- Men are 1½ times more likely to have Parkinson's than women.

### PURPOSE AND MISSION OF PARKINSON QUEBEC

- Parkinson Quebec is a not-for-profit organization that serves as a reference for the Parkinson's community and health care professionals, and acts as the provincial voice of the persons touched by Parkinson's disease, including their caregivers.
- Contributes to scientific research into the causes and treatment of Parkinson's disease.
- Promotes self-management of the disease by offering the same educational programs and services province-wide.
- Raises the awareness for Parkinson's disease.

### FIRST OFFICE

The Saint-Sauveur office (located at 200, rue Principale, bureau 4) is the first that Parkinson Quebec has established with a street-front presence and a team at the service of the local Parkinson's community.

### JOIN THE TEAM

The local office in Saint-Sauveur is seeking volunteers for the various fund-raising events planned in the Laurentians: Spring tulip fundraiser, Fall Journey Walk, and Holiday fruit-cake campaign.

For more details, visit the Parkinson Quebec website: [parkinsonquebec.ca](http://parkinsonquebec.ca)

## Can a healthy lifestyle improve your performance at work?

(NC) With the new year just beginning and winter cold and flu season well under way, many people will remind you of the importance of adopting a healthy lifestyle. And while we often think of the personal benefits of doing so, we seldom consider the impact our health has on others' lives.



Yet caring for ourselves and for our health is beneficial for the people around us, especially for our colleagues with whom we spend the better part of our days. Sports have proven to be one of the best gifts you can offer your brain, as physical exercise encourages blood flow and connections between neurons. A brain that is in its best shape will allow you to better concentrate and perform at the office. Sports will also help lower your stress levels, an important factor in today's intense work culture.

Additionally, the quality of your sleep is just as important, as it helps maintain psychological balance. And good morale will positively affect your relationships with others and help you face difficulties and react to conflicts in a more positive and proactive way.

To make a change in a collective way is a lot easier and more enjoyable than doing so alone. Consider encouraging your colleagues to take charge of their health as well.

A community that supports each other makes every person better. That's why SSQ Insurance recommends that everyone to take their health seriously. Find more tips online at [blog.ssq.ca/en/health](http://blog.ssq.ca/en/health).



## Essential Oils New Year resolutions

Susan Rich

Another year of new beginnings is upon us, and with that comes those famous New Year resolutions. We try to change our habits, we start new programs, we do all we can to make this new year better than the one before. The question though is, where do we start?

One of the most popular resolutions involves better health, weight loss and cleaning up our toxic world as best we can. This is where essential oils come in. They're an awesome way to support us on all levels of health.

If our resolution was weight loss, the best way to get started, is to cleanse our bodies from the holiday excesses. We tend to over-indulge during that time of year. Too much food and drink are hard on our systems, and our livers can't keep up. When our livers are over-loaded and not functioning properly, we might find ourselves with bags under our eyes, problematic skin issues, or even having difficulty sleeping. We might feel groggy and our brains just don't think clearly. By adding a couple of drops of lemon essential oil to our drinking water, we will kick-start our livers and support them in their elimination processes. Once our livers become able to do their jobs, we're set for success in achieving our goals.



When trying to shed a few pounds, a common complaint is a never-ending appetite. Cinnamon essential oil works wonders for eliminating that sensation of hunger and, as a beneficial side-effect, it also boosts the metabolism. This is a 'must-have' oil when weight loss is your goal.

Other things that overload the liver are the toxic cleaners we use around the house. I remember holding my breath while cleaning to avoid inhaling those fumes. However, the skin breathes too, so even if I wasn't getting much into my lungs, I was still absorbing the toxins via my skin. So, here I was trying to clean my house, but at the same time I was harming my body. Using essential oils to clean the house is not only more effective than most commercial cleaners, it also smells amazing and has awesome health benefits. So, it becomes a win-win situation.

Please remember, when taking oils internally, to use only 100% certified, pure therapeutic-grade oils. Read the labels for suggested usage.

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

## New income tax changes for your 2017 returns

(NC) With the income tax deadline approaching, there are some significant changes that have rolled out this year that will affect many Canadians. Here are some that can help make filing quicker and easier.



Public transit reimbursement. Early last year, the government announced the elimination of the public transit reimbursement, citing the credit wasn't effective enough in encouraging the use of public transportation and reducing greenhouse gas emissions.

Instead of the individual tax credit, the federal government has announced that it will invest \$20 billion over the next 11 years to improve transit across the country.

"Though the credit ended mid-year, you can still claim a 15 per cent non-refundable tax credit for transit passes purchased between January 1 and June 30 on your 2017 income tax and benefit return," says Lisa Gittens, senior tax professional at H&R Block.

Children's activities. The Children's Arts and Fitness tax credits, including the special supplement for disabled children, will no longer be available. In previous years, parents and guardians were able to receive credits for such activities as art classes, piano lessons, hockey and soccer.

Small business. Good news for small business owners – the government is moving forward with a plan to lower small business taxes from the current 10.5 per cent to 9 per cent.

Military credit. In recognition of the commitment and sacrifice members of the Canadian Armed Forces make, it was announced that military salaries of all deployed personnel would be exempt from federal income taxes.

Education. Back in 2016, the federal government eliminated the federal education and textbook tax credits, to come into effect January 1, 2017. This means 2016 was the last year students were able to make these claims.

"The silver lining here is that the carry-forward rules apply, so any unused education tax credits that arose prior to 2017 are still available to be claimed either this year or subsequent years moving forward," explains Gittens. Depending on where you live, you may also still be able to claim a provincial credit.

If you have questions about changes to tax laws, contact a local tax expert like those at H&R Block to ensure you're getting the greatest return possible.

# The MRC d'Argenteuil partners with Laurentides International

On December 6, in Lachute, the Economic Development Department (Service de développement économique) of the MRC d'Argenteuil officially launched a partnership with Laurentides International, the regional export promotion organization, to support companies in their international efforts.

"We are very proud of the accomplishments of local businesses and we want to support them in their future growth with this partnership," said Scott Pearce, Prefect of the MRC d'Argenteuil. As part of this partnership, companies selected by the SDE of the MRC d'Argenteuil will receive Laurentides International's Multiservice Export Cards valued at \$ 1,000 each.

These companies will be supported by Laurentides International's trade experts. They may opt for an assessment of their level of export readiness (diagnostic-export), the writing of an executive summary to submit a request for financing, or the identification of priorities in the export process.

They will also obtain the latest version of the "Guide to Programs and Services for Export" developed by Laurentides International, and a pass for the next six meetings of the Laurentian Exporters Club, so as not to miss out on the issues at stake. "Most companies realize the range of opportunities available to them internationally. The challenge of exporting, on the other hand, may seem difficult. For more than 21 years, it has been our role to provide all the tools and support needed for successful internationalization," said M. Ariel Retamal, General Manager and Export Commissioner of Laurentides International.

"The first five companies we have selected all have strong international development potential and we are confident that by joining forces with the Laurentides International team, they will succeed in their export projects, and will create significant economic benefits for our region," said Mr. Carl Péloquin, Acting Prefect and Chair of the Economic Development Committee of the MRC d'Argenteuil.



Photo: L-R: Mr. Dany Brassard, Director of the Economic Development Department of the MRC d'Argenteuil, Mr. Gilles Nantel from Vizusolution, Mr. Humberto Dramisino from BDC Aéro, Mr. Julien Pilon from Lachute Performance, Mr. Fabrice Ferrini of Be Well Canada Spa, Mr. Luc Bêlisle of Clôtures Oasis and Mr. Marc-Olivier Labelle, Mayor of Saint-André-d'Argenteuil and member of the investment committees of the MRC d'Argenteuil.

## Snowmobiling and mountain biking

Twenty snowmobile and ATV clubs in the Laurentides region will share financial assistance of \$1,114,456. These amounts will be used to carry out projects that will ensure the maintenance of trails, as well as the sustainability of snowmobiling and mountain biking in a safe, ecologically-friendly environment.

The budget comes from the contributions of off-road vehicle owners when registering their vehicles. These amounts are then transferred to the Land Transportation Network Fund (FORT).

The Minister for Transport, Véronique Tremblay, recently made the announcement in the presence of the Minister responsible for the Laurentides region, Christine St-Pierre.

"The organizations on which the snowmobile and ATV industries are based do a tremendous amount of work to provide safe and quality infrastructure for enthusiasts, always respecting wildlife and wildlife habitats. Our government is committed to supporting them in their efforts, and I am proud to recognize today, in a tangible way, the magnitude of the benefits they generate for many regions of Quebec." **Véronique Tremblay, Minister Responsible for Transport**

"By supporting clubs in their efforts to maintain trails and provide safe and respectful snowmobile and ATV riding, the government is demonstrating its support for economic development in the Laurentides region. The financial assistance announced will have a direct impact on the quality of the experience that will benefit the residents, and also the tourists who choose this activity to discover our beautiful region." **Christine St-Pierre, Minister for the Laurentides Region**

The financial assistance available for quads is \$ 5.9 million in the Quebec Off-Road Vehicle Assistance Program for the 2017-2018 fiscal year. The two components of the program targeted by this announcement are:

**Trail maintenance:** This component aims at the safe maintenance of trails recognized by the Quebec Federation of Quad Clubs (FQCQ), as well as the purchase of equipment.

**Security and the environment:** This component aims to promote proper signage of trails approved by the FQCQ and the realization of activities and projects aimed at supporting the FQCQ and the clubs, or associations of affiliated quad clubs, to improve the practice of all-terrain vehicles.

The Financial Assistance Program for snowmobile clubs in Quebec has a total budget available of more than \$6.5 million for the 2017-2018 fiscal year. It has two components, namely:

**Trail Maintenance:** This component is intended for the maintenance of trails recognized by the Quebec Federation of Snowmobile Clubs (FCMQ) to strengthen their permanence and the purchase of equipment;

**Safety and Environment:** This component aims to promote the proper signage of trails approved by the FCMQ and the carrying out of activities and projects intended to support the FCMQ and the affiliated snowmobile clubs to improve the practice of snowmobiling.

# Canada Summer Jobs Program

David Graham, MP for Laurentides-Labelle, recently announced the launch of the 2018 Canada Summer Jobs program, which provides grants to local organizations and businesses so they can hire students for the summer.

"Our young people are our future. The Canada Summer Jobs program shows the federal government's commitment to providing them with opportunities to gain valuable work experience that supports their studies while also generating economic benefits in our region," said Graham. "I firmly believe in the many reciprocal benefits of this program, for both our young people and our employers."

As in previous years, the funding granted through this program is awarded based on a set of criteria. The most important one, which aligns with the program's main objective, is that it is a good position that gives students a rewarding experience and helps them develop their skills.

Applications are also evaluated based on how they line up with local and national priorities. These priorities include the following projects:

**Special events:** cultural, sports, heritage, festivals

**Employment areas:** tourism, manufacturing, agriculture, entrepreneurship, forestry, environment, history, information and communications technologies, organizations that provide services to people with disabilities, young people or women, organizations that protect and defend natural heritage, organizations that promote local products, organizations that fight poverty and promote social inclusion

Applications will be accepted until February 2, 2018. An application guide is available at David Graham's offices or online at [www.servicecanada.ca/csj](http://www.servicecanada.ca/csj)

Employers from the non-profit sector are eligible for funding up to 100% of the minimum hourly wage. Public- and private-sector employers are eligible for funding up to 50% of the minimum hourly wage. An employer can choose to pay more than the minimum wage, but the percentage reimbursed will apply only to the applicable provincial minimum hourly wage.

Last summer, 158 organizations and businesses in Laurentides-Labelle employed roughly 200 summer students whose jobs were funded through the CSJ program.

"My team has two years of experience with the Canada Summer Jobs program, and any of them would be happy to help local organizations with the application process," said Graham. "Please don't hesitate to contact us if you have any questions. I am working very hard in my role as an MP to ensure this program benefits young people in our region."



Photo: RIDR: At the Régie Intermunicipale des Déchets de la Rouge, four student information officers went door to door talking about domestic waste management: Claudie, Élizabeth, Laurence and Mikellane.

## Financial assistance program for local and regional initiatives for physical activity and outdoor activity (PAFILR)



The Department of Education and Advanced Learning has mandated Loisirs Laurentides to manage and coordinate the Program of financial assistance to local and regional initiatives for outdoor physical activity and education.

This program, from the Kino-Québec Program aims to promote the regular practice of physical activity, sports and outdoor activities, among the population, from an early age and throughout life.

- Does your organization have a project that allows people to experience the pleasure of being physically active?
- Do you plan activities or events that increase opportunities for practice for as many people as possible?
- Do you want to make available to the public durable, safe and secure equipment?

Loisirs Laurentides invites you to submit your project as part of this program. The deadline to submit a project is noon on Friday, January 19, 2018.

"Outdoors" projects must be completed between December 1, 2017 and March 31, 2018. N.B. Harvesting, hunting and fishing activities are not eligible for this program.

The "Physical Activities" projects must have been or be carried out between April 1, 2017 and March 31, 2018.

Other terms apply. For more information on the program and to obtain the application form for financial assistance, please contact Gloria Feeney at 450-504-6080 or by email to [gfeeney@loisirs laurentides.com](mailto:gfeeney@loisirs laurentides.com).





# Out & About

Ilania Abileah - Main Street



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

## MONT TREMBLANT

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

**Fri, Feb 2: 8 pm** - Singer/songwriter Kevin Parent will perform pieces from his new album, "Kanji." \$38.



Kevin Parent

**Samuel - Ouimet Library**, 1145, rue de Saint-Jovite / 819-425-8614, ext. 2500

**Jan 16 - Feb 4:** "Reliving the Gray Rocks" - exhibition by the historical society

## ST FAUSTIN

**Maison des Arts et de la Culture**

1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm

**Until Jan 13, 2018:** Accessible Art - over 300 pieces at \$100 each by thirty participating artists.

**Until Jan 26, 2018:** Mini Solo show by fifteen artists.

**Jan 20 - Mar 24:** Digital Art Exhibition. Digital art began in the 1960's. Since then enterprising artists have developed many software programs. These became tools for art creation.

## STE-AGATHE

**Théâtre Le Patriote**

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

## VAL DAVID

**Val David Exhibition Centre**

(2495, rue de l'Église. 819 322-7474 / [www.culture.val-david.qc.ca](http://www.culture.val-david.qc.ca)

## VAL MORIN

**Theatre du Marais**, 1201 10è Ave, 819-322-1414 / [www.theatredumarais.com](http://www.theatredumarais.com)

**Thurs, Jan 18: 8 pm** - Bobby Bazini: Summer is Gone! Bobby Bazini reflects on his younger years when life was simple and worry-free. The last nine years have passed quickly while recording and going on tours. \$45.

**Fri, Jan 19: 8 pm** - Aliocha sings in English from his album, "Eleven Songs." He is accompanied by his brother, Volodia Schneiger (drums, multi-instruments) and Christian Sean (bass, Tom Tartarin). Opening act is Indie-rock by Bernhari. \$23.

**Sat, Jan 27: 8 pm** - Self-taught singer / songwriter Sally Folk sings pieces from her album, "3e Acte." She sings about the lives of modern women, touching on deep subjects. \$35.

**Fri, Feb 2: 8 pm** - Gabrielle Shonk holds a degree in Jazz. Since her appearance on "La Voix" 2014, this singer / songwriter has gained in popularity. First act by Soran Dussaigne who was discovered during the 4th season of La Voix. \$25.



Gabrielle Shonk

**Sat, Feb 3: 8 pm** - Momentos Flamencos is a one-hour performance of traditional flamenco dance and music pieces. Four artists are on stage. Dancer, Rosanne Dion is accompanied by Fernando Gallegos Torres (vocals), Caroline Plant (guitar) and Miguel Medina (percussions). \$32.

**Sat, Feb 10: 8 pm** - Résonances Boréales - Roman Zavada plays the piano and composes music inspired by the splendor of the Northern Lights. A video screening of the beauty of the Canadian North will accompany his music. \$30

## ST. ADOLPHE D'HOWARD

**L'Ange Vagabond:**

1818 Chemin du Village. Reservations: 819 714-0213 / [www.facebook.com/langevagabond](http://www.facebook.com/langevagabond)

## STE. ADÈLE

**Place des Citoyens** (999, boul. Ste-Adèle / 450 229-2921, ext. 300 / [www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca))

**Exhibition**

**Thurs, Jan 11 - Sun, Jan 21:** Renée Yelle "Entre l'encre et le papier." The artist shares her pleasure of painting with Chinese ink, with its multiple possibilities from impressionism to abstract

**Feb 8 - Feb 18, Thurs & Fri: 5 pm - 9 pm, Sat & Sun: 1 pm - 5 pm.** An exhibition entitled "Infrarouge" by Nathalie Morel. This is a series of large-sized portraits, merging the figurative and the abstract. The images combine the artist's personal old photographs, which she applies to canvas in various methods.

**Music**  
**Sun, Jan 21: 10:30 am (90 mins).** "Imagination 5.1" is a program of music and multimedia video projections with original music played by Sébastien Lépine (cello solo) and the Esca String Quartet. The program includes classical music, tango, folklore, Anglo-Saxon, Jewish and Chinese pieces, as well as a commissioned piece inspired by the painter, Ozias Leduc, to mark the 150th anniversary of this acclaimed artist. \$15.

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

**Wed, Feb 14: 8 pm** - Passione: un hymne à l'amour - Pianist Enzo De Rosa and soprano Isabelle Metwalli will perform melodies from Italy, Spain, England and France, including songs by Piaf, Aznavour, Michel Legrand and many others. \$15.

**Opera direct from the Metropolitan**

Pine Cinema: Phase 2, 1146, rue Valiquette, Ste-Adèle / 855-739-7463 / <http://www.cinemapine.com>.

**Sat, Jan 27: 12:55 pm** - Tosca, by Puccini

**Sat, Feb 10: 12 pm** - Elixir of Love (L'elisir d'Amore) by Donizetti



Elixir of Love (L'elisir d'Amore) by Donizetti

## SAINT-SAUVEUR

**Saint-SAU Pub** 236, rue Principale, St-Sauveur / 450 227-0218 / [www.lesaintsau.com](http://www.lesaintsau.com)  
Live music Thurs, Fri & Sat - reservations required

**Mon, Jan 15:** Good Hearted Women

**Thurs, Jan 18:** Sam Simard

**Fri, Jan 19:** Valectra

**Sat, Jan 20:** Valerie Jalbert

**Mon, Jan 22:** Gilbert Charlebois

**Thurs, Jan 25:** Stephan McNicoll & GCR

**Fri, Jan 26:** Valerie Jalbert

**Sat, Jan 27:** U2 Out of Control

**Mon, Jan 29:** Good Hearted Women

**Wed, Feb 7:** Pascal Dufour & Les Hauts-Parleurs + Martin Giroux



Pascal Dufour

**Thurs, Feb 8:** Dupré-Millaire

**Fri, Feb 9:** Valérie Jalbert

**Sat, Feb 10:** Flying Joes

**Mon, Feb 12:** Seb & Martin

For full program check the website [www.lesaintsau.com](http://www.lesaintsau.com)

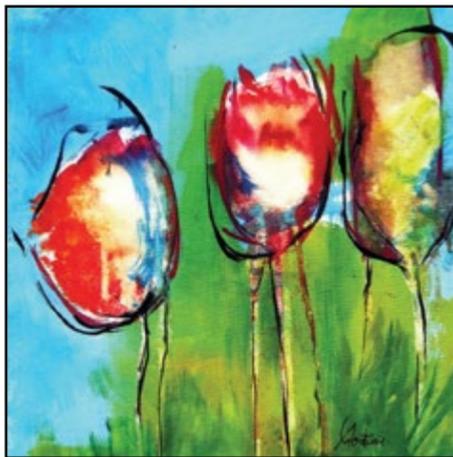
## MORIN HEIGHTS

**Morin Heights Library**

823, Village Rd. [info@artsmorinheights.com](mailto:info@artsmorinheights.com)

**ARTS Morin Heights** -

**Until Mar 24:** Members of ARTS Morin Heights present "Botanicals."

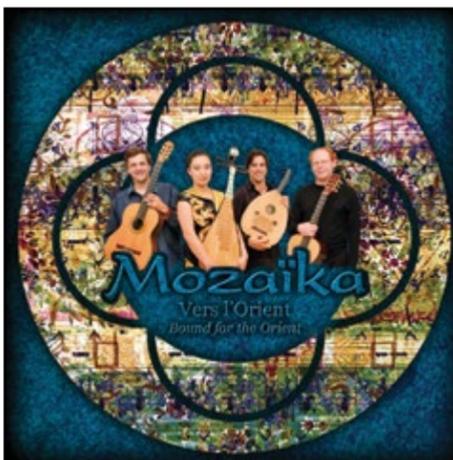


Ginette Fontaine - Insouciance

## PRÉVOST

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

**Sun, Jan 14: 2:30 pm** - Mozaïka Quartet. The program includes music from China, Armenia, Hungary, Ireland, Andalusia and more. Musicians are: Yadong Guan (pipa - Chinese luth), François Leclerc (lute & guitar), Andrew Wells-Oberegger (oud, bouzouki & percussions), David Jacques (lute & guitar). \$31.50



Mozaïka Quartet

## ST. JÉRÔME

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

**Until Jan 28:** Two artists, Rober Racine and Carl Trahan are featured.

**Rober Racine** is a visual artist/writer/composer who has been recognized by a variety of prizes and awards. His work has been shown in international exhibitions including Sydney, Australia, and Vienna, Austria. In 2001, the Canada Fine Arts Museum presented a retrospective exhibition of his work. **Carl Trahan** has exhibited his work in solo and group shows in Montreal, Gatineau, Quebec, Toronto, Berlin, Rome and Créteil (France). He did artist residencies in Finland, Paris, Rome and Berlin, where he lived between 2007 and 2013. In 2016, the Museum of Fine Arts of Quebec gave him his first museum exhibition.

**Thurs, Feb 8 - Apr 1:** Marie-Claude Moutillier exhibits "Cartes sur table." Vernissage is **Wed, Feb 7: 6 pm - 9 pm.**

**En Scène : Salle André Prévost**, 535, rue Filion, 450 432-0660, [enscene.ca](http://enscene.ca)

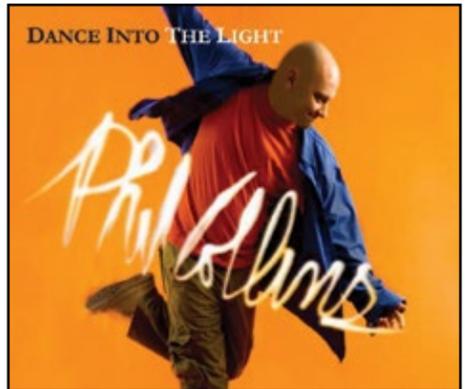
**THE NEW THEATRE OF ST. JÉRÔME IS OPEN!**

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

**Sat, Jan 13: 8 pm** - Ballet Jörgen - choreographer and Artistic Director Bengt Jörgen presents a full length ballet of the tale of the Russian young Grand Duchess, Anastasia, for the 100th anniversary of her story. There are beautiful costumes, sets and lighting, plus a score by Russian/Canadian composer, Ivan Barbotin. For this performance, there will be a pre-show performance by the local violinist, Éloi Amesse at 7:10 pm. \$40.

**Fri, Jan 19: 8 pm** - Jean-François Bélanger - "Les entrailles de la montagne." Traditional Quebec music by four musicians: Jean-François Bélanger (multi-instrumentalist), Yann Falquet (guitar and vocals), Élisabeth Giroux (cello) and Bernard Ouellete (percussion). \$30.

**Sat, Jan 20: 8 pm** - Dance into the Light features Martin Levac who pays tribute to Phil Collins. He is accompanied by seven musicians. This show is approved by Phil Collins himself! \$43.



Dance into the Light - Martin Levac

**Fri, Jan 26: 8 pm** - Damien Robitaille sings pieces from his 4th album. \$38.

**Sun, Jan 28: 3 pm** - Alexandre Da Costa with his Stradivarius violin accompanied by an ensemble of nine musicians will play a selection of opera music.



Alexandre Da Costa

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

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



# News from the Argenteuil Hospital Foundation

The Argenteuil Hospital Foundation (FHA) is pleased to forward the latest information in connection with the investments it has made in the context of its 2013-2017 Major Campaign - Choosing Health.

In September 2015, the new CT Scanner was put into operation in Lachute. It had been purchased as part of one of the 3 Major Campaign projects, the renewal of medical imaging. This project alone accounted for 1 million of the total goal and was donated by the foundation. Today, we are able to see the impact on the quality of care received by the people of Argenteuil.

This purchase has allowed patients access to the highest technology on the market, right in their locality. The operation of the "scanner" has been optimized and we can see an increase of nearly one and a half times the examinations made in the first two years of its use.

In addition to the purchase of the "scanner", the FHA has invested in a medical imaging exam analysis module. Prior to this investment, the software that the Argenteuil Hospital used could lead to duplicate analyses, diagnostic errors and, ultimately, the transmission of reports to treating physicians was delayed.

Since FHA became involved in the case, the Department of Medical Imaging has been able to integrate a new module that has helped retain the external help of radiologists, avoid errors and improve the performance of interpretation of radiologists. In doing so, patients in Argenteuil receive their diagnoses quickly, and thereby benefit from more effective and more optimal care. Previous reading times could increase the number of pending cases to over 2500, which led to the report being sent 188 days after the review.



Today, there are no pending cases and the report is sent the same day. This impressive improvement is thanks to the involvement of the FHA in this issue.

FHA thanks all the donors who contribute to the realization of such projects. Their support is essential to improving the services offered, and users are able to see the benefits.

## Fall of school taxes to be expected in Argenteuil from 2018-2019

After unprecedented investments by the Government of Quebec in education, the Minister of Education, Recreation and Sports and Minister responsible for the Capitale-Nationale region, Mr. Sébastien Proulx, has tabled on December 7, in the National Assembly, Bill 166, An Act respecting the reform of the school tax system, aimed at lowering school taxes throughout Quebec and introducing a regional school taxation system.

The member for Argenteuil, Yves St-Denis, is pleased with the announcement of the bill, which provides for a major reform of the school tax system. These changes will have repercussions on the Argenteuil citizens' school tax account.

Subject to its study and adoption, the bill provides, in particular, as of the 2018-2019 school year, a single regional rate of taxation based on the lowest effective tax rate in 2017-2018 in each of the regions. The bill also provides for a basic exemption of \$25,000 on the property value of each property subject to the school tax, including properties located on the territory of the island of Montreal. It could thus put an end to the inequities that exist within each of the regions of Quebec in terms of school taxes, while maintaining services to students.

All educational services and infrastructure are funded by the government. The school tax allows school boards to finance the expenses of the head office, the management of schools and centers, the maintenance of equipment (movable and immovable property), as well as about half of the cost of school transportation, while maintaining educational services.

Educational success, from early childhood to adulthood, is at the heart of our actions. That's why the government has already announced \$ 1.8 billion in direct student services over the next five years. Eventually, more than 7,200 additional resources, including 1,500 as of this school year, are hired in Quebec schools. In 2017-2018 alone, more than \$ 1.615 billion will have been invested to continue the renovation, expansion and construction of schools.



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## Laurentian Personality

# Believing in BEES

## - Natasha Blazevic and Stephen Matthews

Lori Leonard - Main Street

Natasha and Stephen know everything about bees, honey and nature. They live the “good life” on an old homestead in St. André d’Argenteuil. They are passionate beekeepers who help bees thrive in the Laurentians. They raise Russian, Italian and Carniolan bees, and have studied the flowers that bees love most: milkweed, bee balm and hyssop. White clover is a huge nectar source also. There are many different flavors of honey, depending on their nectar source. They collect honey the first week of August and the first week of September.



Bees visit flowers to collect nectar (glucose and fructose) and fill their stomachs with it to bring back to the hives. Bees forage up to a radius of 3 km from their hives. There are about 75,000 bees in a hive in summer, including approximately 2000 lazy drones with the balance being workers. The Queen lays 2000-3000 eggs daily, and stops laying eggs in September. Now you know where the expression “busy as a bee” comes from. The worker bees kick the drones out of the hives in the winter, as they don’t collect nectar, and the number of bees in a hive drops to about 15,000 in the winter months.

Honey is a food product that cannot decay. There is a huge difference in the taste between commercial honey and raw honey. Raw honey is processed very lightly, is high in anti-oxidants, and not exposed to heat or pasteurisation as commercial honey is. Stephen and Natasha’s honey is raw, pure and unpasteurized. Natasha says, “The bees work really hard to make it, so it’s a shame to ruin it.”

Bee-sting therapy is a folkloric remedy for sufferers of Lyme disease and arthritis. Honey is the greatest healer of skin wounds, allergies, coughs and infections, and is a great source of energy.

You may have noticed, in recent times, that bees are not as plentiful as in the past, due to loss of habitat, forests, and the lack of nectar-producing flowers. Many bees die due to pesticides being sprayed on commercial crops, such as corn and soy. When bees collect nectar, they are also exposed to deadly pesticides. We need to bring bees back!

Let’s support and promote buying local honey that is healthier and tastier, with no pesticides. You can help to attract bees to your gardens by planting bee-friendly flowers and not using pesticides.

Thank you to Natasha and Stephen who help maintain and grow our Laurentian bee population.

Matthews Honey - 245 Route des Seigneurs, Saint-Andre d’Argenteuil, Qc. Tel: 514 512-9135 or 450 566-1372.



## Welcoming the New Year

# Roses, thorns and buds

Louise Bloom

Today, on the 4th of January, I notice as the week progresses that the actual doorway to the New Year is now oddly closing behind me. Of course, we can only stand in the bright light of a fresh beginning for a limited time. “Time and Tide wait for no man,” my mother always warned me. And so it is at the starting gate of the year, the year being a measure of time.

By next week, the shiny prospect of starting fresh will have to have moved something forward, or our aspirations will get caught behind that door that is currently closing on 2017. New prospects that seemed to glow in the light of Christmas cheer can suddenly become dull in the shadow of the proverbial morning-after.

I am therefore contemplating this tendency as a signal to stay awake in an effort to hold on to my plans and aspirations, pushing forward despite the doldrums of the psyche.

Putting a foot forward on the path to a new experience, or cultivating a significant resolution, is habitually met with our very human resistance. Our plans for the manifestation of a creative project, the desire to connect with an old friend, to redecorate, to clear up our clutter, improve our diet and to exercise, might all hit the metaphoric recycling bin along with the shiny torn paper of Christmas just past. Following those happy, holy days of gifting and gorging, we tend to slide inert into the snowbanks of January, dreaming of southern climes in a state that I call “inertia of the aftermath.” So here I am encouraged to share an experience that has kick-started my year with unexpected verve.

This New Year’s Eve, at an intimate family dinner, one among us suggested we try a tradition that he had practiced for some years. We were all requested to review our year, and name the Roses, or our highlight moments, the Thorns, as our least favorite events, and our Buds, those aspirations we hoped would blossom.

At first, I found this on-the-spot public evaluation of my life’s experiences “in review” to be very intimidating. But, while listening to my guest, I began to connect with an authentic part of myself, to ask myself pointed questions. Although some thorns were unmentionable in the moment, they were noted. I felt as if I was sweeping away the dross, holding precious the exceptional moments, and making a place for the new growth.

The actual naming of that which I would like to nurture, from bud to flower, by identifying the things I truly wish for, seemed to increase the power of inspiration, and the knowing that I CAN bring things to flower and to bear fruit.

This experience seems to have kept me from sliding listlessly into the snowbanks. I am planning to snowshoe on top of them.



## Fit Tip #121

# Empower yourself

Lisa Mclellan - Main Street

Grow strong, be free, and love with all your heart. Continue to learn and grow, connect with your true desires and empower yourself and each other. Come together, care for one another. This is the way of the heart, the way of love and of peace. A

cosmic YES to life. I am you. You are me. We are one. I invite you to consider this idea and to reflect on how it might positively influence your life, your community, and our world.

Let’s leap courageously, together, into 2018. Let’s dare to change our thinking and to surrender our out-dated ways and beliefs. Let’s open our hearts and minds to new possibilities and redirect our lives to where we want to go, to what we want to experience, by shifting our perception of what can be.

In a quantum world, all matter is energy, and the only reality is the one our brain manufactures. In a quantum world, we are the creative masters of our lives. I find this to be a very exciting concept, such a big (and enjoyable) responsibility! Setting intentions, saying affirmations and visualizing is the way to re-programme our subconscious and make dreams a reality. So, I ask, what reality do you want to choose to live in? What reality do we collectively choose to live in? How can we use the power of our minds to achieve this?

### Practical tips for empowering our lives:

- Stop procrastinating and creating excuses for why you can’t have what you want. Commit 100% to changing your life for the better. Recommit every day.
- Make at least one healthy choice every day. Every success builds energy and supports success.
- Be mindful of your thoughts, your words and your actions. Choose to be positive.
- Opportunities lie within every obstacle. Choose to find the opportunity and nugget of wisdom in every obstacle that presents itself in your life.
- Choose who you want to be. Don’t let anyone dictate who you are.
- Use affirmations to reprogram your subconscious and empower your life. Visualize yourself as already being, and having what you desire.
- Be part of a group or a community to find support, acceptance and love. This will strengthen your courage, your confidence and transparency so you can evolve.
- Live with passion and purpose. Identifying your purpose and living with passion is the most authentic way to be empowered all day, every day.

I invite us all to empower ourselves with energy, enthusiasm, commitment and passion. Start right now. 2018 has begun, a perfect time to start afresh. New opportunities and different outcomes are possible if we so choose.

Happy New Year my friends. May it be great!

For more information about my new studio, our 2018 programming, and calendar of activities, contact me at 450 560-2803 or visit [www.agesmartfitness.com](http://www.agesmartfitness.com)



## Garden Talk

# Green up with spinach

June Angus - Main Street

'Growing spinach in pots or trays on a sunny windowsill is a great way to green up your world this winter. Not only are these leafy greens good for us, but freshly harvested leaves also add a flavour boost and texture to salads or other recipes that can use some perking up at this time of year.

As with all plants, spinach needs adequate light to grow. However, this cool-weather crop that prefers growing temperatures between 10-20°C, needs less light than many other herbs and salad greens. So choose a bright window facing east or west. Containers or plants should never touch the windowpane where temperatures can fluctuate between being too hot or too cold.

The light and heat of a direct south-facing window is generally too intense and can cause spinach to bolt, which means the plant stems will grow long, leggy and weak. The result may be bitter tasting leaves.

To get growing, select pots or trays that are 4 to 6 inches deep. If they're not brand new, thoroughly wash, rinse and dry them before planting. Use an organic potting mix or other peat or coco mixes, which are readily available anywhere houseplants are sold.

You can use leftover seeds from your outdoor garden but spinach seeds don't store well, so fresh is always best. Order them online or buy from a year-round garden centre that keeps seeds in stock for sale over the winter. Package directions are generally geared to outdoor gardens. To plant indoors follow these suggestions: Moisten the soil then sprinkle the seeds about 2 inches apart on the soil surface. Cover the seeds gently with another ½ inch of moist soil. Then cover the pots or trays with a plastic bag to act as an incubator until the spinach has germinated; this usually takes 5 to 10 days.

Once the plants appear, remove the plastic and place the growing containers on your chosen sunny windowsill or other solid surface close to the window. Keep the soil moist but never soaking wet. Thin the seedlings once they produce their second set of leaves so that plants are about 3 or 4 inches apart and will have room to thrive. To help feed these seedlings, dilute a high nitrogen fertilizer such as fish emulsion or seaweed to about one-quarter strength and apply while watering every week or so.

Within 4 to 6 weeks you should be able to start harvesting. You know the plant is ready when it has at least 6 leaves, with the largest being up to about 3 to 4 inches. Harvest by choosing the larger outer leaves, allowing the inner foliage to continue growing and developing. The plant will continue to produce for several harvests. If it stops producing or starts to set seeds, you can begin the growing process all over again.

For a continuous harvest throughout the winter you can stagger the seeding process so that you start some new containers every few weeks.

If you want to try lettuce or mesclun salad mix, most of the tips for growing spinach apply. However, many leafy salad greens and culinary herbs need more light than spinach so you may need to supplement with fluorescents, LEDs or other grow lights designed for plants.

Just remember, you don't have to wait until spring to enjoy your own fresh greens. Happy planting indoors!



## Terryble Tymes

# How to identify and avoid online scams

Terry Cutler

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

Internet services and websites make it easy for us to pay bills, shop, connect with anyone, make online reservations, and even work at home. And you can do any of these things from anywhere in the world, which makes our lives so much easier.

As I have said before, security is not about convenience, which is why online cybercrime has rocketed. As an example, ransomware criminals earned a billion dollars over the last 18 months.

People don't realize that everything they post online can be used against them in a cybercrime. Most of the time there's little we can do about it because the information we post online is used to do business.

As you have probably noticed, no one is robbing banks anymore. The online crime business has allowed organized crime experts to hide their tracks, create diversions, and easily dupe citizens into a scam with far less effort than if it were done in the physical world.

Today's attack methods and tools use malicious software targeting the vulnerabilities present in almost all programs and apps. That's why it's so important to stay up to date with the latest patches and create strong passwords. One of the biggest issues I struggle with is helping law enforcement track phishing scammers who deployed these attacks from unexpected regions of the world.

Because of jurisdiction issues, the police can't easily reach out to catch the perpetrators. It's very frustrating. In addition, law enforcement is handling each scam on a "case-by-case" basis, instead of as a collective crime. When they see you got scammed for \$500, it's not worth their efforts to pursue it. But, had they looked at the hundreds, or thousands, that got scammed collectively by the same guys, who earned \$5 million, then they'd react. Work in progress, I guess.

In today's modern crime scenarios, the most common ways for you to become vulnerable to malware attacks, or phishing scams, is when you shop online, check your emails or use social media networks.

Therefore, to protect yourself, you need to know what are the most popular schemes and techniques used by cyber criminals to obtain your private information and financial data.

In the next upcoming articles, we're going to discuss how to identify and avoid these scams.

Happy Holidays, and all the best for 2018 from your friend, Terry Cutler!



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

# Laurentian Quilter's Guild

The Laurentian Quilter's Guild celebrated another fun, Christmas pot-luck buffet lunch before breaking away for the holidays.

Lesley Slynn Fitzpatrick, our program coordinator, suggested we put together a "Brown Bag Exchange" as Christmas gifts, which consisted of 20 different sewing articles. These included fabrics, thread, buttons, lace, floss etc. The recipients would then use their own ideas or patterns to create something unique using all 20 items in their brown bag. It will be interesting to see what our quilters create!

This year, we presented 25 cuddle quilts and a large bag of stuffed animals to David Merrett, who accepted on behalf of the Shriners Hospital. Mr. Merrett then explained the work the Shriners Hospital does and talked about the new hospital building in Montreal. He also answered questions and extended an invitation for the guild members to visit the new hospital for a tour.

The Laurentian Quilter's Guild started back on January 9, and we are hoping to have another great year of Happy Quilting.

If you would like to join us please contact: Eleanor by email at eleanord@bell.net or Kristin at kkiel60@gmail.com.



*Derek Merrett of the Shriners Hospital accepting quilts and stuffed animals from the Laurentian Quilter's Guild members. These precious gifts will be distributed to sick children at the Shriners Hospital.*

# Tips to handle winter roadside emergencies

(NC) Staying safe on the road during our harsh Canadian winters means knowing what to do if your car breaks down. Check out these tips so you can have a plan in place.

Prevention is the best medicine. One of the leading causes of breakdowns is overheating due to coolant system failure, so be sure to repair coolant leaks right away. Use Prestone Triple Seal Protection, which targets the specific area of the leak and makes a permanent seal. Keep up-to-date with regular maintenance to help stay out of trouble.

Prepare your vehicle. An emergency kit is a year-round essential that needs to be updated for the season. Pack it with water, blankets, non-perishable foods, shovels, flares and spare boots and clothes.

Understand warning lights. Your car will often try to let you know early on if there's a problem waiting to happen, so you can deal with it before it sidelines you. Get well-acquainted with your owner's manual to know what red flags each warning light could be pointing out.

Stay in your car. If you get stranded in a deserted area, your safest bet for avoiding hypothermia is to stay in your car where it's warm. Experts recommend running your engine for five minutes every half hour to keep warm while conserving gas. Call for help or put out flares or other signals to let people travelling the route know you need assistance.



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

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

**Branch 171 Filiale  
Morin Heights**

**Fri, Jan 19: 6 pm** - Smoked Meat Night  
**Sat, Jan 20: 7 pm** - Open Mic - all welcome  
**Sun, Feb 4** - Super Bowl Party  
**Wed, Feb 7: 7 pm** - The Derek Falls Trio  
**Sat, Feb 10: 6 pm** - Valentine's Day Supper  
**Fri, Feb 16: 6 pm** - TGIF Smoked Meat Night  
**Sat, Feb 17: 7 pm** - Open Mic  
**Sat, Feb 24: 1 pm** - Annual Legion Snowball Game  
**Thursdays: 3 pm** - Darts - new players welcome!  
**Military Whist:** 1st & 3rd Monday of the month at 1pm.  
**Info: 450 226-2213**  
Info: <https://www.legion171.com>

**Branch 70 Filiale  
Lachute**

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

**Branch 71 Filiale  
Brownsburg**

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

**Branch 192 Filiale  
Rouge River**

**Jan 27: 5:30 pm** - Robbie Burns Dinner  
**Jan 28: 2 pm** - Bingo  
**Feb 13: 5:30 pm** - Mardi Gras Dinner  
**Feb 24: TBD** - Snow Golf  
**YOGA:** for dates & times Contact Marlene: 819-687-8566  
**Tuesdays: 7:30 pm** - cribbage:  
**Wednesdays: 1 pm** - Bridge  
For further info: 819 687-9143 / [arundellegion@gmail.com](mailto:arundellegion@gmail.com)

**FAUBOURG  
SUICIDE  
PREVENTION  
CENTRE**

24 / 7 HOTLINE  
1-866 APPELLE (227-3553)  
Intervention and help for all  
Laurentian residents.  
For info and full services visit  
[www.cps-le-faubourg.org](http://www.cps-le-faubourg.org)



**RELIGIOUS SERVICES**

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

**MORIN HEIGHTS HILLSIDE CHAPEL**  
755 du Village, Morin Heights

**NOTRE DAME DES MONTS OFFICE**  
887, Chemin du Village, Morin Heights  
Info: 450 226-2844

**CHABAD OF SAUVEUR**  
Jewish educational & social events.  
Rabbi Ezagui 514 703-1770,  
[chabadsauveur.com](http://chabadsauveur.com)

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

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

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

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

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

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

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

**HOLY TRINITY ANGLICAN CHURCH**  
12, Préfontaine St. West, St. Agathe  
The Rev Josée Lemoine  
**Sunday service: 9 am**  
Fellowship in the church hall afterwards  
Christians of all denominations welcome.  
\*Parking and elevator for handicapped\*

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

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

**ST. MUNGO'S CHURCH, CUSHING**  
**LACHUTE UNITED CHURCH**  
Hamford Chapel, 232 Hamford Street, Lachute  
**Sundays: 11 am** - Weekly Sunday Worship

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

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

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

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

**ANGLICAN PARISH OF  
ARUNDEL & WEIR**  
Grace Church  
Services are held at 11 am every Sunday,  
followed by refreshments served  
in the Parish Hall.  
Everyone is welcome.

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

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

**ARUNDEL UNITED CHURCH**  
17, du Village, Arundel, 819-687-3331  
Rev. Georgia Copland  
**Sundays: 10 am:** Worship service.  
All are welcome -  
bienvenue à tous & toutes!

**THE CATHOLIC CHURCHES  
NOTRE DAME DES MONTS PARISH**  
Huberdeau 10:30 am • Laurel 11 am  
• Montfort 9:30 am • Weir 9 am  
**Info: 450-226-284**

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

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

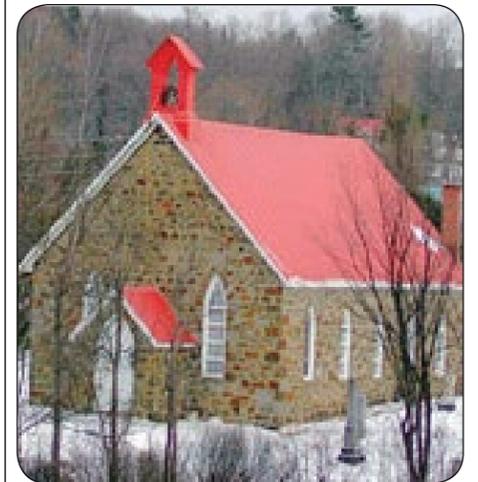
**ST. AIDAN'S WENTWORTH**  
86, Louisa Rd - Louisa  
**Jan 21: 11 am** - Holy Communion  
**Feb 18: 11 am** - Holy Communion  
Services with gospel/bluegrass music

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

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
**Jan 28: 11 am** - Morning Prayer  
**Jan 28: 4 pm** - Music by the Lake  
**Feb 25: 11 am** - Morning Prayer  
**Feb 25: 4 pm** - Music by the Lake  
Bilingual services with gospel/  
bluegrass music

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
**Jan 14: 11 am** - Holy Communion  
**Feb 11: 11 am** - Moring Prayer

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



**LAURENTIAN CLUB NOTICE**

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

Guest speaker: Richard Moore  
Landscape Architecture and the  
Kateri Healing Garden Project

\* Free special treat: Fresh Italian  
pastries from Alati Pastry Shop

**Tuesday, January 23:**

**1:30 pm - 3:30 pm**

Cost: Annual membership \$25

Guests: \$10 per event

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

**LAURENTIAN CLUB OF CANADA**

**Laurentian Region  
Cancer Support Group**

*Groupe de Soutien du Cancer  
de la Région des Laurentides*



Next meeting for cancer patients,  
families and caregivers is  
**SATURDAY AFTERNOON**  
**January 20, 2018 - 1 pm**

Chalet Bellevue (main entrance)  
27 Bellevue, Morin Heights

**Speaker: Jill Grumbache-Boileau**  
**Journal Writing Therapy**

Upcoming meeting: February 17

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

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

**REGISTERED CHARITY - DONATIONS APPRECIATED**



**JESSICA MILLION**  
Chartered Real Estate Broker

# COMMUNITY BULLETIN BOARD

## January 2018



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

### COMMUNITY NEWS

#### AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

#### VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

#### BAZAAR MPDA LACHUTMOUVEMENT PERSONNE D'ABORD LACHUTE

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

#### BADMINTON – WHO'S UP NEXT?

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

#### WILLKOMMEN

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

### COMMUNITY EVENTS

#### LOST RIVER COMMUNITY CENTRE

2811 RTE. 327  
**Sat, Jan 20:** Annual Curling Funspiel at the Brownsburg Curling Club  
Registration: Ruth – 819-687-3733  
**Sat, Feb 3:** Winter Carnival, Snowman Contest & Pot-Luck Supper  
**Internet Café: Daily access from 7 am - 10 pm.**  
Residents can pick up their key (\$5) at administration desk.  
**Computer Support**  
**Tues: 9:30 am - 11:30 am** at the

Internet café.  
Info: Brigitte Dubuc: 819-687-2122 ext. 3203  
Like LRCC on Facebook at LRCC-Lost River Community Centre

#### HARRINGTON GOLDEN AGE CLUB

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

#### HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

#### SCOUTS MORIN HEIGHTS

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

#### ARGENTEUIL GIRL GUIDES

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

#### MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org / mhha98@hotmail.com

#### THEATRE MORIN HEIGHTS

**Play Readings**  
**Venue will be announced in advance**  
Info: 514 865-5356 / theatremorinheights@gmail.com  
Facebook.com/principal.theatremorinheights

#### ALCOHOLICS ANONYMOUS MEETINGS

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

#### COMMUNITY FACEBOOK GROUPS

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

#### SEEKING VOLUNTEERS

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

#### JOYFUL NOISE CHOIR

Chalet Bellevue (27, rue Bellevue, Morin Heights)  
**Starts January 16: 7pm**  
A new session is about to begin. If you want to share your voice with us and get ready for Spring now is the time! Joyful Noise Choir sings an eclectic assortment of music in four-part harmony. JNC will present a delightful concert on Sunday, June 3 at the United Church. Cost is \$135 (from Jan to May)  
Choir director: Mr. Ian Lebofsky  
Info: Penny Rose: 450 226-2746 / pennyrose@jenanson.com

#### COMMUNITY KITCHEN

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

#### SHROVE TUESDAY PANCAKE LUNCHEON

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

#### OFFICIAL OPENING OF ARUNDEL TRAILS!

**Saturday, January 13 @ 12:00 pm**  
Loisirs Arundel Café at the United Church  
17 rue du Village  
Hot Lunch then Hit the Trails!  
Homemade chili and a drink.  
Free for all members / \$5 for non-members.  
Memberships available at Arundel Provisions 819-687-3251  
*Please note: Trails will close this week if temperature goes above 3 degrees.*

## Community support

Leading up to the holidays, community organizations were out in full force doing their utmost to collect as much food and financial donations as possible to help those less fortunate during the holiday season. Every grocery retailer had collection boxes available for non-perishable items to be donated to the food banks. In the spirit of giving, community members were generous.



Now, those boxes have disappeared, there are only a few good-will donation initiatives to be found anywhere in the public domain. However, the desperate needs of the poor continue unabated, unseen and mostly forgotten.

Unfortunately, poverty, domestic violence and homelessness are realities in our communities, and the need for assistance stretches beyond the holiday season. It is vital that we continue to show our support for those in need throughout the year.

It takes so little effort and so few dollars to make a huge difference in someone else's life, and really, I am hard pressed to think of an acceptable excuse from those people more fortunate not to share even a smidgeon of their good fortune. No matter how small, every donation goes a long way.

Assistance can be shown in many ways: financial or donations of food, clothing, toiletries, baby items, even pet food. Other options include volunteering at one of the many community support organizations, offering transportation, lending a physical helping hand, or even simply buying someone lunch, or a cup of coffee. You can even donate homemade craft items that would surely be appreciated.

Organisations to contact to offer your support are food banks, soup kitchens, women's shelters, churches, community centres, schools, animal shelters and, of course, your neighbours.

The New Year is an opportunity for new beginnings; let's include all our community members in our New Year resolutions.

## ATTENTION MAIN STREET ADVERTISERS

Subscribe to our newsletter

Your e-mail:

Submit

**Sign up to stay in touch!**  
Subscribe to our newsletter to receive advance notice of **special editions** and **discounts** delivered right to your inbox.  
Sign up on our web site:  
[www.themainstreet.org](http://www.themainstreet.org)

## OPT TO ADOPT

Help stop pet over-population

Visit your local animal shelter or visit [Petfinders.com](http://Petfinders.com)



888 974.3940

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL  
info@4kornerscenter.org 4kornerscenter.org

**PAIX**  
Programme d'aide et d'intervention  
PAIX: To fend off violence!  
819-326-1400 / 1-800-267-3919  
www.organismepeix.ca

**Alcoholics Anonymous**  
Helpline:  
1 877 790-2526

**gam-anon.org**  
Help for compulsive gamblers  
514 484.6666  
866 484.6664

You dream it, We build it... **ALTA MAX**  
CONSTRUCTION RENOVATION



[www.altamax.ca](http://www.altamax.ca) 1.866.924.8282

**FOLLOW US ON facebook**

For the latest news updates, community news, events and program updates. We are dedicated to keeping you informed of what is happening in your community.

# Cannabis production facility to commence construction in Lachute in 2018

Evexia Wellness Management (Evexia), a late-stage applicant licensed producer under the Access to Cannabis for Medical Purposes Regulations, is pleased to announce that construction of its 50,000 square-meter cannabis production facility will begin in Q1 2018. The first stage of this multi-phase project, targeted for completion by Q3 2018, will consist of a 5,000 square-meter greenhouse and office building, which will result in a Phase 1 capacity of 5,000 kg of dried cannabis.



“We are pleased with progress under Health Canada’s new streamlined licensing approval process,” said Nick De Stefano, Evexia’s Managing Director. “Lachute is an ideal production location and has garnered the attention of major cannabis industry players across Canada in recent months. Aside from its proximity to Montreal, an international airport and low energy costs, the political support for our project at all levels of government has been encouraging.”

Mayor of Lachute Carl Pélouquin notes that Evexia’s production facility will be an “economic driver for our town, creating local jobs and contributing to the public purse on a broader level. We welcome this project in Lachute and hope to see Evexia’s plant up and running, employing local residents by next summer.”

Stéphane Lauzon, federal MP for the local riding of Argenteuil–La Petite-Nation, has voiced confidence in Evexia’s management team, explaining that they “put together a very impressive proposal. Members of Evexia’s leadership team have been creating jobs in the community for decades in other sectors and we are thrilled that they continue to attract investment in Lachute through this project.”

## About Evexia

Evexia’s mission is to become one of Canada’s lowest-cost-per-gram producers of premium cannabis by leveraging Quebec’s affordable energy costs and its location adjacent to a valuable source of bioenergy, which would provide additional production cost savings.

The firm’s production facility will be located on a 150,000 square-meter site at 7611, Chemin des Sources in Lachute, Quebec.

Evexia’s planned multi-phase project will result in 50,000 square meters of greenhouse space and an annual growth capacity of 50,000 kg of dried cannabis.



## Join us for the amazing year ahead!

4K - By Jill Grumbache-Boileau

2018 is going to be an exciting, productive year for the 4 Korner's Family Resource Center family - and we'd love for you to become a part of it!

If you don't already know us, this is the year to become acquainted! We're so proud of our 12-year history and the people who built this non-profit community organization.

They created and enacted our Mission, dedicated to assisting youth, adults, seniors, and families, people of all ages, here in the Laurentians, to access information, resources, and services in English, and also to create and offer new ones. In addition, programs and activities identify and meet the unique needs of our various communities.

Our 4K predecessors built a network to improve access to health and social services throughout the Laurentians, collaborating with partners from the public health, community, and education sectors.

In 2018, and beyond, we'll continue this good work through our 3 offices: our headquarters in Deux-Montagnes, and satellite offices in Sainte-Agathe-des-Monts and Lachute. We have dedicated ourselves to further grow and effect positive change by broadening access and communications regarding health, wellness, and education in English.

Become a member with benefits: We're now in a year-long Membership Drive to raise levels to record heights! Membership is just ten dollars, and will give you FREE access to all our programs and services across the Laurentian region. In addition, you'll receive a periodic newsletter that will keep you informed of all English health, wellness, and educational services and related information. Your ten-dollar membership donation will go a long way toward helping us grow and realize our plans and dreams for our valued and valuable English-speaking community. Simply go to our website and become a member today: <http://www.4kornerscenter.org/become-a-member-or-volunteer/>.

Seeking General Volunteers and Professional Volunteers: Do you have a little spare time, or do you have a professional skill that you can share? If so, we'd love you to contact us!

We are invigorating our General Volunteer and Professional Volunteers base, imperative to our growth as a non-profit community organization. If you have a warm heart and time to give back, you can make a true and real difference. We are seeking, for example, graphic designers, translators, data-base input expertise, writers/editors, fund-raisers, and event organizers. If you have a talent you would like to share by teaching once or twice a year, such as: yoga, meditation, art, mindfulness, expertise in law, financial management or immigration (to name just a few) please contact us by phone or email.

Join us for an amazing year providing help to many people, and giving you good feelings about yourself!

4 Korner's Family Resource Center: [info@4kornerscenter.org](mailto:info@4kornerscenter.org) / Deux-Montagnes: 450-974-3940, Saint Agathe: 514-574-8030, Lachute: 450-562-3553.

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**Anyone or anything...**

## Miraculously breathing and seeing!

By Lori Leonard

Mary Goulet, a resident of Wentworth-Nord and good friend, recently underwent a miraculous surgery... a double-lung transplant. During the past couple of years, Mary experienced serious breathing difficulty and was diagnosed with pulmonary fibrosis; her lungs were literally drying up.

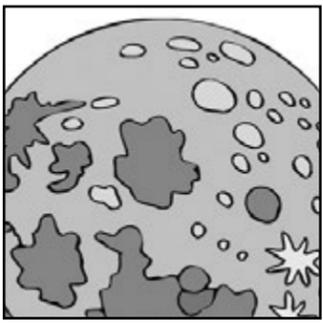
Mary was unable to live her normal lifestyle hooked up to oxygen tanks at home, which meant no driving or walks with her two dogs, no grocery shopping or exercise, and no travelling to visit her daughter in Belgium. Simultaneously, Mary developed cataracts and was no longer able to use her computer or read.

Throughout these agonizing months, Mary accepted her challenges with outstanding courage, and a realistic, positive approach. She faced each day with a smile.

At last, Mary was approved for a double-lung transplant, but had to wait for the right donor. She packed a small hospital bag and the waiting game began. Four months later, due to grave health, Mary received a phone call concerning a donor match. The call was timely as she would not have survived much longer. Her son whisked her to Hôpital Notre-Dame, the only hospital in Québec for this surgery. Mary bounced back quickly after such a major operation.

Mary recently underwent two cataract surgeries and is now able to see well. She is so thankful to be able to breathe and see. Mary would like others to know how important it is to sign a donor card; you may just save the life of someone as wonderful as Mary.





## Zach Factor Predictions 2018 - from challenge to opportunity

Lys Chisholm & Marcus Nerenberg - Main Street

**Earth Changes:** Periodically the Earth's rotation slows minutely as it will this year. This almost imperceptible change puts greater stress on seismic fault lines and, according to scientists, we will see increasing volcanic and major earthquake activity. An increase in tremors and submerged volcanos along the Cascadia fault, which runs off-shore from Vancouver Island to Northern California, will result in a potentially massive quake next year. These stresses are also manifesting on the other side of the Pacific, in Indonesia, the Philippines, and Japan. Some fear that the infamous Krakatoa Volcano might blow again. The most accurate earthquake forecasters are predicting a "Richter nine" before long.

**Global Sea Changes:** Antarctic sea ice in the Weddell Sea has spawned a mysterious open-water hole the size of Lake Superior, far from the open ocean. Researchers would not have found it were it not for satellite imagery. They have no explanation yet why sea ice is melting so close to the Antarctic landmass. They can't predict what it means, but observations show that Antarctica is experiencing more rapid changes than any other place on earth. We do sense that in the coming year more startling news may emerge from the southern-most region of our planet.

**The New Silk Road:** In a misguided attempt to make America great again, the present US administration has adopted a protectionist policy and opted out of the Pacific-rim free trade zone. NAFTA is on life support, and Bombardier's C Series jets, the finest regional aircraft, face a 300% tariff to enter the American market. We predict that this policy will not achieve its goal.

Meanwhile China, India and Russia are embarking on a project that expands on what Marco Polo started over eight centuries ago. The New Silk Road is an 800-billion-dollar master plan to build railroads, high-speed passenger and freight routes, connecting all Asian countries from the Pacific to the European heartland. Pipelines, new industrial zones, and a web of air routes will inspire tourism, social interaction and trade, tying together over half the world's population. Furthermore, they will make this a dollar-free zone. The Chinese yuan and the Russian ruble will become the new reserve currencies, partially backed by the vast gold reserves that they have been amassing. At first, America outsourced its manufacturing base, then bullied the rest of us to play with their "ball", and finally debased the greenback by printing them in limitless quantities. We predict that America will isolate itself, and sit on the outside looking in, as an unprecedented economic shift unfolds. To throw a new joker onto the table, crypto-currencies will become an ever-increasing reality in democratizing monetary transactions by being a borderless system of exchange, while governments and central banks attempt to control our new monetary freedom.

**Robotics:** While many countries waste money on their military weapons systems, civilian corporations are creating the next big techno revolution in domestic evolution. The 1950's adage, "a car in every driveway and chicken in every pot", is changing to "a robot in every home and a smart phone in every hand." Meet Kuri, Mayfield Robotics cute robot that runs around your house being your personal camera and talking cute R2D2 beep and squeak language. Its sole purpose is to be a companion, yet is programmed with sophisticated AI and is more personable to talk to than the Siri or Google Home Mini. Although it doesn't speak a word of any known language, children love it and they engage with it for hours. Kuri may be pre-ordered with a US \$100 deposit.

Kuri represents highly sophisticated robotics and a catalogue of endearing gestures and eye movements and it will follow you around or park as you wish. Kuri is a platform that will upgrade exponentially. Soon, it'll drive the kids to school in the autonomous car, pick up the groceries, do chores, prepare meals, mow lawns, clear snow and function as a link to everything else.

**Olympics, Sports and Robo-Jocks:** Look for two Canadian silver medals in hockey. Also, big changes are coming to the Montreal Canadiens for 2018-19 season. Eventually robotic football players will make their debut and solve the concussion issue for the NFL just like playing "Rockem Sockem" Robots - except this time when the players' heads pop off, you snap them back on.

Like the NFL, may you all, in 2018, cast aside those burdensome challenges and see the great opportunities that will rise, like the phoenix from the ashes.



Meet the new inexpensive home robot Kuri. For more info see <http://www.mayfieldrobotics.com/>  
Photo credit: Mayfield Robotics



## The Story Behind A.n. Morin's childhood hero

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Augustin-Norbert Morin, the founder of our Cantons du Nord, the territory that we now call Pays d'en Haut and Laurentides, the man who is commemorated in the naming of Morin Heights and Val Morin, began his career fully intending to become a priest. It was really the only economic option for a bright but sickly eldest child from a farm in Bellechasse – the sort of boy the priests wanted. The young Morin, a bright student not yet 10 years old, learning about the great martyrs of Catholic mythology, could not have missed the parallels that were happening in the real world beyond his seminary walls.

After losing two successive elections to the Parti Canadien, in March 1810 Governor Sir James Henry Craig arrested the printer of *Le Canadien* and closed down the presses. The newspaper reflected the views of the Parti Canadien and Pierre-Stanislaus Bédard, its leader. Two years before, Craig had stripped the movement's leaders of their envied postings to the Militia and voiced his concerns that these men were provocateurs.

In fairness to Craig and the English elite, Napoleon was approaching the height of his powers and radical ideas from the new republic to the south were still perceived as a threat to the stability of Great Britain's remaining colonies. There were even rumours that the French, with the help of the Americans and Canadien supporters, were planning to take Canada back. The powerful British navy was also facing increased dependence upon the uncut pine forests of the Ottawa Valley.

On the other side, P.-S. Bédard was a willing supporter of British power, seeing the constitution of 1791 that created Lower Canada as a sincere effort on the part of the imperial government to rule Canada fairly. He also believed the British would protect his land from the Americans and he held no illusions about the French. As early as 1792, he wrote of the Ancien Régime, the governance of New France, that "the people counted for nothing, or less than nothing. A [French] governor would have considered he was demeaning himself if he had let anyone contradict him in the slightest..." while under the English "...we now enjoy a constitution under which everyone has his place, and in which a man is something. The people have their rights; the powers of a governor are laid down and he knows them..." He continued to demonstrate his expectation of fair treatment and heralded the dawning of a new age even as he called upon the governor and the Tory elite to give more power to the elected Assembly.

His argument was not with the imperial government, but with the local business owners who surrounded the governor and told him only what they wanted him to hear. This Tory elite saw the Parti Canadien as a threat to the status quo. Among the demands that Bédard and others made was to have a member of the Assembly stationed in Great Britain to give the Colonial Office a direct line to the people and their issues. Bédard's power in the Assembly was limited to advising the Tory-dominated legislature and executive only when asked. If he was a radical it was through seeking the means of making his advice heard and of making the voice of the Assembly count. He was the first man to propose ministerial responsibility, an idea that would eventually produce responsible government in Canada, but in 1810 it was suppressed as dangerous.

Craig threw the three main leaders of the Parti Canadien into prison. He did not intend to bring them to trial so much as to intimidate them and force them to publicly recant. Two succumbed to the pressure – as much through illness and age perhaps – but Bédard insisted on a fair trial, forcing the governor to see that Bédard had confidence in the fairness of the courts. He insisted on publicly clearing his name. When Craig could not break him, he put pressure on Bédard's brother, Abbé Jean-Charles Bédard, only to discover another obstinate Canadien insisting that the courts would see P.-S. Bédard for the honourable man that he was.

A full year later, in March 1811, the Governor released Bédard, having failed to break him. The man must certainly have become something of a martyr in certain circles – especially in the minds of young students in the Petit Séminaire. He was better than a martyr – he was a real-life hero.

It was during this same period that Monsigneur McGuire directed his student A.-N. Morin into the Petit Séminaire de Québec. The young man could not be blamed if he saw in Bédard an inspiration much more romantic and relevant than the ancient Catholic saints who had stood up to Roman persecution long ago in a far-away land. The existence of such a real-life leader guided Morin a few years later to choose law instead of the priesthood in spite of the huge financial challenges that decision presented. It is not surprising to discover that he found a posting at the offices of the resurrected *Le Canadien* in 1822. He was 19 years old.

Members of the Parti Canadien, led partly by Louis-Joseph Papineau, used Bédard's time in prison to move the power base to Montreal, and the young Morin eventually followed. In his turn, he created a newspaper, *La Minerve*, that proposed ministerial responsibility, the early term for self-government. After the rebellion of 1837, he joined forces with Louis-Hippolyte Lafontaine, founded the Cantons du Nord in the mid 1840s and in 1848 succeeded in realizing Bédard's vision of self-government. Morin, the founder of our Laurentian settlements, the boy who rejected Christian martyrs in favour of a real-life hero, succeeded Lafontaine as Co-Prime Minister, and in his retirement, a caring elder dedicated to the well-being of the new society he helped to create, co-authored our first Civil Code.



## Obituaries

### BARD, "Pete" Edward Francis

On December 28, 2017, Edward (lovingly known as Pete by all) Bard, of St. Lambert, QC, living most of his life in the Montreal and Lachute, QC areas, passed away peacefully 8 days past his 88th birthday in Nanton, AB. He is survived by his wife Marilyn, 3 children and 2 stepchildren: Ralph (Leslie), Richard, and Catherine (Kirk) Bard; Timothy (Tracy) Fontaine and Deborah (David) Humphreys. He is also survived by his sister Margaret, nieces Holly and Nancy Notman, 8 grandchildren, 2 great-grandchildren and many Foster children. Bards: Stephanie, son Jackson; Natalie, Dayton (Lauren), son Jaxon. Fontaines: Logan, Eli. Humphreys: Travis, Krista, Kayla.



At Pete's request, no funeral service will be held. The family asks that you Celebrate his Life by remembering him fondly, sharing the stories of his adventurous youth, and if you wish, in lieu of flowers make a donation in his memory to a wildlife preservation or animal charity of your choice.

Pete/Dad, your legacy by which you will be best remembered is your sense of adventure and your witty sense of humour. Although you have left us, you will remain in our hearts and memories forever. Thank you for everything you ever taught us, including common sense. We love you and miss you.

PS: We hope they gave you a good fishing rod when you arrived. May it always be fishing season!

To email condolences please visit [www.snodgrassfuneralhomes.com](http://www.snodgrassfuneralhomes.com). Arrangements in care of Snodgrass Funeral Home Ltd, High River. (403-652-2222)

### GERMAINE BÉRUBÉ, Marie-Paule 1933 - 2017

It is with great sadness that we announce the passing of Marie-Paule Germaine Bérubé on December 9, 2017 at the age of 84 years. Predeceased by her companion, the late Donald Steele. She leaves behind brothers, sisters and many nieces and nephews, as well as many friends and relatives. Visitation will take place at Collins



Clarke MacGillivray White Funeral Homes on Saturday, January 27, 2018, from 10 am - noon, and will be followed by a service in the funeral home chapel. In lieu of flowers, donations to the West Island Palliative Care Residence would be appreciated (265, André-Brunet Street, Kirkland, Quebec, H9H 3R4 / 514 693-1718, ext. 223 or donations@wipcr.ca).

Arrangements entrusted to Collins Clarke MacGillivray White Funeral Homes, 222, Autoroute 20, Pointe-Claire, Quebec H9S 3X6, 514 483-1870.

### GRAY, Marjorie (nee: Dewar)

Peacefully at Mont Tremblant, Qc. on Sunday, December 17, 2017 at the age of ninety. Beloved wife of the late Earl Gray. Dear mother of Earlene Jansen. Loving sister of Hazel MacTavish and Helen MacMillan.

Predeceased by her parents William and Isabella Dewar, her son Kenneth, her son-in-law Gerrit, her sister Melba White and her brothers, Irvin Dewar and Alex Dewar. Funeral service was held on Thursday, December 21, 2017 at the Arundel United Church, Arundel, Qc. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

### KRAUS, Edith (nee Auchter)

Passed away peacefully at the Palliative Care Pavillion of the Sainte-Agathe Hospital (Quebec) in her 82nd year on January 1, 2018.

She will be missed by her family and her many friends.


**IN LOVING MEMORY**



**ROSA VIGORITA**  
**June 3, 1963 - January 20, 2012**  
 Your spirit still lives on in all of us.  
 You are forever in my heart  
 Ron



## The English Link An intentionally conscious, mindful New Year will bring better health

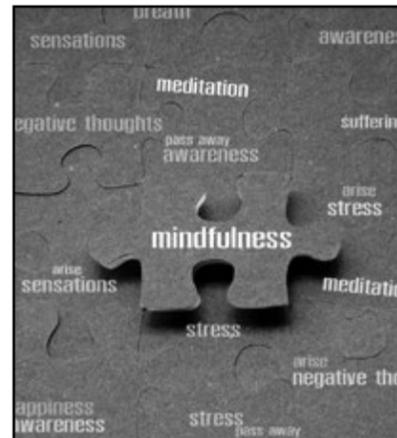
By Jill Grumbache-Boileau

You've probably heard the term: Mindfulness. Perhaps it sounded too 'new age' for you. But North American research on its positive impact, and increasing interest by professional athletes, Fortune 100 companies, and Silicon Valley billionaires, is proving it's time for you to take notice, and take it seriously. Studies are proving it could be a very real panacea.

The ancient practice of mindfulness is, simply, learning how to be deliberately calm and fully present in the moment, often through breathing techniques. It takes practice, and it goes hand-in-hand with meditation, but it is worth the effort. Dr. James E. Stahl, from Dartmouth-Hitchcock Medical Center, teaches his patients mindfulness and meditation skills in his internal medicine practice and encourages people to practice daily. He says, "You don't need to enroll in a formal program, or even spend a lot of time practicing, 10 to 15 minutes a day will do. Consistency is the key."

Together, these practices can make a significant difference to your life, our economy, and society overall. Mindfulness and meditation offer an abundance of benefits. In addition to increasing focus, reducing stress, and lessening anxiety, they are also proven\* to:

- Improve grades
- Enhance emotional regulation
- Help the elderly feel less lonely
- Lower depression risk among teens
- Support weight-loss
- Protect against mental illness



A 2017 Globe and Mail article by Reva Seth (best-selling author and the founder of The Optima Living Lab, an initiative making the case for public investment in the personal infrastructure of individuals) purported that, "Mindfulness and Meditation need to be part of Canada's mental-health strategy."

### Mindfulness & Depression & Cancer

Mindfulness can be effective for depression. In the book *The Mindful Manifesto* by Jonty Heaversedge and Ed Halliwell (published by Hay House, Inc. & distributed in Canada by Raincoast), the authors describe a case wherein a man was referred to a mindfulness course by his GP because, he said, "Depression makes people focus on themselves and their problems to the point that they stop functioning." "Mindfulness stops you from allowing your mind to tie you up." The gentleman's mindfulness training became even more relevant when he was diagnosed with cancer. He said the "mental tools" he learned helped him to deal with the pain and worry of a life-threatening condition.

### It helps us even when we're not actively practicing

Perhaps, best of all, you don't have to be actively meditating for this to still benefit your brain's emotional processing, says a study in the journal *Frontiers in Human Neuroscience*. The amygdala's response to emotional stimuli is changed by meditation, and this effect occurs even when a person isn't actively meditating!

\*Contact me to learn more about this research: [jill@4kornerscenter.org](mailto:jill@4kornerscenter.org)



Palliacco offers support at home to those suffering with cancer, end-of-life patients and caregivers living in municipalities of the MRC des Laurentides  
 Mont Tremblant: 2280, rue Labelle / 99, rue St-Vincent, Ste Agathe

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

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

### Upcoming Activities

#### Personal Sessions to Relieve Stress

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

#### Comforting Tea

Mon, Feb 12: 10 am - 11:30 am (Mont-Tremblant)

Fri, Jan 26: 10:30 am - noon (Ste-Agathe)

Fri, Feb 23: 10:30 am - noon (Ste-Agathe)

#### Coffee Meeting for the Bereaved

Tue, Feb 13: 7 pm - 8:30 pm (Mont-Tremblant)

Thurs, Jan 18: 1:30 pm - 3 pm (Ste-Agathe)

Thurs, Feb 15: 1:30 pm - 3 pm (Ste-Agathe)

#### Relaxation Group

Exercises to relax, promote calm and serenity. Available to caregivers, cancer patients and the bereaved.

Fridays, Jan 12, 19 & 26: 10:30 am - 11:30 am (Ste-Agathe)

Fridays, Feb 2, 9, & 16: 10:30 am - 11:30 am (Ste-Agathe)

#### Accompanying services

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

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

For information: 819 717-9646 and toll free 1 855 717-9646



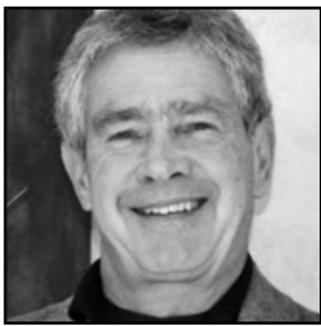
## J.P. MacKimmie Funeral Home

As of January 1, 2018, we have closed our funeral business, located in Lachute, Qc.

I, Richard MacKimmie, and on behalf of Bonnie MacKimmie, and our family members before us, would like to express our thanks and gratitude to all the generations of the families that we have served at their time of need, over the last 157 years.

To all the residents of Lachute, Brownsburg, St. Andrews East and the Lower Laurentians, we will miss being of service to you all.

With regards to your future funeral service needs in Lachute, we highly recommend the services of Salon Funeraire Roland Menard, located in Lachute, Qc.



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

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

### RETIRE HAPPY, STAY HEALTHY

How to include health and dental benefits in your overall retirement plan

RETIREMENT IS A MILESTONE that many Canadians build towards for a large portion of their adulthood, making it a highly anticipated transition when the time finally comes. When preparing for that long-awaited goal of life after work, a priority for many is to ensure they have sufficient financial resources to replace income and maintain a desirable lifestyle. But some may not realize that it's also important to consider potential health care needs and costs. For those leaving a workplace wellness insurance plan, having an effective, and affordable, replacement can lessen the financial burden of out-of-pocket health costs.

#### Health needs in retirement

Longevity and wellness are major considerations for many Canadians, since we may be more prone to health issues as we age. Among Canadians aged 65 and older, almost 90 per cent have one or more chronic conditions, such as arthritis, osteoporosis or cardiovascular disease. These conditions may require everything from accessibility equipment, to physiotherapy, to nursing care.

Canadian seniors generally spend more on health care than younger Canadians. A 2014 survey found that households headed by a person aged 65 and over spent 6.1 per cent of their goods and services budget on health care, whereas households headed by someone under 30 spent 2.8 per cent. It may not come as a surprise to learn that prescription drugs are one of the largest health care expenses for Canadians over 65, accounting for almost 30 per cent of their out-of-pocket health spending. Those fortunate enough to enjoy group health benefits during their working years may not be fully aware of the true costs of health care.

#### Plan for expenses

Understanding potential healthcare needs is only one piece of the puzzle, but knowing how you will pay for it all during your retirement years is another. A beneficial first step is determining whether your employer offers continuing coverage for retirees. Then, if it applies to your situation, consider your spouse's coverage – will it be enough for your spouse's needs, and how long will it be in effect?

If your circumstances dictate shopping for a new plan, there is a range of options to consider. Some of the common health services covered are prescription drugs, hospital stays, nursing and home care, vision care, and medical equipment, as

well as dental services, such as exams, cleanings, fillings and root canals. Look for plans that offer a variety of levels, enabling you to choose one that most closely aligns with your needs and budget. Many plans also offer coverage for spouses and children, as well as add-ons, such as travel insurance, and supplementary features like special rates for couples, and families with multiple children.

#### Be proactive

Securing health and dental insurance ahead of retirement can be beneficial for a few reasons. Not only will this prevent a gap in coverage, but certain plans feature guaranteed acceptance and no medical questionnaire if you apply within a specific time after your group plan ends.

Throughout the process, your advisor is the person with the best expertise to help you understand the different plans available and to assist you in deciding what options fit your needs. Having the right health care plan in place can help alleviate concerns about paying for future medical requirements and put more focus on where it should be – enjoying retirement to its fullest.

### DID YOU KNOW?

Appropriate health coverage should go hand-in-hand with maintaining an active, healthy lifestyle. For wellness tips, visit [www.canada.ca/en/health-canada/services/healthy-living/seniors.html](http://www.canada.ca/en/health-canada/services/healthy-living/seniors.html)

#### HEALTH COVERAGE THROUGH LIFE CHANGES

Retirement isn't the only time when individuals may benefit from health and dental insurance – there are a variety of other circumstances where someone may be without a group benefits plan:

- Job loss, or change of job
- Contract, seasonal, or part-time employment
- Self-employment
- Stay-at-home parent with no spousal coverage

If any of these situations apply to you or a family member, speak to your advisor about insurance options that may fit your needs.

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

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## I'm Just Saying **BONJOUR, Hi!**

Ron Golfman - Main Street

To quote the promotion liner from the movie Jaws, "just when you thought it was safe to go back in the water", the not-so-Mensa group, which makes up the political parties in Quebec City, have once again made waves after a relatively calm period of

linguistic peace. All three major parties continue to pick at the healing scab and then act surprised when the wound begins to bleed, once again.

Honestly, I tried my best not to dip a toe into this "irritating" current, but could not avoid it, considering that during the Christmas shopping season, I was greeted in both languages from the P.Q. hot bed of St. Jérôme, to the Anglo bastion of Fairview Mall. Much like America, where the Trump juggernaut finds any issue, but the real ones, to stir up fervor, our provincial representatives choose to ignore the lowest unemployment rates in three decades. When cannabis becomes legal next summer, will the term "high" be a no-no?

It is a shame to promote Montreal as the "Paris of North America", and Quebec City, which was voted to be the place to go for charm and hospitality, and then tell the hosts not to welcome those international visitors multi-lingually. It is already bad enough that we have provincial road signs, which, by using only French, ensure that most road accidents will occur involving Anglos and tourists.

This year, the "Office", (isn't that a word we share in both languages?) deemed the use of "hot dog" as acceptable in the French language, and yet we're told of their surprise to our rejection of the ban on the "bonjour-hi" issue. While the quote "you are what you eat" is universal, some things are just a little too bitter to swallow.

We don't have an issue with living in a French province; that is an accepted fact, and gives us a unique flavor in North America. Most of us, either French or otherwise, simply want jobs, with the ability to put food on our tables and provide a quality of life that rewards our efforts. Our leaders should recognize that our world has evolved, and that when we welcome people in both French and English, we are all richer for it, and, in another sense, we are implying, simply, "Welcome to Quebec."

I'm just saying.



## Making it Work in the Laurentians New Year's resolutions for artists: on goal-setting and time management

Rachel Morgenstern-Clarre

A new year means new resolutions and, as an artist, it's time to set new goals for both your artwork and your career! January is the perfect month to reset, whether that means getting back on track or heading in a new direction. If you take the time now to figure out exactly what you want, identify your priorities, find an effective way to manage your time, and surround yourself with people who will inspire you and hold you accountable, there's no doubt that the year ahead will be filled with success.

### Setting Goals

To develop long-term goals for yourself, you first need to identify what you would like to achieve as an artist. Start by asking yourself some important questions: What would you like to be known for as an artist? How, and where, do you plan to show and sell your work? How will you cultivate your fan and client base?

Those kinds of "big picture" questions can be overwhelming when you're getting started, so it's smart to create an action plan and break down your long-term goals into short and medium-term goals. Once you've created your action plan, identifying more manageable steps to achieve your long-term goals, it's time to get to work. Beginning is always the hardest part, but keeping up momentum is also a challenge. Remember that it's good to slow down at times, just as long as you don't stop!

### Identifying Your Priorities

If you're serious about your art career, you must make your work the top priority in your life. You are an artist, but you're also a small business owner, and even if it feels uncomfortable or unnatural, you will need to learn how to say no. Keep your personal and professional lives separate, and do your best to avoid distractions. Even if you have a lot of different interests and skills, be careful not to spread yourself too thin by multi-tasking and trying to take on multiple jobs and projects at once.

Be clear about your priorities for each day/week/month. Identify three priorities per day. Readjust your schedule weekly as you work towards your yearly or long-term goals (such as grant deadlines, festivals, exhibits, etc.).

### Time Management

There are lots of ways to manage and organize your time, so try out different tactics and tools to see what works best for you. For instance, weekly to-do lists can be helpful, as can a time-blocking system that prioritizes different areas, like creating art, administration, marketing, promotions, etc. Reusable templates and reminders are useful for many artists, as are tools like RescueTime (a time management software to stay productive) that track how you spend your time and where you waste the most time. Even more important for holding yourself accountable is having a mentor who will inspire you, give you good advice, increase your level of commitment to your goals, and hold you accountable. Figure out the system that works best for you, and stick with it!



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## Let's Talk About It

Erin McCarthy - Main Street

### Happy New Year!

This month's article is a follow-up on the December discussion of making a more meaningful holiday, which included ideas for how to donate or raise funds for those in need of some extra help. I believe it's important to practice what you preach, so I, too, looked for ways to spread some kindness,

and chose three different charities. The first was an initiative called Dressemer ([www.dressemer.org](http://www.dressemer.org)), which I heard about from a family member who had previous experience working with the cause. Dressemer, in conjunction with International Justice Mission, has raised over \$3 million since its debut in 2013. This initiative is committed to the eradication of slavery and human trafficking. They rescue, and bring relief and resources to victims around the world, with hope that through a growing collaborative community of advocates, they will ultimately end the human trafficking industry. Advocates raise awareness by wearing a dress everyday for the month of December, in a uniformed movement to "reclaim and re-appropriate the dress as a symbol of freedom and power: a flag for the inherent dignity of all people". Let me tell you, Mont-Tremblant in December is not the easiest place to wear a dress for a month straight, but I did it, and through our efforts, my team and I raised over \$1000!!

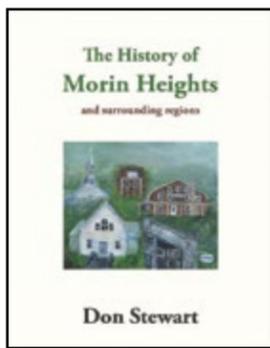


I also was involved with The Shoebox Project, which collects and distributes gifts in the form of shoeboxes filled with items that can enhance self-esteem and reduce feelings of isolation for women who are in crisis, homeless, or at-risk of homelessness in communities across Canada. I heard of this initiative from my friend Marlene Seguin who was getting a group of women together in Arundel to collect items and fill boxes. Marlene had heard of the project from local coordinator of the Laurentians chapter for the Shoebox Project, Katja Leccisi. With the group in Arundel, we were able to fill thirty shoeboxes and had two big boxes filled with extra supplies to be distributed where needed most. When I spoke with Katja to get a bit more information on how the project impacts the Laurentians at large, she said that this year they had initially hoped to collect one hundred and twenty shoeboxes for six area shelters: Ste-Agathe, St-Jérôme, Lachute, Mont-Laurier, and two in Maniwaki... However, the final count, thanks to an incredibly generous community, was two hundred and forty-nine boxes! With a surplus of supplies, they were also able to mail boxes up to Northern Quebec for two Indigenous women's shelters! Katja and her team would like to extend their gratitude to all the people who contributed to every aspect of this year's edition of The Shoebox Project - what a heartwarmingly huge success. ([mont-tremblant@shoebbox-project.com](mailto:mont-tremblant@shoebbox-project.com)).



The third way is still pending. I have been collecting non-perishable items from friends and family throughout the month of December, and I will be donating five baskets of food to a local food bank in my community towards the end of January. The reason for this timing is that I learned that the hardest time of the year for food banks is in January, a month that is neglected, because so many donations are received in December.

So, if you haven't yet had a chance to donate, that would be the perfect timing!



## New book captures local Morin Heights history

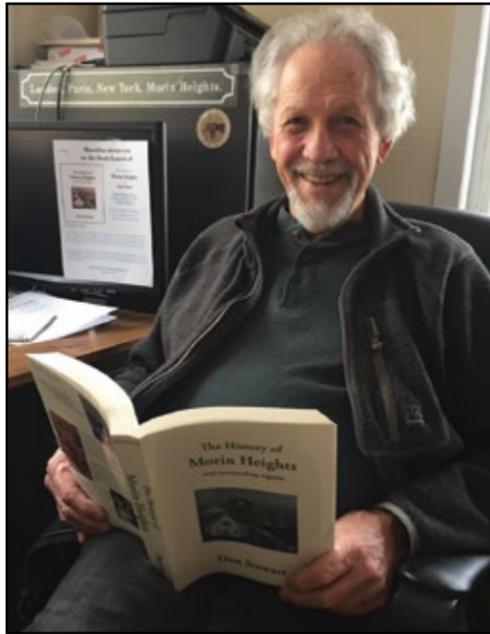
“The History of Morin Heights and Surrounding Regions” by local author Don Stewart was launched at a gathering of some 70 history-buffs on December 1 at the Morin Heights Library. The 500-page book published by Shoreline Press, covers local history from the beginning to present day.

In a review for Quebec Heritage News, Sandra Stock writes that the book: “Is an enormous and comprehensive in-depth study of not just one municipality, but of the settlement and development of the entire Lower Laurentian region...this is a hefty read. However, Don Stewart is an engaging and entertaining writer, and the work is divided into many short chapters...The book is also serious history – Stewart acknowledges this with the many, many sources and documents consulted.”

It traces the arrival of Anglo pioneers who came from Argenteuil in the south and the migration of French settlers who arrived from the east. When these forces met in what is now Morin Heights the ingredients were right for a clash of language, religion and culture. Instead of confronting each other, these new neighbours battled the forests and rocky farmland, and carved out the foundation for a vibrant, harmonious community that still thrives today.

While it focuses mainly on life in Morin Heights, it also highlights the history of other towns in the region and includes over 80 photos and maps as well as an index for easy reference.

Local history has been a life long passion of Don's since growing up in Lachute; he later majored in history and English at Ottawa's Carleton University. He has lived in Morin Heights for over 40 years. Don is a long-time active member of the Morin Heights Historical Association and currently serves as the group's president. He has written several other books and a historical play about early pioneer life in the region.



## Special Birthday Wishes

Hannah Lillian Florence MacLean-Miller.  
JANUARY 13, 2018

### HAPPY BIRTHDAY MOTHER

Love and hugs from your girls and their families of 5 generations, including Mikaila, Julia Rose and Weston of Callander, Ontario. A special thank you to the staff at Residence Champlain, 428 Front Road West, L'Original Ontario K0B 1K0.



## St. Valentine's Day Love is in the air...

Legend has it that the origin of Valentine's Day can be traced back to the ancient Roman Empire when February 14 was deemed a holiday to honour Juno, the Queen of Roman Gods and Goddesses, also believed to be the Goddess of Women and Marriage.

On the eve of the fertility festival, Feast of Lupercalia, celebrated to honour the Gods of Lupercus and Faunus the following day, the names of young girls were written on a slip of paper and placed into jars. Boys and young men would each draw a name and for the duration of the festival, they would stay together. Sometimes, the couple would remain bonded until the following year's celebration, and frequently, the romantic relationship would result in marriage.

However, the actual name of St. Valentine's Day comes from a defiant priest with a romantic heart. During his many unpopular battle campaigns, and believing his difficulty to recruit soldiers stemmed from the men's reluctance to leave their wives and families for battle, Roman Emperor Claudius II cancelled all marriages and engagements in Rome. Defying his order, Saint Valentine, along with Saint Marius, continued to perform marriage ceremonies in secret. Claudius II was furious when he discovered the deception and Valentine was beaten and put to death on February 14, about 270 AD. He was named a Saint after his death.

And so the legend goes...





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## This Month's Focus on Nature Feeding birds

Susan MacDonald

Winter is a difficult time for all wildlife, including our feathered friends. While they rely primarily on wild food sources for survival, many species welcome a supplement to their diets, particularly during severe weather.

Assorted seed mixes are readily available in pet shops and other retail outlets, but be aware that most commercial mixes contain cheap filler seeds and grains such as red millet, oats, flax and wheat. These are generally ignored by the birds and scattered on the ground, attracting mice.

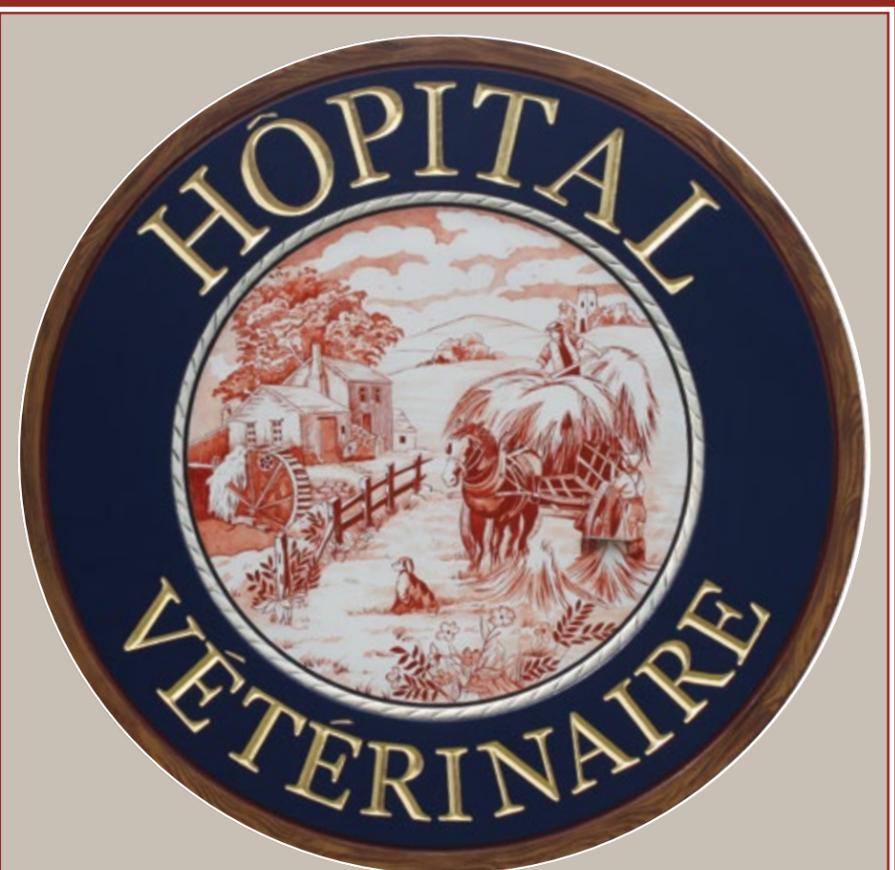
If you are going to spend your dollars, best to spend them wisely and purchase foods that the birds enjoy, and are most beneficial to them. The top three favourites are black oil-type sunflower seeds, small thistle seeds and suet. Buy from reputable dealers who offer proper and fresh seeds.

### Risks of Feeding Birds

The largest risk to birds visiting feeders is predation from household cats, so be sure to hang feeding stations out of their reach and in the open, where the birds can be aware of their presence. Feeding during the summer months may also attract bears, raccoons, squirrels, skunks and mice. If you notice too many uninvited guests, bring in your feeders at night and keep a close eye on them during the day.

To prevent diseases such as avian pox and salmonellosis from spreading among the birds, feeders should be washed and sterilized frequently. This will also help to prevent mold, which causes respiratory problems that usually result in death.

In a war with windows, the bird is always the loser. If you enjoy them close by, dull the reflective glare by rubbing soap on the outside of the windows and place the feeder within two feet of the viewing site. This will help prevent them from building up flight speed and flying directly into a window. Otherwise, the best distance is approximately 30 feet from the house. Note that closing curtains and shades will not help as the birds still see the reflective surface of the glass.



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