

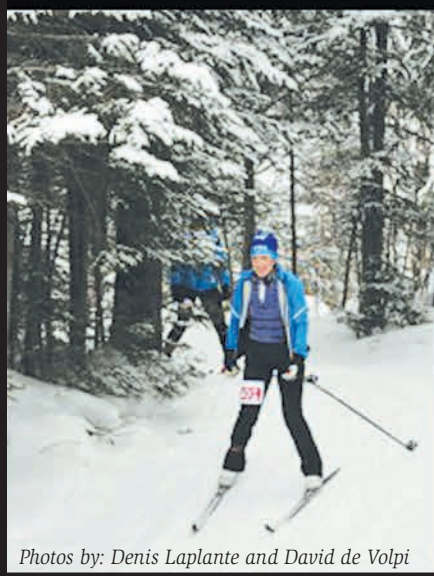
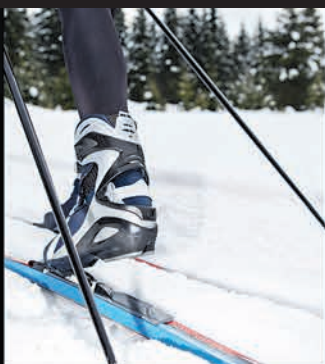
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What's On My Mind...

A little over-indulgence

Susan MacDonald, Editor

After weeks of hype and chaos, days spent shopping, cooking, entertaining and visiting friends and relatives, it's hard to believe the holidays are already over. We'll have a few reminders to hang onto for a while though; those hefty Visa bills, holiday decorations must be taken down and stored, and there are still way too many leftovers in the fridge and pantry. Did you over-indulge over the holidays?



In the weeks leading up to Christmas, I became extremely annoyed at two very contrasting and constant themes that focused on holiday menus. Similar to a well-matched tennis game, the players on one side of the net banged out their best holiday recipes, only to be countered by their opponents with their new, fashionable diets and calorie counters. The game was played on radio talk shows, every day on TV and by many print publications. Back and forth the game went, leaving the spectators exhausted and the players rubbing their hands with glee, for this was definitely a win-win match for them. Food and perceived weight issues are guaranteed sellers for both sides - time for the lucrative rackets to come out.

Meanwhile, the referees, Visa and Master Card, sat in the wings and watched the game through half-slit eyes. Plump and content from gorging on the sales from Black Friday, Cyber Monday, and every other pre / post holiday sale, they were content to observe from a distance and simply ring their cash registers every time a point was scored. No wonder there is a stigma of commercialism surrounding the holidays. But, we all know this, so why do we continue to participate?

Christmas and Chanukah are really the only times of the year when we all make that special effort to physically join with family and friends and celebrate. Supposedly, thanks (or no thanks) to our modern technology, we are apparently more connected than ever before, making it easier to stay in touch without having to displace ourselves, or re-arrange busy schedules to accommodate actual visits. But, there has still not been an app developed that allows you to give a warm hug or loving kiss through a smart phone - yet.

The holidays give us an opportunity to do just that. For a couple of weeks of the year, we should plan to step back from our hectic lifestyles, re-unite with loved ones and share our joys. These times should be special and, most certainly, do warrant a little over-indulgence, with good spirits and without feelings of guilt.

If you did over-indulge a little this year, think back to the joy you shared over the holidays - was it worth it? I'm sure it was, and that is why we continue these wonderful traditions each year.

Wishing everyone good health, happiness and prosperity in the New Year.

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Observations Looking ahead in 2016

David MacFairlane - Main Street

As many readers are aware, our world is experiencing massive, unprecedented change at an ever-increasing pace. We are tumbling, headlong, into a series of political, societal and economic crises that are likely to hit us, all at the same time, and from which there can be no escape, as we have ignored the symptoms for far too long.

I will address these in bullet points to help clarify the various situations:

- The refugee crisis in Europe will render European society unrecognisable in a generation. Already, Muslims are the majority immigrant populations in most countries in the EU, particularly in France, Germany, Holland and the Scandinavian countries. Crime rates are climbing, violent assaults by sexually-repressed, testosterone-fuelled, young men are regular occurrences and Germans have begun to clamp down on this anti-social behaviour. The social costs are damaging the economy seriously.
- Sweden's social services are overwhelmed by new immigrants demanding jobs, housing and welfare. Citizens are being insulted and assaulted, women and girls raped, and there was even a beheading of a young boy recently. This is causing huge social chaos and deep anguish among citizens. No good can come of it.
- The Swiss Army Chief, Andre Blattman, has warned the population that the threat of terror is rising, the economic outlook is gloomy, and migration flows of refugees have attained unforeseen dimensions. He also warns that "social unrest cannot be ruled out" and has advised all Swiss citizens to arm themselves for protection. Gun sales have increased by up to 70%.
- On New Year's eve, a terrorist, suicide-bomb attack, similar to Paris, was averted in Munich, Germany. Seven Iraqis were arrested. Warning came from French Intelligence services. The country remains on full alert for more attacks.
- In Europe, far-left and far-right political parties have appeared in Italy, Spain, Portugal, Hungary, Poland, France and Greece. These parties are anti-immigration, anti-Europe and anti-austerity. They are gaining popularity and may enter government soon - particularly in France and Spain. The left just won power in Portugal.
- Separation movements are gaining traction amongst the Basques and Catalans in Spain, also in Scotland, Wales, Italy and Ukraine. Britain will be voting in 2016 on whether to leave the EU - the polls indicate that it will.
- There is a civil war growing in Turkey between the Kurds and the administration of President Erdogan, who is deeply corrupt and certifiably mad. If not checked, this will become another genocide, an act already familiar to Turkey, having exterminated 1.5 million Armenians in 1915.
- The mainstream media do not report truthfully on geopolitical and economic affairs in Europe or North America. Instead, we are fed barnyard slop in the form of bloviation that "America is great, Europe is united, and Putin is the devil" when, in fact, the opposite is the truth. We are left ignorant and searching for transparency. But, the truth is ugly, and will not be uttered by those presstitutes.
- Former US President Carter (Nobel Peace Prize, 2002) recently said, "America does not have a functioning democracy, at this point in time ... Now it's just an oligarchy, with unlimited political bribery ... we've just seen a complete subversion of our political system ... " Coming from a former President, these are extraordinary and unprecedented statements, that are a broad condemnation of the immoral regime in the White House.
- According to Dr. Paul Craig Roberts, a highly respected economist and geopolitical analyst, the American hegemonic wars of conquest in the Middle East began in 2001. Since then, Washington has destroyed, in whole or part, eight countries and now confronts Russia in Syria and Ukraine. Russia and China have signed a mutual-defence treaty. Trust between these nuclear powers has been destroyed. NATO (essentially, the US) has no chance of defeating Russia, but they are pushing hard. Dr. Roberts warns that unless NATO is leashed and tethered, war is inevitable.
- On the economic scene, according to David Stockman, former politician, Budget Director for President Reagan, and renowned economist, the global economy is plunging into an epic deflationary contraction. There has been a global collapse of oil and commodity prices. We are dealing with massive over-investment in shale oil, tar sands, iron ore, aluminium, bulk carriers, coal, copper, zinc and other commodities, with supply still rising while demand is dropping. There is no indication when these excesses will be absorbed and prices recover from the floor. The over-capacity will last for many years.
- Mr. Stockman also says that we are at the greatest, financial market-inflection point since 1929. We are in uncharted waters, after nearly 20 years of madcap money printing by the Federal Reserve and other Central Banks. Everything has been inflated - stocks, bonds, real estate - the entire economy, measured by global GDP. The world's Central Banks no longer have the means to inflate the global credit and financial bubbles. We

"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little."
- Franklin D. Roosevelt - 1882-1945 -
32nd President of the United States

have reached the apogee of history's greatest credit inflation, and now we are hurtling into a prolonged, worldwide deflation. Since 2008, the Bloomberg Commodity Index has fallen 70%, to its 1999 level, and is still falling.

- Mr Stockman also states that the world is at "peak debt" - the point where households, companies, governments and countries are tapped-out. They are stuck with such monumental debt burdens that they cannot service any additional debt, even at zero percent or below.
- Central Bank interventions during this period of deflation will cause massive hyperinflation and the final destruction of markets.
- Japan has public and private debt equal to 450% of GDP. It is in its fifth recession in seven years. Aging demographics are killing the economy.
 - This orgy of past credit expansion was unsustainable and destined to end in a fiery crash - the one that is happening now.
 - Our government will be forced to re-calibrate their economic initiatives and apply the brakes to their ambitious spending plans. They will have no other options. The Canadian economy will not escape the consequences of the collapse of markets in Europe, Asia and the US.
 - In 2016, all stock markets are predicted by many insiders to crash hard, along with bonds and the US dollar.
 - This will be a year for the record books - the third economic crash of the new millennium.
- Investors unprepared will be wiped out.
- The good news is that in the midst of such violence, chaos and oppression, humanity continues to persevere, by resisting powerful negative forces, and unyieldingly aspiring to the goal of universal peace, freedom and respect for all.
- Canada's spontaneous generosity and kindness to Syrian refugees is proof that goodness will prevail in the end, and serve as a beacon of light in the world.

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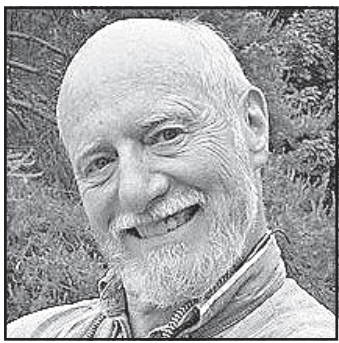
Founder: Jack Burger
Co-owners: Steve Brecher, Susan MacDonald
Advertising Sales: Steve Brecher
Publisher/Editor: Susan MacDonald
Associate Editors: Jim Warbanks, June Angus
Art Director: Elle Holland
Management Consultant: Barry Young

Contributing writers: Ilania Abileah, June Angus, Joan Beauregard, Lys Chisholm, Chris Collyer, Sheila Eskenazi, Beth Farrar, Christopher Garbrecht, Ac, Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lucie Lafleur, Lori Leonard, Lisa McLellan, Yaneka McFarland, Marcus Nerenberg, Claudette Pilon-Smith, Frans Sayers, Christina Vincelli, Dale Beauchamp, Marie France Beauchamp, David MacFairlane, Kim Nymark, Jim Warbanks and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians
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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •
NEXT EDITION: FEBRUARY 12
IF YOU WISH TO PLACE AN AD CONTACT STEVE BRECHER: 514 703-1665

Legal Deposit Bibliothèque nationale du Québec 2014
QCNA AJRQ ISSN 1718-0457



Simply Words on Paper Meet Man's Potential New Best Friend

Jim Warbanks - Main Street

Wolves were domesticated to become dogs, our favored canine companions, in a process that began as early as 12,000 to 15,000 years ago in the Middle East as they evolved to establish a very particular social niche within human culture.

In the 1930s in Stalin's Russia, genetics was branded a "fascist science." Geneticists were persecuted and some sent to labor camps. Dimitri K. Belyaev, a Russian geneticist, had noted that domesticated animals of vastly different species shared certain traits; body size, fur color, and the reproductive cycle modified. Hair becomes wavy or curly, they have floppy ears and shortened or curly tails.

Darwin

He had the support of Charles Darwin, who stated in his seminal work, *On the Origin of Species*, that "not a single domestic animal can be named which has not, in some country, drooping ears." Indeed, except for elephants, drooping ears is a feature unknown in wild animals.

In 1948, genetics was declared a pseudoscience. All geneticists were fired. Belyaev lost his job at the Central Research Laboratory in Moscow. After Nikita Khrushchev came to power, these policies were eased. In 1959, he became the Director of the Institute of Cytology and Genetics in Novosibirsk, Siberia where he was able to further his genetic studies in relative freedom.

To test his hypothesis that selecting for tameness mimics the natural selection that must have occurred in the ancestral past with dogs as they adapted to life among humans, he selected the wild silver fox, a dark-color form of the red fox. Belyaev and his assistant Lyudmila Trutt devised a selective breeding plan to determine if the anatomical and physiological changes observed in domesticated animals could have resulted from behavioural traits selection. They began with 30 male foxes and 100 vixens, most from a farm in Estonia.

Least fearful

The captive foxes were tested from the age of one month through sexual maturity at eight months to determine their reaction to humans. Did they show fear or approach to receive food? Did they bite, if touched? The least fearful or least aggressive (less than 10%) were selected to breed. By the 6th generation, foxes with the desired tame behaviours were friendly, wagged their tails and whined. In the elite category (18%), by the 10th generation, they were eager to establish contact with humans, whimpered to attract attention, and sniffed and licked just like your pet dog does. After fifty years, over more than 40 generations, 70-80% of the foxes qualify for such elite status.

It should be noted that the foxes were not trained, in order to ensure that their tameness was a result of genetic selection and not environmental influences. They spent most of their lives in cages and were limited to brief encounters with humans. A determined effort also negated the possibility of inbreeding as a genetic factor.

To achieve such compelling results over a relatively short span of time, compared to natural selection, was a real breakthrough, according to animal-behaviour expert Tecumseh Fitch, quoted in a 2011 National Geographic article, "given that the selection process on dogs, horse, cattle and other species had occurred, mostly unconsciously, over thousands of years." Among the observations, juvenile traits are retained into adulthood. Domesticated foxes have been found to have higher levels of serotonin in a number of brain structures, which tends to inhibit aggressive behavior.

Mating season

The mating season for foxes, both in nature and at fur farms occurs once a year, coinciding with increasing daylight (January - February). In some groups of tame foxes, sexual activity and mating were observed outside the normal breeding season. A few vixens have even mated twice in a year. This more closely resembles the expanded reproductive pattern of long-domesticated breeds.

Trutt indicated that after a 40-year experiment and breeding 45,000 foxes, the animals which emerged "were as tame and eager to please as a dog." Fitch described them as "incredibly endearing." A New York Times article concluded that they "were clean and quiet and made excellent house pets, though - being highly active - they preferred a house with a yard to an apartment. They did not like leashes, though they tolerated them."

Ceiridwen Terrill, of Concordia University, said that the foxes were so tame that when she reached into a cage to show one of them some affection, it plainly "loved having its belly scratched". Some of the foxes had even been trained to fetch and sit.

What are the future prospects for the tame foxes? In a strangely ironic twist, some foxes were recently sold to Scandinavian fur breeders, who have been pressured by animal-rights groups to develop animals that do not suffer stress in captivity. Pups may be marketed as house pets, a venture that should lead to some interesting experiments. Many avenues of both applied and basic research remain, provided this unique fox population is maintained.

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The Quit to Win! Challenge: 17th Edition

Dr. Christiane Laberge invites smokers to sign up

The Quit to Win! Challenge is back, inviting Quebec smokers to take up the challenge of their lifetime: quit smoking for at least 6 weeks, from March 1 to April 11, 2016. Registration is open until March 1 at quitchallenge.ca.

The online Profile has been completely revamped to improve user experience. Everyone who signs up for the Challenge gets exclusive access to their personal Profile, for the entire year, which features support tools such as a game plan where they can record their motivations, a journal, and a savings calculator. They can also find information, tips and download tools to help them quit.

Participants can also pick up the free Jean Coutu Quit Kit and sign up for motivational emails sent based on their cessation date.

Participants get the chance to win one of several prizes, including one of 2 trips to Punta Cana, courtesy of Transat and the Majestic Elegance Hotel and the Majestic Colonial Hotel in Punta Cana.

The Quit to Win! Challenge is an initiative of Capsana, in partnership with several public and private organizations, including the ministère de la Santé et des Services Sociaux, Quebec's Directions régionales de santé publique, the Canadian Cancer Society, the Jean Coutu Group, and GlaxoSmithKline Consumer Healthcare.



About Sainte-Adèle

Chris Lance - Main Street

Mayor Rejean Charbonneau recently announced that there would be no basic tax hikes for 2016. You can go to the Internet site at ville.sainte-adele.qc.ca/page-budget-municipal.php, and then Budget 2016, to get an itemized view of Charbonneau's

future spending of a budget of \$26,483,542, which is half a million dollars higher than 2015.

The parishes of Sainte-Adèle and Saint-Sauveur are hoping to receive a Syrian refugee family from Lebanon to settle into each parish. These efforts are being coordinated by a committee, with oversight from the Cure André Daoust. This "comité des Laurentides" has estimated that \$30,000 would be needed to help the family's first year here. According to Cure Daoust, Saint-Sauveur has achieved its gifted funds goal, and Sainte-Adèle is still a little short. If you are inclined to offer help or to donate, contact Cure André Daoust at 450 229-4454 or email andre.daoust@cgocable.ca. You can also mail a donation to La paroisse Notre-Dame-des-Pays-d'en-Haut or mail directly to 116 rue Lesage, Sainte-Adèle QC, J8B 2R4. If funding surpasses the initial objectives, other families might be considered for our towns.

After the holidays, those natural Christmas trees you bought must be transported to the eco-center in Mont-Rolland. This year, you should not leave them by the roadside or place them in your "bac brun." Nothing better than those dried green needles in your trunk for the rest of the winter season. Also, do not use biodegradable plastic bags in your "bac brun" either; use paper only for those gravy-like juices at the bottom of your bac!

According to rule #1220, the blue, brown and black bacs should not be visible from "la voie publique," except from 5 pm the night before collection and 9 pm the day of collection. There are also new rules about signage, beyond language, and they are in reference to renting and selling your home. For renting, your sign cannot exceed 0.5 square meters, and for selling, not exceed 0.6 square meters, and only one sign, etc etc.

You can purchase tickets on-line at www.sainte-adele.qc.ca for upcoming events at Place des citoyens. Free entrance for expositions - doors are open from 1 pm to 4 pm on Thursdays and Fridays; from 10am to 5pm on Saturdays; and noon to 5pm on Sundays. There is an exposition of photographs of young citizens from January 8 to 31, in Salle Parc.

There are lots of activities for Winter 2016 offered on the town's Internet site. Go to www.ville.sainte-adele.qc.ca, then click on 'inscription aux activités' on the bottom of the right-hand side of the page. There, you will see what is offered: dance, Zumba, tennis, yoga, even English conversation. These activities are for all ages and, for the most part, the cost is reasonable.

Les Plaisirs d'hiver 2016, at Lac Rond, will be running from January 31 to February 28 on Sundays, from noon to 4 pm. Just show up with skates or walking boots.

There are many snowshoeing, cross-country and fat-bike trails to use in our region. Check out the new map at www.pleinairsteadele.com

That's it for this month - it's cold, and there is a lot you can enjoy up here in Sainte-Adèle. If you see our mayor making new rules for us to follow - honk and wave.

Happy New Year



Skijoring

Dogs on the run

Susan MacDonald

December 25, 2015 will be remembered as the green Christmas that broke the record for being the warmest Christmas Day on record - a balmy 16+ C. As a result, all those new skis, snowshoes and other naturally perfect winter gifts have remained under the tree while we waited for the snow to arrive. And finally, the first flakes have fallen and there's plenty more to follow soon, according to the local forecasts. Let the winter fun begin.



This summer, I adopted a young German Shepherd dog (GSD) who, with the exuberance of youth, and in need of some obedience training, still loves to pull on her leash. A friend suggested we try skijoring, a sport combining cross-country skiing and dog sledding ... well, sort of. The name skijoring is derived from the Norwegian word "hundekjoring," which translates to "dog driving" and hundekjoring has deep roots in Scandinavian military and ski patrol/rescue services, which may explain why they were so familiar and welcome on the trails. In this fast-growing sport, a person on cross-country skis speeds along a trail pulled by dog power. The dog(s) are trained to follow verbal commands and are joined to the skier with a towline, connected from the dog's harness to the person's skijoring belt. Although canine skijoring is recreational, it is possible that it evolved from two other animal-powered sports, equine skijoring and dog sledding which, in the past, were both used as means for winter transportation.

Equine skijoring dates back several hundred years to Scandinavia, when it was used as a transportation mode during snowy winters. Originally, reindeer pulled people on long wooden skis behind them, but later on, it was horses that provided the pulling power. In the late 1940's, equine skijoring became an official sport, started by Tom Schroeder, an avid skier, and Mugs Ossman, a passionate horseman. Today, it has evolved into a specialized competitive sport where competitors navigate a course of jumps and gates, and spear rings along the way. The first international sanctioned race was held in 2006, right here in the Laurentians, at the St-Donat Airport, Quebec.

Dog sledding outdates any modern vehicle and is believed to have originated in the arctic regions 4000 years ago. The pulling dogs were the original Canadian Eskimo Dogs; a breed whose history is solely connected to the Inuit People. The dogs accompanied the Inuits to Canada when they emigrated from Alaska in 1000 AD.

Life in the arctic would have been impossible without the dogs that pulled sleds for transportation, monitoring trap lines and hunting. In later history, other breeds were introduced and, alongside the Canadian Eskimo Dog, they pulled sleds, delivered mail, supplies and the news. They played a major role during the mining rush and were used to patrol the northern Canadian territories by the RCMP. One of the most famous feats recorded in dog-sledding history was when they successfully carried serum, from Nenana to the remote village of Nome, during an outbreak of Diphtheria.

Snowmobiles eventually replaced the need for dog sleds but the tradition lived on as a popular sport. Racing became huge and the first long-distance race was held during a festival in Minnesota in 1886. The most popular contest is the longest-distance race, the annual Iditarod Trail Sled Dog Race. Known as The Last Great Race, it runs in early March and covers the 1688 kms (1049 miles) from Anchorage to Nome, taking from nine to fifteen days to complete. The course is grueling, and mushers challenge each other, and the brutal elements, in their race to the finish line. Recreational dog sledding has also become a fun winter activity, offering a much more enjoyable experience.

I think Nala and I will pass on the skijoring for this year, and concentrate on our basic training. Perhaps, next season, we'll take up the challenge and let my imagination run wild, back to the times when some of the winter sports of today were yesterday's means of survival.

Wildlife in Winter

Seasonal adaptations of the Whitetail

Susan MacDonald

Nature has a wonderful way of providing our wildlife with the necessary means to survive a harsh winter climate and each species has developed unique characteristics that will ensure its survival and continuance. While some migrate great distances to warmer destinations, and others sleep the cold away, several species have successfully adapted their habits to the changing seasons. One perfect example is the Whitetail deer.



We see them grazing in fields during the summer and autumn months, so most people tend to think of deer as being grazers, enjoying the lush summer grass. This is not the case. Unlike sheep and cattle, the Whitetail's dental structure and stomach development is quite different, and do not provide the efficiency to grind up and digest tough grass fibres. Rather than nibble at grass, deer tend to pull it out, eating only the tender base of the shoot, which is lower in fibre, more nutritious, and easier to digest. Known as "concentrate selectors," deer eat a variety of tender shoots and leaves from trees, vines, plants and bushes, along with some fruit and vegetables. They relish nuts, particularly acorns, and also mushrooms. Many of

the deer's food sources contain toxins, but because they are eaten sparingly, and usually only when the plants are young and less toxic, the negative effects are minimal. Other foods eaten by the deer also help to counter-balance any toxic intakes.

In the fall, deer will consume as much food as possible, increasing their fat accumulation by up to 30%. They will rely on these reserves to provide up to 40% of their daily nutritional needs during the lean season. By late autumn, a physiological change occurs within the deer's stomach as natural micro-organisms change over to those that can break down the tough, winter diet of woody browse, rather than the tender shoots of summer. A human analogy would be changing from a lawnmower for cutting grass to a chainsaw for chopping wood - so to speak. And, you can't use one to do the other's job.

During this seasonal phase, a deer is physically incapable of digesting large quantities of food. At this time of year, they are designed to eat woody vegetation (twigs, next year's buds, frozen moss - a natural silage, etc.) and to absorb enough nutrients from their sparse diet to survive. A sudden change in diet, or consuming large quantities of food, such as hay, grains, table-scrap or other inappropriate feed, can cause acute acidosis (an abnormal increase in blood acidity) and kill a deer within 72 hours. Any quick change in food intake changes, or kills, the specialized microorganisms in the stomach, rendering the feed indigestible - a deer could starve to death - even with a full stomach.

Another survival trait deer have developed is to congregate into groups and "yard up" for the winter. As a herd, it is easier to develop and maintain trails to food sources and escape routes from predators. This also allows them to conserve energy, something they strive to do throughout winter. These yards are usually found near abundant natural food sources, and other areas that offer shelter from the elements. With the arrival of spring, the groups break up and the deer return to their solitary lives, until the cold air blows again.

There is much debate over the benefits and hazards of feeding deer in the winter, and several good points have been put forth to substantiate both arguments. For the safety of citizens, and the animals, several municipalities have banned the practice of feeding deer, under the penalty of fines of \$100 or higher.

There are several positive things we can do to help wildlife, such as improving their habitat, which will not put them, or ourselves, at risk. Before embarking on any activity, please do your research thoroughly and act responsibly.

Yves St-Denis welcomes adoption of PL 54

The MNA for Argenteuil, Yves St-Denis, is proud to announce that the Government of Quebec unanimously adopted the Act to improve the legal status of animals at the last session of Parliament. In Quebec, animals are no longer considered as “personal property” but rather as sentient beings, with biological imperatives.

“Quebec has had much delay on animal welfare. This law represents a positive legislative development, reflecting the advancement of our society. In tabling Bill 54, the Minister of Agriculture, Fisheries and Food, Mr. Pierre Paradis, thought to advance Quebec 20 years, but rather 200 years that he has changed. On my behalf, I wish to thank the Minister, Mr. Pierre Paradis, and members of the National Assembly for their significant contribution to this legislation. Parliamentarians are the voices for the animals,” said Mr. St. Denis.

The Quebec Civil Code has been amended accordingly. Quebec also has a special Act on the well-being and safety of animals, which aims to curb unacceptable behavior.

If you witness an unacceptable situation regarding the health and/or well-being of an animal, please report the incident to 1844-PETS. The line is available 24 /7 and all calls are confidential.

Farm Credit Canada supports 4-H Clubs across Canada



The Farm Credit Canada (FCC) 4-H Club Fund is providing \$122,000 to 251 4-H clubs across Canada to support various local events and activities. In Quebec, seven 4-H clubs, including the Lachute 4-H Club, received a combined total of \$3,500.

The fund is part of FCC’s \$1 million contribution committed over four years to 4-H Canada. This contribution, in addition to supporting local 4-H activities, supports national as well as provincial 4-H initiatives.

4-H Canada is a not-for-profit organization that provides young Canadians with the tools and guidance to build leadership skills in a safe, fun and inclusive environment. It has more than 25,000 members and 7,700 volunteer leaders. To learn more about 4-H, visit www.4-H-Canada.ca.

Fraud – be vigilant and protect yourself

Every year, many people are victims of fraud. Fraud is an action to appropriate the property of another by deception and various rich-quick schemes. Fraudsters use different methods to scam you. Whether by phone, online, mail, or at your door, fraud can reach you no matter your age, education level and income.

Here are some prevention tips to avoid falling into such traps:

- When someone becomes too pushy or even rude (ex. if you are required to answer immediately when asked questions, do not trust that person. Never provide privileged information to the caller.
- Ask for details to prove the legitimacy of the person. Do not feel guilty to ask questions or to say “no.”
- Never make an online money transfer when you do not know the caller.
- Never provide your credit card number over the phone or Internet unless you know the recipient.
- Do not throw any documents containing personal information in the trash. Shred them.

Always be concerned about the protection of your property, the Sûreté du Québec of the MRC des Pays-d’en Haut request your cooperation. Report fraud by contacting the Sûreté du Québec at 310-4141. File a complaint with Anti-Fraud Centre of Canada. This approach is not only useful for you but also helps prevent other innocent victims getting caught in a trap.

For additional tips on preventing fraud see the “advice” section on the website of the Sûreté du Québec.

Knowing how to recognize fraud is the best way to escape it!

Yves St-Denis participates in the Saint-André-d’Argenteuil food drive

The MNA for Argenteuil, Yves St-Denis, recently participated in the food drive of Saint-André d’Argenteuil in the presence of volunteers, and the organizer and pro- mayor of the municipality, Steven Mathews.

“I had the opportunity to meet dedicated volunteers who are helping their fellow citizens. I am pleased that the families who will benefit from these baskets can spend a happy holiday with their families,” said M. St-Denis. He continued, with a statement confirming financial support in the amount of \$ 1,000 to the organizing committee, from the budget to support voluntary action.

Mr. St-Denis wishes to thank the citizens and local businesses that participated in the collection of food and for their generosity to these families.



72 Christmas balls ... 72 children’s smiles

On December 20, smiles lit up and eyes sparkled when a special squad formed by police distributed 72 gifts to children in need, thanks to the generosity of the citizens of Mont-Tremblant. Each of the 72 Christmas balls, which identified a child, were sold to the population of Mont-Tremblant in less than a week. In fact, there was twice the number of benefactors with respect to the number of Christmas ornaments. The name of a child was written on each ornament along with their age and three gift choices that they wished to receive. “It’s fantastic and it’s really a beautiful demonstration of the generosity of the citizens of Mont-Tremblant. I thank them warmly...,” said Mayor Luc Brisebois.



This program is an initiative of the Mont-Tremblant police department in collaboration with community agencies of the territory, which allowed them to help families, and especially to illuminate the face of a child with a smile. “I congratulate officer Christine Dupras, who initiated the program in Mont-Tremblant, and the whole team of the Police Service and organizations that contributed to the project...” said Mayor Luc Brisebois.

Sharing the magic of Christmas

The Optimist Club in Sainte-Agathe-des-Monts was able to offer the magic of Christmas with many scheduled activities. For the 9th consecutive year, the traditional toy collection was successful, due to the generosity of local citizens, which allowed for hundreds of gifts to be distributed to the children of less fortunate families on Christmas Eve. The Optimistic Club elves, in collaboration with Auberge Chez Girard, received twenty children for a traditional dinner with Santa. Since the arrival of Santa Claus in the city center was not in the program this year, the Optimist Club approached valuable partners and organized Santa’s arrival. The Club also contributed to the Christmas party at the Sainte-Lucie Recreation Association held on December 12, when another fifty children had the pleasure of welcoming Santa.

“With the involvement of all, nearly 250 children experienced the Optimist Magic of Christmas,” said Cynthia Lingat-Bonenfant, vice-president of the Optimist Club.



The City of Mont-Tremblant adopts its official bird

The Downy Woodpecker is now the avian representative of the City of Mont-Tremblant. This is what the Council decided on Monday, December 14, by resolution, following the result of a referendum, after a citizens’ initiative. More than 400 people voted from seven birds identified by the Ornithological Club of the Upper Laurentians.

The Downy Woodpecker received the highest vote (27%), followed by the Rose-breasted Grosbeak (20%), the White-throated Sparrow (15%), the Sharp-shinned Hawk (12%), the Nuthatch and Yellowthroat (10%) and the Dark-eyed Junco (7%).

The popular consultation took place between April and October 2015.

There are 198 species of woodpeckers in the world, thirteen of which live in Canada. The Downy Woodpecker (*Picoides pubescens*) is the smallest and, perhaps, the best known and friendly. This little bird does not migrate and resides throughout the year in the territory of the City of Mont-Tremblant, as well as throughout the entire Laurentian region.



Reduced speed limits

The City of Mont-Tremblant wishes to inform the citizens of the entry into force on 14 March, Article 3 of Regulation (2015) -A-15-6 on public order, traffic and parking, which aims to reduce the speed limit to 10 km per hour on some roads and streets.

Prior to the amendment of the regulation, the speed limits of certain streets in the same sector varied. To ensure the security of citizens, the City of Mont-Tremblant has standardized speed limits by sector.

New speed limit signs have been implemented in the targeted sectors, notably on Terry Fox: (from 50 km/h to 40 km) and ch. Malo (40 km/h to 30 km/h).

To review the rules, visit ville.demont-tremblant.qc.ca then click the Policies tab.



Santa lands in Lachute

On Dec 6, Lachute Aviation hosted "Breakfast with Santa," at Lachute Airport. A complete pancake breakfast was served, while the kids waited for Santa to arrive by airplane. The anticipation really began as the children listened to Santa's airplane requesting permission to land. With the mild weather, all the children, with parents in tow, were able to greet Santa as he descended from the aircraft, then followed him to his chair and proceeded with the traditional reciting of all their Christmas wishes.



Lachute Aviation would like to thank all the volunteers as well as Ian Brass (North River Farms) for his donation of maple syrup. All proceeds collected will be given back to local schools to fund activities for the kids. Looking forward to doing it all again next year!!
Happy Holidays!!

Recycled

Claudette Hay - Main Street

I said to a friend lately, "The recycling bin is giving me a complex." Wrinkled, cracked and dented, stuff gets deposited in there for recycling. Even if it does get transformed into useful, new things like foam cups, egg cartons and aluminum foil, it still makes me feel funny." She felt the same way. "Think of actors after fifty," was how she responded.

Oh, signs are subtle enough, such as the names you hear after reaching a certain age - honey, doll and sweetie, that only hint of overripe, low-hanging fruit. Class reunion blabber of "you haven't changed a bit" recycles to fifty years ago. Who wants to be compared to seasoned wood and magnolias made out of steel?

Recently, and without flinching, a restaurant hostess politely whisked us away from the lively music and drinking area and steered us to the "grey" area, where people who looked a lot older than we do, sat cutting their meat into small pieces. Loose denture ads, knee balms, and mood and body-part lifters, are always targeted at us. We're often made to feel like aliens in computer stores, as if it were bad for business to see us there. It's no better looking for a car either. "This is just right for someone your age," they say.

We're far from being sent to pasture. Many of us still work, use tablets, computers, attend "elder" college and care for grandchildren. Before even giving us a chance, now, relatives and family answer for us; "No, she doesn't take sugar in her tea, those glasses don't suit him, the straight chair, not that one, is better." My friend started to shake her earrings to avoid being considered invisible at parties. She refuses to amuse babies, hold the dog's leash, and completely dismisses, "sit with Granny, she's lonely."

Magazine covers showing "Hurry Up and Die" and controversies over dying with dignity disturb the comfort level we look for in aging. The thought of permitting others to decide our expiry date, or recycling us into ashes too early, is scary. Grim reapers, with technology upgrade mentalities, need to be closely watched.

All that said, I'll think twice before discarding my chipped cup, and use it when we get together to talk about how to stay out of the bin, because one old adage they did get right is,

"THEY SURE DON'T MAKE THEM LIKE THEY USED TO."



Santa visits Legion 192

Thank You to MP David Graham for graciously filling in for Santa on December 12 at the Rouge River Royal Canadian Legion Branch # 192 during the children's Christmas Party. The little ones enjoyed Santa's visit.



Photo - L-R: Eadie Decosse (Mrs. Claus), Cassie Beaven 3 yrs., Emma Beaven 10 months, and Santa.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Colette and Manon Desjardins, owners of **Residences Desjardins**, 55 Hochar, St. Sauveur, who are celebrating the 50th anniversary of this residence. Colette is Director General and sister Manon is Director, Human Resources. Many years ago, the residence was called Villa du Vieux Sapins and was owned by their mother. They currently have 103 patients and provide care for short-term and long-term residents, those who require convalescence or palliative care. 450 227-2241, ext. 222, residencesdesjardins.phaq.ca, info@residencesdesjardins.com.

Garde-Manger des Pays-d'en-Haut, 100 Morin, Ste. Adèle, celebrating their 20th anniversary. Incredibly, they provide food to approximately 600 families per week, in Ste. Adèle, Ste. Marguerite, Estérel, St. Adolphe d'Howard, Morin Heights, Piedmont, St. Sauveur, Ste. Anne des Lacs, Laurel, Wentworth and Seize Iles. Congratulations and kudos to Carole Legault, Director General of this amazing organization and her team. If you would like to help, or need help, call 450 227-3757 or visit www.gardedemanger.com.

Welcome to:

Dominic Cole who recently opened **Le Breadshop**, 707 Village Rd., Morin Heights (beside the SAQ). Dominic and his team offer his signature baguette, as well as yummy cheese bread, chocolate cranberry bread, raisin bread, croissants, chocolaines, quiches and raspberry almond pie. They also make kamut bread and other specialty health breads. No sugar is used. 450 543-2724.

Did you know...

Émilie Delorme is an excellent physiotherapist who can help you with problems affiliated with muscular disease, sports or car accidents and traumatic injuries? Émilie also provides outstanding assistance to those suffering from vertebral problems including neck and lower back issues, migraine headaches and more... Émilie is extremely motivated, has "magical hands" and is a sympathetic listener. Emilie works at Physiothérapie et Ostéopathie Fadi Eid, 2943 Labelle, Prévost. 450 224-2189.

Julie-Ann Hess of Sutton Humania in Mont Tremblant is now working on her own? Susan Rich who worked with Julie-Ann for 10 years has recently retired from real estate and is pursuing new endeavors. Good luck Susan. Julie will continue to provide you with the same excellent personalized service. Julie knows the Tremblant region well, as she was born and raised there. 819 421-0344, jhess@sutton.com.

Eric Desrosiers sold 3 Ford dealerships: one in Lachute after 21 years, one in Ste. Agathe after 26 years, and one in Tremblant after 15 years? Eric and his brother Luc have a Kia dealership, 2348 route 117 in Val David. They invite you to drop by to say hello and to check out the new 2016 Optima. 819 326-3232, www.kiadesrosiers.com.

Robert Dethier, who offers unique Djembé drumming classes (**Jam Experience**) will now offer his classes at St. Francis of the Birds hall, 94 St. Denis St., St. Sauveur? Beginner courses are available Monday evenings at 7 pm, and intermediate to advanced courses are available Tuesday evenings at 7 pm. New classes in the Tremblant area will be available. Courses commence January. Call Robert to try out your own African percussion skills. It's an excellent way to diminish stress and enjoy yourself. 514 918-9722, www.jamexperience.com.



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Garden Talk

The Allure of Aloe Vera

June Angus - Main Street

Aloe Vera is an attractive tropical succulent that's easy to grow indoors. It's best known to most of us as a gel that's effective in treating minor burns. While the extracts of the Aloe Vera plant have been used for thousands of years in health and beauty aids for their purported rejuvenating and healing properties, modern science continues to investigate whether this is just common folklore or fact.

Often referred to as simply Aloe, these plants will grow 60-100 cm tall. The leaves are thick and fleshy, green to grey-green with either no stems or very short stems. Leaf edges are slightly serrated and have small white "teeth." Outdoors in warmer climates, the plant will produce flowers on a spike up to 90 cm tall. Flowers appear less frequently when cultivated indoors.

Ideal growing temperatures average between 21°C - 26°C. Anything below 10°C is too cold. They tolerate humidity well, or the lack of it, making this an ideal plant in our generally dry indoor climates during winter.

These plants need bright but indirect light. If placed in strong direct sunshine, plant leaves can burn and fade to brown. If this happens, move the plant to less intense lighting conditions and it should recover.

Aloe leaves grow upward, away from the base of the plant. If the leaves are lying flat, your Aloe probably needs more light. Don't over-correct by placing it in direct sunshine.

Aloe prefers potting mixes that drain well and have good aeration such as those used for cactus. Good drainage is essential because a soggy root system can kill an Aloe. Water an Aloe sparingly in the winter, once every week or two. In the summer, you can really soak the soil, but let it dry out between watering sessions.

Check moisture by sticking your finger an inch or two into the soil. If it feels dry, it's time to water again. If it is still moist wait a few more days. An Aloe hates to be overwatered. However, if the leaves are thin and curled, you probably are not watering your Aloe enough. The plant is using up its own liquid to keep itself nourished.

Repotting an Aloe Vera plant is only necessary when the upper plant gets too top-heavy. A mature plant that is becoming root bound will produce offsets or pups that can be divided carefully and then re-potted too. If these little Aloes are not removed and replanted, they can suck the life out of the mother plant.

When repotting Aloe pups, give them a good watering in their new pot, and then don't water them again for a few weeks. This will force the new roots to become established as they dig down to seek water. It is normal for the transplanted plant to turn grey or brown for a while. It's in shock. Keeping it in a shady spot during this period will help it to bounce back faster.

With a little TLC, an Aloe plant will live and thrive for many decades. I was fortunate to receive a repotted pup this summer from a mother plant that was more than half a century old. I am pleased to report the new plant is doing well.



Help and Home Care Services

When recuperating from an accident, illness or operation, the difference between an extended stay in hospital and a speedy return home will depend on how much extra help is available to you. While family and friends are willing caretakers, oftentimes, they have busy schedules and families of their own to care for, and you may require more help than their time availability allows.

Remaining autonomous is a major priority for seniors, and more and more citizens are choosing to remain at home for as long as possible. However, performing some tasks around the home, or managing transportation to run errands, or to keep medical appointments, eventually become too problematic, due to limited mobility, minor health issues, and declining self-driving abilities.

Fortunately, there are organizations that provide a variety of home-care services that meet the needs of those requiring minor assistance around the home. These services are tailored to individual needs and can be provided twenty-four hours per day, seven days a week. Some services available include:

- Cooking and light housekeeping.
- Running errands, or providing transportation.
- Personal assistance for bathing, dressing, exercise etc.
- Respite for families or caregivers - (supervision).
- Dispensing medications.
- Social visits to help break isolation.
- Many others...

Having access to such services provides the security and ability to remain in the comfort of your own home and provides your family peace of mind, knowing you are in a safe and secure environment, and receiving the care you need, even if they are not there.

For more information, contact Domicile Santé - Help and Home Care in the Laurentians division: 450 227-2745 / 1 855 790-2745.



Creosote and Chimney Fires: What you MUST KNOW!

From www.naturalhandyman.com

Fireplaces and wood stoves are designed to safely contain wood-fueled fires, while providing heat for a home. The chimneys that serve them have the job of expelling the by-products of combustion.

As these substances exit the fireplace or wood stove, and flow up into the relatively cooler chimney, condensation occurs. The resulting residue that sticks to the inner walls of the chimney is called creosote, which is highly combustible. If it builds up in sufficient quantities, and catches fire inside the chimney flue, the result will be a chimney fire.

Certain conditions encourage the buildup of creosote: restricted air supply, unseasoned wood and cooler-than-normal chimney temperatures.

Air supply may be restricted by closed glass doors or by failure to open the damper wide enough to move heated smoke up the chimney rapidly.

Burning unseasoned firewood results in too much energy being used just to drive off the water trapped in the cells of the logs.

Cool flue temperatures: In the case of wood stoves, fully-packed loads of wood (that give large cool fires and eight or 10 hour burn times) contribute to creosote buildup.

If you heat with wood, follow safety precautions, including, having your chimney cleaned annually.

New Toy Store in St Sauveur



Wishing you Happy New Year and a great 2016!

Galleries des Monts
75, ave. de la gare, bloc D-2
450-240-0007



The Vankleek Hill Gun Club Inc.

The Vankleek Hill Gun Club is the place to develop your target shooting skills, both long gun and handgun, in our 50 yard indoor range.

We are actively recruiting new members.

All those interested should visit our website at www.vkhgc.ca or send us an email at info@vkhgc.ca



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Out & About

Ilania Abileah - Main Street



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

MONT TREBLANT

Premiere Scene

Eglise du Village, 1829 chemin du Village / 819 425-8614, ext. 2500

Sat, Feb 13: 8 pm

- Rémi Bolduc Jazz Ensemble presents a tribute to Dave Brubeck. \$34.



Remi Bolduc Ensemble

VAL DAVID

Val David Exhibition Centre

2495, rue de l'Eglise. 819 322-7474 / www.culture.val-david.qc.ca

Open Wed - Sun: 11 am - 5 pm

Until Feb 28: "Mirages," by Michel Gautier:

A totem forest with sculptures, prints, installations and performance.

Michel Gautier's work has been shown at the Montreal Botanical Garden, the Montcalm Gallery (Gatineau), in Amos, Rouen, Noranda and Trois Rivières. He participates in many group shows in France, Spain, Japan, Slovenia and Italy.

"Ma Muse, le son," by Pierre Dostie, a multidisciplinary artist who creates instruments that emit peaceful sounds. He created the soundtrack for the documentary on Betty Goodwin as well as many other projects. Vernissage: **Sat, Jan 30: 3 pm** with Prof. Norman Cornett and **Sun, Jan 31: 3 pm** with the Professor and both artists.

Espace Fresque - Val David Church

Until Feb 28: Le Temps...Nous. Artists:

Alexis B. Rourke, Frederic Castan, Maryse Guyot, Carmelle Dorion, Viviane Bazinet and Katharina Kempfer will exhibit their large-sized canvases.



Espace Fresque

VAL MORIN

Théâtre du Marais

1201, 10è Ave. 819 322-1414 / www.theatre-dumarais.com

Sat, Jan 16: 8 pm - Michel Robichaud, singer / songwriter and winner of the Granby Festival performs urban folk music accompanied by his musicians, Jessica (piano) and Charlie (violin). \$20.

Sat, Jan 23: 8 pm - Brigitte Boisjoli presents an "Acoustic Patsy Cline Tour." Brigitte Boisjoli, accompanied by her two musicians, presents her new album paying tribute to Patsy Cline. \$40. Option: Dinner at 6:30 pm - \$30.

Wed, Jan 27: 7:30 pm - Molière's comedies performed by Sophie Faucher, Jean-François Beaupré, Isabelle Drainville, Jean-Marc Heux, Robert Brouillette, Catherine Allard and Stéphane Côté. \$47.50. Option: Diner at 6:30 pm. \$30.

Fri, Jan 29: 8 pm - Philippe Brack performs soft, intimate folk-rock songs, accompanied by three musicians. \$25.

Sat, Jan 30: 8 pm - Les 13 Cordes musicians of Ste-Agathe: Elaine Johnson, Sylvain Bédard, Daniel Keyte, Yves Labrèche and Francois Myrand play jazz, blues and Latin music. \$20.

Sat, Feb 6: 8 pm - Jordan Officer launched his third album, Blue Skies, which includes his own songs and some from Big Joe Turner, Louis Armstrong, Bob Dylan and Tom Waits, which he transforms with his own blues style. \$25. Dinner & Show: 6:30 pm



Jordan Officer

ST. ADOLPHE D'HOWARD

L'Ange Vagabond

1818 Chemin du Village 819 714-0213 / www.facebook.com/langevagabond.

STE. ADÈLE

Place des Citoyens

999 boul. Ste. Adele 450 229-2921 #300 / http://ville.sainte-adele.qc.ca/achat-en-ligne-placedescitoyens.

Open: **Thurs & Fri: 1 to 4 pm; Sat: 10 am to 5 pm; Sun: noon to 5 pm.**

For Children:

Sat, Jan 16: 1:30 pm - Théâtre La petite valise presents a puppet show for children aged 2 - 7 yrs. Children will be encouraged to dance and sing and will be rewarded at the end of the show. Residents: \$5 / non-residents: \$8.

Concerts:

Sun, Jan 31: 1:30 pm - Intakto - Chilean singer/guitarist/composer, Alejandro Venegas shares his Latin-American music with Simon Claude, a classically trained Quebec violinist. Tango-style music.



Intakto

Exhibitions:

Jan 8 - 31: Paul Raymond exhibits a collection of birds in their natural habitat. M. Raymond is a visual artist, who, in the 80s, exchanged his brushes for the camera lens. He is a winner of the International competition of animal photography in France, and now teaches photography.



Paul Raymond

Until Jan 31 - an exhibition of photographs by students of the Augustin-Norbert-Morin

High School in Ste-Adèle will be on display. Theme - "Ma ville, mon milieu de vie" (my town, the place where I live).

Thurs, Feb 4 - Feb 18: The 8th exhibition and auction to benefit mental health. Approximately 50 professional artists will exhibit along with the members of L'Échelon des Pays-d'en-Haut.

Fri, Feb 5 - Feb 28: Cathy Pantigny shares her abstract world with abstract canvases.

Opera direct from the Metropolitan - Pine Cinema, Phase 2, 1146, rue Valiquette. 855 739-7463 / www.cinemapine.com. Note: see more at Cinema St. Jérôme.

Sat, Jan 16: 12:55 pm - The Pearl Fishers, Georges Bizet. In a pearl-diving village in the Far-East, two young men fall in love with Leila, but have sworn to preserve their friendship. One of them breaks the promise - the other must save both lovers from the wrath of the villagers. Cast: Lëila - Diana Damrau; Nadir - Matthew Polenzani; Zurga - Mariusz Kwiecien; conductor - Gianandrea Noseda. 174 minutes.



Pearl Fishers (opera)

Sat, Jan 30: 12:55 pm - Turnadot, Giacomo Puccini. The palace in Peking announces that any prince who wishes to marry Princess Turnadot must answer three riddles. Cast: Turnadot - Nina Stemme; Liù - Anita Hartig; Calaf - Marco Berti; Timur - Alexander Tsymbalyuk; conductor - Paolo Carignani.



Turnadot

MORIN HEIGHTS

Morin Heights Library

823, Village Rd.

From Dec 5 - Mar 30, there will be a new exhibition, "CIRCUS," presented by Arts Morin Heights, www.artsmorinheights.com

PRÉVOST

Diffusion Amal'Gamme

Salle Saint François Xavier, 994 rue Principale. 450 436-3037 / www.diffusionsamal-gamme.com

Sat, Jan 30: 8 pm - The classical guitar of Thierry Begin-Lamontagne. Program includes works by Gaspar Sanz, Albeniz, Paganni, Francisco Tárrega, Manuel Ponce, Benvenuto Terzi, Nikita Koshkin, John W. Duarte and Villa-Lobos. \$26.50

Sat, Feb 6: 8 pm - Tenebrae et Lux (Shadow & Light). The Young-Lalonde-Sidorov Trio: Karen Young, Josée Lalonde (vocals) and Vladimir Sidorov (bayan - classical accordion) will perform music by Bach, Caccini, Poulenc, Fauré, Irish and Quebec folk music, plus original compositions. \$36.50

Sun, Feb 14: 2 pm - Duos & Duels: Valérie Milot (harp) and Antoine Bareil (violin) present a program that includes works by Saint-Saëns, de Falla, Morricone, Murray Schaffer, Bernard Andrès, Thomas Rajna and an original composition by Antoine Bareil. \$26.50

ST. JÉRÔME

Laurentian Museum of Contemporary Art

101, place du Curé Labelle 450 432-7171 / www.museelaurentides.ca Open: **Tue - Sun: noon to 5 pm**

Until Feb 14: Ateliers croisés: Mariette Rousseau-Vermette & Claude Vermette from Ste-Adèle invite the public into their universe.

Until Aug 14: Le Plateau Laurentien - a new selection of works from the museum's collection on the theme Laurentian Lakes and Rivers.

En Scène Salle André-Prévost

535, rue Filion / 450 432-0660 / enscene.ca.

Thurs, Jan 21: 8 pm - Fioritides - the music of Serge Fiori returns after a 28-year absence. A new album was made into a stage show and includes well-known names. \$54.

Sun, Jan 24: 3 pm - La Sinfonia de Lanaudière - the battle of the Stradivarius. Ker-son Leong (violin) and Stéphanie Tétreault (cello) are accompanied by La Sinfonia de Lanaudière, a twenty-musician cord orchestra led by Stéphane Laforest. The program includes works by Back, Schumann, Mozart and Vivaldi. \$44.

Thurs, Jan 28: 8 pm - Kevin Bazinet is touring Quebec with his new album, "Talk to Me," after winning "La Voix III." He will sing pop with a touch of jazz. \$35.

Sat, Jan 30: 8 pm - Nicola Ciccone presents "Les incontournables." After 15 years and over a hundred songs recorded, this singer / songwriter returns to the stage with an emotional show. \$41.

Sat, Feb 13: 8 pm - Maxime Landry - "3e rue Sud." This singer / songwriter's new country music album is the material for this new show. \$40.

Salle Anthony Lessard

101, Place du Curé Labelle 450 432-0660 / enscene.ca.

Fri, Jan 22: 8 pm - The Orchestre d'hommes-orchestres - "Joue à Tom Waits." For the past five years, this group has been playing Tom Waits's music on a variety of invented instruments. They continue to enchant audiences in Quebec and France. This is music that you can see!! Robert Lepage commented that their work is very unique. \$30.



Tom Waits

Sat, Feb 6: 8 pm - Martin Goyette Trio - a bluesman know for his unique voice and his mastery of the harmonica. The program includes music from his recent album, "Sweet Warm Jelly," plus jazz and gospel music. \$30.

Cinema Carrefour du nord

900 Boulevard Gringo, St. Jérôme 450 436-5944 / www.cinemastjerome.com/horaire

Opera direct from the Metropolitan (see Cinema Pine, Ste-Adèle)

Dance streamed from the Bolshoi Ballet & Royal Ballet London

Sun, Jan 24: 12:55 pm - The Taming of the Shrew - an adaption of Shakespeare's comedy. A classical ballet in 2 acts. Music: Dmitry Shostakovich / choreography: Jean-Christophe Maillot - Bolshoi Ballet. 160 min.



Taming of the Shrew

Sun, Jan 31: 12:55 pm - Rhapsody / Two Pigeons - both parts of the program are choreographed by Frederick Ashton. The Two Pigeons music is by André Messager. This is a light ballet about the nature of love.

Due date for next edition: January 20 - ilania@IlaniaAbileah.com 450 226-3889



Lori's Lookout - Laurentian Personality

Karen Dixon

Positive growth in the community on many levels

Lori Leonard - Main Street

Karen Dixon moved to the Laurentians 8 years ago. It was not long before she felt "at home" in Lachute, and quickly became part of the community. Karen's first career involved agronomy, as she developed a certified organic garden fertilizer.

In 2011, Karen heard about a position available at Fonds d'Emprunt, Lachute, and joined this organization that helps entrepreneurs to get started in their businesses, and have access to good advice. Karen utilized her past business experiences: mistakes she learned from and successes she wished to share. Karen finds her work so rewarding, because it enables her to provide Laurentian entrepreneurs with tools they need to establish and grow their businesses. She believes that strong community economic development occurs through small business entrepreneurs, especially in a region like the Laurentians.

Karen teaches classes about business start-up and small business coaching. Sometimes, she teaches groups about social media, such as Facebook and Linked-In. Her organization offers financing, in order to help entrepreneurs get their businesses off the ground. I have attended several of Karen's classes. She is well-informed, professional and has a good sense of humor. Her students enjoy her classes because she is humble and gentle, yet gets her points across effectively. Karen feels that the possibilities are limitless when it comes to running a small business in the social-media age. Communication strategies cost next to nothing and can be far-reaching. She emphasizes development of an on-line presence, because it is often the first place a client will search for a business. Karen explains how low-cost websites, which clients can easily manage, are available.

During the past year, Karen has offered her six-week business start-up program in St. Jérôme, Ste. Adèle, Lachute and Rivière Rouge. She also offered two other English courses in Morin Heights, in partnership with the SADC.

On a personal note, this past summer Karen, along with other like-minded people, initiated a community garden in Lachute. The goal was to have Lachute's Main Street "come alive" with edible plants. Karen has two young children, Calia and Chayce, and enjoys spending her leisure time with them. Calia is already demonstrating an entrepreneurial spirit, as both Karen and Calia have opened a new enterprise, called Karuna View, which offers meditational objects, such as mala beads and soy-based candles with inspirational quotes written on them. www.karunaview.com

For more info on Fonds d'Emprunt 450 562-3553, www.felaurentides.org.

Thank you for your community spirit, Karen, and for assisting entrepreneurs to be successful. You light up the lives of small-business owners, and soon you will light up the lives of others with your new candles.



Home Brewing

A New Hobby for the New Year



If one of your new resolutions for 2016 was to take a little more time for yourself, starting a new hobby offers a perfect opportunity to do just that. There is such a wide selection to choose from that the most difficult choice you will likely have to make is finding something that suits your time availability, your budget and your capabilities.

If you're not the creative or sporty type, don't worry, there are still many options for you to explore and enjoy. Have you ever considered brewing your own beer at home?

Home brewing is becoming the new "in-thing." It is relatively inexpensive to set up, requires minimal time and effort, yet delivers a quality product that you can enjoy and share with friends. With a little practice and experimentation, you will soon be brewing your own signature ale!

The necessary start-up equipment includes the following, and all readily available at your local brew store: A large pot; tubing and clamp; a 23 litre, airtight fermenting bucket; an air lock and stopper to fit the fermenter; a thermometer; bottles and caps; a sanitizing solution and bottle brush.

Ingredients come either as a pre-mixed solution (recommended for novices) or, you may purchase the ingredients individually to suit your personal preferences.

The brewing process involves a few easy steps, starting with the actual fermenting of the beer. Malt extracts and hops are mixed with boiling water in the sterilised fermenter. The hot mixture, called "wort," is then cooled to room temperature. Brewing yeast and dextrose (to feed the yeast) is added. Top up with water to 23 litres. Add an airlock to the fermenter to allow gases to escape, while preventing any airborne bacteria from contaminating the brew. Maintain fermenting temperature at 20-25 Celsius (68-77 F). Then, 8-10 days later, the beer is ready for bottling.

When fully fermented, the beer is siphoned into sterilized bottles, capped and left to age for approximately 2-6 weeks, during which time the remaining yeast will ferment any remaining sugars to create the carbon dioxide that will produce that nice bubbly final product and enhance flavour. The final stage involves popping the cap and enjoying the fruit of your labour. One batch of 23 litres gives you almost 72 standard bottles of unique beer for less than \$30. That's hard to beat.

In recent years, our national brewing conglomerates have been consolidating and merging to form mega-cartels, with multiple brands, resulting in brews difficult to distinguish but increasingly expensive. So, home brewing is the best, cheapest alternative for beer lovers, and once successfully done, the world of exotic beer will open easily.

We are not aware of how many home-brew/wine supply stores are in the Laurentian region. Please contact us and we will be pleased to bring your names and services to our readers. In the meantime, a great online source of information is the BeerSmith Home Brewing Blog.

The 44th edition of the Morin-Heights Viking Loppet



On **February 7, 2016**, Morin-Heights will welcome approximately 500 skiers for the 44th edition of the Morin-Heights Viking Loppet.

This year the Municipality and the Viking Ski Club have reached a partnership agreement with the Canadian Ski Marathon (CSM) to co-promote their events, with the Loppet now being the **official Canadian Ski Marathon's training race**. The Loppet and CSM have switched dates making this possible. Skiers enrolled in the Marathon will even be able to get their CSM racer kit at the Loppet's arrival plateau.

This renews the partnership with the CSM when the event started near the Viking Club in Morin-Heights from 1968-1971. The Loppet was created in 1972 and it is now the 3rd largest cross-country ski event in Quebec.

The Loppet consists of 3 events, 10 km, 20 km and 33 km and is organized for participants of all ages and all levels of experience. Spectators are also invited to Basler Park (99, chemin du Lac-Écho) to encourage and cheer on the skiers at the finish line!

The event involves more than a hundred volunteers, so if you would like to join our team, please send your contact information to Karyne Bergeron at 450 226-3232 ext. 111 or to bulletin@morinheights.com.

For additional information and registration, please visit: www.skiloppet.com.



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236 rue Principale, St. Sauveur Quebec

SUDOKU

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



Answers for
the December
edition sudoku



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Dr. David Mance
Dr. Lyne Farmer
Dr. Madeleine Tremblay
Dr. Lisiane Rivest

450 227-7888

Percussion School Jam Experience
Beginner - Intermediate - Advanced

Come meet us
Winter session 2016

President Founder Jam Experience - Robert Dethier

Open House dates

- St-Sauveur - Monday January 11th - 7:00 pm
- Laval - Tuesday January 12th - 7:00 pm
- Tremblant - Thursday January 14th - 7:30 pm

Percussion Lessons - Team Building - Performances - INSTRUMENTS PROVIDED

New Address
651, rue Labelle, Mont-Tremblant
94, rue St-Denis, St-Sauveur (New Address)
1000, boul., de l'avenir, Laval (Letendre High School)

On-site Registration
514.918.9722 www.jamexperience.com - productions.jamexperience@gmail.com

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HAPPY NEW YEAR!



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RELIGIOUS SERVICES



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

Branch 171 Filiale Morin Heights

Fri, Jan 22: 6 pm - TGIF Smoked Meat
1st & 3rd Monday of the month: Military Whist
Wed: 7 pm - Darts
For information on any event call
450 226-2213 (after noon)

Branch 70 Filiale Lachute

Tues: 1 pm: Euchre
Alternating Thursdays: cribbage & shuffleboard
Sat afternoon: 1:30 pm: Darts
For information call: 450 562-2952 after 2 pm!

Branch 71 Filiale Brownsburg

New members are always welcome.
Please drop by on open nights if you are interested.
Membership cards are available at a cost of \$45.
For information on upcoming events
please call Sheila or Trevor Holmes
450 562-8728.

Branch 192 Filiale Rouge River

JANUARY - HAPPY NEW YEAR!
Jan 23: 5:30 pm - Robbie Burns Dinner.
Donation \$17.50
Jan 29: 6 pm - TGIF - Spaghetti Dinner
with Ceseur salad, garlic bread
& dessert. \$9
Weds; 1 pm - Bridge
Cribbage every Tuesday night at 7:30 pm
Yoga classes on Mon, Tue, Wed & Sat
Info: Marlene: 819-687-8665
For further details call 819 687-3148 /
819 687-9143 or email mmcsp40@gmail.com

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

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

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

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

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

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Please call to confirm service schedule

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.
Please call to confirm service schedule
Everyone welcome

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

UNITED CHURCHES OF CANADA
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.

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Ven. Ralph Leavitt: 819 326-2146
Sunday service: 9 am
Fellowship in the church hall afterwards
Christians of all denominations welcome.
Parking and elevator for handicapped

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Wed, Jan 20: 2 pm - An Ecumenical & bilingual
service of prayer will be held during the Week of
Prayer for Christian Unity.
Light refreshments will be served after the service.
All are most welcome to attend - bienvenu à
tous & toutes.
Feb 10 - Ash Wednesday - time to be announced
Services are held at 11 am every week,
followed by refreshments served in the Parish Hall.
Everyone is welcome.

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

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

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

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

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

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Jan 27: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Jan 24: 11 am - Holy Communion
Bilingual services with gospel/bluegrass music
*Special services: Soaking Time *
7:30 - 8:30 pm: A time of quiet reflection with
classical music. These special times of quietude are
offered on Sundays in addition to regular services

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Jan 10: 11 am - Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Venerable Ralph Leavitt and Rev. Nicholas Pang,
associate priest
Sundays: 9:15 am - Sunday Service
Everyone welcome! Refreshments follow most services

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL
All are welcome / Bienvenue à tous.

**Margaret Rodger
Memorial Presbyterian Church**
Sun, Jan 24: 2 pm -
Week of Prayer for
Christian Unity service

**CHURCH LIST UNDER
NEW MINISTRY**
St. Aidan's - Wentworth
St. Paul's - Dunany
Holy Trinity - Lakefield
Christ Church - Mille Isles
Holy Trinity, Ste. Agathe
Grace Church, Arundel
St. Francis of the Birds,
St. Sauveur
Trinity Church, Morin Heights
St. Simeon's Church, Lachute
St. John the Baptist, Kilkenny

**ENGLISH
COMMUNITY
NEWS**

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

Laurentian Club Notice
Holy Trinity Church Hall, 12, Préfontaine West
Saint-Agathe-des-Monts
Monday, January 25: 1:30 pm
Author Tim Weed

Author Tim Weed will read from his novel, Will Poole's Island, named one of Bank Street College of Education's Best Books of the Year. Tim will discuss the inspiration behind the novel, the process of researching and writing it, and his interest in bringing accuracy to our understanding of how English and Native cultures collided in 17th century America.

Annual membership is \$25 per person. Guests pay \$10 per event.

Best wishes for 2016!

LAURENTIAN CLUB OF CANADA

**Laurentian Region
Cancer Support Group**

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

Meeting for cancer patients, families and caregivers is
**SATURDAY AFTERNOON
January 16, 2016 - 1 pm**
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

**Speaker: Jason Stewart
Paramedic & First Aid Instructor**

Upcoming meetings:
February 20 • March 19

Meetings are conducted in English
ADMISSION IS FREE

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

Resource library available. Bring a friend or family member.

COMMUNITY NEWS

**AMI-QUEBEC PROGRAMS
ACROSS QUEBEC**

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

SOUPE POPULAIRE

(205 rue Principale, St. Sauveur)
Lunch schedule: **Mon, Tues & Thurs:**
11:30 am - 12:45 pm.
Everyone is welcome!
We are seeking volunteers to help pre-
pare meals. Info: 450-227-2423, ext. 26.

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

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

BAZAAR MPDA LACHUTE

Bazar MPDA Lachute
(177 Rue Bethany, Lachute).
Used clothing, shoes, books and more
for the whole family. Open **Tues - Thurs:**
10 am - 3:30 pm. Fri: 10 am - 2 pm
Mouvement Personne d'Abord de Lachute
is a non-profit organization for people with
intellectual disabilities. The Movement
offers activities and friendly meetings 2
times a week for its members.
Everyone welcome! Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

St. Adolphe d'Howard Community
Centre, rue du College
Mondays: 9:15 am / Fridays: 10:15 am
FUN AND FITNESS – no experience
necessary, everyone welcome.
Info: Betty Raymond: 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.

**ASSOCIATION ALPHA
LAURENTIDES**

Offering **FREE** French lessons!
Sept – June (on-going registration)
16 yrs. and over
Info: Rejeanne 819 507-0005
ALPHA: 1 866 887-7335

**SEEKING MEMORABILIA
OF ARUNDEL**

Looking for information on the earliest
period of colonization (1850's era)
First Nations peoples and settlers.
Original documents, letters, bills,
artifacts etc.
Call Julia Stuart: 819 687-2382 or email
juliamstuart@yahoo.ca

NEW SOCIAL GROUP 45+

Mary Mitchell has started-up a new social
group for people who live in the Lauren-
tians and enjoy dining out, movies and
other social activities and sports. Current-
ly, there are 35 members. If you would like
to join please visit the web page meetup.
com and look for the group.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE
2811 RTE. 327

Jan 19: 2 pm - 4 pm - Director's Meeting
Sat, Jan 23: 20th Annual Curling Funspiel
Brownsburg Curling Club.
Info: Ruth: 819 687-3733
Sat, Feb 6: 11 am Winter Carnival with
snowman contest and pot-luck supper.
Sat, Feb 14: 9 am – noon: Valentine's
Breakfast – everyone welcome.
Feb 16: 2 pm - 4 pm – Director's Meeting
Basket draw donations will go to the
Heart & Stroke Foundation
LRCC would like to wish everyone a
Happy and Prosperous New Year
A special thank you to everyone who
donated to this year's Food Bank Drive –
it was a great success!
Like LRCC on Facebook at LRCC-
Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB
(259 Harrington Rd)

Jan 11, 18 & 25: 10 am - noon -
Quilting
Jan 17: 1:30 pm - Bingo
Jan 20: 11 am - General meeting
and lunch
Jan 28: 1:30 pm - Café Partage
Feb 1 & 8: 10 am - noon -
Quilting
Feb 5: 5:30 pm -
Cook's Night Out
Feb 7: 1:30 pm - Bingo
Feb 11: 1:30 pm - Café Partage

All the best of health, happiness and
prosperity for the New Year!

**We are looking for volunteers for our
community kitchen project.
Cooks and drivers needed for 3 hours
once a month on Thursday afternoons.
Info: Deedy: 819-242-8939

SCOUTS MORIN HEIGHTS

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

**FESTI-NEIGE
SAINT AGATHE-DES-MONTS
Dec 26, 2015 – March 6, 2016.**

**PALLIACCO FUNDRAISER
NOW UNDERWAY**

A Trek Under the Stars
Sat, Jan 30, 2016: 5 pm - 9 pm
Participate /Donate/Support
For full details visit
www.palliaccio.org/randonee

**ARUNDEL LOISIRS –
UPCOMING EVENTS**

Arundel Legion, 79, ch. Du Village
Fri, Jan 29: 7 pm - Special Bingo. 10
games for \$10 with three chances to
win per game!
Come early and enjoy a delicious
TGIF dinner. Donation \$9.
A great way to start off
the weekend.

**4 KORNERS FAMILY RESOUCE
CENTRE - UPCOMING EVENTE**

Jan 20: 10 am - noon: Video-confer-
ence: Memory Disorders -
Why Should I Worry
(CLC Lachute, 448, Argenteuil)
Feb 11: 7 pm - 9 pm: Conference -
Stress Management for Parents
(LLC, 505 Bethany)
Feb 17: 10 am - noon: Videoconfer-
ence: The Health Risks of Smoking
(CLC Lachute, 448, Argenteuil)
Feb 23: 1 pm - 3 pm: Conference -
Driving, is it as Easy as it Used to be?
(Salle Louis Renaud,
270 route du Canton,
Brownsburg-Chatham
For info / reservation on all
activities: 1 888 974-3040 /
Melanie@4kornerscenter.org

PANCAKE LUNCHEON

Morin Heights Untied Church
Feb 9: 11 am - 1:30 pm
Serving pancakes, sausages and
homemade baked beans
All you can eat – donation \$6.
Come and meet your friends

JOYFUL NOISE CHOIR

St. Eugene's Church - 148 Watchorn,
Morin Heights, Qc.
Starts: **January 12: 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 eclec-
tic assortment of music in four-part
harmony. JNC will present a delightful
concert on Sunday, May 29.
Our choir Director is Mr. Ian Lebofsky
The cost is \$130 (from Jan to May)
Please contact PENNY ROSE
450 226-2746 / e-mail: pennyrose@
jenanson.com

LOST RIVER CARNIVAL

Sat, Feb 6
Build your snowman, take a picture
and email it to Barrie Smith.
Visit the LRCC Facebook page at
LRCC – Lost River Community Center
to see the details for the Best Snow-
man Contest and all the latest entries
for this year.

**BIATHLON LAURENTIDES
OPEN HOUSE**

3488, Principale, Wentworth North
Sun, Jan 10: 10 am – 2 pm
Meet in the parking lot behind
the church.
No experience necessary.
Bring your skis!

**Mille Isles
Presbyterian Church**
is looking for an organist to
lead and accompany
congregational singing.
Services are every Sunday
in July and August,
as well as periodic Sundays
throughout the year.
Please contact
**John Reeves at
450 226-8714**



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

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- Care in a residence
- Accompaniment
- Supervision & Mobility
Stimulation
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- Contact with Health &
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FUNDRAISER FOR POUND PAWS

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Restaurant Les 3 Brasseurs,
West Island,
46-A Boul. Brunswick in
Pointe-Claire
Date: **March 13: 6 pm**

Registration or order tickets at:
paintnite.com/events/1041873.html
Limited spaces available

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gamblers
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866 484.6664
gam-anon.org

Manon Pagé

A Story of Human Courage and Resilience

By Lori Leonard

"Although rough seas may tear at the sails and hull of her ship, she keeps on sailing to greet the rays of sunshine of the new horizon."

At the tender age of 18, Manon lost her first love who committed suicide. Years later, Manon fell in love with another man, Jean, whom she married. Manon and Jean had two beautiful children, Béatrice and Jean-François. Tragically, on December 13, 1998, Jean also committed suicide. At the time, Béatrice and Jean-François were only toddlers. Manon wondered how she would ever carry on and became fearful of losing one of her children. She did everything in her power to continue to be a good, loving mother.

As Manon's son Jean-François reached adolescence, he fell into a deep depression and expressed suicidal thoughts. Things went downhill. Manon and Jean-François shared a very special bond. Finally, with support, Jean-François pulled himself up, his spirits improved and he felt much better.

One evening, Manon and Jean-François visited her parents for dinner. Jean-François followed Manon in his car on the way home. Manon arrived safely, but Jean-François had a fatal accident along the way. Jean-François had mentioned to Manon that if he ever perished, he would like to donate his organs. Manon made the heart-wrenching decision to donate his heart to help another young man stay alive. Manon felt like dying after the loss of her son, but had to continue on for the sake of her daughter whom she loved just as much.

This past spring, Manon was diagnosed with kidney cancer. Luckily it did not spread. It was then that she realized she wanted to live and would fight back and she continues to do so. Since her youth, Manon, a resident of St. Sauveur, had dreamed of writing a book to help others. In her recently published book, "Une Belle Histoire Tragique," Manon explains her extraordinary life - her tragedies and how she was able to surpass them. She hopes her story will inspire others to seek the courage they need to continue on when facing their own personal challenges. For a copy of her book, call 514 771-9435 or e-mail manon.page@cable.ca.

Manon, you set the standard of courage and resilience very high for others. Like a ship at sea, you have conquered the stormy weather and waves. Now, the sunshine is waiting for you on the horizon.



Fit Tip #100

Prevention is the Best Cure!

Lisa Mclellan - Main Street

Cancer is now the leading cause of death in Canada, and is responsible for almost 30% of all deaths. Cancer mostly affects Canadians aged 50 and older, but it can occur at any age. Despite years and 200 billion dollars in research, the disease is still greatly misunderstood, and has yet to be cured. Cancer is not a single disease, but a large group of diseases. Most cancers evolve as a result of gene mutations that develop in the cells during a person's lifetime. While all cancers are caused by the disruption of genes, we know that approximately 5 to 10% of cancers are related to specific inherited genetic abnormalities. Some risk factors can be avoided - we can choose not to smoke. Some cannot be avoided - we cannot choose the genes that we inherit through birth. An estimated 196,900 new cases of cancer, and 78,000 deaths from cancer, will occur in Canada in 2015. On average, 539 Canadians will be diagnosed with cancer every day. On average, 214 Canadians will die from cancer every day. Although the number of newly-diagnosed cases in Canada is increasing, survival rates are also increasing. Are you feeling concerned? I am. This is worrisome news.



Here's a shocking statistic: Nine out of ten cancers are linked to environmental and lifestyle factors such as:

- polluted water
- chemicals
- STI's
- severe sunburn
- poor diet
- exposure to radiation
- industrial toxins
- smoking
- lack of exercise
- drinking

Here are a few important facts to be aware of:

1. Only 5 - 10% of cancers can be passed through genetics.
2. 1 in 3 cancers can be prevented by not smoking.
3. Alcohol is a known cause of 10 types of cancer; binge drinking is responsible for most cases.
4. 1/2 of the viruses known to cause cancer are 100% preventable.
5. 30-35% of cancer deaths can be related to diet.
6. Skin cancer is the most common form of cancer and the most preventable.
7. Vitamin D is known to reduce the risk of cancer by 78%.

Where there is bad news there is also often good news. Reduce the risk of getting cancer with these 6 PREVENTION TIPS:

1. Let food be your medicine - diet; eat more fresh fruit, veggies & Omega 3s, less refined sugars, trans fats & animal products, which will also help to reduce greenhouse emissions.
2. Stop getting hammered - avoid binge drinking in particular
3. Get your sweat on and move 30 minutes a day!
4. Don't smoke - reduce risk by 30%
5. Protect or regret (get immunized & use condoms)
6. Be alert - early detection is key; know your risks, get routine check-ups

By taking preventive measures we can reduce our risk of getting cancer by two thirds! Research shows without any doubt that we need to change our lifestyles to safeguard our health. Start 2016 with a 100% commitment to care about your health.

Prevention is the best cure. Yes you can.

Scouts Morin-Heights Annual Spaghetti Dinner

When: Saturday, February 6th at 6 pm
Where: Morin-Heights Legion, 127 Watchorn
Tickets are \$15
 Live entertainment by Sebastien DeFrancesco & new youth sensation G3
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Marché Vaillancourt

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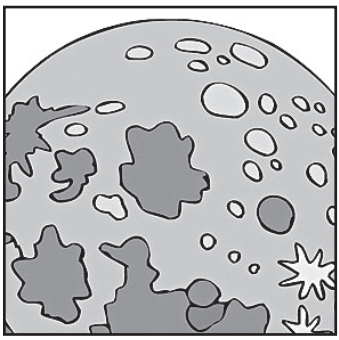
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Zach Factor Predictions 2016

Lys Chisholm & Marcus Nerenberg -
Main Street

From Sound Healing to Nanosatellites smaller than a coke can....

Here are some of the 2016 futures....starting with Technology! Get your screwdriver and pull the wheels off that skateboard.... add a new electro-magnetic device under the board and, voila!... you have a Hendo Hoverboard. Although the prototypes are a bit clunky yet, soon the Back-To-The Future famed hoverboard will be closer to reality than once imagined. Greg Henderson, engineer, inventor and crowd-funder, has been on an unwavering quest to discover a way to levitate a stationary object magnetically. Because, he figured, "If you can levitate a train or a person, why not a building?" Henderson's loftier objectives were not focused so much on hoverboards, but rather, on being able to levitate a building while under the effects of an earthquake.



El Nino effects: snow-plow in Lachute, on Dec 22, searches in vain for a snow drift.

Medicine meets the Sound of Music: Healing with isochronic tones is the new brain-wave entrainment, with research to support its success. In 2008, the journal *Alternative Therapies in Health and Medicine* published a review of 20 studies of brain-wave entrainment and patient outcomes. Entrainment is an effective tool to use on cognitive functioning deficits, stress, pain, headaches, and premenstrual syndrome. Jeffrey Thompson, founder of the Center for Neuroacoustic Research, says different frequencies target the various densities in the body. We're finding frequencies to elevate the body's cells to a super-healing state.. (and)...rebuild healthy tissue," Thompson says. "There's more on sound science than ever before," says Joshua Leeds, the author of *The Power of Sound*, and an expert in the field of psychoacoustics "We know what is happening molecularly." In the future, he says, "What we think of as sound healing will be called frequency medicine."

Space Travel from Mirabel? A couple of weeks before Christmas, SpaceX Corporation made history when it successfully returned a Falcon 9 booster-rocket to the launch pad, after it had delivered a large military and commercial communication satellite payload into orbit. Mission Control proudly declared: The Falcon Has Landed. The event went by somewhat unremarkably in the regular press, but this is a big deal folks. Falcon 9 made history in 2012, when it delivered Dragon into the correct orbit for rendezvous with the International Space Station, making SpaceX the first commercial company ever to visit the station. Since then SpaceX has made a total of three flights to the space station, both delivering and returning cargo for NASA. Falcon 9, along with the Dragon spacecraft, was designed from the outset to deliver humans into space and, under an agreement with NASA, SpaceX is actively working toward that goal. The first commercial human flight plan is set for 2016.

Weather: El Niño reached record levels in November 2015. According to *Farmers Almanac*, this winter will be the warmest in years, with above-average national temperatures. California will get major drought relief, but faces dangerous landslides, as do other places, such as Indonesia and India. A major ice storm is likely in the Northeast. On a positive note, your energy bill may be 25% to 50% less than last year. Long-term drought effects from the past summer will see corn prices soar. The increased cost of feed for beef cattle and pork will put many producers out of business.

Best Investments: Electric Cars. According to Jeff Seigel, editor and writer for the investment journal, *Energy and Capital*, we all need to look at coal. Coal still commands far more of the electricity market today than renewables. However, we all know that coal, like the buggy-whip we once used to motivate horses, is on its way out, and solar power is booming. So which would you invest in? While conventional vehicles still dominate the market, the internal combustion engine is no longer the superior technology. Nor is it particularly efficient, or economical, in comparison to electric motors.

Politics: Psychics predict that, due to terrorist propaganda and the rise of the extreme right, a left-leaning Republican will come close to winning the American election, but blow it in the end. Hillary will win, but with an emotional price.

Brazil Olympics: As Rio struggles with cost overruns, Americans will win most gold, followed by China and Russia. Canada will not break the top ten, but expect that outcome to change in about 20 years, as the population growth surpasses other countries, via immigration. Very soon, second-generation Canadians will be flexing their youthful muscles on the podiums of the world. Canada is the largest importer of human capital in the G8, attracting even more immigrants per capita than the USA.

Happy New Year, Zachians!

Dear Readers,

I address this letter, and the ones to hopefully follow, to anyone who is interested in what is going on in the community, or more importantly, the school. A school is a very important part of the community, for it is the place where future generations attempt to obtain an education and to gain a better understanding of the world. That is why I have decided to begin submitting articles explaining the goings on at the English school in Ste Agathe - Ste Agathe Academy- to serve as a voice, so that people can better understand life at the school. In the future, I hope to report on this matter, to ensure that my school does not go unnoticed, or ignored.

Emma Wallace
Grade 7 student
Ste Agathe Academy



The Story Behind Setting the Scene

Joseph Graham - Main Street
joseph@ballyhoo.ca

The first families who came into the Laurentians followed the receding Laurentide ice sheet almost a hundred centuries ago. The Laurentian hills may have been mountains with human habitations before the time of the glacier, but the newcomers would have found no evidence of ancient dwellings. If there is any, it is buried deep with other organic material in the lee of mountains or in moraines scattered across the north-eastern States. Glaciers grow by collecting snowfall and getting heavier, compressing their bottom layers into ice. When the weight becomes too great, the ice is extruded from the bottom, forming walls of ice that plough the terrain ahead of them as they expand. Even though the Laurentian mountains are ancient, their accumulated organic matter, as well as their pointy mountaintops, got pushed along in that manner. The ice sheet itself is so heavy that even the ground gets compressed and it can take thousands of years after the ice is gone to slowly rebound.



For five centuries, three times as long as Europeans have been present in these hills, the ice sheet tarried between the North and Rouge river basins, sitting possibly as high as two kilometres above the floor of the Rouge River valley. In the spring, the rivers would have rushed with fresh ice melt and, in the winter, the glacier would advance south once again. It is possible that our first geographical forebears saw the edge of this ice sheet where the ground was being pushed into a long ridge dividing the river systems. Today, we call that ridge the Saint Narcisse Moraine and its valleys rise 600 feet and more above the Rouge River basin. What a spectacular scene comes to mind. Trout, caribou, then deer, hare and bear would have accompanied our geographical forebears, along with blueberries, white fox and families of birds and waterfowl. A place of plenty and of seasonal contrasts, even greater than those we now witness, they adapted, expressing their joy in existence, developing their rules of respect and governance.

The first of these people came during what we call the Archaic period, though it is impossible for us to know how they may have been related to the Algonquin people. According to Algonquin oral history, their ancestors came from the east eight thousand years ago. The time that lapsed, between the receding of the ice sheet and their arrival, is as great as the time since the birth of Jesus two millennia ago, but if their oral history is right, they have been here continuously for the eight millennia that have elapsed since then. People have been here in the Laurentians for as long as people have inhabited the British Isles.

Their governance systems were predicated upon the idea that they, like the other species in the forests, belonged to the forests themselves, to nature, and their codes of conduct were vastly different from those of the Europeans. While Eurasian, particularly European, thinking would classify them as primitive and undeveloped, the classification is simplistic. Something happened differently in Eurasia. It might never have happened, but it started a spiral of change that led to a much different concept of being – different gods, a different numinous experience.

Could it have been something as simple as the inevitable consequences of a culture that domesticates animals and maintains herds in its personal space and a culture that doesn't? Both the British Isles and the Laurentian hills were each part of a greater whole. The civilizations that were here did not domesticate animals to the extent or in the same way as the Eurasians and therefore avoided the plagues and shared diseases that the herding cultures experienced. The local Algonquin specialized in hunting, gathering, small manufacture and trade, and they were part of the greatest horticultural civilizations in the world. They participated in a large trading bloc that was centered around the Iroquoian nations of the Great Lakes, particularly the Huron-Wendat. Many studies and books have shown to what extent the Americas changed the way the world eats. While they consumed meat and fish, even controlling herds and farming waterways, their culture was centred on the vegetable and fruit crops they developed and grew.

Just as the British Isles did not invent animal husbandry, the Laurentian people did not invent horticulture. Even so, they both lived in their respective cultures and used the innovations that developed around them.

The Europeans got to know an America that was peopled by a makeshift culture of refugees from the greatest human extinction ever documented. The timing of the collision of these civilizations caused an accident of global proportions. The herding culture, immune to diseases acquired from their herds, was toxic to the horticultural one, setting in motion a human die-off of some ninety percent of local populations. The survivors were refugees, struggling to re-establish.

Today, scientists demonstrate that one of the main triggers of the Little Ice Age was the huge natural reforestation of the Americas after this overwhelming human loss. They estimate that new forests growing through the 1500s and 1600s reduced atmospheric carbon dioxide levels dramatically, setting off famines in Europe and encouraging people to move to the Americas, the empty land of plenty.

Farms and agricultural forests in the Amazon Basin alone covered an area as large as France and Spain together. In North America, the horticulturalists had controlled and cultivated vast areas of open land and when they were gone, the forests grew back, sucking carbon out of the atmosphere.

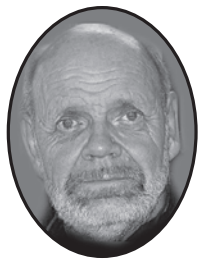
When Hernando De Soto's doomed exploration party travelled through the south-east of North America in the early 1500s, the survivors described a dense population, cities and towns within sight of each other. More than a century later, Cavalier de La Salle described the same area as being "a solitude unrelieved by the faintest trace of man." No part of the Americas was left unaffected.

References available upon request

Obituaries

COOKE, Ronald Douglas

Peacefully, surrounded by family and under the compassionate care of palliative staff at the CISS des Laurentides, Sainte Agathe des Monts, Quebec, on Monday, December 28, 2015, at the age of 68. Ron was a well-respected businessman and community activist throughout his life. Quadriplegic following a diving accident, he started his own insurance brokerage at 18, recognizing the importance of developing a home-based career. The brokerage continues under the stewardship of his long-time partner, his stepson, Mark Pedicelli.



A 5th generation Cooke from Arundel, Ron was passionate about preserving the town's heritage and was an active community citizen. Sitting on the municipal council for decades, he is credited with saving the train station, rallying support for Arundel Elementary School, preserving the Arundel Citizens' Home, and assisting in the realization of the Stephen Jake Beavan Senior's Residence in Weir (Montcalm) and working to develop a Health Cooperative.

Ron is survived by his best friend and wife of 38 years, Doreen (Downie); Pedicelli stepchildren Anthony, Mark (Caroline), Carl and Kym; beloved grandchildren Sheridan, Jonathan, Cassandra, Nicholas, Mitchell, Justin and Jordan; as well as his sister, Judy Staniforth (Victor), nephew Ron and nieces Barbara (Simon), Brenda (Danny) and their children Tristan, Theo, Sophie and Nicholas, all of whom he adored. We will miss you Ron, your gentle presence, compassionate nature and remarkable intellect. We are all better for having known, loved and been loved by you. Wishing you peace and continued adventures wherever you are.

Funeral and memorial services to be announced at a later date. Ron's family would like to express its gratitude to the staff of

the CLSC Mont Tremblant for their years of devoted service and, more recently, the wonderful staff at the Laurentian Hospital, particularly palliative care staff, and Dr. Réjean Bédard, consistent and compassionate advocates for Ron's self-determination, dignity and respect, upholding the sacredness of the process for us all. Donations in his memory can be made to the Northfield League (<http://northfieldconference.org/contributions/>) or to the Fondation Médicale des Laurentides (<http://www.fondationmedicale.com/en/>); please stipulate is for the Palliative Care ward of the CSSS des Sommets).

GARROW, Irene (nee: Ste. Marie)

At Ste. Adèle, Qc., on Wednesday December 9, 2015. Beloved wife of Ralph Garrow of Morin Heights, Qc. A memorial service was held on Wednesday, December 16, 2015 at the United Church, Morin Heights, Qc. The family expresses many, many thanks to the staff at Centre d'Hebergement des Hauteurs, Ste. Adèle, Qc. Funeral arrangements entrusted to The J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



KENNEDY, Donna Jean (Evans)

Judy & Wayne and our extended family would like to take this opportunity to say thank you very much to all those who sent cards, offered words of encouragement and were supportive in many different ways following the death of our sister, Donna, at the Intensive Care Unit of the Royal Victoria Hospital in Montreal on November 19th, 2015.

"Forever in our hearts"

WASHER, Terry 1946 - 2015

Peacefully in his home on Thursday Dec. 31, 2015 after a long and courageous battle with cancer. Son of the late Mary and Doug Washer, survived by his loving daughters Sheri and Tracie Geiger (Marc), his cherished grand-daughters Kaylie and Kendal, devoted brother, Charlie (Patti) and loving sister, Patsy Champagne (Larry). He will be truly missed by his adoring nieces, nephew and their families. Terry lived life to the fullest and cherished his close relationships with his friends who helped him to accomplish this goal. He had found so much joy while operating his beloved Pub 327. So many wonderful friends and memories. Special thanks to his friends, 'and you know who you are.' In lieu of flowers donations would be appreciated to Fondation de l'hôpital d'Argenteuil, Lachute, Qc., with reference memo - Terry Washer or to The Laurentian Region Cancer Support Group, 148 Watchorn St, Morin Heights, Qc., reference Terry Washer. There will be a Celebration of Life at The Royal Canadian Legion Branch 192, 79 rue du Village, Arundel, Qc. on Sat. Jan. 9, 2016 at 2 pm. Arrangements entrusted to J.P. MacKimmie Funeral Home, Lachute, Qc.

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Beginning of the Winter Calendar

By Kim Nymark

4 Korner Family Resource Center is very excited to once again be able to offer several different events in Lachute, as well as a play group in Sainte-Agathe, for the Winter 2016 session.

4 Korner, in partnership with Cal en bourg and Avenir d'enfants, are proud to offer Family Zone, an English Play Group, for children less than 5 years of age with their parents:

Dates: weekly, on **Thursdays, from January 21 to June 16, 2016**

Time: **2 pm - 4 pm**

Place: Holy Trinity Church, 12 Préfontaine West, Sainte-Agathe.

Each session is divided into two segments, with time for free play and organized activities. You don't have to sign up, just bring a snack and come join the fun. This activity is free of charge! For more information on this program, please email: kim@4kornerscenter.org.

4 Korner, in partnership with CHSSN (Community Health and Social Services Network), will be offering a series of Community Health Education Program (CHEP) videoconferences. Following is the information on the first two events:

- Topic: Memory Disorders - When Should I Worry?
Date: **January 20: 10 am - noon**
Place: L.R.H.S. 448, Argenteuil, Lachute, at the CLC office
- Topic: Health Risks of Smoking
Date: **February 17: 10 am - noon**
Place: L.R.H.S. 448, Argenteuil, Lachute, at the CLC office

There will also be two conferences offered in the Lachute area:

- Topic: Stress Management for Parents
Speaker: Josephine Piazza
Date: **February 11: 7 pm - 9 pm**
Place: Laurentian Literacy Centre, 505, Bethany, #302, Lachute.
- Topic: Driving, is it as easy as it used to be?
Presented by: CAA
Date: **February 23: 1 pm - 3 pm**
Place: Salle Louis Renaud, 270 route du Canton, Brownsburg-Chatham

For more information, or to register for any of the Lachute events, please contact Melanie Wilson by phone, at 1 888 974-3940, or by email melanie@4kornerscenter.org.

Alzheimer Society

GROUP MEETING FOR INFORMATION AND SUPPORT

CANCELLED

TUESDAY, JANUARY 19, 2016 | TUESDAY, FEBRUARY 16, 2016

Group meetings with a counsellor to:

- Exchange experience with other people;
- Get information on the evolution of the disease,
- Know more about the disease in order to develop new attitudes and new communication skills;
- And answer to other needs...

Come meet Patrick Lavigne from 1:00 pm to 3:00 pm, for group meeting at

Residence Lachute, 377, rue Principale, Lachute

These meetings are totally free for caregivers.

MEETINGS CAN ALSO BE ARRANGED AT YOUR HOME BY APPOINTMENT.

Société Alzheimer des Laurentides (819) 326-7136 or toll free 1-800-978-7881
Web site: www.alzheimerlaurentides.com E-mail: communications@salaurentides.ca



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Upcoming Activities

Coffee Meeting for the Bereaved
Tues, Jan 12: 7 pm - 8:30 pm
(Mont Tremblant)
Wed, Jan 20: 1:30 pm - 3 pm
(Ste-Agathe)

Comforting Tea
For cancer patients or those in remission
Fri, Jan 8: 10 am - 11:30 am
(Ste-Agathe)

TREK UNDER THE STARS
Domaine Saint-Bernard,
Mt-Tremblant
Sat, Jan 30: 5 pm - 9 pm

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I'm Just Saying The Hangover from 2015

Ron Golfman - Main Street

By the time you read this article, all the usual suspects will have come and gone from the holiday season, and the practice of not wishing to receive bill-laden mail will be upon us. The hangover is usually comprised of conversations about eating and drinking too much, excessive spending, and commentaries on who did what, all natural phenomena, when friends and family get together in confined spaces to celebrate.

It's almost a blessing that, as I write this piece, we are expecting 35 cm's of snow, our first blast, after El Nino played mind and attire games with us for the month of December. Folklore will be made of it being +15 degrees on Christmas, coupled with our anxiety about the Canadiens having lost too many games in a row. Of course, the most important part of the postscript is to appreciate having seen the faces, and heard the laughter, of those we love and care about. Regardless of whether you received a new Benz, a pair of mitts or new skis, the personal contact with those closest to our hearts, is the best gift of all.



I bought myself a new phone for Christmas, not because I needed or wanted one, but more because of the pressure from Virgin, constantly sending me notifications that I am due for an upgrade, and my family laughing over my 5-year-old flip phone, often with the quip, "is that gadget a rotary model"? The technology should come with a prescription for Advil, given that learning the new phone is akin to the first time one learns to drive a standard stick-shift car - mind numbing! At present, aside from bigger letters and numbers to help my new skill-set of texting, I have not ventured into the app world, which is unfortunate, given that there must be an app for how to use the damn thing. Alas, I digress.

While there are many things I would like, there's really not much I do need. If I was to have a wish list for 2016, I would like to see more of some things and less of others. For example, I cannot wrap my head around the many FB posts, which castigate our new Prime Minister after just a few weeks, whereas I did not see the same commentary during the almost 10-year reign of King Harper.

I would like to think we can give the new P.M. a chance to pull us out of what was left from the previous administration - a slow economy, a sagging oil market and an image of Canada world-wide, which has taken a hit under Harper.

While terrorism is on the forefront of our collective consciousness, the plight of other humans, refugees in need of our help, continues to be shunned by the narrow-minded, which makes us forget our humanity. My son suggested that next year, instead of giving each other exotic gifts, that we pool our money and donate to charity, a great notion. I would encourage others to do likewise. In this way, we could legitimately help our beloved veterans, our elderly, and the homeless, to name a few, while the rest of us freely welcome victims of terror and war. In this way, everyone can get a piece of the over-sized pie we are so fortunate to have.

Finally, in the spirit of giving, appreciation and recognition of the kindness of strangers and friends, I would like to report that the final donation from our late daughter Meghynn's "Second Wind Fund" to the Cystic Fibrosis fund was just under \$12,000, all told. The notion, in this case, sad as it was, allows us to pay it forward, and I believe, just saying, that we can apply this practice of goodness, everywhere.



The English Link Éducaloi: The Law in Plain Language

By Kim Nymark - Main Street

In today's society, sometimes we are faced with situations that can involve the legal system. We may have questions regarding our legal rights or responsibilities and not know who to turn to for an answer. Unfortunately most people, including myself, are not aware of all of their rights, which can lead to enormous stress levels and uncertainty. The thought of having to consult a professional evokes even more anxiety. The Éducaloi website can, and should, be a starting point for understanding what to do, what your rights are and how to proceed.

Éducaloi is a registered, independent, non-profit organization that was founded in 2000. It is a leader in the movement to improve access to justice in Quebec. Its mission and the core of its activities are to help Quebec citizens become aware of their legal rights and responsibilities in a language that makes the law easy to understand.

Their tag line says it all: 'YOUR STARTING POINT FOR LEGAL INFORMATION'.

Éducaloi's activities focus on four areas:

- creating legal information and education tools;
- raising awareness about how the law is part of everyday life;
- helping people learn how to exercise their rights;
- being a leader in the field of plain legal language.

As part of their mission, Éducaloi also helps a wide range of organizations to create plain language legal information tools, and legal education projects. Organizations that want to make their information more accessible to the public, or to create legal education materials, can call on Éducaloi's services at various stages of their projects.

Éducaloi's vision is to become the source that citizens, service providers and educators in Quebec turn to for reliable and accessible legal information. Éducaloi also wants to ensure that Quebec society acts in concrete ways to improve access to justice. In order to accomplish this vision, Éducaloi has built a committed and multidisciplinary team that works to secure ongoing philanthropic support from the legal and business communities.

Browsing through their website is an easy process. Sections are well divided, and even sub-divided, allowing for more clarity. The most important tab, in my opinion, is Law by Topic. This section is divided into 10 categories that will cover all of your legal needs, from family and couple issues, to consumer protection, to the legal aspects of health issues. Editor's Picks offers a variety of timely articles, and the News section addresses current legal events and explains them in layman's terms. The website is clear and concise.

Everyone should familiarize themselves with the Éducaloi website at <https://www.educaloi.qc.ca/en>. With the exception of a few documents, the website is completely bilingual and therefore is an indispensable tool for the English-speaking community. Remember: Knowledge is power!



Making it Work in the Laurentians Pricing your art for profit

Liz Ulin, MBA - Main Street

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

Key pricing questions

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

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

Next, you'll have to calculate what it costs to produce your art. This is a somewhat trickier process, with two types of costs you'll have to consider. Start by calculating your "fixed costs." These are costs that stay the same, regardless of how much work you produce (i.e., studio rent, hydro, advertising, professional membership fees, etc). Then calculate your "variable costs." These costs go up and down, depending on how much work you

produce (i.e. paint, fabric, paper, etc.). And, as a self-employed artist, your principal variable cost will likely be your own labour. Yes, you have to include your own labour in your calculation!

Time is money - or it should be

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

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

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

Where to get more info?

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





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

READY TO RETIRE?

THEN ASK YOUR ADVISOR THESE 9 QUESTIONS:

As you get ready to stop working, your advisor can help to make sure you're financially prepared. You would have been working and saving for this moment, for most of



your working life, and now retirement is on the horizon. But you are not done planning yet. In fact, there has never been a more important time to talk to your advisor. Start with these nine questions:

- 1. CPP/QPP – now or later?** The amount you receive from the Canada/Quebec Pension Plan partly depends on when you take it. At 60, you will get less than if you wait until you are 65. Ask which option is right for you.
- 2. How should I withdraw from my RRSP?** It is time to convert your Registered Retirement Savings Plan into an income stream? Ask when to make the jump, what assets you should hold, and whether there are alternatives to a Registered Retirement Income Fund.
- 3. What about my pension?** If you have a work-place pension, how much you get and how you draw on it depends on whether it is a defined contribution, or defined benefit plan. Ask what you are entitled to, and how it fits with your other sources of income.
- 4. Can income-splitting help?** The tax paid on your retirement income can make a big difference in your cash flow. Ask about how income-splitting can help to make your savings go further. Strategies include spousal RRSPs, pension-splitting and CPP/QPP splitting.
- 5. What is the right level of investment risk?** After you retire, your next egg can still generate returns. Ask what level of investment risk is right for you, and how to manage that risk while growing your assets, once you are no longer working.
- 6. What if my savings are not enough?** Do you have enough to retire and, if not, what are your options? Delaying retirement by a few years, or taking on a part-time job after you retire, or renting-out part of your home can all help to boost your retirement income.
- 7. How do I handle debt in retirement?** If you are trimming expenses, downsizing your residence or streamlining your debt repayment plans.
- 8. Am I covered?** Your current health and life insurance benefits may end once you leave your job. If so, find out what your options are for individual coverage.
- 9. What about my will?** If you have not reviewed your estate plan in a while, this could be a good time to do so. Make sure your will and power of attorney are up to date, and ask your advisor or legal representative about ways to prepare your estate to maximize tax efficiency.

You might be a month away, or a few years away, from retirement. It is always a good idea to get some financial advice before you pull the plug on work.

If you would like to talk to me about what I can do for you in planning your retirement, please call me at 514 788-4883, or my mobile 514-949-9058, or email christopher.collyer@manulifesecurities.ca

Happy New Year.

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



New Year's Resolution: Help Rescue Animals!

By Ewa Demianowicz, Humane Society International/Canada

Go to the gym... Clean the garage... Call Mom and Dad more often... all well and good, but this year, why not try a different kind of New Year's resolution: be a volunteer at our emergency shelter and help animals in need!

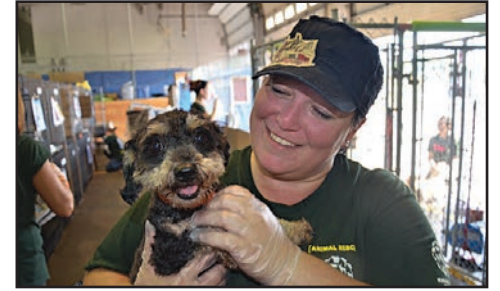


Photo credit: Michael Bernard, HSI/Canada

And as the saying goes, there's no time like the present. The HSI/Canada animal rescue team has been very busy over the last year, and it looks like 2016 will be just as hectic with close to 100 animals still at the shelter, from dogs and cats to rabbits and chickens.

Every day, volunteers arrive early in the morning to help care for these amazing creatures saved from atrocious neglect situations. Without the help of such devoted and compassionate individuals, we could not continue to rescue animals from horrible conditions.

But, saving animals from abuse is just one part of the equation. Once they are safe at the emergency shelter, the hard work of rehabilitation starts. Animal rescue volunteers come from all walks of life, generously giving their time to apply their skills and experience in response to animals in need. From animal handling to cage cleaning, the work of our animal rescue volunteers is so important to HSI/Canada's mission to save animals' lives.

Every day, volunteers work diligently to keep the animals comfortable, safe and happy. Cleaning cages, walking the dogs, helping with feeding – the team makes sure everyone receives all the attention they need. And, for some animals who may have endured years of neglect, these creatures can finally enjoy special attention from humans who truly love them. The gratitude they convey towards their caregivers is what makes everyone want to come back to the shelter.

Ann Giles, a regular HSI/Canada volunteer, says her experience has been nothing short of life-changing. "These poor animals arrive at the shelter hungry, dirty, scared and in need of medical attention. Most of the dogs have spent their entire lives in small, filthy cages. It is so satisfying to provide the support and love that they deserve. I work as part of a team that cares for and socializes these animals so that they can be adopted into good homes. We all feel such satisfaction in watching their progress and to see them leave the shelter for a better life."


If you can you give some time – and some love – for animals this year, please contact us! Our shelter is located in your area. Visit hsicanada.ca/volunteer, call 514 395-2914, or email mpaspaliaris@hsi.org to learn more.

Note from the editor:

In last month's edition, we neglected to include a photo credit for the picture that accompanied the article, The Naked Truth: why fur is a faux pas, written by Gabriel Wildgen - Humane Society International/Canada. Thank you Jo-Anne McArthur, weanimals.org for submitting the photo.



Photo credit: Jo-Anne McArthur, weanimals.org



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MLS 28295455

LAKE LOUISA: Beautiful Canadian style home with notarized access to Lake Louisa (motor boats). 3 bedrooms with possibility of 4, 2 full bathrooms, wood stove, generator, 1st floor open concept with rustic charm. Screened-in veranda, balconies, double garage, car port, private lot of 1.45 acres. Ideal for raising a large family or family cottage.
MLS 14642185

MORIN HEIGHTS @ 2350005: Beautiful charming Canadian style home situated on a dead-end road with immense rooms & 4 bedrooms (possibility of 5). Private 16155 sf lot w/ gallery & shed, 2 baths, separate laundry room, 2 living rooms & a family room in the basement. Previously a 2plex converted into a single dwelling. 2 min. from the ski hill, aerobic corridor & services.
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NOTICE OF NOMINATION



Me. Marie-Chantal Lavigne Member of Board of Directors

After several months on the supervisory board, the president of the Caisse Desjardins de la Vallée des Pays d'en Haut, Mr. Jean Beauchamp, is proud to announce the appointment of Me. Marie-Chantal Lavigne as a Member of the Caisse's Board of Directors.

She holds a Bachelor of Arts from McGill University and a Bachelor of Law from the University of Quebec in Montreal. She was called to the Bar in 1994.

Having practiced in Montreal, Me. Lavigne has exercised her profession for five years in Saint-Sauveur at the Law Firm of François Parizeau and Assoc. Her practice is primarily focused in the areas of family law, civil litigation and estate law.

Me. Lavigne has always been involved in her community as a member of various organizations and boards. She currently serves on the board of Soup and Company des Pays-d'en-Haut.

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You may be able to take part in the STRENGTH Trial if you:

- are 18 years of age or older
- take a statin medication but still have high triglyceride levels
- have at least one risk factor for heart disease, such as:
 - a history of heart problems or stroke
 - type 1 or 2 diabetes
 - high blood pressure or taking a blood pressure medication
 - being a regular smoker.

Interested?

If you would like more information, please contact the study center using the details below



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