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What's On My Mind... The good and the bad of the summer rain



Susan MacDonald, Editor

The predictable forecast since May has been, "Sunny with cloudy periods and a chance of rain." In other words, look out your window; what you see is what you get and, if you don't like the weather, wait five minutes, it's likely to change.

Well, hopefully, the bad weather has been so consistent that, perhaps, we've become indifferent to it, and decided to accept what we can't change. Rain or shine, we should be getting on with enjoying the rest of our summer. There's just too much exciting stuff going on to sit home and complain.

A quick perusal through this edition will pinpoint the hot spots to visit this month, including several music and dance festivals, art exhibitions and tours, and even combined events. All cultural genres are available at various venues on outdoor stages, in the parks, churches, legion halls and community centres, and even under a Big Top. Too numerous to list here, Ilania, our famed, cultural reporter, has picked out the highlights for you, and presented them in her Out & About column, on page 10. Others are listed throughout the paper, displayed in full colour, courtesy of the events' organizers. If the 'blues' is your beat, check out Erin's coverage, on page 24, of the Blues Festival in Tremblant, which ends this weekend.

Farmers' Markets are also up and running, and the positive spirits of the participants have certainly not been hampered. Rain or shine, they are set up and waiting to welcome you, with fresh local produce, homemade products and unique artisan creations you won't find anywhere else. Everything feels and tastes better when produced by our friends and neighbours. We welcome a new member to this group, Le Marché des Passionnés Rouge Vallée, in Harrington, located right across from the Tam Bao Son Buddhist Monastery, on the Rouge River Road, (see page 15).

Sports enthusiasts, too, are unhampered by the weather, and just this past weekend, Auberge Val Carroll was the base camp for a cycling event organized by OGC (Outdoor Gear of Canada), a major cycling distribution company from Montreal. Over thirty cycling enthusiasts braved the intermittent downpours and enjoyed a 100km trek along the back-roads and trails of Harrington and surrounding areas. Coming up next month is the 31st edition of The Great Relay Race in Lake Louisa and, of course, the famed Mont-Tremblant Half Marathon.

Dining out is a year-long pleasure for everyone, and there are many enticing restaurants throughout the Laurentians, with outdoor terraces and special menus. Some, such as Le Saint-Sau Pub Gourmand, in Saint-Sauveur, offer great, live entertainment on weekends.

There is a huge selection of people to meet, places to go, and things to do this summer, so don't let Mother Nature get in the way of you having some fun. Grab the umbrella and get going!

Enjoy the read...

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Observations The ghosts of our past follow us

David MacFairlane - MainStreet

This has been a year of celebrations of both Canada's 150th birthday, and of Montreal's founding, 375 years ago. Back then, in 1642, a small band of 40 volunteers from France, led by Paul de Chomedey de Maisonneuve and Jeanne Mance, disembarked on the island, with the goal of establishing the first missionary colony in North America. From those tiny beginnings, the City of Montreal was founded, and the French occupation of Quebec began.

There is evidence of human life on the island dating back 5000 years. The oldest evidence of human habitation in Quebec was found near Lac Megantic, consisting of 12,000-year-old arrowheads and other fragments. For thousands of years, nomadic people roamed this region, hunting and fishing, and then, around 1300 AD, began a more settled life on Montreal Island and the St. Lawrence River valley. Food cultivation began, and squash, beans, corn and tobacco were grown. Every generation or so, these villages would relocate, as resources were depleted or sanitation became a problem. When French explorer, Jacques Cartier first arrived, in 1535, it was not the first contact these indigenous people had with outsiders. European fishermen had been visiting the region since the 1400s, and had been trading with them, so they were quite familiar with the existence of these strangers. Many groups of indigenous people, called nations, populated the region from Quebec City to Lake Ontario, and beyond.

By the time Samuel de Champlain arrived, in 1601, inter-tribal rivalries and warfare had made the St. Lawrence valley inhospitable. It took 107 years, between Cartier's first visit and the founding of Montreal in 1642 to establish a foothold, because there was little European interest in this part of the world - no gold, silks or spices, no route to China, and therefore, no possible return on investments. That all changed in the 1600s with the birth of the fur trade and, suddenly, Canada became a very profitable destination for traders. By the time Maisonneuve and Mance arrived in 1642, there was already a small group of French settlers in New France, but their lives were difficult and dangerous. The establishment of the religious colony of Montreal brought more stability and safety to these early settlers.

Quebec had been declared a colony of France in 1534, but was ceded to the British in 1763, after the defeat of France in the Seven Years' War. The British divided the Province of Quebec, into Upper and Lower Canada, in 1791, and then reunified it in 1841. In 1867, 150 years ago, the again renamed Province of Canada (aka Quebec), joined with the British colonies of New Brunswick and Nova Scotia, in a Confederation, forming the self-governing country named Canada. This Confederation continued to expand with the incorporation of the rest of the British North American colonies, culminating with Newfoundland and Labrador, in 1949. Canada eventually became free of all political influence from Britain with the repatriation of our Constitution in 1982, when the last vestiges of legal dependence on the British parliament were removed. We have our Prime Minister's father, Pierre Trudeau, to thank for that. (This brief, excerpted history thanks to Louise Pothier, head archeologist, Pointe-a-Calliere Museum, and Wikipedia)

During our recent Canada Day celebration in Ottawa, the significance of the event was marred by the presence of a group of First Nations protesters, who needed to remind us that our history was not all so hunky dory as we pretend it to be. In fact, we have a long, shameful history of abuse of our indigenous peoples as colonisers of their historical lands. It is all so nice that we can welcome refugees, and boast about our cosmopolitan, multi-cultural citizenry but, as a country, it is difficult to admit to the great harm that we have done, and continue to do, to our First Nations citizens. If we sincerely understood our guilt for these indefensible offences, we would waste no time to improve their circumstances, by full societal inclusion, access to education, housing, clean water, health care, legal granting of their historical rights under treaties, and all the other privileges that the rest of us take for granted. It is simply not enough to say "oops, sorry" and do nothing more. That's just hypocrisy and demeans us.

The history of colonisation has left a terrible legacy of cruelty and genocide worldwide, which we still struggle with today. The Spanish, French and Portuguese were early adventurers in Africa and the Americas, while the British had hegemony in North America and the Far East. The lines were not clearly drawn, but generally so. Columbus, under the patronage of the Catholic Monarchs of Spain, made many voyages of discovery, essentially in search of the East Indies and the spice trade. Instead, he found the Caribbean Islands and Central and South

America, and originated the African slave trade in the region. This was the wedge with which the Spanish colonised that Continent, but had to share it with Portugal, which seized the largest region of Brazil. The Spanish and Portuguese were operating under the domination of the Catholic Church, which was all-powerful in Europe and tolerated no sectarianism or deviance from its edicts. It had already massacred the Cathars, Merovingians, Waldensians, Hussites, Templars and other groups. The Papal edicts of the Inquisition ordered that all non-believers and heathens were to be "vanquished, or subjugated and brought to the faith." There were no doubts as to the meaning of this edict, which applied to all possessions in North, Central and South America.

Very soon after, that's just what happened. The Caribs, Arawaks, Guacanagari, Ciguayos and Ngobe populations of the Caribbean Islands were exterminated and have been deleted from history, as were the Mesoamerican civilisations of the Americas, Mayans, Toltecs, Aztecs, although surviving descendants of these ancient cultures still exist throughout these regions. The British didn't need the Catholic Church to teach them cruelty. They honed their genocidal tactics in their Far Eastern colonies and then used them effectively in Canada.

We have abused our First Nations people long enough, stolen their lands, their children, their identities, culture, languages and their history, and committed deliberate genocide. They have lived in this region of the world for over 15,000 years! In Canada, we keep them out of sight, mostly on remote reservations, and hope they wont unite politically, or complain too loudly, and display our dirty laundry for the world to see. That's just not good enough, and it's time to use the next 150

years to repair this dreadful damage. If it takes money, we can find it. If it takes courage, we must find it. If it takes humanity, then, surely, we have it.

God is watching, Canada!

**"Here's the reality. The image of a white Jesus has been used to justify enslavement, conquest, colonialism, the genocide of indigenous people. Literally, millions of human lives have been snuffed out by people who conquered under the banner of a white god."
- Timothy Wise -
b1968. American activist, writer and teacher. -**

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Simply Words on Paper This door swings both ways

Jim Warbanks - Main Street

A viral video shown across North America (I traced commentary as far as Houston, Texas) of a clearly racist rant by a white woman seeking medical treatment for her son at a walk-in clinic in Mississauga, Ontario, has led to claims of systemic racism directed at medical staff, particularly International Medical Graduates (IMGs).

The woman is heard shouting: "Can I see a doctor, please, that's white, that doesn't have brown teeth and speaks English?" Unquestionably, inexcusably racist! However, some of the commentary by concerned health care providers and others was, let us say, charitably, - borderline.

Stereotype

A report in the Toronto Star by Shree Paradkar, who claimed that, "racism is the refuge of the ignorant," then clearly expressed an unacceptable, insensitive stereotype herself. "It's the English who are supposed to have terrible teeth - what would she have done if a proper English doctor showed up with brown teeth?"

Paradkar also claimed that "her insistence on one who speaks English - in a clinic where everybody clearly speaks it" stemmed from deeply biased attitudes. She cited comments addressed to anyone perceived as foreign: "Where do you come from?" as being invariably asked to people of color, or "How articulate you are. How well-spoken" to those who speak (so-called) proper English, yet admits that she herself "was busy turning up my nose" at the grammar deficiencies of spoken Canadian English. It appears to me that overt racism is easy to recognize and condemn in others, but no one is immune from more subtle, inconsiderate, judgmental remarks.

No accent

Adam Kassian, a South Asian physician-in-training quotes more of the woman's racial vitriol: "You're telling me there's not one white doctor in this whole entire building. I'm not going there with all those Paki doctors." Then, he appears to set himself quite apart: "I have it easy - I was born in Canada, speak English without an accent, and was educated in North America." Why, just imagine if he were to conduct a phone consultation, it might never occur to the client/patient that Kassian is not... a white Canadian.

Beyond overt racism, the issue that concerns me is the necessity of providing quality medical care and treatment, which seems to have not been addressed. I have worked within the health care network, at many levels, to help assure that patients/clients receive appropriate care. There is no doubt that a cultural dimension is vital in many circumstances.

Cultural component

I have expressed this in broad terms, difficult to misunderstand. If I go to a clinic to have a cut on my arm sutured, my concerns are that the doctor treating me assures that the area is properly disinfected, pain is minimized and that the stitches given be small and straight. It matters not a whit to me if the doctor is black, brown, yellow, white, red or polka-dot skinned. I am unconcerned if the bedside manner shown bears an Attila-the-Hun imprint. I care not if he speaks only Swahili (mine is a bit rusty). However, if a malignant tumor is discovered during this routine procedure, I will need, and will strive mightily, to get treatment and advice from a health-care professional, with good comprehension and appreciation of my cultural and language makeup. That is the very essence of appropriate health care.

When a person seeks medical care, a certain level of stress is inevitable. "Will the treating professional understand me?" implies far more than the language in which the interaction occurs. In fact, I have repeatedly been made aware of cases where both parties (health-care provider and patient) are relieved that they were able to converse, at least partially, in a commonly-understood language. They both view their interaction as a success. However, due to language and cultural limitations on both sides, deeper questions and concerns, which could have led to a more complete diagnosis and/or more appropriate treatment options, are simply never raised by either party. That is less than optimal health care.

Health hazard

We should never be content to simply shun obvious, unacceptable behavior. Racism, whether it's overt, institutional or systemic, is hazardous to our health, but so is insensitivity to our needs. Adequate resources, ongoing staff sensitivity training and awareness, access to quality professional translation services when required, hiring and promotion of native language speakers, where a specific, identifiable, local community exists, are just some of the measures required to assure the best possible health care outcomes.

We all still have much work to do.

Launch of the Government of Québec's Policy on Educational Success - PREL is pleased to be part of the equation

On Wednesday, June 21, 2017, the Director General of Partners for Educational Success in the Laurentians (PREL) traveled to Québec City to Rochebelle High School to witness the launch of the Québec's first policy of **Educational Success: The Pleasure of Learning, the Chance to Succeed**, unveiled by Quebec Premier Philippe Couillard and the Minister of Education, Recreation and Sports, Minister of Family Concerns and Minister responsible for the Gaspésie-Îles-de-la-Madelaine region, Sébastien Proulx.

To view the official document on the Policy on Educational Success - The Pleasure of Learning, the chance to succeed, go to:
http://www.education.gouv.qc.ca/fileadmin/site_web/documents/PSG/politiques_orientations/politique_reussite_educative_21j_uin_WEB.pdf.



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About Sainte-Adèle

Chris Lance - Main Street

According to the “La Gazette officielle du Québec” count, on December 28, 2016, the Sainte-Adèle residential population now totals 13,044, compared to 12,844, at the beginning of 2016. Sainte-Adèle has the largest

population in the MRC des Pays-d'en-Haut, representing 30% of the total population. This growth includes 95 newborns. Our town attracts young families, professionals, retirees, and nature enthusiasts.

“La Journée verte/Green Day 2017” is being held Saturday, August 5, at our Eco Centre, located in the borough of Mont-Rolland (2815, rue Rolland). You can bring 3 boxes of documents per residence to have shredded for free. Also available is free garden compost; bring your shovel and containers. To obtain these free services, you must have your “carte citoyenne.” For information on what you can drop off at the Eco Centre, call 450 229-4894. Open Monday through Saturday, from 8 am to 4 pm.

There seems to be 2 infestations of caterpillars: the hairy kind, and the “Tordeuse des bourgeons de l'épinette.” La Tordeuse is a little brown caterpillar that eats the quills of the spruce and fir trees in the spring, weakening and killing the trees. In July they turn into little gray butterflies. Information on this invasion is available on the Sainte-Adèle website.

You need a “permis de brulage” to burn leaves and debris in your yard. The form is available on the town website: send your application by email to ssi@ville.sainte-adele.qc.ca

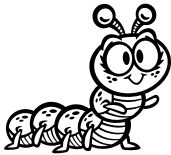
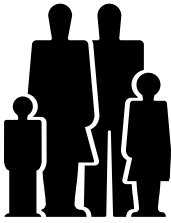
The dog days of summer start in July (hopefully). June was sort of hot, rainy, and hard to plan any outdoor activity; an example was the windy white lunch event at la Place des Citoyens, when half of the protective tenting blew over before the event had even started. Nevertheless, summer is here, and we have to make do with the climatic conditions.

Another invasion of tourists and family members will escalate in earnest in July. City slickers, and returning adult children, with their children, will be moving in, and looking to be entertained, wined and dined, weather permitting, or not. So, what to do with our guests?

Fill the propane tanks, buy barrels of beer, boxes of wine and liquor on sale, prepare hamburgers, load up on lemonade, leave multiple copies of Main Street and old paperback novels where people sit and read, and dig out “Sorry and Monopoly” games for after-dinner entertainment, and gather your wits and patience. Also keep a supply of Sudoku puzzles, and the password for your Wi-Fi nearby.

Your guests can walk, fish and picnic in the Park of the Doncaster River in the Mont-Rolland area, open from 7 am to 5 pm. On Saturdays, through to September 23, there is a Marche d'été, at Place des Citoyens, as well as a tourist information center.

There is much to do in Sainte-Adèle. Enjoy the month of July, and don't forget the beach at Lac Rond and the free concerts at the top of the hill on Morin Street.



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

NATIONAL PARKS

Canadians are celebrating our 150th birthday in many ways – we are looking forward to taking advantage of the National Park free passes. These park passes provide a family of four, free admission to Parks Canada, from coast to coast to coast. It is easy to order online, at www.pc.gc.ca, and the passes can be mailed to your home. You can also find passes at MEC (Mountain Equipment Co-op) and at any CIBC branch. Several provinces have other partners participating in this national program, or you can also arrive at any Parks Canada location and get your pass.

The Parks Canada website has much more information, and it is easy to navigate. Our suggestion, available at the Jean-Marc Belzile library, is National Geographic - National Parks of Canada 2nd Edition. The guide provides first-hand advice from travel writers, dozens of maps, activities, lodgings, and excursions to nearby national historic sites. Itineraries and site-by-site tours are geared to your time allowance.

ADULT CONTEMPORARY FICTION

Correa, Amanda Lucas - The German Girl

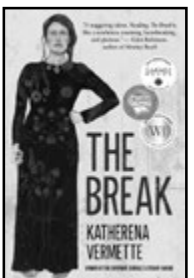
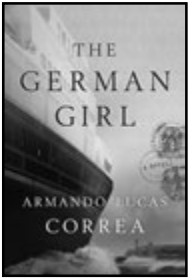
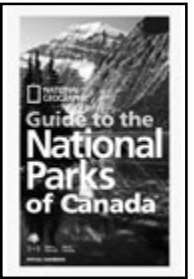
Based upon a true story, the narrative opens in Berlin, 1939. Young Hannah Rosenthal's happy world is inexplicably torn asunder, and her family boards the S.S. St. Louis, a transatlantic liner offering Jews safe passage out of Germany. As the refugees near Cuba, the passengers feel their fragile sense of safety dissolving.

Evanovich, Janet - Top Secret Twenty-One

Large-Print Edition. Bounty hunter/bail bonds enforcer, Stephanie Plum, and the other cheerfully dysfunctional characters that always show up: Joe Morelli, Lulu, Bob and Grandma Mazur. Stephanie's adventures are always fast-paced and humorous, with lots of throw-away lines.

Vermette, Katherena - The Break

Stella is one of ten characters who we learn are inter-connected through family ties and circumstances. The mystery resolves around the rape of a young girl, in the North End of Winnipeg, in a deserted section of Hydro property. Stella witnesses the attack while standing at the window, holding her baby. She calls 911 and while she gives the details, and the police can clearly see violence was involved, they want her to change her story. Somehow it is more acceptable for the incident to be a fight between drunks than what she actually witnessed. As the story unfolds through the points of view of ten different people, some alive, some dead, mostly Indigenous women, it is challenging for the reader to discover one character, the Métis policeman, who first takes Stella's statement, finds it hard to sort out all these women – “they sort of blur” in his mind. Vermette treats her characters, and their circumstances, with dignity and compassion. We highly recommend this as a good read.



Village Of Weir Newswire

Claudette Smith-Pilon

HAZY LAZY DAYS OF SUMMER

NEWS FROM CITY HALL

Important: The municipality is currently working in collaboration with ALBeRO to minimize the presence of myriophylla algae in Lake

Beaven, Lake Round and the surrounding waterways. This weed multiplies when cut with an oar, paddle or propeller and each segment will take root to form a new plant. In order to increase public awareness, the municipality has contributed to the purchase of signage with specific directives on how to minimize this impact and is subsequently asking the community to follow the guidelines by respecting the yellow-buoyed zones, refraining from using streams to pass from one lake to another and to take advantage of the designated spot behind City Hall to wash boats, pontoons, canoes etc., before and after use.

FLEA MARKET: Will be held on Saturday, July 15. 10' x 10' spaces are available for \$10. For info please contact Maida Rivest: 819 687-9938.

FAMILY FEST: Saturday, August 5: Mr. Denis Courte and the committee are asking for your help – more volunteers are needed! Please contact Mr. Courte: denis.courte@gmail.com

LEISURE ACTIVITY: Welcome to Mrs. Sandy Duncan, a new technician to the Leisure Activities. She will share her time between our municipality and that of Arundel and Brébeuf. With her experience in community work, recreation and tourism, she will be a true asset to Montcalm. Welcome with open arms!

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



Arundel News

Janet Thomas

WELCOME TO SOPHIE PETIT: MASSAGE THERAPIST

All of Arundel joins in welcoming Sophie Petit to our town. Sophie moved to Arundel earlier this spring and has just opened her massage therapy practice in her home. Massage therapy reduces stress, soothes muscle pain and energizes the body. For appointments call 450 939-2431 or visit 7 Rte. Dr. Henry, Arundel.

LIBRARY LECTURE SERIES - Arundel Municipal Council Office

Fri, July 14: 7 pm - Ray Sealy: America and Me

Award-winning singer, songwriter and classical guitarist, Ray will reflect on his experiences living in the United States while performing historical American songs and original compositions.

Free admission. Meet-the-Speaker and refreshments follow.

ALBeRO NEWS

Free boat washing at Montcalm Town Hall

Sat & Sun: 6 am - 10 am until September 3 and by appointment at 819 681-8574.

Thank you for helping to protect our lakes from invasive species.

AGM and 2nd WATER TESTING

Montcalm Community Centre

Sun, Aug 6: 9:30 am - distribution of bottles

10 am - AGM

LAKEHOUSE CONCERT SERIES - ROB MOIR

Sun, Aug 13: 3 pm - 6 pm

Of Rob Moir, an Indie-Fold songwriter from Toronto, Rolling Stone says: “Moir sings his romantically sighing songs with punk-folk-rock in his heart.” What can be better than sitting on the cottage veranda on a Sunday afternoon, overlooking the lake while listening to soulful music?

To reserve your ticket (\$20 advance / \$25 at the door)

call Patti Flanagan: 819 425-0898 or email pattiflanagan@gmail.com.





Improved financial support available to entrepreneurs

Thanks to a new partnership between the Economic Development Corporation of the MRC des Laurentides and Futurpreneur Canada, funding opportunities for entrepreneurs aged between 18 and 39 years have increased.

Loans up to \$ 45,000

“This new partnership enhances our current offer of financing to businesses in the MRC des Laurentides. As a result of this new agreement with Futurpreneur Canada, a company can get up to an additional \$45k in a loan, regardless of whether it is a start-up, acquisition or succession.

For more information contact us now! info@cdemrclautentides.org / www.cdemrclautentides.org

RénoVert

The Member of Parliament for Argenteuil, Yves St-Denis, wishes to remind the citizens of Argenteuil of the extension of the RénoVert tax credit, until March 31, 2018. This measure is intended for owners of eligible housing, such as single-family homes, condominiums or residential multi-unit dwellings, insofar as they are the principal places of residence and year-round occupied living quarters.

Those wishing to benefit from this tax credit are required to have all work done by qualified contractors (agreements with the qualified contractors must be officially made by March 31, 2018).

For full details visit Revenu du Québec at <http://www.revenuquebec.ca/fr/citoyen/credits/renover/default.aspx> The information is also available in English – just press on the English tab on the top of the page. You may also call Revenu Québec directly at 514-864-6299.



Intergenerational Activities Award



The Municipality of Grenville-sur-la-Rouge is proud to announce that it's been awarded the Laureate in the Intergenerational Initiative with Gardens, Community Kitchens, and Good Health/Good Food, awarded by Carrefour Action municipale et famille du Québec (CAMF).

The award was presented at the CAMF annual conference, held on June 9, in Gaspé, and a reception at the municipal City Hall was held on June 15, 2017, with volunteers and dignitaries to highlight the citizens' commitment.

For more information, please contact Jean Sirois, Coordinator of cultural activities for the Municipality of Grenville-sur-la-Rouge: 819 242-8762, ex. 3134 / jsirois@gslr.ca

Inauguration of the tunnel of The Linear Park, Le P'tit Train du Nord Mont-Tremblant chooses safety!



On Tuesday, June 20, 2017, Mayor Luc Brisebois and members of the City Council unveiled the tunnel on the Le P'tit Train du Nord linear park, which passes under Montée Ryan.

In 2015, following the launch of a new program to support the sport and recreational facilities by the Ministère de l'Éducation, Recreation and Sports, the City of Mont-Tremblant filed an application for the construction of the Tunnel under Montée Ryan. An amount of \$350,000 was allocated for the project. The City, for its part, was committed to providing the same amount, at an estimated cost of \$700,000. The total cost of the work was estimated to be \$800,000, because a gas line at this location had to be moved to meet the requirements of Gaz Métro. The latter assumed two-thirds of the invoice, and the City the remaining third.

The Mayor of the Township of Gore re-elected to the Board of Directors of the Federation of Canadian Municipalities

As part of the conference of the Federation of Canadian Municipalities (FCM), which was held in Ottawa, from May 31 to June 4 2017, the Mayor of the Township of Gore, Mr. Scott Pearce, was re-elected for an eighth consecutive term as a member of the FCM Board of Directors.

The election was held in caucus, on June 4, 2017, with all the FCM members from across Quebec. Mr. Pearce was also unanimously re-elected as Vice-Chair of the FCM Quebec Caucus.

Mayor Pearce also holds the office of Vice-Chair of the FCM Rural Forum, and sits on the Environmental issues and sustainable development committee, as well as the public security committee.

Mayor of the Township of Gore for the past 12 years, Scott Pearce is also Warden of the Regional County Municipalities (MRC) of Argenteuil since May 2014.

At the provincial level, he is the representative of the Bilingual Municipalities of Quebec on the Federation of Quebec Municipalities Board of Directors, since 2014. He is also Vice-Chair of the Territory planning, agriculture and environment standing committee of the FQM.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Lucie Brunet, new notarial partner to notary, **Barbara Thompson**, whose office is at 707 ch. du Village, Morin Heights. Lucie brings with her 30 years of experience as a jurist (lawyer). She specializes in the protection of vulnerable persons, to help families create financial plans and trust funds, to ensure these individuals are well looked after in the future. Lucie has a 22 year-old daughter, with severe cerebral palsy, which has given her first-hand experience and vast knowledge about those with special needs. Barbara and Lucie would be pleased to assist you with legal mandates, wills, marriage contracts, refinancing, sale of real estate and much more. Best of luck to both of you!

450 644-0444 / www.notarythompson.com.

Vasilina Babaeva and **Hugo David**, owners of the new **La Folie Restaurant**, 225 rue Principale, St. Sauveur. The restaurant offers colourful décor, an exciting menu, a full bar, and a well-stocked private wine cellar. Lunch, dinners and Sunday brunch are available. Their well-renowned chef, Kasandra Avoine, will also prepare delicious appetizers, such as an Onion Flower with smoked mayo. Also on the menu are Beef Tataki, calamari, Cajun shrimp, smoked salmon, beef bavette on the BBQ with wild mushroom stew, and much more. Desserts include a delectable cheesecake, pouding chomeur, crème brûlée and chocolate pie. 450 744-1235 / www.lafolieresto.ca.

Robert Boyer, owner of **Matériaux Robert Boyer**, in Ste. Anne des Lacs. After a 5- year hiatus, Robert participated in the Formula 1600 at the recent Grand Prix races in Montreal. Robert enjoyed his experience immensely. Bravo Robert!

Mylène Vianna and **Laurence Gosselin**, who recently opened their new hair salon, **LauGo Coiffure**, at 632 ch. Ste. Anne des Lacs (Ste. Anne des Lacs). Open Tuesday to Saturday. They offer haircuts, colouring and highlights for women and men, and haircuts for children. 450 643-0066 / facebook: [laugocoiffure](https://www.facebook.com/laugocoiffure).

Did you know that:

Canadian Tire, Ste. Agathe, has worked on enlarging their store for the past 15 months? With the new enlargement and renovations, there is now 60,000 sq. ft. of floor space. This store originally opened in 1987. There is also a boutique dedicated to sports, hunting and fishing gear. For more info www.circulaire-enligne.ca/annuaire/canadian-tire/sainte-agathe-des-monts.

If you are looking for an honest garage to serve your needs, you should drop by **VIP Auto Électrique**, 453 rue Berry in Lachute? They not only look after all electrical car problems, but also provide excellent and trustworthy service for standard car maintenance. Stop by and explain your car issues to owner **Marc Lévesque Jr**, his daughter, **Camille Lévesque**, or **Vincent Laroche**. You will be sure to be satisfied with the results. 450 562-7177 / www.vipautoelectrique.wordpress.com.

If you would like to repair your roof, or get a new one, you can call an excellent roofing company? **Contact Les Toitures Sommex**, and speak to owner, **Sebastien Morel**, who can provide you with a free estimate. They also offer emergency service 7/7. Their specialties are shingle roofs and insulation and ventilation services. For info: 514 839-0583 / info@toituressommex.com.

More than 1500 people have already signed up for the **8th Demi-Marathon Mont-Tremblant**, to be held on Sunday, August 13? This year, the starting point will be Place Saint-Bernard. Event Ambassadors include coach and kinesiologist, **Robert Roy**, owner of **RobFit**, and several accomplished athletes, including triathlete, **Myriam Côté**, and the incredible **Cathy Bergman**. Special rates are available until July 25th, and there are reduced rates for businesses and groups. If you don't want to participate, and prefer to volunteer, check out www.demimarathontremblant.com.

There is a new private museum called **Rodrigue**, 2505 ch. Jean Adam, St. Sauveur? The museum features machinery, tools, antiques and toys. To visit, a reservation is required. Call 514 951-5335 to discover many hidden treasures.

A successful year for SADC des Laurentides

Recent results compiled by the SADC des Laurentides confirm that, on their part, more than \$14.4 million in investments were realized on the territory they serve. In addition, loans to 36 companies were used to create 74 new employment opportunities and contributed to the maintenance of 268 others.

The report was unveiled at the Annual General Meeting held on June 22. “Simply put, we can define the year 2016-2017 as a record year in funding,” stated Sylvie Bolduc, Executive Director of the SADC des Laurentides.

For the past 32 years, the SADC des Laurentides has been promoting the social well-being and social and economic wealth of the community through its initiatives and involvement. It offers entrepreneurs a wide range of services, including corporate financing, consultations, business mentoring, sustainable development coaching and participation in local economic development projects.



Photo: SADC Team: L-R: Sylvie Bolduc (SADC Director-General), Anny Champoux (coordinator of local development and communications), Sylvie Gauvin (Director of Business Services), Jean-Sébastien Roy (Business Advisor), Myriam Jamin (Administrative Assistant), Réjeanne Gauthier (Administrative Assistant), Joany Nuckle (Information and Communication Technology Assistant).



Fit Tip #117 The time is now

Lisa McLellan – Main Street

I have shared with you that there are going to be many more people aged over 60 in the coming years ... soon, 2 billion globally. And, estimates by the United Nation suggest that, over the next 30 years,

the 65+ group will increase by 180%, while the 15 - 64 group will increase by only 33%. Stop a moment. Wrap your brain around that statistic. I mean, WOW. Can we take our heads out of the sand and look truth fearlessly in the eyes? Fear has a way of gripping us, edging us into inaction and denial. We can no longer afford to deny or pretend that aging, and its impact, isn't serious. It's about all of us, and our collective success.

Take preventive action now. Here are a few suggestions:

1. **Commit 100% to staying healthy.** Everyone over 45 needs to be seriously proactive about their health. We are going to be living into our late 80's and 90's. It has already begun.
2. **Stop projecting images of decrepitude and illness into your vision of aging.** Our lifestyle choices will greatly influence whether we will have a long health span, or a long disease span. How do you visualize your aging?
3. **Stop acting OLD.** It's time to revive our sense of purpose and meaning. We can all be positive influencers, with something unique to give and share. Let's act with confidence and love.
4. **Remain engaged in a longer work life.** The face of retirement is changing. We will be working longer, which means we have to love our work, and not just work for money.
5. **Embrace change with a positive attitude.** Workplace culture will have to change as well. Older and younger people will need to be willing to learn from each other.
6. **Cultivate intergenerational exchange.** Respect for our elders must be rekindled. Collectively, we need to strengthen our sense of service and develop empathy, patience and compassion, so that all of us can benefit from actively participating in each other's lives. Young people inject vitality, spontaneity and youthful vision into the souls of older people. Older people offer experience, understanding and wisdom, which transform "hurts" and provide fresh perspective.

The pendulum has swung to the extreme of individualism and selfishness. It's time to empower intergenerational activity, and reconnect with the whole picture. I invite all of us to start thinking ahead and formulating innovative strategies to cultivate a culture of respect, support and care.

Here's one idea:

- create volunteer lists of young people, aged 13 to 22, who offer to help seniors with some of their home maintenance tasks, such as mowing lawns, shovelling after a big snowstorm, cleaning windows, stacking wood, getting groceries, preparing food, moving furniture, taking the dogs for walks, or simply offering some companionship. Their responsibilities would be to do 2 tasks per season. These lists could be created in schools, recreation centers, Scouts and Girl Guide groups, and supported by parents, municipalities and educators.

W.I.

Every year Quebec Women's Institutes hold a Story Contest in elementary schools across Quebec. We are proud to announce a first-prize winner from Grenville Elementary School!

Photo: Hannah Hoare, President of Grenville Women's Institute, and Nancy Bennett, Principle of Grenville Elementary School, with Ella Mott, 1st prize winner for her story "The Maple."



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Terryble Tymes Unknown missed calls good for Vanuatu, but not you

Terry Cutler

The tiny carefree island-nation of Vanuatu in the South Pacific Ocean was once known as the happiest place on the planet, thanks to a 2006 Happy Planet Index vote. Before then the island, with a small population of 265,000, was known for being the gracious host for 15 episodes of the reality show Survivor. These days Vanuatu isn't making anyone happy, well, perhaps the people behind the recent Vanuatu Scam telephone calls, but certainly not anyone receiving these calls.

If you receive a call from +678 559 4636 Vanuatu, don't answer it, and don't call back. You're not alone. Unsuspecting Smartphone users in North America, the United Kingdom, New Zealand and other countries are also receiving these calls, and losing money.

Here's how it works. You receive a phone call and once you answer, they hang-up on you. Our first instinct is to say, "Who could this be?" and then we decide to call the number back. Once you do that, you're calling a premium phone number and can be charged almost \$10 USD per minute. An individual may even answer and prolong the conversation under some pretext, but the curious caller gets charged a large amount for the call.

The phone companies can't do anything about it because that would mean blocking all calls coming from Vanuatu.

A useful rule is to never answer a call that you don't recognize. It stands to reason that the number of people who have family in Vanuatu is next to none, and Vanuatu doesn't boast about their tourism industry, so it is unlikely we may know someone vacationing on the island. If you have received the call, and answered it, or, called it back, be sure to check your phone bill. Sharing is a great thing. Please pass this information on to your contacts to ensure they're aware of the Vanuatu Scam.

If you would like to learn more about how to protect yourself from scams and hackers be sure to subscribe to Internet Safety University at www.TerryCutler.com where we provide timely updates on these types of threats.

Terry Cutler is the creator of the family-based Internet Safety University, and a government cleared cybersecurity expert (a Certified Ethical Hacker). He was awarded the 2017 Cybersecurity Educator of the Year award: the Cybersecurity Excellence awards recognize companies, products and individuals that demonstrate excellence, innovation and leadership in information security.



Essential Oils Tips for the summer

Susan Rich



Summertime is when we get outside and breath the fresh air. Taking in sunshine is so important for our health. In order to produce vitamin D in our bodies, we need sunshine, but the sun can also be harmful, if we get too much of it. Many commercial sunscreens are loaded with toxins, so the benefits of reducing sunburn are wiped out by the chemical cocktail we absorb through our biggest organ, our skin. Making a safe and effective sunscreen, using essential oils, is so simple. This is the recipe I use, and if used correctly, you will have the most beautiful skin ever.

Homemade Sunscreen

- 10 drops lavender (nourishes the skin and smells amazing)
- 1 tbsp pomegranate oil (spf 20 +/-)
- 3/4 C coconut oil (spf 8 +/-)
- 2 tbsp non-nano zinc oxide (increases the spf, by blocking the sun)
- 2 tbsp shea butter (spf 6 +/-)
- Glass jar

Directions

1. Combine all ingredients (except zinc oxide and lavender) in a jar
2. Place a saucepan with 2 inches of water on stove over medium/low heat
3. Place jar in saucepan and stir until it all melts.
4. Once melted, add the zinc and stir very well.
5. Once cooled a bit, add the Lavender and stir. Store in a cool place.

NOTE : Do not apply this while in the sun (I learned the hard way). Apply and let it absorb before exposing your skin. Re-apply throughout the day depending on your activities.

If you do get a sunburn, because you didn't protect yourself, a great remedy is to mix a few drops of lavender and helichrysum in a carrier oil. You will be amazed at how quickly it heals and turns that red skin into a beautiful tan, without the peeling and itching. Add some peppermint oil to cool the heat.

When its really hot outside, try putting 10 drops of peppermint oil into a 2-oz glass spray bottle filled with distilled water and spritz away. The cooling sensation is instantaneous.

A word of caution when it comes to citrus essential oils, like lemon, orange, bergamot, lime etc...These oils are photosensitive, meaning they will react in the sun. Therefore, do not put any of these on your skin and hit the sun. You will get a major burn.

For more information, or to learn more about certified, pure, therapeutic grade, essential oils please contact me at suerichliving@gmail.com or 819-421-2253

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Sainte-Agathe-des-Monts

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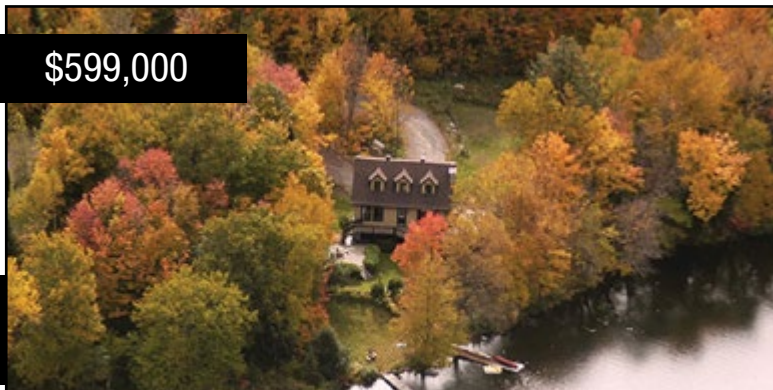
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\$599,000



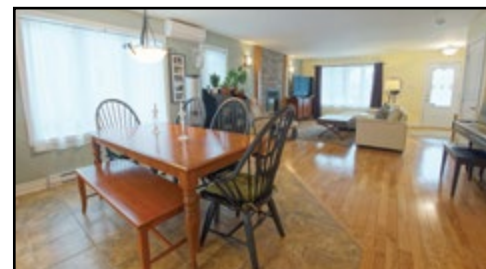
123 Griffon, St. Adolphe: Waterfront Lac Chevreuil: Lakeside has 376 ft of shoreline & 2 docks. Extremely private setting on two large lots. This Canadiana style, 5 bedroom home is warm and inviting, the perfect full time living family home or country cottage. Ideal for sport enthusiasts where within steps from the front door is the Aerobic Corridor for cycling, hiking, snowshoeing and x-country skiing.

\$580,000



80 Mirabelle, Ste. Agathe: Laurentian Getaway, "Chateau des Monts" a romantic 20th century home on an private lot.4 BDR, 2+2 bath, garage & solarium. Being King or Queen of the castle can become a reality!1hr.from Montreal,30 mins.to Mont Tremblant

\$335,000



2356 Robillard, Val David: Val David, within walking distance to all the activities and services this popular, quaint town has to offer. Impeccable 4 bedroom, 2 bathroom with attached heated garage, completely finished basement. Ideal for sporty, active people.



Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

19th Upper Laurentians Classical Festival

Thurs, July 6 - Sun, Aug 6. Adults: \$35 / Seniors \$32 / Students \$28.

1 877-545-3330 / www.concertshautes-laurentides.com

Thurs, July 20: 7:30 pm - "Un amour d'opéra" at the Mont Tremblant Village Church

Fri, July 21: 8 pm - Canadian Tenor singer Marc Hervieux, accompanied by his pianist, at the St. Jovite Church, 940, rue de Saint-Jovite, Mt-Tremblant.

Sat, July 22: 7:30 pm - a free concert under the stars with violin soloist, Alexandre Da Costa with the "Orchestre de la Francophonie" at Domain Saint-Bernard. In case of rain the concert will be held at the St-Jovite Church.



Alexandre Da Costa

ST FAUSTIN

Maison des Arts et de la Culture

1122, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm

Until Aug 12: 21st annual competition with over fifty artists participating. Free admission.

Sun, July 23: 7:30 pm - The Royal 22nd Regiment Military Orchestra with over forty musicians playing classical and popular music at the Saint-Faustin-Lac-Carré Church. 1 877 545-3330

Sun, Aug 6: 12:30 pm - a Free outdoor concert at the Eco-park (old Pisciculture of St. Faustin-Lac Carré). In case of rain, the concert will be held at the Church, 1179, rue de la Pisciculture, St. Faustin-Lac Carré. Irem Bekter combines musical rhythms, jazz, tango and traditional Turkish music. 1 877 545-3330.



Irem Bekter

STE-AGATHE

Théâtre Le Patriote

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

Salle Percival-Broomfield

Fri, July 21 & Sat, July 22 / Fri, July 27 & Sat, July 28: 8:30 pm - Ladies Night: this show is in French. In a little town, a group of unemployed friends take the challenge and launch a Striptease show with the help of an ex dancer.



Ladies Night

Sainte-Agathe Place Lagny (2, rue Saint-Louis)

Sat, July 15: Cherry Chérie, 1st act - Lisa-Marie Jolin. Sat, July 22: Annie Blanchard, 1st act - Eric Bourgeois.

Sat, July 29: Loco Locass, 1st act - Luc

Juteau. Sat, Aug 5: QW4RTZ, 1st act - Daniel Fontaine. Sat, Aug 12: Marco Calliari, 1st act - Jerome Charlebois.

VAL DAVID

Val David Exhibition Centre

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

Until Sept 4: René Derouin: July 15: 3 pm - meeting with René Derouin.

Songes d'été à Val David

July 29 - July 31: see local artists on location at the Petite Gare de Val David, 2525, rue de l'Église. 1 800 322-7030 ext. 4235.

Sat, Aug 5: 7:30 pm - Free concert in the Parc Léonidas-Dufresne de Val David. (In case of rain the concert will be held at the Community Hall). The Sonate 1704 group plays Baroque music. 1 877 545-3330.

VAL MORIN

Exhibitions

Galeri d'Art Espace Rhizomes (6140 Rue Morin / Christiane de Carufel: 450 745-4125 / cdecaru@cgcable.ca). Open Sat & Sun: 1 pm - 5 pm.

July 14 - July 30: Artist, Layloo Lapi-erre's paintings entitled, "Un certain regard." Vernissage July 14: 7 pm - 10 pm

Aug 5 - Aug 20: "Lumière en août (en nous)" by Marie-Claude Dussault.

Vernissage Aug 5: 1 pm - 5 pm / Aug 6 - Aug 20: noon to 9 pm.

ST. ADOLPHE D'HOWARD

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

Sat, July 15: 8 pm - Bethi Albano & Liz Eliodoraz - two singers from Brazil.

Fri, July 21: 8 pm - Phil Bebnowski Band (Blues - rock: part of the Laurentian Blues Nights.



Phil Bebnowski Band

Sun, July 23: noon - BBQ & Blues

Thurs, July 27: 8 pm - Karaoke - Blues. Free admission.

Fri, July 28: 8 pm - Adam Larch, blues guitarist.

Sat, Aug 5: 5 pm - Bal en Blanc (dress in white).

9th Laurentian Blues Night Festival - 450 745-3212 / www.nuitsblues.ca

July 28, 29 & 30: Main Stage - Adolphe-Jodin Park & July 21 - 30 on partner stages.

Exhibitions

Atelier Culturel (old fire station) 1920, Chemin du Village, St. Adolphe d'Howard. 819 323-1878 / https://artsetculturesaint-adolphe.wordpress.com

Wed - Sun: 11 am - 5 pm

Until July 30 - An exhibition of watercolours on the theme "Water" by six local artists.

STE. ADÈLE

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

Open daily from 9 am - 5 pm / Thurs & Fri until 7 pm

Until July 30: Between two generations, past & present (history of Ste-Adèle)

Until Aug 13, Thurs & Sun: 2 pm - Tour of the murals depicting the history of Ste-Adèle.

16th Nostalgia Evenings - Concerts at Parc de la Famille (corner of Morin & Emile-Cochand)

Sat, July 15: Nicolas Pellerin et les Grands Hurleurs - modern style traditional music.

Sat, July 22: Lobster Country Band - popular country music.

Sat, July 29: Gregory Charles - pianist / singer / composer / TV & radio star...

If you have time for only one outdoor concert this summer, treat yourself to this charming musician.



Gregory Charles

SAINT-SAUVEUR

Ça-me-dit Concerts at Park Filion

info@valleesaintsauveur.com / www.valleesaintsauveur.com

Fri, July 14: 7:30 pm - Tri Argentino (Tango) / Sat, July 15: 7:30 pm - Tribute to the "Divas of Pop" / Sun, July 16: 4 pm - Sunday afternoon song & dance.

Three days of Blues at the park:

Fri, July 21: 7:30 pm - Blues Berry Jam / Sat, July 22: 4 pm - Justin Saladino Band: 8 pm - Dan Martel & Friends / Sun, July 23: 7:30 pm - Paul Deslauriers Band

July 27 - Aug 6 - Fesitaval des Arts de Saint Sauveur

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

Live music...

Fri, July 15 - Jim Zeller with his harmonicas / Sat, July 16 - Duo Cadieu / Mon, July 17: 8 pm - Valectra in duo

Thurs, July 20 - Dupré / Millaire / Fri, July 21 - Cadieux in duo + DJ Oli / Sat, July 23 - Carl Tremblay in duo / Thurs, Aug 3 - J.B. Jo in duo / Fri, Aug 4 - Hugo Laliberté & DJ Oli / Sat, Aug 5 - Stevey G's Band / Sun, Aug 6 - Carl Tremblay in duo / Mon, Aug 7 - Sugar & Spice / Thurs, Aug 10 - Dupré / Millaire / Fri, Aug 11 - Mylestone in duo & DJ Oli / Sat, Aug 12 - Andree Dupré's All Star Band / Sun, Aug 13 - Carl Tremblay in duo.

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

Live music...

Fri, July 15 - Jim Zeller with his harmonicas / Sat, July 16 - Duo Cadieu / Mon, July 17: 8 pm - Valectra in duo

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PIEDMONT

Théâtre de Pays-d'en-Haut, 442, Chemin Avila Nord, exit 58 from Route15 North. 450 224-5757 / www.tpdh.ca

July 27 - 29 & Aug 3 - 5 & Aug 10 - 12: Les Phantastix - combined show of magic, hypnotics and circus arts. \$49.95 - special family rates available.

Special family rates available.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. info@artsmorinheights.com.

June 17 - Sept 30 - ARTS Morin Heights presents a themed exhibition entitled "Beach." 450 226-3832

St. Eugene Hall, 148, chemin Watchorn

July 29 - Aug 6: 11 am - 5 pm - ARTS Morin Heights Annual Exhibition.

Thirty-three local artists who work in



Ceramics by Ilania Abileah

watercolour, acrylic and oil paintings, pastel, etching, pottery, photography and stained glass.

WENTWORTH NORTH

Pavillon Montfort, 160, rue Principale, Wentworth-Nord (Montfort)

Until July 30: Sat & Sun: noon - 4 pm - an Exhibition of Mandala art by Pauline Veilleux

BROWNSBURG-CHATHAM

Until July 26: Routes des Arts - Collective Gallery Saint Louis de France Church, 354, rue Principale. 514 213-8180 / info@routedesarts.ca

July 1 - July 26:

11 am - 5 pm:

The studio tour

will take place

July 15 - 23.

Restaurant Le

Faim-Fino,

338, rue Maple

/ 450 495-8022 /

brancheculturelle.

wordpress.com

Until July 23 - An exhibition of paint-

ings by Lisette L'Abbée



Jacqueline Chartrand-Cauden

LACHUTE

Route des Arts Open Studio Tour /

www.routedesarts.ca

Sat, July 15 - Sun, July 23: 10 am - 5

pm - 29 studios are open to the public

in Brownsburg-Chatham, Saint-André-

d'Argenteuil, Saint-Placide, Oka, Saint-

Joseph-du-Lac, Mirabel, Gore, Went-

worth and Lachute.

ST. JÉRÔME

Laurentian Museum of Contemporary

Art (101, place du Curé Labelle)

450 432-7171 / www.museolaurentides.

ca. Open Tues - Sun: noon - 5 pm

Until Aug 20 - Mathieu Beauséjour's

work has been exhibited across Canada,

the Americas and Europe in public and

private galleries and museums.

En Scène : Salle André Prévost,

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

Tickets for the 2017-2018 season are

available at la Maison de la culture

Claude-Henri-Grignon, 101, place du

Curé-Labelle or the new Gilles Vi-

gneault theatre website: www.theatre-

gillesvigneault.com

ST. PLACIDE

20th Sundays at the Park - free con-

certs at the Lake of Two-Mountains

Park, by the church. In case of rain,

concerts will be held in the church. 450

258-2211

Sun, July 16: 11 am - Duo Les Veuves

Joyeuses play Quebec music

Sun, July 23: 11 am - Thierry BÉGIN-L

(classical guitar)

Sun, July 30: 11 am - Trio Sylvain La-

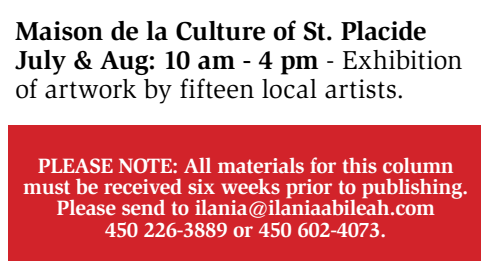
fontaine - jazz, funk and World music

Sun, Aug 13: noon - BBQ + bar fol-

lowed by a concert on the Lakeshore

stage at 2 pm - Lasso & Sini-Kan (tradi-

tional African music).



Africa Lasso and SK

Maison de la Culture of St. Placide

July & Aug: 10 am - 4 pm - Exhibition

of artwork by fifteen local artists.

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

MICHEL BROUSSEAU
ARTISTIC DIRECTOR

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Tous les jours de 11h à 17h
11 am to 5 pm everyday

Vernissage :
Samedi 29 juillet / Saturday July 29
de 17h à 19h / from 5 to 7 pm
Tirage à 19h / Draw at 7 pm

Salle St-Eugène,
148 chemin Watchorn,
Morin-Heights



artsmorinheights.com
info@artsmorinheights.com
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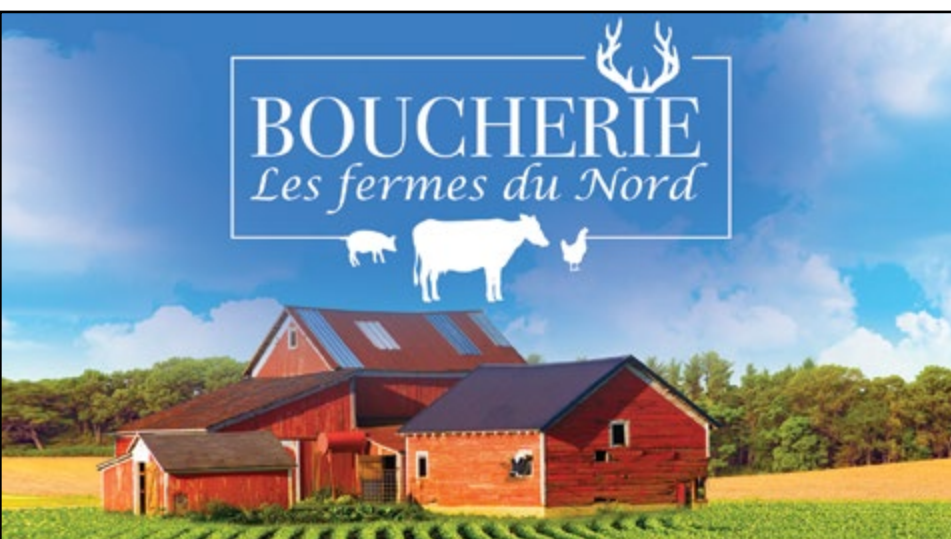


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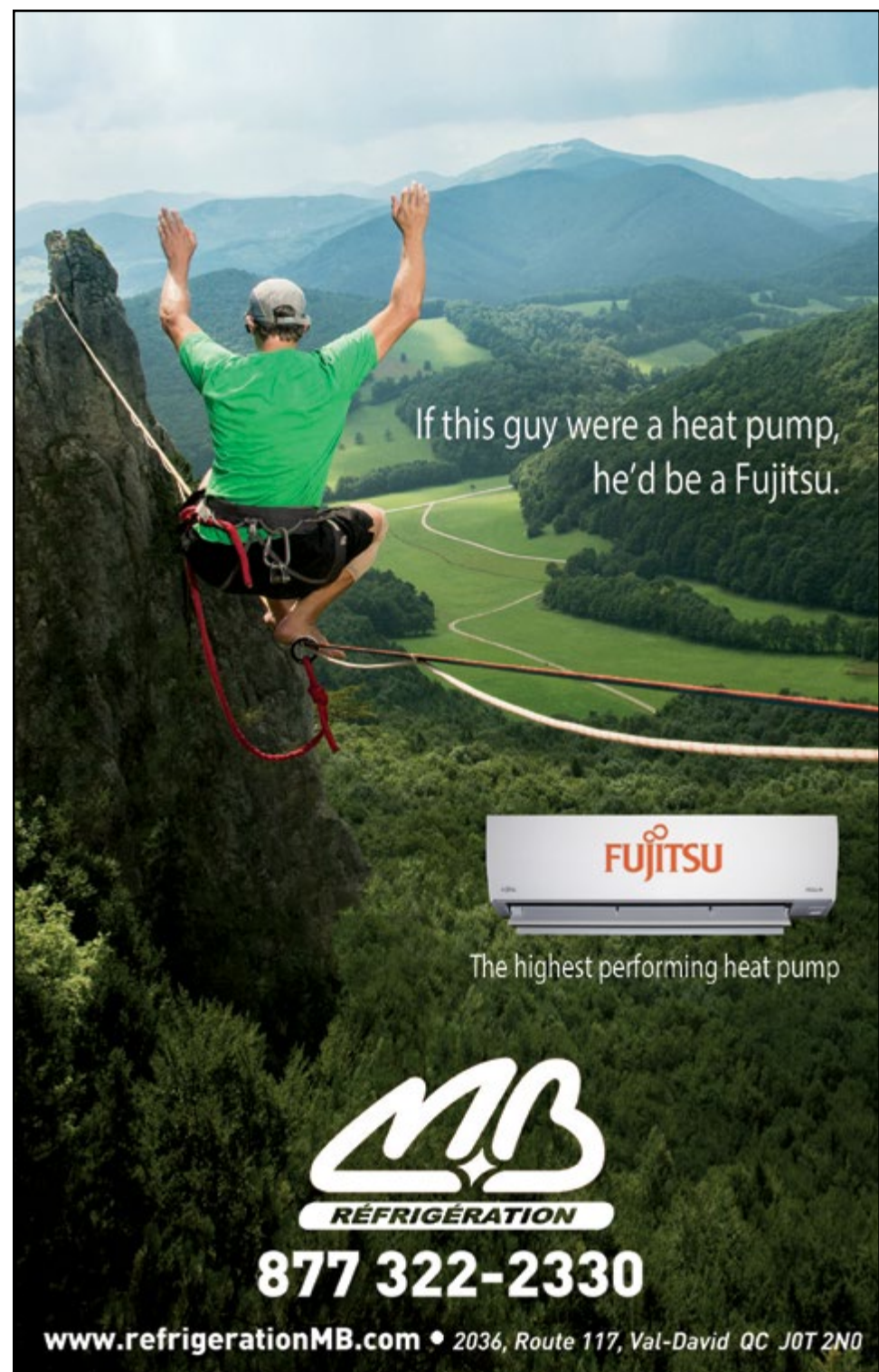
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Garden Talk

Invasion of the forest tent caterpillars

June Angus - Main Street



Sounds like a great title for a horror movie! My dear late mother-in-law used to be terrified of these furry little fiends that appear in spring thanks to her younger sister's delight in dropping these creepy critters down the back of her neck. Yuck! These girls grew up in Hemmingford, next door to extensive apple orchards, the perfect breeding ground for tent caterpillars.

Across Canada this spring, there were huge infestations found everywhere including throughout most of Quebec. While there are several varieties of tent caterpillars, this year we saw great numbers of the forest tent caterpillar throughout the Laurentians. According to Natural Resources Canada, which has tracked these caterpillars since 1938, mass appearances are cyclical and once the hordes arrive, the same pattern will repeat for a few years. It is thought that small changes in local climate can trigger an outbreak.

The fuzzy, brown forest tent caterpillar has a dotted white line along its back with distinctive blue side stripes. It grows to approximately 5 cm. These caterpillars don't actually build "tents" like some of their caterpillar cousins, but instead nest by swarming in masses on tree trunks for their own protection from predators. But this habit can make them seem particularly gross and alarming.

These caterpillars begin as an egg laid in late July by reddish-brown nocturnal moths – the ones that flap frantically at your outdoor lights over the summer. They emerge as caterpillars the following May and will eat voraciously till mid June when they pupate in the ground to emerge six weeks later as moths. And the cycle begins again.

Fortunately, forest tent caterpillars are harmless to humans and don't disturb most vegetation, low growing plants or specimens found in your vegetable garden. However, they love to eat leaves from deciduous trees such as alders, ash, birch, oak and flowering fruit trees. In their caterpillar state, they munch their way through nearby leaves as they grow and can have devastating results in forests.

Damage for home gardeners is usually restricted to the tree in which the caterpillars nest. They can gobble up leaves at an incredible rate, completely defoliating a tree. For the most part, trees will recover by producing new leaf buds as the season progresses. But in the case of fruit trees, a whole season's harvest may be lost. If the same tree is exposed to a serious infestation over several years, this can stunt the tree's overall development and eventually weaken it to the point of death.

In general, there is nothing to do about caterpillar infestations. However, if the caterpillars have caused serious damage to your trees this year, you may need to intervene next year while they are still in a caterpillar state. Some people suggest using insecticidal soap but mixed with oil rather than water. Spray this directly on the caterpillars. This may be effective in small areas but is not practical for a large infestation. To trap swarming forest tent caterpillars in a particular tree, you can place a 15 cm plastic band around the trunk. Coat this band with Tanglefoot, a glue that never dries, to slow the spread of the caterpillars on your tree and prevent them from reaching the ground where they will pupate into moths.

A more drastic solution is using an insecticide known as BTK (*Bacillus thuringiensis kurstaki*). This is a caterpillar disease found in nature that is harmless to other insects and animals. It is available in a packaged form that can be applied as a pesticide. Check with your local garden centre or pesticide professional for details about buying and using this product.

The good news is that the caterpillars are gone by now. The bad news is that in their new state as moths, they will soon lay the egg sacks in trees that will result in next year's crop of caterpillars.



A Dog's Best Friend is its Family

Final tips on responsible pet ownership

Susan MacDonald

Having covered the basics on where and how to find your new family companion, here are some final tips to help you maintain a lasting relationship.

New arrivals and adjustment period

Arrange to bring your pet home during a quiet period, when you will have a few days to spend together. Let him, or her, explore the new surroundings, while maintaining close supervision, particularly with puppies. Provide a bed in a quiet area, as a 'home base', where the animal can retreat when it chooses. For everyone's safety, place your pet in one room, or a secure crate, when leaving the house, until you know it is safe to leave it alone.

Teach the rules, and keep them simple

Training starts from day one, and applies to all dogs, regardless of past history, age or breed. Oftentimes, smaller breeds are treated more like babies than dogs. This is a human perspective, but dogs perceive this attitude as coming from a weak "pack leader" and, being intelligent animals, they soon take over the dominant role. Barking, snapping, aggression towards other dogs, and a regretful trip to the animal shelter is often the end result. Dogs learn at their own speed, so remember to be patient and consistent; bad behavior calls for calm, but firm correction, and good behavior should be reinforced positively. No maybes.

Keeping healthy

Dogs are what they eat, so if your budget is an issue, forget the toys and treats and spend your dollars on a good quality dog food. It's easy to get side-tracked by fancy brand packaging, so read the ingredient labels and look for a properly balanced diet suitable to your pet's requirements. A good source of information is an independent review site, such as www.dogfoodanalysis.com. Listed by designating a number of stars, they rate all the popular brands according to their nutritional values. Trust me, this is an enlightening experience.

Prevention is far less costly than most cures, both on the pocket book and heart-strings. Talk to your veterinarian about necessary vaccinations, parasite control and dental care. Also, be sure to discuss when to have your pet spayed or neutered.

Problem solving - Finding help

Occasionally, despite all best efforts, something does go wrong. If you find yourself dealing with behavioural issues, or facing what may seem like unsolvable challenges, seek professional help immediately. Most often the solutions are simple, and stem from inexperience, or not understanding the cause of some problem. Unusual changes in behaviour could also be your pet's only means of expressing an underlying health issue. Resources are everywhere on the Internet, on the sites of most animal shelters, including the SPCA (www.sPCA.com). There are also excellent books, trainers and other professionals, so remain positive.

Identification – name and number

Today, there are many ways pets can be identified, including microchips, tattoos and municipal licenses. The fastest, safest and surest way your pet will be returned to you is if it is wearing the good, old-fashioned dog tag, with the dog's name and your phone number. PLEASE, be sure your dog is wearing proper identification at all times – if lost or strayed, it could facilitate a happy reunion.

Pet ownership is a life-long commitment. Treat your animal companions well, provide them with their basic needs, and all the love and respect they deserve, and they will reward you back ten-fold.

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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**

Wed, July 19: 5 pm - BBQ & 7 pm - Music (The T-Birds)
Fri, July 21: 6 pm - TGIF Smoked Meat
July 22 - Mechoui Special BBQ
Aug 2: 5 pm - BBQ & 7 pm - The Posa Blues Band
Aug 5 & Sept 9 - Flea Markets. Rain dates: Aug 6 & Sept 10
Aug 16: 5 pm - BBQ & 7 pm - Texarillo & Dwane Dixon
Aug 18: 6 pm - TGIF Smoked Meat
Aug 19: Gerry Hecklinger Golf Tournament

**Branch 70 Filiale
Lachute**

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

**Branch 71 Filiale
Brownsburg**

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

**Branch 192 Filiale
Rouge River**

BBQ & JAM SESSIONS
Fri, July 14: 6 pm with Rod Leggett
Following dates: July 28, Aug 11 & 25, Sept 15 & 29
July 29: 5:30 - 7:30 pm - Paint Social with Erin McCarthy
Contact Erin: eamccarthy81@gmail.com
YOGA: Mon: 9 am - 10 am | Tues & Fri: 9 am - 10:30 am | Wed: 4 pm - 5 pm
Info Marlene: 819 687-8566
Tuesdays: 7:30 pm - cribbage:
For further details call 819 687-3640 / 819 687-9143 or email evezina80@gmail.com

RELIGIOUS SERVICES

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

MORIN HEIGHTS HILLSIDE CHAPEL
755 du Village, Morin Heights
May 21 - August
Sunday evenings: 6:30 pm
An evening of old-fashioned hymn sings.
Everyone welcome! Invite a friend. Refreshments and fellowship following each Hymn Sing.

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

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463 Principale, Lachute / www.pccweb.ca/mrmpc
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245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Wed: 7 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 am - Worship Service
4th Sun of every month:
7 pm - Hymn Sing

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS
757, Village, Morin Heights (450-226-3845)
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We are a member of the Laurentian Regional Ministry.
Parking available on Hillside along the cemetery wall.

**MILLE ISLES
PRESBYTERIAN CHURCH**
Mille Isles Rd.
Services will be re-starting on **June 25 at 9:30 am** for the summer

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

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The 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

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

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

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

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

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**

Holy Trinity, Calumet, St. Matthew's, Grenville
Sundays 9:15 am - Holy Eucharist: alternating locations.

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

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Services are held at 11 am every 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 Cullen: 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 9:30 am
Morin Hts 10:30 am • Montfort 9:30 am
16 - Island Lake 9:30 am • Weir 9 am

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

**PARISHES OF THE LOWER
LAURENTIANS**

Everyone welcome and we look forward to seeing you and your family.

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
July 16: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
July 16: 2 pm - Beach service / HC
July 23: 4 pm - Evening Prayer
July 30: 4 pm - Holy Communion
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
July 23: 11 am - Holy Communion
July 23: 4 pm - Classical music
Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
July 23: 11 am - Morning Prayer
July 30: 11 am - Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Rev. Nick Pang - Team Leader of the Laurentian Regional Ministry
Rev. Josee Lemoine - Associate Priest
Jane Bell - Assistant Curate
Services will continue every Sunday at 9:15 am during July and August

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

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL

ST. MUNGO'S CHURCH IN CUSHING
July 16: 11am: Celebrating Canada's 150th
Service followed by a light lunch with entertainment and an historical photo display.
Everyone welcome

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**LAURENTIAN CLUB
OF CANADA**

Would like to thank all its members for their continued support. And to all the Speakers from this past year, thank you very much for sharing your time, experiences and passion with your presentations.

We look forward to seeing you at our first meeting in the fall, the fourth Monday of September.

www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA



**Laurentian Region
Cancer Support Group**

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



Next meeting for cancer patients, families and caregivers is

**FRIDAY EVENING
July 21, 2017 at 6 pm**


Annual Summer Pot Luck BBQ
for more information call June 450-226-3641

Upcoming Meetings: 1 pm
Aug 19 • Sept 16 • Oct 21 • Nov 18

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

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

REGISTERED CHARITY - DONATIONS APPRECIATED



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COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

Tele-workshops/Webinars
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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

LACHUTEMOUEVEMENT PERSONNE D'ABORD LACHUTE

Bazar MPDA Lachute
(177 Rue Bethany, Lachute).
Used clothing, shoes, books and more
for the whole family.

Tues - Thurs: 10 am - 3:30 pm
Fri: 10 am - 2:30 pm

We accept donations of clothes, toys
and books for our bazaar.
Mouvement Personne d'Abord de
Lachute is a non-profit organization for
people with intellectual disabilities. The
Movement offers an annual program
with dancing, bowling, coffee meeting
etc. for all people aged 17 and older
who are living with an intellectual disabili-
ty. Places available for new members.
Everyone welcome!
Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

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

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sat, July 22: 6 pm - Annual BBQ &
Pub Night . To be held at the Lost River
Community Centre. Doors open at 5 pm.
Music & door prizes
Hamburgers, salads & desserts.
Cash bar.

Adults: \$10 / children 12 & under \$6.

Sun, Aug 6: 9 am - noon:

August Breakfast
Basket draw proceeds will be
donated to Canadian
Diabetes Association
Adults: \$7 / children 6 - 12 yrs. \$3.50 /
under 6 yrs. free

Sat, Aug 12: 2 pm - 8 pm:

Harrington Day
Like LRCC on Facebook at
LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Bingo - **1st & 3rd Sunday - 1:30 pm**
Cook's Night Out - **1st Friday - 5:30 pm**
Quilting - Mon: 10 am - noon
Line Dancing - **Tues: 7 pm - 8:30 pm.** \$7
Cafe Partage - every **2nd Thurs: 1:30 pm**

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn
www.morinheightshistory.org /
mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Morin Heights Legion, 127, ch Watchorn
Info: 450 226-5354 / theatremorin-
heights@gmail.com

ALCOHOLICS ANONYMOUS MEETINGS

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

IMAGINE PREMIER PRODUCTIONS

Casting call for Beauty and the Beast
Parts available for men, women and chil-
dren Play to be presented at the Village
Church Playhouse in Mont-Tremblant on
Dec 28 & 29.

Contact: Beryl Puddifer at:
berylpuddifer@gmail.com

SAINTE-AGATHE-DES-MONTS

The City of Sainte-Agathe-des-Monts
has created a cultural, sporting and festive
program that will surely delight you. Great
events, concerts on the lake, sports
and culinary activities, shows
for toddlers and films screened outdoors!
A definitely varied and amazing program
that will seduce both the residents of
Sainte-Agathe-des-Monts and the
surrounding area as well as tourists and
excursionists! Dates to put on your
calendar to not miss anything!
To see the full calendar visit vsadm.ca.

COMMUNITY FACEBOOK GROUPS

Community Readers may be interested
in joining one of these local Facebook
public groups:

Lachute as we Remember
Brownsburg QC memories
Descendants of Pioneer Families of
Mille-Isles
Morin Heights
Morin Heights Historical Association
Royal Canadian Legion Branch 171 –
Morin Heights

NATURE CANADA PHOTO CONTEST –

Entries accepted until **August 13.**
Theme should be capturing the
beauty of nature – plants, wildlife or
landscapes. Submissions can be
done through Facebook,
Twitter or Email.
The top prize is an incredible
Canadian nature adventure from Wild
Women Expeditions valued at \$1000!
Full details available at
Naturecanada.ca

FOLK MUSIC AT ITS BEST

Holy Trinity Church
4 Cambria, Gore
Sat, July 15: 8 pm
Bill Garrett & Sue Lothrop
Tickets: \$25 with reservations /
\$30 at the door.
Info: Linda: 450 562-9620

SHAKESPEARE-IN-THE-PARK

Presented by
Repercussion Theatre
Aug 11: 7 pm
Basler Park, Morin Heights

SING FOR YOUR SUPPER FUNDRAISER

In collaboration with the Shriners
Children's Hospital
Comfort's Bar
795, Ch. du Village, Morin Heights
Sun, July 23 / Aug 6 & 20 / Sept 3 & 17
4 pm - 8 pm: Open Mic & BBQ with
various musical guests
Info: 450 226-5719

Thank you to the community for your
tremendous support last year!
Please come out and join us again!

FREE FAMILY MOVIE NIGHT "GOD'S not DEAD"

"Morin Heights Hillside Chapel
755 du Village
Fri, July 14: 7 pm
(No restroom facilities)
Info: 450-226-1546
All children must be accompanied
by an adult

UNIVERSITÉ DU TROISIÈME AGE (UTA) FIRST NATIONS -

New autumn course
Velan Astronomy Pavillion
Domaine St-Bernard, Mont-Tremblant
Starts Sat, Sept 23: 10:15 am - 12:45 pm
Live registration **Sept 7: 1:30 pm - 4 pm**
at 144, rue du Couvent,
Old Mt-Tremblant Village.
Online registration until Aug 20 at www.
usherbrooke.ca/uta/mont-tremblant

LACHUTE AIRPORT OPEN HOUSE & FLY-IN

Lachute Airport
Sat, Aug 26: 10 am - 2 pm
There will be lots of airplanes to see so
bring the children.
Lunch may be purchased and airplane
rides are \$40/person.
Proceeds will benefit
Les Bons Déjeuners d'Argenteuil.
Free entry / parking is along Bradford
and de l'Aéroparc blvds.

RICKK'S ROOM - HOUSE CONCERTS

Hosts: Celia & Rick
Wentworth North
Aug 20 - SoulCrafters
Sept 20 - Lynne Hanson
Oct 22 - Joey Landreth
Nov 5 - Jason Bajada
Info / tickets: www.rickksroom.ca /
RickksRoom@gmail.com

COMMUNITY KITCHEN

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



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**Lori's Lookout -
Laurentian Personality**

**Our mysterious leader
Susan MacDonald**
Lori Leonard - Main Street



I was out walking my dogs, when suddenly a thought crossed my mind... who better to write about as a Community Leader than our fearless, trusty Editor, Susan MacDonald? (affectionately called "Sue"). Just who is this mysterious, dynamic person? A few writers and most of our readers have never met her.

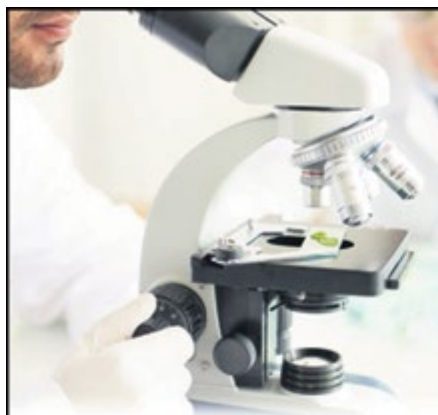
Sue took over the helm of the "Main Street" ship, when her beloved husband and partner in life, Jack Burger, passed away in May 2012. Jack was the Founder, Publisher, and Editor of Main Street. His dream for this newspaper was not only to keep the Anglo community well-informed, but to be the glue that bonded the ship boards of our community together. After Jack's passing, Sue decided she would fulfill "Jack's Dream" and took over the responsibilities of Editor and Captain of the Main Street ship. This was no easy task. Jack never wrote anything down; he kept his "treasure chest" of information in his mind. As Captain, each month, Sue has steered her writers and readers through calm and stormy waters. It was difficult to fill Jack's shoes...and challenging to maintain an Anglo community paper.

The writers got to know Sue a little better as time passed. Sometimes Sue challenges writers, and at times they challenge her, but all is done with good will, sprinkled with a touch of Sue's humor. Each month, she receives Press Releases and information from community groups and material from 25+ writers. Each bit of information must be reviewed, often translated, edited and approved, then fit into an allotted space. As Captain of our ship, she signals us to surge ahead, or slow down, to reflect, before a wave hits. Sue also manages to write an editorial and to include a community section for non-profits.

Main Street, like a "comfy slipper", feels good, when you peruse its pages while sipping a steamy coffee or tea in your favourite arm chair. Its pages are browsed not only by full-time Laurentianers, but by weekenders too. You won't find any "hard news" in this monthly publication.

Sue resides in a cottage in Harrington, which is why we don't often have the pleasure of seeing her. In her spare time, the little she has, Sue runs another ship; a Noah's Ark, full of precious farm animals, from which she collects and processes their fibre. Her Ark includes angora rabbits, angora goats, Shetland sheep and a few other barnyard friends. The goats and sheep are sheared twice yearly, but Sue grooms the rabbits herself, and weaves and knits lovely handmade items, such as hats and scarves. A dog and a few felines round off her menagerie. Sue is just as devoted to her animals as she is to being Editor of Main Street. She is a nature lover, and always keeps an eye out for local wildlife. Sue also helps to manage a summer camp as well. Many of its patrons have camped there for years, and have become friends.

Though we don't often have the opportunity to see the Mysterious Sue, we know our Captain is only a phone call, or email, away. A sincere thank you, Sue, for keeping Main Street and our community afloat. We look forward to being crew members for many more years to come.



Are you a type 2 diabetic aged 18 years or older, take basal insulin once or twice daily with or without oral antidiabetic medication?

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Game surfaces as blue as the sky in Piedmont

After more than a month of delay on the construction site due to the heavy rainfall this spring, the sports surface grounds of the Eco-Sports complex of Piedmont are finally being installed at Parc des Sablières.

Starting July 6, players will be able to practice their favorite sport on either the two ball hockey decks or the two Pickleball surfaces. In the small building, a corner shop offers sports equipment to equip players through a partnership with Sports-Experts St-Sauveur and there is also a snack bar.



The first deck-hockey leagues started in July. For hockey enthusiasts, it is now possible to continue practicing, even in summer. Leagues will start in the second week of July on various evenings for different categories.

The Pickleball Club will also be open to the public, with courses for beginners, round robins and leagues for those who want more competition.

At the inauguration of the Piedmont Eco-Sports Complex, representatives of local businesses will compete against former NHL players. The date has not yet been set. A portion of the proceeds will be donated to the youth centers of Sainte-Adèle and Saint-Sauveur. A sponsorship program, "The right to play," for young players who cannot fund their registration, is an integral part of the sponsorship plan. Companies wishing to become partners can thus support disadvantaged young people in the region by sponsoring them to pay their expenses.

Throughout the season, various sporting and cultural events will also be scheduled. The grounds can be rented by private parties to play with friends, by companies for corporate parties or by institutions for charity tournaments.

More information about the Eco-Sports Complex at www.ecosportspiedmont.com, at 514-224-7906 or on Facebook.

The Great Relay Race - 2017

The 31st edition of the Great Relay Race will be held at the Lake Louisa Social Club (132, Lake Louisa - South Road, Wentworth), **on August 5.**

Registration: 8 am - 9:45 am / shot-gun start: 10 am.

The race consists of a series of segments including cycling, tandem canoe, kayak, running and swimming, each section to be completed by various members of the team. Many different categories to enter and prizes will be awarded to the top performers during the BBQ (\$) following the event.

THE RACE IS OPEN TO ALL CHALLENGERS!!!

Everyone is welcome to join in the fun and excitement. Team donation is appreciated. Please note that all foreign canoes and kayaks must be pre-washed (at no charge) at the fire station (114 Louisa Rd.) Info: Lawrence: 450 533-4713 / 450-533-6519 / Mike: 514 825-9255



Lunch with learning as the main course in Avoca and Harrington

Over the last 8 years, it has been my pleasure to serve as President of 4 Korner's Do you sometimes feel that talking things through with someone helps you to understand better? At 4 Korner's Family Resource Center we are using this winning formula and are organizing educational lunches for English-speaking communities.



From September 2016 to March 2017, ten information sessions entirely in English have been offered to the communities of Avoca and Harrington (4 Korner's Annual Report, 2016-2017). More than 140 community members have benefited from these presentations. Topics included wills and testaments, emergency procedures, funeral planning, demystifying Alzheimer's, and fraud.

Careful to provide quality information in English, 4 Korner's invites a variety of guest speakers from the area. The past year our guests have included, among others, a fire chief, a notary, a funeral planner and a police officer. Documents and other resources presented at the Lunch and Learn series are also in English. There is always a question and answer period after with the guest speaker. Conversations ignite over a light lunch that is provided to members of 4 Korner's.

The Lunch and Learn series will return in September 2017. Among other things, keep an eye out for information sessions in Gore. In the words of one of the participants, these lunches provide "a great friendly atmosphere to get helpful information." Should you have specific topics you would like to see covered, please let us know by writing to us at info@4kornerscenters.org. If you know of another community that could benefit from an activity such as this, please let us know. There are so many ways to get quality health information. A way that includes a lunch, a professional and company can't be beat!

To be kept informed of these and other upcoming activities, register for the 4 Korner's newsletter at www.4kornerscenter.org or contact us at 1-888-974-3940

4 Korner's Family Resource Center is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English.

Fundraising dinner and donations Lachute Regional Residence Foundation Launch

Special to Main Street

On Friday, June 2, over 170 members, guests and volunteers, attended the successful, official launch of the new Lachute Regional Residence Foundation, at the Sainte Anastasie Church Hall, Lachute, enjoying an Italian Fiesta, coordinated by a renowned chef, Don Manconi. Musical entertainment, by Gary Carpenter, enhanced the evening.



Photo courtesy Argenteuil MNA Y. St. Denis staff Board Members of the Lachute Regional Residence Foundation, who organized the Italian Fiesta Fundraiser to officially launch the new Foundation are (L-R): Jim Warbanks, Mary Chuprun (Treasurer) Dr. Gerald Boos (President), Edna Hall, Noël Dumont, Faye Dumont and Pat Hodge.

Preliminary figures indicate that the event itself contributed about \$4000 to Foundation coffers, with an additional \$3700 in donations received. These funds, as well as anticipated future donations, will be used solely for projects that would not be funded by the regional health care network (CISSS des Laurentides), and are intended to improve the quality of life, and enhance the friendly, safe and homelike environment for the elderly people who call the Lachute Residence their home.

Donations

Foundation board members will be pleased to provide additional information concerning donations, which may be sent directly to the Foundation at this address: 1 Chemin du Sommet, Saint-André d'Argenteuil, Quebec, J0V 1X0. Tax receipts can be provided.

The Foundation President, Dr. Gerald Boos, reviewed the history of the Lachute Residence, since an initial request to purchase the land, in 1967, and outlined the many changes that have transformed the institution, as of April 1, 2015, into a "point of service" within the new regional health care network. He noted that the Lachute Residence is designated as a bilingual chronic-care facility, the only such institution serving the Laurentian region.

Praise

Dr. Boos praised Mary Lou Hooper as "the driving force in the early stages of planning" for the new Foundation. The former Residence Director General, Sylvie d'Aragon, was warmly greeted by many of her former staff and Residence volunteers, who acknowledged "the dynamic role that she played" in obtaining the Accreditation With Distinction designation, a status rarely presented.

The establishment of a new foundation is a complex, demanding endeavor in dealing with two levels of government. Dr. Boos praised the expert assistance, dedication and community spirit of Notary Yves Sabourin, and CPA Jean-Pierre Pilon, in piloting this achievement.

Foundation members are consulting with Residence staff and volunteers on plans for an initial project to receive funding.



AUGUST EVENTS

July 21 to 23 > Saint-Sauveur Blues

21 > Blues Berry Jam (7:30 pm)

22 > Justin Saldino Band (4 pm)
> Dan Martel and Friends (7:30 pm)

23 > Paul Deslauriers Band (7:30 pm)

July 27 to August 6

> Festival des Arts de Saint-Sauveur
www.festivaldesarts.ca

August 11 to 13 > Used book Fair

11 > Movie night at the Waterpark after dark

12 > Music & dance with Dr Soul (7:30 pm)

13 > Beautiful Sundays singing and dancing (1:30 pm)

19 > Music & dance with Discothèque (7:30 pm)

20 > Beautiful Sundays singing and dancing (1:30 pm)

25 > Movie night in the park after dark

25-26-27 > Sidewalk Sales

26 > Music with the Queens of Rock (7:30 pm)

26-27 > Exhibition « Les Sculpturales »







More information 450.227.2564 | 1-877-528-2553
www.valleesaintsauveur.com

10th Festi Jazz Mont Tremblant

Ilania Abileah - Main Street



From Wed, Aug 2 to Sun, Aug 6, Mont Tremblant will feature over forty **Free Jazz** concerts. During the day there will be Master classes plus concerts on outdoor stages and in lounges. Concerts "Under the Stars" will start at 9 pm and Jam Sessions at 10:30 pm. There are two outdoor stages, and ten other venues, all in downtown Mont Tremblant. 514 994-0543 <http://jazzmtremblant.com>

Here are some highlights:

Wed, Aug 2, 11 am: Rachel Therrien with her trumpet gives a master class at the Jazz Lounge. **9 pm: Opening Concert**, Rachel Therrien with her musicians on the main stage. The day will conclude with a **10:30 pm Festi Jam**, at the Jazz Lounge.

Thurs, Aug 3: 11 am: Meet pianist, **Norman Deveault**, who will give a master class at the Jazz Lounge. **3 pm:** the Laurentian group **3T Nord** will perform at the Jazz Lounge. **9 pm: Montreal Hard Bop Five** on the main stage.

Fri, Aug 4: 11 am: Joe Sullivan gives a master class at the Jazz Lounge. **9 pm: Joe Sullivan Big Band** with 17 musicians on the main stage.

Sat, Aug 5: 11 am: Pianist, **Jean-Michel Pile** gives a master class at the Jazz Lounge. **9 pm: UZEB Reunion**.

Sun, Aug 6: 9 pm: Closing Concert, Tribute to Cannonball Adderley, with the **François d'Amours Quintet**.

These are only a few performances of this year's Jazz Fest program. It is promising to be another great event!



Sky Watch – Delta Aquariids

In late July watch for the Delta Aquariids meteor showers, radiating near the star Skat or Delta in the constellation Aquarius the Water Bearer. Hourly rate can reach between 15 - 20 meteors. The most favorable viewing time is just before dawn.

Mayor Denis Chalfoux presents Plan Destination 2030



Mayor Denis Chalfoux unveiled the Destination 2030 plan, which is a major urban revitalization project aimed at positioning Sainte-Agathe-des-Monts as a destination of choice, an inspiring city and a distinctive living environment. "Over the next few years, our city will undergo a major transformation, integrated, respectful of its heritage and the environment," said the mayor. Ten projects will be created to make Sainte-Agathe-des-Monts an enviable, dynamic and sought-after living environment.

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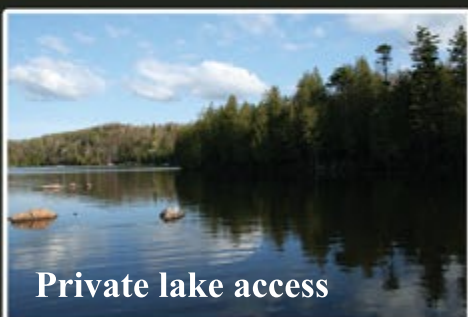
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Reaching the finish line

In Adult Education in Lachute, we are about helping our students reach the finish line! Anyone can help a student start on the process of going back to school, finishing a diploma or starting on a trade, but it is making sure that they reach the end and achieve their goals successfully that really counts. This is where the CDC Lachute shines.



On June 14 we celebrated the success of our 2017 graduating students in a special ceremony in their honor. Our graduates will move forward to Cegep and vocational training programs fully equipped with the skills and competencies they need to succeed. We are very proud of the perseverance and dedication they have shown in reaching for their goals and attaining them!

For more information on how you can be part of this exciting educational opportunity, please visit our website at www.bilingualtraining.ca.

Heather Halman
Director of Adult Education, Sir Wilfrid Laurier School Board
B. Comm., B.A., M.A., C.E.L.

Innovative dance and music at the Festival



Iliana Abileah - Main Street

This year the Festival des Arts de Saint Sauveur opens with two shows that combine innovative music, dance and choreography.

Thurs, July 27: 8 pm -

Moon vs. Sun - Raine Maida and Chantal Kreviazuk

Raine Maida and Chantal Kreviazuk have both enjoyed successful, individual music careers. Together they make unique, powerful music. They both sing and play their instruments, Maida (guitar), Kreviazuk (piano), and are accompanied by their musicians. This show becomes even more innovative with the works of emerging Montreal choreographers, performing on stage, creating an interesting dialogue between music and dance.

Fri, July 28, 8 pm: ProArteDanza - The founder of this company, Roberto Campanella, formerly danced with The National Ballet of Canada. Now, he builds bridges between the generations mixing ballet and modern dance, including "athletic displays of physicality and energy. ProArteDanza is back in St. Sauveur (previously performed here in 2014), this time with a double bill: "Diversion," by Robert Glumbeck (resident choreographer), was described by Plank Magazine as being "Fast, furious and beautiful" and "Fearful Symmetries," by Campanella, "an immersion into today's frantic pace, set to the music of John Adams."

The festival also features amazing, free outdoor evening shows in **Park Filion** at **7 pm & 9:15 or 9:30 pm. Wed, July 27:** D'Harmo - four Harmonica players with traditional Quebec folk music, classical, jazz & tango, laced with humour. **Thurs. July 28:** an impromptu encounter - Ample Man Dance & public piano, plus a Jazz pianist. **Fri, July 29:** Les samedis d'antan! La R'voyure: a dozen dancers and four musicians perform traditional Quebec jig, folk music and songs. **Thurs, Aug 3:** Perez-Reserva: a fresh take on Flamenco classics by José Luis Pérez and his group. **Fri, Aug 4:** Shyre - Sarah Rossy (vocals & piano), and a group of Jazz and classical musicians: they were a hit in last year's Jazz festival! **Sat, Aug 5:** Repeat of La R'voyure.

Dance Films under the Stars (at sundown): July 30: Ballerina. **Aug 1:** Billy Elliot. **Aug 2:** West Side Story.

New This year! The 3rd Stage - Unplugged! These events are taking place at the "Galeries des Monts" shopping Centre (the same groups that perform on the stage of Park Filion): **Fri, July 28: 3:30 pm** - Ample Man Danse. **Sat, July 29: 3:30 pm** - La R'voyure. **Thurs, Aug 3: 3:30 pm:** Perez-Reserva. **Fri, Aug 4: 3:30 pm:** Shyre. **Sat, Aug 5: 3:30 pm:** La R'voyure.

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2017

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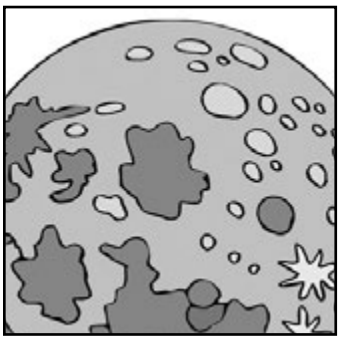
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LES GRANDS BALLETS AUGUST 4
A NIGHT WITH THE STARS AUGUST 5,6

FESTIVALDESARTS.CO





Zach Factor New neighbours, old bones

Lys Chisholm & Marcus Nerenberg - Main Street

Not long ago, and not very far away, in part of our own galaxy, only forty light years from Earth, the NASA Spitzer space telescope made a stunning discovery this year. Orbiting a brown dwarf star called Trappist 1 are seven earth-like planets. The star is small, about the size of the planet Jupiter, and is not very bright, hence the designation brown dwarf. The planets orbit close to this star, and their orbits are also close to each other, because the gravitational field of Trappist 1 is fairly weak. The dim light and low heat from the star provides a Goldilocks Zone for three of the seven earth-like planets. This is the not-too-hot and not-too-cold zone where liquid water may exist on the planetary surfaces. All manner of speculation has erupted about any heavenly body, which may harbor the conditions for water-based biological activity. Scientists believe that advanced revolutionary propulsion systems could bring Trappist1 within range in the foreseeable future. Belief is also growing that we have sentient neighbours not so very far off. Launching next year, the NASA James Webb Telescope will detect the chemical signatures of water, methane and oxygen, key ingredients in assessing habitability.

Meanwhile, back here on Earth, a team of archeologists and researchers from several scientific disciplines are on the verge of announcing a stunning discovery that may overturn everything we are supposed to know about our history, but first some context is in order regarding the Nazca Lines. About 200 kilometers south of Lima, Peru, lies the Nazca Dessert, one of the driest patches of land on Earth. Hundreds of years ago, the inhabitants swept aside the surface pebbles to create many thousands of meters of lines. The straight lines, the longest being nine kilometers, criss-cross the desert, forming various geometric patterns. Other lines form huge glyphs of birds, insects, mammals and spirals, some hundreds of meters long. They all have one thing in common; they can't be recognized from the ground. Modern society saw them for what they are in the 1930's when we flew over them for the first time. Researchers speculate that they are messages to the Sky Gods of the local mythology to welcome them or guide them when they return. How the monumental job was undertaken and completed without being able to observe the fruit of their labor remains a subject for debate.

In the Nazca area, near these lines, four unusual mummies were recently discovered in a burial chamber. The largest mummy, if stretched out, is 1.68 meters; the others are smaller. The big one is in a fetal position with its head cocked to the right. Here it gets weird. Each hand and foot has three long fingers or toes with more bones than human fingers have. Jaime Maussan, an award winning investigative journalist from Mexico, was instrumental in getting a team of international, multi-disciplinary scientists to Peru to examine and run tests on the mummies. They were measured, X-rayed, MRI scanned, and tissue samples were removed. They are covered with a layer of white powder, which acts as a preservative. The spinal columns have twenty-five vertebrae, instead of the normal thirty-three human count, less ribs and the skulls are not human-shaped, with small holes where the ears and nose would be.

Several tissue samples were sent for radio-carbon dating. The results came back from two labs, dating the samples between AD 245 and AD 410 - at least 1600 years. Six more tissue samples were sent off to six independent labs for genetic sequencing. That process will take considerably longer, because the process, recombinant DNA testing, requires a more complex procedure due to the deterioration of the sample. The scientific team refuses to make any controversial statements concerning the origin of the mummies until conclusive data is available.

The glaring questions are; did they come from another planet? Do they have non-human DNA? Are we about to learn that extra-terrestrials have been amongst us for thousands of years? The petroglyphs of Nazca depict humanoid-like characters, all with three fingers and toes. All ancient cultures, including the Mayan, have myths and scriptures that tell of Gods that came from the sky on flaming chariots, feathered serpents, fiery dragons, or radiant discs, to teach laws, ethics, science and technology to mankind. They also said they would watch over us, and that they would return when the time was appropriate. Perhaps the time is now.



"I couldn't find one piece of that (white mummy body) that looked like it was put together (with hoax glue)".
Mary Jesse, Ass. Prof. Radiology-Diagnostics, School of Medicine, University of Colorado, Denver.
Photo Credit: Gaia.com



The Story Behind Mont Tremblant Park

Joseph Graham - Main Street
joseph@ballyhoo.ca



In 1894, Dr. Camille Laviolette of Laval University convinced the Quebec provincial government to set aside a large parcel of Laurentian property for the creation of a forestry reserve. His plan was to build a tuberculosis sanatorium in a completely protected environment. The proposal, originally drafted in 1893, was accepted in July 1894. Dr. Laviolette had studied in Paris, London and Berlin. He was a member of la Société Française d'Otologie et de Laryngologie de Paris, a specialist at l'Institution des Sourdes et Muettes, and was a medical doctor at Laval University. He planned the Sanatorium d'Altitude pour la Tuberculose, which was to be situated only four miles from the St. Jovite railroad station on the south-east face of La Montagne Tremblante (Trembling Mountain). The "Act to establish the Trembling Mountain Park" was voted into law on January 12, 1895. It set aside 14,750 acres for the forest reserve and an additional 400 acres for the treatment complex, and the property was to be available "to any persons or corporations who furnish sufficient sureties that they will erect and maintain such sanatorium..." While the land was reserved, the sanatorium was never built.

According to F. Ryan, author of Tuberculosis: The Greatest Story Never Told, an estimated one billion people died of tuberculosis between 1700 and 1900. To put those numbers in perspective, consider that the world population did not reach two billion until 1930. Today, we talk of pandemics such as the flu that struck during World War One and the risks of avian flu. In the 18th and 19th centuries, our cities were hit by plagues of cholera and smallpox. All of these come and go. Tuberculosis, or consumption as it was also called, just sat there and took its toll year after year, cutting people down in the prime of life, disrupting families and weakening communities. It was, and still is, highly contagious through airborne bacteria.

For most of the 1800s, there was no conception of bacteria, and people believed that the disease itself lived in a miasma that floated in the air in low, damp areas, and that the night mists and fog could carry disease. People believed this viscerally. Mothers would fear night chills as though they were ghosts. The wealthy would build high up the hill, not just for the view, but also to distance themselves from the miasma. Fogs hanging in the valleys were sinister.

Sixty years ago, students were still x-rayed for TB in the schools. Everyone was involved in fundraisings, selling stamps that showed the then ubiquitous cross with the double horizontal bar, the symbol of the International Union Against Tuberculosis. Fear of tuberculosis pervaded society and almost everyone knew someone who had gone to a sanatorium for the rest cure.

The rest cure was discovered serendipitously in the 1850s when Hermann Brehmer, a German botany student, moved to the Himalayas to die. He was consumptive, that is to say, he had tuberculosis, and the odds were that it would simply progress until he withered away. Removed from his urban environment, with all its pressures, he began to recover, and in time he had completely regained his health. Leaving botany, he went back to school and studied medicine, proposing in his doctoral thesis that tuberculosis could be cured. He went on to pioneer the rest cure, building a large sanatorium in the mountains where patients would be fed a well-balanced diet and forced to rest, spending the days on balconies in the clean, cool mountain air, wrapped against the cold.

Dr. Edward Trudeau, the grandfather of the cartoonist Gary Trudeau, lived an almost parallel experience, leaving New York City and moving to Saranac Lake to die. When he first arrived, he was so close to death that a man had to carry him to his room, remarking that he weighed no more than a light bag. Upon recovery, he began a sanatorium there, in the 1880s.

Dr. Laviolette's project was never used in the treatment of tuberculosis. Given the credentials of Dr. Arthur Richer, founder of the first tuberculosis sanatorium to open in Ste. Agathe, and Dr. Laviolette's less appropriate, albeit impressive, credentials, one might wonder if there ever was a sincere intention of building a sanatorium at the location the government had set aside for Dr. Laviolette's dream. If the intentions were sincere, it is curious that Dr. Richer did not take advantage of the reserve of 400 acres earmarked for that purpose. His hospital was open by 1899. Surely the planning started a few years before that. Surely he would have been told.

The act creating the park contained a curious stipulation. Clause 4 read "This act shall not affect any rights acquired under any license to cut timber or any lease to any person or to any fish and game club." A short article several years later (1902) in the St. Jérôme paper L'Avenir du Nord deplored the monopolization and misuse of public lands for maintaining an exclusive fish and game club effectively protected by the reserve land. The article suggested that the club members had friends in high places and that the \$50 per year cost was a gift; it was worth twice that amount, the article claimed. Listed among the activities that Dr. Laviolette envisioned for his patients were fishing, hunting, bathing and canoeing in summer; music, parlour games, snow-shoeing, tobogganing, skating, hunting and ice fishing in winter. It is hard to imagine these terminally ill patients taking advantage of such elaborate facilities.

By 1954, a cure had been found for tuberculosis and today, few people are aware of the shadow that the disease once cast. It no longer seems important whether the intentions of the politicians were sincere or self-serving. We all live with a half-conscious faith that the politicians will be there for us again the next time we are confronted with a real enemy.

Obituaries

BOYD, Audrey Mildred

October 21, 1920 -
March 28, 2017

It is with a heavy heart we announce the passing of our dear, sweet mother, Audrey Boyd (nee: Digby). Predeceased by her loving husband of over fifty years, Angus, in 2000 and her son, William, last December. She is survived by her son, Angus (Donna), and daughters Margaret (John Westbrook) and Sue (Scott Dewar). Adored by her seven lovely grandchildren, Daniel, Jenny, Rebecca, Hannah, Travis, Trevor and Maggie. A heartfelt thank you to the staff and residents of 3rd floor, Country House at Granite Ridge Care Community for their care and friendship.

A memorial service will be held at the Lost River Presbyterian Church on Sunday, July 23, 2017 at 1 pm. Interment following in the Lost River Cemetery. In lieu of flowers a donation to your charity of choice would be appreciated. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



HOOKER, Leslie Richard (Dick)

Suddenly of a heart attack in Nov 2015 in his Ottawa apartment in his 63rd year. Predeceased by parents, Ed and Peggy Hooker of Lachute, PQ, and older sister, Jennifer, of Toronto. Younger sister Sally resides in BC. LRHS grad who worked as a junior Watchman reporter, gained a BSC from McGill, researched several years at Memorial University toward a Masters in Marine Biology. Taught in Ontario public school system for a short period. At last at peace, free from chronic health conditions. May he cycle, read, build models, enjoy music and reconnect with those who left before him. Private interment(s) have taken place at Ottawa's Cemetary Capital Memorial Garden and St. Andrews East Hooker family plot.



FRAUD ALERT!

The Sûreté du Québec (SQ) calls on the public to be more cautious about a fraud scheme that targets companies in different sectors. To date, three cases, and an attempt at fraud, have been reported to the SQ, representing a loss of more than \$8 million.

Description of the strategy:

Through a first telephone contact, the fraudster, who identifies himself as an employee of a financial institution, asks the respondent to update the company's data from the computer system that gives access to on-line banking. In this way, the company will have better financial services (easier and faster bank transaction, etc.). To update, the company employee must download the software provided by the fraudster, via e-mail, or else go to a website given by the fraudster. Once the software is downloaded, or the website entered, the suspect(s) have access to the banking data, and transactions are then made by the fraudsters. As part of the scam, the fraudsters tell the company that they will not be able to access their accounts online because the software update may take a few days. Subsequently, no further news is provided by the fraudsters. In some cases companies suffer significant financial losses

The Sûreté invites you to remain always vigilant in the matter of the transmission of personal information.

Be careful: Never send money, bank details, or credit card information to someone you do not know and do not trust.

Ask yourself: Would I provide information that I would not normally give, such as my Personal Identification Number (PIN)?

Validate: A simple check with your banking institution can save you from being a victim of fraud.

Find out: Visit the Canadian Anti-Fraud Center to protect yourself from these types of fraud at www.antifraudcentre-centreantifraude.ca/index-eng.htm

Any information about this scheme may be reported confidentially to the Criminal Intelligence Unit at 1 800 659-4264.



Lachute Lions Club presents generous donaton

At a ceremony to pass over the presidency of the Lions Club of Lachute, held at Restaurant Le Faimfino in Brownsburg-Chatham, the Argenteuil Hospital Foundation (FHA) received a donation of \$12,926.00. This was made possible from the profits generated by the annual 'Lions' Lottery fundraiser. The Lachute Lions have always been involved with the FHA and to date, have donated more than \$250,000.

In May 2013, at the launch of the major 2013-2017 campaign "Choosing Health," the Lachute Lions Club pledged to raise \$125,000 over five years. After four years of contributing to this promise, the Lions have already awarded \$ 106,704.22. The Foundation is proud and grateful to be a recipient of these funds and wishes to thank all Lions members and all community members who have purchased tickets!



Presentation of donation - Members of the Lions Club of Lachute accompanied by Mrs. Marie-Josée Condrain, Director General of the FHA and Mrs. Elise De Sève, Coordinator for the management of donations and activities of the FHA
Source and rights of the photograph: François Leblanc, The Argenteuil

The English Link

The importance of self-care

By Caitlin Sigouin



When we think of self-care we may think of people in the helping professions, such as first responders, nurses and social workers. Self-care is important for everyone to practice no matter what you do for work. In fact, the importance of self-care is recognized internationally. July 24 is designated as International Self-Care Day.



Self-care means taking care of yourself to achieve and maintain a balanced life. The International Self-Care Foundation describes the following 7 pillars as being the basis of self-care:

1. Knowledge and health literacy – understanding medical information that impacts you and your health to understand your options and make informed decisions.
2. Mental well-being, self-awareness and agency – feeling a sense of fulfillment, managing stress and being able to make necessary changes towards wellness.
3. Physical activity – taking time to be active every day.
4. Healthy eating – eating a well-balanced diet with limited processed foods and added sugars.
5. Risk avoidance or mitigation – limiting alcohol intake, quitting smoking, attending regular medical appointments.
6. Good hygiene – regular handwashing and brushing teeth.
7. Rational and responsible use of self-care products and services – using prescription and over-the-counter medications appropriately, consulting a doctor or pharmacist prior to taking a new medication or supplement. (www.isfglobal.org)

These 7 areas work together to contribute to an overall feeling of wellness. They are so interconnected that if one or more aspect is not being attended to, we may begin to feel the impact on our overall health and well-being. For example, a son caring for his aging father may begin to feel tired because he is not sleeping well as a result of feeling stressed about not being as present for his children and partner; he may also be stressed about finances since he has had to take time off work. We can imagine the snowball effect as he loses more sleep because of stress and then becomes more tired and thus more stressed.

Some self-care strategies may be easier to implement than others. Any positive step will have an overall positive impact; implementing a few small self-care strategies can lead to a large overall benefit. There are many wonderful organizations around the Laurentians that offer assistance and supportive services in balancing one or more of the dimensions of self-care. If you are interested in finding further information on what services are available in your community, contact Info Santé 8-1-1, or 4 Korner's Family Resource Center at 450-974-3940 or 1-888-974-3940.

info@4kornerscenter.org for the English Communities Committee of the CISSS Laurentides (des Sommets region) and 4 Korner's Family Resource Center.



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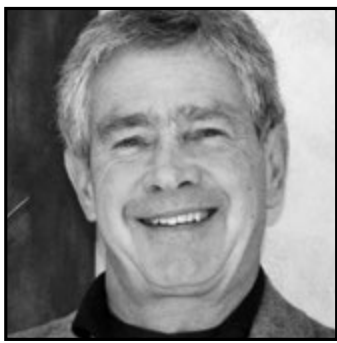


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2. How should I withdraw from my RRSP? It's time to convert your Registered Retirement Savings Plan into an income stream. Ask when to make the jump, what assets you should hold, and whether there are alternatives to an Registered Retirement Income Fund.
3. What about my pension? If you have a workplace pension, how much you get, and how you draw on it, depends on whether it's a defined contribution or defined benefit plan. Ask what you're entitled to, and how it fits with your other sources of income.
4. Can income splitting help? The taxes paid on your retirement income can make a big difference in your cash flow. Ask about how income splitting can help make your savings go further. Strategies include spousal RRSPs, pension splitting and CPP/QPP splitting.
5. What's the right level of investment risk? After you retire, your nest egg can still generate returns. Ask what level of investment risk is right for you, and how to help manage that risk while growing your assets, once you're no longer working.
6. What if my savings aren't enough? Do you have enough to retire, and if not, what are your options? Delaying retirement by a few years, taking on a part-time job after you retire, or renting out part of your home, can all help boost your retirement income.
7. How do I handle debt in retirement? If you are approaching retirement with debt, ask your advisor about the best way to deal with it, whether it's through trimming expenses, downsizing your residence, or streamlining your debt repayment plan.
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 haven't 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.

Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc., (514)-788-4883 or my cell at (514)-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca- This content is provided courtesy of Solutions from Manulife.

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Quebec government provides financial support

As part of the Municipal Crime Prevention Support Program (MSP) 2016-2019, the Government of Quebec has provided \$62,500 in financial assistance to the City of Lachute and the MRC d'Argenteuil, for the coordination of a concerted approach in relation to issues of domestic violence, homelessness and mental health. Of this amount, \$37,500 will be allocated to the City of Lachute to strengthen the resources of organizations involved in street work in order to reach out to people in disarray with their living environments. The MRC d'Argenteuil will benefit from a \$25,000 grant, which will allow it to carry out a complete diagnosis, in addition to the development of a regional action plan identifying preventive solutions for improving public safety.

To ensure the success of this mobilizing initiative, the City of Lachute and the MRC d'Argenteuil, which will inject a total of \$15,000 into the project, will join several community partners within the public safety, education, health, social services and employment sectors. The association of these key players will enable the adoption of a common vision of the various issues identified and the strengthening of the community's capacity to act. The hiring of a project manager specializing in criminology, sociology or social work is also planned to ensure the deployment of the approach on the territory.



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I'm Just Saying Raining cats and dogs

Ron Golfman - Main Street

Given the wet weather, which prevailed for much of May and June this year, I must have heard the expression, "it's raining cats and dogs" twenty times in the course of conversations, prompting me to have a detailed dream of what it would be like to interview a cat and a dog. I managed to retain much of the dialogue from this sleep-induced fantasy, and thought to share it with you.

In slumber, I posed several questions to both species, and obtained a great deal of insight into a subject most pet owners have often wondered about, leaving me feeling much closer to these critters. Their comments were both surprising and, at times, less than predictable.

The feline first explained why cats sleep so much of the day. "Humans are creatures of habit, who do the same mundane activities day in and day out. We have little reason to pay attention to them. We will only get up and follow humans if they are going to where the cat treats are stored, usually in the kitchen. Humans, particularly those who carry a little extra weight, tend to give us treats more often, because, in some odd way, by opening the fridge, or pantry, to give us a snack, they have one too. This seems to justify their intake, because we're having a bite too".

The cat also pointed out that they see humans as servants, while dogs see humans as masters. Both species qualified this statement by explaining that humans toss cookies at dogs, who usually jump for them, while treats are laid down gently for cats to analyze, and then decide if it's worth their time. The cat further noted that their wet food is named, bouquet or fancy feast, while dog treats are basic in definition, such as milkbone or chew, leaving the impression that cats are wise, as opposed to spoiled, while dogs are simpletons who require basic directions to eat.

The dog, becoming a bit annoyed at this derogatory depiction, asked to speak, and proceeded to tackle why dogs love car rides, while cats will do anything to avoid getting into a vehicle. The dog explained that while they often chase cars, primarily for exercise, and to freak out drivers, they love car rides, replete with the wind-blown sensation of having their heads out the windows. The cat snickered at the answer, and said that, most often, the only time humans put them in their cars is for trips to the vet, to get prodded, poked or for a needle, so why do it?

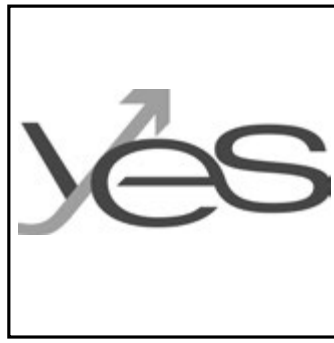
By this point in the dream, as would be the case in real life, they both were losing interest. The dog was distracted and began barking. When I asked what he was saying, the dog replied, "random thoughts, with no specific purpose." The cat yawned at this, hissed the words, "stupid", and began cleaning herself, and just before falling asleep said, "we're done here. If you think the dog is an idiot and, I'm just saying, you're spending precious sleep time believing you are talking to us, so go get me a treat".



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Making it Work in the Laurentians

Social media for artists: how to grow your following

By Meaghan Landrigan-Buttle

Increasing your visibility, as an artist in any discipline, is one of the major benefits of social media. Using different platforms allows you to connect with potential clients and the arts community, by showcasing your work, helping to grow your fan base and generate a conversation about your artistic creations. The internet never sleeps, so it's like having a digital gallery open 24 hours a day. The potential reach of your posts can be massive - locally and globally. Since it is free to post, you can frequently test new ideas and content on your audience to figure out what they want to see, or hear.



Which platforms are right for you?

Many platforms exist, and it may be difficult to choose which one works best for you. Depending on how you present your artwork, the most popular platforms are: Facebook, Twitter, Pinterest, YouTube and Instagram. With an increase in the power of visuals in marketing, platforms like Pinterest and Instagram are growing rapidly. Choose which platform best suits your goal and target audience, and begin there. Don't be afraid to use a multi-channel approach. Instagram may be a quick way to get users to like images of your art, but Facebook or YouTube could be the right platforms to promote your brand. Don't forget to provide a link allowing people to find and buy your work!

Dos and Don'ts

Do use keywords and hashtags. These are the mechanisms that industry professionals and buyers use to find new talent.

Don't post only about yourself. You are part of a larger artistic world. Bring value and support to this community. It will help to grow your network and your fan base.

Do be aware of timing. Your post will get more views, and likes, if it is posted during a high traffic time of day. Posting your artwork at one o'clock in the morning may not garner as much interest as something posted at noon. Learn how to work the platforms, and remember to post consistently.

Don't be pushy. You want your fan base to grow organically. If you would like to reach as many social media users as possible, consider the paid advertisement sections which can cost as little as a few dollars.

Maintaining Your Following

In order to maintain your following, it is important to stay active. Post regularly, and follow other like-minded artists. Comment on their work and contribute to the larger conversations happening. Reply to comments and likes. This will show your fan base that they are valued. Give thanks to those who inspire you and help contribute to your artistic process. The more active you are, the more activity you will draw to your art.

These platforms can be great tools if used correctly. Keep in mind - the most trusted form of marketing is word-of-mouth recommendations. Social media gives you the opportunity to use this in an indirect fashion, through tags and shares.

Do you want more information on how to make money from your art? YES has an Artist's Coach who can help you develop your brand and increase your business skills. Visit: www.yesmontreal.ca



Spotlight Mont-Tremblant

Erin McCarthy - Main Street

July is peak season in Mont-Tremblant, and host to a myriad of summer activities, including the world renowned FESTIVAL INTERNATIONAL DU BLUES DE TREMBLANT. Whether you are a novice, who just enjoys listening to good music, or a die-hard

blues buff, this event is one of the best of the summer, and not to be missed!

This year, the 24th edition of the festival, promises to deliver diversity, quality, and intimate moments with musical artists from around the globe, featured in close to one-hundred free shows, from July 7 to July 16. Shows will be presented on four outdoor stages throughout the pedestrian village, as well as jam sessions in the village's restaurants and bars, and festival goers can always expect some spontaneous street blues performances, and blues dance parties, in all corners of the resort, all through the week! Daily shows are typically scheduled from noon, and run until the wee hours of the morning, so pace yourself - or don't, hahaha!

When I was looking through the schedule for this year's festivities, which you can find at www.blues.tremblant.ca, one of the events that caught my eye, was a performance entitled ONE STORY OF THE BLUES. Hosted by blues legend, John Hammond, the show will combine live performances and multi-media elements of music, film clips, and storytelling, to chronicle great moments in blues music, from early last century to today. Cast with an array of current blues icons, who will add some contemporary flare while performing some old classics, this

show looks like it's going to be a good one! Catch this act on the CASINO Stage, Place Saint-Bernard, Wednesday, July 12, at 9 pm.

Aside from musical performances, the Tremblant Blues Fest also offers a variety of other activities throughout the week. On Wednesday, July 12, at 3 pm, visitors are invited to watch professional ice sculptors demonstrate how to carve

musical instruments from blocs of ice. After the demonstration, spectators will also have the opportunity to test their own talents and, under supervision and guidance, try out ice sculpting for themselves! On Saturday, July 8, at 1pm, in the Place des Voyageurs, festival performers will be on hand to meet fans and sign autographs. On Saturday afternoons at 2:30 pm, the Place des Voyageurs stage is open to the public to sing some Blues'araoke! You could earn a spot to perform with Wang Dang Doodle, on the Casino stage, at Place Saint-Bernard, on Sunday, July 16, at 1:30 pm. (If you are interested in this, you must fill out a registration form, available on the website mentioned above). On Sunday, July 9, from 1pm to 2:30 pm, in Place des Voyageurs, Ghost Town Blues Band's Matt Isbell hosts a workshop on how to assemble a cigar box guitar kit, and how to build a guitar from common household items! On Sunday, July 16, from 1 pm to 2 pm, learn a blues number with Gary Allegretto, and then perform the song on the Casino stage, at Place Saint-Bernard, at 4:30 pm! (Purchase required for both workshops)

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Ariane Dupras prepares to fly to Châtel

The City of Mont-Tremblant, and its twin city in France, Châtel, offer paid summer internships to two students, between the ages of 18 and 29, as part of the Québec-France and France-Québec Associations Intermunicipalities Program. During the exchange, the students will perform internships in an organization working in tourism or leisure in Châtel, while the exchange student "châtellan" occupies a job in the Department of Culture and Recreation in Mont Tremblant.

This year, Ariane Dupras, from Mont Tremblant, has earned this extraordinary opportunity, and her round-trip airfare to France will be paid courtesy of the Mont-Tremblant City Council. In return, the City of Mont-Tremblant looks forward to welcoming the exchange student, Gaïa Bulliard, who will be hosted by Ariane's family for the duration of her stay in the Laurentians.



Celebrating Archeology Month - August 1 to 31 The MRC des Pays-d'en-Haut is proud to present two days of activities in Lac-des-Seize-îles.

Residents of the MRC des Pays-d'en-Haut as well as visitors and tourists from the Laurentian region are invited to participate in "Les Laurentides - Chroniques anciens et trésors engloutis!", which will take place on August 5 and 6 in Lac-des-Seize-Îles.

As part of Archeology Month, the MRC Pays-d'en-Haut has partnered with Art et culture Lac-des-Seize-Îles and Archéo-Québec to present this featured event.

In 2013, the municipality of Lac-des-Seize-Îles was the scene of one of the most beautiful archaeological finds in the Laurentians; a Huron vase, dating back about 500 years, and completely preserved, was discovered by Mr. Jean-Louis Courteau and his acolyte, Mr. Jacques Lech, during a dive in Lac-des-Seize-Îles, a lake which stretches for 5 km and is located about 22 km west of Saint-Sauveur.

Accordingly, the MRC wanted to develop an activity highlighting this discovery, but also with the aim of raising awareness of archeology. Here is a summary of the weekend's program.

Les Laurentides - Chroniques anciens et trésors engloutis!
Notre-Dame-de-la-Sagesse Church, 50, de l'Église Street, Lac-des-Seize-Îles

Sat, Aug 5: 10 am - 4 pm - Shipwrecks and rebirths
Guided tour by Jean-Louis Courteau of the temporary exhibition of artifacts, photos and videos around the wrecks of Laurentian lakes, and their role as artificial reefs in the ecosystem.

Sat, Aug 5: 10 am - 2pm - Diving into History
Presentation of the video directed by Richard Lahaie: discovery of two prehistoric vases. One of these discoveries is that of an almost unaltered Huron vase in Lac-des-Seize-Îles, in the Laurentians in 2013. This vase dates back to about 500 years ago.

The History Of The Studebaker
Presentation of the video made by Richard Lahaie: Discovery and history of the sinking of a truck of lumberjacks in 1930.
Question Period with J.L. Courteau and Richard Lahaie.
Mr. Richard Lahaie is a well-known director, among others, for producing the television program, "Passe-Partout," and winning 10 géméaux awards. He made a documentary on the dives of the Courteau team.

Sun, Aug 6: 10 am - 4 pm - Shipwrecks and rebirths
Sun, Aug 6: 10 am - Diving into History & History of the Studebaker & exchange with J.L. Courteau & Richard Lahaie

1 pm - Prehistory of the Laurentians - Tip of the iceberg
Conference by archaeologist Roland Tremblay followed by a question period. Roland Tremblay is a consultant archaeologist and specialist in prehistory of the north-east region of the continent. He has conducted archaeological excavations on several sites dating from different periods of the past Amerindian in Quebec. He is also a published author.

Partners of the activity
The project is funded by the Cultural Development Agreement between the Ministry of Culture and Communications, and the MRC des Pays-d'en-Haut. This project is also made possible thanks to the involvement of our precious partners, Arts and Culture Lac-des-Seize-Îles and Archéo-Québec.

For more information, please visit the website at laculture.ca or call 450 229-6637, ext. 119. Information is also available on the websites: artseizeiles.com and moisdelarchoe.com/paysdenhaut.html





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*Respectively for the 2017 Corolla CE / 2017 RAV4 FWD LE, total of 260 weekly payments of \$39.49/\$69.49 or 60 monthly payments of \$171.07/\$300.94, according to conditions. The 20,000 km per year restriction and \$0.07/\$0.10 per additional kilometre apply. Offers apply to new, in-stock 2017 Corolla CE (BURCEM A) / 2017 RAV4 FWD LE (ZFREVT B) base model. Asking price of \$18,404/\$29,729 before taxes, dealer fees of \$399 before taxes (applicable at some dealers), transportation and preparation charges, and air conditioner tax (if applicable) included. The total monthly payment is subject to a 0.49%/1.49% annual lease rate and takes into account dealer fees, a lease assist of \$1,500/\$1,350, transport and preparation charges, a dealer contribution of \$205/\$268, and air conditioner tax (where applicable). The amount required at delivery is \$171.07 or \$39.49 / \$300.94 or \$69.49 before taxes (equivalent to the first monthly or weekly payment), plus duties on new tires as well as applicable taxes. The asking price of the 2017 Corolla CVT XSE (BURSEM C) / 2017 RAV4 AWD Limited (DFREVT A) model illustrated is \$27,524/\$40,489. Lease and purchase financing provided through Toyota Canada Inc. upon credit approval by Toyota Financial Services. Registration, insurance, taxes and duties on new tires are extra. Subject to applicable conditions, the offers apply to individuals who lease or buy a vehicle until August 6, 2017 at a participating Quebec dealer, where you can obtain all of the terms and conditions. The dealer may lease or sell for less. Offers may change without prior notice. †Get 5,000 Aeroplan Miles with the purchase or lease of a new Toyota. Visit toyota.ca for details of this offer. ©Aeroplan and the Aeroplan logo are registered trademarks of Aimia Canada Inc.



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