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What's On My Mind...

Return to the outdoors



Susan MacDonald, Editor

As a child, I spent my summers at the family cottage in the Laurentians. Oftentimes, my mother would pack me a lunch and scoot me out the door to play, with a stern reminder to be home in time for dinner. The same rule applied to my cousins and friends and, by the end of the summer, we resembled little ruffians; tanned, a bit on the wild side, and physically fit. Back in those days, our only modes of transportation were our own two feet and our trusty bicycles, and we never expected, or asked for, a ride anywhere. They were wonderful, wild summers and I would not have had it any other way.

Today, times have changed and, sometime over the recent years, physical activities for children have been replaced by new technologies that encourage more sedentary lifestyles. For many, playtime now involves downloading games and videos, in the isolated comfort of home, rather than outdoor play at the swimming pool or park. Communication between friends and family has evolved into instantaneous connectivity on smart devices, rather than through personal interaction, and exhausted parents have become personal chauffeurs, tiredly managing to add carpooling into their already busy schedules. Having no experience or comparison to the old days, youngsters today think they have the world by the tail. I wonder...

While there is no denying the positive and necessary role the Internet plays for us all, this 'trendy' lifestyle is causing some serious, negative consequences, particularly among the younger generation. Childhood obesity has never been so high, and diseases, previously uncommon in this age group, are increasing at an alarming rate. Communication skills have degraded to the point where one-on-one conversations are no longer the norm, and without spell-check, simple grammar has been abused to the point where mere letters now replace full words in our spoken languages. Laugh if you will, but eventually, these lost skills will come back to haunt the unconcerned. Have we gone too far? Apparently so, but thankfully, the problem has been recognized and several programs are now in place to help bring about change.

It's summer time in the Laurentians and every municipality across the region has special programs available to encourage everyone to get active. All you must do is to visit their websites and discover what has been organized in your area. The Internet also has several websites promoting Get Active, along with other ideas for building a healthier lifestyle, all of which promote increased levels of physical activity.

I find it somewhat sad that the wild and free play I enjoyed as a child, now must be re-discovered through structured, organized activities, but I am pleased to note the increased concern over the lack of physical exercise, and the determination being shown to change this unfortunate situation.

So, parents, this summer, grab your kids, head outdoors and keep active.

Enjoy the read...



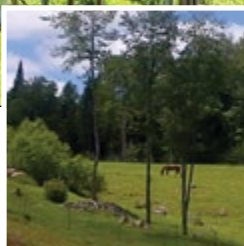
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Observations

A funny thing happened on the way to the moon...

David MacFairlane - MainStreet

Was the United States' Apollo 11 space odyssey the first successful manned mission in world history to land on the Moon on 20th July 1969?

According to the official propaganda, the lunar module, Eagle, with Neil Armstrong and Buzz Aldrin aboard, touched down on the surface, spent some time there, while the astronauts walked around kicking up Moon dust, collecting samples of lunar material, then blasted back up to rejoin the orbiting main command module, Columbia, piloted by Michael Collins, and returned to Earth on July 24th, splashing down in the Pacific Ocean. The round trip took eight days and made history. I remember being glued to my TV and, along with an audience of hundreds of millions around the world, was justifiably proud of NASA and the American accomplishment, which officially ended the space race against the Soviet Union.

The Soviets were the first to send a satellite into space, the Sputnik 1, in 1957, followed by a cosmonaut, Yuri Gagarin, in 1961, aboard the Vostok 1 spacecraft, which orbited the Earth and returned safely. Due to the intense competition for superiority between these Cold War rivals, it was crucial for the Americans to show the world how much more advanced their technological achievements were for reasons of national security and ideological domination. While the Soviets failed to duplicate the American lunar success, the Apollo program at NASA continued, and five more successful Apollo missions followed, the last in December 1972. In a total of six spaceflights, twelve astronauts walked on the Moon.

That first flight was nearly 50 years ago, and despite the astounding technological advancements since then, America has never returned to the Moon. The Apollo programme used Saturn rockets, which are no longer operational, and NASA retired its last space shuttle in July 2011. It currently cannot even reach the International Space Station (ISS). Instead, NASA piggybacks on Russia's space programme for transport to and from the Space Station. When astronaut and supply transfers are necessary, they are loaded aboard Russian Soyuz space modules, carried on Proton rockets, and launched from the Baikonur Cosmodrome in Kazakhstan, with Mission Control near Moscow. It might surprise readers to know that in 2002, US defense contractors began using cheap and efficient Russian engines to launch military satellites into space. That continues to this day, despite vehement objections by Congress on the grounds of security and geopolitical concerns. However, there is no viable replacement available and America still purchases Russian engines, while the quest for alternatives continues urgently.

So, what happened along the way? If NASA has no independent space capability today, and is unable to return to the Moon, not even to the ISS, did the US Government lie to us about the Moon landings? In 2001, Bart Sibrel, award-winning filmmaker and investigative journalist, produced a documentary from which I borrowed the title to caption this article. (Thank you, Bart). It forces people to use their critical thinking skills and not be the sheeple most of us have been brainwashed into being. The film has been seen by over 100 million viewers. Bart was interviewed on the Richie Allen Show in the UK in May 2018. He made some shattering statements: the rocket did not carry sufficient fuel for a Moon mission, the landing module had insufficient battery power for the duration on the surface while supplying air conditioning in 250-degree heat, and the computing power was insufficient to synchronise all systems for landing and re-connecting while orbiting the Moon at over 4,000mph. A failure in synchronicity would have caused the deaths of the astronauts. If cell-phones have range limitations, how did radio work over 240,000 miles in 1969? Sibrel pointed out that, in the entire history of the world, there has never been a technological achievement, that once it was achieved (like breaking the sound barrier or splitting the atom) no one on Earth could repeat it, including the people who claim to have done it. He asked how that first mission could have succeeded, on the first attempt, with only one-millionth of the computing power of a modern cell-phone. If that was possible, we would have had bases on Mars 25 years ago. Similarly, if it was possible to go only to the Moon, there would be bases there now. The fact that there are none is proof it cannot be done. The reality, according to Bart Sibrel, was that Armstrong was simply orbiting the Earth until splash-down in the Pacific, while a Hollywood-made movie ran on TV. Even today, the furthest a human can go in a rocket is only 200 miles above the Earth, or one-thousandth of the distance to the Moon.

All the blueprints, data and telemetry records of the mission - 14,000 reels - have been destroyed. Why? It makes no sense at all! Perhaps, it's because they were fake news, movie propaganda evidence of a landing that never really happened. The 10,000-lb thrust force of the lunar module engine did not make a crater below the craft, either on landing or subsequent take-off. No dust covered the lander. All earlier prototype landers had crashed during tests. Background hills in photographs with the lunar module are identical to landscapes in Area 51, in Nevada. At a post-mission press conference, the astronauts stated they did not see any stars in the sky where they landed.

The ultimate barrier to planetary travel is the intense radiation of the Van Allen Belts - almost impenetrable regions of seething radiation surrounding the planet. These two belts, one at 400-6000 miles, the other at 8,000-36,000 miles above Earth, are regions where the Sun's ejected, charged protons and electrons have collected, brought there by the solar wind and held captive by the planet's magnetic field. These regions can be traversed only by adequately-shielded machines, but nothing organic can survive. The astronauts' space suits, though suitable for low-earth orbit were inadequate for deep space travel, and if Apollo had carried sufficient shielding, it would have been too heavy to get off the ground. To this day, space suits capable of protecting human life against the lethal radiation of space do not exist. In 2012, NASA sent two space-craft to explore the Van Allen Belts, stating that "the information collected will ... allow us to better protect our satellites and understand how (radiation) affects communications and technology ..."

"Space may be the final frontier, but it's made in a Hollywood basement, and if you want these kind of dreams, it's Californication. The sun may rise in the East, at least it's in a final location. It's understood that Hollywood sells Californication."

Excerpted from the song "Californication", by the Red Hot Chili Peppers in May, 2000.

Don Pettit, chemical engineer and veteran NASA astronaut, stated categorically in June 2017, "I'd go to the Moon in a nanosecond. The problem is we don't have the technology to do that anymore. We used to, but we destroyed that technology and it's a painful process to build it back again." That is an absurd non sequitur, since it defies all logic, and insults our collective intelligence, to claim that what was once a miraculous achievement, can no longer be done, because ... we don't know how. Just think about the violence of this assault on our faculties of discernment!

Look, dear readers, my space has run out, but there is a ton of information about this hoax for those who suspect the truth is stranger than fiction. Here is my humble, personal conclusion ... the Moon landing was filmed with Hollywood expertise, on location at Area 51, funded by the CIA, with the rumoured collaboration of Stanley Kubrick and Werner von Braun, entirely to deceive the world and falsely claim technological superiority.

It was one big slip for NASA, one giant lie for mankind.



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Simply Words on Paper Proportional representation scenarios all flawed

Jim Warbanks - Main Street

By his own admission, Sir Winston Churchill was quoting someone else: "Indeed, it has been said that democracy is the worst form of Government except for all those other forms that have been tried from time to time." Neither can, "The best argument against democracy is a five-minute conversation with the average voter," be attributed to him. However, it appears that Tom Stoppard did say: "It's not the voting that's democracy, it's the counting."

These sayings may be helpful in understanding the recurring calls for electoral reform, which re-surfaced when analysing the results of the Ontario election that brought Doug Ford's Progressive Conservative Party convincingly to power, attaining majority status with 61 per cent of the seats, but having received only 40 per cent of the votes. The third place Liberal Party, though receiving 20 per cent of the votes cast, gained only six per cent of the seats.

Our current single-member plurality system, both federally and provincially, often labelled "first-past-the-post" awards each riding seat to the candidate who draws the most voter support, even though the winner did not receive 50 per cent of the votes cast. But, factoring in the decreasing voter turnout, only candidates who win in a landslide get support from 50% of eligible voters.

Pure proportional representation

Under a pure proportional representation (PPR) system, Ford's PC Party would have only won 51 of 124 seats, far short of a majority. The Liberal Party would have obtained three times more seats but the NDP seats would have remained the same. However, the Green Party with only 4.6% of the vote would have been awarded as many as six seats, instead of the single seat occupied by Green Party Leader, Mike Shreiner.

Fair Vote Canada President Réal Lavergne concedes that under PPR "you're more likely to have four or five dominant parties and those parties have to create coalitions. Decisions have to be made by consensus." Coalition governments are a common outcome. "Of course, with a different system, people might have voted completely differently," noted York University politics professor Dennis Pilon.

But proportional representation also has its failings. In Israel, for example, governments tend to be unstable because the large number of coalition parties can't always agree, often leading to early elections. Another flaw is that the additional seats awarded would often be occupied by party nominees who are not only unelected, but frequently unelectable political hacks who lack the skills needed to appeal to voters, or previously defeated candidates.

Mixed-member proportional

Under a mixed-member proportional voting system, voters would cast two ballots: one for a local MPP to represent their riding, and one for the party of their choice. A significant proportion of seats, representing as much as a third of the legislature, would be allocated to better reflect the popular vote. In the Ontario election, where the Liberals received 20 per cent of the vote but only six per cent of the seats, they would have received an additional sixteen seats. Would you want one-third of the legislators to be appointed rather than elected members? Unlikely.

Parallel voting

A third option proposed, is called mixed-member majoritarian or simply parallel voting. Voters elect a percentage of members (say two-thirds) in the legislature using the first-past-the-post system, and another portion by pure proportional representation (one-third). Using this revised structure, Ontario voters would still have elected a majority Conservative government. Party standings would be: PCs 68 seats, NDP 40 seats, Liberals 13, and the Greens 3. The same flaws mentioned in relation to the other scenarios still apply.

Single-issue parties


The most significant flaw in each of these revisionist scenarios is seldom mentioned by their proponents. For a potential candidate to even get a mainstream party's nomination, general support of that party's stated platform is a pre-requisite. Voters expect that a party that they are considering will have established a position on the major concerns of the electorate: health care, education, taxation, job creation, foreign policies, environmental awareness, spending goals, support for specific sectors of the economy, as well as factors of local or regional interest. On election, the winning candidate is deemed to represent the interests of all the residents of the riding, those who voted either for or against the elected member, as well as the significant proportion of eligible electors who did not vote. That is why I am adamantly opposed to any single-issue party. They represent only the narrow interest of their narrow-minded supporters who fail to understand the complexities that must be faced in the real world. I don't doubt for an instant that single-issue parties would proliferate under each of the proposed proportional representation scenarios, because there is an obvious reward of physical representation in the legislature if they can garner threshold support from a single-digit percentage of the overall electorate. In a minority government or coalition government scenario, these splinter parties far exceed their true importance and can cause untold havoc. Deliver me!






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New project at École Polyvalente Lavigne



École Polyvalente Lavigne, located in Lachute, submitted a community greenhouse project to the CO-LAB regional laboratory and was selected to participate in the 2018 Accelerator held on May 31st and June 1st. The project of the school is to build a community and educational greenhouse to help increase the academic motivation of its students. The team piloting the project wishes to promote food self-sufficiency, and participate in the sowing culture for the collective garden of the MRC. The greenhouse is a place to experiment, with high school students and dropouts, an educational approach that will allow young people to develop skills needed in the labor market in the region.

The project was selected by the CO-LAB laboratory in the Laurentians to participate in the 2018 edition of the Accelerator, an accompaniment program for organizations and collectives in the region, to lead their project to success. Sonia Lefebvre and Marilyn Manceau, co-founders of L'ILOT and members of the CO-LAB steering committee, launched the first edition of ACTE | Collaboration Festival, which will take place on September 27 and 28, 2018, at the St-Jérôme Arts and Learning District, during which some of the 7 Accelerator 2018 projects will be awarded scholarships for a total of \$14,000 to promote success.

For full details visit: <https://www.actefestival.com/>



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About Sainte-Adèle

Chris Lance - Main Street

In early June, the Sainte-Adèle Municipality Council ceded all rights to the illuminated cross on Sommet Bleu to the local parish of Notre-Dames-Pays-d'en-Haut. The gesture, by Mayor Briere and her councillors, was done in good faith, to end

the legal proceedings with Marc Lupien.

The cross has been a recognized symbol in Sainte-Adèle since 1927, at the cost of \$1000 collected by the citizens.

Congratulations to Riopel, who has thrived since 1976 in Sainte-Adèle, and from now on the visible banner mounted on the store will be Home Hardware – Centre de Renovation. We wish them success. We all know Théorêt Home Hardware store, where you can wander in looking for a particular screw, or get help with your project, will be working hand-in-hand with Riopel to offer a more complete service to their clients.

July, our one sweltering summer month has roared in hot, just as our kids, and their kids, arrive for the 10-day summer stay. Our kids often leave our grand kids to the care of grand-papa & mama while they take a break. What to do? Find a pool or lake, and pray there are no water-related ear aches. Go and buy those floaties, beach balls, water pistols, sand buckets and shovels, extra towels, picnic baskets, water bottles, ice cream, popsicles and a ton of patience.

Give up on weaning the grandkids from smartphone apps and habits. Buy lots of fruit, cereal, snacks, Gatorade, health bars and whatever the kids yearn. Make sure the dish-washer and washing machine are ready to roll. Get a soccer ball to kick in your yard – so much for the flowers and veggies for a few weeks – up here, most of the garden produce is deer fodder anyway.

Make sure you visit Les Hot-Dogs and Poutine outlets. Check the Pine Theatre for rainy day movies on the big screens and buckets of popcorn; that should occupy your little visitors. Remember, not too much discipline, lots of DVD's or kids Netflix, and keep in mind they are going back in just a few more days. Have fun. They keep you young, and can't wait to get back to see grand-papa & grand-mama next Christmas.

Saturday – Marché is up and running in the center of town, the park has fountains for the kids – lots of fun!

The free shows up at Hotel des Monts, 1340 St-Joseph Street in Sainte-Adèle, are July 13: Tribute to Black Sabbath; August 3: Tribute to Rap Legends; August 31: Tribute to Johnny Cash and September 14: Tribute to Metallica. Thursday nights are Karaoke, and Fridays and Saturdays are with DJ-JP. Keep in mind that all shows are for age 18+ so bring ID.

There are parks in Sainte-Adèle other than Parc Claude-Henri-Grignon in the town center. The Parc des Pentes (40-80) has playgrounds for kids. At Parc Claude-Cardinal you can bring your tennis and pickleball rackets, basketball, skateboard and Rover, the dog. The sports are free, and the dog can play in one of two compounds for man's favorite best friend.

Make sure you have your citizen card for the Parc Lionel-Patry, Plage Jean-Guy Caron on Lac Rond. And, for bikers, hop over to Parc Lineaire at Gare de Mont Rolland for travel miles, north or south. There is also petanque beside the Gare.

Lots and lots to do here in Sainte Adèle this summer. Enjoy it all, or just grab a hammock, book, cool drink and let life pass you by before entering the fray again. Maybe, just maybe, Donald Trump will be kind to us Canadians, or he might just become a golf pro and go away to watch repeats of The Apprentice at Mar-O-Largo.



Let's Talk About It

Erin McCarthy - Main Street

July is prime-time festival season in our region, and two of the biggest festivals in the Tremblant area, the Mont-Tremblant International Blues Festival (July 6-15) and Les Rythmes Tremblant

(July 20-29), have taken on a bit of a new vibe this year - they are catering a lot more to children and families. This is super exciting, because the majority of all associated activities and concerts are free! I was blown away when I first read the list of what they were offering for kids at both festivals this year even though, by the time this article reaches you, the Blues Fest will be well underway. Nonetheless, it's worth knowing the new direction that the AVT (Association Villégiature Tremblant) is headed in, towards making their festivals more inclusive and diversified. This is not to say that they are taking away from the nightlife scene or ambiance they are famous for, they have simply extended their scheduling by adding children's shows in the afternoons, and activities throughout the day.

For Tremblant Blues Fest (July 6 - 15), they have created an initiative called the "New Family Zone," a program led by a youth team that includes tons of interactive projects, including crafts, karaoke, dress-up, colouring, storytelling and music. Some examples of activities they have listed in the programming are: decorating the family zone, bedazzling your "blues hat", junior karaoke, dress-up photo booth, recording your first record with mentor Ian Fournier, Blues tattoos station, Blues jewellery making, painting on a blues T-shirt with the T-Bar (this one is not free), creating your favourite herbal tea with David's Tea, painting your own blues cup with Studio Céramique (this one is not free), and creating a blue lemonade with Fluide Juice Bar.

There are also many youth workshops, such as: interactive workshop with Steve Strongman, "The blues on basic instruments" with Juke it Out, interactive workshop with Spencer MacKenzie, and "Learn to sing gospel" with Sylvie DesGroseillers.

Activities take place every day, from 9 am to noon, at the RONA Forget Blues Square in the pedestrian village. For a full list and description of activities, go to <https://blues.tremblant.ca/en/family-zone/>. And, if the kids decide to let you have some fun too, the full Blues Fest schedule can be found at <https://blues.tremblant.ca/en/schedule/>

Les Rythmes Tremblant (July 20 - 29) really is a party for the whole family, offering ten days of free outdoor musical performances by some of Quebec and Canada's best-known artists, this year including some classics, such as the Freddie James Project and the famed Boogie Wonder Band!

Furthermore, this year, every afternoon, you can enjoy concerts for the little ones in your life, where they can sing along, meet new characters, and even take part in interactive shows. Daily shows take place in the Promenade Deslauriers, at 3 pm, and include some of the following popular Quebec children's characters: Mélou, Anne Lune, Kalimba, Sur un rythme de croquettes with Nathalie Choquette, Lili and her friends, Baratanga, The Magic of Chemistry, and Marc and the Apprentice Magicians.

For a full description of these concerts and activities, as well as the entire program and schedule, go to <https://www.tremblant.ca/things-to-do/events/les-rythmes-tremblant>.



Village of Weir Newswire

Claudette Smith-Pilon

SUMMER IS IN FULL SWING... holidays, vacations and festivities are with us for the next couple of months, enjoy to the fullest!



NEWS FROM THE MUNICIPALITY

There will be a new activity at the Community Centre – Socié-thé -on **Friday, July 13 & Friday, August**

17, from 1 pm - 4 pm. Board games (you can bring your own), shuffleboard, interchangeable games and more. Refreshments will be served. Info / reservations: Suzanne Dyotte: 819-681-3383 (ext. 5581)

Community Luncheons: will resume on **Friday, September 28 at 11:30 am.** Reservations required. \$8. Please reserve in advance at 819-681-3383 (ext. 7)

Do not forget **Family Fest on August 4th** at the Community Centre. Come one, come all, families, seniors and teens! BBQ, refreshments – fun times for residents and friends of Montcalm (weir)!

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Victoria's Quilts Canada Laurentian Branch has been very active in the Laurentians. Requests come from many areas, from either the Laurentian region or from head office. The Laurentian region is a very large territory. We start on the west side bordering Ontario, the east side bordering Rawdon and Jolliet, and south to Laval. We have distributed quilts to persons suffering from cancer for the past 10 years. Just this last year, to date, we have distributed 99 quilts: 24 for men and 75 for women.



Our next quilting day is on Friday, July 20 at 9 am. If you would like to see how our ladies produce these gorgeous quilts we welcome you to join us at Grace Church in Arundel.

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

6 main.street@xplornet.ca

Arundel News

Janet Thomas

ARUNDEL FARMERS' MARKETS

Gilbert Miller's lot, beside Arundel Provisions

Every Saturday: 10 am - 4 pm

Exciting news! There will be a Farmers' Market every Saturday in the heart of Arundel beside Arundel Provisions. Enjoy fresh seasonal organic produce, eggs, bread and more. Bio Sauvage, Magnifique, Morgan Farm, and Terra Perma will participate every week, while other producers and artisans will join throughout the summer. If you are interested in participating, please contact janet.thomas700@gmail.com

GRACE CHURCH BAKE SALE AND BAZAAR

Saturday, July 24: 2 pm to 4 pm.

YUM! Home baked goodies, home cooked candy and fudge, jams, preserves, and more - all for sale along with Handicrafts, White Elephant and Books tables.

Three wonderful prizes will be raffled: tickets \$2 each or 3 for \$5.

Tea/ coffee and homemade dessert: \$4.

ALBERO WATER TESTING: Second test date

Montcalm Community Centre

Sunday, August 5: 10 am - 12:00 (noon)

Free fecal coliform water testing for members. Available to non-members for \$40.00

COMING SOON: MUSIQUE ARUNDEL CONCERT SERIES

Watch for it! Folk, Bluegrass, Jazz, etc. is coming!

Loisirs Arundel will soon be launching a series of LIVE concerts in the United Church. Watch for signs and posters advertising the first group.

BOATWASH VOLUNTEERS NEEDED

To protect our lakes from invasive species, it is important that all boats, which have been in foreign waters, are washed before launching. Volunteers are needed to supervise the boat wash station at the Municipal Hall in Montcalm on **Saturday and / or Sunday mornings from 8 am to 10 am.** Please call Pat Thomas at 819-687-9201.





LAURENTIANS

Nearly \$8.8 million for road maintenance in the Laurentian region

In connection with the National Overhaul Assistance Program announced for local roads, Christine St-Pierre, Minister responsible for the Laurentian region, announced on behalf of the Minister of Transport, Sustainable Mobility and Transportation Electrification, Mr. André Fortin, an additional financial assistance of \$8,757,205 for road maintenance in the Laurentian region.

In all, 42 municipalities in the Laurentian region will receive financial assistance for the maintenance of their local primary and secondary roads. Citizens of the region will benefit from improved, better maintained roadways that will last longer.

MONT TREMBLANT

FREE Trial Day of electric and hybrid cars

The day of free trials of electric and hybrid cars will take place on Saturday, July 21, between 10 am and 3 pm, at Parc-Fil-de-l'Eau, located behind City Hall, at 1145 Saint-Jovite Street.

Several car dealers, namely Albi Nissan Mont-Tremblant, Giroux Mitsubishi, Kia Desrosiers and Chevrolet Buick GMC Summits, will present their vehicles. Also, more than thirty owners of electric vehicles, including some Teslas, will be on site and will give over the wheels of their vehicles on a 6.3 km circuit. These owners are part of the Association of Electric Vehicles of Quebec (AVÉQ), a reference for this mode of transport.

Bicycles Quilicot Mont-Tremblant will offer electric bikes that you can try. The latter will also have a bike workshop to handle technical questions on the subject. Vapro Laurentides, which specializes in eco-friendly steam cleaning, will also be on site. In addition, lawn care tools, all electric, will be demonstrated during the day.

Registration will be on site. Driver's license and proof of insurance will be asked from those who want to try a vehicle.

PRÉVOST - TACL

It was with great surprise that the organization Transport Adapté et Collective of the Laurentians (TACL) learned last June 15, in a press release, that the town of Prévost was ending its transit agreement, after a pilot project that had begun in August 2017. As a result, the last day of service in Prévost will be August 19. The Mayor's decision stunned many. The young pilot project was a great success, and users were extremely happy with the service.

TACL is a non-profit organization, formed in 2011, by the contemporary and united vision of the MRCs of Laurentides and Pays-d'en-Haut. The organization operates and manages, on behalf of these RCMs, the collective and adapted transportation of the 30 towns and municipalities within them. TACL is also mandated for public and adapted transportation in the towns of Rivière-Rouge and Ascension, and the municipalities of La Macaza and Nominique in the MRC Antoine-Labelle. As part of a pilot project, the town of Prévost took advantage of the Inter public transport service offered in the central zone.

Context of the agreement signed in 2017.

At the time of the signing of the agreement in 2017, it appeared to be ecologically and economically appropriate for the parties to ensure that all circuits of the Inter service could also serve users of the town of Prévost. The axis of Route 117 is a major, common, north/south artery, between the cities of Saint-Jérôme and Mont-Tremblant. The agreement then signed by TACL and the Rivière-du-Nord MRC for Prévost stipulates that the parties had until May 1, 2018 to signify their intention to continue or terminate the agreement.

VAL DAVID

It is with deep regret that the Acting Director of Legal Affairs and Executive Director announced that she will be leaving the municipality of Val-David on July 12. "Although part of my heart wants to continue to grow in this beautiful village, my career aspirations are now turning to new challenges," says Marie-Pier Pharand.

In this period of mobility for Val-David, Me. Pharand mentions that this decision was taken freely and without constraint, and that it is a combination of unforeseen circumstances and the desire to maintain a balance between her professional and personal life. Me. Pharand will embark on a new position as Clerk and Director of Legal Affairs for the City of Saint-Sauveur on July 23rd.

MORIN HEIGHTS

Signature of the firefighters' first collective agreement.

On Monday, June 18, representatives for the Syndicat des pompiers et pompières du Québec, section locale Morin-Heights and the Municipality, signed a first collective agreement for 2017-2021. Besides remuneration, this five-year agreement clarifies many components pertaining to management. The agreement governs the activities of the Municipality's twenty or so firefighters and first responders.

LACHUTE

Re-designed circuit for Carrefour Argenteuil

To better meet the needs of its users, the Transportation Department of the MRC d'Argenteuil will propose a new route for the Carrefour Argenteuil circuit. This re-designed route, which will come into force on July 17, will provide better coverage and allow the population to enjoy convenient and free transportation to shop and use the services offered at Carrefour Argenteuil.

The new circuit will be the same on Tuesdays and Thursdays. The schedule will be slightly modified, but the arrival at the mall will remain at 10:30 am, and boarding for the return will be at 1:15 pm, as usual. New flyers will be in circulation with the new schedule.

For more information on the Carrefour Argenteuil circuit, or the different transportation services of the MRC d'Argenteuil, the public is invited to call 450 562-5797.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Jessica Savaria, owner of **Acupuncture Jessica Savaria**, 108 rue Principale, St. Sauveur, which opened mid-May. Jessica is a certified acupuncturist. Her treatments help pregnant women with nausea, headaches and back pain and to induce labour. Her treatments also help people with digestive issues, chronic pain, allergies, migraines, stress and menstrual pain. Acupuncture is also used in combination with other programs to assist those who wish to stop smoking or lose weight. Jessica is bilingual and eager to help you with your specific problem. Best of luck Jessica! To make an appointment: 514 677-6145 / www.acupuncturejessicasavaria.clinic

Kathleen Cloutier, who opened the new art gallery/boutique **Galerie Boutique L'Arbre Noir** in April. Kathleen's gallery displays some of her beautiful paintings in various sizes from very small to very large. She also carries lovely, unique hand-crafted artisanal jewelry made with leather, suede, Swarovski pearls and glass, which she has created. Open Thursday and Friday 11 am to 6 pm, Saturday and Sunday 11 am to 5 pm. Other days by appointment only. 514 690-1203 / kcloutierartistepeintre.com.

Congratulations to:

J.P. and Silvana Fulginiti, owners of the new **Petinos** restaurant, 75 de la Gare (bloc J near Cage aux Sports) St. Sauveur. The restaurant will open in early August and will offer high quality food in a cozy environment (served with a smile). Specialties are Belgian waffles, fruit crêpes, omelettes, Benedicts and their signature "Montéregie" plates, featuring ½ waffle with eggs, home fries, beans, choice of meat and a mountain of yummy toppings. Early Riser breakfasts start at \$5.95. They also offer a delicious array of lunch choices including delicious burgers, healthy salads, tasty soups and sandwiches. Open Monday to Friday 6 am to 3 pm, Saturday 6 am to 4 pm, and Sunday, from 7 am to 4 pm. 450 227-1717 / www.petinos.ca. Petinos in St. Jérôme is located at 1076 Grand Heron / 450 432-0003.

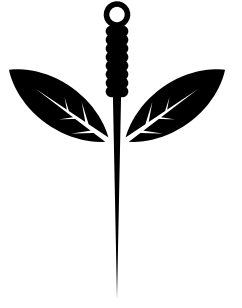
Did you know that:

There is a marvelous, unique bakery **Merci La Vie**, at 2988 Curé Labelle (Rte. 117) in Prévost? This bakery is a hidden gem. Owners, **Albert Elbilía** and his wife **Joanne Martineau**, offer amazing, delicious bread and other goodies. The difference is that he uses an extra-long fermentation process, and the bread rises 3 to 7 days before baking. The flavour and texture are different, is easier to digest and contains less salt. He is also the creator of melt-in-your-mouth croissants, yummy financières and spice brownies with salt-caramel topping. Albert is famous for his sweet-potato bread and green onion and cheddar cheese bread. The lunch special is unique also, with goat cheese and rhubarb sandwiches, Cuban sandwiches and the well-loved Kamut Risotto with corn salsa. There is a lovely terrace outside for 20 people and 20 people fit inside. Albert makes his creations right in front of you, so it's fun to watch. Open 8 am to 3 pm. 450-335-2525 / www.mercilavie.com / Facebook page: MerciLaVie.

Mélanie Roy, owner of **La Vallée des Animaux** offers an amazing array of healthy dog and cat food? Her boutique also has great toys, scratch pads and trees, puzzles and many other handy accessories for your furry friends to enjoy. Many superior brands of dog food are available, including Origin, Royal Canine, Acana, Pro Nature, First Choice and Boréale. Drop by to pick up food or toys for your pets. Pet nail clipping also available. 6838, rue Labelle, Val Morin. 819 322-2537 / www.valleedesanimaux.com.

If you are seeking experts to plan your landscaping requirements, **Équipe Logan**, 889, rue Principale, Prévost, will have amazing ideas to beautify your home surroundings? They work in harmony with Mother Nature to create concepts that are nature-friendly and natural looking. Owner **Patrick Logan's** services include counselling on gardening, landscape and architectural plans. They can also provide expertise on installation of pergolas, fences, privacy screens and much more... So, if you would like to beautify your gardens or landscape, give Équipe Logan a call. 450 335-3330 / www.entrepriseslogan.com / info@entrepriseslogan.com.

One of the best spots in the Laurentians to purchase superior quality cheeses is **Yannick Fromagerie?** **Yannick Achim** travels the globe to seek out flavourful, unique cheeses. His bestseller is Comté (different maturity dates) from France. Others include Cheddar (1, 2 and 5 year) and an excellent Avonlea from P.E.I., Croute Cendré (goat cheese with ash crust) and Laliberté, a triple cream from Ste. Élisabeth de Warwick. Cheese fondue is made on site per request and Swiss raclette is available in ¼ and ½ wheels. Shropshire (green and orange cheese) from Colston-Bassett in England is offered as well. A variety of accessories, such as specialty knives, plates, fondue pots and raclette machines are available. Wine pairing suggestions and a variety of Québec wines. Professional connaisseurs of cheese at each store. 357 Parent, St. Jérôme / 450 436-8469, or Marché de l'ouest, 11690 de Salaberry O., Dollard des Ormeaux / 514 421-9944.



ACU P U N C T U R E



CAFÉ · BOULANGERIE

MERCILAVIE



Fit Tip #126 Metabolic training

Lisa Mclellan – Main Street

Exercise is not all the same. Today, I am going to highlight HIIT (high intensity interval training), or Metabolic Training, because of its ability to produce significant shifts in energy, fat loss, muscle gains and improved brain function. Metabolic Training increases the amount of glycogen (sugar energy stores) you can hold in your muscles and liver by 2,000 to 4,000%! This increases your capacity for fast energy and, as a result, you will have less circulating sugar in the blood stream and use less insulin. Consequently, less sugar will be stored as fat, preventing weight gain. All these factors lead to improved health.

Metabolic training, which alternates high-intensity action with rest, helps us to produce new mitochondria in our cells, and drives the ones that you have to be more efficient. Mitochondria produce energy. A fit person using HIIT can develop 10 TIMES more mitochondria than a sedentary person; that is up to 45,000 more energy factories in EACH cell!!! Can you say BOUNDLESS energy?

This training process, done in the right way, helps to mitigate the problems associated with insulin resistance, diabetes, metabolic syndrome, heart disease and cancer. Metabolic training will help prevent weight gain, build muscle, and stimulate your body's ability to eliminate toxins, clear your mind and, if you stick with it, increase the amount of neurotransmitters and "good" hormones, thereby extending your life as you improve the quality of life! Give it a try; your cells, brain and waistline will thank you.

If you are new to this type of exercise, and you do not exercise regularly, it is best to start with five to eight light walks a day, outdoors if possible, no sunglasses, no headphones, no hands in pockets. Gradually, re-build your health and vitality. When you start to see improvements, such as weight loss, improved sleep, better energy, less monthly hormone issues, and more mental clarity, start to ramp up your exercise accordingly. Start to walk faster. Alternate between faster and slower. It's time to push and get your heart rate up. Jumping directly into a HIIT program however, can backfire, so it's best to join a group with a qualified trainer. If you are over 45, then a modified HIIT program is a better approach to take than what is proposed on YouTube and Pinterest. I will be teaching modified HIIT at my studio this summer if you need guidance.

Here is another great tip: If you focus on a health goal, it will help to quash cravings and resist temptation. That's because the pre-frontal cortex, the rational, decision-making part of the brain, kicks in and applies the brakes to the reward response, in another part of the brain that tells you to do things that feel good - whether they are or not. The two parts can't fire simultaneously, causing a decreased desire for the temptation! Keep your health goals clear as you enjoy your summer with gusto!

For more info: www.agesmartfitness.com

House of Israel 1953 - 2018 Generation to Generation to Generation

Over 65 years ago, the members of the Jewish community of Ste. Agathe decided they needed a house of worship. Those who were part of the original planning had a vision that would become reality, as the only year-round, off-Island Synagogue in the Laurentians, the House of Israel, was born.

Many years have passed and enriching events have brought us much fulfillment under the devoted and energetic leadership of our Rabbi, Emmanuel Carlebach, and his wife Chani, who inspire our 700 members daily so that today, we are a proudly growing, thriving congregation with services each weekend year round, plus daily during July and August. Outreach being part of our mission, we take great pleasure in frequently greeting guests from near and afar.

To celebrate 65 years of our history, we have planned our 65th Golf and Gala/ Reunion for August 9. We look forward to a day of sharing entertainment with laughter and delicious food, as we remember 65 years through videos and personal remembrances and anecdotes of our congregants. All are welcome!

www.thehouseofisrael.org / 27 St. Henri · Ste Agathe des Monts · QC · J8C 1C5



Essential Oils Emotions

Sue Rich

Have you ever woken up one day and felt the weight of the world on your shoulders, for

absolutely no reason? The day starts with a dark cloud over your head. Why is that? The night before everything was good. You had a good night's sleep, but you wake up feeling nothing but doom and gloom. I know I'm not the only one who experiences this.

The theory is that if we hold a thought for more than 17 seconds it becomes reality, so we need to act fast. We need to be conscious of our thought patterns and make quick decisions to change them. Beyond that, we need to hold each new thought pattern for more than 17 seconds. Sometimes this is easy to do, and other times we are so sure of that negative emotion that we hold on tight. This is where essential oils can be our new best friend. These plant essences have powerful effects on our emotional well-being. Those tiny molecules of heavenly scents travel up our noses, across the olfactory bulbs and into our limbic brains (the part that is responsible for our emotions) in a matter of seconds.

We've all experienced the emotional effect of walking into a room that has a certain scent, reminding us of something from way back when. It can be something like apple pie, bringing up sweet memories of our grandmothers, or it could just as well be a negative memory. This is our limbic brain in full action. If we can stimulate the limbic system, we can completely change our emotions.

Some of the more popular oils that can be used to affect our moods are the florals, which are generally soothing and calming. Ylang ylang, for example, is good for those who feel joyless, stressed and sad, and tend to be appropriate for the type of person who over-analyzes things.

Oils coming from tree resins are typically very grounding and balancing oils. Let's take Arborvitae, for instance. This oil is wonderful for willful, distrusting, rigid, controlling people. It can help them surrender, trust, relax and just allow things to happen.

Each essential oil has an emotional aspect to it and, with some good tools, we can find the oils that are best suited to our personal needs.

For more information on the benefits of 100% pure CPTG essential oils please contact me at 819-421-2253 or like my Facebook page at <https://www.facebook.com/suerichliving/>



National Housing Strategy: \$13.2 Billion dollars in Federal Funding Available

After the fall 2015 elections, the federal government made access to safe, affordable housing for all Canadians a national priority, holding extensive public consultations to develop what would become Canada's first ever National Housing Strategy (NHS) (<https://www.placetocallhome.ca/>). David Graham, MP for Laurentides—Labelle, invites the people of his riding to learn about some of the programs included in the NHS.



"I think we can accomplish great things when we work together as partners," the MP said. "Under the \$13.2-billion dollar National Housing Co-Investment Fund, municipalities, community housing providers, and private-sector companies can apply for federal contributions or low-interest loans, both for building new housing and for repairing and renewing existing social housing. Everyone deserves affordable housing, regardless of age or income level."

The proportion of households spending 30% or more of their income on housing costs is 39.6% in the riding of Laurentides—Labelle, higher than the provincial average of 33.7%. However, the percentage of tenant households in subsidized housing is lower in the region (6.8%) than in Quebec as a whole (9.3%). *(1)

The key selection criteria for applications to the National Housing Co-Investment Fund are affordability, accessibility, financial viability, and energy efficiency. The process is administered by the Canada Mortgage and Housing Corporation (CMHC), and applications are accepted on a continuous basis. *(2)

"The National Housing Strategy includes several other initiatives, including the Federal Community Housing Initiative, *(3) the Canada Housing Benefit, which will start in 2020, and the improvement of the Homelessness Partnering Strategy through various actions under the theme of Reaching Home, *(4)" said Graham. "I urge anyone who is interested in learning more to contact my office at 18447501650. I am confident that elected officials, organizational leaders, and private-sector representatives will seize this opportunity to develop a close partnership with the federal government, for the benefit of all residents and future generations of Laurentides - Labelle."

National Housing Strategy:

<https://www.placetocallhome.ca/pdfs/Canada-National-Housing-Strategy.pdf>

*(1) = Statistics Canada - 2016 Census - Data for the Riding of Laurentides—Labelle; Household and dwelling characteristics: <http://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/details/page.cfm?B1=A11&Code1=24038&Code2=24&Data=Count&Geo1=FED&Geo2=PR&Lang=E&SearchPR=01&SearchText=Laurentides-Labelle&SearchType=Begin&TABID=1>
*(2) = Canada Mortgage and Housing Corporation; National Housing Strategy initiatives, including the National Housing Co-Investment Fund: <https://www.cmhc-schl.gc.ca/en/nhs>
*(3) = The Federal Community Housing Initiative - Phase 1: <https://www.cmhc-schl.gc.ca/en/nhs/federal-community-housing-initiative-phase-1>
*(4) = Homelessness Partnering Strategy: <https://www.canada.ca/en/employment-social-development/programs/communities/homelessness.html>

The Land Conservation Factor Get your cameras ready...

Written by Jean Claude Tremblay / Submitted by Gino Ramacieri

Land conservation is a critical issue that cannot get enough attention, as it is directly related to our quality of life, and even to our survival. Québec ... is lagging, far behind on its territorial protection goals, and if we do not react immediately, starting here in our Laurentians, it is the future generations who will pay the hefty price.

From an international point of view, Canada must protect 17% of land by 2020 based on a United Nations's accord. Québec, which missed its cautious target of 12% in 2015, is still behind the parade with only 9.4% to date. To meet the international objective, the government has two years to protect an additional 7.6% - a colossal task; however, the required amount of money to achieve this seems to have been set-aside in the last Québec budget.

Local Land Protection

Closer to home in our beautiful Laurentians, several organizations, such as Éco-Corridors Laurentiens (<http://www.ecocorridorslaurentiens.org>) are active in raising awareness and getting things done. "We want to have at least 12% of the territory recognized as protected areas, currently, we are around 7.8%, a major delay that will have serious consequences," said Biologist Kim Marineau, President of the not-for-profit organization, who sounded the alarm about the protection of the lands, at the last forum Rendez-vous conservation Laurentides. The Laurentian organization's vision is to link the Oka National Park to the Mont-Tremblant National Park, through a network of interconnected eco-corridors and protected areas, passing through the Laurentian territory.

Political Will Is Essential

All the provincial and federal funds can never replace the involvement and will of the RCMs (MRCs) and the cities - they hold the key that can speed up the matter. Elected officials must make land protection a primary issue and must show leadership and creativity. For example, what the city of Sainte-Adèle is trying to do with its regional park project in the heart of Mount Loup-Garou, is admirable and worthy.

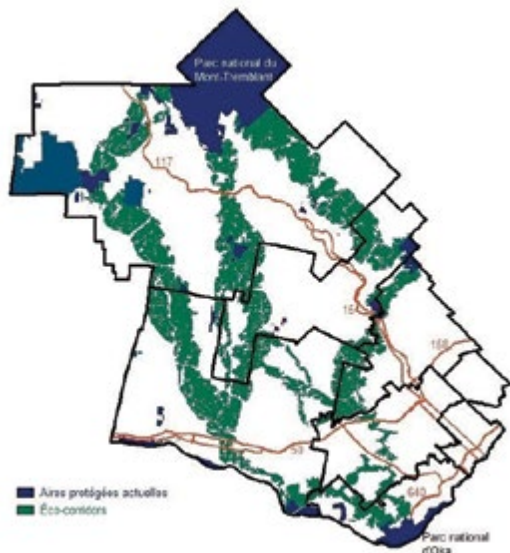
Private Pioneers to the Rescue of Conservation

It is not just elsewhere in the country that there are eco-friendly developers, or even wealthy, environmentally friendly families like the Weston's. Even here, many families and individuals are making a real difference in helping our world become a better place, and if it were not for them, Québec would be in an even worse position. The hard work of the land steward and promoter of the St-Victor Lake Estate, Gino Ramacieri, in Wentworth North is a great example. The latter has developed an eco-responsible project, in which he donated part of his land to turn it into a park, and divided the rest of it into larger lots, instead of subdividing them in tiny pieces to increase profits. There are others, such as the Lac Notre-Dame Association and the 120 families it represents, where the private sector has received a grant to buy and preserve the land, through Nature Conservancy - Québec (www.natureconservancy.ca/en/where-we-work/quebec).

What about Conservation Manitou and the Kelly Reserve, who also didn't wait for a crisis or a public intervention to move: we must thank them and encourage them to continue.

Mother Earth VS. Mankind

Although we don't need studies to understand the legitimacy of conservation, more and more scientific literature demonstrates beyond a doubt the importance of nature and biodiversity. We are witnessing a forced homecoming, due to society's many stressors; our children must reconnect with the very essence of who they are: living beings who need this privileged contact with mother earth to meet again. Nature is the best remedy, we must give it back its nobility....ASAP.



Nature Canada is happy to announce the launch of its 2018 Photo Contest!

Last year's Nature Photo Contest was a huge hit. We received over 6,500 entries and the top photos were featured in our Nature Calendar!



Starting May 22 and running until August 12, we will be accepting photo entries, which capture the beauty of Canadian nature all around us. Special prizes from our generous supporters are available for the winners who will be announced.

The Nature Photo Contest is a celebration of the plants and animals, landscapes, and nature moments that bring us joy and happiness. Our hope is to encourage more Canadians to get outdoors and to connect with nature across the summer months.

To participate visit naturecanada.ca

WE'RE HIRING

OUR TEAM WANTS TO MEET YOU!

St-Hubert

Job Opportunities at three Restaurants in Mont-Tremblant!
For further information email tyler@caseystremblant.com or mlaverdure@st-hubert.com

Vous voulez rejoindre notre équipe cet été ?

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grill • bar

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sommestvictor.com

Information: 450 226-0048
stvictor@bellnet.ca
lacstvictor.com



Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

11th MONT TREMBLANT JAZZ FESTIVAL

950, rue de Saint Jovite, Mont Tremblant / 514 994-0543

Aug 1 to Aug 5: The best jazz bands from Québec and elsewhere in Canada! Over forty concerts on two outdoor stages in downtown (St-Jovite) plus eight performance venues in Mont-Tremblant! Main Stage: Under the Stars concert series: **Wed, Aug 1: 9 pm:** Opening Concert with Christine Jensen (saxophone), Lex French (trumpet), David Restivo (piano), Adrian Vedady (double bass) and Greg Ritchie (drums). **Thurs, Aug 2: 9 pm:** Alex Fisch Quintet with Jean-Pierre Zanella (saxophone), Normand Lachapelle (bass), Jim Hilman (drums) and Simon Côté-Lapointe (piano). **Fri, Aug 3: 9 pm:** Michel Ferrari Trio with: Michel Ferrari (piano), Morgan Moore (double bass), Michel Bernard (drums). **Sat, Aug 4: 9 pm:** Main Event: Kirk MacDonald (saxophone), Joe Sullivan (trumpet), François Bourassa (piano), Yannick Rieu (saxophone), Adrain Vedady (double bass) and André White (drums). **Sun, Aug 5: 9 pm:** Closing Concert: Yoel Diaz Quartet - Cuban Jazz: Yoel Diaz (piano), Luis Izquierdo (bass), Roberto 'Kiko' Osorio (congras) and Michel Medrano (drums).

LES RYTHMES TREMBLANT - JULY 20 - 29

1000, ch des Voyageurs, Mont Tremblant / 1 888 738-1777 / <https://www.tremblant.ca/fr/quoi-faire/evenements/les-rythmes-tremblant>.

A free ten-day, outdoor concert festival! Here are the 8:30 pm concerts on the St. Bernard Stage: **Fri, July 20:** The Chico Band performs Latin hits; **Sat, July 21:** Neon Nostalgic Band delivers the best of the 80s and 90s; **Sun, July 2:** Shine plays hits from the 70s, 80s and 90s rock, alternative, disco and more. **Mon, July**



Chico Band

23: Jonny Arsenault, who gained acclaim during his time with La Voix; **Tues, July 24:** the Moonshiners play the best of country music; **Wed, July 25:** The Freddie James Project: a six-member group who has been playing together for twelve years; **Thurs, July 26:** Boogie Wonder Band celebrating their 20th anniversary. The group relives the disco era and makes you dance into the 70s. **Fri, July 27:** Tone Call is a group of six young musicians whose music includes Motown, disco, Latin and current pop. **Sat, July 28:** Stéphanie Bédard and her band will play classic rock and songs from her album, Minuit Debut. **Sun, July 29:** Persuasion, the Santana Experience. The tribute band plays most of Santana's hits such as Black Magic Woman, Oye Como Va, and more.



The Moonshiners

ST FAUSTIN

Maison des Arts et de la Culture

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

Until July 22: The 22nd Annual Competition 2D and 3D artwork. This will be followed by the annual show of sculptures.

STE-AGATHE

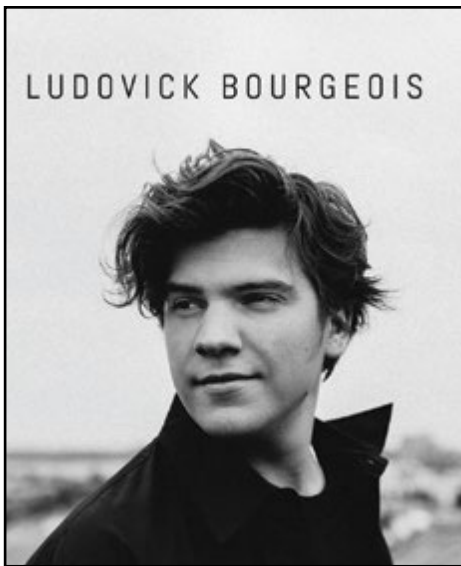
Théâtre Le Patriote

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

Salle Percival-Broomfield

FREE CONCERTS AT PLACE LAGNY 819 326-0457 / <https://ville.sainte-agathe-des-monts.qc.ca>

Free concerts by popular musicians including: Le Boogie Wonder Band, King Melrose, Marjo, Ludovick Bourgeois, La Chicane, Vilain Pingouin, Hubana Café & Isabelle Blais / Pierre-Luc Brilant. New this year, a street kitchen will be available during these concerts.



Ludovick Bourgeois

HARRINGTON

85, Chemin CAMMAC / 819 687-3938 / <https://cammac.ca/en/concerts-2/> Sunday morning concerts at the Cammac Music Camp. Concerts start at 11 am and are followed by a brunch. \$35 (Seniors \$25 / children \$15)

July 15: Julie Nesrallah (Mezzo-soprano) and Caroline Leonardelli (harp).

This duo performs together regularly. **July 22:** Utrecht String Quartet - known for their versatile and dynamic approach. **July 29:** Maravillosa Espana with Frédérique Drolet (vocals), Aurélie Brunelle (flamenco dancer) and Michel Beachamp (guitar). They will entertain the audience with the music of Spain. **Aug 5:** Bev & Marc DUO with CAMMAC's resident artist, Marc Djokic, and percussionist Beverley Johnston. **Aug 12:** Mini Blais: pianist / composer / arranger specializing in ragtime music celebrates Scott Joplin's 150th birthday.



Mini Blais

ST ADOLPHE D'HOWARD

https://www.universe.com/events/5ac8bc73094450005cffd5d5?embed=open&ef=universe_abandonment

Atelier Culturel

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

Until July 22: an exhibition entitled "Marécage" (Ponds) by artists Marine Cyr, Francine Oigny and Regina Sens

VAL MORIN

Theatre du Marais, 1201 10è Ave, 819-322-1414 / www.theatredumarais.com

The theatre features comedians until

Sept. 15

SAINTE ADÈLE

Until Aug 11: 17th Nostalgia Evenings: Outdoor amphitheatre in the Family Park. Concerts start at 8 pm.

July 14: Young singer, Ludovick Bourgeois and his invited guest, Travis Cormier; **July 28:** Kim Richardson;

Aug 4: Pierre Perpall's tribute to Lionel Ritchie; **Aug 11:** Mark Kingswood (a real crooner).



Mark Kingswood

SAINT-SAUVEUR

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

Live music Thurs, Fri & Sat - reservations required

Sun, July 15, 22 & 29: Carl Tremblay

Fri, July 20: Jim Zeller

Thurs, July 26: DM Zone

Sat, July 28 / Fri, Aug 17 & Thurs, Aug 30: Stephan McNicoll & GCR: Stephan McNicoll (vocals), Sébastien DeFrancesco (bass), George Grancharoff (drums) and Martin Perreault (vocals).

Wed, Aug 1: Les Haut Parleurs & Meredith Marshall



Meredith Marshall

Sat, Aug 11: Flying Joes

Mon, Aug 13: Gilbert Charelebois

Thurs, Aug 17: Mylestone

For full program check the website www.lesaintsau.com

15th ÇA ME DIT CONCERTS AT PARK FILION

Fri, July 13: 7:30 pm - Vagabonds de Boisbriand Choir

Sat, July 14: 7:30 pm - Lakeshore Harmony performs music from films.

Between July 13 and 15: visit the Authors of the Laurentians kiosks.

Sun, July 15: 1:30 pm - 4:30 pm: Dancing Sunday with Ms. Flynn

Fri, July 20, Sat, July 21 & Sun, July 22: Saint Sauveur Blues. **Fri, July 20: 7:30 pm** - Jim Zeller; **Sat, July 21: 8 pm** - Brian Tyler and the Bluestorm;

Sun, July 22: 7:30 pm: Dan Martel and Friends; July 27 - 29: used book fair;

Sat, July 28: 7:30 pm - Tribute to Éric Clapton; **Sun, July 29: 1:30 pm - 4:30 pm:** Dancing Sunday with Ms. Flynn;

Aug 2 - 12: Festival of the Arts of Saint Sauveur - see June edition of Main Street



Brian Tyler

MORIN HEIGHTS

Morin Heights Library

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

ARTS Morin Heights -

Sat, June 16 - Sept 29: group exhibition with the theme Abstraction.

The Arts Morin Heights 35th Annual Exhibition will take place at the Chalet Bellevue, 27, Bellevue, Morin Heights from **Sat, July 21 to Sun, July 29.**

Vernissage **Sat, July 21 at 5 pm.** Come meet the twenty-five exhibiting members. There will be door prizes!!



Karen Savage

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

Sat, July 26: 8 pm - The Posa Blue Band. Tickets \$10 at the door.

ST. JÉRÔME

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

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

A Good Summer Theatre in St. Jérôme "Le Concierge" plays in French on **Thurs, Fri & Sat until Aug 11.** Twenty years ago, Evelyn was left by her husband

Jean-Pierre, a man without scruples. Impoverished, she started a publishing house, which thrived. Jean-Pierre reappears begging for her forgiveness and employment.

He became the janitor, which led to all sorts of funny situations, and some surprises. **Fri: \$50 / Sat: \$52.**



Le Concierge

ST PLACIDE

Laurentian Sunday matinée concerts in the park by the lake. In case of rain the concerts will be held at the church. Concerts start at 11 am

Sun, July 15: ADokta (world music).

The musicians are: Bruno Rouyère (Québec), Aboulaye Kone (Ivory Coast) and Atna Njock (Cameroon).

Sun, July 22: Éric Lemieux, classical guitar **Sun, July 29:** David Gauthier Trio (saxophone, guitar and bass).

Sun, Aug 12: starting at noon - bar and BBQ sausages and more / 2 pm: Kap-sud, Creole group.



Kapsud

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.

FASS 2018 is full of pleasant surprises and top dancers

Ilania Abileah - Main Street

To open the season: a full-length ballet of the most celebrated love story of all time. This will be performed by the **BalletMet** of Chicago, who celebrates its 40th anniversary by presenting **Romeo and Juliet**. The story was written by playwright William Shakespeare and the music by Sergei Prokofiev. Edwaard Liang, the Artistic Director of the BalletMet, presents a new choreography with a unique way of telling this tragic story.

The amazing **Toronto Dance Theatre** is celebrating fifty years by touring the country; they will come to Saint Sauveur as their only stop in Quebec. Twelve high-energy dancers will present a collection of contemporary pieces choreographed by Christopher House.

The festival will again host the **Orchestre Métropolitain** led by **Yannick Nézet-Séguin** who is making his return to Saint-Sauveur. Next season he will become the Music Director of New York's Metropolitan Opera.

Then the stage will be taken by the **Yemen Blues**, and three Montreal choreographers who will create new pieces to their music. The music is very lively, exotic, and has enchanting rhythms. **Ravid Kahalani's** voice has an interesting range, and the songs are in Arabic, with some Hebrew. This is new age culture music!

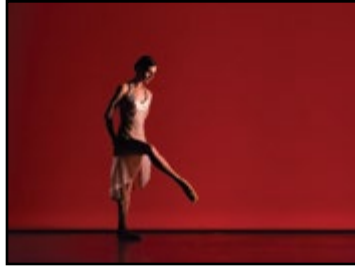
Hubbard Street Dance Chicago will bring a mixed, eclectic program including the highly musical *Jardí Tancat*, *Lickety-Split*, and other original, breathtaking pieces.

For two consecutive nights, **star dancers** from Canada, United States and Russia bring you dance at its best! The dancers are: Tiler Peck, New York City Ballet; Gonzalo Garcia, New York City Ballet; Xander Parish, Mariinsky Theatre; Camilla Mazzi, Mariinsky Theatre; Fabrice Calmels, Joffrey Ballet, Chicago; Victoria Jaiani, Joffrey Ballet; Greta Hodgkinson, National Ballet of Canada; Harrison James, The National Ballet of Canada.

The closing evening is not to be missed! **Guillaume Côté** will present his brand new creation accompanied by some of his National Ballet of Canada colleagues. The program also includes two works by James Kudelka; **Summer pas de deux** from Vivaldi's *The Four Seasons*, and *The Man in Black*, a tribute to legendary country singer Johnny Cash.

In addition to these outstanding performances under the Big Top there will be brand new free events and performances on the Desjardins outdoor stage.

Visit website to get all the details at festivaldesarts.ca



Greta Hodgkinson, photo by: Alexander Antonijevic



Harrison James in Romeo & Juliet, photo by: Alexander Antonijevic

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Laurentian Personality

Raging Granny

Elizabeth Vézina

Lori Leonard – Main Street

At first glance, Elizabeth Vézina looks like

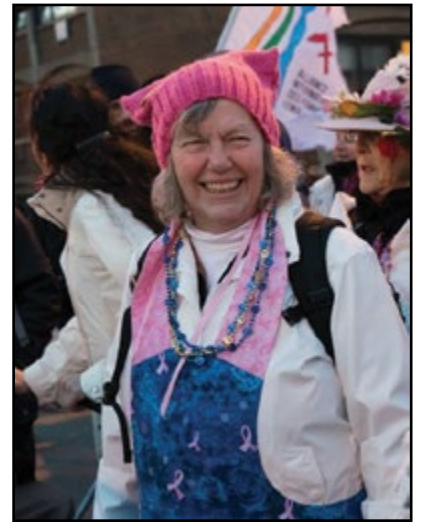
a kind, grandmotherly type, but don't let her appearance fool you! Many people have heard about The Raging Grannies, but don't know who they are or what they do...

A Raging Granny is a senior woman activist, who works hard to draw attention to important issues that damage our society and planet. Elizabeth works within a local group of grannies called a "Gaggle". Raging Grannies will rage until native land claims are settled fairly, the planet's future looks green and international disputes are settled with justice, in a non-violent manner. Gaggles of Raging Grannies live around the world, and can range from a dozen to several hundred. Their voices are heard in a myriad of ways, but usually through song. Elizabeth feels there is great potential to have a Gaggle in our area. Our Laurentian economy is reliant on our natural resources and climate. For example, many of our lakes suffer from pollution.

How and why did Raging Grannies begin? They began in British Columbia, in 1987, with the use of imaginative protests and satirical songs to capture public attention, challenge authorities and educate on important issues. Raging Grannies are no slouches... most are middle-class, spunky seniors, aged 52 to 95, who were teachers, business women, anthropologists, scientists, artists and librarians.

To be a Raging Granny, one needs time to research, attend meetings, write songs and to travel to rage. They dress up in old women's colourful clothing, with hats full of flowers, which erases the images of invisible, forgotten, silent or ignored older women. In Québec, Grannies have raged about ceasing provincial support for selling asbestos to third world countries (a requested loan was denied), stopping the devastating effects of plastic bottles polluting our waterways, pushing the SAQ to implement a program to recycle wine bottles (test sites have been set up), and increasing time for pedestrians at cross-walks in Montreal, to make them safer for the elderly, children and people with baby carriages. They also campaigned for a stiffer process by the Federal Government for fossil fuel projects (this has been accomplished but needs improvement).

We should give thanks to Elizabeth and the Raging Grannies, who use their humour to make their points heard about serious issues. They work hard to bring about a more just society and live in peace and harmony with nature. For inquiries, call Elizabeth at 1819-687-3640, or visit www.themontrealraginggrannies.com.



Make Water Safety Your Priority



From the Redcross website: redcross.org

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.

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Suggested presentation. Available until July 1st 2018 at Mikes Ste-Agathe. Toujours Mikes and Toujours Mikes logo are registered trademarks of Invescor Restaurant Group Inc., 2018. All rights reserved



Garden Talk

Tips to help get you through the summer

June Angus - Main Street

By mid summer, garden maintenance should be minimal with just a little weeding, harvesting from the veggie patch, deadheading flowers, watering and feeding container gardens and so on. I think of these jobs as pleasant puttering.

But sooner or later, obstacles or annoyances will crop up. Some are small; others can cause headaches and create a lot of work. Here are some ideas using simple items found around the house to help get you through a few seasonal trials and tribulations.

Automated watering: To water deck or patio container gardens while you're on vacation, set up some simple automatic watering systems. For example, take a glass bottle with a long narrow neck, fill it with water and then tip it quickly close to the soil surface and jam the open end down into your container's soil. Empty wine bottles are ideal for this. The water won't empty into the container all at once; rather it will leach into the soil slowly as needed to keep the root zone moist until you get home.

You can also wick the water into the container by using a real wick, cotton material or thick string. Bury part of this material in the container's soil. The other end of the material should lead to a reservoir filled with water (a simple plastic bottle or jug). Place the jug a little higher than the pot and gravity will help the water find its way from the jug, along the wick and into the soil to keep plant roots happy.

Vinegar to the rescue: If tons of weeds are flourishing in the cracks between your patio bricks or stones, fetch a big jug of white or apple cider vinegar from the kitchen. Pour some into a spray bottle and spritz the unwanted greenery with abandon. This technique works best on a hot, dry day when the weeds are likely to spend a few hours in direct sun. Within a day or two the visible weeds will have withered and died.

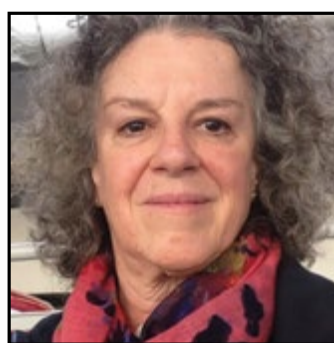
Your patio may smell like salad dressing for a few hours but this a great non-toxic alternative to commercial herbicides. Over the course of a few weeks, you may need to repeat this treatment, especially after rain. This trick also works well on gravel driveways. But keep the pure vinegar away from plants or lawn you want to continue growing.

Vinegar is great for lots of other tasks around the garden too. Use it to wash away calcium deposits on clay pots. Soaking rusty gardening tools or clogged hose nozzles in vinegar also helps to clean them up.

Vinegar also acts as a pest repellent when mixed with water and sprayed on ant hills. Dip rags in pure vinegar and tie to sticks placed strategically in your garden to ward off larger pests such as moles, cats, dogs, rabbits and deer. They all loathe the strong scent of vinegar.

Time for tea: Brewed tealeaves make a simple but fabulous liquid fertilizer as they contain high levels of minerals, carbohydrates, and other nutrients that help plants to grow. They also add a boost of nitrogen to compost. Plants that prefer slightly acidic soil such as sweet potatoes, parsley and peppers as well as hydrangeas, zinnias and bleeding heart, will benefit from a sprinkling of tealeaves too. Weak, cold tea can also be sprayed directly on plants to act as a pest repellent.

So when troubleshooting this summer, consider the simple, easy solutions that are already handy around your home. Now it's time to relax and enjoy.



In defense of emotions Part III

Louise Bloom

I began this series of articles with the intention of sharing my exploration of the world of emotions as I try to increase my own self-awareness. As with all projects, this expedition offers many different trajectories. The subject is vast, and the viewpoints are unlimited.

Because of my continued research in Buddhist philosophy and Jewish mysticism I have sourced a myriad of perspectives. My intention has been to stimulate your curiosity and encourage your own research. What has emerged, without question, is that embracing and consciously examining our feelings is very beneficial. Noticing our emotions and identifying them gives us the first inkling about how emotions control our behaviour.

I have been looking at what are best known as the destructive emotions; jealousy, shame, rage and pride. It is suggested that in witnessing these feelings in ourselves that we develop an attitude of detachment, or non-judgement, while trying to focus on the circumstances that trigger these sentiments. Seeing these patterns is the first step to rectifying our behaviors. This is a most challenging task that requires much courage. It is usually best supported in a therapeutic setting and/or during the practice of regular meditation.

Patterns of behaviour are established early in our lives, sometimes in response to experiences that are abrasive and hurtful, creating certain habits of action and reaction. These behaviours arise because we view the world through the prism of our primal experiences. Our human nature causes us to identify with our feelings and define ourselves with our thoughts and emotions. The Buddhist doctrine offers that these identities obscure our view of ourselves and others, and in the negative, cause us great suffering. These self-definitions are considered constructs of our minds stuck in delusion. The teachings suggest that we are self-centered and self-involved to the point of obsession and, initially through meditation practice, we can detach somewhat from our infernal self-importance.

In activating the courage to get closer to our inner reality we are given the opportunity to develop more compassion for ourselves. Running away from our emotional selves also deadens our relationship tools blunting our rapport with self and others.

The view of Jewish Mysticism and the Kabbalist schema encourages the full acceptance of all of ourselves, and our proclivities, with a continual effort towards rectification. It inspires the rebalancing of our sense perceptions supported by ethical behaviour. This nourishes good deeds and a compassionate heart.

We require new tools to displace and change our destructive beliefs. An extremely informative and very erudite book on emotions is that written by Daniel Goleman and the Dalai Lama: DESTRUCTIVE EMOTIONS – How can we overcome them? This fascinating read offers a voyage that takes us gently and firmly through the universal world of the emotional landscape and, with a compassionate hand, provides us with a platform for the self-forgiveness that is the fore runner to an increased ability for peace and joy.

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



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LEGION**

**LA LÉGION
ROYALE CANADIENNE**

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

Branch 171 Filiale Morin Heights

Sat, July 21: 6 pm - Beef & Pork Mechoui
 Fri, July 27: 6 pm - TGIF Smoked Meat
 Sat, July 28: 8 pm - Posa Blue Band
 Wed, Aug 1: 7 pm - Dwane Dixon & Double D
 Sat, Aug 4 - Summer Flea Market #2
 Sat, Aug 18: Legion Memorial Golf Tournament & Steak Dinner
 Fri, Aug 24: 6 pm - TGIF Smoked Meat
 Sat, Aug 25: 8 pm - The Keepers
 Check with the legion for daily bar hours
Darts are discontinued for the summer
Military Whist: 1st & 3rd Monday of the month at 1pm.
Hall rental available at competitive prices
 Info: 450 226-2213
<http://www.legion171.net> / Facebook: legion 171

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

July 6 & 20: 6 pm - TGIF BBQ
 Aug 3 & 17: 6 pm - TGIF BBQ
 Aug 25: 5:30 pm - 7:30 pm - Painting Social
 Contact Erin McCarthy: eamccarthy81@gmail.com
 Aug 31: 6 pm - Members' BBQ
 Sept 22: Garage Sale
 Sept 23: Art & Yoga
 Mon: 9 am - 10 am: Yoga
 Tues & Fri: 9 am - 10:30 am - Yoga
 Contact Marlene: 819 687-8566
Bar open daily at 3 pm
Tuesdays: 7:30 pm - cribbage:
 For further info: 819 687-9143 / arundelllegion@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
Starting May 27 through the end of August
Sunday evenings: 6:30 pm
 An evening of Old Fashioned Hymn Sings.
 Everyone is welcome - invite a friend!
 Refreshments follow each Hymn Sing - a time of fellowship with friends

**THE CATHOLIC CHURCHES
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Montfort 11 am • Weir 9 am
 Info: 450-226-2844

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 Rabbi Ezagui 514 703-1770, chabadsauveur.com

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

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

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

BROOKDALE UNITED CHURCH, BOILEAU
 Info: 819 687-2752

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

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

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

HOLY TRINITY ANGLICAN CHURCH
 12, Préfontaine St. West, St. Agathe
 The Rev Josée Lemoine
Sunday service: 9 am
 Fellowship in the church hall afterwards
 Everyone is 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 Note: no service on July 15

ST MUNGO'S UNITED CHURCH
 661 Rte. Des Outaouais, Cushing
July 15 - Joint service of AUPC churches
11am - church service
12:15 pm - Lunch (bring something to share)
12:45 pm - Documentary, Argenteuil Je me souviens followed by Q&A with Robert Simard

LACHUTE UNITED CHURCH
 Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship
 Note: no services on July 15

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 Rénaud Leroux
Worship Service - 10:30 am

**ANGLICAN PARISH OF
ARUNDEL & WEIR**
 Grace Church
 Services are held each Sunday at 11 am

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

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
Sundays: 10 am: Worship service.
 All are welcome - bienvenue à tous & toutes!

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 15: 11 am - Holy Communion
Aug 5: 11 am - Morning Prayer
Aug 19: 11 am - Holy Communion
 Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
 1127 Dunany Rd, Dunany
July 15: 4 pm - Evening Prayer
Aug 5: 4 pm - Holy Communion
Aug 12: 4 pm - Morning Prayer
Aug 19: 4 pm - Holy Communion
Aug 26: 4 pm - Morning Prayer

HOLY TRINITY - LAKEFIELD
 4, Cambria Rd, Gore
Aug 26: 11 am - Morning Prayer
 Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
 1258, Mille Isles Rd - Mille Isles
July 29: 11 am - Morning Prayer
Aug 12: 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 are held every Sunday at 9:15 am.
 The second Sunday of each month is a fun Family Service
July 22: 11 am - Special Service / Holy Communion
 All are welcome to enjoy the service and following refreshments.

ST. ANDREWS EAST PRESBYTERIAN CHURCH
 5, John Abbot St., St. André d'Argenteuil
 Interim Moderator: Rev. Linda Robinson
 Info: Sharon McOuat: 450-566-4549
 All services at 11:15 am
July 9 & 16, Aug 13 (Communion Sunday) & Aug 20, Sept 10 & 17 & Oct 15 & 22

THE LOST RIVER PRESBYTERIAN CHURCH
 5152 Lost River Rd, Harrington
 Services are held every Sunday beginning
July 1 until Aug 26 at 9 am,
 There is no service on July 8
 Everyone is welcome

FAUBOURG SUICIDE PREVENTION CENTRE

24 / 7 HOTLINE
 1-866 APPELLE (227-3553)
 Intervention and help for all
 Laurentian residents.

For info and full services visit
www.cps-le-faubourg.org




SAMEDI CHAMPÊTRE / FARMER'S MARKET
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 Across from the Tam Bao Son Buddhist Monastery
SPECIAL DATE: JULY 29
SATURDAY: AUG 4 | SEPT 1 | OCT 6
 Local fresh produce, textile products, artisan
 crafts handmade items and more...
 For info or to reserve a table call Sylvie
819 687-2577

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 13, 2018 at 6 pm**

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

Upcoming Meetings: Saturdays at 1 pm
 Aug 25 • Sept 15 • Oct 20 • Nov 17

Meetings are conducted in English
ADMISSION IS FREE

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

REGISTERED CHARITY - DONATIONS APPRECIATED



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Chartered Real Estate Broker

COMMUNITY BULLETIN BOARD

July 2018



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COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTMOUVEMENT PERSONNE D'ABORD LACHUTE

Bazaar 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

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, Aug 5: 9 am - noon: Aug Breakfast Adults \$7 / children (6-12) \$3.50, under 5 yrs. free. Basket draw tickets available at the door – proceeds to Canadian Diabetes Association
Sat, July 28: Annual BBQ – Cash bar opens at 3 pm. Hamburgers available from 5 pm - 8 pm.
Adults \$12 / children (12 and under) \$7. Visit us on Facebook at LRCC-Lost River Community Center for more details.

Internet Café: Daily access from 7 am - 10 pm.

Residents can pick up their key (\$5) at administration desk.

Computer Support

Tues: 9:30 am - 11:30 am at the Internet café.
Info: Brigitte Dubuc: 819-687-2122 ext. 3203
Like LRCC on Facebook at LRCC-Lost River Community Centre
See event details and photos on Facebook

HARRINGTON GOLDEN AGE CLUB

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

Cook's Night Out: 1st Friday of the month at 5:30 pm
Bingo: 1st & 3rd Sunday of the month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org / mhha98@hotmail.com

THEATRE MORIN HEIGHTS SAVE THE DATE

Our Main Stage Production is set for November 1, 2, 3, and 4 at Chalet Bellevue, Morin Heights.

Rehearsals are already underway. To volunteer behind the scenes, to join or renew your membership, or find out about our latest activities, visit us online at theatremorinheights.ca.

Contact us at 579-765-3999 or theatremorinheights@gmail.com

ALCOHOLICS ANONYMOUS MEETINGS

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

COMMUNITY FACEBOOK GROUPS

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

SEEKING VOLUNTEERS MORIN HEIGHTS LIBRARY

We are seeking bilingual volunteers to

join the team who operate the Morin Heights Library. Candidates should have an interest in reading and literature and be comfortable working on computers. Time availability is for a few hours per month including the weekend.
Info: Lois Russell: 450 226-6874 / lois.russell@xplornet.ca

SEEKING VOLUNTEER DRIVERS

The CISSS des Laurentides is looking for volunteer drivers who want to get involved with young people by offering their time. If you own a vehicle and are interested please contact 450 432-2777 ext. 78402.

MARK YOUR CALENDARS SING FOR YOUR SUPPER FUNDRAISER

Comforts Bar
795, ch du Village, Morin Heights
Open Mic & BBQ with various musical guests
Karnak Shriners (Morin Heights) with the support of Comforts Bar are presenting their 3rd annual 'Sing for your Supper' series of concert events for 2018 - every two weeks until Sept 16. Proceeds to benefit the Shriners Hospital for Children in Montreal.

PICKLEBALL PLAYERS WANTED

Tennis? Badminton?
Looking for tennis and badminton players 50+ to play North America's fastest growing sport - Pickleball
Courts are 6 minutes from downtown Mt-Tremblant (St-Jovite sector)
Please call Lucie: 613 276-8211

FREE FAMILY MOVIE NIGHT LEFT BEHIND

Morin Heights Hillside Chapel
755 du Village, Morin Heights
Fri, July 20: 7 pm - Me Again
Fri, Aug 17: 7 pm - Facing the Giants
Fri, Sept 14: 7 pm - What If
All children must be accompanied by an adult
No restroom facilities
Info: 450-226-1546

ANNUAL ARGENTEUIL UNITED PASTORAL CHARGE BBQ

Grenville - by the canal and Masonic Hall
Fri, Aug 10: 5 pm - 7 pm
Featuring music by "Friends of Lenny"
Bake table available, bring a lawn chair
Donation: \$10 / Info: 450 562-8365

MORIN HEIGHTS UNITED CHURCH YARD SALE & BBQ

831, Ch. du Village
Sat, July 28: 8am - 3 pm
One person's junk is another person's treasure.
BBQ hot dogs & hamburgers on sale.
Rain or Shine!

HOUSE OF ISRAEL CONGREGATION 65th ANNIVERSARY GALA

27, Rue St. Henri West, Ste-Agathe
Thurs, Aug 9
5:30: Cocktails / 6:30 pm: Dinner
Comedy show featuring award-winning comedian Robbie Printze
Tickets: \$125 /
Info: Debby: 514 893-6015

ADVANCE NOTICE

STEVE O'BRIEN FOUNDATION

24-hour Relay for Youth
Laurentian Regional High School
Sept 28 & 29
For additional information contact the Steve O'Brien Foundation at www.fondationsteveobrien.com

FARMERS' MARKETS SUMMER WEEKENDS

Throughout the summer, residents, visitors and tourists can enjoy fresh produce, farm products, transformed edibles and a wide assortment of quality products all produced by our local agricultural community, and found at any one of the many Farmer's Markets across the Laurentians. Some also offer a selection of beautiful, handmade artisan items.
Each market is unique and well worth a visit.
Market locations, dates and times are easily found on municipal websites.

COOP SORE'S COMMUNITY LUNCH

Chalet Bellevue
Mon, July 23: noon – 1 pm
Meal includes soup, main dish, salad, dessert, tea or coffee.
Prepared by Soupe et Cie | Donation \$6
Advance reservation required by Fri, July 22: 514-944-9335

1st EDITION OF FESTIVAL DES CHANSONNIERS DU QUEBEC

Music performances in various locations **July 29**
For details visit the Facebook page Festival des Chansonniers du Quebec

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Read the Main Street online

www.themainstreet.org



573 Lafleur Street, Lachute
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Inauguration of the downtown heritage circuit

“Follow the route of our ancestors through the Heritage Trail composed of 24 panels and 10 signs spread across the territory.” This was the invitation from Mayor, Luc Brisebois, at the inauguration of the new panels of the downtown heritage circuit, on June 7 at Voyageur Park.

The new panels address different themes that reveal the richness of the history of the City of Mont-Tremblant. One tells of the dedication of the Brothers of the Sacred Heart and the Daughters of Wisdom who, for more than 100 years, educated a flock of young people. Another depicts the arrival of the train that changed the lives of settlers, and still another explains the important role played by the Rivière Diable on the economy of the first settlers.

The old train station, which is today the Antipasto restaurant, the Bank of Montreal, the house and farm Charbonneau, and the Grignon House, have signs that tell their stories.

To travel the road of our ancestors, a leaflet is available at the reception desk of the Town Hall, tourist reception offices (rue Lacasse and Mount Ryan) and on the website of the City of Mont-Tremblant. It is also possible to download the application, Balado-Discovery, and using the GPS of your electronic device, you can be guided from one panel to another.

The Heritage Trail Signs project cost \$26,000. The cost includes writing, translating, making the panels (computer graphics and installation) and printing 1,000 flyers.

The Mayor warmly thanked the members of the SOPABIC Heritage Society who did the research and the writing of the texts and the large families of Mont-Tremblant who provided photos, testimonials and information. He also praised the work of Geneviève Demers, coordinator in the Planning Department, who steered the project.



Our Beautiful Laurentian Lakes Are they sick?

By Mat Madison, biologist and environmental manager

No matter the time of the day or the season, we'll never get over the beauty of our lake. For us, it's in a small town in the lower Laurentians. Recently, we've been observing changes. The water seems warmer, murkier, and it even feels different. There seems to be less fish and more aquatic plants. Is our lake sick? Is it dying?

There is no such thing as a lake doctor, but many scientists and practitioners have made it their career studying and working on lakes in the Laurentians. All would agree that lakes are complex ecosystems, with many components to consider. Our lakes, and their health, react to pressure exerted on them by natural and human processes. Most of the changes that we notice in our lakes are in fact symptoms, not problems. These symptoms should not be ignored, but we must be careful how we read them, and how we decide to act.

Research has linked issues like aquatic plant growth, blue-green algae, and even Eurasian milfoil proliferation to a complex aging process called eutrophication. However, each lake reacts in different ways to different pressures, based on its geology, its ecology and its watershed. Therefore, it is important to know your lake to be able to act appropriately to protect it. For example, if your headache was due to dehydration, you wouldn't treat it with surgery to remove a blood clot. The same can be said for symptoms we observe in our lakes. Only once we've become fully aware of our lake will we be better able to act to protect it.

Usually, our first contact with nature could have been as children; our awe and wonder may have inspired our love for it. Now, we must come together to reconstruct our relationships with our lakes; discover them, observe them, and interact with them as a child would. We should work together to assess water quality, identify and observe aquatic wildlife, and study how water flows in and out of our lakes. Raising our awareness concerning their pressures and symptoms will help to guide us in taking the right collective action to protect them.

So, my recommendation for this summer is simple; be part of a community vigilance group, get your kids involved and go out and discover your lake. Become better stewards of the environment, and of nature, and contribute to keeping our lakes beautiful.



It's Triathlon Season in Mont Tremblant Tri-mendous success of annual Try A Tri Mont Tremblant

Mont Tremblant is triathlon country, and it was never more evident than on Sunday, July 1 on the shore of Lac Mercier. Over hundred people participated in the annual Try A Tri presented by Tri Action Mont Tremblant and RobFit Mont Tremblant, exceeding expectations again this year.

“The love of triathlon and community spirit was contagious at the Try A Tri” expressed Myriam Cote, head coach of the Tri Action Mont Tremblant, an elite athlete who has finished each of her multiple Ironman 70.3 Mont Tremblant events on the podium.

Now in its eighth year, this family friendly event was created to introduce the sport to first-time triathletes and is growing in popularity each year. The Try A Tri included four lengths, three for young athletes and one for those ages 16 and over, to ensure a challenging yet do-able distance for all. The open water swim took place in Lac Mercier, with the bike and run segments both on the multifunctional trail. “The relatively short course and untimed event encourages participation over competition” advised Robert Roy, owner of RobFit Mont Tremblant, and an Ironman certified coach who developed and oversaw the event course.

“We are delighted with the tremendous community support of the Try A Tri and grateful to the event sponsors this year that made it possible: Demi Marathon Mont Tremblant, TYR, Magasin de la Place, IGA Mont Tremblant, Familiprix Pharmacy and Aqua-Club la Source” advises Sandra Sabourin, the President of Tri Action Mont Tremblant.

“The remarkable community involvement and outstanding volunteers that support this event contributed to its amazing success of the Try A Tri Mont Tremblant again his year” added Ms. Sabourin. “Over three dozen volunteers were on hand to help direct, oversee and secure the safety of the event participants, each of whom we gratefully thank.”

Mark your calendar for next July and come on a Try A Tri Mont Tremblant!!





Terryble Tymes BMO, CIBC, Simplii hack: What customers should do to protect their information

Terry Cutler

If you're like most Canadians, you were shocked to hear that BMO's and CIBC's Simplii Financial banking system suffered a data breach. Both banks revealed that as many as 90,000 customers have been affected and were still working to contact customers whose data may have been stolen, freeze accounts at risk of further fraud, and reimburse fraudulent transactions. My guess is that the hackers got access to more, if not all the data than just 90,000 records.

Here are some tips to protect yourself:

Monitor your account for small micro transactions like a few cents here and there, or a dollar something. Hackers are usually in a compromised system for 6-12 months prior to being detected, so be sure to look at your statements from 6 months earlier. Usually the hackers sell this personal information on the dark web. The scammers would then try to take out small amounts from your account, also known as pings, to make sure it's active, and then go in for the kill and take thousands.

Change your passwords on all your accounts (including the compromised account) that is using the same password as your banking one. You need to learn to create unbreakable passwords that are 16-25 characters long. Here's a tip; think of phrases or song lyrics, such as "I had a great day at work 2018!" Remove the spacing and capitalize each letter of the word so that it looks like this "IHadAGreatDayAtWork2018". This password alone will take 10 years to crack. If you really want to make it unbreakable, replace each A with an @ symbol and each O for 0 (zero) to make it look like this "IH@d@Gre@tD@y@tW0rk2018". Be sure to enable multi-factor security if it's supported.

If you suspect you might be a victim, be sure to report it to the bank and police right away.

Be sure to subscribe to my VIP mailing list at www.TerryCutler.com as I'll be working on a new training program, as well as a mobile APP, that will help you avoid getting scammed or hacked.

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

2018 Marion Phelps Award goes to Don Stewart of the Morin Heights Historical Association

The Marion Phelps Award is presented annually by the Quebec Anglophone Heritage Network (QAHN) in recognition of outstanding long-term contributions by an individual to the preservation and promotion of Anglophone heritage in the province of Quebec. At its 19th annual convention, held this year in Quebec City, June 9-10, QAHN presented this prestigious award to Don Stewart, a leading light at the Morin Heights Historical Association.

According to QAHN Executive Director Matthew Farfan, Don Stewart has been interested in history – especially the local history of the Lower Laurentians – all of his life. His family has pioneer roots in the Lachute area, and Don has lived in Morin Heights nearly all of his adult life. Educated at Carleton University in Ottawa, he has had a long and varied career in business and print media.

Don has been actively involved with the Morin Heights Historical Association since its inception in 1998. His contributions have included serving as editor of four of the ten editions of The Porcupine / Le Porc-épic, and as the writer of many articles in this publication. Don has written several books on travel and local history – always with a strong heritage focus. As part of Morin Heights' 150th anniversary celebrations in 2005, he wrote the historically themed play Nature's Victory for Theatre Morin Heights.

Don is currently President of the Morin Heights Historical Association, and has served several terms in that capacity. An active director of the association, he has organized village walking tours for school children and adults, assisted with house and garden tours, and participated in heritage exhibitions and other events.

An interesting and often amusing writer, Don's most recent work is the book The History of Morin Heights and Surrounding Regions. This is a truly major accomplishment both as serious history and as a very readable work of local heritage.

Presenting Don Stewart with his award in Quebec City on behalf of the Quebec Anglophone Heritage Network, QAHN Awards Committee Chair Sandra Stock noted that "Don has consistently contributed to his community over many years and we are indeed very pleased to honour him with this award." For his part, Stewart said that he "truly appreciated the honour that he was receiving; this recognition means a lot to me."



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450 744-0471

The CISSS des Laurentides: the first institution in Quebec to sign the agree- ment on the local provisions of the collective agreement with the Interprofessional Federation of Quebec Health

The Laurentian Integrated Health and Social Services Center (CISSS) recently officially ratified the agreement on the local provisions of the collective agreement with the Union of Laurentian Care Professionals affiliated to the Quebec Interprofessional Federation of Health (FIQ) and, as such, is the first CISSS in Quebec to have officially signed with the union representatives of the FIQ.

Already, last week, CISSS Laurentian employees affiliated with the FIQ, voted 92% in favor of the content of this agreement. This support for the agreement recognizes the efforts made by union representatives and the institution to agree on provisions that improve the conditions of professional practice for employees and promote the provision of quality care and services to the public. The FIQ represents nearly 4,200 CISSS Laurentides employees (nurses, licensed practical nurses and respiratory therapists).

Discussions between the two parties specifically helped to develop a common vision on the stability of positions, movements and mobility of staff and work-life balance.

"All members of the bargaining committee, both on the employer and union side, were committed to providing our staff members with the highest quality of working conditions and standards of care and services to meet the needs and expectations of Laurentian citizens. I am convinced that this has been the key to success, and this has allowed us to be the first in Quebec to formally sign our agreement," said Jean-François Foisy, President and CEO of CISSS des Laurentides.



M. Jean-François Foisy, President, Director-General of the CISSS des Laurentides and Mme Julie Daignault, President of the FIQ-SPSL.



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Painting: "End of day" by Karen Savage, composition communications Lamoural (514) 916-1369

Le Nichoir

Dedicated to saving wild birds for 20 years

Lori Leonard – Main Street

Le Nichoir, located in Hudson, QC, has been dedicated to saving birds for 20 years. They provide a safe haven with proper care and treatment for injured or orphaned wild birds and then releases them back into their natural habitat.



They offer advice and information about wild birds and their environment through educational programs and public events.

In 1996, Le Nichoir received 478 birds. Today, it is the largest rehabilitation centre for songbirds in Canada. They accept more than 1,800 wild birds and receive 12,000 telephone calls and emails each year. Bird care services are free.

Feeding Birds

Well-meaning bird lovers should not feed bread to birds as it is filling, but not nutritious. It stops birds from eating their natural diet, such as insects and vegetation, which keeps them healthy. This is especially true for ducklings and goslings that grow quickly and require good food, especially protein, in their diet. When bread gets wet, it is sticky and can lodge in a bird's digestive system causing impaction and fermentation, which results in death. This can happen when bread is small, dry or stale. Feeding bread to birds can cause Angel Wing, a malformation caused by improper nutrition, and the bird will never be able to fly. If you wish to feed aquatic birds, use duck or turkey feed for farm animals, diced, cooked sweet potatoes, or chopped, leafy vegetables (summer only).

First Aid

If you have found a bird in distress, here is some information on how to help. Please call Le Nichoir, at 450 458-2809. It is illegal to keep any wild bird in your home, or in captivity, without a special license. Bring the bird to Le Nichoir for care. They are licensed, experienced specialists in caring for sick, injured, and orphaned birds, and will return them to their natural habitat.

Do's and Don'ts

DO make sure the bird needs your assistance before kidnapping the bird.

DO replace baby birds in their nest or re-unite them with their mother (if they have truly been lost): parents are experts with baby birds and will not reject babies touched by a human: birds have no sense of smell.

DO keep the bird in a quiet, dark, safe place, away from noise, children, and animals.

DO NOT handle the bird, or cuddle it in your hands, even if it appears calm. Handling places severe stress on the bird, and will lead to, or increase shock, leading to death. Talking to a bird will also frighten it.

DO NOT attempt to feed the bird or give it water or milk to drink. If the bird cannot eat or drink on its own, it will not be able to tolerate forced feeding.

Volunteering

Volunteers have always been the heart of Le Nichoir. Without volunteers, they could not save birds. Time given by volunteers represents hope of health and freedom to injured and orphaned birds. If you would like to volunteer, give them a call. Duties could consist of feeding, cleaning cages, light repairs, washing, transportation and fundraising. Donations are also appreciated.

Le Nichoir,

Open 7 days a week 9 am to 5 pm (including holidays)

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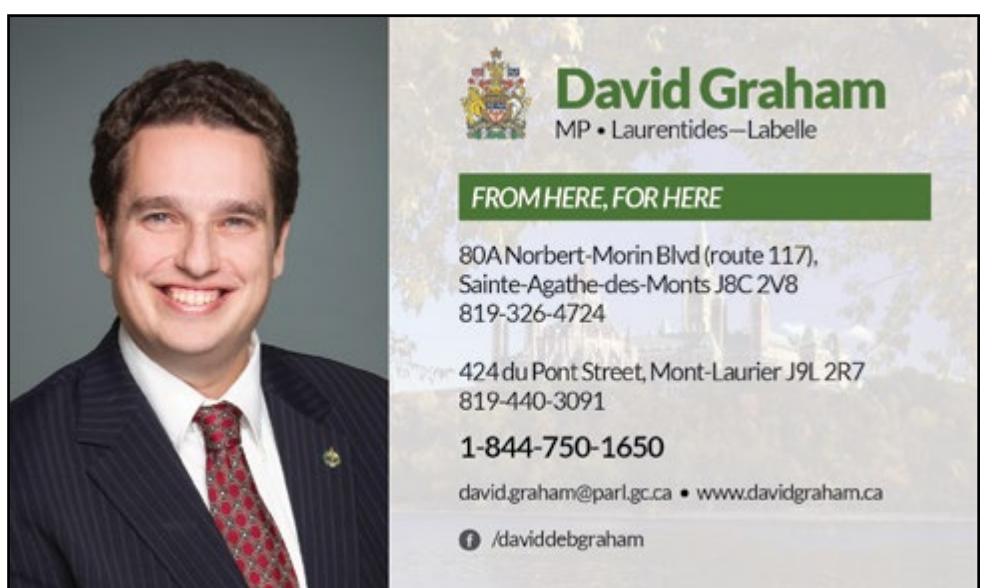
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Fundraiser Golf Tournament

A great success!

Lori Leonard – Main Street

On May 28, a fundraiser golf tournament was held at Le Balmoral Golf Course in Morin Heights to raise funds for Soupe et Cie., St. Sauveur. 82 people attended. The price for golf and dinner was \$200 for non-members and \$135 for Le Balmoral members.

There were many faithful partners who helped raise \$13,500, which will be used for food to be served by Soupe et Cie. who have provided warm meals to underprivileged people since 1994. Fundraising events like this are integral to their ongoing operation as more than 13,000 meals are served each year. Doors are open for lunch on Monday, Tuesday and Thursday from 11:30 am to 12:45 pm in the church basement, located at 205 rue Principale, St. Sauveur.

One of their faithful contributors is Baton Rouge, St. Sauveur, who generously purchased a foursome for \$800, and provided an additional \$200 in gift certificates for the auction that took place that day. Twenty-five various contributors provided lovely gifts as door prizes and items for the auction.

Baton Rouge also showed their community spirit and support by hosting a special fundraising dinner last Fall at their restaurant. Owners Lawrence Burt, Vince D'Archi, and José-Luis Dominguez, provided menu items at fair prices. The venue and service were appreciated by the guests. Soupe et Cie. could not survive without the generous help of the community and this is what allows them to provide a safe haven, where people can enjoy a healthy meal and the company of others.

If you would like to volunteer or share a meal, call 450 744-0207, or check www.soupeetcompagnie.com.



Lawrence Burt (in front), Andre Bujold, Per Kristofferson and José-Luis Dominguez.

Messy Church will attempt to feed 5,000 on August 11

In a famous bible story, a large crowd that Jesus was teaching became hungry, and a young boy offered five loaves and two fish. That meagre offering managed to feed 5,000 people – with leftovers to spare.

For several years, the Anglican community of the Laurentians have recreated much the same 'miracle' at their annual summer picnic, open to all and well-enjoyed by many. On August 11, 2018 at 11am, the Anglican and United churches will jointly sponsor the yearly picnic in the form of a 'Messy Church' gathering.

"Messy Church is an alternate way of worshipping," says Reverend Joëlle Leduc leader of the United Church congregations of the Laurentians. "We play games, sing songs, and eat together, this time focused on the abundance of God."

The 'Messy Church Picnic' is open to the public. "People of all ages really appreciate a different way to discover God through shared activities and a 'messy' communion in the Christian tradition," says Josée Lemoine, priest of the Laurentian Anglican ministry. "We like to call it fun and food in the presence of God."

The 'Messy Church Picnic' will be held at the Harrington Valley Community Center, located at 420, chemin Harrington, on August 11 from 11am to 1:30pm, rain or shine. Free hot dogs, ice cream and drinks. Feel free to bring your own picnic to supplement what is offered. For more information, please contact Joëlle Leduc at 514-432-9368 or by email at Joelleleduc@gmail.com.

PIQUE-NIQUE / PICNIC

SATURDAY 11 AUGUST 11am - 1:30 pm
Harrington Valley Community Centre
420 ch. Harrington

Games, activities, songs, stories and "Messy" communion: Food and fun in God's presence and in each other's company. Free hot dogs, ice cream and drinks or bring your own picnic. All are welcome rain or shine.

Info: Joëlle Leduc 514-432-9368 joelleleduc@gmail.com

An initiative of the Anglican and United Churches of the Laurentians. Its free!

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4 Korner
Family Resource Center
A Cornerstone of the Community

Journal writing benefits emotional & physical wellbeing. It's proven.

Jill Grumbache - 4 Korner Family Resource Center

Journaling is an ancient tradition, one that dates to at least 10th century Japan. Many generations before us knew instinctively that keeping a journal can be a panacea for the health and wellness of mind, body, and spirit. And now, there is increasing scientific evidence to support the notion that journaling has a positive impact on our wellbeing.

For over 20 years, Dr. James W. Pennebaker has been giving people an assignment: write your deepest feelings about an emotional upheaval in your life for 15 or 20 minutes a day for four consecutive days. Many who did found that their immune systems strengthened. They went to doctors less. Sometimes entire lives have been changed.

Pennebaker, a professor in the Department of Psychology at the University of Texas and author of books including "Writing to Heal," is a pioneer in the study of journaling as a route to healing. His research shows that journaling can have a beneficial effect on everyone, from those dealing with a terminal illness to victims of violent crime and trauma. He explains, "When we translate an experience into language we essentially make the experience graspable." In doing so, you free yourself from mentally being tangled in traumas.

Aside from drastic improvements in mood and emotional wellbeing, it has been shown that journaling can increase your chances of fighting maladies and diseases like asthma, rheumatoid arthritis, AIDS, depression, anxiety, eating disorders, bipolar disorder, ADD or ADHD, cancer, and even schizophrenia. Amazingly, it can even help physical wounds heal faster.

Researchers at the University of Auckland conducted a study (published July 2013 in Psychosomatic Medicine) that found that 76% of adults who spent 20 minutes a day journaling for three consecutive days before a scheduled medical biopsy were fully healed 11 days later.

Various other scientific studies show that journaling can decrease stress, boost memory and comprehension, stretch IQ and improve students' grades, evoke mindfulness, help set and achieve goals, and strengthen self-discipline.

Interestingly, according to psychologist Matthew Lieberman from the University of California in Los Angeles, men seemed to benefit from writing about their feelings more than women, and writing by hand seemed to have a bigger effect than typing on a keyboard. That's an interesting note: could men benefit from journaling more because, in general, they tend to keep their feelings to themselves? A journal can certainly act as a safe space for emotionally deprived men to vent.

Tips for writing to heal: Find a time and place where you won't be disturbed. Write continuously for at least 20 minutes. Don't worry about spelling and grammar. Write only for yourself.

4 Korner will be offering "Journaling for Caregivers" this autumn in both MRC Pays-d'en-Haut and MRC des Laurentides. Watch our Facebook page for details. <https://www.facebook.com/4KornerCenter/>



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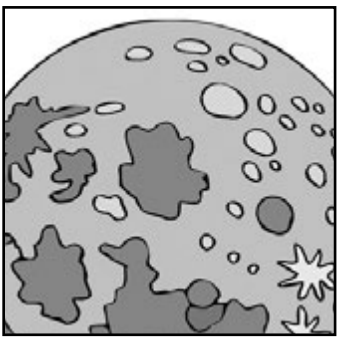
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Zach Factor Reflections from a fat guy

Lys Chisholm & Marcus Nerenberg - Main Street

Recently, a freshly-minted soccer mom of a five-year-old soccer novice came face-to-face with a

major dilemma. It was 6:00 PM on a warm, May evening, soccer practice had just ended, and the parent in charge of the after-practice snack began to pass out popsicles to the excited girls. The newbie soccer mom, a registered dietician, specializes in proper dietetic practices for elite athletes. To her, a sugar-loaded snack, just minutes before supper, felt equivalent to feeding poison to these little girls. Dessert, and an unhealthy one at that, before supper seemed like an outrageous breach of parents' obligations to their children's health and welfare. She made her feelings known to the other parents and that set off a storm of discord, as not all people see sugar as the public enemy that it is turning out to be.



Our western eating habits have gone through a huge transition since World War I. We can observe shopping carts in check-out lines piled high with processed foods. Packages of "food" containing too much fat, numerous ingredients whose names we cannot pronounce, stabilized with more chemicals of questionable nutritional value, genetically modified grains, and almost all enhanced with the thirty-six names of manufactured sugars. In a small corner of most carts is a smattering of fresh vegetables and fruit from which the pesticides and herbicides will, hopefully, be washed. The "snack foods" and soft drinks overflow the baskets of our fellow indoctrinated, third-generation fast-food aficionados.

Throughout human history enough food was hard to acquire. Our ancestors gathered and hunted and, when they were fortunate to happen upon calorie-dense food, such as an animal, they gorged to build up fat reserves for the mostly lean times that followed. The successful ones bred more children, and we are the result, creatures that can't shake that addiction to energy-dense nourishment, even though we are now living amidst continuous abundance. According to Dr. Douglas Lisle, we are entrapped by the "Pleasure Principal", an idea that rich food is more fun than lettuce. In a 2009 study, rats raised on a standard rat diet of grains and vegetable matter were offered a rich junk food alternative, see "The impact of the Standard American Diet" <https://www.researchgate.net/publication/319908772>. The rats quickly chose the processed food over the rat diet and became obese and pre-diabetic. After some time, the calorie-dense food was withdrawn. The rats went on a hunger strike, and for two weeks flatly refused to eat the food they were raised on. They even gave the researchers the rat equivalent of 'flipping the bird' so strong is the addiction to the 'pleasure principal'.

In the developed world, all industrialized, and emerging countries as well, are experiencing a pandemic of obesity, heart disease, gastro-intestinal problems and, worst of all, type 1, type 1½, and type 2 diabetes. Many peer-reviewed studies confirm that the combination of meals pumped up with sugars, fats, and refined carbohydrates, coupled with a lack of exercise and way too much screen time, is turning us into unhealthy people with a highly questionable future. We are being poisoned by agro-business which has no regard for the health consequences of consuming their products. Most of the processed food we eat is made by ten world-spanning conglomerates. The ailments we suffer from are serviced by pharmaceutical behemoths that have drugs to treat every illness we develop as a result of pursuing our dangerous life-styles. In North America, the diabetes industry rakes in half a trillion dollars annually.

Around 1967, John Robbins, the heir to the Baskin Robbins ice cream empire, rejected the family business and stopped eating dairy, meat and other animal products. He didn't like how unhealthy his ice cream slurping family had become, and he did not want to be associated with the illness it was spreading. In 1987 he wrote 'Diet For A New America' which advocated for a plant-based diet. John, and his son Ocean, now produce an annual symposium called The Food Revolution Network. Recently, a morbidly obese Type 2 diabetic, Jon McMahon, studied the work of world class doctors the FRN provided. He was so impressed he launched his own cry for help and created a series of videos documenting his transition back to health. For those who care, read and follow the opportunities of the "iThrive" movement, and for fun, challenge yourself to one week without any added sugar in your food (check the labels!). Addiction is scary, but there is a way through it.

Quebec-municipal infrastructure programs

The Government of Quebec, the Minister of International Relations and La Francophonie, and Minister responsible for the Laurentians, Christine St-Pierre, is proud to announce the following financial assistance programs that will contribute to improved infrastructure in the municipalities of Lachute, Sainte-Adèle and Bois-des-Filion.

The municipality of Lachute will receive close to \$1.2 million dollars to be used towards the improvement of the municipality's water conduits.

The municipality of Sainte-Adèle will receive approximately \$1.3 million for the replacement of water pipes for both drinking water and wastewater lines under certain sections of Chemin Proteua and Chemin Rolland.

Bois-des-Filion will receive \$3.1 million dollars for the construction of a new fire station. The City will invest the balance, bringing the total investment up to \$4.8 million.



The Story Behind St. Adolphe d'Howard

Joseph Graham - Main Street
joseph@ballyhoo.ca

According to the Commission de toponymie, Quebec's official naming agency, the township of Howard, created in 1871, was named to honour Sir Frederick Howard, fifth Earl of Carlisle. Howard was Commissioner of the Colonies during the very difficult period of the American War of Independence and was sent to the colonies in the 1770s to try to pacify the Americans. Despite the resulting war and the creation of the United States, his mission demonstrated that he was a very capable man. He succeeded in getting a dialogue going.



Portrait of Frederick Howard,
5th Earl of Carlisle (1748-1825)
Sotheby's

Howard lived in Castle Howard at Henderskelfe in Yorkshire. He spent a good part of his life in the company of his childhood friend Charles James Fox, a great parliamentarian who was an incurable gambler. Howard was known for his extravagance and was criticized for his generosity in supporting his friend's gambling habit, a support that drained the estate's coffers. He went into public life and eventually became Treasurer of the Royal Household, an unlikely responsibility for a spendthrift. Nevertheless, he went from success to success and finished his career as a Knight of the Garter. The Order of the Garter, whose motto is "Honi Soit Qui Mal Y Pense" was founded in 1348 by King Edward III and is the oldest and highest British order of chivalry. According to the authority, Spink and Sons Ltd, the earliest records of how the symbol came to be have been lost, but there are two theories: The first suggests that Joan, Countess of Salisbury, dropped her garter and King Edward, seeing her embarrassment, picked it up and bound it about his own leg saying in French, "Evil, (or shamed) be he that thinks evil of it," Spink and Sons feels that this is "almost certainly a later fiction. This fable appears to have originated in France and was, perhaps, invented to try and bring discredit on the Order. There is a natural unwillingness to believe that the world's foremost Order of Chivalry had so frivolous a beginning."

The other theory is that the garter was a small strap used as a device to attach pieces of armour and that the garter is used as a symbol of binding together in common brotherhood and that the motto refers to the leading political topic of the 1340's, Edward's claim to the throne of France.

Perhaps the most significant achievement of the Howards was the longevity of their line. The Dukedom of Norfolk, created in 1397, devolved to the Howard line in 1483, but Edward William Fitzalan-Howard, 18th 'Howard' Duke of Norfolk, lives today in Arundel Castle, Sussex. The first Howard of record before that, John Howard, acceded to Wiggenhall, St Peter, in 1267. Two hundred and sixteen years later, in 1483, his descendant became Sir John, 1st Duke of Norfolk. Sir John died on the battlefield at age 65.

About one hundred years later, Catherine Howard, cousin of Anne Boleyn, became Queen of England through marriage to Henry VIII. She was subsequently accused of having had relations with her music teacher before she was married, and she was executed. (This same music teacher, Francis Dereham, is thought to have had similar relations with the King.) Her cousin, Thomas Howard, the 4th Duke of Norfolk, having learned nothing from this lesson, aspired to become the husband of Mary Queen of Scots in a bid to become the king, and was beheaded in 1572. The dukedom was forfeit and returned to the Howards again only in 1660.

It was the 4th Duke's youngest son, William Howard, who fathered the Howard of Carlisle line and acquired the property that would become Castle Howard in Yorkshire. His great-grandson Charles, described as a skilled opportunist, received the first title granted by Oliver Cromwell and succeeded in having the title Earl of Carlisle bestowed by King Charles II after Cromwell died. This Howard line continued until the 10th Earl died in 1911, and Sir Frederick Howard, the 5th Earl, was the one for whom St. Adolphe d'Howard is named. If planning a trip to the UK, consider a visit to Castle Howard. You can learn more at <https://www.castle-howard.co.uk>

It would be interesting to find who actually chose the name for the township of Howard, because the Howard family is also associated with the earldom of Arundel. It would suggest that the names were chosen to win favour with powerful and influential families in England, families that may have had little or nothing to do with Canada. Today one imagines that the French-Canadian farmers who came to settle in the Township of Howard may have resented the choice of a name associated with English nobility. Such an assumption is probably wrong, as can be demonstrated by the arguments over the origin of the slogan *Je me souviens* on our licence plates: The saying "*Je me souviens que né sous le lys, je crois sous la rose*" was a sentiment that existed in the 19th century. We forget today that the Canadiens of the late 18th and early 19th centuries were royalists. Better the King of England than no king at all. Royalty and titles carried status even if they were English ones and the concept of a country without a king was still experimental. Canadians, whether English or French, would have identified with a monarchical system more naturally than with a republican one.

In 1879, the mission of St. Adolphe d'Howard was established and it would grow in time to become the municipality. The name Adolphe comes from a tradition of naming a new mission after the priest of the sponsoring parish, in this case Adolphe Jodoin, Curé of St-Sauveur-des-Montagnes. As was the case in many other towns, the post office adopted the parish name when it was opened in 1882, and the municipality, set up as *Municipalité du canton de Howard* in 1883 changed its name to St. Adolphe d'Howard in 1939.

Obituaries

Campbell, Mason 1927-2018

It is with deep sadness that we mourn the recent passing of Mason Morrow Campbell. Born in Montreal on July 13, 1927 to Ruby and Roy Campbell, Mason was in his 91st year. He was a husband, father, grandfather, great grandfather and senior member of a large and growing family. In 1953 he graduated from McGill University and married Noreen Pardo. Soon after, the couple moved to Morin-Heights, the small Laurentian town where he had spent many happy summers growing up on the Campbell Farm. It was there that he and Noreen bought their first house together, started their family and began his career in education as the princi-



pal of the Morin-Heights Elementary/High School. Mason went on to teach at Rosemere High before becoming principal of Gordon and Highcliff Elementary Schools in Duvernay, a job he enjoyed for many years before joining the North Island Regional School Board as a board administrator. He retired to Morin-Heights in 1980 to pursue his interests, that over the years, included gardening, fishing, guitar, hobby farming, reading and spending time with family and friends. He was an avid follower of politics, the stock market and world events. He is survived by his wife Noreen, his children, Malcolm, (Sandra), Susan, (Martin), Donna, (Gerard), Pamela, (Ron) Cynthia, his grandchildren, Vanessa, Cory, David, Lee, Sean, Stephen, Lisa, Michael, Melissa, Zoe and Noah and his great grandchildren Jacob, Ophelia and Emily. At his request a private Celebration of Life will be held in place of a traditional funeral service.

MEMORIUM Jorg Scheilber May 9, 1943 to July 11, 2017

In memory of the first anniversary of Jorg Scheiber of Saint Colomban.

Haiku Poem
My old body:
a drop of dew grown
heavy at the leaf tip.

Sincerely,
Gary and many other friends



NOTICE OF CLOSURE OF INVENTORY

Notice is hereby given that Maureen Arthur (the "Deceased"), domiciled at 1544, des Musiciens Street, Saint-Adolphe-d'Howard, Québec, J0T 2B0, in her lifetime, died on December sixteenth (16th) two thousand seventeen (2017). An inventory of the Deceased's property has been made in accordance with the law and can be consulted by interested parties at 707 Chemin du Village, Morin-Heights. Given on this 28th day of June, at Morin-Heights, Quebec. Barbara A. THOMPSON, Notary

The English Link Elder abuse, more common than we realize

Part one of two

By Jill Grumbache-Boileau, 4 Korner's Family Resource Center



The Public Health Agency of Canada states, "One in five Canadians believes they know a senior who might be experiencing abuse. Seniors from all walks of life are vulnerable to elder abuse, and it is happening in communities across Canada. An estimated 4 to 10% of seniors experience abuse, yet only 20% of incidents are reported."

Seniors aged 65+ represent approximately 17% of the Canadian population (Statistics Canada 2016) and are a rapidly growing demographic (Brennan 2012). In 2015, for the first time ever, the number of Canadians over age 65 exceeded the number people under the age of 15.

The World Health Organization defines senior abuse as, "a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person."

Most cases of elder abuse are perpetrated by known and trusted people, particularly family members. Elder abuse can also occur in institutional settings, including nursing homes, and assisted living communities. Physical abuse is the most prevalent form, followed by emotional abuse, and financial abuse, according to the National Center on Elder Abuse (NCEA).

The Canadian Network for the Prevention of Elder Abuse (CNPEA) lists the following forms and definitions of elder abuse:

Physical abuse: Hitting or handling the person roughly (even without injury); physical restraint; giving too much or too little medication.

Sexual abuse: Forcing engagement in sexual activity, including verbal or suggestive behavior; not respecting personal privacy, sexual touching; sex without consent.

Emotional abuse: Threats, insults, intimidation, or humiliation; treating a senior as a child; preventing contact with family and friends.

Financial abuse: Tricking, threatening or persuading a senior out of their money, property, possessions; misuse of power of attorney.

Violation of rights and freedoms: Interfering with a senior's ability to make choices, especially when those choices are protected under the law (i.e., interfering with spiritual practices; withholding mail; denying privacy; dictating their financial management, etc.)

Neglect: Failing to provide the necessities of life intentionally or unintentionally.

Systemic or institutional abuse: Refers to rules, regulations, policies, or social practices that harm or discriminate against older adults.

Next month we'll explore another form of senior abuse, exploitation, as well as look at signs, symptoms and prevention of such abuse.

If you know someone who you suspect is a victim of senior abuse, there are several places you can turn:

Contact the Commission des droits de la personne et des droits de la jeunesse (Human Rights Commission) at 1-800-361-6477. Services are free.

Call Aide Abus Aînés, a bilingual, confidential helpline and referral service for seniors who are victims of exploitation, abuse or neglect, and their families, friends, neighbors and the general population. Call either 1-888-489-2287 or 514-489-2287 in Montreal.

Contact your local CLSC. Visit <http://sante.gouv.qc.ca/en/repertoire-ressources/clsc/> for phone numbers in your area.

Help Prevent Forest Fires

The annual fire watch in Canada's forested lands is upon us. Fort McMurray is still rebuilding two years after its devastating wildfires. In the meantime, Friday July 7 marks the one-year anniversary of the B.C. wildfires - that day a two-hectare wildfire began west of 100 Mile House B.C. kicking off BC's record-breaking season. This year, there are 170 fires



Wildfires in Alberta (© Andy_Hu/iStock)

burning across B.C., 10 times more than the same time last year. Meanwhile, south of the border, wildfires are ripping through California, Colorado, New Mexico and other Western states and emptying out entire neighbourhoods.

Canada has a history of wildfires going back centuries including the Great Fire of 1852 which destroyed half of Montreal's housing and left 10,000 people homeless, and the Great Miramichi Fire that devastated forests and communities throughout New Brunswick in 1825 (ranking it among the three largest forest fires ever recorded in North America).

More recently, FirstOnSite Restoration has been on the frontlines of some of the country's largest forest fires, including last years B.C. wildfires and the 2011 Slave Lake, Alberta wildfire, in which one-third of the town was destroyed. It was also one of the earliest responders on scene after the 2016 Fort McMurray wildfires, the largest wildfire evacuation in Alberta's history and the costliest disaster in Canadian history.

Fires are a natural part of the forest ecosystems in Canada. The burning recycles nutrients and improves the habitat for animals. It is also good for trees in the long run. It clears the forest floor of debris allowing existing trees to grow stronger and healthier. However, fires can also be devastating to those located near a wildfire-prone zone. Perennially, they pose a significant risk to communities and business located close to forests. Based on lessons learned over the past decade, here are FirstOnSite Restoration's 10 ways that residents and business owners can protect their property from a wildfire:

1. Create a 10-metre defensible space around your property
2. Make your roof fire-resistant and clear away gutter debris
3. Keep embers out
4. Remove close by coniferous trees
5. Prune your trees
6. Keep your lawn mowed
7. Create a "bug-out" bag and an action/evacuation plan. Click here for full description
8. Find a "fire-resistant zone" near your home
9. Work with your neighbours
10. Ensure you have adequate insurance coverage

Source: FirstOnSite Restoration, <https://www.firstonsite.ca/>
Visit Canadian Wildland Fire for daily fire-weather and fire-behavior maps.



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Upcoming Activities

Personal Sessions to Relieve Stress

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

Comforting Tea

Mon, Aug 13: 10:30 am - noon
(Mont-Tremblant)
Fri, July 27 & Aug 31: 10:30 - noon
(Ste-Agathe)

Coffee Meeting for the Bereaved

Tues, Aug 14: 7 pm - 8:30 pm
(Mont Tremblant)

Thurs, July 19: 1:30 pm - 3 pm
(Ste-Agathe)

Thurs, Aug 16: 1:30 pm - 3 pm
(Ste-Agathe)

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Main Street Money: Ladies' Investment and Financial Education

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

The Clawback Conundrum

How to help reduce your reported income to maximize benefits in retirement.

When Canadians age 65 or older think about their overall retirement plan, most focus on ensuring that their savings, investments and other forms of income are appropriately managed. But most people's retirement income also includes a range of valuable benefits available from the government, two of the most familiar ones being Old Age Security and the Age Credit. And a critical feature of these benefits is that they're highly connected to your taxable income. They can be clawed back or forfeited altogether if your reported income (line 234 of the federal tax return) is too high.

Therefore, in order to avoid reducing the government benefits you receive, you may want to think about ways to reduce your reported income. Here are a couple of straightforward approaches you can take.

1. Effectively structure non-registered investments

It's important to understand that each type of income from non-registered investment sources is treated differently for tax purposes. For example, only half of net capital gains are included in your taxable income, whereas interest income from investments, such as GICs,¹ is fully reported as income.

Dividends received from Canadian corporations are another consideration. Although the dividend tax credit does provide for preferential tax treatment, it is the grossed-up amount that is reported as taxable income and that is used to determine eligibility for income-tested benefits (such as Old Age Security).

This is where proactive management of your income-generating investments comes into play. Knowing how different investments affect reported income can help you identify opportunities to structure your investments in tax-advantaged ways to help reduce clawbacks and preserve your wealth. As demonstrated in the table below, some options to consider include prescribed annuities, withdrawals from a mutual fund or segregated fund contract, or distributions from a Series T mutual fund.

Consider the amount reported on your tax return (Income of \$10,000)

Source	Included on tax return (%)	Amount reported (\$)
Eligible dividends*	138	13,800
GICs or bonds	100	10,000
Capital gains	50	5,000
Prescribed life annuity	15†	1,500
Mutual fund or segregated fund contract withdrawals	2.5‡	250
Distributions from Series T mutual funds	0§	0

*Dividends paid from income that has been subject to the general federal corporate tax rate (e.g., paid by public corporations) qualify as "eligible dividends" and are included at 138 per cent. Other dividends, or "non-eligible dividends," are included at 117 per cent for 2016. † Taxable percentage is approximated for a 65-year-old female. ‡ Taxable percentage in year one; grows to 20 per cent in year 10. Assumes a five per cent rate of return on an investment of \$200,000. Does not take into account year-end distributions or allocations. § Distributions are considered return of capital (ROC) until the adjusted cost base (ACB) of the investment falls to zero, at which point they are considered capital gain. This percentage does not take into account year-end distributions.

2. Optimize tax deductions

From a tax perspective, the arrival of retirement means that many familiar tax deductions are no longer available, such as Registered Retirement Savings Plan (RRSP) contributions, pension plan contributions, child-care expenses and union dues. But you do have other options for generating deductions.

Maximizing RRSPs: If you have any RRSP room left, making a lump-sum contribution before you convert it to a Registered Retirement Income Fund (RRIF) can be advantageous – the resulting deductions can be spread over a number of years.

Borrowing to invest: 2 For those who have additional income over and above what's required for living expenses, coupled with a higher comfort level with investment risk, a borrowing strategy may be worthwhile. Specifically, a tax deduction can be created when you use RRIF or other discretionary income to pay interest on funds that were borrowed to invest.

Speak to your advisor

Whether you're nearing or already in retirement, it's worthwhile to contact your advisor and tax specialist for more information. They are the best resources for information on how to help avoid clawbacks and how to maximize government benefits.

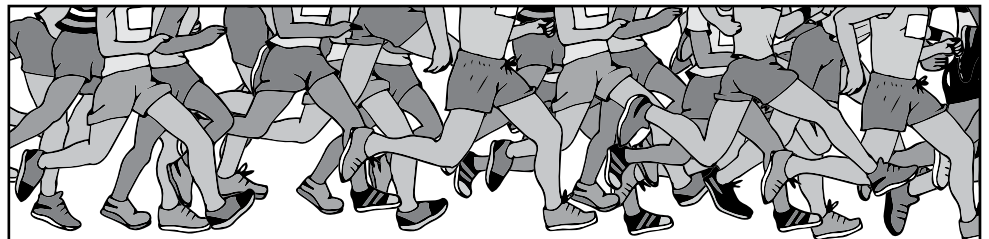
1 Refers to guaranteed interest contracts from insurance companies and guaranteed investment certificates from other financial institutions.

2 Borrowing to invest is appropriate only for investors with higher risk tolerance. You should be fully aware of the risks and benefits associated with investment loans, since losses as well as gains may be magnified. Your investment will vary and is not guaranteed. However, you must meet your loan and income tax obligations and repay your loan in full. Please ensure you read the terms of your loan agreement and the investment details for important information. The dealer and advisor are responsible for determining the appropriateness of investments for their clients and informing them of the risks associated with borrowing to invest.

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

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THE GREAT RELAY RACE 2018

The 32nd edition of the Great Relay Race will be held at the Lake Louisa Social Club (132, Lake Louisa - South Road, Wentworth) on **Saturday, August 4.**

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. 6 athletes per 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 / 450-533-4913 / Mike: 514 825-9255

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I'm Just Saying News, weather and sports

Ron Golfman - Main Street

I thought it might be interesting to present a "newspaper within a newspaper" this month, as we approach the mid-point in our cherished summer. My observations and recording – a type of Cole's notes - on what many of us might be thinking at this time; enjoy.

News: Locally, my lovely hamlet of Morin Heights has finally achieved the reduction of the speed limit along our main street, which is also a provincial artery to Lachute. As you might know, this positive move has long been one of my own personal crusades, given the foot traffic, library, day-care and local merchants' shops along this stretch of road. As of June 22, the speed has been reduced, indicating that it is now possible to increase safety for all. Given that there is only a sidewalk on one side of this road, I remain mystified as to why people continue to choose to walk recklessly on the side without one, creating risk to all?

Now, if only the powers that be, including our own city hall, who have repeatedly told me that it's impossible to reduce the speed limit on the highway, at our four corners, where the traffic light is located, would advocate to bring the 80 kph limit down to an acceptable 50 kph, we'd have achieved complete responsibility. The crossing at this intersection continues to be an accident waiting to happen, and research shows that Morin Heights is almost the only town in this province where a 50 kph speed limit is not the norm under similar circumstances.

Weather: Prime Minister Trudeau promised "sunny days" upon being elected, and unless he fancied himself as Thor, or a political meteorologist, his success in this area falls short of the daily forecast predictions of CTV's Lori Graham. The East can say no to an oil pipeline expansion, but not the West. As a result, you and I, without our permission, end up owning Kinder-Morgan's infrastructure.

I am no Tory lover, but I would prefer that Trudeau directs his support to the poorest in the land, even if it costs me more, as opposed to his spending my money, and vastly increasing the deficit in this way, as I fear that future generations will not be able to weather the financial storm he is inviting.

Sports: I've always loved to watch the FIFA World Cup. This time around it has turned into a sad photograph of our social condition. Having adored the women's tournament here, a few years ago, I witnessed great matches and excellent effort. The focus and grit were stellar, with women bleeding and ignoring it, playing through pain, and striving for their teams and countries with class. This year, the men's game is fraught with fake injuries, writhing and grimacing when no contact was made, and with tantrums being the accepted norm. It is sad to see so many men, including the spoiled stars, play like victims, and set such a bad example to the youth of the world.

Once again, and I'm Just Saying, the men can learn much from women.

Summer Reading Club

The TD Summer Reading Club is officially launched in the Laurentians! For 21 years, this free, family-friendly bilingual program has aimed to instill in young people the taste and love of reading during the summer. In Quebec, more than 450 libraries will offer the program to their young readers.

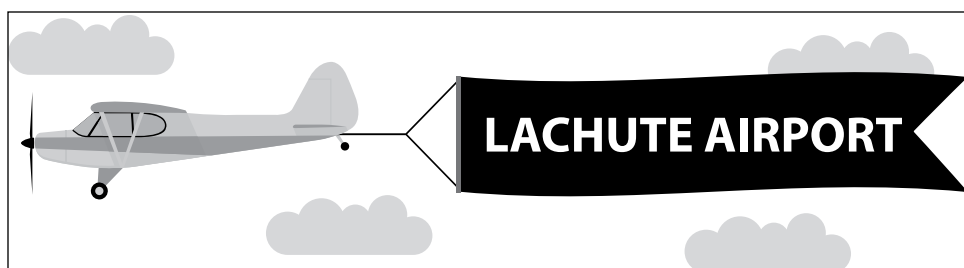
At the library, at home, on the road or online, children participating in the TD Summer Reading Club will have access to a host of recommendations and exclusive online books, including *The Gods of Inferno*, composed specifically for the Club and signed by the award-winning author and globe-trotter, Camille Bouchard. For the first time this year, the Club also offers a podcast featuring novelist, playwright and storyteller, Roch Carrier. Curious to know more? Go to clubdelecture.ca/.

TD Bank Group and Library and Archives Canada invite families to enroll in the program that allows children to follow up on their reading, interact with other children, participate in various activities, jokes, stories, book reviews, but most importantly, continue to read and practice during the summer so as not to lose the learning acquired during the school year.

Lachute Airport Open House & Fly-in Saturday, August 25 from 10 to 2 pm

Everyone is welcome to an Open House and Fly-In event at the Lachute airport. A BBQ lunch will be served and there will be lots of airplanes to see so bring your children.

Airplane rides / Aircraft display / Aviators' Flea Market / Kid's activities.
Entrance is free and parking is along Bradford and de l'Aéroparc boulevards.
All proceeds will benefit Les Bons Déjeuners d'Argenteuil.



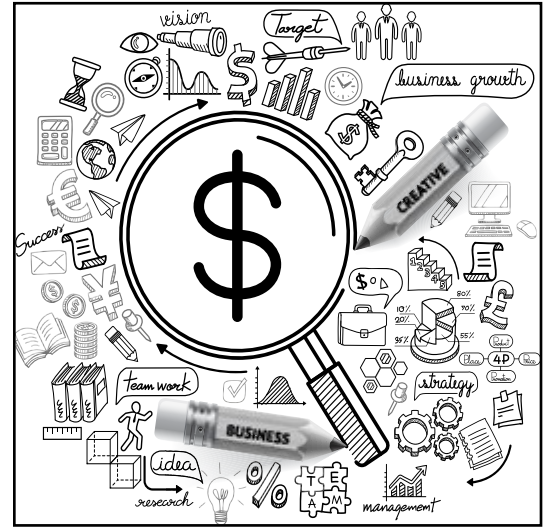
Making it Work in the Laurentians Budgeting for artists

Rachel Morgenstern-Clarren

The sun is out, and your 2017 taxes have just been filed, so budgeting for the year ahead may be the last thing on your mind, but it shouldn't be! A cash-flow budget is a smart way for anyone who owns a business and/or is self-employed to manage his/her finances. Artists are known for doing a lot with very little, but by creating a budget now, you're setting yourself up for financial stability all year long.

What is a budget?

A budget gives you an overview of your spending and your sources of income, typically over a 12-month period. It tracks money coming in and going out, allowing you to take a big picture look at your financial situation and to make plans and adjustments to reach your financial goals. For artists, a budget can be especially helpful when applying for grants or loans. And, if you are having financial difficulties, careful budgeting will help you find solutions, as it lets you easily adjust for seasonality, identify recurring expenses that can be cut, etc.



Cost vs. Revenue

Budgeting means keeping track of two basic categories: costs and revenues. Costs refer to the money going out and they can be either 'fixed' or 'variable.' Fixed costs stay the same each month, such as studio rent, insurance, utilities, etc. Variable costs change depending on each individual project you're working on, like costs for materials (for example, new clay, acrylic paints, framing, etc.), and direct labour. Your costs will vary throughout the year, as you might rent a booth at an artisanal fair in the summer, and order additional supplies in the fall. Budgeting allows you to plan for those fluctuations.

Revenues refer to the money coming in. An artist's revenues can be more inconsistent than other professions, but they usually include some combination of sales, funds from awards, grants, investments, and loans.

How do you budget?

Use a spreadsheet or tracking software to keep track of when and how your money flows. Each month you should itemize your anticipated expenses and subtract them from the funds coming into your business. If there's money left over at the end of the month, you can save it for future expenses, or reinvest it into your artistic practice. If there's a deficit, you will have to come up with additional funds, or defer some of the payments.

How can a budget help you long-term?

To increase your profits, you must either increase your revenues or reduce your costs. The longer that you keep track of your costs and revenues, the more obvious it will become what works and what doesn't (i.e. spending money on paid social media ads without any return indicates that you need a better advertising strategy). And when it's time to file your 2018 taxes, you'll be glad you kept good records - the money you've saved can go towards new art supplies!

Plan better and achieve your financial goals with support from the YES Artist Coach. Call 1-888-614-9788 ext.316. or visit www.yesmontreal.ca



READERS VOICE

In the fifth paragraph, MacFairlaine states: "Readers should realize that a government is a parasite that feeds off its host – we the taxpayers." He goes on to excoriate government with a very narrow vision. I would like to know if he drives on any public roads, if he and his children attended public schools, if he has consulted a doctor or been hospitalized, if he puts his garbage and recycling bins out for collection, if he has flown into or out of a Canadian airport, if he uses Canadian money in any form – cash, cheques, debit or credit cards – if he accepts his Quebec Pension Plan and Old Age Security payments, or any number of other services provided by the various levels of government. Would he prefer to be responsible directly for the building and maintaining of infrastructure, for the provision of services, for the regulation of industry in various ways. If he can fairly answer "no" to that set of questions, he should be answering "yes" to this one: Does he subscribe to Margaret Thatcher's doctrine that there is no such thing as community, only individuals? This is a very narrow and self-centered view of society and every individual's place in it. We need to be building community and strengthening our institutions to deal with the present and future challenges we face, not come at them with a wrecking ball. I do not identify myself as a "taxpayer" although I of course pay taxes, but as a citizen, of my town, my province, my country and the world.

Sheila Eskenazi
Ste-Lucie-des-Laurentides
sheila@ballyhoo.ca

Morin Heights Live: the best-kept musical secret in the Lower Laurentians

Lovers of live blues and classic rock and roll are regularly treated to performances by some of the area's best bands at "Morin Heights Live" shows held at the Morin Heights Legion. Started two years ago as Blues on Tues, most performances now happen on Wednesday evenings, with a few weekend shows also listed on the roster. The Wednesday evening shows are ideal: great bands are more easily available for the 7 to 10 pm gigs.

An intimate setting, modest \$10 entrance, cheap drinks, dancing and great music keep the regulars coming. And more and more musicians and music lovers are coming from around the area as they hear about these fabulous shows. People from Arundel, Wentworth, Gore, Mille Isles, Lachute...even Dunany and Ile aux Chats.

The scene is straight out of 1973, except of course that performers and audience alike are grey-haired and wrinkled. But still dancing and hooting and hollering like the old days. It's not as rowdy as the legendary Commons was back in the 60s and 70s, not quite as mellow as folk music at Rose's Cantina, but Boomers from far and wide brave the backroads for a taste of those days and great covers of the best music of that era.

See the Morin Heights Live Facebook page for more details.



Dwane Dixon's Double D band put on a great show at the Morin Heights Legion on June 20.



Real Wine for Real People Summer food and wine pairings

April Sirois - Sommelier - ISG

I often get asked about food pairings; what goes with what, and why. Now, I do love a classic food and wine pairing, like oysters and champagne, or duck with Pinot noir. However, it's summer in the Laurentians and we are eating more casual foods right now. So, what wines go with good old-fashioned summer fun food; food like hotdogs, potato chips, Nachos, or boiled corn on the cob dripping with butter? What do I pair with these guilty BBQ and backyard pleasures? Well, grab a glass and lets run through the top summer foods, and the wines that will make them taste even better.

My top 8 are:

Barbecue and Zinfandel: Somehow, the sweet, smoky flavour of barbecue sauce and a big, rich Zinfandel just go together.

Buttery corn on the cob and Oaked Chardonnay: This wine is a great match with its rich buttery notes.

Burger with cheese and Malbec: Big and fruity enough to hold its own with or without condiments.

BBQ chicken, (including beer bum) and Riesling: I also like this pairing with hot wings and pulled pork.

Grilled Hotdogs and Shiraz: This wine, with its charcuterie notes of cured meats, is a nice match.

Grilled cedar-plank salmon and Pinot Noir: This more delicate type of barbecue food works best when matched with a delicate wine.

Grilled lamb chops and Cabernet Sauvignon: Lamb and Cab Sauv are always a great pairing, with or without a little Dijon.

Potato chips/salad/nachos/nibblers and Brut Sparkling wine: Honestly, Sparkling wine pairs with everything. My rule of thumb is when I am unsure of what to pair, I throw a sparkling wine at it and it always works.

Now get out there and heat up that grill.

Cheers!



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