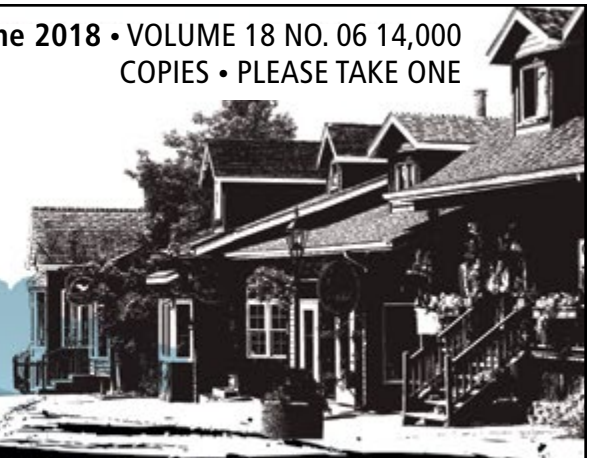


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What's On My Mind... Bring on summer

Susan MacDonald, Editor

Main Street warmly welcomes back our summer residents who have returned for another great season of Laurentian life. Lakeside cottages have sprung to life, breaking the silence of the long winter, and laughter will soon be echoing over the waters, as friends and families reunite around BBQs and campfires after their busy days. Ah, Laurentian life; this is what it's all about!



The summer is kicking off to a great start with a full line-up of festivals, cultural events and family activities, as well as planned celebratory events for Quebec's national Fête St-Jean on June 24, and Canada Day, on July 1. There's something for everyone, and you'll find some exciting events coming up in this edition so be sure to read through thoroughly.

There's a buzz around town over a new establishment scheduled to open soon in Prévost. This local venue is promising some great food and in-house brewed beer, and under the direction of CEO, Hugues Neron, we're sure this is quickly going to become the next famous hotspot of the Laurentians. More details to come.

Dining outdoors is particularly pleasurable during the summer and there are several seasonal options available to you. Many fine establishments are waiting to welcome you to their dining rooms and terraces, offering menu choices of succulent meals to satisfy any craving. Other establishments provide everything you need to cook or entertain at home. From formal dining to entertaining at the BBQ, selections of seafood, meats, organic and pure vegetarian specialties are endless. And, to compliment any meal, our sommelier, April Sirois, has some suggestions for favourite summer wines to complement your table, all at reasonable prices.

Farmers' Markets are also starting up this month and will showcase fresh, seasonal produce, farm products, transformed food items of every kind, and some artisan creations as well. Be sure to visit them all over the course of the summer and help support and encourage your local food producers and artists.

If you're looking for some adventure, nature's doors are open to outdoor summer enthusiasts, from zip-lining through the tree tops to coursing the rivers' rapids, as well as every sport in between, there is no shortage of outdoor Laurentian adventures to explore. Golf and tennis courts are easy to locate, hiking and walking trails abound, cycling paths are everywhere, and several locations offer horseback riding, rock climbing, water sports and boating activities. Why not try something new this year?

The past winter is a mere memory, the spring cleanup is done, and now is the time to enjoy the best the summer season has to offer. Play safe and have fun.

Enjoy the read...

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Observations

Justin's alternate reality

David MacFairlane - MainStreet

A recent article by Lee Friday of The Mises Institute, and published in Zero Hedge a few weeks ago, drew readers attention to the fiscal crisis

unfolding in Canada, and the warning issued by the Fraser Institute that this government is ignoring all basic economic principles and seems hell-bent on setting an "ignominious record." The Mises Institute is the world's largest, oldest, most influential institution devoted to Austrian-school economics, freedom and peace in the tradition of classic liberalism and, when it highlights a report of the Fraser Institute, warning that this government is living beyond its means, we should all wake up and pay attention.

When people spend more money than their disposable incomes, they will have to borrow to cover the shortfall. Many Canadians who live with increasing debts will suffer the financial consequences of this dangerous practice and, eventually, will come to regret the choices they have made. It is no different for this government, when it spends more than it receives by way of taxes – its only source of revenue. Prime Minister Trudeau, however, has chosen to ignore his campaign promises and is on the way to racking up enormous budget deficits that become the liability of current and future taxpayers.

The Liberals won the last election on the strength of numerous promises, many of which remain unfulfilled still. Regarding the budget, Trudeau pledged to limit the annual deficit to no more than \$10 billion for the first three years and eliminate it completely by 2019-20. The reality has been far worse. In the first year, 2016-17, the deficit was \$17.8 billion. In the second year, 2017-18, the forecast deficit is \$19.9 billion, and for the third year the forecast deficit is \$18.1 billion. The Fraser Institute reports that the combined federal and provincial debt has increased from \$830 billion in 2007/08 to an estimated \$1.4 trillion in 2016/17, and it continues to increase relentlessly as the government continues to borrow to cover its growing deficits. This represents about \$38,000, and climbing, for each Canadian citizen. The Institute also points out that, when it's all added up, Canadians pay a whopping 42.5% of their income in taxes. "In fact, the average Canadian family (spends) more on taxes ... than on life's basic necessities – including housing," said Charles Lammam, director at the Institute.

This is not a pretty picture and we, Canadians, seem to be blithely ignorant of the fiscal mess our government continues to heap on us and future generations. However, Justin's insouciance is astonishing in the light of the promises for financial rectitude he has made. Yes, he was born into wealth and privilege and nurtured with a silver spoon. He has also never had a proper job in his young life, and is a political neophyte, so one might wish to cut him some slack and chalk his recklessness up to inexperience and misplaced hubris. However, we should expect more from the Finance Minister, a millionaire businessman who should know how to balance the books and keep his shareholders (us) solvent and protected. If he has warned the Prime Minister of the folly of careening down Desolation Row, we will never know, but it must be obvious to him that Trudeau's budget deficits are eroding the financial wellbeing of Canadians who trusted him to act transparently, following Harper's 9 years of abrasive arrogance that alienated friend and foe.

Readers should realise that a government is a parasite that feeds off its host – we, the taxpayers. It is not a business and produces zero profits. It exists by taking money from Peter and giving it to Paul, thereby redistributing the spoils, after paying itself handsomely first. This way, government continues to maintain power on the pretext of serving the people. Politicians know full well that if you rob Peter to pay Paul, you can surely count on getting Paul's vote next time. Politicians always pander to special interest groups because profit/loss considerations do not exist for them, only expediency. They spend other peoples' money, and when that runs out they borrow without constraints or conscience. By contrast, other Liberal Prime Ministers have been much better managers of the public purse. Jean Chretien cut the per-person debt by 13%, Paul Martin cut the debt by 8% and Lester Pearson reduced it by 6%.

Just recently, due to the political fuss over the proposed oil pipeline expansion from Alberta through British Columbia, the government decided to purchase the entire Trans Mountain pipeline and related infrastructure for \$4.5 billion to ensure its construction. With the Alberta government also pledging money to assist this project, it is estimated that the final cost will be around \$7.4 billion, perhaps as high as \$12 billion. What the government has done is to take this project away from a private company, where it would have been funded entirely with corporate money and, instead, assumed ownership on behalf of Canadian taxpayers. Where will this money come from? Who else but from present and future taxpayers, and since the government will be borrowing this money, the future interest costs will also be borne by Canadians. The Prime Minister has assured Canadians that the government intends to sell the completed project back to the private sector, but since hapless bureaucrats

always bungle their mandates, we can be sure that billions will be lost when the final accounting is done, and the pockets of crony insiders will likewise be filled.

The Financial Post recently pointed out that business investment in Canada has declined by over 18% since 2014 and that this is due to federal government policy choices that have been counter-productive. The question arises whether Justin Trudeau lives in an alternate reality because he seems to be oblivious to the fact that over one-third of Canadians are so stretched financially that they cannot afford their monthly bills and debt payments – an increase of 8% since the last survey by MNP Ltd., of Winnipeg. Over 40% of respondents regret the amount of debt they are carrying, and 48% say they are within \$200 of not being able to pay bills.

The problem is not so much the deficit, but the excessive size of the federal budget. Government spending and taxes must be slashed to stimulate private sector investment. There is nothing the government can do that the private sector can't do better – at far less cost and less waste, but until voters demand more accountability and smaller government, Canadians will continue to get the irresponsible and conflicted system they have always voted for.

The Mises Institute concludes that Trudeau's government is either out of touch with reality, or they simply don't care about economic growth and the financial plight of Canadians, despite their pious assertions to the contrary. The relentless growth of the public debt is proof enough of the lack of personal accountability among politicians and the bleak future of penury that awaits us.

Its time for a "wake-up and smell the coffee" call. On June 7, the Ontario Liberals will be thrown out of office, after 15 years of mismanagement and deficits, and replaced by ... God forbid, the NDP!! Or, even worse, Canada's Trumpster wannabe, Doug Ford of the PC Party.

So, Justin, your policies will need vindication if you hope to avoid a similar fate in the election next year. The politics of personality carries an expiry date.

"Justin Trudeau is the only Prime Minister in the last 120 years who has increased the federal per-person debt burden without a world war or recession to justify it." – May 2018 - The Fraser Institute of Vancouver, BC. A national, non-partisan, independent think-tank.

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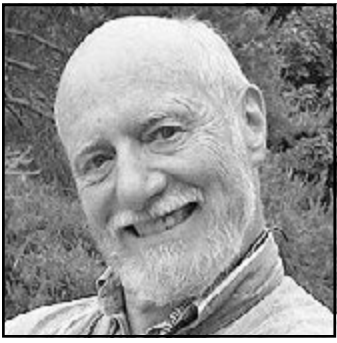
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Simply Words on Paper Recycling must become credible and consistent to succeed

Jim Warbanks - Main Street

The limited amount of garbage produced in our household somewhat surprises me. Our region has had a successful composting program for many years. The remainder, which is directed to the large, blue recycling bin, remains problematic.



Even though I make an effort to be aware of what is recyclable, I find that the lack of consistency hampers individual recycling efforts. In a recent radio interview, a spokesperson admitted that the various Montreal boroughs have differing rules, and that there is a lack of uniformity across the province. He was candid, but not particularly helpful.

A study has determined that about 7.5% of items collected in the Montreal area must be transferred to the dump. According to Recyc-Québec, the provincial average for rejected items is 9.1 per cent. Vancouver (4.6%) and St. Johns (3.0 %) fare far better, but Toronto rejects an incredible, unacceptable 24 per cent of collected materials because they are either tainted, or not (currently) recyclable.

Alternative uses

Louise Hénault-Éthier, head of science projects at the David Suzuki Foundation, insists that the recuperated materials are frequently all mixed and therefore heavily contaminated. She claims that if you have glass bottles exploding in your paper, it hampers the recycling process. Obvious, I would say. Glass is heavy, cheap, yet expensive to transport and marginally recyclable, although there are current programs to develop alternative uses, like as an additive to cement. Can it be a financially-viable option? Since glass is inert, either develop a viable use or simply dump it as close to the source as feasible.

She also suggests that separating glass, metal and plastics at home to ease sorting, contamination and waste production should be re-introduced to ease processing at the recycling facility. That option was discarded decades ago because of concerns that people would not make the effort to recycle. Partial sorting and alternate collection dates may be workable today. I would prefer the assurance that certain volume items that I make the effort to recycle, like paper, would be successfully recycled economically, even if I had to set it aside for collection monthly.

Nagging concerns

I still also have the nagging concern that certain recyclables are not re-used because they do not conform for ease of handling. I collect strip-cut shredded paper in a large, clear plastic bag and place it in the blue bin when full and tightly-packed. I suspect that, if the bag is torn open during transport, this becomes unusable garbage. Even if it arrives safely at the plant, it may still be rejected, since it cannot be conveniently baled.

Have you ever tried to estimate the time (and cost) of preparing certain very recyclable items for the blue bin? A quick rinse with cold water? Worthwhile. But what about that clear plastic or glass mayo or ketchup container? Can you justify repeatedly flushing it with hot water (\$), particularly if you doubt that it will survive to be recycled.

Excessive packaging

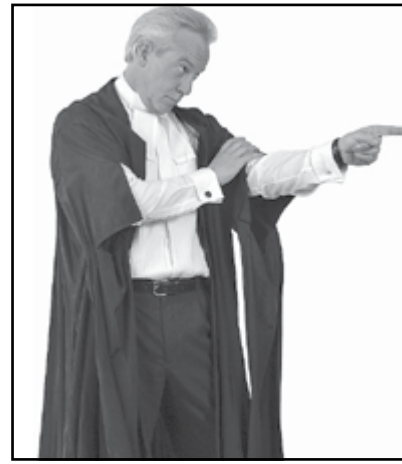
Excessive packaging, most often that 'impossible to crack open without the use of sharp tools' variety of hard plastic, should be banned or significantly reduced. But many other currently non-recyclable materials could either be modified, or a proper end-use developed. Milk and juice containers, which are made of a problematic plastic-lined cardboard, were considered recyclable for years in neighboring Ontario communities, before the ban was lifted in our area.

Though Quebec continues to resist a similar plan, the Ontario Liquor Control Board charges a deposit on each bottle, which can be reclaimed by carting the accumulated, unsorted collection to the Beer Store for a refund. I am told that some alert Quebec consumers take advantage of this program. Though it does have a certain 'feel good' environmental aspect, I question the financial viability of this initiative.

Innovative end-use

Ultimately, we need to adopt a clear, consistent (at least) province-wide standard delineating what can be recycled and what forms of contamination must be avoided. Will a relatively clean, non-greasy pizza box meet the existing standard? We need to expand the categories of various products that can be recycled by developing innovative end-use solutions, including mandatory return to the supplier or producers for in-house recycling, which could ultimately prove profitable.

Now, if only I could figure out what to do with this cardboard box that would be a viable candidate for recycling, if only it were not for the very sticky tape affixed to strengthen it, protect the contents and cover the address label. I already know what to do with the styrofoam beads that isolated and insulated the contents.



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Lachute 4H Club hosts annual provincial rally

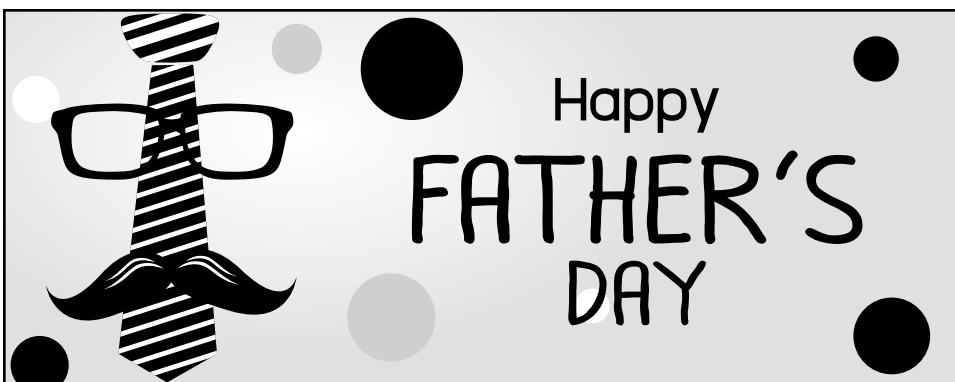
By: Stacey Godin

This year we are tasked with hosting the 43rd Annual Provincial Rally. This event hosts clubs from all over Quebec and will be held at the Lachute Fair grounds from July 26 to 29, 2018. The theme for 2018 is social media.

Rally being the biggest provincial 4H event of the year, hosts over 100 participants every year. Members, varying from 6 years to 25 years old, can participate in a variety of livestock shows including dairy, beef, horses, and more. Other classes include showmanship, horticulture, handicrafts, public speaking, cooking and crop judging, these being great opportunities.

Rally is not only a great hands-on learning experience but also a way to make new friends and have lots of fun doing so. After all, our 4H motto is "Learn to do by Doing".

With the generosity of local sponsors and donations, we hope to make this an event to remember. The public is welcome, but please note there is no canteen on site.



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About Sainte-Adèle

Chris Lance - Main Street

Mayor Nadine Briere has announced the town's plan to buy 200 hectares in the Mont Loup-Garou area of



Sainte-Adèle. The group, known as Plein Air Sainte-Adèle (PASA) will offer up ideas to develop this territory. The plans include trails for walking, biking, fat bikes, cross-country and snowshoeing. The idea being that the land would be used for the citizens and visitors to our region.

Don't like cooking, or you can't? Meals on Wheels has a great offering on Tuesdays and Thursdays. Head chef, Barbara Malcolm, will be preparing soup, a main dish and dessert for \$6, delivered to the doors of the elderly population in our region. You can also order up frozen meals to tide you over for the rest of the week. For more information call 450-229-9020.

The École Secondaire A.N. Morin has installed a synthetic soccer and football field for high school kids and for local teams to play sports.

With the summer months looming at long last, you might be planning family reunions, visitors, weddings and weekend gatherings. It is time to stock the pantry with chips, popcorn, nuts, crackers and other numerous snacks that go together with wine and beer. Stock the beer fridge with old standards and new local offerings, check the barbeque, clean it up and fill that extra propane tank. Make sure your boats have access to safety features, such as approved floating devices. Inform the guests about avoiding clogging toilet pipes – many of us have septic tanks up here. You might leave a note in the bathroom as a reminder before the forgetful flush. Also check that all the fire prevention warning systems have fresh batteries.

As I mentioned last month, make sure your house civic number is visible from the road in case of an emergency.

With guests arriving, you might want to check out the walking trails and get maps on the Sainte-Adèle website or drop by the town hall, or the Place des Citoyens, to see what's available in print.

At the Place des Citoyens you can check the summer offerings, and buy tickets online at www.ville.sainte-Adèle.qc.ca/achatenligneplacedescitoyens

Also, our local library, in the shopping center, can order the latest Trump book for your reading pleasure or, better yet, provide you with a mindless novel to relax with over nice summer days by the lake.

At www.salleanm.com you can check out any plays or showcases over the summer months. And, for the restless, check out the Cinema Pine; film buff, Tom, always has the latest movies in English.

If your guests enjoy tennis (or if you are a weekend sports activist) call the tennis team at 450-229-2921 ext. 237 for hours and costs.

There is also fishing over at Parc de la Rivière Doncaster. You can call 450-229-6686, or check online at parcdoncaster.com, for access hours or costs.

Lots to do for the month of June – get going, and get out and enjoy – summer is so short!



Village of Weir Newswire

Claudette Smith-Pilon

SUMMER IS ON ITS WAY...

Bugs, critters, flies, sunshine, rain, birds chirping, gardening... Much better than old man winter!



SOCIAL ACTIVITIES

"Welcome to Bridge." Come and join us for a fun afternoon of playing bridge at the Montcalm Community Centre every Tuesday afternoon from 1 pm – 4 pm.

Beginners are welcome. It's an easy-going social atmosphere in which to learn and make new friends. For more information please contact Bob Guezen at 819 687-8245 or by email at bgueze@gmail.com

COMMUNITY LUNCHEON:

The last luncheon was held on May 25 and was a huge success. Luncheons will resume in the fall: Jolaine Craig will advise us of plans for the new season.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next quilting days will be Friday, June 18 and Friday, July 6 at 9 am. If you would like to watch these ladies working diligently on producing their gorgeous quilts you are more than welcome to join us.

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



Let's Talk About It

Erin McCarthy - Main Street

With the warmer weather upon us, it's the perfect time to start thinking about some outdoor activities to build into your summer schedule. We've been in Tremblant for a few years now, and we are very fortunate to have a myriad of possibilities

right at our doorstep: biking, hiking, tennis, paddle-boarding, you name it - we've got it! This summer, I want to try something a little different, a little outside the box and more adventurous. I did some research and found these three activities that are sure to up your tempo and expand your horizons - literally.

1 - Tree-to-Tree Course

An adventure up in the trees, with about 40 aerial games and cable descents, strung 25 to 60 feet with nets, ropes and different types of suspended bridges. Participants learn how to use lanyards, snap-hooks and pulleys, and navigate the zip-lining course, all under the guidance of a qualified operator. The course is divided into 4 sections, so that participants may choose their levels of difficulty, depending on their comfort zones. There are two 'easy' sections (Nansen and Johannsen), one intermediate (Le Géant), and one difficult (Le Diable). There is also a separate course designed specifically for children, 12 years and under. It has approximately 15 aerial games, including a zipline and a variety of suspended bridges. Parents fear not - from beginning to end, children are hooked and secured, at all times!

Open June 23 to September 3 - everyday from 9:30 am to 4 pm. (Duration: approximately 2hrs)

2 - Ziptrek

This activity takes you from the summit of the mountain down to the village, featuring 5 ziplines that total almost 4km in length. Participants are outfitted with custom harnesses that are then attached to the zipline with a specialized pulley. At each aerial launch platform, you simply step down the stairs until there is tension on the harness tethers, lift your feet (with a gulp, no doubt!) and soar down the line, reaching speeds up to 100 km/hr. The harness system allows you complete freedom to move, and even to enjoy your zipline ride hanging upside down if you feel like channeling your inner wild thing. Between ziplines, short-distance hikes get you from one platform to the next, during which time your guide will educate you through an ecological exploration of the mountain and the environment.

Open from May long-weekend to Thanksgiving – everyday, from 9:30 am to 4 pm. (Duration: approximately 3hrs)

3- Via Ferrata

A via ferrata (Italian for "iron path") is a protected climbing route classically found in the Alps.

The Mont-Tremblant National Park also has a Via Ferrata- who knew! Clipped into a steel cable that runs the length of the cliff, an experienced guide leads participants across the face, with built-in steps, handles, beams and various types of bridges, while overlooking the Diable River, far below. Note: your activity pass also grants you access to the Mont-Tremblant National Park.

Open June 10 to October 10 – everyday, from 9 am. (Duration: 3-5hrs)

All these activities have family friendly options, but there is generally an age minimum. For more info, go to www.tremblant.ca

I promised myself that I would try at least one of these activities this summer, so I'll keep you posted! However, if you have any adventurous activities that you're taking part in this summer - write me, and let's talk about it! eamccarthy81@gmail.com

Arundel News

Janet Thomas

SATURDAYS IN THE PARK AT BEAVEN CREEK PARK June 23 to August 25

In the event of rain, activities continue in the gazebo.

9 am - 10 am: Yoga in the Park starting June 16

10:30 am - 11am: Family Yoga: Free family fun with yoga

11:30 am - 1pm: Art in the Park: Free art activities for children

Bring a picnic lunch and join us!

ARUNDEL CRAFT FAIR and FARMERS' MARKET

Gilbert's lot beside Arundel Provisions

Saturday, June 30 10 am - 4 pm

24 artisans and producers will display their wares for sale.

STRAWBERRY LUNCH AND BAZAAR

Arundel United Church

Saturday, June 30 11:30 am - 2 pm

Delicious sandwich plates, strawberry shortcake, tea or coffee.

Adults \$10; children 5-12 \$5; under 5 free

BAZAAR: Books, White Elephant, baking, flowers

CANADA DAY FESTIVITIES BEAVEN CREEK PARK

Sunday, July 1

2 pm: Flag-raising ceremony and special tribute to Alain Leduc, First Responder

2:30 pm: Court games; children's musical craft

3 pm: Cash Bar

3:30 pm: Musical Tam Tam Workshop and Show; Mr. Freeze Kiosk

4:30 pm: Clown with face painting and balloon art; inflatable structure; DJ Rod

6 pm: Mischoui

8 pm: Live Music: Posa Blues Band

9 pm: Fire Pit

10 pm: Fireworks

ALBeRo WATER TESTING (fecal coliform) - free for members

Sun, July 8: 9 am - 11 am: Montcalm Community Centre /

10 am - noon: Arundel Provisions

Collect your sample bottle, fill it with tap or lake water and return.





The MRC d'Argenteuil continues its commitment to pediatrics in Argenteuil

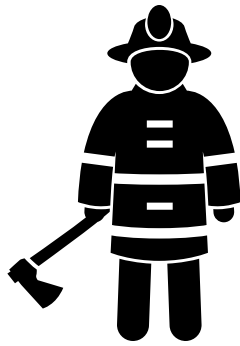
A little over a year after the inauguration of the Argenteuil Community Pediatrics Center (CAPC), the Argenteuil MRC has reiterated its support for the well-established organization with \$20,000 in funding from the Territorial Development Fund (TDF) plus \$5,000 from the Regional Radiation Support Fund (RPSF), through the community agriculture project, for the realization of the Music Garage. These funds are donated to the Center for Social Pediatrics to enable it to continue developing its services to a growing clientele.

The financial assistance allocated by the MRC d'Argenteuil under the FDT adds to those of many CAPC mission-sensitive community partners and will contribute to the improvement of services and the increase in the number of staff hours. For its part, the additional \$5,000 from the FARR will be used to launch the Garage à musique, an innovative project based on the many benefits of music therapy.

Study for regional grouping of fire departments

A study to evaluate the possibility of regrouping three fire departments (SSI) will be carried out jointly by the City of Lachute, the City of Brownsburg-Chatham and the Municipality of Saint-André-d'Argenteuil. This mandate was entrusted to the firm Icarium Groupe Conseil and will be funded in part by the Ministry of Municipal Affairs and Land Occupancy (MAMOT). The study is expected to be filed in the summer of 2018.

For many years, municipal fire departments have been in great demand and their operations are increasingly diversified and specialized. In this context, the three municipalities wish to evaluate the possibilities of optimizing existing fire safety services in the territory, particularly by pooling equipment and resources. The study will also provide tools and data that will ultimately enable the three services to manage their operations more efficiently, improve their response times, and improve service to citizens.



La Fondation La Traversée takes ownership of former site of Château Beauvallon in Mont-Tremblant

La Fondation La Traversée is now owner of the former site of Le Château Beauvallon in Mont-Tremblant, following an agreement signed with the city on May 1, 2018, as recently announced by Chantal Roussel, president of the foundation. City council offered the unoccupied building on the understanding that it will be used to establish the region's first palliative care residence, La Maison La Traversée.



Since 2012, la Fondation La Traversée has been fundraising for a palliative care residence for those needing end-of-life care, available to residents in the 17 municipalities within the MRC Antoine-Labelle, Laurentides, and the Pays-d'en-Haut MRCs. La Maison La Traversée will have a warm, homey atmosphere, where residents will receive care and support by a team trained to accompany them and their loved ones. "La Maison La Traversée will fulfill a real need for those living north of Saint-Jerôme," adds Roussel. "Beds for the use of palliative care patients are predominantly within hospital settings. Our palliative care residence will allow people at the end of life to stay in a comforting setting where their loved ones will no longer have to endure driving long distances to be by their side."

Work was scheduled to commence on May 10, 2018 to transform the former site of the hotel, Le Château Beauvallon. The first phase of La Maison La Traversée, four palliative care beds, is scheduled to be completed by autumn of this year. An additional six beds will open in the second phase, scheduled to be completed in 2022. "We are extremely happy to have accomplished this community project in the heart of Mont-Tremblant," says Luc Brisebois, mayor of the Ville de Mont-Tremblant.

Tour of Silence in Mont-Tremblant a great success

Some 150 cyclists of all ages and backgrounds recently participated in the first presentation of the Tour of Silence in the Mont-Tremblant region. This flagship event is held around the world to promote road safety and sharing of the road between cyclists and motorists. The pride of Mont-Tremblant, skier Erik Guay, also an accomplished cyclist, was the local spokesperson.

The Silence Tour took place on a 13.5-kilometer course in the streets of Mont-Tremblant and cyclists rode silently to honor the memory of the cyclist victims of road accidents.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

The new **Benny & Co. Rotisserie**, 2669 boul. Curé Labelle, Prévost. Benny & Co. features amazing succulent roast chicken and tasty ribs. They also offer club sandwiches, healthy salads, wraps, chicken party packs and delicious desserts. Kids' meals are also available. There is also a convenient take-out counter. Drop by to see Manager Karl Lavoie who will be delighted to greet and serve you. 579 995-4440 / www.benny-co.com.



Congratulations to:

Ritchie "Boogee" Philibert and Marie-Claude Émard, who recently opened their lovely new boutique **LOKA Monde & Mode**, 259 rue Principale, St. Sauveur. "Boho-Chic" fashion, international clothing and jewelry are available, including unique jewelry pieces designed by Ayala Bar from Israel. Also featured are authentic, embroidered, hand-made dresses from India and other eclectic, unusual clothing and jewelry. Ritchie and Marie are also owners of La Folia, on de la Gare St., St. Sauveur. Best of luck! 450 744-0705 / boutiqueloka.ca / Facebook: LOKA Monde & Mode.



Marie-Josée Benoit and team who celebrate the 20th anniversary of **C-Tech**, located at 2425 boul. Curé Labelle, Prévost. They provide an incredible array of promotional items including caps, t-shirts, regular shirts, pens, mugs and much more. Of course, their signature line is the ChefTech collection, a classy selection of chef uniforms designed by Marie-Josée herself. They have state-of-the-art hot stamping and embroidery machinery and other specialty machinery. Drop by to see Marie-Josée, her chef uniforms and promotional items. 450 434-2433 / www.cheftech.ca.



Did you know that:

Café Citrus, 99 rue Morin, Ste. Adèle has become **Café Citrus chez Daniela**, as per the new owner who, along with her team, offers you an array of simple, healthy, fresh choices such as omelettes, crêpes, paninis, soups and salads, all with a unique European flair? Check out their beautiful terrace, where you can enjoy your meal, along with a delicious cup of coffee (Lenoir & Lacroix) or a refreshing glass of wine. 450 229-1160 / Facebook: Café Citrus chez Daniela.



If you are looking for a dynamic, successful, "go-getter" real estate broker to sell your home, **Lucyne Farand** is one of the best brokers in the Laurentians? Lucyne has a BAA from HEC Montreal with a major in Marketing, plus 25 years of valuable experience and excellent expertise in real estate. She truly cares about you acquiring the best possible price for your home. Call Lucyne at **Royal LePage Humania**: cell: 514 952-6316. Her office is at 204 rue Principale, St-Sauveur. lfarand@royalpage.ca / www.lucynefarand.com.



Are you looking for a luxurious, comfortable waterfront condo for your retirement? One with private gardens, a view of Rivière Mille Isles, while listening to birds singing? **Sélection Deux-Montagnes** may be the ideal location for you. 200 rental apartments, 27 condos with service, 35 Rose-Aimée special care units. There is a fitness center, indoor pool, library, Internet space, cinema, community garden, music room, pool room, hairdresser, pharmacy and virtual golf. Close to the train station. Indoor and outdoor parking and air-conditioning. Excellent security with surveillance cameras and inter-phones. Nursing and convalescent care are offered. Their team is ready to help you with your medication and can accompany you to your medical appointments. **Sélection Deux-Montagnes**, 10-8th ave., Deux-Montagnes: 1-844-416-0054 / www.selectionretraite.com



Laurentian Club Report

The Laurentian Club closes its season!

By Mary Mitchell

The Laurentian Club of Canada holds monthly meetings at Holy Trinity Church, 12, rue Prefontaine West, Ste-Agathe-des-Monts. Its Annual General Meeting and Luncheon were held Tuesday, 22 May at Le Steak Frites in Saint Sauveur. A big thank you to all our generous donors of door prizes. This event closed a season of interesting speakers, including an Alzheimer's caregiver, a visionary on Canada at 150, a penitentiary warden, a Palliaco volunteer, a lawyer, and a wellness consultant. Many thanks to all our excellent speakers! We also held Laurentian Club movie nights at Cinema Pine in Ste. Adèle, the second Tuesday of each month, meeting for dinner beforehand.

Board members are planning another season of stimulating presentations. Please join us on September 25 to hear landscape architect, Rick Moore. For more information, visit www.LaurentianClub.ca and our facebook page.



Fit Tip #125 Being the change

Lisa McLellan – Main Street

I evaluate myself. Do I love myself? Is my love open to change? Am I open to changing my ways, to changing my ideas, to changing my words? Am I ready to liberate myself from limiting beliefs and thoughts? Do I have the courage to accept the truth?

Can I reach beyond my preconceptions, my expectations, my fears and stereotypes to build something new? Yes, yes I can.

The push for a better, more conscious world is gaining momentum. Can you feel it? Can you align yourself with the coming change? Can you relax, let go and follow the current of change with conscious awareness, with curiosity and commitment? Can you dispel your negative words and thoughts, your fear of the unknown, and rise above ego, competition and the status quo? Can you open your heart and mind to youthful idealism and explore the feelings behind the yet-to-be formed ideas without quelling them? Can you secure youthful idealism with the wisdom of experience, without being arrogant? Something exciting and important is happening worldwide. The vision is still not clear; it's more an impulse of feeling rather than of crystallized thought. Awkward, yes. Perfect, no. Everywhere, many groups are awakening to the movement to bring about change. We are beginning to rise out of complacency, out of lethargy and are joining together in concerted action. This is interesting, exciting, powerful. The challenge is to achieve through non-violence.

Let us be clear here; confusion, mistakes and chaos are necessary elements of change. Artists understand this and call it the creative process. Simply put, you cannot create something new by doing the same old thing. Creative minds need the unknown, the obscure. They enjoy the work of soul searching, daydreaming and problem solving because it leads to inspiration and that moment of discovery, without which there can be no change. Oh, the joy and the excitement of a new discovery, of a deeper connection, a fresh perception!

Tips for becoming the change:

- Awareness is fundamental to our evolving self.
- Love and kindness are how we accept and forgive ourselves, and others, for being human.
- Daily discipline in lifestyle choices supports vitality, balance and happiness. In turn, discipline allows us to access our best selves in service to others, with love in our hearts.
- Curiosity, education and knowledge are keys to growth.
- Action leads to change.

As I continue to grow in my understanding of what it means to love, to be whole, to be interconnected, I find myself shifting, from ego to essence, from competition to collaboration, from sympathy to empathy, from lack to abundance, from repression to expression, from mentor to example. Inner shifts ripple outwards creating outer change. Follow your breath to the centre and ground yourself there. Open your heart and ride that current of change into a vision of a better world. Together we can.



Strings & Things To fret or not to fret

Dale Beauchamp

Do you need to re-fret your instrument? A customer friend recently contacted me with some questions about how to approach this problem on his banjo. We'll try to address that in this installment. You may have an instrument with frets that are grooved out where the strings contact them. After years of playing, it's bound to happen. The strings effectively file down the frets, creating flat spots and hollows that can eventually lead to buzzes and dead notes. You'll get a range of different diagnoses from different repair shops. It's a buyer beware scenario, as with car repairs or anything else, although I like to think that happens less in our noble, old trade. You may be told to change the frets, while others may say that a fret leveling will do the trick. Sometimes a partial re-fret, where only the worn frets are replaced is the answer. Prices for the various repair options can vary widely, so doing your own evaluation is always a good starting point.

Frets come in many different heights and widths. Many players like a not-too-tall fret, since these don't tend to go as sharp when played. Taller frets stretch the string more when you push your finger down to contact the fingerboard, causing the note to go sharp. Some people like a tall fret and have a playing technique that mitigates the sharp note problem.

Taller frets last longer, since they can be leveled (filed down to erase the pits and worn spots) more often, before needing to be replaced. A good repair person can level the frets, removing very little metal. However, after repeated leveling, there comes a time when the frets become too low to level. More precisely, they become too low to re-crown, or re-round, after being leveled. Leveling the frets with one another leaves the tops flat, and they must be re-rounded with a file to regain good intonation and avoid buzzes - the finer/smaller the point at which the strings contact the fret, the better. Low frets can be leveled as well, though not as many times as taller frets. Medium height frets are a good compromise. A player who plays mostly on the first four or five frets can get away with a leveling (if the frets aren't too low), or a partial re-fret, where only the affected frets are replaced and carefully leveled-in with the others. Those who play all over the neck, will eventually need a complete re-fret, where all the frets are replaced and leveled. In this case, the fingerboard itself is usually leveled as well. This is done because, being made of wood, the board can get out of level over the years, due to string tension, humidity issues, sweaty hands, etc.

If you own a vintage instrument, an unnecessary re-fret can affect the market value. If you are a serious player and want to play the instrument, rather than hold it as an investment, it's up to you.



Essential Oils Sun proofing for summer

Sue Rich

Summer is here and that makes me one happy lady! I love the warm weather and light clothing. There's

not a better feeling than a warm breeze tickling my skin on a balmy summer night. If I never had to wear another parka again, I swear that would be too soon.

Of course, there is danger to exposing the skin, especially if you have ginger tendencies as I do. My skin burns easily and dries out even faster, so I love having an arsenal of essential oils handy. While there isn't enough SPF in any essential oil to make me feel safe, I can make a homemade sunscreen that is non-toxic and has an SPF of anywhere between 30 - 40. What gives it such a high SPF? It's the raspberry seed or carrot seed oil and the zinc oxide.

All-natural sunscreen

- 10 drops lavender essential oil
- 1 tbsp pomegranate oil
- 2 tbsp Zinc Oxide (non nano)
- 2 tbsp shea butter
- 3/4 cup raspberry seed OR carrot seed oil (NOT ESSENTIAL OILS)
- Glass jar

Directions:

Combine all ingredients, except zinc oxide, in a jar. Place a saucepan with 2 inches of water on stove over medium/low heat. Place jar in saucepan and stir contents until ingredients start to melt. Once all ingredients are combined, add in zinc oxide and stir well. Store in a cool place.

Should I fall victim to the sun, which happens undoubtedly at least once a summer, I can find relief fast and heal any damage that would otherwise occur in a matter of minutes. Lavender is the first oil to think of when it comes to burns - sun burn included. It's calming, soothing and hydrating to the skin. Frankincense is a cellular support system, meaning it will get into the cells and help them recover from the damage. Peppermint will cool it all down in a matter of seconds. I like to take a 2 oz glass spray bottle and put about 10 drops of each essential oil. I could add a tablespoon of liquid coconut oil, or aloe vera juice, and then top it off with distilled water. Spraying it over the burn several times a day will help it recover much faster. If you start as soon as you notice the burn, you will be amazed at how quickly your skin will heal.

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



YES to receive funding for new initiatives to address retention and barriers to employment

Youth Employment Services (YES), a charitable non-profit organization that provides resources, tools and strategies to improve employability and employment opportunities for Quebecers, is receiving close to \$500,000 from the Government of Quebec for several projects to ensure youth retention and attraction and help integrate more youth into the Quebec economy.

The projects will address barriers to employment for more than 300 young people through targeted and personalized programs with the intent of countering the impacts of out-migration, strengthening the labour market and supporting the economic development of the province.

FIRST TIME JOB OPPORTUNITIES: YES will assist new graduates to integrate into the job market and gain practical skills and experience in their field through paid internships.

BUILDING NETWORKS: YES will bring together over 70 companies and match them with 170 youth through a series of networking events.

STRENGTHENING LINQUISTIC CONNECTIONS: To help build more bridges with the French community, YES will identify French community partners and companies and collaborate with them to successfully integrate more graduates into their companies and into the workforce.

French/English chat groups will be set up to help youth learn the French language and build confidence in their abilities to speak it so that they are able to work comfortably in both languages.

ENGLISH-LANGUAGE EMPLOYMENT SUPPORT

YES will deliver personalized career counselling sessions, soft skills workshops, job shadowing and inclusion program strategies to improve employment opportunities for even more people in the 18-40 age range, including students, unemployed and underemployed, and those seeking career transitions. To ensure more job seekers can be appropriately matched with a mentor, at least 30 new mentorship matches will be created via the YES Human Library mentorship program.

As a not-for-profit organization, YES (Youth Employment Services) enriches the community by providing English-language support services to help Quebecers find employment, and start and grow businesses. www.yesmontreal.ca



Highland Cadet Battalion

May 19, 2018 CC4 Highland Cadet Battalion had their 132nd Annual Review. The mayor of Lachute, Carl Peloquin honored us by accepting to be our Reviewing Officer. Also attending were 7 members representing the Brownsburg & Lachute Legions, Federal Representative Stephane Lauzon, Brigadier General Douglas Dempster, Major Wayne McCulloch (ex-cadet), Major D. Genest, Capt. Chris Brown, Judy & Connie Brown from the old Ladies Auxiliary plus many parents and friends of both officers and cadets. We thank our Civilian Committee for the assistance throughout the year, including this event.

The year is not yet terminated as we still have a few events ahead before our cadets go off to their camps. We will be participating in preparing and piping the survivors in at the Cancer Walk, and doing a March-On and demonstration at the July 1 festivities at the Lachute Legion.

As of July 6, many of the cadets will be off for the summer but many will be busy learning at various cadet camps. We have 1 going to Whitehorse, 3 to Gagetown and 10 to Valcartier including two cadets as staff. All the officers wish them success and fun this summer.

Next year when we start our new season, we will once again offer them many of the same activities as we did this year including community support, adventure, sports, music, dance, shooting and general interesting pursuits.

Visit our Facebook page to see the many projects they accomplished this year. For more information 514.927.9260



The season for forest fires has arrived

For real-time information on risks and fires in operation, SOPFEU offers a free mobile application on iOS and Android platforms. Since the beginning of the protection season, several fires have already occurred in Quebec.

YOU can help prevent forest fires. For info visit: www.sopfeu.qc.ca



David Graham
MP • Laurentides—Labelle

FROM HERE, FOR HERE

80A Norbert-Morin Blvd (route 117),
Sainte-Agathe-des-Monts J8C 2V8
819-326-4724

424 du Pont Street, Mont-Laurier J9L 2R7
819-440-3091

1-844-750-1650

david.graham@parl.gc.ca • www.davidgraham.ca

[/daviddegraham](#)

Lake Front Cottage For Sale

Asking \$159,000



Situated in the Lakefield, Gore area, 60 min from Montreal, 20 mins from Lachute, 20 mins from Morin-Heights/St. Sauveur. The cottage is natural pine and is a 3 season / 3 bedroom on 29000 sq feet. It has electric heat and a wood stove on a no-motor lake. The cottage comes fully furnished and includes a wall oven and island cook top in the kitchen. Other amenities include a dock, pool deck with 21ft pool, and hot tub. Roof and septic tank were replaced in OCT2016. Come and enjoy the Laurentians. Hurry before it goes. **514-697-4105**

Clinique d'implantation de micropuce Microchip implantation clinic

Le mardi, 12 juin de 18 h à 20 h
Tuesday, June 12th from 6pm to 8pm

Pas d'examen nécessaire / No examination necessary

Par rendez-vous seulement. Espace limité.

Pour réserver votre place,
appelez au **450-562-2434**.

By appointment only. Limited space available
Call **450-562-2434** to reserve your space.

*Offrez-vous une meilleure chance
d'être réunis, si votre animal est perdu.
Give you and your pet a better chance
of being reunited if he is lost.*



AT THE HEART OF THE LAURENTIAN ECO-CORRIDORS LES SOMMETS ST-VICTOR Large private mountain domains, panoramic views, one hour from Montreal



Peaceful Environment
Trail Networks
High-end Construction
High Speed Internet (fibre optics)

Lots
starting from
**\$90,000 /
5 Acres**



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

Domaines
Lac St -Victor Estates
Wentworth-North

10 minutes from Morin Heights
20 minutes from Saint Sauveur
sommestvictor.com



Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

20th ANNIVERSARY OF THE UPPER LAURENTIANS INTERNATIONAL FESTIVAL

Mont Tremblant Church, 1829 chemin du Village Mt-Tremblant / 1 855 776-4080
Thurs, July 5 - Sun, Aug 5: Opening concert on **July 5 at 7:30 pm** with Alexandre Da Costa & Denis Brott. They will play Bach suite No. 3 for cello and violin, followed by the duo of Kodaly and the Passacaglia of Händel-Halvorsen. \$35.



Alexandre Da Costa

25th INTERNATIONAL BLUES FESTIVAL OF TREMBLANT: JULY 6 - 15

819-681-4800 #47801 / blues.tremblant.ca

Featuring blues musicians from Australia, Canada, Chicago, Florida, Louisiana, Mississippi and Missouri.
FREE CONCERTS
Sat, July 7: The legendary Elvin Bishop who has sung the blues for almost 60 years will perform at the Casino.



Elvin Bishop

Sun, July 8: Singer/songwriter Eric Bibb with acoustic blues. **Wed, July 11:** world-renowned Beth Hart. **Thurs, July 12:** guitarist Robert Randolph. **Fri, July 13:** Shemekia Copeland from New York. Over seventy local and international artists will perform FREE for ten days in the village. These include: Myles Goodwyn & Friends of the Blues. Mr. Sipp, Christine Kingfish Ingram, Devon Gilfillian, Lachy Doley Group. Also playing will be Blackburn, Michael Jerome Browne, Monkey Junk (winner of the Juno 2018), Jack de Keyzer, Steve Strongman, Victor Wainwright and the well-known Quebec musicians, Carl Tremblay, Guy Bélanger, Jim Zeller, Angel Forrest and Dawn Tyler Watson.

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
June 9 - Aug 11: 22nd Annual Competition 2D and 3D artwork

10 main.street@xplornet.ca

STE-AGATHE

Théâtre Le Patriote
258, Rue Saint-Venant / 819 326-3655 / http://theatrepatriote.com
Salle Percival-Broomfield
Sat, June 16: 8 pm - Christian Marc Gendron - "Piano Man Experience" with invited musician, Manon Séguin. \$45.
Sat, June 30: 8 pm - Claude Dubois "Dubois en Liberté." Songwriter/singer Claude Dubois has been coming to the Patriote theatre for many years. This new program will include some of his past successes. \$50.

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 Brilliant. New this year, a street kitchen will be available during these concerts.



La Chicane

ST ADOLPHE D'HOWARD

St. Adolphe d'Howard Church
Sun, June 10: 4 pm - 6 pm - Ô Choeur du Nord Choir presents their concert. The fifty-member choir will be accompanied by pianist, Céline Laverdure and a string quintet. Tickets are \$25 / students \$15 (cash only) at the general store of Val David, 2475, rue de l'Église and Dépanneur Robert Gauthier, 1750 chemin du Village, St. Adolphe d'Howard. Info: Marlène Gosselin: 819-321-7121. Tickets on line: https://www.universe.com/events/5ac8bc73094450005cffd5d5?embed=open&ref=universe_abandonment

VAL MORIN

Theatre du Marais, 1201 10è Ave, 819-322-1414 / www.theatredumarais.com
Thurs, June 14: 8 pm - Singer/songwriter Arthur H was born in Paris in 1966. His music is influenced by rock and Jazz music, in particular, Thelonious Monk and Tom Waits. He will perform material from his tenth album, "Amour chien fou." \$53.



Arthur H

SAINT-SAUVEUR

Saint-SAU Pub 236, rue Principale, St-Sauveur / 450 227-0218 / www.lesaintsau.com
Live music Thurs, Fri & Sat - reservations required
Sat, June 9: 8 pm - Dupré All Star Band
Mon, June 11: 8 pm - Cadieux
Thurs, June 14: 8 pm - J.B. J.O. www.lesaintsau.com
Fri, June 15: 8 pm - Valérie Jalbert
Sat, June 16: Stephan McNicoll & GCR
Mon, June 18: 8 pm - Good Hearted Women
Thurs, June 21: 7:30 pm - Dupré / Millaire
Fri, June 22: 8 pm - Valerie Jalbert
Sat, June 23: 7:30 pm - DM Zone
Fri, June 29: 8 pm - Hugo Laliberté
Sat, June 30: Stephan McNicoll & GCR
Wed, July 4: 8 pm - Marc Déry
For full program check the website www.lesaintsau.com

15th ÇA ME DIT CONCERTS AT PARK FILION

June 16: 3 pm - performance by the youth choir of St-Sauveur
June 16: 7:30 pm - Jam experience with djembes
June 23 & 24: big musical show / **Sun: 7:30 pm** - performance by Les Bons Diabes.
Fri, June 30: 7:30 pm - Sugar Funk Project (disco)



Sugar Funk Project

July 1: 7 pm - Circus Geronimo / **7:30 pm** - Stephan McNicoll & GCR
Fri, July 6 - Sun, July 8: Italian weekend starting with the popular Marco Calliari. **Sat, 3 pm:** Chef Bazzali will cook and sing Opera and offer taste samples
Sat & Sun: 11 am - 8 pm: an exhibition "Len Verre du Décor"
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.

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.
Morin Heights Legion: 127 Watchorn, Morin Heights / 450 226-2213
Wed, June 20: 7 pm - Dwane Dixon and Double D. \$10
Sat, June 30: 8 pm - The Paolo Stante Band - FREE show celebrating Canada Day
Fri, July 6: 8 pm - Paul Arthur & Raisin' Cain. \$10
Mickey's Café, 832 chemin du Village / 450 644-0060
Until July 4: Four local artists exhibit watercolour paintings - Monique Bélisle, Joanne Hayes, Judy Lazarus and David Roffey.

GORE

Holy Trinity Church
4, Cambria Rd, Gore / Lakefield. Info : Linda : 450 562-9620
Sat, June 16: 8 pm - Jabbour Band - Guillaume Jabbour is a local musician. He is back to share his musical talent with his amazing band. Jabbour brings together some of Montreal's finest musicians and songwriters. Carl Ruffh (bass) comes from jazz, blues and folk background; Bill Collier plays the Ukulele and does percussion with a Cajun foot tambourine; Bill Gossage (fiddle) recently joined the group. Reserved tickets: \$25 / at the door: \$30. Cash only.



Jabbour Band

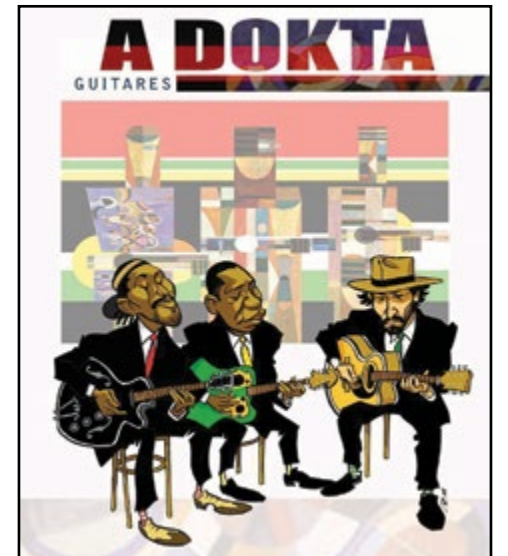
ST. JÉRÔME

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
Sat, June 9: 8 pm - Musical Revue "Britishow." Mike Gauthier teamed up with musical director Philippe Turcotte - four singers were chosen: Renee Wilkin, Philippe Berguella, Pascal Dufour and Yvan Pedneault. \$51.

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 8: Corde Vivante (classical). Natalia Kononova, founder of the quartet (violin), Hélène Heneault (violin), Madeleine Germain (viola) and France Veillette (cello).
Sun, July 15: ADokta (world music). The musicians are: Bruno Rouyère (Québec), Aboulaye Kone (Ivory Coast) and Atna Njock (Cameroon).



ADokta

ST EUSTACHE

9th OPERA FESTIVAL OF ST. EUSTACHE
Centre d'art la Petite Église de Saint-Eustache. Tickets: 450 974-2787 / 514 528-2828 / www.festivaloperasteustache.com
Fri, July 6: 8 pm - Love Duo at the Opera. Eleonora de la Pena (soprano) and Hugo Laporte (baritone) accompanied by Louise Andrée Baril (piano). They will sing about love, comedy and conquests in solos and duets. \$35.
Sat, July 7: 8 pm - Opera and Ballet: Four artists will share the stage: Christine Williams (soprano) and Rodrigo Ocampo (tenor) will accompany "Les Oiseaux du Paradis" (Birds of Paradise) Elsie Morin (aerial ballet dancer) and Mathieu Roy (acrobat). They will use a fully automated 360-degree rotating mast, a device they invented. The music includes a medley by Michel Legrand and more. \$35.
Sun, July 8: 2:30 pm - FREE CONCERT presented by Promenade Paul Sauvé. In case of rain, the concert will be held at Centre d'art la Petite Église. Young singers will perform the most popular Opera songs. Singers are: Suzanne Tafot (soprano) Jacinta Barbachano de Aguero (mezzo), Mathieu Abel (tenor) and Hugo Laporte (baritone).

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.

27th FASS offers free performances and dance classes in Park Filion

Ilania Abileah - Main Street

Thurs, Aug 2, and Thurs, Aug 9: Tango Thursdays with **Radio Tango** - classes take place at 6:15 and 8:15 pm, performances: 7:15 and 9:15 pm. Radio Tango is an ensemble that follows the true tradition of Argentinean tango.

Fri, Aug 3 and Fri, Aug 10: Swing Fridays with **Studio 88 Swing** - Dance classes 6:15 and 8:15 pm, performances 7:15 and 9:15 pm. The group Studio 88 Swing will be accompanied by two music groups: the Sunny Jazz Band on Aug 3 and Alexandre Brown on Aug 10.

Sat, Aug 4 and Sat, Aug 11: Traditional Saturdays Dance classes 6:15 and 8:15 pm, performances 7:15 and 9:15 pm. **La R'voyure** unites a dozen dancers and four musicians, all Quebecers. They will do jigs, traditional folk music and songs.

Dance Films under the Stars at Sundown - Bring a folding chair and a blanket to enjoy iconic dance movies at park Filion. **Sun, Aug 5: Mary Poppins:** remember supercalifragilisticexpialidocious? **Tue, Aug 7: Save the Last Dance** (13 and up.) Julia Stiles had to learn how to dance for this movie. **Wed, Aug 8: Footloose** - a city kid teaches a small town to dance.

Now, if you need more rhythm, you might consider taking in a show at the Big Top!

Sat, Aug 4: 8 pm: The Toronto Dance theatre - a creative power house celebrating its 50th anniversary touring Canada, with twelve superb dancers, performing five short works choreographed by their remarkable artistic director, Christopher House. \$50-\$65.

Wed, Aug 8: 8 pm: Hubbard Street Dance Chicago (they danced under the Big Top in 2004); they are celebrating their 40th anniversary and they might take your breath away! They will perform **Jardi Tancat**, by Nacho Duato; **Lickety-Split**, by resident choreographer, Alejandro Cerrudo; **Pacopepluto** set to songs by the late **Dean Martin**; and, **Cloudline** a bold and original work by Robyn Mineko Williams. \$50-\$65.

Thurs, Aug 9: 8 pm: The Israeli band Yemen Blues has been thrilling audiences around the world. The deep-voiced front-man, Ravid Kahalani, and bassist and Oud player, Omer Avital, along with their musicians, mix Yemen and West Africa influences with contemporary music from funk to mambo and old chants. Three emerging Montreal choreographers will create a bridge between the music and dance. \$35-\$45



20
 18

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 ORCHESTRE MÉTROPOLITAIN WITH YANNICK NÉZET-SÉGUIN AUGUST 5
 HUBBARD STREET DANCE CHICAGO AUGUST 8 |
 YEMEN BLUES WITH GUEST CHOREOGRAPHERS AUGUST 9 | A NIGHT WITH THE STARS AUGUST 10 & 11
 GUILLAUME CÔTÉ AND DANCERS FROM THE NATIONAL BALLET OF CANADA AUGUST 12

Canada Québec Ville de Saint-Sauveur TAC POWER CORPORATION DU CANADA kevrac
 BANQUE NATIONALE CANDEREL Desjardins Hydro Québec RHC

JUNE EVENTS

The following activities will take place at **Park Georges-Filion**

June 15-16-17:
Saint-Sauveur's Sidewalk Sale

Saturday, June 16:
Big Day for Small Entrepreneurs

- Youth choir of Saint-Sauveur at 3 pm (choir)
- Free Yoga from 9 am to 11 am
- Jam experience at 7:30 pm (Djembe)

June 23: Great musical show with Sally Folk
8:30 pm

June 24: Les bons diables
7:30 pm

June 25: Beautiful Sundays dancing with Mrs. Flynn 1:30 pm to 4:30 pm

More information 450.227.2564 | 1-877-528-2553
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*Please call Wednesday for weekend orders

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Solid house with recently installed roof shingles on lot of 62,000 sq.ft. Located far from main road. 2 bedrooms, 2 bathrooms. Portal and garages. Motivated Seller!
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MORIN HEIGHTS \$245,000
Just across from Bastier Park and only a short walk to the Aerobic Corridor! A fantastic location for any mountain bike, hiking and cross-country enthusiast! 3 bedrooms + 2 bathrooms. Commercial zoning!
MLS 18917780



SAINT-SAUVEUR \$192,000
Just waiting to be discovered! Charming home with ceramic floors and pine cabinets, stone fireplace and 3 bedrooms. Located in the Domaine des Résidences en Haut. Very quiet environment with lovely view of the horizon.
MLS 15264208



SAINT-SAUVEUR \$349,000
SUPERB: Wonderful environment. Freshly repainted, open bungalow with 4 bedrooms, 3 bathrooms, garage. 5 minute walk from ski hills and sandy beach, 2 steps from trails. Filtered view of the lake. A real steal!
MLS 23424261



SAINT-ADOLPHE-D'HOWARD \$249,000
ACCESS TO 3 LAKES. Like New! In the Alpine Estates at the entrance of St-Adolphe. Big house in a quiet area. 3 bedrooms, 2 bathrooms, veranda. Basement apt. ready for bachelor or self-employed person.
MLS 20847826



SAINTE-ADELÉ \$375,000
NEW! Property LEED SILVER, NOVACLIMAT, 3 bedrooms, 2 bathrooms. Brand new!! If you dream of living in harmony with the environment and nature this one is for you! Absolutely beautiful. Make an offer!
ML 21812337

It takes more than a sign to sell... It takes **A HEART FOR SALES**



Laurentian Personality Noritech, technology saviours

Lori Leonard – Main Street

Jack Gitelman and Jennifer Lee are owners of Noritech Technologies in St. Sauveur. They met 30 years ago when Jennifer worked next door to Avenue Video as Manager of a clothing store and have been together ever since. Jack and "Jen" are fortunate to be successful business and life partners.



Noritech opened its first store in Ste. Adèle in 1999. Two years later, two new stores opened in Ste. Agathe and St. Sauveur. However, they decided to invest their energies in one multi-center and kept the one in St. Sauveur. They introduced new computer technology to the community back then. Their current computer service includes desktop, notebook, tablet and printer sales. Repair service includes solutions for PC's, Macs, hardware, software and removal of viruses/spyware and configuration of network/Internet services. 50% of their business is working with small to large companies, the balance, residential clients.

Noritech offers competitive pricing as they are part of "Group Millennium" consisting of 150+ Canadian retailers. Clients also benefit from personalized service unlike larger stores. The Satellite division offers satellite systems for Xplornet, with high speed Internet in rural areas.

To the rescue...

Many clients drop in emergency mode pleading, "Please, can you fix it for me asap, so I can get back to work?" Most repairs are made the same day or within 48 hours. A "tech" can go to your home to complete a repair, or small problems can be resolved by techs/clients working together through an easy remote-access program.

A funny story Jack shared; 20 years ago, a family member purchased a computer for an elderly uncle. The uncle called and said he could not see any image on his screen. Jack tried to help as best as he could, but finally, sent a tech to the uncle's home. The tech returned chuckling, stating the uncle was looking for an image on his TV, not his computer screen!

Jen and Jack are often asked when they plan to retire. "We enjoy working with our clients, so no plans for the foreseeable future." Also, they prefer working with their staff who they consider as family – a family that likes to stick together. Jack attributes their success to their wonderful team: Cedrick Jasmin (Sr. Computer Tech), Jean-Sebastien Lecours (Jr. Tech) Maxime Beauchamps and Mary-Lynne Gratton (Satellite Techs).

Noritech has been a supporting member of the Main Street Family ever since its first edition. We hope Noritech is around for many more years to come!

Address: 36, ave. de la Gare, suite 104
Web: www.noritech.ca Tel: 450-227-4848 Watt: 1-866-984-4848

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Garden Talk

Annuals add a splash of colour

June Angus - Main Street

While many gardeners favour perennials that return year after year, there's still a place for some colourful annuals in our flowerbeds and containers.

Most perennial flowers do not bloom all season long, so it's important when planting a perennial bed to choose combinations of flowers that will bloom at different times throughout the summer. If you have trouble getting the combinations right, adding some annuals to the mix will provide a constant splash of colour no matter which perennials happen to be in bloom. This is a good strategy especially during the first couple of seasons with new garden plantings. You may not be sure how your garden's blooming rhythm will unfold and annuals provide a quick fix to fill the gaps.



Annuals also offer a great way to create an instant garden in barrels or pots on decks and patios. They are ideal in window boxes and other containers that may hang from hooks or attach to walls, fences or trellises.

A wide variety of annual flowers are available to start from seed or buy at garden centres all spring and summer. With so much choice, here are a few things to keep in mind.

Some annuals need more maintenance than others to continue blooming all season long. For example, spent blooms on geraniums, marigolds, salvia, gerbera daisy, zinnia and some petunias should be removed or deadheaded to encourage continued new flower growth. For some of us this exercise can be a meditative labour of love, for others it is simply a time-consuming chore. But it's worth it; these hardworking plants always put on a good show.

Fortunately, there are also a number of carefree annuals that will bloom continuously right through till fall without any deadheading. Lantana (part of the verbena family) loves full sun and hot temperatures, while calibrachoa (similar to petunias) thrives well in sun or partial shade. Both are colourful and have the added bonus of being deer resistant. Examples of other no-fuss options include: annual baby's breath, cleome, flowering tobacco, heliotrope, New Guinea impatiens, snapdragon and sweet alyssum. Low maintenance annuals such as coleus and dusty miller are other great additions because of their decorative foliage.

Most annuals need replacement every year. But there are some sun-loving cultivars that re-seed so reliably you need only plant them once and they will reappear every year. Some self-seeding examples include: cornflower, cosmos, forget-me-not, foxglove, poppy, rudbeckia (annual varieties) and sunflower to name a few. To succeed with these self-sowing annuals start with open-pollinated or heirloom specimens. (Many hybrids won't produce viable seeds.) Don't deadhead; allow the seeds in the spent flowers to ripen and drop to the ground.

While some folks think that annuals create a lot of mess to clean up in the fall, many experienced gardeners agree that the seasonal clean-up can wait till the new growing season. Plant roots will decompose over the winter, making it easier to pull out the dead plants come spring. It's also less likely you'll disturb spring bulbs in the fall that are planted nearby.

While it is wise to invest most of your gardening dollars in perennials, trees and shrubs that will grace your garden for many seasons to come, there is still a place for annuals in the mix. Happy planting!



In defense of emotions Part II

Louise Bloom

I am recalling the suggestion in Part I of this series that we cultivate an open attitude of welcome towards our emotions as our friends, informers and protectors. I continue my exploration.

It has been frequently reiterated and much in the headlines in the yoga and healing cultures that often when our feelings are rejected, unfelt, dismissed, suppressed, emotions might lodge themselves in the body, in the areas where they were "felt" upon arising. As examples are the gut, the heart, the head, and the feet, as when we "can't stomach", are "heartbroken", have our "mind blown", "can't bear to hear", or in fact "cannot stand something". These metaphors for emotional reactions refer to the places in the body where emotions are felt, and if unexpressed, might remain in cold storage. Unattended, they are at risk of complaining more vociferously, perhaps, until illness occurs.

Storage, as in my own house, are items left unattended for when we have time to deal with them. Dealing, means examining, keeping or discarding, by assessing their value. In the case of emotions, we might bury a feeling like a doggie bone, waiting for another time to chew on it, rather than acknowledge it in the moment. This feeling might be excessively painful, or, even too ecstatic (as in joy) to absorb and experience immediately. As stockpiling continues, we can experience physical discomfort in the body in those areas that are sensitive to the emotional impact.

In the yogic world, we move the body, to encourage the union of body, mind and spirit. What does this mean? Consider and embrace the idea that these three aspects of the human being are not separate entities, but are interwoven and interdependent. Because the nervous system lives everywhere in the body, it is naive to think that only the brain has consciousness. The body has its own intelligence, talking to us from its own brain. The mind, as pure awareness, responds to the body and is responsible for contacting the Spirit, with some reassurance or a fear. The Spirit is that invisible force (life force) that nourishes, vitalizes and protects the whole. The movement of the body, (running, jumping, dancing, yoga) will quite mechanically, shake and redistribute elements, bringing perhaps a surge of memories and/or feelings.

In Part III I will share some information of the various schools of technique that are invested in healing through the awareness of emotions at all levels.

THE GUEST HOUSE

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
Some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Every if they're a crowd of sorrows
Who violently sweep your house empty of its furniture,
Still, treat each guest honorably.
He may be clearing you out for some new delight.
The dark thoughts, the shame, the malice
Meet them at the door laughing
And invite them in.
Be grateful for whoever comes,
Because each has been sent
As a guide from beyond.

-Rumi (Sufi Master)

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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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, June 9: Flea Market / Breakfast & BBQ lunch
Fri, June 15: 6 pm - TGIF Smoked Meat Dinner
Sat, June 16: 7 pm - Open Mic & Jam
Wed, June 20: 7 pm - Dwane Dixon & Double D.
Sat, June 30: 6 pm - Canada Day Supper
Sat, June 30: 8 pm - Canada Day Celebration Free Concert with The Paolo Stante Band
Fri, July 6: 8 pm - Paul Arthur & Raisin' Cain
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**

June 8: 6 pm - TGIF - Summer Salads
June 23: Members' General meeting and Elections
June 26: Golf Challenge: Morin Heights vs Rouge River
June 30: 6 pm - Surf or Turf (reservations required)
Summer BBQs - TBA
Mon: 9 am - 10 am: Yoga
Tues & Fri: 9 am - 10:30 am - Yoga
Contact Marlene: 819 687-8566
Tuesdays: 7:30 pm - cribbage:
For further info: 819 687-9143 / arundellegion@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
NOTRE DAME DES MONTS PARISH**
Office 887, Chemin du Village, Morin Heights
Huberdeau 10:30 am • Laurel •
Montfort 11 am • Weir 9 am
Info: 450-226-2844

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819 326-4320

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514 918-9080 • rabbi@ste-agathe.net
Services every Sabbath, weekend, holidays

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrmpcc
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.
June 24: 11 am - First Sunday service
July 1 - Sept 2: 9:30 am - Sunday services

**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

ST. MUNGO'S CHURCH, CUSHING

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

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

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

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450 562 8352
Pastor 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 Cullem: 450 229-5029
Please join us every Sunday at 10 am

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

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
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
June 17: 11 am - Holy Communion
Services with gospel/bluegrass music

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

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
June 10: 11 am - Holy Communion
June 24: 11 am - Morning Prayer
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
June 10: 11 am - Holy Communion
June 24: 11 am - Morning Prayer

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

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
June 10 & June 17 (Anniversary service)
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



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**Laurentian Region
Cancer Support Group**

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



Next meeting for cancer patients,
families and caregivers is
SATURDAY AFTERNOON
June 16, 2018 - 1 pm

Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights

**Restorative Chair Yoga
with Josephine Piazza**
Followed by group discussion

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


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June 2018



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COMMUNITY NEWS

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351, des Érables, Brownsburg – Chatham Saturday / samedi: 11 am – 1 pm / 11h – 13h
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Fri: 10 am - 2:30 pm

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COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, June 17: 9 am – noon – Father' Day Breakfast
Adults \$7 / children (6-12) \$3.50 under 5 yrs. free
Basket draw tickets at the door – proceeds to Prostate Cancer Research
Everyone is welcome.

Sat, June 23: 9 am - 3 pm - FLEA MARKET

To book a vendor table (\$10 each or 2 for \$15) contact Barry Smith at 819-687-9498

Indoor & outdoor tables available. Everyone is welcome to buy, sell or visit.

Sun, July 1: 9 am - 11 am - Canada Day Breakfast

Proceeds of Basket Draw will go to Victoria's Quilts - Laurentian/Arundel Branch

Sun, July 1: 9 am - 2 pm - Canada Day Celebrations.

Flag raising ceremony at noon followed by family fun and refreshments

Sat, July 28: Annual BBQ – cash bar at 4 pm

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 WANTED

Theatre Morin Heights is looking for actors! Rekindle a passion or step on the stage for the first time. Your audience awaits!

REWARD

Laughter, camaraderie, good friends and a sense of giving back to the community. Contact us at 579-765-3999 or theatremorinheights@gmail.com

ALCOHOLICS ANONYMOUS MEETINGS

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

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.

LACHUTE UNITED CHURCH STRAWBERRY SOCIAL
Grenville Community Centre
21, Tri-Jean St., Grenville
Thurs, July 5: 6:30 pm - 8:30 pm
With music entertainment

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.

RED CROSS COURSES

Morin Heights Elementary School
June 9 & 10: 9 am - 5 pm:
Standard First Aid (\$150)
Register with Natalie: 450 226-2017, ext. 6217 / at mhesspo@gmail.com or through FB links
Profits go to Friends of Morin Heights to help the MHES students.

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Please call Lucie: 613 276-8211

FREE FAMILY MOVIE NIGHT LEFT BEHIND

Morin Heights Hillside Chapel
755 du Village, Morin Heights
Fri, June 15: 7 pm
All children must be accompanied by an adult
No restroom facilities
Info: 450-226-1546

COMMUNITY PLAY LOSING CONTROL

La Petite Église, 275, rue St. Eustache (St. Eustache)
Thurs, June 14: 7 pm
Fri, June 15: 7 pm
La Belle Gang will present Losing Control, a play written to give light to the role of the caregiver.
This play was originally written in French by François Jobin under the title "Les anges gardiens sont fatigués" and has now been translated and adapted by Jeffery Nethercott.
Directed by Marie-Claude Hénault. Same cast that presented the play "Grandpa is Not a Cash Cow and Grandma Won't Take Any Bull"
Tickets: \$5
Info: Melanie Wilson (4 Korner) 450-974-3940

ADVANCE NOTICE

STEVE O'BRIEN FOUNDATION

24-hour Relay for Youth
Laurentian Regional High School
Sept 28 & 29
To participate, each 12-member team must raise \$600 then accumulate kilometers over a 24-hour period. Participants can walk, bike, in-line skate, use a scooter, wheelchair or other means.
90% of funds collected will be donated to the organization selected by each team.
Robert Simard, noted local historian will be spokesperson for the event.
For additional information contact the Steve O'Brien Foundation at www.fondationsteveobrien.com

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866 484.6664
gam-anon.org



Read the Main Street online

www.themainstreet.org



I add my voice to that of the city council members and all employees of the City of Sainte-Agathe-des-Monts in wishing all citizens a **Happy National Holiday** and **Happy Canada Day**.

Denis Chalifoux
Mayor



Ville de
MONT-TREMBLANT

J'invite chaleureusement les Québécois et les Québécoises à venir célébrer la **Fête nationale du Québec le 24 juin** au centre-ville de Mont-Tremblant au parc au Fil-de-l'Eau!

I warmly invite all Quebecers to come celebrate our
Fête Nationale du Québec on June 24th
in Mont-Tremblant at parc au Fil-de-l'Eau!



Luc Brisebois
Maire / Mayor

ville demont-tremblant.qc.ca



The Lost River Community Center and The Harrington Valley Community Center will both organize activities for the whole family. Consult Harrington's web site: **www/harrington.ca** to find out where and when! Come celebrate Canada day with us on **July 1st!**

HAPPY CANADA DAY!
BONNE FÊTE DU CANADA!

Ville de
Saint-Sauveur



The municipality of
Saint-Sauveur
wishes all Quebecers
a **Happy National Holiday!**

Details of the program: ville.saint-sauveur.qc.ca | 450-227-4633, ext. 420 | Follow us on Facebook





Desjardins

Caisse de la Vallée
des Pays-d'en-Haut

PRESENTS

CANADA DAY

**Come
celebrate**

at  **Sommet
Morin Heights**

ON JULY 1ST

- 14:00** - BBQ and bar service all day
- Strawberry Social's Shortcake, organized by the ladies of the Trinity Anglican Church (\$)
- Meet our firefighters and police officers
- Face painting, inflatable structures, challenges, entertainment, pony rides, pool and more!
- 15:00** Heather McNabb's Highland Dancers
- 16:30** The Famous Egg Toss
- 17:30** Circus and magic show with the hilarious duo, Tom & Tom 
- 19:00** Canada Day's birthday cake
- 20:00** Live music **Ryan Kennedy** 
- 21:00** Live music by **Fred Lebel and the Hard Times Band**
- 22:00** Flag raising and **fireworks** by Royal Pyrotechnie
- 22:30** Fred Lebel returns to the stage 
- 23:30** End of celebrations

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4th EDITION

Festival Brassicole des Laurentides

June 30 and July 1st, 2018
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Get ready for the Festival Brassicole des Laurentides!

The 4th edition of the Festival Brassicole des Laurentides will be held on June 30 and July 1, 2018, in Saint-Faustin-Lac-Carré's Parc de la Gare, just 10 minutes from Mont-Tremblant.

Following the success of previous editions, the same winning attractions are back: beer tastings offered by over 12 microbreweries, live music, a dozen delightful food kiosques and food trucks, a few local artists and producers, and fun workshops on topics such as Tips on Brewing Your Own Beer; Cocktail "mixology" and Master Chef Grilling Techniques.

New this year: all breweries will be under one large canopy, thus creating a friendly, club-like beer tasting zone. We've also added a family zone for the kids, complete with water games and an ice-cream parlour.

Music wise, we predict a sudden rise in temperature Saturday night, as one of Quebec's favorite bands will take the stage: LES FRÈRES À CH'VAL, with Les Tavarneux as the opening act. If you like folk-rock music, this is your night! On Sunday, July 1, Montreal band, Little Bones, will offer a vibrant tribute to Tragically Hip, preceded by Blues-Rock band, The Ramblers. We can think of no better way to celebrate Canada Day!

The 2-day passport is on sale for only \$15 on our website and in some local shops. All details on: www.festivalbrassicoledeslaurentides.com. The passport gives access to the site and all shows and workshops. And with our pre-sale offer you will receive a free 4 oz beer tasting. Please note admission is FREE for children under 18 years old.

The Municipality and the organizing committee would like to thank the many sponsors for their invaluable support: Rona Forget, Caisse Desjardins de Mont-Tremblant, Mont Blanc, Mécanique JP des Laurentides, Pompas sanitaires 2000 and the Chambre de Commerce du Grand Mont-Tremblant.

So, save your Canada Day weekend and join us for the Festival Brassicole des Laurentides's most festive edition ever! Cheers!



La Fête nationale du Québec

MICHEL PAGLIARO
Héros de la chanson québécoise

SAMEDI 23 JUN 2018
de 18 h à minuit
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A gesture that does not go unnoticed

Sgt. Sylvie Arcand was returning home on May 25 when she noticed that her neighbor was standing on her gallery and seemed worried. The latter asked the policewoman to pay attention because she thought she heard a voice from the woods where someone seemed to be in distress.

Sergeant Arcand then heard a weak voice calling for help. She immediately ran into the forest, making sure to continue talking to the person in distress to try to reassure her/him.

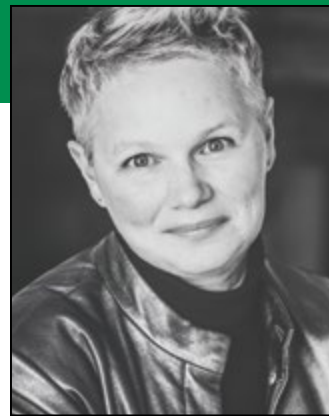
It was only after a few minutes that she managed to locate an elderly man, who was lying face down on the ground. Ms. Arcand then recognized her 82-year-old neighbor, Mr. Trudel, wounded in the face and arms. He could barely breathe and could not get up from the annoying position he had been in for about 30 minutes. Sgt. Arcand rescued Mr. Trudel and escorted him back to his home, where he was cared for by his wife, Mrs. Marcoux, and the paramedics who took him to the hospital.

For Mr. Trudel and Ms. Marcoux, it is clear that without the intervention of Sergeant Arcand the situation would have been much more dramatic. "Sylvie saved my life, if she had not been there I probably would not be alive today," says Trudel.



NOTICE OF NOMINATION

Ms. Nadia Angers, Executive Director of the Caisse Desjardins de la Vallée des Pays-d'en-Haut, is pleased to announce the appointment of Ms. Marie-Eve Boyer as Advisor of Communications and Community Life.



Ms. Marie-Eve Boyer
Advisor of Communications
and Community Life.

Ms. Boyer holds a Bachelor's degree in Graphic Communications from Laval University, a Certificate in Advertising from the University of Montréal and has undertaken a DESS in Event Design from UQAM. She has over 17 years of experience in the field of communications.

Ms. Boyer has owned her own communications agency in the Laurentian region and most recently worked as a coordinator at the Saint-Jérôme Cegep Foundation before joining the City of Blainville where she held the position of Director of Communications during the last four years. She served as a director on the Board of Directors of the Caisse Desjardins of Saint-Jérôme for three years, during which time she also sat on the Caisse's Donations and Sponsorships Committee.

We are convinced that with her dynamism and creativity, Ms. Boyer will add value to our team and we wish her the best of luck with this new challenge!

 **Desjardins**
Caisse de la Vallée
des Pays-d'en-Haut

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The serious and surprising benefits of journaling

By Jill Grumbache-Boileau, 4 Korner Family Resource Center

Let's get right to it! The mental and physical benefits of journaling are too good not to share them right off the bat.

It's proven through hundreds if not thousands of studies that journaling can: strengthen immune function, reduce blood pressure, improve lung and liver function, help people heal more quickly and spend fewer days in the hospital, boost mood and psychological well-being, positively improve adolescent and teen emotional problems, lessen performance anxiety, have a positive impact on the symptoms related to cancer and cancer treatment, and generally make people happier. Believe it or not, the list goes on and on.



Dr. James W. Pennebaker, professor and chair of the Department of Psychology at the University of Texas at Austin, and author of *The Healing Power of Expressing Emotion and Writing to Heal*, is a pioneer in the study of expressive writing as a route to healing. His studies indicate the release offered by writing has a direct impact on the body's capacity to withstand stress and fight off infection and disease.

Pennebaker's research shows that focused writing can have a beneficial effect on everyone—from those dealing with a terminal illness to victims of violent crime to college students facing first-year transitions. He states: "The simple act of expressing, in writing, your thoughts and feelings about emotionally challenging experiences is proven to speed your recovery and improve your mental and physical health. People who engage in expressive journaling go to the doctor less. They have changes in immune function. If they are first-year college students, their grades tend to go up. People will tell us months afterward that it's been a very beneficial experience for them."

Further Pennebaker studies show journaling results in benefits to those needing to keep secrets, those dealing with divorces, job rejections, or even a difficult commute to work.

When we translate our experiences into language, we essentially make the experiences graspable and tangible. In *The Philosophy of Journal Therapy*, psychologist Susan Hendricks says: "One of the most common reports from people who journal is the act of putting thoughts and feelings on paper helps give useful emotional and mental clarity." She continued: "Individuals may see improvements in what is called 'working memory,' essentially our ability to think about more than one thing at a time. Also, their social connections may improve, partly because they have a greater ability to focus on someone besides themselves."

Center for Journal Therapy founder, Kathleen Adams, shares: "Journal therapy is effective for grief and loss; coping with chronic illness; recovery from addictions, eating disorders and trauma; increasing communication skills; developing healthier self-esteem, and getting a better perspective on life."

Perhaps best of all, journaling is an at-home, holistic, inexpensive way to help ensure our overall well-being.

Through 4 Korner Family Resource Center, Jill Grumbache, Founder of Holistic Journaling, will be offering the workshop "Journaling for Caregivers" in the Laurentians this Fall. Watch Main Street for details.

Morin Heights Legion receives grant

"Morin Heights Legion Branch 171 gratefully acknowledges the receipt of \$14,916 from the Federal Government under the New Horizons for Seniors Program. The funds are to be used to replace the furnace as well as the kitchen stove. Both units are fueled with propane. Rather than a straight replacement, options such as electricity are being sought to offer a more environmentally friendly solution.

Many thanks to the Federal Government for this opportunity to make our Legion building more efficient and comfortable for our members and guests."



AAL

The Autism & Arts in the Laurentians (AAL) program in Lachute is this year's Quebec recipient of Autism Speaks Canada's Family Service Community Service Grant. AAL

was presented with a ceremonial cheque for \$25,000 at Autism Speaks Canada's Montreal Walk on May 27. The group also had a table at the walk, which took place at McGill's Percival Molson Stadium.



The Story Behind Chemin Renaud, Ste-Agathe-des-Monts

Joseph Graham - Main Street
joseph@ballyhoo.ca

From sixteen years of age, in 1905, Osias Renaud worked at the sawmill built by Anaclet Marier on the Tour du Lac in Ste. Agathe. The water flowing out of Lac des Sables drove the mill. It is hard to imagine today that the outflow of the lake could keep 12 men working; twelve families fed. The Parent brothers, who had acquired the mill, installed a new 40 horsepower turbine around that time, and milled flour as well as wood. The Parents also maintained a full general store selling animal feed, hay, flour, groceries, metal work, piping and even dry goods. In the winter, the men would log. Altogether, they kept 55 men working year-round. Eventually, their mill even drove the first electric generator in Ste. Agathe. Today we watch the water run bucolically under the bridge and can only imagine the busy scene that took place in what would have appeared to be a different place.

When Osias Renaud started working there he was paid 50¢ per 10-hour day, but within a few years his salary doubled to one dollar per day. He started off as a clerk but soon progressed to the machines. While working there, he milled the wood that would become the benches in the new stone church on Rue Principale.

By 1910 Ste. Agathe already had a railroad station, hotels, vacation homes, a multitude of businesses, schools and churches, and two tuberculosis hospitals. It was a full, real town, almost a city and it swarmed with vacationers coming to all the hotels. In the winter there were bobsleigh and dogsled races, and people were even skiing over the farms. There were 6 men's clothing stores, 4 barbershops, 6 butchers, 3 shoe stores as well as 2 separate shoemakers and 6 milliners. This was in sharp contrast to the town of Renaud's recent childhood. As he recalled in his memoirs, only a dozen years before he would go off to school in shoes fashioned from the treated hides of his own family's cattle. The youngsters would skate on these same cowhide shoes with reject blades from the blacksmith tied underneath.

By the time he was twenty, he had saved up a little money and, encouraged by his brother-in-law, he went to Montreal to study photography. When he returned, he continued to practice it with friends. Around 1910, he took over a small building on St. Vincent Street, and, living upstairs, he set up a photographic studio on the main floor. The narrow building still stands today.

The photographic technique that he had mastered involved preparing his own collodion-coated glass plates one by one prior to each shot. By this time George Eastman's Kodak was a popular camera for amateurs, but professional studios used a much larger camera, and these individually prepared glass plates allowed the photographer a lot more control. Renaud mastered these techniques and over the next ten years his subjects included Senator David, Edouard Montpetit, Henri Bourassa and Sir Wilfrid Laurier.

During the Great War, the Laurentian Sanitarium became a sprawling military complex housing both TB and gas victims, and business was good for local entrepreneurs, but Osias Renaud closed his business in 1921. Renaud was 32 years old, in the prime of life and owner of a successful business, but in April his second child, Yvette, was born and his little studio and upstairs apartment may have begun to feel a bit small. He decided to leave photography behind, and a month after his daughter was born, he acquired the Lee farm on the road to Ivry for \$4500. Years later, when queried by his children about why he had chosen the life of a farmer, he simply responded that man was made to earn his living by the sweat of his brow. Perhaps, like many others since, he was overwhelmed with the conspicuous consumption that had begun to become so visible during the roaring twenties, and longed for a simpler, healthier life.

Whatever the reasons he left photography, within a few years the Renaud farm would become Ste. Agathe's Model Farm, designated a ferme de demonstration by the Department of Agriculture and Osias Renaud would go on to win other honours in his new profession. In a farm produce contest, his farm came in second place behind the farm of Senator Raymond, owner of the Montreal Canadians, and one can imagine that, if the Senator's farm was in the contest, there were many other wealthy gentleman's farms vying for the honours. In 1935, his milk cows were producing at almost four times the average rate for Quebec cows, and he kept 150 pigs and 350 chickens as well as producing potatoes, cabbage, carrots, hay and oats. He was a member and one-time president of the Coopérative agricole de Ste-Agathe, something that is hard to imagine ever existed when we look at Ste. Agathe today.

Osias Renaud lived to 93 and his many children and grandchildren still live in the Laurentians. A part of his photo collection is stored in the Musée du Québec à Montréal, and a part is in a private collection. Chemin Renaud, the road that cut through his farm to join Ste. Agathe to Lake Manitou, is also a lasting memorial to him.

Mont-Tremblant Book Club



Photo cutline: Members of the Mont Tremblant Book Club enthusiastically welcomed guest author John Farrow to their recent meeting on May 28. The event, held at the Velan Astronomy Pavillion in Mont-Tremblant was coordinated through the Québec Writers' Federation.

Obituaries

DE GROOT, Leonardus (Leo)
June 20, 1930 – May 23, 2018

Leonardus (Leo) De Groot, age 87, passed away in Lachute, Québec. He is survived by his loving wife of 65 years Maria (Miep) Poot of Lac Sir John, QC, his children Peter, Don, Monique, and Christine, and his grandchildren Carolina, Ryan, Martin, Christoph, Sophie, and Rachel.



Leo was born in Zeist, Netherlands and attended an all-boys high school in Amsterdam that was conveniently located next to the all-girls school that Miep attended. Leo started working for Philips while simultaneously enrolled in their engineering program from which he received his electrical engineering degree. In 1958, Leo and Miep with young son Peter bravely left the Netherlands for Canada eventually settling in Rosemère, QC. After a decade in industry, he took to his true calling in life when in 1970 he was part of the first cadre of engineers to join the newly formed Dawson College, becoming a professor of Electrical Engineering Technology. Leo was a gifted teacher and highly praised for his dedication to the students. He took great pride in educating so many students over his career, which continued until his retirement in 2000.

In 1974, he fulfilled his first sporting love by getting a sailboat and joining the Laurentide Yacht Club. What followed were many delightful years sailing the waters of Québec and Ontario. Leo and Miep were also active in the Viking Ski Club, nurturing their children's love of cross-country skiing. Above all else, Leo loved telling stories, especially humorous ones, which often ended with him laughing to the point of crying – it was a joy to watch, which his family will dearly miss.

A funeral mass will be held on Saturday, June 9 at 10:30 am at the Église Sainte-Anastasie, 174 avenue Bethany, Lachute, QC with a reception to follow at the church. Relatives, friends, and colleagues are kindly invited. In lieu of flowers, donations may be made to the Heart and Stroke Foundation of Canada.

Hodge, Lillian (nee Harrison)
1925-2018

Passed away on May 10, 2018 at the age of 93 in Lachute Hospital.

Lil was born in Southampton, England, and married Canadian soldier, Private Ivor Stanley Hodge from Montreal, Quebec. She followed his return to Montreal, in 1945 as one of the many courageous young WWII brides. Together, they raised 4 boys, Peter-Deceased (Chrystal), Robert (Gail), Gary-Deceased (Joanne), Arnold (Roseann). Lil and family packed up the car on Friday afternoons and made the 2 hour



drive up to Lake Echo where they spent many a happy summer day, and also enjoyed good times at the Bellevue Hotels' bar and pool. The family moved from Montreal to Rosemère, back to Montreal then finally to Morin Heights to build and settle on Sunset Hill.

In 1982 Lil and Ivor travelled west to Vancouver-BC and when Ivor passed away in 1983, Lil then moved over to Victoria. While living there she finally retired and took up volunteer work as a tourist info guide and helping the needy. She then, in 2002 came back to live in "The Residence" in Morin-Heights. In her younger years, Lil was an active member of the Canadian Legion; Flanders branch 63 in Park Extension Montreal, then Morin Heights Branch 171 and joined the Senior Citizen Heritage Club. She loved to sing; she even toured and performed with the Sweet Adelines. She loved her crosswords and "cuppa tea made the proper way". She leaves to mourn many grandchildren, nephews and nieces, great-grand children, great-nephews and nieces and friends throughout Morin Heights, Australia, Spain, England and Canada. A heartfelt thanks to the staff at Madaillon D'or and the CLSC nurses for their assistance.

There will be no service as per her wishes. Please make any donations to the charity of your choice.

SASSEN, Paul Adrian
January 31, 1964 – May 12, 2018

It is with great sorrow and sadness that we announce the unexpected death of Paul Sassen at his home on Clear Lake, Saturday May 12, 2018. Paul had a beautiful day, he had proudly seen his son, Tom, off to work, he had visited with his Dad, then returned home to putter in the garden with his lovely Louise. Paul was very social and had a smile for everybody, especially children. He had the uncanny ability to know your name. He was a voracious reader, an avid traveler and an accumulator of knowledge in its purest form. He loved and supported the arts, sciences, and all youthful enterprises.

Paul was the beloved of Louise St. Jacques; adoring father of Thomas James; eldest son of James and Evelyn; big brother of Julia (Craig), Elaine, Mark (Kathy) and Marianne; cherished uncle of Katherine, Emily, Anna, Matthew, Samuel and Henry. Paul will be missed sorely by the entire St. Jacques family (Louis-Georges and Marie-Paule), with whom he spent so many treasured moments and happy occasions.

A funeral was held on Saturday, May 19, 2018 at 1:pm at St. Simeon's Anglican church, in Lachute. A private burial for the Sassen and St. Jacques families followed at St. Aidan's cemetery, Wentworth. Paul's short but full life was celebrated at a reception on Saturday, May 19, 2018 at The Lachute Golf Club. In lieu of flowers, a donation can be made to the Lachute-4H Club, one of Paul's favorite organizations.



The English Link

Summertime blues that aren't about music

Seasonal changes can affect your entire sense of well-being

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

It's summertime, and the livin' is easy, right? Um, for some, not so much. If you find that you feel like a completely different person depending on the season, it may be Seasonal Affective Disorder (SAD) and it can occur in summer as well as winter.

According to the Canadian Mental Health Association, people with SAD make up about 10% of depression cases. Some people are at higher risk:

- Adults are at higher risk of SAD than children and teenagers.
- Women may be more likely to experience SAD.
- People in more northern countries or cities are more susceptible.

Experts aren't sure what causes summer SAD. For some, it's biological; for others, it can be the specific stresses of summer. According to Ian A. Cook, MD, Director of the UCLA Depression Research & Clinic Program: "Both summer SAD and winter SAD people can experience the full range of symptoms of major depressive disorder - depressed mood, hopelessness and feelings of worthlessness and nihilism." Winter sufferers often feel sluggish, sleep more than usual, and tend to overeat and gain weight. Summer symptoms include insomnia, loss of appetite, weight loss, agitation or anxiety, and an increased feeling of isolation.

Here are some tips on taking control of summer depression.

Get help. If you think you're getting depressed, no matter what time of year, get help. Talk to a therapist, psychiatrist, psychologist, or social worker. Or see your family doctor or a psychiatrist who can evaluate whether medicines for depression might be appropriate. Never take the signs of depression lightly.

Plan ahead Stay in control, think about the specific aspects of your life that become difficult in the summer and simplify them.

Sleep. Long days and activities cause you to stay up later than usual, but not getting enough sleep is a common trigger for depression. Get your z's.

Exercise. This can help keep depression at bay. Find ways to stay active, even in the heat.

Don't overdo dieting and fitness. This will make you unhappy and anxious. Instead, exercise sensibly and eat moderately.

Protect yourself. Don't let obligations drag you down. If you always host the overwhelming family barbecue, pass this year. Don't risk pushing yourself just to live up to tradition.

Plan your vacation carefully. Ensure it's the vacation you really want or need. Will it make you happy? Will it stretch your finances? Consider alternatives. Don't lock into a vacation that won't feel like one.

Don't beat yourself up. In summer, you can feel out of step because everyone else is having a blast. Much misery grows out of the gap between where we are and where we think we ought to be.

To find help with depression in the Laurentians, call you local CISSS or CLSC or visit <http://www.4kornerscenter.org/resources-health-social-services/>. You can also visit <https://www.psychologytoday.com/ca/therapists/quebec> to find someone nearest to you.



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

Upcoming Activities

Personal Sessions to Relieve Stress

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

Comforting Tea

June 11 & July 9: 10 am - 11:30 am (Mont-Tremblant)
June 29 & July 27: 10:30 am - noon (Ste-Agathe)

Coffee Meeting for the Bereaved

Tues, June 12 & July 10: 7 pm - 8:30 pm (Mont Tremblant)
Thurs, June 21 & July 19: 1:30 pm - 3 pm

Group Relaxation

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


Fridays: 10:30 am - 11:30 am (Ste-Agathe)

Accompanying services

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

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

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



Father's Day In Heaven

I love you and I miss you, Dad,
and though you've passed away,
you'll never be forgotten,
for I think of you each day.

If heaven celebrates this day
how special it will be.
A gathering of the many dads
upon our family tree.

Your father and grandfather
and great grandfather too.
How wonderful it is, if they
can spend this day with you.

May you know how much I love you,
though I'm here and you are there.
Happy Father's Day in heaven
to the best dad anywhere!

Source: <https://www.familyfriendpoems.com/poem/fathers-day-in-heaven> By: Ron Trimmer



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 MONEY-HEALTH LINK

How finances can affect physical and emotional health.

DOES THINKING ABOUT MONEY MAKE YOU TENSE? If you have ever wondered what would happen if you lost your job tomorrow or worried about running out of money in your old age, then you are not alone.

A recent study shows that only 34 per cent of Canadians surveyed feel financially well. That means 66 per cent of Canadians feel financially unwell or just okay¹ – and research shows that there's a strong link between how financially well we feel and our mental and physical health. Canadians who feel financially unwell are nearly five times less likely to participate in healthy physical activity and are more likely to experience financial stressors.²

On the flip side, Canadians who feel financially well are significantly more likely to say their physical health is excellent or good. They eat more fruits and vegetables. They get more exercise. They get health checkups more regularly, and they tend to educate themselves on being healthier. They are also less likely to worry about finances or stress over managing their money.³

This suggests that good financial habits – those that make us feel financially well – can help improve our physical and emotional health. The first step, however, is to take action to relieve money worries. Here are some ideas.

1. Don't go it alone

Everyone runs into financial hurdles. However, often people keep such problems to themselves. They're reluctant to talk to friends and family about the financial strain they're under, and the stress that comes with it. They may feel a sense of stigma that they're in trouble, and a sense of shame that they weren't better prepared.

Seeking social support can help. Talking things through with people who listen without judging may lead to fresh approaches and new solutions. More importantly, it's a stress reliever. It provides an opportunity to vent, as well as a powerful reminder that everyone is surrounded by a community of people, many of whom have experienced financial challenges, too.

2. Get perspective

Financial crises can feel like the end of the world – but they're not. Whether it's a sudden drop in income, a big unexpected expense or too much debt, the consequences generally aren't life and death.

It helps to ask, "what's the worst that can happen"? The answer may be a significant lifestyle change, such as moving into a different home, dramatically reducing expenses or stopping all use of credit cards for a time. Each outcome is challenging, but surmountable.

3. Take control

People cope with stressful situations in various ways. One is to seek comfort in the moment. "Comfort coping" may mean escaping into a fun activity and forgetting problems for a while. It may help temporarily, but doesn't solve any underlying issues.

"Active coping" is different. It's about getting information and making a plan. It will probably be more work. It may be uncomfortable. But gaining more control over a situation can help make it better over the longer term. And, even before goals are reached, feeling in control may help reduce stress.

4. Write it down

Writing worries down can make them feel less overwhelming – and what specifically goes into a "worry journal" matters.

In one study⁴ participants were asked to record what worried them, what they predicted would happen based on each worry and how much each worry was affecting them. They also tracked what actually happened and compared it to their predictions. Being that specific led to significantly lower levels of stress than among the control group, who simply kept a journal of thoughts and how each thought was affecting them.

Try adding a column for solutions, which may include everything from the big (for example, creating a schedule to pay off a large debt) to the small (say, planning a call to get more information tomorrow at 10 a.m.).

5. Build a financial viable future

The most effective solution to financial stress is to create a comprehensive solution with guidance from an advisor. An expert can recommend steps that boost feelings of financial preparedness, such as making a budget, consolidating debt and saving for the long term.

With well-designed financial strategies in place, it becomes possible to shift mental energies away from financial challenges and towards the more positive aspects of life – including activities that further promote physical and emotional health. A financial plan can help you stop worrying and get back to living.

DID YOU KNOW?

40% of Canadians feel "financially unwell." Of those:

- Only 1% is on track to reach retirement goals.
- Only 22% have a financial advisor to help them plan their financial future.
- Only 11% feel protected in case of unplanned events.

Source: Manulife Financial Wellness Index 2016, www.manulife.ca/content/dam/consumer-portal/documents/en/other/CS5156.pdf

1, 2, 3 Results from Manulife Financial Wellness Index 2016, www.manulife.ca/content/dam/consumer-portal/documents/en/other/CS5156.pdf
4 Results from Manulife Financial Wellness Index 2016, www.manulife.ca/content/dam/consumer-portal/documents/en/other/CS5156.pdf

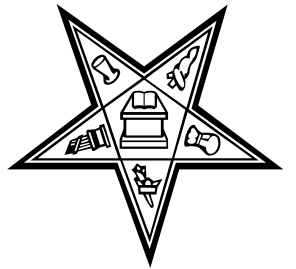
Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. - This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883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

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Dear friends of Lachute Chapter #56

Order of the Eastern Star in Lachute



Lachute Chapter #56 has been operating for forty-six years, but the time has come when we must say good-bye. Over the years we have enjoyed all our activities and fundraising for the different groups we have supported. As with a lot of groups, we no longer have enough members to keep going on our own, so, we are consolidating with Westmount Chapter # 9 in Montreal. We will join with our Sisters and Brothers from that Chapter to remain members of The Order of The Eastern Star.

At this time we would like to sincerely thank all the citizens who supported us by attending our Harvest Suppers and Ham and Bean Suppers to allow us to do our good works.

We especially wish to thank The Main Street newspaper for all the publicity they have given us over the years without which we would not have succeeded for this long.

We say sincere thanks to all and for the wonderful memories we have of all the good times we have shared.

Lachute Chapter # 56
Freda Gordon
Secretary

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I'm Just Saying Days of future past

Ron Golfman - Main Street

It was Albert Einstein who once remarked that while discovery is wonderful, technology is fifty years ahead of our understanding of its overall repercussions. I don't mean to come across as an old geezer in this article, but I can't help but think he has something there. We seem to grasp and glorify advances, implement them, and then, later, realize what we have lost. Allow me to explain this thinking.

Youth of today have little to no idea what a phone booth is. When told that they once dotted the country, providing subtle comfort in knowing that in case of an emergency, a phone was nearby, kids just don't get it. Sadly, in Canada, those classic red and white structures are all but gone. While it is true that many of us have cell phones at our disposal, not everyone can afford one. We live in an age where you are likely to be confronted with a shotgun if you approach a door in daylight, and especially after dark, should your vehicle break down, or some other emergency occur. Despite the World Wide Web, you would be totally alone, and even with a cell phone, you may find you have no reception, which was never an issue with a phone booth.

I read recently, and then saw it verified on the news, that given our penchant for using plastic in most transactions, institutions, such as the Caisse, will be phasing out ATM terminals in the next five to ten years. At first, in a semi-paranoid, reactive reflex, I thought that this was a subversive way for the government to ensure that all transactions would have a paper trail in digital form. Then it occurred to me who would be losing out even more than cash users, such as me.

It would be the gas station attendant who pumps your gas who will not receive the \$2 tip unless he carried a wireless ATM terminal with him. How will I be able to help someone in need when I encounter a panhandler, or busker, if paper money and coins are going the way of the dinosaur? I would just say, "sorry fellow (or lady), I wish to help, but unless I can swipe or tap your wrist, you're going to have to forget about that warm meal or coffee." That's progress?

For most readers of this article, obtaining a bank account is not an issue. Oh, it is true that some financial institutions refuse people who have declared bankruptcy, while a few, including the Caisse, may allow you, provided you have proof of income. For the homeless, or transients and others barely hanging on to the fringes of society at best, this would be the push off the ledge.

As one who believes that the quality of one's life is directly related to one's ability to have choices, I am in favor of the present system where we can choose between paper or plastic when it comes to money. Only recently, when parking for the day in downtown Montreal, I was confronted with needing twelve dollars in loonies, toonies and quarters to avoid getting a ticket. The fact that I had to leave my meeting three times to feed the meter seemed to illustrate a lack of progress. I was, however, relieved to know I could have used my debit card and avoided walking around with a pocketful of coins, saving me all that inconvenience.

I'm Just Saying, 'look before we leap' comes to mind.



Making it Work in the Laurentians Elevator pitch for entrepreneurs

Rachel Morgenstern-Clarren

If the short span of an elevator ride was all that stood between you and selling your business to your dream client, investor, or partner, what would you say? That's the idea behind an "elevator pitch" - a short, persuasive speech that allows you to explain the essence of your business in less than a minute. You never know who you're going to run into, or where, so a smart entrepreneur will have a presentation ready!

How to craft your elevator pitch

The key to delivering an effective elevator pitch is to keep it clear, concise and bold. Your potential investor/client/partner has probably heard a million pitches, so if you want yours to stand out, you will have to make it memorable.

Start by communicating your value proposition - clearly identifying the problem that your company solves and/or the need that it addresses. Why should they work with you, and not the competition? What sets you and your company apart?

To hook your listener, keep your language as innovative as the product or service you're offering. Find fresh ways to describe your work, and avoid using cliché buzzwords, such as "revolutionary" or "ground-breaking", and avoid generic business jargon.

Delivery is also crucial. You want to sound polished, but not overly rehearsed. Develop your key points, and practice conveying your message in different ways, to different people, so that you're ready to adapt to any situation you may find yourself in. Ask your friends and family to listen to your pitch, and make adjustments based on their feedback.

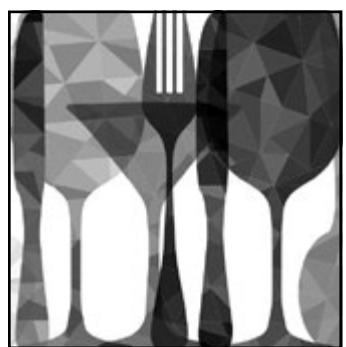
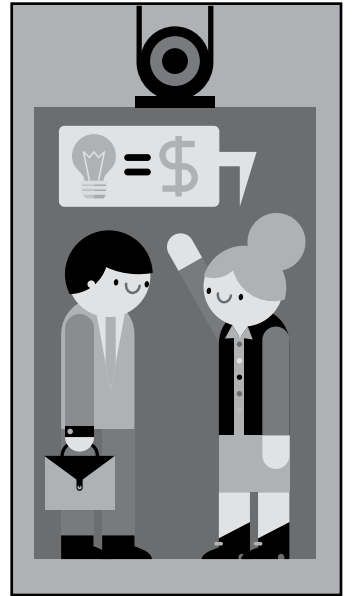
Elevator pitch to investors vs. clients vs. partners

Be aware that a potential investor may not be attracted to the same things as a potential client or partner, so you must be prepared to use your powers of persuasion differently for different audiences. Keep in mind who your listener is, and what he, or she, needs to hear in order to choose to invest time, money, and attention in your company. With an investor, be prepared to talk about things like market size, demand, projected earnings, and what your company alone can accomplish or provide. When you pitch to clients, emphasize why your product or service is necessary for them. When you pitch to partners, talk about why you would make a good team, and what you could accomplish together, by combining resources and ideas that you couldn't accomplish alone.

The pitch is only the beginning. What comes next?

If you've delivered your pitch successfully, it should motivate your listener to ask more questions, or to decide to invest in your company, become a new customer, or a new partner. Assess your strengths and weaknesses in advance and be ready to address them during your conversation. It will show that you've done your research and that your idea is well thought-out. Have a business card ready and make sure to follow-up. Hopefully this will be just the beginning of future conversations!

A YES business coach can help you craft your compelling elevator pitch. Call 1-888-614-9788 ext.316. or visit www.yesmontreal.ca



Real Wine for Real People Summer sippers

April Sirois - Sommelier - ISG

With the warm weather finally here, I have found some great summer wines for you to enjoy on your patio or deck. They are all under \$20, so

you can always have some on hand for when friends pop in. Also, just for fun, I have included my favorite (and super-easy) sangria recipe.

White:

Albert Bichot, Bourgogne Aligoté, \$15.90

This is a beautiful clean crisp white wine, perfect for summer and seafood.

Pair with lobster, lemon butter and patio lanterns.

Charles Smith, Kung Fu Girl, Riesling, \$18.75

A gorgeous, full-bodied rich wine with spice notes. Pair with grilled pork, covered with mango salsa, drizzled with honey, to enjoy with your honey.

Red:

Chateau de la Chaize Brouilly, \$17.50

A beautiful, easy-to-drink medium bodied red wine. Pair with grilled beets, stacked with goat cheese and pine nuts. For your vegetarian friends.

19 Crimes GSM, \$18.65

GSM, the holy trinity of red wine. Dark purple, with big-flavor tannins and fruit. Pair with grilled burger or steak. This wine is the life of the party



Rosé:

Mateus Sogrape, \$9.50

Mateus, that funny, flat, round bottle that we remember from the 80s; low alcohol, lean, slightly sweet, this is a great summer wine. Pair with any kind of salty, deep-fried snacks. Honestly, try this.

Gerard Bertrand Côte des Roses, \$18.35

A reasonably priced wine from one of the great wine makers in the South of France. Elegant, and dry. Pair this with a big cobb salad with lots of blue cheese dressing. Salad is health food, right?

Sparkling:

Santa Margherita Valdobbiadene Prosecco Superiore, \$18.60

For you Prosecco lovers out there. Bright, and frothy. Pair with any kind of seafood: a big bucket of steamed clams and mussels. Summer heaven.

Wolfberger Crémant d'Alsace, \$19.60

Light and lively with nice acidity, a quality sparkling wine at a discount price.

Pair with cheese, including nachos or pizza, with roasted vegetables.

Sangria in the sun:

- 1 sliced lemon, lime and orange
- 1 can frozen citrus juice or punch
- 1 bottle inexpensive red wine.
- ¼ cup orange liqueur (I like Grand Mariner)
- 2 cups of ice.

Drop sliced fruit into a large pitcher.

Add semi-thawed punch and wine. Stir

until well mixed. Add liqueur and ice.

Serve.

This recipe can be easily doubled depending on your number of guests.

Cheers!



Laurentian Quilters Guild

Joan Hudson

Our program co-ordinator, Lesly Slinn-Fitzpatrick, planned a wonderful Day Retreat at the Auberge Morency in St. Hypolite on Thursday May 24. We were 18 enthusiastic quilters, all sharing our time together sewing, chatting, and working on our own projects, being large or small.

Our coffee break was enjoyed with tea, coffee, juice, many tasty pastries, plus a platter of fruit. The beautiful dinning room where our delicious lunch was served overlooked a very calm lake. After lunch we returned to do a little more sewing and enjoyed our snacks in the afternoon.

Yes, we all agreed, we ate well and enjoyed the camaraderie with each other.

Just a last word - When are we going back?



Losing Control

A play presented by the theatre group, La Belle Gang

Losing Control is a play written by François Jobin, directed by Marie-Claude Hé-nault, and translated by Jeffrey Nethercott. The cast includes members of the Morin Heights theatre, Main Street team, and others, who already played in the previous play by this troupe. The play was well written, and provided information for those who are care-givers to Alzheimer patients. Somehow, they made this serious subject easily understandable, and at times they made us laugh. What a great play! The cast includes: Ghislaine Bastien, Chris Schlachter, Susan Sioui, Anita Stanzl, Britta Clausen, Janick Tremblay-Bouchard, Anselmo Marandola, Jim Warbanks, Pennny Rose, Franca Collavoli, Grace Dubeau, Katherine Weary, Jackie Smith-Barker, Libby Barratt and Roland Richer. Sound and lights by Hugues Cantin.

Bravo everyone! You deserve the accolades you received throughout the play. (IA)



Photo: The whole troupe takes a bow, at the end of the Matinée show at the Lachute Legion, May 23, 2018.

— Salon funéraire —

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