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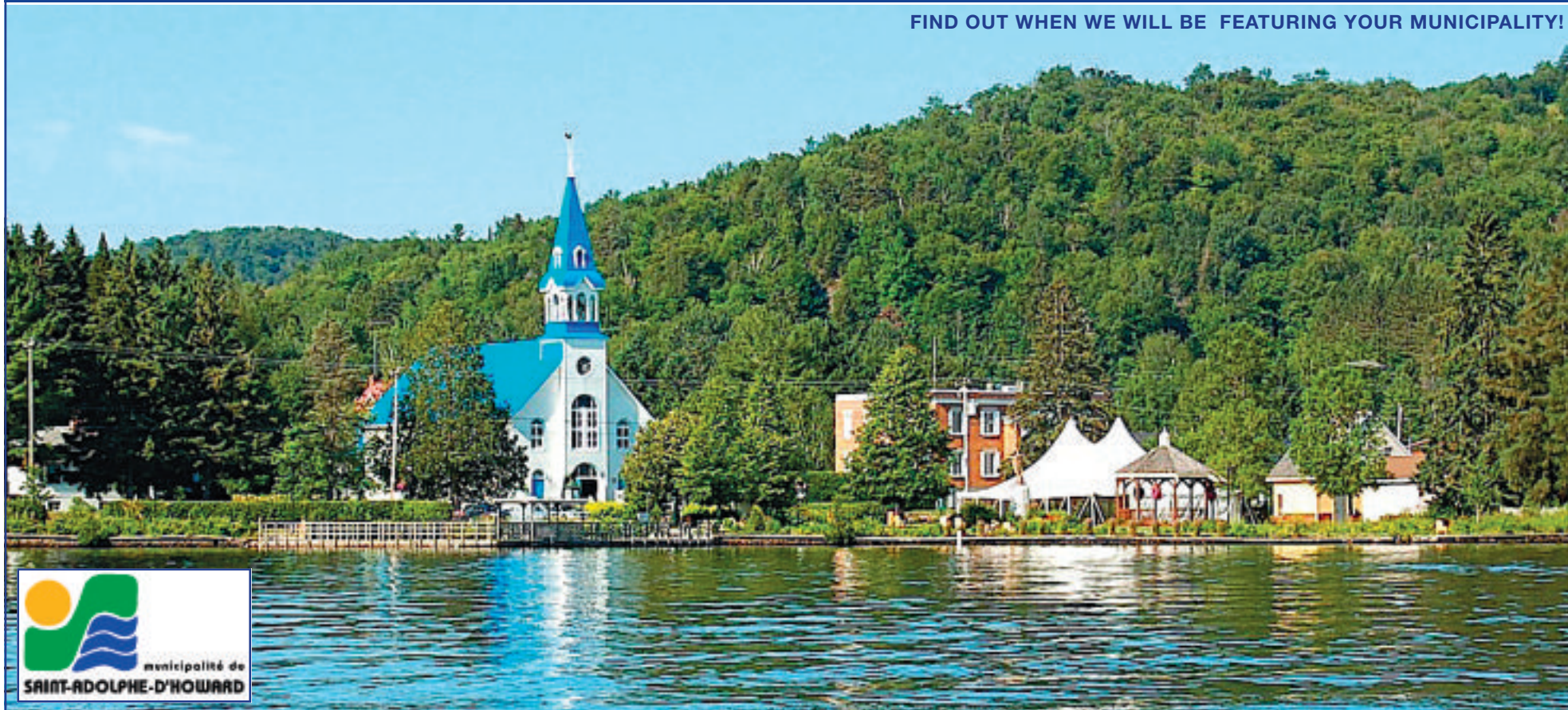


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MUNICIPALITY OF THE MONTH: SAINT-ADOLPHE, P18

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WHAT'S ON MY MIND...

Susan MacDonald, Editor

Choosing to make a difference

There was a time I rarely paused to contemplate the scores of illnesses and tragedies that afflicted people unknown to me. I considered my "close circle" to be invincible, they were not, and I soon learned how fragile the line between health and illness, truly was. During these difficult times, I recognized how many institutions relied upon contributions in order to provide and improve their services. Many of those dollars came from people who chose to make a difference. This month, fundraisers are in the focus.



On May 25, I attended the Reebok Sparten Race in Mont Tremblant in support of a friend who took on the challenge of a grueling obstacle race to benefit the Montreal Children's Hospital Trauma Centre. Next month, another friend, the co-founder of Canada Cycles for Kids, will be cycling over the Rockies to help give terminal kids and their families the opportunity to live a dream. In-between, the SPCA-LL will be hosting a Walk-A-Thon to collect funds for one of the

only non-kill animal shelters in Quebec and the Steve O'Brien Foundation is putting on a Family Walk to benefit autism. There are several golf tournaments and dinners on the schedule as well. These community members are organizing or participating because they understand the necessity. With determination, they are willing to do the physical work for us hoping that we will recognize the importance of their mission and be willing to contribute to these worthy causes. Some call this charity but I see it as community members supporting their own - and others.

While we can't individually support them all, we, too, can make a difference. Think of the many times we, and our families, have benefited from these organizations - the resources we have sought, and the support we have received. They were available, in part, due to these fundraisers. Every contribution is appreciated.

I would like to thank the municipality and community members of Morin Heights for their enthusiastic participation in the May edition. We received so many articles and photos that we could not include them all! As you will see, St. Adolphe d'Howard also has lots to share with us this month, including the return of the Wine Festival, which has a few surprises in store for you. Next month, look for the huge calendar of events and activities happening in St. Sauveur.

Enjoy the read...

A wind of change at Automobiles Le Passant in Lachute

Following our major renovations these past years, Mr. Normand Poitras who is very well known in the region with over 25 years of automobile sales experience, has decided to join our team at Automobiles Le Passant.

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Observations

Just Another Conspiracy Theory

David MacFairlane - Main Street

We all know by now that if the US was an individual or a corporation, it would have been in bankruptcy court years ago. We know that it runs a constant budget deficit of a trillion dollars, has a national debt of \$17 trillion, unfunded liabilities exceeding \$100 trillion, 50% of workers are financially dependent on the government, 50 million are on food stamps, and the Treasury is addicted to constant borrowing to stay afloat. The Federal Reserve has been the "lender of last resort" to the Treasury since 2008, but has recently cut back its QE program and signalled an end to purchasing US debt, while Russia and China have also stopped US bond purchases and begun dumping instead.



This is an untenable situation for the US and, just in the nick of time, a new buyer of US bonds has miraculously emerged, with seemingly bottomless pockets, to keep feeding the crippled US debt machine. It's the tiny country of Belgium, with a GDP of just \$480 billion. In the past few months, Belgium's holdings of US bonds has grown to \$350 billion, which is clearly impossible unless it is acting as a proxy for another party. Who could this be and why? It appears that a company named Euroclear has claimed to be this buyer but, as its

name implies, it is a financial middleman for other principals and has ties to Central Banks, the IMF, BIS and World Bank. Ironically, Euroclear was once operated by JP Morgan until separately incorporated in 2000. It seems that other Central Banks and financial institutions are replacing the Federal Reserve as buyers of US debt and it would be logical to assume that there is purpose to this madness and an ultimate goal not yet revealed to the public.

It is well known that Iran, Russia, China and other BRICS countries, through the medium of the planned BRICS Development Bank will be dumping the US dollar

"I suggest that US foreign policy can still be defined as 'kiss my arse or I'll kick your head in.' But of course, it doesn't put it like that. It talks of 'low intensity conflict.' What this adds up to is a disease ... of language, so that (it) becomes a permanent masquerade, a tapestry of lies ... The crimes of the US throughout the world have been systematic, clinical, constant, remorseless and fully documented, but nobody talks about them."

Harold Pinter. 1930-2008. Playwright, director, actor. Nobel Prize Literature, 2005

and US bonds in favour of future gold and commodity-backed currencies like the ruble, yuan and dinar. Also, world tensions have been rising due to the hostilities in Ukraine, the Middle East and South China Sea, pitting the US and allies against Russia, China, Iran and their allies. The US has needed a counter-strategy desperately, if it is to retain financial and military domination over the world. This hegemony has been weakened, and powerful opponents have appeared who refuse to kowtow to US threats and will not back down from a possible military confrontation. The US is losing this game of chicken because it can neither afford, nor win,

a hot war against such well-armed and well-financed opponents. So, using the arcane political gambit of create a crisis and then impose your own, self-serving solution, it has been suggested, in the financial blogosphere, that the IMF and BIS, with the support of the Federal Reserve, is accumulating US debt for the time when the dollar is dumped as the world's reserve currency. The plan is for the IMF to emerge then as the lender of last resort to the US, and use its own SDR (Special Drawing Rights) basket of foreign exchange reserve assets to replace the US dollar as the new reserve currency. The goal of this plan, it is suggested, is for the western banking elites (the super-rich, 0.1%) to achieve their dream of financial and economic global hegemony, and to dominate the masses through total financial servitude following the collapse of sovereign economies.

If this were true, we, who do not manipulate the levers of power, must prepare for the annihilation of our way of life and the loss of individual freedoms. Any hope that this might not happen rests with the Russians, Chinese and others refusing to play ball with the globalists of the New World Order, (another "conspiracy theory"!)

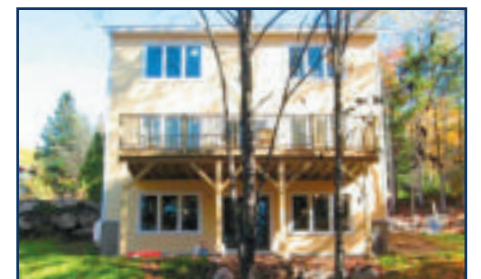
As with all conspiracy theories, they are always based on the observation of situations and events that have defied intelligent, impartial examination and been shrouded by officialdom in prevarication, subterfuge and chicanery, and where the truth screams to be known. For example, why did the Twin Towers and Building 7 implode and not just topple over? Why were authorities looking the other way on that fateful day? Why was the Bin Laden family allowed to leave the US the next day in their private jets? Why, indeed!

Aren't conspiracy theories fun? Usually, where there is smoke, there is fire, yes?

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Denis Chalifoux, Mayor



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MUNICIPAL BULLETIN JUNE 2014

MAYOR'S MESSAGE

Like many of my constituents, I am very saddened to find out that some of the downtown businesses have closed over the course of the last few weeks.

Businesses, whether they are service outlets or retail, have undergone important transformations and the transition may be difficult for some. These closings are also in the image of the precarious situation faced by several city centers or village cores in Quebec.

Of course, the easy solution could be to implement tax credits or subsidies for businesses, or to finance occasional animation activities, but these actions would only temporarily solve the problem. I am convinced that at this stage, we must go further and work to consolidate our commercial offer for the long term.

While the CLD studies and analyses confirm that Sainte-Agathe is growing, we must question ourselves on commercial activity in the downtown district and on route 117. There is no doubt that the demand is present, but is the offer adequate? Should we reorganize the downtown area? Increase its residential occupation? Review market position?

All of these questions must be taken into account and further studied, and for this reason, we have formed "la Table des entreprises," a committee created to reflect on the situation and this group will have the mandate to propose concrete solutions to energize the downtown area and commercial activity in general.

At the same time, traders will be invited to meet, depending on their needs, specialists in marketing, market placing or accounting, with whom they can work to pinpoint their businesses strengths and weaknesses and ultimately ask for a diagnosis to subsequently put into action a plan to improve their traffic. This service will be available thanks to the contribution of Emploi-Québec.

The town is doing very well while the city centre is experiencing some serious problems. I can assure you that we will put all the energies necessary to revitalize the downtown area. There are no miracle cures, but I firmly believe that we all have a role to play to improve its situation.

Denis Chalifoux, Mayor



TOWN PRESENTS ITS APPEAL AT SALON-IMMO-DÉCO-RÉNO DES LAURENTIDES

The city was present at the 1st edition of the Salon-Immo-Déco-Réno des Laurentides, which took place at the Damien Héту Sports Center on April 25th, 26th and 27th. In addition to presenting the town's appeal, representatives of the Town Planning and Environment departments were present to answer different questions concerning regulations and necessary permits for the realization of various projects.

TOWN AND THE AGGLOMERATION RECORDED 2013 SURPLUSES OF \$1,451,300

The town recently filed financial statements for 2013. A tight control of expenses allowed to record a surplus of \$129,500 for the agglomeration and \$1,321,800 for the town.

While revenues for the agglomeration are down \$27,500 for what was originally forecasted, the results are explained mainly by the compression of expenditure in the order of \$157,000 mainly for the training of firefighters, the hiring of temporary employees and energy costs.

As for the city, revenues have increased by \$150,000 and this increase is mainly due to bank interests. Tight control of spending also helped to achieve this result. Firstly, a smaller number of candidates in the municipal election have helped to reduce the estimate of the expenditure linked to the municipal elections. Insurance claims have been lower and some planned hiring of temporary staff has not been carried out. In public works, decreases in building and vehicle maintenance as well as in purchases of asphalt and gravel have enabled a reduction in costs.

Finally, the costs associated with the operation of drinking water and wastewater plants were lower than anticipated. Firstly, the drinking water plant was put into use in August 2013. As for the sewage plant, the city had to return to tender and the mandate has been granted only for October 2014. This is a reduction in expenses of \$388,000 which will be reserved for the beneficiaries of the drinking water and sanitary sewer systems.

A NEW TRAFFIC REGULATION WILL ENTER INTO FORCE PROGRESSIVELY ON THE SAINTE-AGATHE TERRITORY

In order to respond to the needs expressed by the population, the municipal Council adopted a regulation, last May 20th, which amends the speed limits on the municipal road network.

The maximum speed limit will be 50 km/h on local streets, collector streets and major arteries while on the mainly residential local streets it will be 40 km/h and 30 km/h in school or park zones.

The new regulations will enter into force progressively and by sector.

With these new measures, we hope to reduce the speed on the entire municipal road network. The municipal council also intends to put pressure on the Ministry of Transport so that adjustments to the roundabout can be made particularly on the pedestrian crossings which are considered hazardous.

The complete version of the municipal bulletin "Ma Vie Ma Ville" is available online at: www.ville.sainte-agathe-des-monts.qc.ca.

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Jim Warbanks - Main Street

In discussing "known unknowns" recently, Gazette columnist Josh Freed (or, as former Quebec Premier Lucien Bouchard once referred to him, Josh Fred, this gaffe courtesy of his then-speechwriter Jean-François Lisée), indicated that scientists would soon be able to predict how long an individual would be expected to live. He speculated that most people would rather not know.

The optimists among us might aspire to live 100 years. As a result of gains in life expectancy, the likelihood of this occurring has been markedly increasing. Statistics Canada recorded 5825 people in the 2011 Census who had reached that lofty goal. There were only 3795 ten years earlier.

Projections

Recent population projections show that the expected number of centenarians could reach 17,000 by 2031, and rise to an astonishing figure of nearly 80,000 by 2061. Will you be among them? Your chances improve markedly if you are a woman. The gender ratio for centenarians is about 5 to 1, favoring women.

Canada's rate of centenarians, at 17.4 per 100,000 persons, is slightly higher than the corresponding figure in the United States, but significantly lower than the rate in world-leading Japan, at 37 centenarians per 100,000. Among Canadian provinces, Saskatchewan had the highest rate, at 31 centenarians per 100,000, twice the national average. The high rate in Saskatchewan is linked to the fact that, for most of the 20th Century, the province had the highest life expectancy at birth. Newfoundland / Labrador had the lowest rate, with the territories experiencing a very low rate.

Of course, the tongue-in-cheek advice often given to those who express interest in living a long life is to "choose your ancestors carefully!"

Big Life Project

For those among us who consider the centenarian goal a trifle lofty, there are many life expectancy calculators available. The Ontario government has just released the Big Life Project Health Calculator, which predicts both life expectancy and future hospital use based on lifestyle risk factors – smoking, excess consumption of alcohol, poor dietary choices and level of physical activity. This tool also allows you to estimate the chances of your living to reach the age of 100, reach retirement age, to witness the graduation or marriage of a grandchild, or to see the Toronto Maple Leafs win a Stanley Cup. The latter goal seems laughably unrealistic to me. The calculators are accessible online at www.projectbiglife.ca

To the basic questions concerning age, sex and weight are added smoking habits, detailed alcohol consumption, an extensive list of food choices, leisure physical activity, an estimate of self-perceived stress level, socio-demographic data including income, incidence of specific diseases and incapacity due to illness. Answers to these questions determine your anticipated life expectancy. You are then offered the opportunity to modify your answers, in order to understand how healthier lifestyle choices can affect your life expectancy.

Hospital stay

The Future Hospital Use Health Calculator uses the same data to estimate the number of days you can expect to spend in hospital. Once again, you are allowed to recalculate this figure, if you decide to opt for an improved lifestyle.

There is also a Sodium Calculator included, based on the number of fast food meals, prepared foods, bakery products, processed meats, and salt you add to your meals. This generates your estimated consumption, compared to the recommended and maximum levels of sodium that you consume.

A significant proportion of the estimated days you will spend in hospital is linked to the four habits studied: smoking, diet, drinking and physical activity level, or a combination of them. One in three people hospitalized are there because of their unhealthy living habits, concluded the senior author of the study, which led to the development of the calculators.

Unhealthy choices

Just 7.2% of the 80,000 people surveyed reported none of the unhealthy behaviors. Thirty-five per cent of men had two of the four suspect behaviors. Thirty-nine per cent of women admitted to having one.

Those with the unhealthiest behaviors accounted for 280 per cent more days spent in hospital than those who make the healthier choices. Smoking had the largest negative influence on days spent in hospital, followed by physical activity, diet and drinking.

Based on the use of this tool, you can determine how your lifestyle habits affect your life expectancy and the time you can anticipate spending in hospital. Whether you choose to make adjustments is a matter of personal choice. I'd be pleased to be on hand to wish you a Happy 100th Birthday.

Coming Up On Facebook This Month



Check our Facebook page at TheMainStreetNews and find out what Frans Sayer has to say about noise and how it affects our quality of life. Read about Beatrix Wang from John F. Ross, Guelph, who won the CIHR Canadian National Brain Bee competition and who soon will be representing Canada at the International Brain Bee event this coming August. Pick up the latest on health news and how not to give up on trying to quit smoking. Learn what's going on in Canada's tourist industry in comparison to what's going on elsewhere. Plus, you'll find lots of updates on local news, events and activities happening throughout the region. Be sure to drop by regularly.



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About Sainte Adèle

Chris Lance - Main Street

Events

It is time to enjoy the few warm months of summer here in Ste. Adèle. All the info and details of summer activities can be found at ville.sainte-adele.qc.ca.

The events include opera, art, lectures, classical and popular music, animation and outdoor

markets. The Soirees Nostalgie at the Parc de la Famille runs in July on the 5th, 12th, 19th and 26th. Artists include Sylvain Cossette, Renee Martel, les Vikings and Jerome Turcotte.

Festival Les Classiques aux Parcs, June 27 – 29, offers an open-air event with classical concerts: Promenade a Vienne and La Diva by night with Nathalie Choquette and Le Dejeuner en Blanc where you can bring your own meal and enjoy the music.

The public market will be open every Saturday under the roof of the Place des Citoyens. This year, there will be culinary demonstrations, conferences and animation on site.

For the kids, there will be P'tits Dimanches Ensoleilles at the Place des Citoyens. There will also be other events in the park including a mural creation by children and their parents under the supervision of artist, Sandra Dijina-Ravalia. The mural will be displayed throughout the summer for all to enjoy.

6 to 12 year-olds will enjoy le Festival les Aventuriers du Livre that will run the whole season.

Of course, the Fete Nationale du Quebec has a theme this year of, **Nous sommes le Quebec**. "La Grande Tablée" will be set up to eat and drink on site to the sounds of Lendemain de Veille's traditional music, which includes tap, singing and folk songs. The evening will end with fireworks.

Speaking of politics, I saw Mayor Charbonneau leaving the Metro, which has nearly completed its renovations. He seemed quite pleased with himself and Ste. Adèle's summer activities, or, perhaps he was contemplating the meal he was carrying home.

Developments

Louis Dufour, of Groupe Mont-Saint-Sauveur, is hoping to develop a sports center near Mont Gabriel. He was toying with developing an ice arena, soccer field, a pool and a training center.

Both the IGA and Metro are expanding their respective stores and food offerings.

Le Petit Chaudron was shuttered recently, but now a sign in the window claims it will be re-opening soon under new management.

An island of grass and trees quietly slipped down and across the south bound lane of Rte. 117 and according to Transport Quebec, that section of the road (near the entrance to Mont Gabriel) will be closed for awhile.

Summer is here – enjoy it! Bike, golf, walk, run and play tennis! The swimming hole at Lac Rond will be opening soon. The best thing is, no Quebec provincial election for four years, offering us all a chance to make the best of what we have here in our belle province. A special thanks to PKP for raising his fist; in doing so, he helped to make this political peace possible.



News Wire From Weir New Defibrillator in Weir

Claudette Smith-Pilon - Main Street

Presentation Much Appreciated

On Friday, May 9, the Royal Canadian Legion Rouge River # 19 was presented with a defibrillator from the Regroupement des Premiers Répondants d'Arundel.

This gift is much appreciated by the members and guests. The presentation was made to Mr. Norman Hess, president of the Legion by Mr. Alain Leduc, Director of "Regroupement des Premiers Répondants" (right) and Ms. Sonia Larivée, First Responder (left). The Legion wishes to express their gratitude for this vital piece of equipment.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to: Marie Ter-Martirosian, new owner of **Thai Express**, 200 rue Principale, Ste. Agathe. A popular specialty is a delicious Pad Thai. 819 323-8787, www.thaiexpress.ca.

Congratulations to:

Éric Marin, the new owner of **Chez Milot** and the son of previous owners, **Claude Descôteaux and Carmen McDonald**. Chef Georges Cadieux serves up sizzling grilled fare, seafood and mussels. 958 rue Valiquette, Ste. Adèle. 450 229-2838, www.chezmilot.com.

Veterinarian **Dr. Madeleine Tremblay**, the first animal chiropractor in Québec! Dr. Tremblay is a member of the College of Animal Chiropractors and treats dogs and cats for general soreness, back pain, allergies, blocked anal glands and limping. She works at the veterinary clinic, located at 750, rue Principale in Piedmont. 450 227-7888.

Daniel Burgess who is celebrating the **25th anniversary** of the **Royal Laurentian Resort**, 2237 ch. du Lac Nantel, St. Faustin-Lac Carré. In honor of this special occasion, the resort will offer green fees for \$25 (reg. \$60) and meals at \$25 on the 25th of each month. They will host a special fundraising golf tournament on September 25, and funds will be donated to Fondation Jade. 819 326-2347, www.royallaurentien.com

Hugues Néron, owner of **Le Saint-Sau Pub Gourmand**, 236 rue Principale, St. Sauveur. The restaurant won the Gala Excellence Desjardins award for the best new entreprise in St. Sauveur and another award for the most beautiful renovations. Besides great food, they offer lively music on Thursday, Friday and Saturday evenings. They use fresh produce such as tomatoes, radishes, zucchini and onions, grown in their own garden. 450 227-0218, www.lesaintsau.com.

An interesting family concept:

If you have family members or friends with babies (or toddlers) who are planning to visit you, **Mary Goulet**, owner of **Travel Buggy**, provides short-term rentals of baby equipment: cribs, playpens, car seats, monitors and strollers, all at affordable prices. Mary offers delivery and pickup of the equipment directly to your home or local hotel. All equipment meets Canadian Safety Standards. Information: 514 601-8500, info@travelbuggy.com, www.travelbuggy.com.

An interesting health concept:

Clinique Spa Santé (26 rue Lafleur sud, St. Sauveur) offers a variety of health services including three chiropractors, an osteopath, a foot care specialist, cardiologist, nutritionist, four medical practitioners who specialize in sports injuries, two physiotherapists, orthotic specialists, an ergotherapist, acupuncturist, kinesologist and others. This team works in harmony to offer you the best health services possible. Information available at 450 744-1715, www.cliniquespasante.com.

Seniors and Families at the Heart of Argenteuil

Lucie Lafleur - Main Street

Seniors and Families Are Asked to Step Up to the Mic

The nine municipalities of the MRC d' Argenteuil are initiating the Municipality *Amie des Aînés* program, while also drafting their very own family policy. The purpose behind this dual-front project is to promote quality lifestyles for families and seniors by providing services that meet their needs with specific regards to community activities and social life, culture, education, employment and the economy, housing, environment, health and safety, transportation and recreation.

In order to achieve this ambitious goal, each municipality of the MRC d'Argenteuil will form a committee comprised of citizens and community organizations to spearhead the initiative. A city councillor will support the committee in making a local diagnostic, which will include a citizen-wide consultation, where all are invited to comment on the issues of their municipality, their needs and their hopes for the future. An action plan will be drafted, which will translate into the "think and act family/senior" project that will become an integral part of each municipality. The process will be introduced through regulations, programs, infrastructure or events. If you are interested in participating in any way, please contact your municipality!

To keep up with the progression of this engaging approach, we'll produce monthly family and senior-oriented columns. Regional events and information on topics that matter to you will also be published.

Not to Be Missed this Month

Opening of Ayers Pool, Lachute - June 21 - August 11. Schedule; 450-562-3781

Day Camps of the MRC d'Argenteuil: Kids 6 to 12: For info or to register: Lachute - www.ville.lachute.qc.ca or call 450 562-3781, extension 246; Grenville: 819 242-2146; Grenville-sur-la-Rouge: 819 242-8762; Parc Carillon: 450 537-7272

Activities for Seniors at Grenville-sur-la-Rouge

Friday, June 13 from 10 am - 3:30 pm - we will be waiting for you at the Campbell Community Center (2710, HWY 148, Grenville-sur-la-Rouge) to provide free info about the services offered in the region while having a ton of fun.

10 am - 1 pm - Information Kiosks	1 pm - Conference La vie et ses défis après un accident vasculaire cérébral
10:30 am- Yoga	
11 am: Jog your mind	2 pm - Conference La maltraitance envers les aînés, c'est assez!
12 pm - Free lunch	

Reserve a spot before June 5 at 450 562-2474, ext. 2304

For any additional information or suggestions, contact Lucie Lafleur at llafleur@argenteuil.qc.ca, or call 450 566-0530, ext. 2306.

Missed the last column? Find it at www.argenteuil.qc.ca.

PAYE-D-EN-HAUT

On May 6, the Conseil jeunesse des Pays-d'en-Haut presented a total of \$43,000 in financial assistance to several different community organizations. These funds, part of the Inter-sector Youth Fund, will be used to help them realize certain youth projects within the territory. For the Youth Council, it is an ideal opportunity to participate in projects that involve multiple partners. This particular fund is in collaboration with the CSSS des Pays-d'en-Haut. Info: www.conseiljeunessepdh.com.

New bike path in Pays-d'en-Haut

The MRC Pays-d'en-Haut and its partners have begun the construction of the new bike path, VELOCITY. The first phase of construction began May 20 in Piedmont between the Gagliesi Bridge and Highway 117. This first phase will be completed by September 2014 and will take place mainly in the municipalities of Piedmont and Saint-Sauveur with an investment of \$ 1.6 million. Works planned for this phase include: a new sidewalk, widening and paving of certain road shoulders, a rest area and more.

The Road Safety Code states that cyclists must move in the same direction as motorists. Recognizing this fact, cycling facilities will be integrated in both directions to ensure the safety and comfort of all road users. The bike lane, with an average width of 1.5 m reserved for cyclists, will be built on nearly 70 % of the VELOCITY bike path. To monitor the progress, the MRC invites citizens and all persons involved with this project to go to the Facebook page VELOCITY. A promotion is currently underway for all fans of the Facebook page to get a bike bottle with VELOCITY's colours. They are available at city halls in Piedmont, St. Sauveur and Morin- Heights, as well as the offices of the MRC des Pays d'en Haut.

Director General Retires

The Board of Directors of l'Entraide Bénévole des Pays d'en Haut wishes to inform the population that CEO, Mr. Pierre Bertrand, has decided not to renew his contract for another year. After more than seven years of dedicated service, Mr. Bertrand will be taking a well-deserved retirement to engage in numerous other activities. Mr. Bertrand will remain until December 2014, in order to maintain the quality of services and to ensure a smooth transition in terms of the current management in the hiring and training of the person who will replace him. L'Entraide Bénévole is grateful for Mr. Bertrand's assistance and wishes to thank him sincerely for his loyal services, his dedication and involvement over the years, and highlight any contribution and influence he has brought to the organization.

ARGENTEUIL

Inaugural speech

The new Deputy of Argenteuil recently presented his inaugural speech in the Blue Room of the National Assembly. Mr. St-Denis thanked the citizens of Argenteuil for their confidence and collaboration. He went on to explain that his passion for politics began in that room over 30 years ago, when he was a young volunteer for the campaign of Claude Ryan. For Yves St-Denis, work has already begun. "We are already working for the county. We are currently developing a strategy to boost the county's economy. I am honored to serve the population of Argenteuil and I thank them once again for their confidence," he concluded.

Mylène Freeman welcomes new Canadian citizens

New Democrat MP, Mylène Freeman (Argenteuil-Papineau-Mirabel), was thrilled with the success of the welcoming ceremony organized to celebrate the new Canadian citizens in her riding.

"Obtaining one's Canadian citizenship can be a long and arduous process," explained Freeman. "That's why it was with great pleasure that I celebrated the long-awaited results of their efforts with these new Canadian citizens." About fifty people joined the MP and her team to take part in the festivities. The ceremony was held in Freeman's constituency office in Lachute.

New Warden elected to the MRC d'Argenteuil

During its regular meeting held on May 14, 2014, the council of the MRC d'Argenteuil elected Scott Pearce, mayor of the Township of Gore, to the position of warden for a term of 18 months (May 2014 to November 2015).

Mr. Pearce has been the mayor of the Township of Gore since November 2004 and has served two consecutive terms as deputy warden (November 2009 -2013). He has represented Quebec on the board of directors of the Federation of Canadian Municipalities (FCM) since 2009 and is a member of the FCM's standing committee on Environmental Issues and its Rural Forum.

At the provincial level, Mr. Pearce was elected to the board of directors of the Quebec Federation of Municipalities (FQM) as the representative for bilingual municipalities in January 2014, and in April 2014, was elected vice-president of the FQM's standing committee on land use, agriculture and the environment.

Mr. Pearce expressed his great attachment to the Argenteuil region and thanked his colleagues for their confidence. He reiterated his commitment to defending the best interests of the citizens of the MRC d'Argenteuil to the best of his abilities.

MUNICIPALITIES

GORE

Coureur des Bois Challenge 5th Edition

For the 5th consecutive year, the Township of Gore is organizing the COUREUR DES BOIS CHALLENGE to be held on Saturday July 19, in the municipal park, located at 45 Cambria in Gore. This year's event will include a family day that will provide a range of varied activities for all ages.

"Our community was one of the first to join the My Health in Mind program put forward in 2009 by the Argenteuil MRC" said the mayor of Gore, Scott Pearce.

He also explained that the COUREUR DES BOIS CHALLENGE is one of many initiatives organized within the framework of that program. The challenge, the different sports games (hockey, soccer, etc.), the variety of exercise classes at our community center (yoga, Tai Chi, Viactive, etc.), as well as the installation of outdoor exercise equipment at the municipal park, all contribute to promoting physical activity in our community.

Tammy Hall, member of the organizing committee, said that the "Coureur des Bois" challenge is a duathlon for those 16 years and older (single or in teams), combining an 8-kilometre run and a ¼ kilometre swim. Although the course is not easy, it remains accessible to all levels of preparedness. There will be two other races on the schedule, a 2-kilometre race for 15 years and under and a 2-kilometre race for 70 years and over. Participants are invited to register at the municipal park from 10 am to 11 am on race day. "

MONT-TREMBLANT

SPARTEN RACE

On May 25, hundreds of courageous athletes lined up at the starting gate of the Reebok Sparten Race in Mont Tremblant. The day was glorious - the course grueling, but enthusiastic participants gave their best efforts to actively support this fundraiser. The Sparten Race is a 5 km run interspersed with several challenging obstacles. Not every participant finished the course, but all deserve to be called "champions."

Sparten Race Ltd supports charities all over Canada and has recently announced their partnership with the Montreal Children's Hospital Foundation in support of the fundraising for The Children's Trauma Program. They are continuing to welcome Canadian charities to join them. Congratulations to all participants for your extraordinary efforts in your participation and support!

Info: spartanraceca@runforcharity.com.

MORIN HEIGHTS

On June 7, L'Association des Propriétaires de Lac Echo (APLE) announced an initiative that seeks to protect the natural environs of a large segment of the Ruisseau Jackson watershed basin. A total of approximately 20 square kilometers is targeted for inclusion in the protected natural area. The Ruisseau Jackson flows through the municipalities of Milles-Isles, St Sauveur and Morin Heights where it spills into Lac Echo.

The initiative aims to create a mosaic of protection composed of official and grass roots support. Confirmed partners include ABRINORD (the Rivière du Nord watershed organization) and the municipalities of Morin Heights, Milles Isles and St-Sauveur-des-Monts.

The program, "Every Drop Counts," includes fundraising efforts to finance an environmental characterization study and the development of support materials for the project. The municipality of Morin Heights has created a dedicated fund and will issue tax receipts to contributors. The Ruisseau Jackson initiative has been endorsed by Dr. Peter Bridgewater, former Secretary General of the Ramsar Convention on the Protection of Wetlands of International Importance and secretary of UNESCO's Man and the Biosphere Program.

Arts Morin-Heights and Sport

The next group-exposition presented by Arts Morin-Heights will run from June 14 to September 27, at the Morin-Heights library. The show's theme is SPORT. The new exposition is the second in a series of four themed-shows planned for this year. Continuing until March 2015, future themes will include "Cadavres Exquis" and "Black and White with one Touch of Colour."

For the current exposition, the artists may extend the exposition outdoors (weather permitting). This is the fourth year that Arts Morin Heights will host expositions at the Morin Heights Library for all to enjoy. Admission is free, however, donations for the food bank of the Pays d'en Haut will be gratefully accepted.

For additional information about Arts Morin Heights and its expositions visit www.artsmorinheights.com or call Ginette Fontaine at 514 913- 2087.

SAINT-SAUVEUR

Les Jardins de François - by Lori Leonard

François Marcil opens the door to his gardens to collect donations for the Laurentian Alzheimer Society. The gardens will only be open to those who reserve a visit on Saturday mornings of June 28, July 5, 12, 19, 26, and Aug. 2. Reserve now! Places are limited. The visit takes about two hours and participants should arrive no later than 9:15 am. Tour starts at 9:30 sharp. The cost is \$25 per person. Please contact Société Alzheimer des Laurentides 1 800 978-7881 or www.alzheimerlaurentides.com to arrange payment. Tour reservations: 450 227-2628 #5260, email: jardindefrancois@marcilcdr.com or www.jardindefrancois.com.

Summer Market Days! Ilania Abileah - Main Street

Mont Tremblant: Sat, June 28 - Aug 30: 9 am to 1 pm. Located in the heart of the old Tremblant village, next to Lake Mercier and the train station.

St. Agathe: Thus far no Farmers' Market announced for this summer.

Val David: Sat, June - October: 9 am to 1 pm. Rue de l'Académie. 819 322-6419.

St. Adele: Sat, starting June 26: 8:30 am to 3 pm at Park Grignon.

Morin Heights: Fri: 2 - 6 pm. 148 Watchorn, morinheightsmarket@gmail.com.

St. André d'Argenteuil: Sat, July 5, 12, 19 & 26: 9 am - 1 pm at 1, route des Seigneurs, St. André d'Argenteuil (parking lot of the Presbyterian church).

Lachute: Sat, Aug 2 - Sept 13: 9 am to 1 pm, at junction of Rte 148 and Rte 329.

Brownsburg Chatham: Sat, Sept 20 & 27: 9 am to 1 pm at the rue Principale and rue des Érables intersection. 450 613-1422. For info on the above three markets visit: www.decouvertesdargenteuil.com or email marcheargenteuil@gmail.com.

Lachute Farmers' & Flea Market: 25, rue Principale, Lachute. Tue: all day. 450 562-2939. www.lachutefarmersmarket.com.

Help for our Coded Kids

In recent years, I have experienced the misfortune of having my child placed in a special education program at the Laurentian Regional High School, which falls under the Sir Wilfrid Laurier School Board. I have always felt that this program did not meet his needs. My son had recently been assessed, and although he does experience some learning disabilities, it was determined that he was still within the normal range of development. Despite this, he was placed in a work-program, where he suffered further frustration and lack of motivation.

Regarding education, there is a special "coding system" assigned to children deemed to have learning disabilities, and to help meet their special learning requirements, the school board allocates financial assistance to the individual schools. It is then up to the school to determine how best to use these funds to assist their students.

In my situation, I cannot determine what this money is being used for. No one seems to know anything. I have questioned the school and approached the school board but they did not answer any of my questions and the Director General does not even answer public queries. I am aghast by the mystery surrounding this "unobvious" money that is supposedly allocated to these students. It is organized chaos. The current vice-principal of LRHS, who was instrumental in assisting all students in the school, was transferred within the year. The board has no sense of decision-making and these students' needs hardly seem a priority. It is so unfair.

I have not given up and I will continue to advocate for students with difficulties locked into a system that does meet the needs of so many yet continues to pride itself on excellence. Unfortunately, the reality is totally different for these children.

- *Lessia Holdenberg*

A Travesty of Justice

How would you react to a municipal tax increase of \$1000-\$8000 per year for twenty years to pay for a six-meter public road close to your lake property?

This happened recently in the Municipality of Wentworth North at Lac St. Francois Xavier. Approximately 40 to 50 property owners will pay for a six-meter road at an estimated cost of \$1.2 million dollars amortized over ten or twenty years.

The vote held on May 16, 2014 to approve the borrowing of the money was passed by one vote. No proxy votes were allowed. Additionally, the vote was held on the Friday before the long weekend, which made it impossible for some owners to attend.

Of the 40 to 50 residents, perhaps six are full time. The remainder are summer cottagers, some of whom live in Bermuda, Northwest Territories, New Brunswick and Ontario.

In addition to those who could not afford the time and/or money to travel, there were others, gravely ill or indisposed because of age who were denied the democratic process because no proxy votes were allowed. This travesty of justice may force the sale of homes, and properties, which have been in families for generations.

Another question arises as to why the cost of this public road, which will benefit the entire municipality, through new and increased taxation, is not levied against all the citizens of Wentworth North.

Tourism, a key focus of the MRC de Pays d'en-Haut, will increase as visitors drive along this road to see the newly established bicycle/ski trails. It makes one wonder why the MRC and the Department of Transport are not involved in the cost.

This could happen in your area as municipalities march forward in the name of progress.

- *Edna Schell*

Together we are one...

I am writing to thank the community of Hawkesbury for the great support my son, Jonathan Feres, has received since our arrival in March 2013. Jonathan is a 24-year-old young man with Down syndrome, autism and other health issues. This has not stopped him from being all that he can be! He reads, writes and is an excellent artist. Jonathan is the most peaceful of souls, a loving son and grandson and a big brother to his siblings.

Our first experience was with the Community Care Access Centre (CCAC). This organization has been helping us with Jonathan's special medical needs for about a year. They see him two or three times each week and because we have this exceptional 1-1 support, Jonathan has been able to join in art classes and go to the library on a weekly basis. He goes skating, walking and for bike rides also. His sister, Charissa, and Matty, a good friend to my children, are very helpful with these activities.

All summer, Jonathan swims in the beautiful pool that his grandpa installed for him. His baba makes him delicious cakes and cookies. Having a team that understands his medical challenges changes everything for us.

Jonathan loves his art classes. Many kind people are learning how to paint and he sits right along side of them. There are so many things Jonathan benefits from when he is with abled people and there is so much that others are able to learn from him too. God meant us to be together. When we are, his light shines brightly on us all!

Thanks so much to Genette, Nathalie (his art teacher) and the educational teams. Thanks to all the friends in his class who warmly greet and take an interest in my son. This is truly a special community with extra special people who value everyone, despite their differences.

Thanks also to the Hawkesbury library. Jonathan feels their kind-heartedness each day when he is greeted and given extra privileges for being such a calm, quiet soul. Indeed, Jonathan inspires many!

Most importantly, we would like to thank the CCAC for taking on Jonathan's care and assisting with his inclusion into the community! Everyone has been so kind, courteous and gentle with my son. Their understanding calms his family and reassures us that we are on the right track! Together, as a team, we can all live happy, healthy lives in and around our community! A huge thank-you to all!

Gratefully,

Pamela, Jonathan, Charissa, Chanyse and Jezeriah!

- *Pamela Feres*



The English Link Working Together

Kim Nymark - Main Street

A regional meeting recently held in Morin Heights and organized by 4 Korner's Family Resource Center, brought together 37 people from the five committees across the Laurentians that make up the Laurentian English Services Advisory Network (LESAN). The committees meet regularly to discuss access to English information, programs and services. This regional get-together provided partners with an opportunity to network and share a threefold purpose:

To review the work and development of 4 Korner's and LESAN and situate those in an historical context.

To begin to articulate a common vision for LESAN committees throughout the area.

To determine what actions can be undertaken to bring the vision to reality.

The gathering kicked off with an icebreaker activity of arranging various different-shaped pieces of coloured paper into networking diagrams. Each group created their own vision of what a network should look like and they ranged all over the map from eliminating hierarchy completely to having a central repository to receive, filter and disseminate information.

The group heard a brief history of the Laurentian network and then each of the five committees gave a short presentation on their accomplishments over the past year. Work then got underway as participants were broken up into randomized groups to perform a visioning activity. Each group was asked to imagine what LESAN will be known for as well as its greatest expected accomplishments three years hence, reduced to three brief statements per group.

A short presentation by the Community Health and Social Services Network (CHSSN) was given on community mobilization and then participants broke into tables for each individual committee to set their own priorities and an action plan for the near future. From each of the groups' conclusions, a comprehensive vision statement was written and sent to each of the participants to further analyse and extract three key words or phrases from the document. The idea was to see if there is one common vision for all the LESAN committees across the Laurentians. A LESAN communication committee will be formed to oversee the transmission of this vision throughout the community.

Rola Helou, Executive Director of 4 Korner's, emphasized in her closing statement the value of networking across the Laurentians so that we can build on each other's strengths and experiences. She underlined that 4 Korner's is committed to LESAN and to helping all the committees in their work.

If you would like to participate in your local LESAN committee, please contact us at 1 888 974-3940 or by email at info@4kornerscenter.org. Your input would be welcomed.



Strings & Things Tune-up Time - Part 1

Dale Beauchamp - Main Street

Spring is here, and in the hearts of young and old, thoughts turn to making music! You've just picked up your guitar for the first time in months and it sounds terrible; it's time for a spring tune-up.

Let's start with what are referred to as "tone-sinks," or things that have a damping effect on the tone produced. The first one is old strings. Vacuuming out the guitar will get rid of dust balls and other stuff that shouldn't be in there. Dirty, gummed-up nut slots should be washed with 600-grit sandpaper and some lighter fluid. Careful not to over-do it, just get them clean. It never hurts to clean the frets. Try to avoid polishes that contain silicone, and on old, cracked or checked-finishes, just use your hot breath and scraps of clean cotton cloth. Paper towels and lighter fluid are good for cleaning the fingerboard. The board may look dry or pale after this so a little application of fingerboard oil can help, but don't use much, and be sure to keep rubbing off the excess until your rags look clean. Too much oil can get under the frets, soften the wood and loosen frets over time.

Now that the instrument is clean, you may notice the strings are either too high or hard to play, or, too low and buzzy. Try putting a capo on at the first fret, and press the 6th string down at the 14th fret, or at whatever fret the neck meets the body. Notice the gap between the bottom of the string and the top of the 7th or 8th fret. This distance is known as "relief." Relief is increased or decreased by adjusting the truss rod, which is in a channel routed in the neck, under the fret-board. It is often adjusted with an allen-wrench and is accessible either through the sound hole or, via a nut found under a small cover plate on the peg-head. Don't be afraid to attempt this adjustment; just be careful. If it feels tight, take the instrument to a qualified repair person as it's easy to break the end off the rod if forced too much. Tightening the nut will straighten the neck. Always try to loosen it first. Slacken the strings before trying to tighten it, then tune-up and see where your adjustment has gotten you. All you need is usually 1/8 or 1/4 of a turn. A set of spark plug feeler gauges and a straight edge that reaches from the 1st fret to at least the 14th fret comes in handy for checking relief. A good ball-park figure is about a .010 inch gap. The string needs room to vibrate when plucked. Depending on your playing style you may need more or less relief. If the strings are still buzzy, try putting a shim under the saddle. A piece of business card often does the trick in a pinch.

happy fathers' day!

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It is with pleasure and pride that I wish all citizens of the Argenteuil riding a happy National holiday and Canada Day.

May we be proud of our vigorous culture and the way it shines in Quebec and abroad. Let's also be thankful to be part of one of the world's best countries to live in and to hold our Canadian citizenship.

Happy National Holiday! Happy Canada Day!



Your MNA of Argenteuil
Yves St-Denis

Bureau de comté

512, rue Principale
Lachute (Québec) J8H 1Y3
Téléphone : 450-562-0785
Sans frais : 1-800-870-7964

Hôtel du Parlement

1045, rue des Parlementaires
RC, Bureau rc. 25
Québec (Québec) G1A 1A4
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ENJOY FÊTE SAINT JEAN (JUNE 24)



Main Street would like to wish our readers and advertisers a celebratory Fête Saint Jean and Happy Canada Day.



The Council and Staff of the Township of Harrington wish everyone a happy St-Jean-Batiste and Canada Day. We hope that many will participate in the activities scheduled at the HVCC on June 28th and at the LRCC on July 1st.

Travaillons ensemble à faire un monde meilleur pour nos enfants.

Bonne fête nationale et Bonne fête du Canada

Let's work together to make a better world for our children.

Happy National Holiday and Happy Canada Day

Marc-André Morin
Député de Laurentides-Labelle
MP for Laurentides-Labelle
819-326-5098

NDP NPD

La Ville de Lachute vous invite à célébrer fièrement!

Le 24 juin et le 1^{er} juillet prochains, célébrons nos Fêtes nationales avec fierté et patriotisme!

Let us be proud of our roots and values on June 24th and July 1st!

A message from the mayor of Lachute, Carl Péroquin, and the town councillors
Un message du maire de Lachute, Carl Péroquin, et des conseillers municipaux

The municipality of Saint-Sauveur would like to wish all of you a very healthy and happy Saint Jean Baptiste Day, June 24th and Canada Day, July 1st.

Ville de Saint-Sauveur

& CANADA DAY (JULY 1) FESTIVITIES!




Wishing all citizens a happy national holiday and a happy Canada Day.

Mylène Freeman // MP for Argenteuil–Papineau–Mirabel

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Ville de MONT-TREMBLANT



CÉLÉBRONS LE 24 JUIN LA FÊTE NATIONALE DU QUÉBEC ET LE 1^{ER} JUILLET LA FÊTE DU CANADA AVEC FIERTÉ ET PATRIOTISME.
Le conseil municipal et le personnel de la Ville de Mont-Tremblant

CELEBRATING THE JUNE 24TH NATIONAL DAY OF QUEBEC AND THE JULY 1ST CANADA DAY WITH PRIDE AND PATRIOTISM.
Council and employees of Mont-Tremblant



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

Come celebrate Canada Day with us on Tuesday 1st July!

Canada Day AT SKI MORIN HEIGHTS

14:00 onwards	Doors open. Reasonably priced BBQ and bar service all day
14:00 to 16:00	Strawberry Social's Shortcake, organized by the ladies of the Trinity Anglican Church (\$)
14:00 to 16:00	Meet our firefighters and police officers
14:00 to 20:00	- Face painting - Pool - Mascots - Inflatable structures and horizontal bungee - Mascots - Street performers and games - Le P'tit Vallon: pony rides & petting zoo (until 19:00)
15:00 to 15:30	Heather McNabb's Highland Dancers
16:00 to 20:00	Marc-Ambulles and his balloons!
16:30	The annual Egg Toss
17:00 to 17:30	Close-up magic by Patrick Reymond
18:00 to 19:00	Théâtre Magique show
19:00 to 19:30	Canada Day's birthday cake
20:00	Live music by Momentum : Yesterday's Favorites and Today's Hits
22:00	Flag raising and fireworks
22:30	Bonfire – Momentum returns to the stage
Midnight	End of celebrations

Free Activities

RAIN or SHINE!
(In the event of rain, activities will take place inside)

Glass containers, alcoholic beverages and animals are not allowed on site
By 19:00, traffic will be one way : incoming from Bennett Road and outgoing from Allen Road.

www.morinheights.com

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Out & About

Ilania Abileah - Main Street



21st International Blues Festival - Mont Tremblant

The 21st edition of this festival will feature performances by big-name artists from the local and international scenes. From July 4 - July 13, enjoy ten days

of 130 + free shows! Opening Fri, July 4 with Finnish slide-guitarist, Erja Lyytinen. July 5: 7 pm - Brent Johnson & the Call Up (from New Orleans) takes the stage at Place des Voyageurs. Thurs, July 10: 2 pm: Jarekus Singleton blends traditional and modern blues with a touch of hip-hop, soul and rock on the Old Tremblant Stage. Sat, July 12: 9 pm - award-winning Frank Bey & Anthony Paule take to the Casino Mont Tremblant Stage at Place Saint-Bernard. Other good choices are: Ronnie Earl, James Cotton (harmonica), Jimmie Vaughan (guitar), Jonas and Company and Drew Nelson (guitar and vocal).



International Blues Festival - Mont Tremblant

Sun, July 13: 9 pm: Closing show - Dang Doodle along with others on the Casino Mont-Tremblant Stage at Place St. Bernard. For information visit: www.tremblantblues.com & www.facebook.com/BluesTremblant.

CAMMAC Sunday Brunch Concerts - Harrington

CAMMAC presents its traditional Sunday Brunch Concerts with renowned guest performers, followed by a refined, home-style brunch. Concert & brunch: Adults \$35, children \$14. Concert only: Adults \$20, children \$5. **New - The Cammac Festival Passport** gives you access to seven concerts & brunch for the price of five! Price: \$175 (value \$245). July 6: the Alcan Quartet is back with Chamber Music at its best! July 13:



CAMMAC - Alcan Quartet - Harrington

Laura Pudwell (mezzo-soprano) with Dominique Roy (piano). Call 819 687 3938 or email national@cammac.ca.

Festival Lumières Sur Le Lac - Ste. Agathe

Concerts held at Place Lagny July 23 to July 27 at 7:30 pm with a different opening act each evening. July 23: All Star Show with Andrée Watters, Brigitte Boisjoli, Marc Déry, Sylvain Cossette and William Deslauriers. Thurs, July 24: Marie-Mai. Fri, July 25: Zachary Richard. Sat, July 26: Boogie Wonder Band. Sun, July 27: Roch Voisine. Every day, at 1 pm, there will be a special program for children. Tickets: Family (2 adults + 2 children) \$56, adults: \$25, children accompanied by an adult \$5. Call 819 323-8956. lumièresurlac.com.

Nostalgia Evenings Ste. Adèle

These are free concerts presented at the Parc de la Famille, Ste. Adèle. **Sat, July 5: 8 pm:** Sylvain Cossette. **Sat, July 12: 8 pm:** Renée Martel. 450 229-2921 #244.

“Ça me dit” Concerts - Park Filion - St. Sauveur

This summer, the St. Sauveur Valley Chamber of Commerce has prepared another wonderful program of free entertainment for residents and visitors; the “Ça me dit” concert series, sponsored by Rona-Dagenais of St. Sauveur and the festivals, featuring Blues Nights, Jamaican Festival, Fiesta Cubana and the Country Music Weekend. As of Fri, June 20, there will also be film screenings in the park. June 21 & 22, 7:30 pm: Raffy/Trio BBQ. June 23 & 24: National holiday celebrations at chalet Pauline-Vanier. June 28 & 29: dance competition. July 5 - 6, 7:30 pm: MPB Band and Annie Gaudreau-Roy, Exhibition of St-Sauv’Art. Sun, July 6: 7 pm - Géronimo Circus Show. July 12 & 13: 7:30 pm: Rock Weekend with Motel 72 and The Bootleggers and the exhibition, “L’EnVerre du Décor.” July 19 & 20: 7:30 pm - Perri Canestrari is back, Tribute to Elton John, Stephan Montanaro and the Salon-Expo of Laurentian authors. valleesaintsauveur.com.

Wine Festival - St. Adolphe d’Howard (See page 19)

The entirely reinvented Wines and Flavours Festival takes place **Sat &**



Valérie Carpentier sings at the Wine Festival **Sun, July 12 & 13** at Parc Adolphe-Jodoin.

Music

The Man in Black - Tribute to Johnny Cash - Piedmont



Tribute to Johnny Cash - Piedmont

Shawn Barker is known as “the” Johnny Cash tribute artist. He and his band will be performing from **July 8 to Aug 30** at the Théâtre des Pays-d’en-Haut, 442, chemin Avila, Piedmont and will amaze audiences with his rendition of Johnny Cash’s music. Tickets: \$48.20 - \$63.20. 450 224-5757. www.tpdh.ca.

Mo Blues & South Breeze - Morin Heights

This musician distinguished himself playing left-handed with his upside-down strings in the 1970s. He sings blues in the tradition of Ray Charles, Otis Redding and Joe Cocker. He has shared the stage with numerous well-known blues’ artists and has recorded a few albums such “Blues 4 U” (2010) and his latest album, “Bluesin the Oldies.” **Fri, June 20: 8 pm:** \$20. Morin Heights Legion; 127, Ch. Watchorn. 450 226-2213.

Gino Quilico - Concerts under the Bell - St. Sauveur

Gino Quilico presents “Serata d’Amore.” **Sat, June 14: 8 pm:** \$40. Tickets at the church office, 205 rue Principale, St. Sauveur or call 450 227-2423.

Natalie Choquette - Opera Festival - St. Eustache

Natalie Choquette, “Diva by Night.” **Sat, July 12: 8pm:** \$35. Centre d’Art La Petite Église, 271, rue St. Eustache. www.festivaloperasteustache.com.

Visual Art & Fine Crafts

Algis Kemezys - ICI Par les Arts - St. Jérôme



Algis Kemezys - St. Jérôme

Algis Kemezys is an award-winning photographer. His interests and artistic involvement also encompass rock sculpture and cinematography. He has photographed all over the world and his work has been published and exhibited internationally. This collection, titled “Né de la Pierre,” was inspired by ancient Hellenistic, marble-sculptures. ICI par les Arts, 712 rue Saint Georges, St. Jérôme.

Laurentian Museum of Contemporary Art - St. Jerome

From **June 15 to Sept 14**, “On Fishing & Flies,” an exhibition organized in collaboration with the Montreal Fly Fishing Museum will be on display. Also, in the mezzanine, the museum will display the work of high school students, guided by their teacher, Manon Lefebvre. Their creations were inspired by the Alain Laframboise exhibition, “Le sens du quotidien,” presented at the museum this past winter. Musée d’art contemporain des Laurentides, 101, place du Curé Labelle, St. Jérôme. Opening hours: Tue - Sun: noon to 5 pm. 450 432-7171. www.museelaurentides.ca.

Mathieu Roquebrune - Brownsburg-Chatham

Until July 20, Mathieu Roquebrune will exhibit his oil paintings and sculptures. Restaurant Faim-Fino, 338, rue des Erables, Brownsburg-Chatham, 450 407-0708. La Société culturelle du Pavillon des Jardins: 450 495-8022 scpj. wordpress.com

On Stage

Shakespeare-in-the-Park - Morin Heights

Sat, July 12: 7 pm: Repercussion Theatre presents Shakespeare-in-the-Park: “Harry the King: The famous victories of Henry V,” at Park Bellevue, Chemin du Lac Echo.

Please submit material for the next issue by June 23 - ilania@IlaniaAbileah.com - 450 226-3889.

Summer Festivals

16th Upper Laurentians Classical Music Festival

The festival presents thirteen concerts from **June 28 to Aug 30**. The opening, outdoor concert on Sat, June 28 at 7:30 pm will feature Hurlevent, a group of five musicians playing folklore-style music. Another scheduled, free concert (combined with astronomy) will be Alexandre Da Costa with the Ensemble Acacia. They will be performing opera pieces with violin and a string ensemble on Sat, Aug 23 at Domain St. Bernard. On Sun, Aug 3: 12:30 pm, the group Gadji-Gadjo presents Klezmer, Gypsy and Quebecois music in the Laurentian Eco-Tourism Park in St. Faustin. Sat, July 5: Baroque violinist, Olivier Brault, with his ensemble, Sonate 1704. Sat, July 12: the artistic director, Alexandre Da Costa, plays renowned, traditional



Upper Laurentians Classical Music Festival

violin pieces at the Notre-Dame-de-Pontmain church. Sun, July 20: 7:30 pm: Mexican baritone, Luis Ledesma, sings at the Mont-Tremblant Village church and at the same venue on Sun, July 27: 7:30 pm, there will be Chamber Music, by the Alcan Quartet. Sat, July 19: an evening with Marie-Josée Lord Quartango at the Centre Culturel de la Vallée de la Rouge, Rivière-Rouge. Sat, Aug 3: 7:30 pm - Simon Gfeller (tenor), will perform a selection of French and Italian melodies at the Nominique church. Sat, July 26: a concert with Michel Brousseau and the Nouveau-Monde Philharmonic Orchestra, and choir with Maria Knapik (soprano) and Pierre-Étienne Bergeron (baritone). Sat, Aug 30: 7:30 pm: Closing concert - Soleil d’Espagne with Richard Desjardins, Alexandre Da Costa and guitarist, Alexandre Éthier. This is a concert featuring the poetry of Federico Garcia Lorca and the music of the great Spanish composers. For information call 1 877 545-3330 /visit: www.concertshautes-laurentides.com. Please note that most concerts are free for 18 years and under. Tickets: Adults \$32, senior & students \$29.

Summertime in Ste. Agathe

The City of Ste. Agathe offers many free activities and concerts at Place Lagny from June 28 to Aug 16. The featured artists include Ludovick & Patrick Bouregois, The Country Girls, The Cuban Martinez Show, Karime Ouellet, Méliissa Bédard and Bobby Bazini. The series will open with Jérôme Couture on June 28: 7:30 pm. Starting July 3, there will be a program for children every Thursday at 10:30 am and Friday nights will feature Quebec films. Latin dance evenings are back on Thursdays. www.ville.sainte-agathe-des-monts.qc.ca

Once Again the Festival Offers a Remarkable Program Ilania Abileah - Main Street



The 23rd Festival des Arts de Saint Sauveur scheduled for July 31 - Aug 9 is promising to be one of the best yet! Here are the details...

Thurs, July 31: 8 pm: The future artistic director of the festival will be Guillaume Côté who is co-producing this year's event with current director, Anik Bissonnette. The

opening-night show features Guillaume Côté's choreography, "Lost in Motion" (a short film), a solo - "Body of Work" and "Dance Me to the End of Love," set to music by Leonard Cohen and performed by the National Ballet of Canada dancers. Also on the program will be "Excerpts from Giselle" by Jean Coralli and Jules Perrot, a pas de deux performed by Côté and the Bolshoi Ballet's principal dancer, Svetlana Lunkina plus another Côté creation, "Fractals: A Pattern of Chaos," performed by the young Toronto troupe, ProArteDanza.

Fri, Aug 1: 6 pm: Ailyn Pérez and Stephen Costello. For music lovers, this opera singing couple comes to enchant us with music from Puccini to Broadway.

Sat, Aug 2: 8 pm: Canadian premiere of the Martha Graham Dance Company. Three works from the company's repertoire: "Diversion of Angels," "Errand" and "Lamentation Variations." The fourth work, "Echo," choreographed by Andonis Foniadakis, will be shown for the first time in Canada. At 4 pm, there will be a multimedia presentation about the work of Martha Graham. The conference will be presented in English. Limited seating - Please reserve early! (\$25)

Sun, Aug 3: 8 pm: The spellbinding Montreal Jubilation Gospel Choir returns to the festival with traditional gospel songs with a touch of jazz, pop and classical pieces.

Wed, Aug 6: 8 pm: Appassionata and Arthur Murray Montreal. Daniel Myssyk and his 17 musicians will play music by Grieg, Bach and Tchaikovsky, with guest dancers Christopher Panasuk and Anna Akselrod.

Thurs, Aug 7: 8 pm: Compagnie Marie Chouinard. The company will perform "24 Preludes by Chopin" and "Henri Michaux: Mouvements," inspired by the work of the poet and painter whose drawings are projected in the background.

Fri, & Sat, Aug 8 & 9: 8 pm: International Ballet: A night with the stars - eight internationally acclaimed dancers perform two different programs of classical and contemporary dance styles. They will amaze the audience with their beautiful, soaring leaps and graceful movements. The dancers are Guillaume Côté (National Ballet of Canada), Svetlana Lunkina (Bolshoi Ballet), Joaquin de Luz (New-York City Ballet), Misa Kuranaga (Boston Ballet), Jason Reilly (Stuttgart Ballet), Anna Osadcenko (Stuttgart Ballet), Yukichi Hattori (Alberta Ballet) and Tara Williamson (Ballet BC).

There will also be two free shows each evening at Park Filion 6:30 & 9:30 pm.

Aug 3: 1- 4 pm is Children's Tohu-Bohu.

Big Top show tickets are \$45 & \$60. Passports: complete series (8 shows) \$379; dance (5 shows) \$260 or music (3 shows) \$153. Some tickets are available at half price for those under thirty. Quebec residents have a chance to win one of two prizes to be drawn on August 9 at the big top; tickets for this draw are \$5. The prizes are: vacation in Mexico for two; and a 6-month rental of a Fiat. www.fass.ca.



Guillaume Cote, photo by Aleksandar Antonijevic



Fass ballet International



Martha Graham Dance Company



Montreal Jubilation Choir photo by Riccardo Cellere

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Summer Nights

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Samedi, le 12 juillet, 22h

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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 difficulties or who may be homeless. Please help them help others; discretion assured.

Branch 171 Filiale Morin Heights

June 20: 6 pm - TGIF Smoked Meat Dinner
 June 28: 6 pm - Canada Day BBQ
 July 18: 6 pm - TGIF Smoked Meat Dinner
 July 19: 6 pm - Barney's Famous Roast Beef on the spit
 For information on any event call 450 226-2213 (after 12 noon).
 Legion Flea Markets:
 July 5, August 2, September 6
 NOTE: In case of rain the flea markets will be held on the following day.

Branch 70 Filiale Lachute

June 17: 7 pm - General Meeting
 June 27: 6 pm - Smoked meat Dinner - \$10
 June 29: 2 pm - Canada Day Celebrations
 July 19: Golf Tournament- St. Andrews Golf Course - details at the legion
 ** No smoked meat dinners in July and August - will be back again in September.
 Tuesdays: 1 pm - Euchre
 Saturdays: 2 pm - Darts
 Every second Thursday: Shuffleboard Games / Alternate Thursdays: Cribbage
 Bus trips to the Casino every six weeks.
 For information on any event call: 450 562-2952 after 2 pm.

Branch 71 Filiale Brownsburg

Aug 2: starting 10 am - Annual Golf Tournament at the Oasis Golf Course. \$75 includes golf, electric cart and delicious steak dinner. Reserve by July 7 by calling Sheila or Trevor Holmes at 450 562-8728.
 Bar/Lounge open Fridays from 3 pm - 9 pm.
 2014 membership cards are available at a cost of \$45 - hope to see some new members. For information, please call Sheila or Trevor Holmes 450 562-8728.

Branch 192 Filiale Rouge River

June 13: 6 pm - T.G.I.F
 June 21: 2 pm - Executive Election
 June 28: 5:30 pm - Canada Day Steak Supper
 Cribbage every Tuesday night 7:30 pm / darts will resume in September.
 Anyone interested in learning, or players of Military Whist - we would like to add this to our activities. Please call 819 687-314 if interested. Horseshoes will be available on the premises this summer. Anyone interested in any kind of board games? For more details/info please call 819 687-3148.

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.

HILLSIDE CHAPEL
 755 Village Road, Morin Heights
 Sundays: 6:30 pm - We are known as a singing church so if you enjoy country gospel and like to sing or join in, come and enjoy our Sunday evening services. Everyone is welcome!

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

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

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

MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH
 463 Principale, Lachute / www.pccweb.ca/mrmpr
 Rev. Dr. Douglas Robinson: 450 562-6797
 Sundays: 10:30 am - Sunday Morning Worship
 June 15: 11:15 am - Anniversary service at St. Andrews East
 No service in Lachute
 July & August 9:30 am: Summer Worship Services
 July 14 to 18: 9 am - 11:30 am - Vacation Bible School: Theme, "Once Upon A Parable" (ages 6 and up)
 Every one welcome

DALESVILLE BAPTIST CHURCH
 245 Dalesville Rd, Brownsburg-Chatham
 Pastor Eddie Buchanan - 450 533-6729
 Sunday School: 10 am
 Worship service: 10:45 am
 Hymn Sing: 4th Sun each month - 7 pm

BROOKDALE UNITED CHURCH, BOILEAU
 Info: 819 687-2752

TRINITY ANGLICAN CHURCH
 757, Village, Morin Heights (450 226-5307)
 Sundays 11 am: Worship Service.

MILLE ISLES PRESBYTERIAN CHURCH
 Mille Isles Rd.
 June 29: 9:30 am - Start of summer services that will continue every Sunday until the end of August. Please join us.

ST. ANDREWS EAST PRESBYTERIAN CHURCH
 5 John Abbot Street, St. André d'Argenteuil
 Sundays: June 1 - August 24: 11:15 am - Sunday Worship
 June 15 - Special anniversary service & communion
 For more information please contact Sharon McOuat 450 537-8560

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH
 94 Ave. St. Denis, St. Sauveur
 Service Sundays 9:30.
 450 227-2180, 450 226-5307

****HOLY TRINITY ANGLICAN CHURCH**
 12, Préfontaine St. West, St. Agathe (corner of Tour du Lac and Préfontaine)
 The Ven. Ralph Leavitt: 819 326-2146
 Sunday: 8 am - Sunday Worship (breakfast afterwards at a restaurant)
 Sunday: 10 am - music, children's corner, coffee afterwards.
 Christians of all denominations welcome.
 Parking and elevator for handicapped available.

UNITED CHURCH OF CANADA
 Serving communities of the Lower Laurentians under the leadership of Rev. Cathy Hamilton
 450 562-6161 OR 514 347-6250

KNOX-WESLEY CHURCH
 13 Queen Street, Grenville
 Sundays: 8:45 am
 Weekly Sunday Worship and Sunday School

LACHUTE UNITED CHURCH
 Hamford Chapel, 232 Hamford Street, Lachute
 Sundays: 10:30 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
 June 22: 1 pm - Special service with music

ST. ANDREWS CHURCH, AVOCA
 June 29: 1 pm - Worship Service, everyone welcome!

LACHUTE BAPTIST CHURCH
 45 Ave. Argenteuil - 450 562 8352
 Pastor Rénaud Leroux
 Sunday School - 9:45 am - Worship Service - 11 am

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 the parish office at 613 632-9910 for more info.

ANGLICAN PARISH OF ARUNDEL & WEIR
 Sunday services in Grace Church at 10 am every week followed by coffee & fellowship.

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

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

ARUNDEL UNITED CHURCH
 17, du Village, Arundel, 819-687-3331
 Rev. Georgia Copland
 Sundays: 10 am - Worship service.

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

LOST RIVER PRESBYTERIAN CHURCH
 5152 Lost River Road, Lost River
 Sundays in July: 11 am - Worship Service
 Sundays in Aug: 11 am - Worship Service.
 There will be no service on Aug 31.

VICTORY HARVEST CHURCH
 361 des Erables, Brownsburg-Chatham
 Pastor Steve Roach 450 533-9161
 Sunday Service 10:30 am
 Please call to confirm:
 Wed 7 pm Prayer/Bible Study

PARISHES OF THE LOWER LAURENTIANS
 Everyone welcome and we look forward to seeing you and your family.
 *Special services: Soaking Time - A time of quiet reflection and music 3:30 - 4:30 pm with traditional hymns 7:30 - 8:30 pm with classical music.

ST. AIDEN'S WENTWORTH
 86, Louisa Rd - Louisa
 June 15: 10 am - Sunday service
 July 6: 10 am - Sunday service
 July 20: 10 am - Sunday service
 Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
 1127 Dunany Rd, Gore
 June 15: 10 am - Sunday service
 June 22: 7 pm - Sunday service
 July 6: 7 pm - Sunday service
 July 13: 7 pm - Sunday service
 July 20 - 10 am - Sunday service
 Services are bilingual

HOLY TRINITY - LAKEFIELD
 4, Cambria Rd, Gore
 June 22: 10 am - Soaking Time
 July 13: 10 am - Soaking Time
 July 27: 10 am - Soaking Time
 Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
 1258, Mille Isles Rd - Mille Isles
 June 22: 10 am - Sunday service
 July 3: 10 am - Sunday service
 July 27: 10 am - Sunday service

ST. SIMEON'S ANGLICAN CHURCH
 445, Principale, Lachute
 with Rev. Paul Tidman: 450 562-2917
 June 15: 10 am - Communion
 June 22: 10 am - Communion
 June 29: 10 am - Communion
 All are welcome to join us for services followed by coffee hour.

LAURENTIAN CLUB NOTICE

Our meetings have been suspended for the summer. Please check our notice in the September edition to see who will be our first guest speaker for the autumn season.

The Club meets on the 4th Monday of every month, September through May (except December). Annual membership \$25. Come along and bring a friend.

To learn more, visit our Facebook page www.facebook.com/LaurentianClubofCanada or contact us at TheLaurentianClub@gmail.com or 819-326-6872.



LAURENTIAN CLUB OF CANADA

Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



June 2014 meeting for cancer patients, families and caregivers is

SATURDAY AFTERNOON
June 28 - 1 pm
Speaker:
Susan Campbell-Fournel
Cancer & Nutrition
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

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
 PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

ENGLISH COMMUNITY NEWS

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

Harrington Golden Age

259 Harrington Rd
Saturday June 14: 5:30 pm
THE ANNUAL FATHERS' DAY SUPPER
with steak and baked potatoes
\$15 for members, \$17 for non-members.

Arundel United Church Women

17 Rue du Village, Arundel
Saturday June 28: 11:30 am - 2 pm -
Strawberry luncheon and bazaar
Welcome all! For info call Liliias: 819-687-3288.

Annual Viking Open House

Saturday June 21: 1 pm - 4 pm
The Viking Canoe-Kayak Club is happy to invite you to paddle and meet its members during the annual open house at the Montfort pavilion, 160 rue Principale, Wentworth Nord. Come and learn about our various programs offered to all, from canoe-kids starting at 6, to youth to adults of all ages!
Welcome to everyone.

Lachute United Church Strawberry Social

Grenville Community Center - 21 rue Tri-Jean Grenville Qc
Thursday, July 3: 5:30 pm - 7:30 pm
Musical Entertainment. Info: 450-562-9297

Shakespeare in the Park

Parc Bellevue - Morin-Heights
Saturday, July 12: 7 pm
Hopkins captures the overall appeal of the play in a nutshell. "Harry the King has all the elements of a summer blockbuster. From underdog to hero, there's plenty of lively camaraderie, barroom brawls and intense battles." For history buffs and those attuned to Shakespearean nuance, Harry the King also hints at the ambivalence of war, leaving the audience to reflect on the blind fervour that draws people into war, despite themselves.
www.parkshakespeare.com

Spaghetti Fundraiser

Restaurant Obodum
July 13: 5: pm OR 7 pm (2 seatings)
Restaurant Obodum St Sauveur is proud to host F.C. Morin-Heights Soccer Club's first Spaghetti fundraiser-dinner. Price: \$12.50 per person (includes main course, salad, roll & butter, dessert, coffee or tea). Also a chance to win one of our many fabulous raffle prizes. Bring your family and friends and join us for a great cause.
For info: LeeAnn Penny: 450 516-4416

Coming up at the Lost River Community Center

Hwy 327, Harrington
June 21: 8 am - 2 pm - Annual Flea Market
To book a vendor table (\$10), please contact Barrie Smith at 819 687-9498.
Indoor and outdoor tables are available. Everyone is welcome to sell and/or buy.

July 1: 11 am - 2 pm - Canada Day
Come join in the LRCC annual Canada Day celebrations with the raising of the flag at noon! Kids' corner, crafts, games, face painting, balloon man and pinata.

July 6: 9 am - noon - July Breakfast
Basket draw donations will go to the Alzheimer's Society.

Annual Convention of Jehovah's Witnesses

There will be a three-day convention held at the Montreal Assembly Hall of Jehovah's Witnesses in Pointe-aux-Trembles, on June 20-22.

Under the theme "Keep Seeking First God's Kingdom!" the program will demonstrate the need for a heavenly type of government, how it is possible and how it will be able to solve the problems of humanity. The public talk will answer the question: "Earth's New Ruler - Who Really Qualifies?"

A baptism session will take place on Saturday morning.
For more information visit www.jw.media.org.

Three Stories and 12 Stained-glass Windows

Caroline Hébert and Susan MacDonald

In the spring of 2013, Caroline Hébert, a glass works artist from St. Jérôme, received a grant for a special project from the Conseil des arts et des lettres du Québec (CALQ) through the Fonds des Laurentides pour les arts et des lettres du Québec (FLAL). Her project proposal was that she would inspire students to be creative and write original stories based on art pieces she had made from glass. Stained-glass windows, on which images and characters were printed, were presented to the children who re-organized them into sequences of their choice and then wrote their stories. This unusual style of writing production was part of a cultural exchange between an English and a French school; 200 students at Laurentia Elementary and 350 students from l'École Prévost participated.

Katia Cantiani, a Laurentian author and recipient of several Literary Distinctions followed this same writing process. She produced the first story and provided ideas to Caroline to present to the children who would then produce the second and third. One story from each school was selected to be included in the final production, a published booklet, which



Left to right (front row) Emmanelle Plante (student from École Prévost), Christopher Reizer (student from Laurentia), Katia Cantiani (writer), Todd Sennett (Laurentia teacher), Julie La Garde (COPIE-CONFORME owner), Caroline Hébert (artist), Stéphanie Dion (Caisse populaire), Félix Veilleux (attaché for Deputy Péladeau).

included all three stories. Students, teachers and artists gathered for the unveiling on May 28 when the artistic project, "La Rencontre," terminated. On this day, the students finally had the opportunity to meet the students from the other school with whom they had been corresponding and sharing ideas with over the past year. Each participant also received a copy of the booklet. It was an amazing experience for all.

The stained-glass windows will be installed at Laurentia Elementary School with the hope that these illustrations will inspire tomorrow's adults to be aware and protective of our fragile planet.

We would like to thank the many collaborators and financial partners who graciously offered their support, without which, this project would not have been possible. Thank you for supporting this unique, cultural experience.

REPERCUSSION THEATRE

Repercussion Theatre, a non-profit organization is one of the few theatre companies in the world that tours professional, classically based productions to different communities. Over the past 25 years, the company has performed in many unique spaces throughout the U.S. and Canada. To learn more, visit www.repercussiontheatre.com

ADVANCE NOTICES

Lake Louisa Great Relay

Will take place Aug 2 at the Lake Louisa Social Club. Registration 8 am, event gets underway at 10 am. For information call Lawrence at 450-533-4713. Look for more details coming up in the July edition.

Argenteuil United Pastoral Charge Annual BBQ

Grenville Masonic Lodge Grounds, Grenville, Qc
Friday, August 8: 5 pm - 7 pm
Bake table, silent auction, musical entertainment. Bring a Lawn chair and enjoy. Info: 450 562-8365.

St. Eugene Community Fundraiser

Golf Tournament at 60 Ch. du Golf, Arundel
Friday, Aug 8: 10:30 am - 6:30 pm
Including brunch and dinner (\$140), dinner only (\$45).
Special prizes & lots of fun.
Info: 450 226-2844 / 1 800 552-0552

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SAINTE-AGATHE-DES-MONTS: Newly built duplex with large detached 29 x 33 sf garage. Near heart of village, walk to all facilities and the beach. Two 5 1/2 units with fantastic income of \$19,080/yr plus garage which could be rented as a warehouse. \$289,000 MLS 20166326

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SAINT-ADOLPHE-D'HOWARD

MESSAGE FROM THE MAYOR • HISTORY



Lisette Lapointe

A Word from the Mayor

As mayor of Saint -Adolphe d'Howard, I am very pleased to represent the citizens of our country village and to describe to you its beauty.

Saint- Adolphe d'Howard was municipalized in 1883. Our territory has more than 85 lakes and is dotted with beautiful mountains that attract tourists from around the world to capture, in photos, the magnificent colors of our autumn and the beauty of our lakes and mountains.

In St. Adolphe d'Howard, whatever the season, sport enthusiasts have a joyful heart. Mount Avalanche welcomes families for hiking or mountain biking on the groomed trails and for alpine skiing in winter.

Living in St. Adolphe d'Howard will bring you much happiness and serenity in the midst of a generous nature and peaceful haven. By chance, if you are just passing through our village, it is certain that you will come back to enjoy a lovely time in our town at a concert in our parks or with a visit to the beach during hot weather.

I wish to assure you that the council will do everything in its power to preserve the purity of our lakes and promote welcoming new citizens and visitors to our beautiful village.

I welcome everyone and hope you enjoy, as much as I do, Saint Adolphe d'Howard.

Lisette Lapointe, Mayor

St. Adolphe d'Howard - Past & Present!

Ilania Abileah - Main Street

The village originated in 1878 as the "Saint-Joseph Mission." It became the Canton d'Howard in 1883, named after Sir Frederic **Howard** who was commissioned by the British Parliament in 1778 to visit the colonies. In 1939, the village became Saint-Adolphe-d'Howard, adding the name of **Adolphe** Jodoin, the first resident preacher of the village.

Entering the village, you will find the white and blue church of St. Adolphe (1845, chemin du Village) facing the beautiful shores of Lake St. Joseph. In 1900, the Bellefleur sawmill was built next to the present post office and the wood cut at that sawmill served to build the church in 1913. For the 100th anniversary of the village, a book titled "Le Présent du Passé: Saint-Adolphe-d'Howard - 1883-1983" was published, written by people from the "old families" who help to preserve St. Adolph d'Howard's heritage. The majority of the village residents are francophones, however, the book mentions that many Anglophone families such as the Evans, Morgan, Ross and Syratts, were closely associated with the development of the municipality.

I met one of the book's authors, Mr. Jean-Guy Gratton, who generously shared a wealth of information about the village history. M. Gratton can name four people in his family who served as mayors of St. Adolphe, starting with his grandfather, Adélarde Gratton (1910). Jean-Guy himself, served as a warden and as president of the church congregation. He now administers the church museum, which took part in the MRC Pays-d'en-Haut's Thirteen-Church Discovery / Tour Day, on May 31. The church's 100th anniversary will be celebrated in 2014.

In the early days, St. Adolphe d'Howard was an agricultural community but it gradually changed, and by the 1960s, had developed into a vacationing



Church and City Hall (courtesy of City Hall)



Church and Lake (courtesy of City Hall)



St. Adolphe d'Howard from across Lake St. Joseph (photo credit: Rami Negev).

destination. There were boarding houses and camps such as the YMCA summer camp and the Kinkora Camp. One could alpine ski, cross-country ski or snowshoe in winter, and in the summer, enjoy fishing, boating and swimming in about seventy lakes in the area. The village was once known for its courteous hospitality and great food and people flocked to the village to enjoy their stay at "Auberge La Soupière," or other places no longer operating. This reputation continues to live on.

Nowadays, the village has a recreation center, tennis court, the Mont Avalanche ski hill, a mountain bike trail, cross country trails, three lake-front parks, picnic areas, a public beach on Lake St. Joseph, marina (boats are checked), a library and a new cultural center, located in the old Caisse Desjardins building. The village has a population of 3,753 and spans a territory of over 144 sq. km.

St. Adolphe d'Howard has transformed over the past few years with new arrivals opening new businesses, renovating old ones and many active volunteers who promote cultural activities. It now features four-season activities and welcomes people to unique festivals such as the "Fête des vins et saveurs," the Dragon Boat Festival, 3-Lake Canoe-Crossing, endurance competitions, its autumn festival (Festival des couleurs), a pre-holiday season craft sale and a winter festival with ice sculpting. The "Adolphins" as people of the village are called, are proud of the village and love sharing the beauty of their lovely hamlet.

To learn more, visit www.stadolphedhoward.qc.ca/.

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SAINT-ADOLPHE-D'HOWARD

VILLAGE UPDATES & SUMMER EVENTS

A Stroll in St. Adolphe d'Howard

Ilania Abileah - Main Street

St Adolphe springs to life in the summer starting with the colourful flowerbeds by the Lions Club on the way into the village. Here is a place one can easily spend a day, or a few, as there is always something to do! The village road encircles Lake St. Joseph with all its beautiful scenery and you can find everything you need on Village Road including the BMR store, the gas station with its SAQ selection of wine and a newly renovated super-market, which is now a Metro. There is a bakery, gift shop, new pharmacy, art gallery, lovely restaurants, B&Bs and a spa. There is even a three-lake boat excursion! In short, St. Adolphe is the ideal place to come to relax and spend quality time enjoying the beauty of nature and "listen" to the quiet along the many hiking trails. There are friendly people to meet and perhaps you may also learn a bit of French.

Here are a few suggestions for food, drink and entertainment



L'ange Vagabond

L'Ange Vagabond, bistro culturel: 1818, chemin du Village. In April, club-owners, Michèle Méthot and Daniel Langlois, celebrated their 2nd anniversary. They bring in popular Quebec musicians to perform on weekends. Ticket prices are around \$20 - \$25. On Sat, June 21, the club will present a free Cabaret night with Daniel Langlois, Patrick Baldwin and others (contributions appreciated). 819 714-0213. <https://www.facebook.com/langevagabond>.

Resto Bar La Place du Nord: 1985, chemin du Village. A family restaurant open daily from 8 am serving pasta, smoked meat and pizza. www.placedunord.ca 819 714-0109.



La Marie Morgane

La Marie Morgane, Bistro-Caterer: 1929 chemin du Village. This is a "Bring your own Wine" place open seven days a week for lunch and dinner (except for Sunday night). On Sunday, a brunch is served from 11:30 am until 2 pm. Owner, Nathalie Caron is a trained chef and prepares her own meals and desserts; some traditional Quebec dishes and others inspired by ethnic cuisines. Nathalie also caters to people who have gluten and lactose intolerance and serves vegetarian dishes. The restaurant just celebrated its first anniversary with many devoted customers, who appreciate her personal attention, and fine tasting affordable meals. Reservations are encouraged! 438 827-5492. <https://www.facebook.com/pages/La-Marie-Morgane-Bistro-Traiteur>.



La Petite Charrette

La Petite Charrette: 1999 chemin du Village. Naomie Goyette studied at the Hotel School in Ste. Adèle, graduated as a chef and just opened this place with her husband, Harley Lounsbury. They serve fast food with a twist; sandwiches, hotdogs, burgers, poutine, chicken, salads, soup, wraps and ice creams. They offer a catering service. There is indoor seating, a lovely garden with tables, benches and a terrace. 819 714-0077. naomiegoyette@hotmail.com.

Auberge du Sommet: 1877 av. A. Bertrand. A small, newly built inn located near the cross-country ski trails. 819 323-9254 <http://www.aubergedusommet.ca/>. pier.lab@rogers.com.

Le Pic-Assiette: 1965 chemin du Village. This is a bakery/breakfast place. 819 327-3394.

L'Adolphin B&B: 2022 chemin du Village, on the shore of Lake St. Joseph. Rooms are beautifully decorated. 819 714-0229 ladolphinhebergement@gmail.com. <http://www.ladolphin.com/>

So much to do in St. Adolphe d'Howard

Ilania Abileah - Main Street

Wine Festival - Fête des Vins et Saveurs

Sat, July 12 & Sun, July 13: The Wine Festival is back! The village will be dressed in festive colours to welcome many visitors. It happens at Park Jodoin across from the church. The Wine and Flavours Festival will feature summertime wines: bubbles, whites and rosé. There will be new surprise attractions never offered before. Early-birds arriving between 11:30 am and 1 pm will be entitled to additional treats. On Saturday, July 12, there will be wine tasting until 8 pm. Performing at 9 pm will be singer Valérie Carpentier, the winner of the La Voix television program. Admission: Sat: \$40 visitors, \$30 St. Adolphe residents. Ticket comes with five coupons to be used on site. Sun, July 13: \$20. Tickets available at city hall and Laurentian SAQ liquor stores. www.vinsetsaveurs.ca

Opening This Summer - Atelier Culturel!

As of July 1, St. Adolphe d'Howard will open the new "L'atelier culturel" at the old Caisse Populaire building, 1889, chemin du Village. The atelier will be open until the end of August. There will be different activities offered such as singing, initiation, improvisation and theatre, and works by local artists Claire Labonté (painter), Armand Destroismaisons (sculptor) and Michel Tremblay (aquarelles). In September, the atelier will feature "Manifest'art," an exhibition of the local lantern artist, Geneviève Oigny, along with Gilles Matte (poet) and Eloi Amesse (musician).

Music camp concerts at the church - two free String Orchestra concerts at the Saint-Adolphe church: Sat, July 12: 7 pm and Sat, July 26: 7:30 pm.



Lac Gemont Church

30: 7:30 pm: Recital by Charles Richard-Hamelin (piano). Mon, July 14: 7:30 pm: Julie Trudeau (cello) and Claire Ouellet (piano). Mon, July 21: 7:30 pm: Chamber Music (string and piano). 450 227-0909. info@cmlaurentides.qc.ca, www.cmlaurentides.qc.ca.

"Sérénades d'été 2014" - Concerts at Salle Amati, 163 rue Vivaldi, at the Camp Musical des Laurentides (located by Lake St. Denis, the former military base). Most concerts are free, but for some, tickets are: \$20 and \$15 for seniors and students. Sun, June 22: 7:30 pm: Les Divas Renée Lapointe (mezzo-soprano) and Monique Pagé (soprano). Mon, June



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Nathalie Caron

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LaMarieMorgane@gmail.com | La Marie Morgane

SAINT-ADOLPHE-D'HOWARD

VILLAGE UPDATES & SUMMER EVENTS

Concert baroque "Cantiga del Fuego" - Sat, Aug, 9: 8 pm - The Ensemble Séfara & Méditerranéen (ESEM), winner of the OPUS 2013 prize for their album, present "Cantiga del Fuego" at Lake Gémont Chapel. Traditional Sephardic music stems from fifteenth-century medieval Spain, when Isabelle of Castilia and Leon of Aragon exiled Jews who refused to convert to Catholicism. The musicians are Mélanie de Bonville (violin), Jean-François Daignault (contre-ténor, flute, & clarinette - this musician amazed us all with his voice during last year's baroque concert at the village church), Héléne Martinez (vocals) and Jean-Philippe Reny (oud). \$25 includes bubbly, canapés and meeting the artists after the concert. There are only 60 seats available so please reserve early. chapel.le.lac.gemont@gmail.com.

Outdoor Activities

Events organized by the municipality - for more information call: 819 327-3232 # 1 www.stadolpheedhoward.qc.ca.

Endurance competitions - The Enduro Mont Avalanche series starts June 12 and continues June 26, July 10, August 7 and 21 at 7 pm. Final event: September 21 at 10 am. Mont Avalanche Sports Station. www.mont-avalanche.com.



Enduro

Dragon Boat Festival - will be held on June 14, 8:30 am at Park Adolphe-Jodoin.

National Holiday Celebrations - June 24: Singer, Steve Provost, will perform with his band at Park Adolphe-Jodoin.

Family Movies - screening after dark on June 27 and July 25 at Park Adolphe Jodoin.

Three-Lake Crossing - will take place July 26 starting at 7:30 am at Park des aînés.

Festival des Couleurs - the village scenery is dressed in magnificent colours during autumn weekends. Another wonderful opportunity to sample what this lovely village has to offer.

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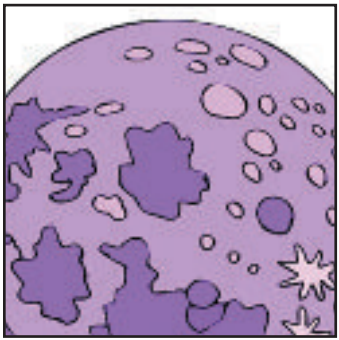
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Zach Factor Global Weather Update: El Nino

**(The Little Christ Child):
Blessing or Curse? Lys Chisholm
& Marcus Nerenberg - Main Street**

Enjoying the chilly spring temperatures? With the last week of May finally producing seasonal averages, complaints about the cool weather have ceased as gardeners get planting. But what is going on?

South Americans call it, El Nino, or the little Christ Child. El Nino got its name from Chilean and Peruvian fishermen working in the Pacific. They noticed that their catches of anchovies suddenly declined around Christmas time. El Nino happens when trade winds falter, not just for a few days or weeks, as is their habit but for as many as 12-18 months. This cyclical change in trade winds direction is causing a record breaking warm tropical wave to cross the Pacific from Australia to South America. The high sea temperatures have many meteorologists concerned and this pattern equals or exceeds the El Nino of 1997-98. The potential result is extensive global weather changes; little or no monsoon season in Asia, the drought in India, drought in Australia, malaria and rising insect infestations in Africa.

The last time El Nino was this big we had a record warm winter and our "Ice Storm of '98". The effects on South America and Mexico were equally devastating, Mexico was slammed with the largest hurricane in its history and rivers, important sources of fish, completely dried up in Ecuador and Peru, while other regions faced extensive and costly flooding. The last big El Nino brought Hurricane Linda dangerously close to landfall in California - Linda was the strongest eastern Pacific hurricane on record. At that time, there were huge mudslides and massive flooding.

This year, there are major concerns for west coast weather in California and the winter food supply for the north. Simulated models are updated weekly as El Nino progresses across the south Pacific. The cycle will peak in September. Crop losses around the world indicate food supply shortages for billions of people. The overall cost to already fragile poorer global economies will be staggering, if not unsupportable.

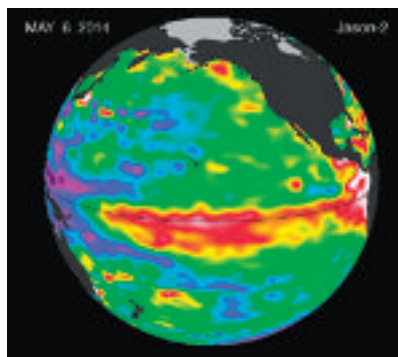
El Nino has other repercussions. Studies show that an El Nino year has the highest level of civil unrest and civil wars and in mainly drought stricken tropical areas as food supplies dwindle. China's rich economy is tending to influence food- strapped developing nations, primarily in Africa by supplying much need grains. It is no secret that Chinese businessmen are busy buying up land all over the globe; just ask the local farmers of eastern Ontario. China possesses uncountable numbers of US dollars, which they need to spend before the bottom falls out of that currency. We may soon find our own locally grown produce too expensive to buy and instead shipped off to other markets.

Here in Canada, faced with a prospect of a warm winter, urban dwellers may ignore the conditions outside city centers only for a short time. Last El Nino, Winnipeg, Manitoba experienced the worst spring flooding in over 150 years due to excessive snowfall and rapid warming. In Quebec, the Saguenay River had several flash floods that carried away homes as the cascading river resumed a natural course from the man-made alteration done decades before. Meanwhile the rest of us shivered in the dark for over a week. Although we may have fond memories of '98, there are none of us who wishes for a repeat.

Not knowing how an adverse global weather phenomenon can affect us, the best course of action this summer is preparedness. Make a list of all-important items; furnishings and foods you generally keep frozen that could be affected by a power blackout and take photographs of your home, inside and out, for insurance purposes.

The Government of Canada has a 72-hour emergency preparedness family checklist. They stash this information in booklets behind other brochures at the Canada Services offices. They don't really like or care to have you think that something like the flooding last year in Alberta could happen to you, so this information is not promoted in the media the same way the non-existent Conservative Job Grant Program was. You can find more on- line at <http://www.getprepared.gc.ca/index-eng.aspx>

Get used to the idea that we live in a highly unpredictable climate. Enjoy the present season, but keep the future and your family safety firmly in mind.



Early May Jason 2 Satellite image of the El Nino. The measurement is taken by the height of the ocean waves: warmer water expands causing ocean heights to rise. Details can be found at NASA's El Nino watch site.

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Canada Cycles for Kids The Big Ride

Susan MacDonald - Main Street

Canada Cycles for Kids was founded in 2002, by Marc Balevi and Robert Fetherstonhaugh, two passionate cyclists, out on one of their weekend "get away" rides. As the kilometers rolled beneath them, they conceived the idea of going on an extended trip and using the opportunity to raise funds for a good cause. Blessed with healthy children, Marc suggested cycling for those who were less fortunate and the Children's Wish Foundation was chosen as the beneficiary for any funds they would raise. That inaugural ride crossed the 5,200 km of Canadian turf between Vancouver and Montreal, in 27 days, and raised an incredible total of \$190,267.

Stunned with the results, Marc and Robert committed themselves to future rides. Distances and directions changed and were planned according to time availability and around the daily grind of life, but their wheels continued to roll. Their destinations and starting points varied, sometimes starting in Montreal and heading to places such as Boston and Toronto, other times, kicking off in New York and heading back home to Montreal. They have cycled from the Sunshine Coast to Vancouver and on shorter trips to Montebello and Sorel. Their passion for cycling has carried them across 10,600 kilometers of blacktop and back roads, their dedication to these kids, resulting in over \$328,000 presented to The Children's Wish Foundation.

In 2012, Marc and Robert were terribly disappointed when the 10th anniversary ride they had planned had to be postponed due to one of those "challenges of life" but, not missing a beat, they still managed to ride the 500 km trek from Sorel to Montebello. The following year, they returned to Montebello, this time starting from Montreal. And now, finally, it's time for that Big Ride.

This year, the team is taking on a mountainous challenge; conquering the Rockies on a 10-day -tour from Calgary to Vancouver. On July 8, five cyclists will head off from the starting point, to be joined down the road by four other enthusiasts, who will participate in a segment of the journey. The core group, consisting of co-founders Marc and Robert, and new team member, Charlie O'Connell, will continue riding west, tackling the full distance of 1,100 kms. They will be averaging 100 kilometers a day and if all goes to plan, will pull into Vancouver on July 18. Their goal for this ride, as high as the mountains themselves, is to bring their total contributions to \$500,000!

For the team, their reward is in knowing they are making a difference. **Every dollar derived from this fundraiser goes directly to the Foundation.** Through public contributions, The Children's Wish Foundation (www.childrenswish.ca) is able to help courageous children and their families step away from their realities, just for a short while, to live a dream that will create memories that last forever. To these families, it is a gift that mere words could never define. Please, give generously.

To support Canada Cycles for Kids, visit www.canadacyclesforkids.com and click on the "Donate 2014 Tour," which will provide you with options on how to submit your contribution. Follow the team, keep updated on their ride and let them know you're with them all the way. Let's all help young dreams come true. **Go team go!**



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<p>2013 NISSAN ALTIMA S</p> <p>DAILY RENTAL</p> <p>6,485 KM - WHITE - PWR GROUP AUTO CVT - KEYLESS START - AIR CON. - BLUETOOTH</p> <p>\$17,888+TAX</p> <p>**\$59.38^{tax} /WEEK @ 4.29% ON 64 MTHS</p>	<p>2013 NISSAN JUKE SV</p> <p>AWD</p> <p>19,728 KM - BRONZE - AUTO CVT - PWR GROUP BLUETOOTH - MAGS WHEELS</p> <p>\$18,888+TAX</p> <p>**\$62.08^{tax} /WEEK @ 4.29% ON 64 MTHS</p>	<p>2010 INFINITI EX35</p> <p>AWD</p> <p>87,511 KM - WHITE - SUN ROOF - ALL AROUND CAMERA PWR GROUP - LEATHER - NAV - LOADED</p> <p>\$22,888+TAX</p> <p>**\$86.26^{tax} /WEEK @ 4.29% ON 72 MTHS</p>	<p>2011 BUICK ENCLAVE CX</p> <p>AWD</p> <p>83,253 KM - WHITE - PWR GROUP AUTO - 7 PASS. - TV/DVD</p> <p>\$22,888+TAX</p> <p>**\$86.26^{tax} /WEEK @ 4.29% ON 72 MTHS</p>
<p>2012 FORD ESCAPE SPORT XLT</p> <p>AWD</p> <p>22,664 KM - BLACK - LEATHER - PWR GROUP - SUNROOF AUTO - HEATED SEATS - MAG WHEELS - MICRO SYNC</p> <p>\$22,995+TAX</p> <p>**\$75.66^{tax} /WEEK @ 4.29% ON 64 MTHS</p>	<p>2011 NISSAN TITAN SV</p> <p>4X4</p> <p>54,743 KM - BLUE - PWR GROUP - CREW CAB PWR PEDALS - MAG WHEELS - RUNNING BOARD - ETC.</p> <p>\$24,888+TAX</p> <p>**\$93.05^{tax} /WEEK @ 4.29% ON 72 MTHS</p>	<p>2010 DODGE RAM SPORT</p> <p>4X4</p> <p>82,332 KM - WHITE - PWR GROUP - LOADED AUTO - BLUETOOTH - BRAKE CONTROL - CHROME MAGS</p> <p>\$25,995+TAX</p> <p>**\$97.58^{tax} /WEEK @ 4.29% ON 72 MTHS</p>	<p>2014 NISSAN ROGUE S</p> <p>LOW MILEAGE</p> <p>AWD</p> <p>11,115 KM - BLACK - PWR GROUP - AUTO CVT BACKUP CAMERA - BLUETOOTH</p> <p>\$26,995+TAX</p> <p>**\$78.04^{tax} /WEEK @ 4.29% ON 66 MTHS</p>

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QCNA Gala

Susan MacDonald - Editor

On June 6, associate-editor, Jim Warbanks and I attended the Quebec Community Newspapers Association's AGM and awards gala evening. This year, it was held at the beautiful Manoir St. Sauveur, right here in our own backyard.

The QCNA, established in 1980, is an organization representing newspapers that exclusively publish bilingually, or in English, across Quebec and Main Street has been a member almost from the beginning. Between the member publications, over 800,000 readers across the province read their local news through these monthly, bi-weekly, weekly and daily publications. For many in outlying regions, it is almost their only source of reliable information. According to ComBase, Canada's most comprehensive media study "...QCNA newspapers are embraced by Quebec's minority population more than any other medium in every market they serve...." The study also mentions the high level of purchasing power from these readers.

After meeting several other editors and publishers over the course of the evening, I am not surprised by these results. We share many of the same challenges: the heat of deadlines, balancing bottom lines, maintaining relationships, but most important, a dedication to our communities. It was a most interesting experience because I have to say, "newspaper people" are an eccentric group at best; they have to be in order to have chosen a milieu where few would dare to venture.

Making the most of the day, Jim and I attended the two workshops presented by Rita Legault (How to Write a Good Health Story) and Alan Conter (Law and Ethics). Both presentations were informative and provided several good tips and suggestions. After a short break, we were off to the gala.

After a delicious dinner, our emcee for the night, CTV news reporter, Maya Johnson, kept us entertained as she called out the winners in each award category along with an occasional, friendly chide to the exuberant group from the *Low Down to Hull & Back News*. And no wonder this group was in such high spirits; they certainly did not go home empty-handed and deserved each of their awards. In all, over 35 individual awards in various categories were presented in recognition of outstanding achievements attained within the community newspaper industry.

The final presentation was the Lindsay Chrysler Award for an outstanding contribution to community newspapers. As you may remember, in 2012, Jack Burger, *Main Street's* beloved founder, was the proud recipient of this, the most prestigious award of all. Amidst congratulatory cheers, this year, the award was deservedly presented to Linda Ludwick, CFO /Publisher of *the Nation*.

It was a wonderful evening and I look forward to meeting up with "the gang" at next year's event. Until then...

I offer my congratulations to each award recipient, to all those who continue to strive to keep their communities informed and to the QCNA, for their encouragement, support and recognition of each community newspaper's efforts. To us all, let's keep those presses rolling!



Art is Not Nature Normand Laurin - Special to Main Street

There is nothing more appealing to our senses than nature. If we would only walk slowly down a forest path, we would then be able to reclaim our inner peace. Nature, in all its peaceful beauty, is not a piece of art; it is the result of interpretation, motivation and choices made by us. Art is the result of one's own conception, a kind of personal translation of what we see, hear, touch, taste and smell. Anyone can be an artist because of the mysterious power of interpretation from the heart and soul.

One day, you walk through the forest and sit down on a big stone, looking at the water of a lake. You are all alone. You hear the whisper of a hidden bird calling a mate, you feel the soft fresh breeze on your cheeks, and as your hands move slowly over the rough texture of the stone, the sweet perfume of wild flowers comes to your nostrils. Your eyes drift towards a small island, just off shore.

You notice the morning sun pouring light on one side of the foliage, leaving the other in deep shade. You find this attractive. Suddenly, you look down at the water and it appears so clear and pure. Instinctively, you shift your vision to the reflections on the water and a new image appears; the trees, the colours and the vertical lines of the tree trunks are floating towards you - still, then blurred and twisted by the breeze creating ripples on the water. This is a living example of how nature can be modified and interpreted. Remember, you are the one choosing your focal point. We can say, at this precise moment, that nature is close to being an artist, but of course, it requires an artist's unique awareness to transform it into "creative beauty."

Art is about shapes, lines, colours, shadows and light matter. It's about contrasts and direction. This is true for any artwork, whether realistic, abstract or non-figurative. Nature is still the "core"

of art because we are part of it. Without senses and perception, there is no art. All we have to do, as artists, is to choose what we wish to see and then modify and reorganize it onto canvas.

Looking at artwork, or contemplating nature, encourages us to slow down and to interpret what we wish to see, in our own unique way. The surprise and appreciation can only come from within us, as nature and art have no attachment to beauty.

When artists create paintings, they are presenting their own perspectives. They move trees, play with shadows and lines and add what they feel would be complementary additions in attempts to lead your eyes to specific points of interest they feel are important. All this is perspective; a representation to please your eyes and give birth to emotion. Art is alive and a sincere attempt to communicate.

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2014 **RIO** LX MT

STARTING FROM

\$12,641^{oo}

OR PLUS

\$69 **\$0** **0%**

BI-WEEKLY DOWN 84-MONTH FINANCING

Offer includes delivery, destination, PPSA, fees and \$2,918 IN CASH BONUS⁵. Offer based on 2014 Rio LX MT with a purchase price of \$15,559.

STANDARD FEATURES: Steering Wheel Audio Controls, Aux & USB Input Ports, Satellite Radio¹

Forte SX shown*
hwy / city 100km : 5.3L/8.0L

2014 **FORTE** LX MT

STARTING FROM

\$14,641^{oo}

OR PLUS

\$80 **\$0** **0%**

BI-WEEKLY DOWN 84-MONTH FINANCING

Offer includes delivery, destination, PPSA, fees and \$2,918 IN CASH BONUS⁵. Offer based on 2014 Forte LX MT with a purchase price of \$17,559.

STANDARD FEATURES: Bluetooth Connectivity², Steering Wheel Audio Controls, Satellite Radio¹

Optima SX Turbo AT shown*
hwy / city 100km : 5.7L/8.9L

2014 **OPTIMA** LX AT

STARTING FROM

\$22,859^{oo}

OR PLUS

\$126 **\$0** **0%**

BI-WEEKLY DOWN 84-MONTH FINANCING

Offer includes delivery, destination, PPSA, fees and \$3,500 IN CASH BONUS⁵. Offer based on 2014 Optima LX AT with a purchase price of \$26,359.

STANDARD FEATURES: Power Driver's Seat, Air Conditioning, 6-Speed Automatic

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The Power to Surprise

Offer(s) available on select new 2014 models through participating dealers to qualified retail customers who take delivery by June 30, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain taxes (including tire levies and A/C charge \$300, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. 0% financing offer for up to 84 months available O.A.C. to qualified retail customers, on approved credit for the new 2014 Forte LX MT (F0548E)/2014 Optima LX AT (O9748E)/2014 Rio LX MT (R0541E) with a selling price of \$14,641/\$22,859/\$12,641 and includes delivery and destination fees of \$1,465, tire tax of \$95, \$79 PPSA, A/C charge \$300 (where applicable) and a cash bonus of \$2,918/\$3,500/\$2,918. Bi-weekly payments of \$80/\$126/\$69 for 84 months with \$0 down payment. Credit fees of \$0. Total obligation is \$14,641/\$22,859/\$12,641. See retailer for complete details. ^{oo}Cash purchase price for the new 2014 Forte LX MT (F0548E)/2014 Optima LX AT (O9748E)/2014 Rio LX MT (R0541E) is \$14,641/\$22,859/\$12,641 and includes a cash bonus of \$2,918/\$3,500/\$2,918 (which is deducted from the negotiated price before taxes). Retailer may sell for less. ⁵Cash bonus amounts are offered on select 2014 and 2015 models and are deducted from the negotiated price before taxes. \$4,000 cash bonus only available on the 2014 Optima Hybrid LX (O974AE). Offer ends June 30, 2014. See your dealer for complete details. ¹Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (F0748E)/2014 Optima SX Turbo AT (O9748E)/2014 Rio4 SX with Navigation (R0748E) is \$26,359/\$34,795/\$22,295. ²Highway/fuel consumption is based on the 2014 Forte 1.8L MPR 4-cyl (M/T)/2014 Optima 2.4L GDI (A/T)/2014 Rio4 1.6L GDI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EverGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. ³The BluetoothSM wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. ⁴Sinus, XM and all related marks and logos are trademarks of Sirius XM Radio Inc. and its subsidiaries. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

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Lori's Lookout Laurentian Bob "Brewster"

Lori Leonard - Main Street

I am pleased to highlight Bob Brewster, an extremely unique, creative artist from St. Sauveur who contributes significantly to the Laurentian

community. Bob has been married to his wife, Kim Brewster, well-renowned stained-glass artist for the past 38 years. Be on the "lookout" for an article on Kim in an upcoming issue.

Bob Brewster or "Brewster," as he is affectionately known, has been a film/television actor for 35 years and has appeared with Thomas Dekker, Jennifer Love Hewitt, Samuel L. Jackson and other Hollywood celebs. Brewster has written, voiced ad-copy and supplied original "voice" for such animated series as *Arthur*, *Country Mouse and City Mouse*, *Mona the Vampire* and *Alfred Hedgehog*.

Brewster has "voiced" 5 books for other authors and 5 documentaries on The Montreal International Jazz festival. He just completed the first draft of his new novella, **Gentlemen and Pigs**, a humorous take on the entertainment industry. To hear what Bob has voiced lately, visit voices.com/people/bobbrewster and voiceoveruniverse.com/profile/BOB.

Not only has Brewster acted and supplied voice-overs, but he has written 3 fiction novels: "**No Borders, No Boundaries**," "**Deceit, Deception and Deliverance**" and "**Light up the world**." His latest non-fiction novel, "On the road to find out," is a thought-provoking memory rooted from 1967 - 1974 in the seaside resort of Wildwood, New Jersey. It's a story of heartbreak and discovery. Although it reads like fiction, the plot, people and situations are real; a photographic memory of a special time/place that "screamed" to be documented. Through happenstance, Brewster suddenly re-connected with people whom he hadn't seen or spoken to for 40+ years. Through reliving memories with

them, he was able to write this book, a new challenge, as he is used to writing fiction.

Brewster was recently invited to Mariposa Café, in NDG for Open Mike Night to read the chapter on Ray Charles from his new book. The crowd broke into laughter and reciprocated with a standing ovation. He was also invited by Al Alvin, who manages www.wildwood.365, to complete some readings about the old Fun Pier at the new Fun Pier in Wildwood.

"On the road to find out" is available from Amazon book sites under Robert C. Brewster or copies may be purchased from Bob for \$15 at robert.brewster@sympatico.ca or at 450 227-4427.



The Student Dilemma: Study Versus Leisure

By: Annie (Yue) Xu

Students are losing more than just time according to Game Theory.

Game theory has long been used in economics as a way of analyzing the best possible outcome in making decisions under conflict and uncertainty. The most famous example, Prisoner's Dilemma, illustrates the situation of two individuals, A and B, under threat of being charged for a crime, but have the option of protecting themselves at the expense of the other. In an attempt to get both to confess, individual A is offered a deal such that if he confesses and testifies against B, then he will go free and B will get 20 years in prison. Individual B is offered the same deal. So, using logic and the concept of payoffs, each individual will pursue his own best interest and both will end up confessing, resulting in 10 years in prison instead of 20, for them both.

Students are facing a similar dilemma every day and the choices they make in this game is costing them more than just precious time. The tales of procrastination haunt every student, and although the conflict they face is different from Prisoner's Dilemma, the goal is the same; to maximize personal benefit. When faced with the conflict between study and leisure, often students fall prey to leisure. Choosing leisure may fulfill pleasure in the short term but in the long run, the opportunity cost is much greater.

The Internet, for instance, is no longer a simple tool used for research and communication but is also a source for leisure. From social networking to watching movies, time flies by; time, which could have been used more efficiently to study. The opportunity cost also comes at the expense of work, sleep and education.

The Technology Policy Institute's Scott Wallsten took a look at the opportunity cost of time spent online and, according to his studies, time spent online for leisure is more than 100 minutes a day and growing. Moreover, the payoff for each additional minute spent online, meant 0.27 fewer minutes working, 0.28 minutes fewer spent on other leisure activities (i.e sports, TV, reading, etc.), 0.12 fewer minutes sleeping, and 0.05 fewer minutes socializing offline.

When choosing between study and leisure consider this: the payoff for spending leisure first is pushing work back later, which can lead to late night sleeps. Less sleep means less energy and alertness to make it through the day and performance efficiency decreases. For students, this can have a negative impact on grades as well as health. In the game of study versus leisure, choosing leisure first will always be a losing strategy. To maximize one's interest, it's more effective to complete tasks first in order to enjoy a burden-free break. As an added bonus, spending your time efficiently will lead to a healthy life cycle at school. Clearly a win-win situation.

Being a student means playing "the Student's Dilemma" game but applying the right strategy will ensure a winning game.



The Story Behind A Canadian Heroine, Part Three

Joseph Graham - Main Street
joseph@ballyhoo.ca

When the prisoners, rebels from Upper Canada, were sent off to serve a heartless sentence in Van Dieman's Land, Australia, young Maria Smith Wait went to London where she continued to petition for her men. She even sought an audience with the Queen. Contacts she made did their best to dissuade her from her plan of following her husband to the other side of the world, and instead they bought her passage home and gave her letters of introduction in order to allow her to lobby the new governor.

Upon her return, she did just that. She even succeeded in getting the Assembly to request leniency for Canadian prisoners in Australia and, over time, stories of her lobbying arrived among the prisoners. She was their hope, and her name inspired the prisoners to keep on in desperate circumstances. Some were locked into harnesses and made to pull rock-filled carts for miles under the hot southern sun while their footwear and clothing rotted. The treatment of the resisters was worse, from the lash to solitary confinement. None knew the length of their sentences and were told they were there for life.

Most of the prisoners in the camps were from the poorer parts of England. They had been arrested for petty crimes often committed in order to survive, and a good number of them escaped into the wilds of Van Dieman's Land, giving rise to dangerous gangs who raided the colonists' homes. The fate of Benjamin Wait and Samuel Chandler proved to be a blessing. Wait was so ill he was sent to the hospital but he soon recovered, and he and Chandler were set to comparatively light tasks on the commissary general's farm.

The Canadians were educated men, many of whom had owned property, and they contrasted with the common felons from the slums of England. That alone was not always enough to get them out of chains, but good behaviour was rewarded after six years with a ticket to leave. That meant simply the right to work for individual colonists on private properties for virtually no wages, if they could convince a colonist to hire them. It did not guarantee them food, or even a roof. It was far from being free but was preferable to their chains. Their only hope of escape was to stow away on American whaling boats, but these boats were thoroughly searched and fumigated before they could leave the harbour and fines were levied against the whole crew if a stowaway came coughing out of the hold.

Maria's efforts to have her husband pardoned contributed to reducing all the Canadian prisoners' time in chains to two years before they were considered ready to have a ticket to leave. It contributed as well to their ability to at least try to take control of their own destinies. Many attempted escape and failed, sending them back to the camps and the chains. Wait and Chandler's turn to try came in August 1841, three years after they had faced the noose in Niagara. Chandler, a Mason, used his small allotments of free time to meet and shake hands with American whaling captains. He was patient and one day a sea captain recognized the secret Masonic handshake and offered to help him escape.

Their plan was as desperate as they were. Neither had knowledge of the sea, but they agreed to meet the whaler 40 miles out to sea in a channel that they could only imagine. As the day approached, they made their getaway dressed as fishermen and used their little bit of money to hire a boat that they did not really know how to use. Still, they found their way out to the channel, but in their anxiety arrived several days ahead of the agreed upon time and soon ran out of food and water. Drenched and numb, they eventually decided to row back to the shore, but at the last minute a sail appeared, and they signalled it a few times fruitlessly until it finally hove to and took them on board. It was the American whaling boat.

After seven months at sea and time spent in South America after a shipwreck, they finally arrived in the United States.

They were not the first escapees to arrive in the United States. James Gemmell, another prisoner, got there first, and when they arrived they learned that Gemmell had declared that it would have been impossible had he and others not obtained a pardon thanks to the lobbying of Maria Smith Wait. Another convict, an American who had been captured aiding the rebels' cause, wrote in his memoirs, "Her devoted and heroic services, embalmed in our hearts, shall be handed down to other generations as a bright example of conjugal fidelity and active philanthropy, worthy of an immortality of honour."

By August 1842, Maria, her daughter Augusta, and Benjamin were reunited in Niagara Falls, New York. They spent their first months together writing *Letters from Van Dieman's Land*, a compilation of his letters and her petitions. In May 1843, a mere nine months after their reunion, Maria gave birth to twins, but their lives together were not to be. Both she and one of the twins died from complications.

Today, if you look through Canada's respected Dictionary of Canadian Biography, you will find a short entry describing Benjamin Wait (795 words) and another describing Samuel Chandler (349 words). You will also find the biography of Sir George Arthur (4,495 words). Benjamin Wait's entry, though dismissive in tone, does include a few mentions of Maria, but she is absent from the other two - and don't bother looking for her own biography. It's not there.

Special thanks to Heather Calhoun for Jack Cahill's book *Forgotten Patriots*.



CONNOLLY, Robert Edgar

Passed away in his ninety-first year at the Lachute Residence on May 30, 2014. Beloved and devoted husband of Corinne Copping for 67 years. Cherished father of Colleen (Donald Reid) and loving grandfather to Jessica and Daniel. Also survived by his sister, Joan Taylor (Joe Fernandes) and niece, Sarah. Bob was a Free Mason and Karnak Shriner for many years and will be greatly missed. There will be no funeral as he bequeathed his body to Medical Research, McGill University. In his memory, please consider making a donation to: Montreal Shriners Hospital; Donations, 159 Cedar Ave, Montreal QC H3G 1A6.

MORRISON, Anne

Passed away suddenly on Wednesday, May 28, 2014 in Arundel, Quebec. Beloved daughter of the late Val Morrison and of Carol Rathwell. Dear sister to her deceased brother Wayne and to Kimberley (Ken), Brent (Rachel) and Val (Line). Aunt to Sarah, Victoria, Pamela, Scott, Callan, Zoe, Todd, Joel and Lilah, and great-aunt to Cohen. She will be missed by her family and many friends.

Funeral service was held on Wednesday, June 4 at the Grace Anglican Church in Arundel, Qc. In lieu of flowers, donations to the "Douglas Foundation" would be appreciated. (www.douglasfoundation.qc.ca)

Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

SCOTT, Grant Melvin

Peacefully at The Residence of Lachute, Lachute, Quebec on Wednesday, May 21, 2014 at the age of eighty-two. Beloved husband of the late Olga Cousins. Dear father of Randy (Debbie) and Wanda (Denis Painchaud). Loving grandfather of Christopher, Benjamin, Jonathan and Nicolas. Also survived by his brothers, Clifton and Douglas and his sister, Vera. Pre-deceased by his brothers Rollie and Ken. A private graveside service will be held. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

WILSON, Joye (nee: Hayes)

Peacefully at The Residence of Lachute (Qc.) on Monday, June 2, 2014 approaching her eighty-sixth year. Beloved wife of the late James Wilson. Loving and special Mum to Debbie and Torrie (Roger). Loving Nanny to Chelsea and Emma. Also survived by her sister Helen (Al) and her brother Joe (Myrna). A funeral service took place on June 7 in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute. A special thank you to the staff and friends of The Residence, who were all her special angels. In lieu of flowers donations to the Heart & Stroke Foundation of Quebec; 1600 boul. St. Martin Est, Tour A, Bureau 410, Laval, Qc. H7G 4R8 or the SPCA- Laurentides-Labelle; 355 rue Demontigny, CP 532, Ste. Agathe des Monts, Qc. J8C 3C6 would be appreciated.

MCLAUCHLAN William Sr.
May 4, 1944 - June 4, 2012

*Two years
have passed
but your memory
lasts forever.*

Always in our hearts,
Carol and your son, William Jr.

Laurentian Fundraisers

Family Walk Day - June 14

The Steve O'Brien Foundation invites you to participate in a fundraiser to benefit autistic children of our region. The departure is scheduled for 10 am from Barron Park (registration at 9:30 am) and will continue down rue Principale in Lachute.

Brigitte, "Bibi" Boulay, ambassador of the 4th edition of the Family Walk Day, will be leading the way. For those of you who do not know her, Brigitte has had reduced mobility for the past 4 years, and with courage and determination, will be taking on this new challenge.

Everyone is invited to participate, including those in wheelchairs. There is no admission fee, however, a donation would be greatly appreciated. If you are unable to make a monetary contribution, then we invite you to join us in the Family Walk Day to help raise awareness for autism.

After the walk, participants are invited to Ayers Park where the Jusqu'au Bout Project will provide fun activities for the young ones.

Looking forward to seeing you, everyone is welcome!

SPCA-LL - Opt to Adopt - June 14

This year, the Gimme Shelter cocktail-auction is taking a break and making way for a new fundraiser, the Opt to Adopt Walk-a-thon! Come and walk in good company, with your friends, family and four-legged companions and help support our mission and operations.

The SPCA-LL presents, the first edition of its Walk-a-thon; Opt to Adopt event as part of the "Move With Your Dog" day of festivities to be held on the site of Mont Habitant in St. Sauveur.

The day will begin at 9 am with a 4-kms walk along the streets of St -Sauveur and there will be lots of outdoor activities throughout the day, including demonstrations of agility and herding that will surely delight everyone!

Join us for an exciting day that will help support animals in need throughout the Laurentian region.

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Main Street Money: Ladies' Investment and Financial Education Strategies for Managing Cottage Capital Gains

Developed by Christopher Collyer, BA, Certified Financial Planner, Investment Advisor, Manulife Securities Incorporated

The vacation home your family loves has grown in value over the years. Now, as you consider transferring its ownership, you wonder about the capital gains taxes. Here are some smart strategies to help reduce taxes when leaving your family cottage to loved ones.

While you can transfer assets such as the cottage to your spouse tax free (either during your life or on death), transferring an asset to any other individual may trigger a tax liability that must be paid when the tax return for that year is due.

If the family cottage qualifies as a principal residence, you may be able to use the principal residence exemption to reduce or eliminate any capital gain realized when you transfer the property to a family member. A tax professional can help you determine if your cottage qualifies as a principal residence and calculate the potential capital gains tax.

A taxable transfer

If the transfer of your cottage is not completely sheltered by the principal residence exemption, a capital gain will be realized. The gain is calculated as the difference between the original price paid and the current value, minus any capital improvements, such as additions, boathouses and decks. (If you owned your cottage prior to 1994, certain exemptions might apply that are not addressed in this article). Half (50 %) of the gain on the property is included in your income and taxed at your marginal tax rate. For example, let's assume you purchased your cottage in 1970 for \$60,000. Over the years, you made capital improvements amounting to \$100,000 and today it is worth \$500,000. Assuming the cottage is not a principal residence, transferring it results in a capital gain of \$340,000, of which \$170,000 is taxable.

Gifting your cottage to your children

Gifting or transferring your cottage at a nominal price to your children may seem attractive as you can avoid probate fees down the road and may reduce or eliminate taxes. However, gifting your cottage is a taxable transaction. Even if you do not receive any cash, you are deemed to have sold the property at its fair market value, so this strategy won't reduce the tax. Any tax you owe is due when you file your current year's tax return. In addition, when your children eventually sell or pass on the cottage, they will be required to report the reduced price (zero dollars, if the cottage was a gift) as their cost base, creating a larger capital gain for them.

Trust in trusts

Rather than transferring ownership of the property directly, you may consider setting up a trust for your children during your life or on death. Make sure you work with tax and legal professionals to ensure the transfer is done properly.

Moving the cottage into a trust is a taxable transaction subject to the capital gains tax. The transfer results in a deemed disposition of the cottage at fair market value with tax payable when you file your tax return that year. The trust may be able to claim the principal residence exemption as long as at least one adult child beneficiary of the trust ordinarily inhabits the cottage. Since the capital gains tax will be paid in the year of transfer, the children will not have a large tax liability on your death. However, a trust is deemed to dispose of its capital property every 21 years, which can trigger the capital gains tax. There may be additional strategies available to deal with any gain in the trust.

Selling the cottage to your children

It may seem like a good strategy to sell your cottage for a nominal fee to your children to reduce your capital gain and make the transaction affordable for them. However, the tax agencies calculate the capital gain based on the property's fair market value and not necessarily on the price you set. Plus, when your children eventually sell or pass on the cottage, they will be required to report the price they paid to you as their cost base, creating a larger capital gain for them.

Life insurance can be a cost-effective way to help pay the capital gains tax and avoid the possibility that your children will need to either pay the tax themselves or sell the property. If you decide to sell the cottage to your children, consider taking back a demand mortgage with deferred payments. You cannot defer paying taxes forever, but you may be able to spread the payment of the capital gains tax over five years. On death, you can forgive the mortgage in your will and your children will acquire the cottage with no debt or taxes payable (assuming you have already paid them).

Leaving the cottage to your children through your will

Transferring the cottage through your will should involve planning with your children and your professional advisor. If there is more than one child, you may want to set out guidelines for usage, maintenance costs and decision-making, and required capital improvements. If you leave the cottage to your children in your will, your estate is liable for the capital gains tax on the disposition of the property. In some cases, if the value of your cottage has greatly increased, there may not be enough assets in your estate to pay the taxes.

Ease the way with life insurance

Consider purchasing a life insurance policy that pays out when both you and your spouse die. Life insurance can be a cost-effective way to help pay the capital gains tax and avoid the possibility that your children will need to either pay the tax themselves or sell the property. You can even ask your children to pay a share of the premiums to reduce the cost of the policy.

Your advisor can help

As you decide how to transfer ownership of your recreational property to your children, keep in mind that planning ahead may reduce some of the tax burden for you and your heirs. Speak with your advisor to find out which strategy is best for you.

If you have any questions regarding the topic of this article, please contact me at 514-788-4883 or my cell at 514-949-9058 for helpful hints.

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



Farewell to Maya Angelou

U.S. author and poet Maya Angelou died May 28th at her home in Winston-Salem, N.C. at age 86. A favourite Maya Angelou quote: "I know I'm doing my best most of the time, and when I am not, I forgive myself."

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I'm Just Saying A Brand New Day

Ron Golfman - Main Street

By the time the June edition of Main Street is in your hands, a little over two months will have passed since most of us had to endure the rattle and hum of angst over the direction of our province. I sense the emancipation has been invigorating and inspiring. While it is true that nothing brings the two solitudes together as much as the Canadiens in the playoffs, the fact that the political landscape is not threatening to quake or explode has produced a warmth which has more than compensated for the slow arrival of springtime.

As we do our post winter ritual chores, I cannot remember the last time I have felt so welcomed, no matter where I went. While I am not saying that there has been a flurry of orders for English muffins at Tim's, yet when Tommy and I went to NAPA in St. Jérôme to pick up some pre-ordered touch-up paint the clerk greeted us in English with "Hello Tommy, your order is ready".

I umpire games when our team is not playing in the Morin Heights softball league. Last Wednesday, when issuing an overview of the rules to both teams, a player asked me "Francais please" with a grin. The response was great as five people tried their best to provide translation. This is "nous" at its finest!

It appears to me and "I'm just saying" that most people have given themselves permission to enjoy each other's company. I went to a local watering hole last weekend to watch the Habs play one of those afternoon games and sat at a table comprised of two French Canadians, an Italian, an Irishman, and a Pole. While the game was on, the bartender switched the telecast from NBC to RDS to CBC for a period each without being asked. How accommodating! By the end of the game we had poked fun at each other's backgrounds playfully and the camaraderie was more pleasing than the game itself.

Each evening when watching the news I am horrified by the brutal racist behaviours in the Ukraine, the slander and prejudicial words spewing from the moron who rules North Korea, and the oppressive violent actions taking place in the Middle East and Africa. All of the above serves to remind me how civilized we in Quebec can be when we put quality of life together ahead of poisonous divisiveness.

I know it is not a perfect situation here and that not everyone will behave in the spirit of inclusion. However, if we all make an effort to respect each other for our differences and for what we have in common, our collective souls will be enriched. In this way, during what I hope is a warm and sunny summer, all Quebecois can look up at the blue sky spotted with white clouds and say without reservation, that these are our provincial colours.



Fit Tip #87 Step Two – Calm & Peaceful

Lisa McLellan - Main Street

Please join my "For A Month" challenge. We began last month with Step 1 and if you missed that article, please go to my blog www.lmfitness.ca.

This month we are going to practise integrating 5 minutes of meditation into our "first-thing-in-the-morning (FTM) routine. We will be using this quiet moment to discipline and train our minds gently. Scientists tell us that being able to put our attention where we want, when we want, is one of the keys to optimal living and happiness. It has been my experience that this is true. Neuroscientists have discovered that when you ask the brain to meditate, it improves on a wide range of self-control skills, including attention, focus, stress management, impulse control, and self-awareness. You can make yourself happy, or miserable, regardless of what is happening by changing the way you respond to events. Stress isn't something "out there" that needs to be controlled. It's a function of how we live, think and feel. This is what we are tackling this month.

Please do not feel overwhelmed or threatened by this challenge. Notice if you have any resistance and if so, why? First, commit 100% to doing this every day for a month. Recommit when you miss a day; you will be amazed at the new person you will become!

1. Get comfortable - sit with dignity (in a chair is fine); tall, relaxed and with alert awareness.
2. Sit at the same time and in the same place every day to trigger a quiet mental headspace, to create a good habit.
3. Start small - 1 minute if you must. Use a timer; there are also many apps available. Simply google, meditation apps free. Add a minute every day until you get to 5 minutes.
4. Use anchors in your practice to keep your mind from drifting. An anchor can be anything from silently repeating a prayer or mantra to following your breath, counting down from 10, or listening to tranquil music. Bring your attention back from thinking, back to your anchor repeatedly as your mind will wander. That is normal. Bringing it back is how we train the mind to focus, concentrate and let go. Over time you will become more skilful. Be aware of the sensations, thoughts and emotions that arise. They are about you. Return to your breath to anchor your mind in the present moment where what you are doing, is being silent and still.
5. Don't judge your meditation. Meditation is a relationship with your self; an opportunity to accept yourself and the way things are.



A Library Addict

Grif Hodge - Main Street

Some new books at Jean-Marc Belzile Library in Lachute to be borrowed for free by residents of Gore, Lachute, Harrington & Wentworth.

The library has kept pace with the plethora of exceptional cookbooks recently published - many representing Canadian and Quebec restaurants and their outstanding chefs.

Karmel, Annabel

Toddler Cookbook

Flay, Bobbie

Art Of Preserving - Specializing in fall crops

Hughes, Chuck

Bobbie Flay's Barbecue Addiction - A real handbook

Kenny, Matthew

Chuck's Day Off - Recipes from the successful Montreal restaurant Garde Mange

Morin, Frederic

Entertaining In The Raw - Recipes for raw food dishes

Oliver, Jamie

Art Of Living According To Joe Beef - A cookbook of sorts based on this world-famous Montreal restaurant

PEI Association of Cooks

Jamie's America - Recipes by regions

Picard, Martin

Flavors of PEI - Basics such as Pot Roast, Seafood Chowder

Salloum, Habeeb

Cabane A Sucre. Au Pied De Cochon - Bilingual recipes and writings from another world-famous restaurant

Semerak, Susan

Arabian Nights' Cookbook - Home style kabobs and babas

Webb, Margaret

Marche Jean Talon - Recettes et Portraits

Williams, Sonoma

Apples To Oysters - Looks at quintessential Canadian foods

Cooking From The Farmer's Market

NEW FICTION

Adeline, L. Marie - S.E.C.R.E.T. Shared: A Novel: The anticipated sequel to the erotic sensation S.E.C.R.E.T., where women's sexual fantasies become reality. Still wounded from a recent heartbreak over her boss and lover, Will, Cassie Robichaud throws herself into service with S.E.C.R.E.T., the mysterious organization that changed her forever by bringing her deepest sexual fantasies to life. Now, it's Cassie's turn to guide the group's newest candidate, Dauphine Mason, in executing her fantasies.

Armstrong, Kelley - Omens: There's a lot going on in this novel; Olivia's coming of age, a murder-mystery, long gone cold with few leads that haven't been followed by others and the town, with its unique mixture of people. This book is primarily grounding for a new series. We're introduced to the main players and the town itself, with its numerous gargoyles and mysterious happenings.

Cussler, Clive - Mirage: Above average action in the ninth novel of the Oregon Files that suggests there is something to the Philadelphia story of the disappearing US Naval ship. Disguised as a mobster, Juan Cabrillo infiltrates a Siberian prison to carry out the escape of Russian Admiral Yuri Borodin. But Borodin ends up shot and his last words are "Aral . . . Eerie Boat . . . Tesla. The excitement is riveting.

Leon, Donna - By Its Cover: By Its Cover finds the author in a fury over real-life vandalism and theft in national libraries, museums and churches. It appears to have been inspired by the looting of Naples's Girolamini Library by its director, where the systematic sacking of thousands of rare books came to light in 2012. One of my favorite mystery writers and Lachute has a good selection of her cases.

YOUNG ADULT FICTION

Connolly, John - Conquest: The Chronicles Of The Invaders: Earth is invaded by the Illyri who promise a "gentle conquest" featuring, among other things, the elimination of disease and hunger. But the earthlings challenge the occupation with shootings and bombings. This book was selected as one of Amazon UK's "Best Young Adult Books Of The Year."

Johnson, Maureen - Shades of London 2: The Madness Underneath: The follow up to the Edgar Award-nominated The Name Of The Star; both will keep you on the edge of your seat! After her near-fatal run-in with a Jack the Ripper copycat, Rory Deveaux has become a human terminus, with the power to eliminate ghosts on contact.

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Healthy Channels

Pregnancy and Acupuncture

Christopher Garbrecht, Ac. - Main Street

Having a baby is one of the greatest gifts of life. Becoming pregnant, carrying the baby to term, delivering and welcoming this new being are all incredible steps on the path of maternity. Many challenges can occur during this journey, so it is important that the future mother has a good ability to adapt. Certain women have a serene pregnancy, deliver the baby without any difficulties and start their family life easily. On the other hand, certain women have many difficulties, complications, or problems during the pregnancy, during the delivery, or even during the first weeks after the birth.

Acupuncture can be a very important tool during a pregnancy. It can never replace a doctor or a mid-wife, but it can be another helpful therapy to deal with a wide variety of problems. In fact, acupuncture can help from conception to breast-feeding. Here is a list of frequent problems that pregnant women consult an acupuncturist for: problems conceiving, nausea and vomiting, fatigue, weak immune system, turning a breech baby, back and sciatica pains, gastric reflux, constipation, heavy and swollen legs, preparing for the delivery, triggering the delivery, problems nursing, breast problems and baby blues. The World Health Organization officially recognizes the effectiveness of acupuncture for many of these problems.

An acupuncturist can be a huge ally throughout the entire pregnancy, but practitioners also know their limits and are conscious of this fact. Therefore, an acupuncturist should be able to help with any questions and be able to refer you to the appropriate professional service.

As there are no contraindications with acupuncture, it is a safe alternative for pregnant women and their babies. Women who breast-feed are often restricted in their ability to use certain medications. This is where acupuncture can be a big help in treating many types of problems with no toxic substances.

The frequency of treatments varies according to how the pregnancy is progressing as well as the type of problem being treated. At the end of the pregnancy, the treatments are closer together in order to prepare the perineum and the maturing of the cervix. At the very end of the pregnancy, acupuncture can help to start the birthing process in order to avoid an artificial induction. One of my favorite personal experiences with acupuncture was helping a woman trigger her birth the very same day that she was scheduled to have her labor induced. Being able to have her and her baby start their lives together, without chemicals, made me very happy indeed.

Good news for all the readers in the Mont-Tremblant region. As of May 1, I have started working at Acupuncture Mont Tremblant (645 rue du Moulin, Mont-Tremblant) as well as my regular clinic in Val-David. You can schedule an appointment with me by calling: 819-219-0048.

For any questions or comments regarding the topic of this article please call 819 219-0048, e-mail cgarbrecht@yahoo.ca or consult my blog at: acupuncturevaldavid.blogspot.com.

LCC Annual Steak Supper Fundraiser

June 14: Cocktails at 6 pm / Dinner served at 7 pm. Tickets: \$35 by reservation only: 450 562-3719 or email: literacycentre@bellnet.ca. The Literacy Centre is a non-profit organization funded by the Ministry of Education, PACTE program. It offers one-on-one free tutoring, helping people of all ages learn to read, write, count and acquire basic computer skills. This annual fundraiser helps to support the regular programs as well as the Sunshine Reading Camp. Your support is very much appreciated.

Laurentian Club Report

By Sheila Eskenazi

The AGM of the Laurentian Club was held at La Gourmandine in Ste-Agathe and included a delicious four-course lunch. After the meal, H el ene Sanschagr in and four of her students of baladi (belly-dancing) provided a colourful display of their art.



The Club said goodbye and thank you to Margaret McLellan and Gerry Mahony for their term on the board, and welcomed Michelle Sullivan, Robert Girard and Eleanor Maxwell who joined returning Board members Dave and Susan Merrett, Sheila Eskenazi, Joseph Graham, Lois Russell, Ann Stafford, Frances Freedman, Mary Mitchell, Beryl Puddifer and the Hospitality team of Brenda Burrige and Jean Moore.

This capped another successful season of stimulating lectures on a variety of topics covering a broad range of interests that began with a session on facilitating community change then went from art to astronomy, humanitarian work in developing countries to travels through the Arctic, Anglophone history in Quebec to the health and social services available to the Laurentian community.

Watch the pages of Main Street for announcements of our coming meetings, held in Ste-Agathe on the 4th Monday of every month from September through May (except December).

For more information or to be included in our email distribution list, contact us at TheLaurentianClub@gmail.com or call 819 326-6872.

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Farewell Isabel

Isabel McCallum's roots run deep into Argenteuil history. She descends from Captain Alexander McCallum of the Isle of Mull who arrived in Argenteuil in 1832 with his young family.

Isabel was born in her Grandmother Swail's home in Arundel on May 10, 1917, the first child of Annie Swail and Neil McCallum of Calumet. She slipped quietly away just seven days short of her 97th birthday on May 3, 2014. She leaves behind her sister, Edith and a wide circle of family and friends.

Isabel touched many lives during her lifetime, many of those years as a teacher. She began her career in Rivington, moved on to schools in Kilmar and Rawdon before settling in at Gatineau Elementary. She stayed in Gatineau for the next 37 years. When her teaching career ended, Isabel turned her hand to retail, working for nearly 12 more years in Maggie's Dress Shop in Ottawa. When the store shut its doors in the mid-1990s, Isabel came home to stay.

Isabel's energy was legendary. She was especially proud of the fact that she did not believe in medication as a preventative measure. She never even took a vitamin. What she did believe in was a daily bowl of fruit salad. Cancer didn't slow her down either. In early 2000 she underwent cancer surgery, but was back pushing her lawn mower by June of that year. She was also responsible for the beautiful hanging baskets that surrounded the farmhouse every summer. And no wonder they always looked so vibrant, Isabel carried them indoors every single night in the growing season.

Company was always welcome at the farmhouse and those who made the trip were rewarded with lively conversation, particularly if you disagreed with one of her strong opinions! Isabel was a keen observer of human nature, possessed a quick wit and a quiet confidence all of which could cloud the fact that she also had a big heart.

In the mid 1990s, Isabel discovered that Alexander "Sandy" Geegan, a first cousin of her father, was the last person buried in a Pointe aux Chênes cemetery. She went to visit and was alarmed to find the cemetery overgrown and abandoned. She set to work and organized a group of volunteers to clean it up and then talked Raymond McAndrew into donating some old pieces of iron that had been left at his farm. She arranged for Kenny Staniforth to sandblast them, gave them a fresh coat of paint herself and then rounded up her team to see that a gate was created and properly installed at the entrance to the cemetery. She also arranged for the ground to be seeded and made sure that the grass was regularly cut. About a year after the work was completed, a 90 year-old woman knocked on the McCallum's door one afternoon looking for Isabel. The woman had learned of Isabel's efforts to repair the cemetery and wanted to share her story: Sandy Geegan had been a friend of the woman's father many years before. Her father had died at a time when the family had very little money and faced an uncertain future. Sandy traveled many miles to attend her father's funeral and he gave money to the family to help out.

Isabel's visitor had never forgotten the kindness and now she was in a position to pay it forward. She gave Isabel a cheque for \$200 to put towards the upkeep of the cemetery that housed her Good Samaritan. Isabel was touched by the gesture and often said later that she could preach a good Sunday Service on this story.

Isabel seldom missed a local funeral. In fact, Ella McRae's funeral in Harrington was Isabel's last outing before entering the hospital. When it came to her own arrangements, however, she wanted none of it. No funeral parlour, no service, no celebration of life. She will rest in the Avoca Cemetery alongside her parents. We will have to pay our respects there.

400 Years of Music for 40 Years of Choir with L'Ensemble Vocal Ô Chœur du Nord

Ô Chœur du Nord will celebrate its 40th anniversary by presenting 3 concerts in Val-David and Ste-Agathe on June 13,14 and 15.

For these celebrations, Ô Chœur du Nord will present music ranging from the 16th century up to the present times. You will be able to hear works from composers like Vivaldi, Haendel, Bach, Mozart, Beethoven et Fauré, sacred music as well as contemporary pieces including 3 pieces from the world celebrated composer Karl Jenkins.

The concerts will be directed by Josée Cardinal with l'Orchestre symphonique des Jeunes de Joliette on June 14 and 15, and with the children Choir of l'École Imagine de Val-David for the anniversary concert of June 14. Céline Laverdure, pianist and organist, will perform in all 3 concerts.

Ô Chœur du Nord 40th anniversary concerts will be presented on Friday, June 13: 8 pm at the Holy Trinity Church of Saint-Agathe and Saturday, June 14: 8 pm and Sunday, June 15: 2 pm at the Centre communautaire de Val-David.

Tickets are \$20 for Friday and Sunday and \$25 for the Saturday, June 14 anniversary concert and are available on Internet via Eventbrite, through the singers or by calling 819 327-2890. Some tickets will be available at the door.



Garden Talk A Fragrant Rite of Spring and So Much More

June Angus - Main Street

One of my favourite rites of spring has just passed – picking delicate bouquets of Lily-of-the-Valley. Over the years, these lightly fragrant flowers have earned a place of honour at birthday and wedding celebrations in our family.

This shade-loving perennial features waxy bell-shaped white or pink flowers that dangle from four to six-inch stems. The blooms last from late May through mid June. The plant also produces erect dark green leaves that create a thick ground-cover, which grows and spreads quickly. As summer progresses tiny orange or red berries will appear.

Lily-of-the-Valley is perfect for any shade garden and will thrive with little or no direct sun. It is a natural in a woodsy setting with moist, humus-rich soil and works well as a border in a shady rock garden. At the base of a tree, it acts as living mulch by crowding out weeds and helping to conserve moisture. It will tolerate dry conditions as long as it is in the shade.



It is a very hardy perennial that tolerates a lot of winter abuse too. Every year, the Lily-of-the-Valley along the roadside of my property gets buried under a mountain of snow along with a large dose of gravel pushed up by the snowplow. Miraculously, the young shoots survive.

Plants are available from most garden centres; however, Lily-of-the-Valley is easy to transplant so check with friends and neighbours to see if they have some to spare.

Dividing plants can be done in spring or fall. Dig them up in clumps and then carefully loosen and separate before replanting. New plants can also be started from "pips" (bulbous roots) indoors in pots or planted directly into the garden, but they may not flower until their second season.

Impatiens Update

Last fall I wrote about the downy mildew disaster that practically wiped out the most commonly grown type of Impatiens. Almost everywhere they were planted last year, they rotted and died off. Since the disease remains in the soil for several growing seasons it is hard to eradicate. As a result, garden centres throughout Quebec will not be selling Impatiens (Wallerianna) this year. Our challenge now is to find colourful alternatives to Impatiens for our shady gardens. The nursery industry is recommending the following: Alternanthera, various Begonias, Browallia, Caladium, Coleus, Oxalis and Torenia. Take note there are actually a few varieties of Impatiens (New Guinea or Sun) that are safe because they are not susceptible to the troublesome fungus.

Thank you

I extend a heartfelt thank you to Cliff Haworth for passing along the wonderful collection of gardening books. I have added some to my library and will make sure the rest find a good home.

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