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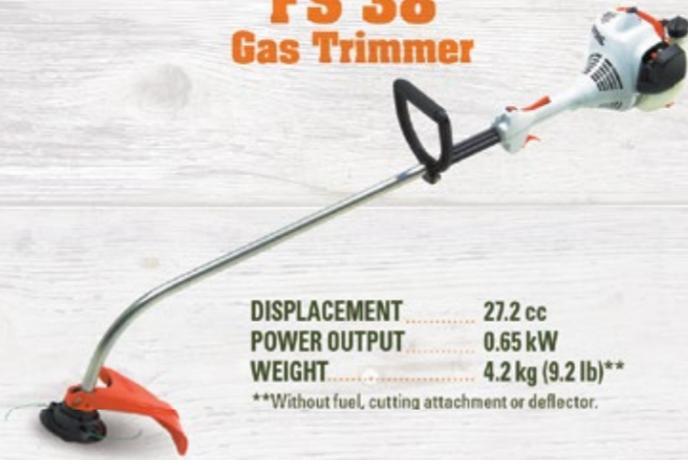


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What's On My Mind... King of the Road

Susan MacDonald, Editor

The conflict between motorists and cyclists has been an ongoing war, waged annually, from mid-spring until late autumn. When asked, most drivers and riders can easily describe at least one hair-bristling episode they have experienced while on the road, and usually, will place the blame for the close call on the other set of wheels. Nevertheless, even a near accident is a harrowing experience for all parties involved, and should be avoided at all costs. The road is no place to "play chicken."



In recent years, cycling has enjoyed a steady rise in popularity, and with today's modern designs and technology, bikes have become a useful mode of transportation, as well as being used in extreme sports, and also as a leisure hobby. An increased presence of cyclists along main roads, and in heavy traffic areas, has become a very familiar sight to wary motorists who, oftentimes, are not pleased to have them travelling on the road. It takes a mere spark, such as a motorist not reducing speed, or a cyclist riding the centre of the lane, for the fire to burst into flames. At best, this results in a blaring horn, or hand signals involving single digits, at worst, an accident and possible injury or death. So, while it is of no surprise that most accidents between cars and cyclists involve adults, one should then question why, as adults, they act so inappropriately, and with such lack of mutual respect.

Fortunately, even with different opinions as to the right to cycle on busy roads, most people have enough common sense to exercise caution, regardless of how many wheels they are rolling on. It is second nature for motorists to drive defensively, alert at all times for oncoming traffic, pedestrians, loose animals and cyclists, that unexpectedly might come into their paths. Cyclists, are quite aware of the consequences resulting from an impact with a vehicle, or of flesh meeting pavement, and are equally conscious of exercising road safety. But, there are always those odd few, on both sides, who think they are Kings of the Road. Don't let them ruin your day.

Cycling anywhere in the Laurentians offers the opportunity to enjoy the renowned scenery from a unique perspective. There are roads, pathways and trails to suit all levels of experience and physical abilities, and several organized rides to participate in. If you choose to ride the open road, please do so with caution; for those who seek organized activities or designated trails, here are a couple websites to peruse that you may find interesting: www.bikinglaurentians.com / www.cyclecanada.com/Ptit-Train.html / www.routeverte.com/e

Summer has arrived, school is out, and wheels are rolling. Enjoy, have fun and watch out for the other guy or gal.

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Observations Dust In The Wind - An Exis- tential Threat

David MacFairlane - Main Street

Traces of China's Gobi desert have been found as far away as the French Alps and New Zealand, and this "yellow dust" costs the Korean and Japanese economies billions of dollars each year, with devastating effects on the health of people and animals alike.

The Gobi desert covers a large swath of north-west China and south Mongolia. Due to decades of poor land management, over-grazing, over-cultivation, water depletion and climate change, more than a quarter of China's land is degraded and turning to desert. Creeping desertification swallows over 3600 square kilometers of productive land each year, presenting the country with a gigantic and unprecedented problem of future food and water security. The subsistence of over 400 billion people is under threat, also posing serious challenges to political and economic stability for the government.

After the Sahara desert, the Gobi is the second largest source of global dust. In recent years, Asian dust has been linked to cardiovascular and respiratory diseases, and research has uncovered "a statistically significant association between Asian dust storms and daily mortality" (all from The Conversation, UK).

China's desertification problems began after 1948, when unification spurred a frenzy of nation-building exercises. As a result, vast swathes of their forests were clear-cut for lumber, fuel and paper production. As the forests shrank, so did the grasslands, through erosion and lack of natural protection, accelerating desertification. Today, only 2% remains, of which only 0.1% is protected. In the fallout of unintended consequences, (Murphy's Law), a massive reforestation program began in 1978, in which over 66 billion new trees were planted, termed the "Green Wall of China," covering 400 million hectares of planned new forest. The purpose was to provide a stable barrier against further erosion and protect the remaining grasslands and productive areas.

Unfortunately, due to bureaucratic ignorance, a failure of environmental impact assessments and too-ambitious planting quotas, desertification has been exacerbated, not mitigated. Government planners chose non-native, fast-growing varieties of pine and poplar, while eliminating native, slower species, like sea-buckthorn, which historically played a vital role in preventing erosion. This was a catastrophic mistake. Pine and poplar are deep-rooted, very thirsty species, introduced to an already arid region. Billions of these trees sank the water table to ten times below its normal depth and also killed off the shorter-rooted grasses, which only speeded up desertification. This folly began a feedback loop in which larger sandstorms and lack of water suffocated these non-native trees, and since they were derived from cuttings, had only a 40-year lifespan. Therefore, vast numbers of them are now dying, all at the same time. Also due to the danger of monoculture planting, and the absence of native species, a billion poplars died from blight in 2000.

Today, alongside the Gobi, China now hosts the Taklimaka desert, the world's second-largest wandering desert, and more than half the land in some provinces is uninhabitable. The forced relocation of large northern populations to other regions, under a new program, is intensely unpopular. A massive sandstorm in 2010 displaced some 270 million people in 16 provinces. Pollution and corruption are the single largest causes of domestic protests and discontent in China. As the economy slows, and incomes and domestic spending shrink rapidly, the government finds itself increasingly unable to placate a defiant population. Even China's fabled new Silk Road project that would connect Asia with Europe, via a vast rail network, is under threat to be swallowed by the growing desert, putting in jeopardy its own future economic security.

To compound the problem, these regions are home to China's ethnic minorities, like the Tibetans and Uyghurs (who practise Islam and have significant connections to Uzbekistan and Kazakhstan and occupy an Autonomous Region). There are 55 recognised ethnic minorities in China who have never integrated into the majority Han population. The last thing China needs is for the Tibetans, Uyghurs and ethnic Mongolians to revolt and make havoc in the northern regions of the country. (all from Global Risk Insights).

It's not just China; each year, more of our planet succumbs to desertification. At present, about one-third of the globe, about 32 million square kilometers is desert and it is growing relentlessly. The hardest-hit region is Africa, already 40% desert, and facing more loss of arable land due to dry winds and erratic rainfall. The biggest threat is the Sahara desert, already massive and growing, which, since 1980, has crept 230 kilometers south, and 110 kilometers north. For a solution, in the 1980s, a group of nations proposed the "Great Green Wall of Africa", then the largest horticultural project in human history - a giant wall of trees, 15 kilometers wide and 7800 kilometers long, from the Red Sea to the Atlantic, across 11 countries. This pipe dream came closer to reality, in 2011, at a summit conference of the nations involved, with each one pledging to do their own part. However, due to corruption, politics, lack of funds and the reality of the failure of the "Chinese Wall," progress has not been made, and the Sahara creeps onward, now almost 10 million square kilometers, an area larger than Australia, Brazil, China or the US. (from Modern Notion).

"Sadly, it's much easier to create a desert than a forest ... China will soon emit more greenhouse gases than America, but its regime knows if it caps aspirations there will be a revolution."

-James Lovelock. b.1919, scientist, environmentalist and futurist. -

From lakes and grasslands, teeming with animals, the Sahara's transformation into desert began 5000 years ago. The change was rapid and dramatic. From a study of ocean sediments, scientists concluded that a wet period, called the "African Humid Period" ended suddenly, commencing the desertification of northern Africa, which has grown since then, as the arid climate has persisted. Interestingly enough, deep beneath the Sahara is the world's largest fossil fresh-water aquifer, called the Nubian Sandstone Aquifer System. It covers over 2 million square kilometers and contains over 150,000 cubic kilometers of fresh ground water. Mainly in south Libya, it also borders Sudan, Chad and Egypt. The potential for use of this water for farming and domestic consumption is enormous, but again, politics, war and tribal rivalries have made the territory dangerous and ungovernable. Before Gaddafi of Libya was murdered by US-sponsored rebels, (ask Killary - "we came, we saw, he died.") he had built a pipe-line to bring ample, free fresh water to Libya's coastal cities. Now, it is a shambles.

Food and water security will be the world's top priorities in the coming years. Already, Russia, which has the world's largest reserves of fresh water, has agreed to build a pipeline to northern China to mitigate the water crisis the population is experiencing. Unlike oil, this line must be underground, or the water will freeze in winter, so it will be horrendously expensive but, as good neighbours, the project is going forward.

Eliminating poverty, hunger and sickness is the only way to slow population growth, or our finite resources will be overwhelmed. We have the money, talent, technology and resources to end war and poverty, and bring peace, health and prosperity to the world, but we do not have the political will.

The political systems in the US and EU are totally corrupt, inward-looking and self-serving. The financial system is rotten to the core. The world cannot survive unless we throw them out and chart a new course.

That time has come.

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Simply Words on Paper Striving To Be a Zero Can Be a Winning Strategy

Jim Warbanks - Main Street

Your initial reaction to the title above might well be, "then there is hope for even the least motivated among us." I hope to convince you, with the help of Canadian astronaut Chris Hadfield, that there is another dimension of this numerical quest to explore.

In his largely biographical book, *An Astronomer's Guide to Life*, he outlines how, at the age of nine while watching the Apollo moon landing, he set out very determinedly on the seemingly impossible journey to become an astronaut. Canadians could not even apply for the job at the time.

He achieved his goal, and reached far beyond by becoming the first Canadian Commander of the International Space Station in 2013. Steps along the way included becoming a fighter pilot, the top graduate of the U.S. Navy Test Pilot School, before finally being selected as an astronaut in 1992. He served as CAPCOM for twenty-five Shuttle missions, Director of NASA Operations in Russia, Chief of Robotics at the Johnson Space Centre, then Chief of International Space Station Operations.

Three categories

He postulates that, as you enter any new situation, you will be assessed as being in one of three categories. As a minus-one, you have a harmful effect and cause problems; as a zero, your initial impact is neutral, and you don't tip the balance; as a plus-one, you actively add value. He cautions that, if you proclaim yourself to be a plus-one at the outset, you will inevitably be perceived as a minus-one, regardless of the skills or assets you might bring to the endeavor.

Until you fully understand your environment, you cannot be a plus-one. Being a zero is not a bad thing to be. It shows you are competent enough not to create problems or add to the burden of others. You do have to be competent, and prove it to others, before you can be extraordinary. There are no shortcuts.

If you really are a plus-one, others will notice and be likely to give you credit when / where due. You won't have to flaunt your contribution. How do you become a plus-one? Putting the needs of the group first and conducting yourself as though no task is beneath you are key elements. In any new situation, think about how to aim to be a zero by trying to contribute in small ways, without creating any disruptions. Your goal is to observe and learn.

Obsessive

Hadfield plans and practices even more obsessively than the intense workload calls for. So, when he emphasizes "don't assume you know everything but try to be ready for anything," you should consider this maxim as sound advice.

He insists that when you are a rookie, aiming to be a zero is a good game plan. Why? Because when you are the least experienced person in the room, you don't yet know what you don't know. But you can count on there being something you don't know.

Hadfield, during his career as an astronaut, spent a great deal of time in a critical support role to safely guide the crew members on space flights. However, this significantly important role offers far less visibility than the dream space flight assignments. He commented on one such transition when he returned from assignment in Russia. "As the ex-whatever, you only get so many golden opportunities to keep your mouth shut, and you should take advantage of every single one." If an over-achiever like Hadfield can demonstrate and express such humility, how can we justify failing to emulate him?

Point to ponder

Point to ponder from someone who has been there, and back: Even if you've been a plus-one in a certain role, maybe especially if you've been a plus-one, once your stint is over, it's time to aim to be a zero again.

Does Hadfield mean what he says? Can a media star really shy away from the limelight and be content to play a lesser, humbler role? Nothing illustrates this capacity better than shortly after he graduated at the top of his class at the U.S. Air Force Test Pilot School and had lead the team whose research project garnered top honors. He was interviewed by a Cold Lake Alberta newspaper reporter. Unsure of what to title the article, he placed a call to the test centre. Someone there suggested "Just call it 'Canadian Wins Top Test Pilot' or something to that effect."

The headline actually did read, "Canadian Wins Top Test Pilot or something to that effect." Hadfield considers this a nice keepsake as well as a reality check for his ego. He may be a plus-one a great deal of the time, but he surely knows how to be a zero, when that is required.

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I Am an Artist

By: Liane Arsenault

I am an artist. For as long as I can remember I have loved art and all that surrounds it. There has never been a doubt in my mind that when I grew up I would become an artist. While the specific field of art I would choose has changed with time, I have never lost my passion and drive to pursue a career in the arts.

However, the opportunities to explore and develop my artistic skills were never given to me in school. Fortunately, I have a mother who believes in the arts and paid to let me explore the one thing I love most. Not everyone is so fortunate; many kids depend on school to give them their opportunities, and our school system has deemed some opportunities more important, and appropriate, than others.

I attend Laurentian Regional High School in Lachute. We have a nine-day schedule, with four classes per day, that's a total of 36 classes. Of those 36 classes, I get two for art; only two classes to do what I, and so many others, love to do. However, if I loved the sciences and math I would get 14 classes, or if I loved sports, I would get 10. At first glance, this may not seem like a terribly large difference, but my two classes per schedule are equal to only 45 hours total, per year, whereas the 14 for sciences is 315 hours, and sports is 225 hours, per year.

We often forget what an important role art plays in our society and in our history. Art is all around us: visual arts, drama, music and dance. Without these we would have no culture, no history and no self-expression. We would live in a bland world and, sadly, we are starting to head that way by discouraging the importance of the arts in the school system.

I am an artist, and I have been my whole life. I, and all others like me, should be given the same opportunities as all other kids, because the arts are just as important as the sciences and sports.





About Sainte-Adèle

Chris Lance - Main Street

Of this and that...

The bone jarring pot-holes, up the hill from the Metro on Rte. 117, have been given their semi-annual, bumpy, black fill, replacing winter snow, ice and spring

water. Now the SUV giant slalom run is less dangerous, and the summer-tire rims, wheel alignments and balancing might survive the course until mid-summer.

Sports season

The various bike corridors are up and running. My better half has pumped up her tires, and, accompanied with city-slicker friends, they made a run to Sainte-Agathe in their fancy bike outfits. The riding conditions are alright: so to all the 'wannabe' racing bike gangs, stick to the corridors and get off the municipal roads, where you never obey the stop signs - surely riders must realize that cars carry more weight, if met head-on at stop signs.

Tennis players are flocking to the Sainte-Adèle tennis venues this year. I decided, like many others, to join all three centers - the municipality's 5 courts, Inter-Club smart set and of course, Mont-Gabriel revival group - 6 courts set in a hotel environment, 2 bars and a swimming pool watched over by chatty golf pro, Lorne, dressed in black golf gear, who seemed to be checking the water's depth in the deep end. Recently, tennis pro Greg, and my fellow golfers Jack and Gray, were people watching poolside and discussing our afternoon golf scores on the very mountainous course. Without a doubt, the Mont-Gabriel atmosphere is a seductive sports venue, but a more expensive enclave for weekend golf buffs and tennis warriors.

Food and politics

Sainte-Adèle's Marché d'été opens June 18 and runs to September 24. Hopefully, this year, there will be more choices for foodies, rather than trinkets and clothes. Le marché public de Sainte-Adèle can be found under the Big Top, at the white elephant, Place des citoyens. You can charge-up at the electric filling station in the empty parking lot, while you shop, on your way over to the malls and retail outlets of St-Sauveur.

Newly- elected Sainte-Adèle Mayor Milot has been accused, by the Director General of Elections Quebec (DGEQ), of an infraction in the year 2014, while Mr. Milot was working with the Coalition Avenir Quebec (CAQ). Our new mayor considers himself innocent and entered a plea of not guilty. If found guilty of the electoral fraud charge (2014), he would be fined, and not allowed to hold public office for 5 years. Time will tell if our mayor can beat the system that was set up to keep corporate money at bay in politics. The mayor gets a lot of printing ink for things in the past, frivolous as they might seem to readers, accusers or the accused - you must know the rules before you bend them to a political will.

There is a new eatery in the old summer ice cream local, opposite the Ultramar gas station on Rte. 117. It is called 'Topsy' where you can enjoy beers and beef. That's it for this month - one of two warm, summery-weather months.

Enjoy the sports and summer barbecues.



Village Of Weir Newswire

Claudette Smith-Pilon

*Sum Sum Summer time and the living is easy
We have been having nice weather
Lawns are being cut
Plants have been sowed and are growing
Shrubs are being trimmed
All of this is better than cold winter!
O.K. O.K. the flies are bad but summer is on the way.*

Arundel Canada Day Celebration / Fete du Canada - Municipal Grounds
Many activities are being planned for all age groups. Loisirs Arundel has 3 fun-filled days of pleasure for everyone. To see the full line-up, visit their web site at www.arundel-fest.com

JUNE 30: 8:30 pm - ROCK & ROLL "A La Maplewood" and STEVE PREVOST

JULY 1: 8:30 pm - IRISH BAND - SEAN DAGHER BAND

JULY 2: 8:30 pm - COUNTRY MUSIC - RANSOM COUNTRY.CA

---ALL 3 NIGHTS 7 PM - SINGER /CHANSONNIER VICTOR COURTE---

July 1: Fish & Chips - 60 tickets available by calling 819 425-0898: \$12 pre sale / \$15 on site.

July 2: Mechoui - 120 tickets on sale: 819 687-9143/ 514 754-5038. Pre sale \$12 / \$15 on site.

VICTORIA'S QUILTS

Fri, June 17 / Mon, July 18 / Fri, Aug 19

Victoria's Quilts Canada Laurentian Branch will be working during summer months. Any ladies up for the summer and who would like to join our group are more than welcomed.

For additional info. Call 819 687-3148



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

From the collection of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by residents of Gore, Harrington, Lachute and Wentworth

ADULT FICTION

Burke, James Lee - House of the Rising Sun

A Western yarn featuring one of the author's favourite characters, Texas Ranger, Hackberry Holland. The opening scene of revolutionary Mexico introduces us to a man in search of his estranged son, Ishmael, a captain in the United States Army. There are strong women characters as well: Ruby Dansen, the Danish immigrant who is Ishmael's mother; Beatrice DeMolay, a brothel madam; and Maggie Bassett, onetime lover of the Sundance Kid.

Giordana, Paola - "Like Family"

When a young married couple lures a middle-aged widow during the wife's difficult pregnancy, they don't realize the dominant and benign force she will become in their household - a confidante to the young parents and a shield for their son against his parents' expectations. The author moves the reader between the past and present, exposing how bonds formed early in their relationship help to sustain them all, as Mrs. A. nears the end of her life.

Robson, Jennifer - Moonlight Over Paris

The characters in the small novel represent the sweeping geopolitical and social changes that erupted after the War to end all Wars. The heroine, Lady Helena Montagu-Douglas-Parr, vows that she will live life on her own terms. Recovering from a broken wartime engagement, and in an effort to shake off the stultifying constraints of the aristocratic class into which she is born, she moves to Paris, and is welcomed by the bohemian world of ruggedly individualistic actors, painters and writers.

Todd, Anna - Before

This is a prequel in the After Series, followed by fans reading the saga online. "Other characters are given a voice as they appear before, during, and after the events in the original After novels." (Simon & Schuster)

NON-FICTION

Allison, Lou - Gumboot Girls

This is a brief history of the grand and wonderful time of the 70s, in which my wife and I took part, as we pulled up our Montreal-raised stakes and headed for what we thought was going to be a two-year gig in northern Manitoba. Thirty years later, we finally headed back this way. Like so many others, the 70s was an ebullient time to be young in North America. You could undertake to leave your upbringing behind and try homesteading in the wilds of wherever. Gumboot Girls is a series of short essays about some of the tough and spirited young women who made their way from different backgrounds in the States and Canada, finding adventure, and learning how to survive in the Queen Charlotte Islands.

Corfee, Stephanie - Paint Lab for Kids

This fun little manual is described as "52 creative adventures in painting and mixed media for budding artists of all ages." That is because a real artist inspires each lab. The ideas develop basic art and design skills in a very well organized, accessible and entertaining format. We like the book so much I would like to buy a copy for our personal library.

Swanson, Heidi - Near & Far

Ya gotta eat here! Even if you have pointy teeth, these vegetable (vegetarian) dishes are so inviting. The author gleaned her favourite recipes from her travel journals, written from all over the world.

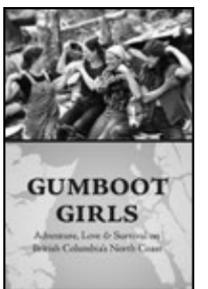
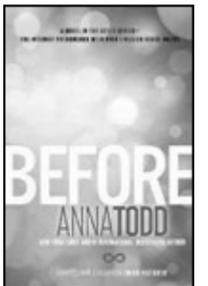
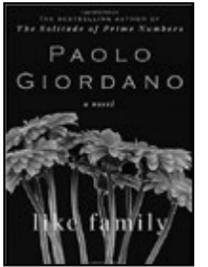
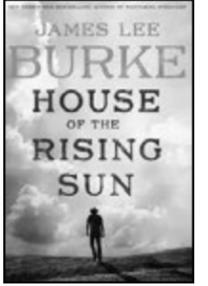
JUNIOR NON-FICTION

Arnold, Tedd - Fly Guy presents Bats

For your young naturalist, this fact book on bats is suitable for about grade 2 readers and is richly illustrated with photographs and graphics to enhance understanding.

Dakers, Diane - Chris Hadfield inspiring New Generations to Explore Space

A little biography about Chris Hadfield by a Toronto journalist, who is a self-avowed stargazer, describes the inspiration in Hadfield's early years that led the Canadian astronaut to the highest achievement of orbiting the Earth. The book is suitable for upper elementary age readers.



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Grenville-sur-la-Rouge Goes Green

The Grenville-sur-la-Rouge municipal council established a new municipal septic tank cleaning service at a special meeting on May 26.



In the future, the cleaning of septic tanks, which is required by the government every two years for full-time residents, and every four years for seasonal residents, will be carried out by a single contractor, retained by the municipality through a public tender, and will be charged back on the residential tax bill. With this program, the municipality will be able to ensure that the environment is cared for properly.

General Manager, Jean-François Bertrand, pointed out that the new program will cost full-time residents \$75.50 each year, and cottagers \$37.75, a saving of 17% over the current average cost. "It is an important saving, and that includes the cost of recycling the material and technical coordination." As the programme is beginning in 2016, a credit is planned for those who have already cleaned their tanks between January 1 and May 15 of this year.

For his part, Mayor John Saywell said that he understands those who believe that this programme is an intrusion into their private rights. "However, I think the vast majority will support the program for its environmental and financial common sense. It might be a new program in the region, but over 60% of municipalities in Quebec have made this choice before us."

Changing of the Guard at Gourmet Du Village

Mike Tott, President and co-founder of Gourmet du Village, is very pleased to announce that his daughter, Ashley, has taken over as President of the family business, founded in 1982. "Ashley is now 34, the same age I was when we began," said Mike, "she has grown up with the business." She started off training as a skilled chef, before joining the family business 13 years ago. Over that time, she has gained a depth of experience in Purchasing, Planning and Quality Control, but most recently, has aggressively taken the lead in Business Development and Sales. Her combination of skills, energy and commitment is perfect to take the company to the next level. Mike will continue with majority ownership as CEO, but focus on his passion as Creative Director.



EDC – First AGM

The Economic Development Corporation held its first annual general meeting on May 25, in the company of about thirty people from the political and business community. It was an opportunity to present the first annual report, as well as the guidelines for 2016. Recall that the CLD Laurentides was replaced by the Economic Development Corporation of the MRC des Laurentides last fall.

"For the Corporation, 2015 was a year of great turbulence and directly linked to budget cuts and the outright abolition of the CLD. This decision emanated from the Quebec government that decided to entrust the MRC with full responsibility for economic development," stated Paul Calce, CEO.

"However, for our businesses and with the will of the Council of Mayors, the Economic Development Corporation continues the mission of the CLD, and, in that sense, I am very proud of our 2015 results, although they are significantly lower than previous years. Our interventions with entrepreneurs and businesses have generated investments of more than \$6M, compared to \$19 million in 2014, a significant decline," explained Paul Calce. "We had to expect this decline; again this year, the economy experienced major upheavals" added Mr. Calce.

For his part, Chairman, Mr. Yvan G. Paradis, stressed: "Budget cuts have led to a reduction in staff, so there was a direct impact on our customer service. Unfortunately a significant drop in the number of companies assisted was felt. I would add that the work remains remarkable, because 172 companies still received technical assistance. Of this number, 33 projects received financial support in the form of loans or grants, (\$604,234 to create or maintain 99 jobs) and generated total investments of \$6,531,120"

"Unlike many other MRCs, we have always worked hand-in-hand with our economic right arm," mentioned Denis Chalifoux, Prefect of the MRC des Laurentides, and Vice President of the Corporation. "This recipe is a guarantee of success and has influenced us, the MRC des Laurentides, to maintain separate services and continue to work closely with the Economic Development Corporation (EDC) to carry out its mandates." To review the 2015 annual report, go to www.cdemrclaurentides.org.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Philippe Paré, Director, new business at **Portes et Fenêtres Imperial**, 690 Avila Rd., Piedmont, which opened on May 19. Superior windows of all types and sizes including PVC, hybrid and double-nature are available. They also offer an assortment of beautiful patio and entry doors made of PVC, steel or wood, and lift-out sliding doors. Products direct from manufacturer in Montréal. Philippe brings 45 years of technical experience with him and offers you "an excellent experience from start to finish." 579 995-0152 / portefenetreimperial.com.

Congratulations to:

Geneviève LeBeuf and Robert Séguin of Maître Glacier, 18 de la Gare, St. Sauveur who celebrate their 3rd anniversary. They offer 40 yummy flavors of sorbet and ice cream, ice cream cakes, milkshakes, iced coffee and ice cream dipped in Belgian chocolate. Perfect for warm weather. 450 744-3378.

Dany Ouellette, owner of the new **Centre Thermo Minceur**, 431 Principale, St. Sauveur. If you need to lose weight this summer, Dany offers various types of programs. Their thermostimulator allows you to lose 900 calories per session, improves blood circulation and helps detoxify body toxins. 514 296-9359 / facebook: Thermo Minceur.



Did you know that:

Jocelyne Fortier, R.N. offers new nursing services at 579A rue Principale, office 4, in Lachute? Services include flu, shingles and travel vaccines, medical advice for travellers, diabetic follow-up and assistance to those who do not have a family physician. Jocelyne previously worked at Jean Coutu, Lachute. She would like to thank all her loyal customers for their kindness. For appointment, call 1 866 663-2212, ext. 2 or visit jocelynefortiervaccination.ca / facebook: [jocelynefortiervaccination](https://www.facebook.com/jocelynefortiervaccination).

There is a new artisanal boutique located at **Promenade des Lilas** in Ste. Anne des Lacs? Beautiful handmade items include painted plates - Elico Kono, lamps and wine bars - Gilles Gingras, jewelry - Mona El-Watter, pillows - Aimée Brender, body products - Gita, glass fusion decor - Michelle Gascon, pottery - Robin Hutchinson and floral wreaths/arrangements, candles, jewelry, bath salts and bedding - Wendy Trautwein. This vision was realized by Wendy, a professional home decorator / home stager. Talented Wendy's bedding and accessories were featured at Simon's, Sear's and Bed and Bath and Beyond. Items change weekly. Drop by to pick up a special gift for someone! Wendy Trautwein 438-939-2963 / studiocollage1@gmail.com.



There is a superb travel agency called **Voyage Diapason**, 222C Principale, St. Sauveur (access by parking lot)? If you want personalized service with a special touch, need help to plan your next cruise, an African safari or an amazing getaway, contact owner Carole Dicaire who will be pleased to help you. 450 995-8010 / voyagediapason.com.

There are attractive new apartments for rent for autonomous seniors at **Habitations Stephen Jake Beaven**, 6 Schippel, Weir? Subsidies are available for incomes under \$25,000. Full meals, bilingual service, common rooms. Peaceful and safe. Ground keeping and snow removal included. Pets are welcome. 819 687-1146 / stephenjakecentre.webnode.com.

Laurentian Club Report

The Laurentian Club of Canada Closes its Season!

Ilania Aibileah- Main Street

How important is it to you to have an English-speaking body in the Laurentians, which enables you to attend speaker presentations in English, meet other English-speaking people and, for dessert, attend an Annual General Meeting where, in twenty minutes, a new board is elected? You also get to enjoy a three-course meal and, after coffee, there is a Theatre play reading by none other than the people of Theatre Morin Heights! If I were to answer a survey, I would mark "Very important!"

The Laurentian Club of Canada holds monthly meetings at the Holy Trinity Church Hall, 12, rue Prefontaine West, Sainte-Agathe-des-Monts. The Annual General Meeting was held Mon, May 16, at the Auberge du Vieux Foyer, in Val David. The event closed a season of interesting monthly presentations, including award-winning and published writers, an artist, a nutritionist, a pension specialist, and, a 911 operator.

There were about sixty people attending the luncheon, followed by Theatre Morin Heights' enchanting, dramatic reading of Colleen Curran's play, "Amelia Earhart Was Not a Spy," with June Angus, Chris Schlachter and David Townsend.

Sheila Eskenazi and Joe Graham, who have been serving on the board for quite a few years, stepped down! Their devotion and hard work throughout the years is greatly appreciated!

Members will receive communications from the new board, which held its first meeting at the closing of the event. For more information visit: www.LaurentianClub.ca. Questions can also be directed to thelaurentianclub@gmail.com.



Theater Morin Heights members Chris Schlachter, Penny Rose, playwright Colleen Curran, June Angus and David Townsend.

“Lost and found”

Sherman and Lee, along with a great blues trio (Stephen Barry, Andrew Cowan and John McCoglan) are back by popular demand and we are thrilled to announce that The Laurentian Regional Ministry will hold four performances of their play, “Lost & Found,” throughout the Laurentians in mid-June.



All performances are fundraisers for the Laurentian Regional Ministry and its projects, including the sponsorship of a Syrian Refugee family.

Please note the dates and locations below, all performances will commence at 8 pm.

Fri, June 10 - St. Simeon's Church (445, rue Principale, Lachute)

Sat, June 11 - Holy Trinity Church (12, Préfontaine, Ste. Agathe)

Sun, June 12 - Trinity Church (757, du Village, Morin Heights)

The first performance was held on **Thurs, June 9** at Holy Trinity Church (4, Cambria, Lakefield)

Tickets: Advance or reservation: \$20 / at the door \$25.

For information please contact Linda: 450 562-9620

Anglophone Students from the Countryside are Disadvantaged

By: Emie Woodburn

Many seventeen-year-old students struggle with having to decide what to do in the future. In addition to having to make this adult decision, some are forced to BECOME adults too soon. This is what rural Anglophone students have to face.

Being a grade eleven student from an English school in the Laurentians, I have no other option but to attend college in Montreal in order to pursue my studies in English, as there are none available locally. To avoid the time-consuming commute every day, moving out is the logical solution.

At first, I was excited about moving out. I thought I would be more independent and free. I was wrong. Moving out at seventeen certainly has disadvantages.

Firstly, who is going to cook for us? The 30 minutes spent cooking every day add up to approximately 2 hours and 30 minutes a week; time other students, living with their parents, would use to study.

Talking about studying also becomes complex, when you have to work to pay your rent. Rents range from \$300 to almost \$650 a month. Unless you are part of the 22% of students whose parents pay the rent, or the 16% who get scholarships, then you, most likely, have to pay for your own rent. Students need to work on week nights, near their colleges, to manage to pay their necessary expenses, yet, working weekends is usually required by employers... If we want to see our parents on weekends, then we have to find jobs nearer home, and only work two days per week. This means giving up on weeknight work money, which helps pay for our groceries and rents.

Seeing our families on weekends also restricts us from playing sports. Sports are proven to relieve stress, and are needed greatly for people, like me, to maintain balanced and healthy life-styles. However, rural Anglophone students can only join sports teams at a cost. We have to choose between seeing our families, or playing sports, since all the games are on weekends. This demands yet another compromise.

Whenever I bring this subject up, my parents remind me that I can't allow myself to get involved in everything. However, I know students who reside near school who can, and that's unfair. Students, like me, are faced with multitudes of compromises to make regarding our time-management schedules. These often cause stress and homesickness, which can result in students dropping out, at worst. This situation puts us at a disadvantage, compared to students who reside at home, and who get more time to study, work and play sports.

For rural Anglophone students, the start of college turns directly into the imposition of adulthood at a very early age. Instead of opening multiple English colleges in the same area, why don't we spread them out more regionally? After all, wouldn't this be fairer to all?

1,2 Kingkade, Tyler. "Most College Students Work Part-Time Jobs, But Few Pay Their Way Through School: Poll". Huffpost Business 8 July 2013

Delightful Song & Dance Performances

Ilania Abileah - Main Street

Once again, this year, the Festival des Arts Saint Sauveur will have delightful song and dance performances. The pre-opening to the festival, on **Wed, Aug 3**, will be singer **Martha Wainwright**, sister of last year's Pre-Festival opening artist, Rufus Wainwright. Together with her band, the singer has also worked with choreographers to create a special dialogue between “Song and Dance.” She creates her own music and performs with a distinctive passionate voice with an incredible range.



L-E-V Company, OCD Love, by: Regina Brocke

The festival itself begins on **Thur, Aug 4**, with **Soledad Barrio & Noche Flamenca** - an event not to be missed! Artistic Director, Martin Santangelo, and his wife and lead dancer, Soledad Barrio, bring to the stage the essence of Flamenco, with Spain's Andalusian music and movement presented in a vibrant piece entitled, “La Ronde,” a work commissioned by the Lincoln Center. The New York Times described it as “a mesmerizing array of dance and music.”

The Arias Company will take the stage on **Fri, Aug 5**, with “A Rather Lovely Thing,” a contemporary work that challenges notions of identity, bias, and stereotype, danced to music ranging from Frédéric Chopin to Nico Muhly and Max Richter. Brian Arias, an emerging choreographer, draws inspiration from popular dance styles, as well as from contemporary choreographers such as Jiri Kylián, Ohad Naharin and Crystal Pite. He will perform with his ensemble including: Jermaine Spivey of The Forsythe Company and Kidd Pivot; Spenser Theberge of The Forsythe Company and Nederlands Dans Theater; Ana-Maria Lucaciu, formerly of Cedar Lake Contemporary Ballet; and others.

On **Sat, Aug 6**, the L-E-V (Duration: 55 min, with no intermission): the word LEV- in Hebrew, means Heart. This Israeli Dance Company will present **OCD Love**, a dance work created by Sharon Eyal and Gai Behar. They were inspired by the slam poem **OCD** by Neil Hilborn. Eyal said: “The creation is about love; love that always misses, or lovers who keep missing each other.” OCD Love deals with affairs of the heart, and with Obsessive-Compulsive Disorder that is characterized by invasive thoughts, and repetitive ritual actions, stemming from inner-world fantasy. A dark and passionate piece, performed by six dancers (five of them are originally from Naharin's Batsheva Dance Company.) The music is a pulsating techno-beat, created by DJ Ori Lichtik who says that the music contains “aspects of hypnotism, wildness, and groove.” The dancers are: Gon Biran, Darren Devaney, Rebecca Hytting, Mariko Kakizaki, Leo Lerus, and Keren Lurie Pardes.



Free at Last!

By Ewa Demianowicz, Humane Society International/Canada

Last month was an important one at the Humane Society International/Canada emergency shelter: animals seized in April 2015, from a neglect situation in the region of Mont-Laurier, in Quebec, have finally been cleared for adoption! This means that after more than a year spent at the emergency shelter, these amazing creatures are finally able to leave and start their new lives with adoptive families!

Dogs like Mona and Lisa, cats like Josh and Maria, said their goodbyes and headed to local SPCAs, and rescue groups, to find forever homes. As you can imagine, these are bittersweet moments for staff and volunteers. After spending so much time with these animals, they truly become part of the HSI/Canada family. We will miss them terribly, but couldn't be happier.

The 17 dogs, 13 cats, our rabbit, Pissenlit, and our rooster, Raoul, had a rough start in life. In the past year, multiple court delays and appeals have prevented them from leaving the emergency shelter, and only now has the final custody of all of these animals been granted to the authorities. The animals, and everyone who's helped them in the past year, have been waiting a long time for this day to come, and it's such a relief to know that none of them will ever have to suffer from extreme neglect again in their lives.

The past year has been filled with emotions. There were moments of sadness, and discouragement, when witnessing the effects of the years of neglect these animals endured, but this was tempered by moments of hope and joy when seeing their resilience and capacity to recover and enjoy life again. Louis, a German shepherd mix, arrived emaciated and neglected, and also highly anxious and nervous. He was uncertain around people, and staff and volunteers were uncertain around him. However, within just weeks, his true personality came out, and this gentle giant became best friends with our shelter manager. Seeing dogs like Louis get better and make such progress is truly rewarding and gives us the strength to continue.

Even though 32 of our furry friends have left, the emergency shelter is not empty! Another 67 animals are still with us, and still need our help daily to make sure they receive the best care possible. If you want to help us in this endeavour, come volunteer with HSI/Canada or donate today to our Animal Rescue Fund. Visit hsicanada.ca/volunteer for more information.



Ewa Demianowicz, Humane Society International/Canada

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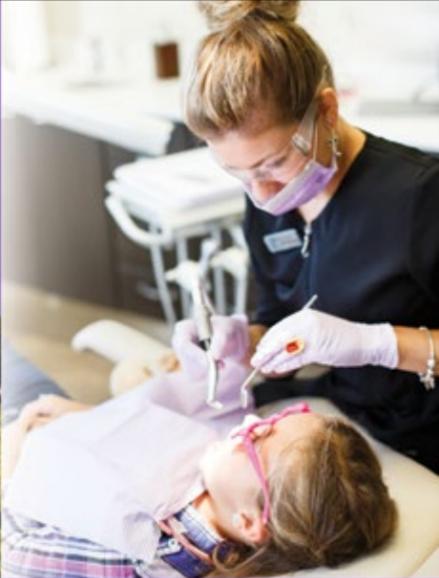


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Lori's Lookout - Laurentian Personality

Maison Des Jeunes, St. Sauveur A Safe Haven For Youth

Lori Leonard - Main Street

It's easy to understand why Maison des Jeunes, 57 de l'Église, St. Sauveur is "second home and safe haven" to many teens. Warm-hearted Founder, Director/mentor, Carole Asselin, and Co-ordinator/mentor, Luc Charbonneau, have run this special place for youth and young adults for 12 years. Marius Mousset has been the main intervenant for the past five years. Outdoors is a picnic table, where kids chat and share stories. Sitting alongside, is lovable golden retriever mascot, Harley, who dons a pair of cool shades. On site is a basketball net, a space for tetherball, rollerblading and mini-scooters. Many teens also enjoy the new skate park.



Indoors, "Chef Luc" prepares a tasty spaghetti sauce for "the gang." Surprisingly, the house is neat as a pin. There are comfy sofas, a large TV, music room, ping-pong and pool tables, and five computers. The kids have great respect for each other, for Carole, Luc and Marius. All share a special camaraderie. Language is not a barrier, but a bridge.

Teens attend Maison des Jeunes from 12 to 18 years old. Many prefer to study and write their exams there, because they were bullied at school. Some teens drop by after school, because they have relationship problems with their families, while others simply enjoy meeting friends. Unfortunately, many teens have been abused by their parents, while others have drug problems, or are aggressive. Some, sadly, shared that they felt unloved and alone. However, there are many concerned parents who are glad there is this special haven.

Math, English and French classes take place 4 days per week. Hot meals and warm hugs are always available.

Maison des Jeunes is open Wednesday to Friday, from 4:30 pm to 9 pm, and weekends from 3 pm to 10 pm.

Thank goodness for people like Carole Asselin, Luc Charbonneau and Marius Mousset, who care that our teens are listened to, cared for, educated, and given a special place to call their second home. If you have questions, or would like to make a donation, call Carole at 450 227-4129 / Facebook: Maison des Jeunes St. Sauveur.

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Out & About

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

RIVIÈRE ROUGE – LAC SAGUAY

Sat, July 2 - Aug 20 - 18TH CLASSIC MUSICAL FESTIVAL OF THE UPPER LAURENTIANS

Sat, July 2: 7:30 pm (Michel Jr. Lévesque du lac Tibériade public beach)

Outdoor free concert - Buzz Cuivres - bass group will play renaissance, baroque & jazz music.



Buzz Cuivre

Sat, July 9: 7:30 pm (Saint-Hugues Building at Lac Saguay). Bianca-Basso: Two musicians, Bianca Pittoors & Marc Langis join together to make music. They perform contemporary songs in jazz with their own style. \$35.

MONT TREMBLANT

July 7 - 17: 23rd International Blues Festival of Mont Tremblant: 10 days of blues music, including R&B, soul, funk, country, folk and rock. More than a hundred shows - most of them FREE - played on six stages and in local bars and restaurants.

Fri, July 8: Performances start at 1 pm



Anna Popovic

and continue until 11 pm. Featured artists are Sweet Dixie, Heymoonshaker (Beatbox Blues), Porn Flakes Blues, Backtrack Blues Band with Kid Royal, Carl Tremblay and Koko Taylor (Blues tribute). Sat, July 9: starting at 10 am: Henri Breton (Blues), Sugar Brown (Blues), Diunna Greenleaf (Gospel & Blues), Ria Reece (R&B), Blue's Araoke, Justin Saladino Band & Jamiah Rogers (Blues & Rock), Riot & his Blues Devils (Blues, Rockabilly), Backtrack Blues Band with Kid Royal (Blues), Blues Dance Party with Rick L. Blues, John Nemeth (Soul Blues). Sun, July 10 am onwards: Ria Reece (R&B), Henri Breton, John Campelljohn (Blues), Riot & his Blues Devils (Blues & Rockabilly), Rick L. Blues, Sean Pinchin (Blues, Folk), Delgres (Delta Blues), Diunna Greenleaf with Barath and his Rhythm Four (Gospel, Texas Blues), Jonathan Tyler (Rock, Americana), Carl Tremblay (Blues, Rock), John Campbelljohn (Blues). The complete program is available at <http://blues.tremblant.ca/en/>

ST. FAUSTIN

Maison des Arts et de la Culture St. Faustin

1171, rue de la Pisciculture St. Faustin Lac Carré / 819 688-2676 Wed - Sun: 11 am - 5 pm - Free admission

June 4 - Aug 7: "L'art en couleur" - a group showing by local painters.

June 12: 2 pm - 4 pm: Vernissage



Kara Williams

ST DONAT

Free outdoor concerts every Thurs until Aug 18 starting at 6:30 pm at Parc des Pionniers. In case of rain, concerts will be held inside the church. Free concerts by popular singers at the Place de l'Église, 473, rue Principale every Saturday at 8:30 pm until mid Aug starting with Kevin Bazinet on Sat, July 2 and Homage aux Colons on Sat, July 9. Full program available at http://www.saint-donat.ca/files/Spectacles_ete_2016.pdf. Info: 819 424-2833.

STE-AGATHE

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

Fri & Sat, July 1 & 2: 8 pm - Sugar Sammy

"En Français S.V.P." This comedian grew up in Montreal and performs in English around the world. He always wanted to present a show in French in Quebec. He loves to make people laugh, from start to finish, and you will! \$49.



Sugar Sammy

Concerts - Place Lagny

The program starts June 25 and continues until Aug 27, starting with:

Sat, June 25: 7:30 pm - Jici Lauzon and his guitar. Sat, July 2: 8 pm - Daniel Boucher and Sat, July 9: 8 pm - Les Bouche Bées.

Holy Trinity Church (12 Préfontaine)

Sat, June 11: 8 pm - Lost & Found. Info: 450 562-9620

VAL DAVID

Val David Exhibition Centre 2495, rue de l'Église. 819 322-7474 / www.culture.val-david.qc.ca

Sat, June 25 - Sept 5 - Marc Dulude studied art and obtained a masters degree from the University of Quebec in Chicoutimi. He has exhibited his work in Canada, the United States, Scotland and France. His creations are multidisciplinary in the form of installations, sculptures, creations in-situ and photography. Some of his work is displayed in public spaces in the Montreal region, such as the Mascouche train station.



Marc Dulude

Val David Church

Until July 24 - Exhibition of large-sized paintings by seven Laurentian artists. Open Sat 10 am - 4 pm & Sun, noon - 4 pm.

VAL MORIN

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

July 10: 1:30 pm - Trio Kaffeehaus - Café Vienna. The trio has two clarinets and one guitar. This concert will take place at the Pâquerette Garden, 5277, chemin Maupas. The trio will play traditional romantic music of Vienna. Tea and desserts will be served. \$40.

Exhibitions:

Espace Rhizomes Art Gallery 6140, rue Morin / 819 322-5998 / www.espacerhizomes.com

From June 23 (5 pm) to July 31, visitors are invited to a colourful experience with a group of six pastel artists. Open Sat & Sun: 1 pm - 5 pm.

ST. ADOLPHE D'HOWARD

L'Ange Vagabond

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

Sat, June 18: 8 pm - St. Jean's Cabaret. Free admission (contributions appreciated)

Fri, July 1: 5 pm - 7 pm: nachos. This Evening We Dance.

STE. ADELE

Place des Citoyens

999 boul. Ste. Adele 450 229-2921 #300 / <http://ville.sainte-adele.qc.ca/achtenligneplacedescitoyens>.

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

Sun, June 19: 11:30 am - 2 pm - Lunch in White! Come dressed in white (compulsory). Concert of music from an album entitled, Old Friends. Tribute to Simon & Garfunkel. Bring your own food and chairs. Tickets: \$10, available at the Loisirs department of Ste. Adèle. Info: 450 229-2921, ext. 244. www.ville.sainte-adele.qc.ca

Exhibitions: Sat, July 1 - Aug 21 - Exhibition of 25 new paper sculptures of historical people such as Cleopatra, Confucius, Mozart and Jeanne d'Arc, done by Claude Lafortune who appeared on Quebec television for thirty years. Parc de la Famille (corner of Morin & Emile-Cochand)

15th Nostalgia Evening Concerts - Saturdays from July 2 - Aug 18

Sat, July 2: Justin Boulet (son of the famous Gerry Boulet) - "A la memoire de Gerry 25 ans."

St. Sauveur Church, 205, rue Principale / 450 227-2423 / <http://www.paroisse-st-sauveur.org>

Sat, June 11: 8 pm - Concert (piano & vocals) with Nathalie Coquette and Éléonore Lagacé. \$40.

Ça-ma-dit- Concert Series at Parc Fillion 450 227-6480 / www.valleesaintsauveur.com / info@valleesaintsauveur.com

Sat, June 18 - Urban Dance Competition Thurs & Fri, June 23 & 24 - Fête St. Jean Celebrations

Sat, June 25: 7:30 pm - Edouard Lagacé

Sat & Sun, July 2 & 3 - Exhibition by the artists of Saint-Sauv'Art / Camp Geronimo will perform circus acts.

Fri, July 1: 7:30 pm - Time for Pink Floyd (tribute)

Sat, July 2: 7:30 pm - Shirleen & New Love (pop music).

Fri, July 8 - Sun, July 10 - Exhibition "L'en Verre du Décor"

Sat, July 9: 7:30 pm - Jesse Jack Band (tribute to rock)

MORIN HEIGHTS Morin Heights Library 823, Village Rd. ARTS Morin Heights themed exhibition, "portrait or auto portrait." Vernissage June 11: 5 pm. 450 226-3832 / info@artsmorinheights.com.

SÉRIE ça me dit CONCERTS RONA DAGENAI

Vallee de Saint-Sauveur

Ca me dit

Trinity Church

June 12: 8 pm - David Sherman & Nancy Lee present "Lost & Found" accompanied by members of the Stephen Barry Blues Band. Proceeds will go to support the Laurentian Regional Ministry and its sponsorship of a Syrian family. Tickets: Pre-sale \$20 / at the door \$25. Info: 450 562-9620.

BROWNSBURG - CHATHAM

Restaurant le Faim-Fino

338, Maple Street / 450 495-8022 Until July 10 - the paintings of Suzanne de Carufel will be on exhibit. Brancheculturelle.worldpress.com



Suzanne de Carufel

Église St-Louis-de-France

354, rue Principale / 450 562-6421 / 450 495-8022 / brancheculturelle.worldpress.com

July 1 - July 26: 11 am - 5 pm - Routes des Arts Collective Gallery

LACHUTE

St. Simeon's Church

445, rue Principale Fri, June 10: 8 pm - David Sherman & Nancy Lee present "Lost & Found." Info: 450 562-9620.

WENTWORTH – NORD (MONTFORT)

Galerie d'art Montfort - Montfort Community Pavillon, 160, rue Principale, Wentworth - nord.

Until July 10 - Artists from the MRC des Pays d'en Haut and the Laurentians exhibit their paintings every Sat & Sun from noon - 4 pm. Everyone welcome.



Roger Ponce

PRÉVOST

Diffusion Amal'Gamme

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

Sat, June 11: 8 pm - The Raoul Cyr Jazz Ensemble - Raoul Cyr, trombonist and teacher, formed a multi-generational ensemble to play jazz of the last 100 years! \$26.50

ST. JÉRÔME

Laurentian Museum of Contemporary Art

101, place du Curé Labelle 450 432-7171 / www.museelaurentides.ca Open: Tue - Sun: noon to 5 pm Until Aug 20 - Yann Pocreau: "Sur les lieux." This artist delves into the added narratives suggested by the presence of light when staged within specific sites.

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



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



Laurentian CARE

Lori Leonard – Main Street

Laurentian Care is pleased to announce that they have a collaborative partnership with Ste. Adèle United Church, 1300 Chantecler, Ste. Adèle. The new drop-in center is open Tues & Thurs: 10 am to 4 pm and offers resource information and registration for senior programs. Laurentian Care is able to receive monetary donations through Ste. Adèle United Church. Cheques should be made payable to Ste. Adèle United Church, L-Care Senior Program.

Christina would like to extend a sincere thank you to the municipality of Morin Heights for their supporting efforts and to councilor, and school board councilor, Peter MacLaurin.

If you are interested in becoming a personal support worker for seniors, please contact Laurentian Care. Volunteers are welcome to work as companions, to organize a workshop or complete administrative work. 1 855 522-7372 / info@laurentiancare.org / laurentiancare.org.



Christina Vincelli, a compassionate individual who cares about the health and welfare of others.

A Fond Farewell to Barry Young

Barry Young left his familiar post at Main Street at the end of May 2016.

He joined our team almost 4 years ago in the capacity of part-time consultant and occasional writer of a popular column on diverse subjects entitled "Ramble On."

Barry is a successful entrepreneur who founded and skillfully expanded his primary business to a point where it now requires more of his personal attention.

In his positively engaging style, Barry has forged many lasting relationships with readers, fellow writers and advertisers.

An 8-year resident of Gore, a tireless volunteer and an exuberant, playful musician, Barry will surely be keeping in-touch with the many people he has befriended over the past several years.

He wishes to express his gratitude to all the folks he has met in his journey while at Main Street.

We salute Barry, we thank him for his generous contribution, and we wish him "all the best" in his future endeavors.



**Ville de
MONT-TREMBLANT**

J'invite chaleureusement les Québécois et les Québécoises à venir célébrer la Fête nationale du Québec le 24 juin à la plage du lac Mercier de Mont-Tremblant!

I warmly invite all Quebecers to come celebrate our Fête Nationale on June 24th on the beach at lac Mercier!

Luc Brisebois
Maire / Mayor

villedemont-tremblant.qc.ca

Ville de
Saint-Sauveur

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.

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I wish all citizens of the Argenteuil riding a Happy National Holiday and Canada Day!

On this National Day, take time to be with your family and friends to celebrate the Saint-Jean-Baptiste. It is a privileged moment to be proud of our identity.

May Canada Day also be an opportunity to celebrate the beautiful country that we live in, with respect and admiration for all the sacrifices that were made for our freedom, diversity and prosperity.

Happy National Holiday!
Happy Canada Day!

**VILLE DE
SAINTE-AGATHE-DES-MONTS**
...ma vie, ma ville !

Our identity is the tie that unites us.
On June 24 and July 1, proudly celebrate our national holidays

Mayor Denis Chalifoux



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- 16:30 ANNUAL EGG TOSS
- 19:00 CANADA DAY'S BIRTHDAY CAKE
- 20:00 LIVE MUSIC BY MEREDITH MARSHALL FROM **LA VOIX**
- 21:00 LIVE MUSIC BY **BON JOVI XPERIENCE** (COVER BAND)
- 22:00 FLAG RAISING AND **FIREWORKS**
- 22:15 **BON JOVI XPERIENCE** RETURNS TO THE STAGE
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Branch 171

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The Royal Canadian Legion Branch 171, Morin Heights, Quebec is celebrating their 70th anniversary June 1946 - June 2016

On Saturday, June 18, 2016

Plan to attend the official ceremonies and dinner/dance in honour of the 70th anniversary of the founding of RCL Branch 171

127 Watchorn Road, Morin Heights, QC.

Tickets for the dinner (beef & salmon) and dance are on sale at the Legion - \$25 per person.

Contact us for information at **450-226-2213** after 1 p.m. daily or drop by the Branch to purchase tickets.

Please note that reserved tickets must be picked up and paid for by June 10.

RCL Branch 171 - a not for profit organization, helping military veterans, and those in need in our community.

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Garden Talk Bio-intensive Gardening

June Angus - Main Street

The term bio-intensive agriculture refers to growing methods that maximize crop yields from a minimum amount of cultivated space. It assumes a rich, biologically diverse soil that is teeming with good microbes and all the other symbiotic relationships necessary for abundant crop production.

More and more organic farmers and market gardeners are applying these techniques to their cultivated plots. In fact there is a growing movement of young adults, and some who are not so young, in Quebec and around the world who are going "back to the land" to create small viable businesses growing vegetables using this approach.

These techniques were originally developed and adapted over many years by home gardeners. So it is easy for us to borrow and apply these ideas to make the most of our own vegetable gardens.



For starters, garden beds should be dug deep, up to 24 inches. This is easier to achieve when at least the top several inches are part of a raised bed. The addition of good rich compost will kick-start and then improve the natural evolution of the soil. Plots can be long but should be kept narrow enough to access from paths left between growing beds. All the gardening work and maintenance can then be done by standing or kneeling on these paths. This prevents tramping down the carefully cultivated soil in the growing beds.

The deep loosening of the soil allows moisture to penetrate more easily. Plant roots will then find it easier to grow downwards rather than horizontally, allowing for much closer spacing of plants.

Closely spaced plants with roots that grow deep help boost overall production. In the process, beneficial micro-climates are created. For example, carrots that are grown close together, rather than in traditional rows, create a protective canopy as foliage develops. The canopy greatly cuts down on the amount of weeding required, acts as living mulch to retain moisture in the soil and works as a windbreak.

This approach encourages all kinds of space saving growing arrangements. For example, lettuce and peppers that would normally be planted in their own rows can be mixed. The lettuce whether it is leaf or grown as heads, grows close to the ground and acts as cover to reduce weeds and retain moisture. The peppers grow taller and don't interfere with the lettuce or vice versa. And as lettuce is harvested, more can be planted for a continuous crop.

To learn more about bio-intensive techniques for gardening there are many great online resources. As well, The Market Gardener by Quebec's own Jean-Martin Fortier is an excellent and readable handbook about small-scale organic farming. The book was originally authored in French, but the English translation is excellent.

I especially like the tips related to building good soil structure naturally and the ideas that reduce or eliminate weeding.



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MUST SEE TO BELIEVE! \$495,000

Local Golf Enthusiasts Hail Class-A Teaching Pro - Johnny Franco Fata

Joan Beauregard

A sure sign of spring is golf-talk; especially whether to start the season right with a lesson, and who are the favoured coaches. This year, Johnny Franco Fata is setting a new standard in the region with his Golf Academy. A great believer in the importance of the right learning environment and the right instruction methods, he has constructed a golf classroom in Ste. Anne des Lacs, where he uses a course-simulator, video, various electronic analysis equipment, speed radar, and a wide range of instructional devices as part of his coaching. A lesson winds up with a written report-card, giving notes on what to practice in order to maintain what you've just learned.



Johnny Franco Fata Pic

Fata is also continuing as the teaching Pro at Piedmont golf course. Over the past 3 years, he worked with them to introduce new practice areas, with more planned for this season. His clientele includes the full gamut, from beginners, to lower handicappers looking to fine-tune their game, and all age-groups. He offers a free clinic on most Thursdays, at 10 am, throughout the regular season. Golfers can also have their clubs assessed, adjusted, re-gripped, or even have custom clubs built. The golf classroom will continue to be available for inclement days, special sessions, and the off-season.

Fata is a Class-A master teaching pro, certified in 2011 by the Professional Golf Teachers' Association of America (PGTAA). From 2008 to 2010 he played in the Côte d'Ivoire PGA. In 2010 he finished 3rd in the SOTRA tournament in Abidjan, Côte d'Ivoire. Originally from Montreal, he started his theoretical certification in West Africa, and completed in Canada.

Asked about his approach to golf and golf coaching, he says, "Golf has always been an enjoyable part of my life. I try to make my lessons fun and relaxed, so that the golfers I coach will be able to get the most enjoyment from their game. I am privileged to be affiliated with a fine golf club, and I can honestly say I have the world's most beautiful office."

Anyone interested in finding out more about lessons with Johnny Fata can contact him via Piedmont Golf Course.



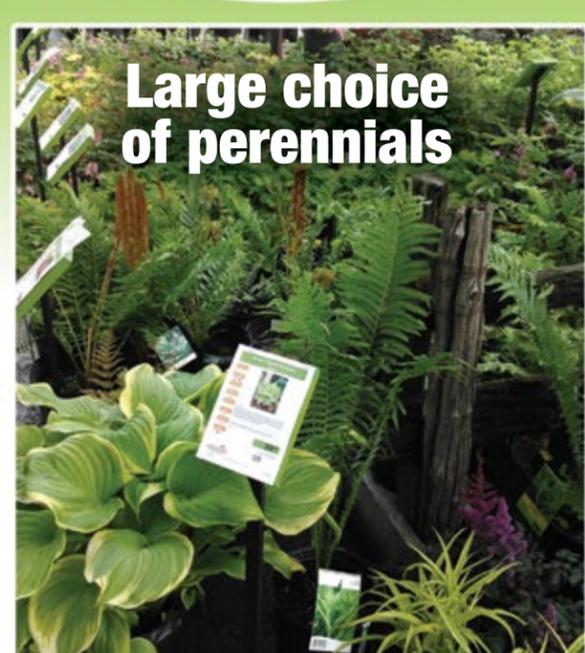
JARDISSIMO
PÉPINIÈRE LORRAIN

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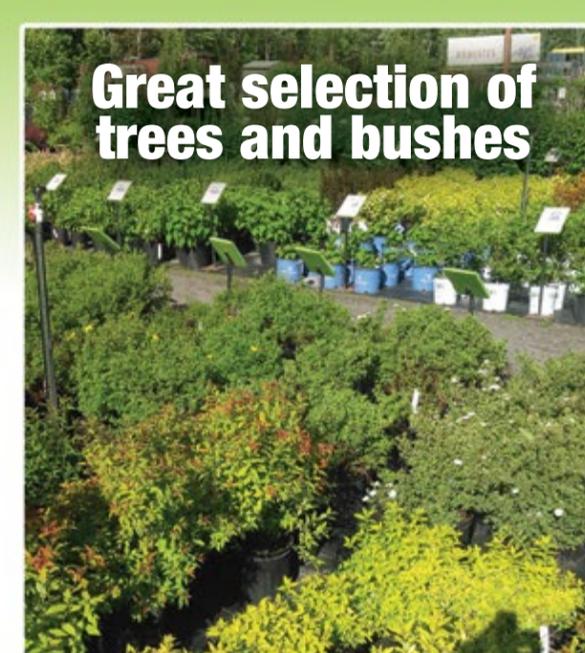
2 locations to serve you

2820 boul. Curé Labelle, route 117, Prévost 450-224-2000

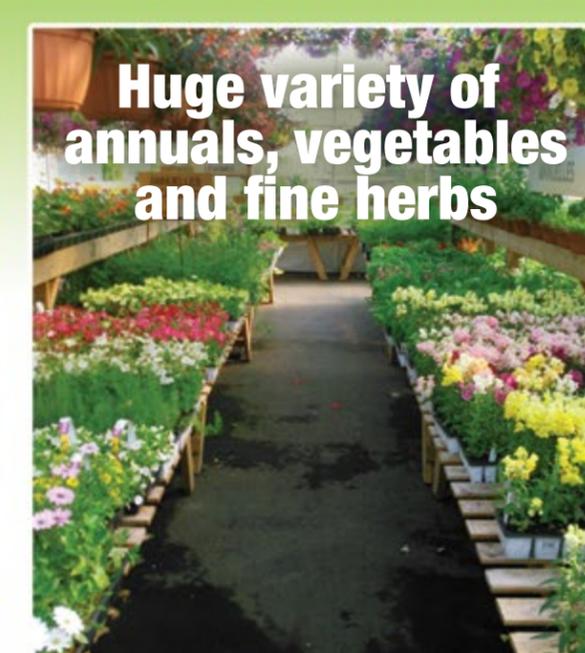
545, avenue d'Argenteuil, route 327, Lachute 450-409-3220



Large choice of perennials



Great selection of trees and bushes



Huge variety of annuals, vegetables and fine herbs

RELIGIOUS SERVICES



**Branch 171 Filiale
Morin Heights**

Sat, June 18 - 70th Morin Heights Legion Anniversary Celebrations
1st & 3rd Monday of the month:
1:30 pm - Military Whist
Wed: 7 pm - Darts
1st Wed of the month: 7 pm - to 10 pm - Music shows (BBQ during the summer months from 5 pm - 7 pm weather permitting)
For information on any event call 450 226-2213 (after noon)

**Branch 70 Filiale
Lachute**

Smoked meat dinners will continue to be held on the last Friday of every month except December & January
Fri, June 24: Smoked Meat Supper. Donation \$12
Sun, July 3: 2 pm - Canada Day BBQ
Aug 13: Golf Tournament & Steak Dinner
Sun, June 26: Canada Day BBQ
* Please check with the legion for times *
Tues: 1 pm: Euchre
Alternating Thursdays: cribbage & shuffleboard
Saturdays: 2:30 pm - Darts
Thursdays: 1 pm - cribbage
For information call: 450 562-2952 after 2 pm!

**Branch 71 Filiale
Brownsburg**

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Sat: 3 pm - closing
Everyone welcome.
For information on upcoming events or hall rentals please call Sheila or Trevor Holmes 450 562-8728.

**Branch 192 Filiale
Rouge River**

June 10: 6 pm - BBQ
June 18: 2 pm - Elections
June 18: 4 pm - Volunteer Appreciation
July 2: 5:30 pm - Country Evening michiou.
Horseshoe challenge!
Weds; 1 pm - Bridge
Tuesdays: 7:30 pm - cribbage
Mon, Tues, Wed & Sat - yoga classes
Info: Marlene: 819-687-8665
For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com

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

HILLSIDE CHAPEL
755, du Village, Morin Heights
Terry Sheahan
Summer Sundays: 6:30 pm
If you like country gospel and to sing old hymns, come and enjoy our Sunday evening services. We encourage you to bring along your instruments and join us for a one-hour hymn-sing. Everyone welcome!

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

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

HOUSE OF ISRAEL CONGREGATION
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/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am: Regular worship service.
Everyone welcome.

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
Please call to confirm service schedule
Everyone welcome

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

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

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

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

ST. MUNGO'S CHURCH, CUSHING
LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship
HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm
ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

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

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

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

**ANGLICAN PARISH OF
ARUNDEL & WEIR**
Grace Church
Services are held at 11 am every week, followed by refreshments served in the Parish Hall.
Everyone is welcome.

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

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

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

**THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH**
Huberdeau 10:30 am • Laurel 9 am
Morin Hts 10:30 am • Montfort 9 am
16 - Island Lake 10:30 am • Weir 9 am

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Rd (Lost River)
Rev. Douglas Robinson
Services will be held at 9 am every Sunday throughout the months of July and August

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

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
June 19: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
June 19: 4 pm - Morning Prayer
Services are bilingual
HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
June 12: 11 am - Morning Prayer
June 26: 11 am - Holy Communion
Bilingual services with gospel/bluegrass music
*Special services: Soaking Time *
7:30 - 8:30 pm: A time of quiet reflection with classical music. These special times of quietude are offered on Sundays in addition to regular services

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
June 12: 11 am - Holy Communion
June 26: 11 am - Morning Prayer

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Venerable Ralph Leavitt and
Rev. Nicholas Pang, associate priest
All services are at 9:15 am
June 12 - Family Service
June 26: Communion
Refreshments follow most services

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)
June 26: 10:30 am - Rt. Reverend Mary Irwin-Gibson
July 3: 10:30 am - Reverend Cathy Hamilton
July 10: 5 pm - Hymn Sing by the Lake
July 17: 10:30 am - Services with Reverend Darryl MacDonald

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL
All are welcome / Bienvenue à tous.
The SADL church-community centre is under renovation. Parishoners are invited to worship at other churches until the end of construction, scheduled for late Summer 2016. We will know by mid-July if services will be available in August.

**FAUBOURG
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Laurentian residents.
For info and full services visit
www.cps-le-faubourg.org



**ST. MUNGO'S
HOMECOMING 2016**

- Celebrating 180 years -
- Cushing
(Brownsburg-Chatham)
661 route des Outaouais
July 23 & 24



Members of St. Mungo's Church are inviting the community to come join in the celebrations as they commemorate the 180th anniversary of this historical church. Several dignitaries will also be attending. Two full days of activities have been planned and will include church services, singing, live music, dancing, The Black Watch Pipes & Drums, historical & genealogical displays, presentations and so much more. Refreshments include a BBQ, a pig roast (proceeds to St. Mungo's Restoration Fund), Strawberry Social (all proceeds to benefit the church) and light refreshments.

**Laurentian Region
Cancer Support Group**
*Groupe de Soutien du Cancer
de la Région des Laurentides*



Meeting for cancer patients,
families and caregivers:

SATURDAY AFTERNOON
June 18, 2016 - 1 pm

St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

General Exchange / Discussion

Meetings are conducted in English
ADMISSION IS FREE

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

Resource library available. Bring a friend or family member.

COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

SOUPE POPULAIRE

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTE

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

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

ASSOCIATION ALPHA LAURENTIDES

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE
2811 RTE. 327

Sun, June 19: 9 am - noon - Father's Day Breakfast
Basket draw to benefit Prostate Cancer research
Sat, June 25: 9 am - 3 pm - Flea Market
Bake sale and canteen on site.
To book a table (\$10 each or 2 for \$15) please email barriemsmith@gmail.com
Indoor and outdoor tables available.
Everyone is welcome to sell, buy or visit.
Fri, July 1: 11 am - 2 pm: Canada Day Flag raising, family fun & refreshments
July 3: 9 am - noon: Monthly Breakfast.
Basket draw proceeds to benefit Victoria Quilts. Adults: \$ 7 / children: \$3.50
July 11: Public Council Meeting
July 20: 6 pm - Annual BBQ
Like LRCC on Facebook at LRCC-Lost River Community Centre

HARRINGTON VALLEY COMMUNITY CENTRE

June 13: 7 pm - Public council meeting at Harrington Valley
July 1: 1 pm - Canada Day Celebrations. Get your floats ready - PRIZES for the best float. Parade starts at 1 pm - leaving from the Golden Age Centre. Fun for everyone! Canteen opens at 1 pm; great music; fireworks at 10 pm. The HVCC is looking for a refrigerator - please call Deedy: 819 242-8939

HARRINGTON GOLDEN AGE CLUB
(259 Harrington Rd)

June 14: 5:30 pm - Closing Dinner
**We are looking for volunteers for our community kitchen project.
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.
Info: Deedy: 819-242-8939

SCOUTS MORIN HEIGHTS

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

HOLY TRINITY CONCERT SERIES

4, Cambria (Gore)
All concerts begin at 8 pm
July 16: FrelieCelte: Bilingual Celtic fold pair with Annie Moisan and Michel Collard.
Sept 3: CR5 (Country Roads 5) - Bluegrass band playing a mix of contemporary and old-time bluegrass and classic country.
Tickets: presale \$20 (under 16 - \$15) / at the door \$25 (under 16 - \$20)
Info: Linda Cass-Jones: 450 562-9620 / Jim Kyle: 514-347-1788 / Hugh Mitchel: 450 562-9249

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn
July 1: Canada Day Celebrations at Ski Morin Heights

LAROCHELLE PRE-SCHOOL

For information on all events call 450 821 2566 / email prematernellelarochellepreschool@yahoo.ca
website: http://www.prematernellelarochellepreschool.ca
Facebook: www.facebook.com/Prematernelle-La-Rochelle-Preschool
REGISTRATION – ONGOING.

UNITED CHURCHES OF CANADA EVENTS

June 29: 6:30 pm - 8:30 pm - Strawberry Social
Entertainment provided by the 4-H Club dancers.
Adults: \$7 / children \$2.50 /under 6yrs. free

LAURENTIAN LITERACY COUNCIL EVENTS

505 Bethany, Lachute (Rm 302)
450 562-3719
June 11: 6 pm - Fundraiser - Famous Steak Supper
Dunany Golf Club (2053, Dunany Rd)
Dinner / Raffle / Silent Auction
Tickets: \$35 - sold in advance

MEDITATION HOUR

St. Francis of the Birds Church
94, St. Denis - St. Sauveur
Wednesdays starting
June 15: 7 pm - 8:15 pm
Followed by coffee and fellowship
Everyone welcome Info: Peter: 450 227-3244

CULTURAL EXCURSION TO OTTAWA

Trip to the Canadian War Museum
On **June 15**, the Municipality of Morin-Heights invites you to an outing in Ottawa. There will be a visit to the museum, lunch at the Byward Market (not-included) and a guided tour. Deluxe coach, snacks included.
Info and registrations online now open www.morinheights.com
Cost: Residents: \$20 per person / non-residents: \$40.

COFFEE HOUR & BAKE SALE

Margaret Rodger Presbyterian Church
462, rue Principale, Lachute
Sat, June 11: 10 am – 1 pm
Home-baking, books, plants, White Elephant table.
Come join the fun! CANADA DAY CEL-

CELEBRATIONS

STRAWBERRY SOCIAL

Ski Morin Heights (in the bar)
July 1: 2 pm - 4 pm.
Adults \$8 / children \$4.
Hosted by Morin Heights Trinity Church

WOUF LAURENTIDES – DAY FOR DOGS

Mont-Habitant - St. Sauveur
June 11
A day filled with activities, events, demonstrations, kiosks and more
Bring your dog and enjoy a fabulous social day specifically for canines.
Info: 450-335-1140 / info@wouflaurentides.org

FOIRE DE NOEL - FIRST CALL FOR CANDIDATURES

Food producers, artists and artisans residing in the MRC d'Argenteuil are invited to submit their applications for the 9th edition of the Foire de Noël - Saveurs et Culture d'Argenteuil that will take place **Nov 25 to Nov 27.**
To apply, you must live in the MRC d'Argenteuil and fill out the entry application form available on the website of the MRC at www.argenteuil.qc.ca, or contact the Cultural Development Officer MRC d'Argenteuil. Participation fee of \$30 (tax included) will be required for successful applicants.
*** Applications must be received no later than July 8.**

TOUCHED BY STRESS

Stress in Caring
Louis Renaud Community Centre
270, Rue du Canton, Brownsburg-Chatham
June 14: 1 pm - 3 pm
Conference on stress management with Josephine Piazza
Learn practical tools and strategies to help build resiliency.
Info / registration: 1 888 974-3940 / email info@4kornerscenter.org

ADVANCE NOTICE

YARD SALE & BBQ

Morin Heights United Church
831, du Village
Aug 6: 8 am - 3 pm.
Lots of books, Knick Knacks Odds & Ends
BBQ Hamburgers, Hot Dogs chips & drinks.

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

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819 324.4000 (ex: 4330)
888 974.3940

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

Jocelyne Fortier - Infirmière / Nurse

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Alcoholics Anonymous
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1 877 790-2526

Help for compulsive gamblers
514 484.6666
866 484.6664
gam-anon.org



Healthy Channels Acupuncture for the First Time

Christopher Garbrecht, Ac. – Main Street

This spring, I've been blessed to see a lot of

people trying acupuncture for the first time. Acupuncture has certainly been talked about more, on television and in the media, than ever before. I'm happy that acupuncture is slowly, but surely, becoming a more mainstream health care option, not only because I am an acupuncturist, but because it has so much to offer.

If you've never tried acupuncture before, I totally understand the fear and skepticism. You would have to be a complete masochist to choose to have needles stuck into your body, right? But, let me reassure you, these aren't the blood-test or vaccine-size needles. An acupuncturist's needles are a bit wider than a hair on your head. They are sterile, made of stainless steel, and used only once, on you. The sensation of the insertion of a needle ranges from, no feeling, to a mosquito bite. Living in the Laurentians, I'd say we are all used to mosquito bites, or worse!

As for the skepticism, I'll be honest; the first time I had acupuncture I was highly skeptical. I mean, come on, how can needles placed in different parts of my body really help me with my backache, or my allergies? The first time I had acupuncture, I was living in Japan, so it was more of a 'When in Rome...' type of interest I had in the procedure. I knew a doctor would just prescribe anti-inflammatory or pain pills for my backache, so what did I have to lose? Well, let's just say that I was so surprised by the results that, when I returned to Montreal, I immediately enrolled in the acupuncture program.

To give you an idea of what happens during an acupuncture treatment, we can look at it like this: acupuncture helps the body to repair itself, by setting the stage for neuro-endocrine tissue repair, and endorphin release, which lower inflammation. Acupuncture puts the body in the para-sympathetic mode, where tissue replacement increases. There is also an increase in the secretion of endorphins, which lowers cortisol. The needles cause the body to release local, and global, anti-inflammatories, such as 'Beta-Endorphin', which is about 200 times stronger than morphine. I know that sounds a bit complicated but, basically, it's a way for your body to heal itself, by releasing various natural chemicals into your bloodstream, instead of taking pills, full of synthetic chemicals, that must pass through your stomach and liver.

I hope this gives you a better understanding about acupuncture and how it works. If you have any questions about acupuncture, or would like to schedule an appointment in Morin-Heights or Val-David, you can call me at: 819-219-0048. You can also check out my website to read more articles and get an idea of everything that acupuncture can treat at: acupuncturevaldavid.com.



Fit Tip #106 OMG Heart Attack!

Lisa Mclellan – Main Street

OMG, Dan had a heart attack! Can you say Shock and Wake Up Call?! Fortunately we rushed him to the hospital. As it turned out, he had had a minor heart attack, with minimal damage to his heart muscle. He now has heart disease.

I have to admit that I was angry at Dan for not listening to my good advice, to being in denial, to not getting a regular check-up. Nothing I said or did changed his attitude. (I'm sure he is not alone in this behaviour.) My inner, and mostly private, discourse ran something like this: What is going to happen to my freedom? I am young ... there are so many things I want to experience. Or ... I was right. I knew it. I told him. He should have listened, instead of putting his head in the sand. And ... He has so many pills to take! Ugh. Even ... What about my reputation? This looks really bad! My irritation and distress at the upset in our lives was tangible.

On the positive side, the event has been beneficial. We had to make some important decisions, which have removed a lot of stress and pressure from our daily lives. After about a week of being uncomfortable and silently angry (I mean, I was a little ashamed of myself for being angry at Dan, but I couldn't let it go) I read this from Mahatma Gandhi - "One should forgive under any injury." Talk about synchronicity. Consciousness shifted my perception. That morning, while we were sitting outside in the sun having coffee, I looked at Dan and I said, so easily and so sincerely, "I forgive you Dan for having had a heart attack." And guess what he said? "I'm sorry. You take such good care of me."

Symptoms associated with Angina / Heart Attacks:

1. Indigestion
2. Chest pain
3. Pain in the arm(s), numbing of the fingers
4. Sweating, nausea, dizziness

You may have some or all of these symptoms. Women's symptoms tend to be less obvious.

Things I didn't have:

1. Baby Aspirin (for faster absorption chew, swallow with water - 4 for 150lbs). Baby Aspirin is safer, but Aspirin is fine. Aspirin helps to stop the formation of blood clots, which block the flow of blood. Dan took 2. It's a good thing he did.

What I didn't know:

1. A heart attack causes irreparable damage (DEATH) to the heart muscle, due to the loss of blood supply. Had I understood this, we would probably have acted even more quickly.
2. Dan's genetics.

The role of denial:

Denial is insidious. (This can't be happening to me ... I don't want to disturb anyone ... what if it isn't anything?) Denial is life-threatening, because it delays action. Quick action can PREVENT a heart attack. Call 911. Ambulances are equipped to start treatment immediately - on the way to the hospital!

Dan is recovering exceptionally well. Together, we have reset our lives for the better. Amen.

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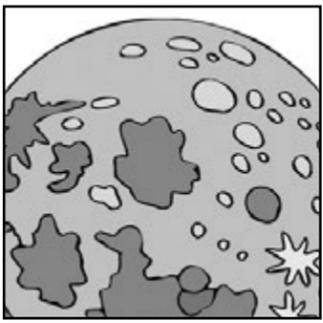
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It is a beautiful June day in Argenteuil. The sky is what we like to call “Egyptian blue”- harkening back to our early 80s experiences in Egypt, where every day had a cloudless cobalt blue sky. Very soon, trails from a jet plane, 30,000 ft. overhead, stretch across the sky. Oddly, they do not dissipate, as would normal condensation trails consisting of water vapor. Instead, the released effluent creates white clouds in long trails that, shortly after, begin to widen and spread across the sky. The effect is eerie; instead of dissolving into the atmosphere, the pristine sky displays a trail of milky white. Soon, another jet criss-crosses the first and it, too, leaves its own lingering trail. Two, and sometimes three, jets work in tandem for hours until a milky haze fills the sky.

These Chemtrails -once disregarded as conspiracy theory- now stand brazenly in our faces almost every clear sunny day. When questioned, some eastern Ontario farmers shrug and claim it is cloud seeding to make rain for the northern United States, yet there are no clouds to seed! So many people have witnessed this phenomenon in our region that there is a Facebook site, dedicated to the Eastern Ontario Geoengineering Watch with over 1000 members!

This chemical dumping throughout the world has become the very large elephant-in-the-room. Questions abound; who and what is responsible for this on-going atmospheric intervention? When Federal governments are asked directly, they continually deny the existence of Chemtrails and their composition. Yet the dumping continues, and more people are realizing that



Large-scale fear mongering about an out-of-control climate goes back to 1965 and may serve as rationalization for global weather control. Photo Credit: <http://beforeitsnews.com/chemtrails/2016/05>

something strange is going on. This grand experiment, using the Earth as an unlikely test-tube for planetary cooling, has resulted in the distribution of, at various times, a poisonous mix of chemicals that, when analyzed by independent watchdog groups, includes: barium, nano-aluminum-coated fiberglass [known as CHAFF], radioactive thorium, cadmium, chromium, nickel, desiccated blood, mold spores, yellow fungal mycotoxins, ethylene dibromide, and polymer fibers.

To understand weather control, we'll go back to the 1976 United Nations treaty on Global Weather Manipulation. The treaty was written because some very wise people recognized that “scientific and technical advances may open new possibilities with respect to modification of the environment.” They knew that, even though the ability to modify weather could benefit humanity and improve our lives, immaturity could easily influence us to weaponize the new technologies. In 1970, Zbigniew Brzezinski, President Carter's National Security advisor, advocated the covert use of weather attacks, such as long periods of drought or storms, to force a nation into compliance. Clearly the UN does not write treaties to address fantasies.

In April 2007, at NASA, scientists Lee Lane, Consultant, CRA International in Boston, Massachusetts; Ken Caldeira, Department of Global Ecology, and Carnegie Institution of Washington, at Stanford, California and Robert Chatfield Earth Sciences Division, NASA Ames Research Center, presented a workshop on Managing Solar Radiation. In the workshop, the scientists openly discussed solar radiation management systems (SRM) where chemtrails are sprayed into the atmosphere and the resulting milky layer reflects solar radiation back into space. The method makes no claim to perfectly reverse all climate consequences of greenhouse gases and it is indicated that SRM could (actually) introduce new changes in regional or seasonal climate. The presenters modeled data that indicated if solar radiation management systems were shut down suddenly after prolonged operation, the climate system (of our Earth) could warm very rapidly. Said Caldera “It (SRM) is likely to cause some damage (referring to extreme weather patterns) at some point”.

Recently, in 2013, The Fifth Assessment Report (AR5) of the Intergovernmental Panel on Climate Change (IPCC) warns that, despite global side effects and long-term consequences, geoengineering techniques involving (SRM) should be maintained. The discussion in the Summary for Policymakers, and in the body of AR5, lauds solar radiation management over carbon dioxide removal methods, which are limited in their efficacy on a global scale, yet admits: neither are ideal... that both geoengineering techniques will have long-term consequences.

Dane Migington, Solar Expert and Climate Researcher at Geoengineering Watch states “While the entire community of academia still pretends not to know about the ongoing reality of global geoengineering,” and “the simple fact that they are now discussing geoengineering in the latest IPCC report, indicates that the veil is beginning to lift.” Keeping the world under a milky blue sky is misguided, patronizing and harkens a questionable future for our planet.

Free Wi-Fi free in the heart of the Village of Saint-Sauveur

The City of Saint-Sauveur is pleased to announce the deployment of a new wireless Internet service, and in the center of the village. The signal covers all of Parc John-H Molson including the stands of the soccer field, Chalet Pauline Vanier and its surroundings, as well as the entire Parc Filion.



The Story Behind When the Colonists Arrived

Joseph Graham - Main Street
joseph@ballyhoo.ca

Historically Algonquin territory, the Laurentians was also used by Iroquoian people – the Mohawk – since well before the first French settlers arrived in the mid-1800s. Over time, though, what were once called “Sauvages” began to be recorded as Indien, or Iroquois. Our historians chose to remember the Algonquin - Anishinabe - as nomads, who just happened to pass through an unpopulated countryside. These often-forgotten people were the Weskarinis, also called La Petite Nation.

The Proclamation of 1763 relegated the “Indians” to the west, north and south of the settled areas. Colonizing forces did not respect the boundaries and, ultimately, the Algonquin-Anishinabe, who based themselves at Two Mountains alongside the Mohawk, saw that there was no way of stopping the movement of colonists. Leases they signed on parts of the Ottawa River were soon ignored and, in any case, the colonists signing them were changing the land so much that it became unrecognizable. It was very much in their interest to have, ultimately, a land that would really be their own. When the reserve was created at Maniwaki, in the early 1850s, many Algonquin lost no time in going there. Its creation may have undermined a sense of place and belonging among other Anishinabe who did not relocate, and may have encouraged them to move away from the expanding Canadian colonies. By contrast, the Tiowero:Ton reserve, in Doncaster Township, did not encourage the Mohawk to abandon Kanesatake.

In 1895, B.A.T. De Montigny, Recorder of Montreal, published a book called Colonisation Région Labelle in which he refers to the presence of an Iroquois, named Commander, who inhabited the land north-west of the new colonial settlement of A.N. Morin, today's Sainte Adèle. When the colonists wished to move up-river in the 1840s and '50s, they found the Rivière du Nord, beyond Sainte Adèle, required too much portaging to be considered navigable, but they found perfectly serviceable trails that ran across the huge mountain where Commander lived. Calling it Montagne du Sauvage, they managed to bypass the rapids and move north-west. De Montigny was writing from a Montreal perspective forty-plus years later, and while we are lucky to have his records, we should not be surprised to find that Commander, who had disappeared from the record, was likely not Iroquois but Algonquin. Commander, and variants such as Commandant and Commandeur, are common Algonkian family names.

When the colonists arrived in Sainte Agathe, they named the lake, Lac des Sables. In English it was called Sandy Lake. A developer, in the 1930s, created a holiday community on one of its peninsulas, calling it Mitawanga. When our local heritage committee researched the name in the 1990s, we found that Mitawanga was Algonkian for Sandy Shore. Could the lake's name have been provided to the first colonists by others who were already there? Could the name, Lac des Sables, have come from the mouth of an Algonquin, who was as present as Commander had been in Val Morin?

The legend of the naming of Mont Tremblant is an Algonquin story. It is unlikely that the first colonists, some of whom couldn't differentiate Iroquois and Algonquin, would have arrived in the area knowing that legend.

Still further north, Macaza is an Algonkian word meaning brawler (bagarreur in French). Perhaps it refers to a hostile or unwelcoming reception. It is too late to know.

Researching Labelle, once called Chute aux Iroquois, I was stumped to see a photo of the family of “Joseph Commandant, Iroquois.” Suspecting that this might also be an error, I contacted Jean-Pierre Miljours, an historian and speaker of Algonkian. His research demonstrates that the argument for the usage of the term, Iroquois, in this instance is hard to support. The parish records describe the 1883 baptism of Joseph Hormidas Commandant, son of “Joseph Commandant, Indien Algonquin et Catherine (Louis).” Miljours observed that the baptism was performed by the Jesuit priest Jean Raynel, with the acknowledgement that the Jesuits have a strong claim to being the authority on these matters. They had written the Jesuit “Relations,” their record of both the Iroquoian and Algonquin nations.

Further, Miljours shared a story explaining that Chute aux Iroquois was a name given by the Algonquin residents of the area commemorating Iroquois who drowned there trying to manage the rapids. From what we know of the battles between those two nations, they could have been warriors in Anishinabe territory.

Jumping to Lac Nominingue, one need look no further than Quebec's Commission de Toponymie to show the Algonquin origin of the name, not to mention the archeological digs and many other sources that have demonstrated their presence.

Research in some of the earliest surveyors' diaries shows that there was a First Nations presence throughout the Laurentians. G.N. Albright's 1857 survey diary of Arundel Township describes extensive interaction with them. Owen Quinn, surveying Morin Township in 1847, found two graves marked with “hieroglyphics” near the North River. In his 1887 report, G.E. Martin, after describing the rapid growth of Saint Jovite and the woodlands along the rivers as they were recovering from forestry cuts, wrote, “The Indians, I am sorry to say, are almost totally extinct on the Rouge and its tributaries.” Their home had changed radically and those families who were still in the area were susceptible to infection and disease, likely weakened by witnessing the destruction of their historic environment.

There was a clear presence of these two First Nations in the Laurentians when the first French colonists arrived in the 1840s and '50s. The term nomad, and the indifference shown in not knowing whether they were Iroquois or Algonquin, serves to diminish their presence in our minds. Further north, beyond what we think of as the Laurentian playground, there are still small Anishinabe communities that have slipped through bureaucratic classifications and are considered, even today, to be squatting on their own ancestral lands.

= Obituaries =

OTT, William 'Bill'

Surrounded by his wife and daughters and carried by the love and prayers of so many, Bill died peacefully on June 1, 2016 at the Lachute hospital. With his characteristic optimism and positive determination he kept everyone smiling right to the very end. Survived by his loving wife Mary Ruth (MacKimmie), daughters Karen (Ken Haller) and Merry Kim (Norman Arcouette), his brother Louis (Diane), six grandchildren and great-granddaughters Poopsie 1 and 2. A grave-side service will be held at a later date. In memoriam donations may be made to the Ladies Committee of the Residence of Lachute, 377 rue Principale, Lachute, Qc. J8H 1Y1 or the Mount Royal United Church, 1800 Graham Blvd., Town of Mount Royal, Qc. H3R 1G9. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



SIKLOSI, Wanda Lee (nee: Waugh)

1959 - 2016
It is with heavy hearts that we announce the peaceful passing of Wanda, surrounded by her family after a courageous battle with cancer, on Tuesday, May 24, 2016. Beloved wife of Frank Siklosi, devoted mother of Frank Christopher and Sarah Mary, cherished daughter of Francis and Beverly Waugh, loved sister of Rick (Lorraine), Wendy (Mike), Ken (Karen), Eddie, Laura (Greg), Larry and sister/brother-in-law Susanna and John. Wanda will forever be in our hearts and those of her aunts and uncles, many cousins, nieces and nephews. Wanda will be remembered for her love of family and constant caring for others. Funeral service will be held on Saturday, June 11, 2016 at 11 am at the Morin Heights Trinity Anglican Church and will be followed by a 'Celebration of Life' at the Royal Canadian Legion. A private burial will be held at a later date. In lieu of flowers, donations to the Cedars Cancer Centre would be appreciated. Special thanks to the staff of 10D North and the Palliative Care Unit, MUHC, Glen Site. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

MCLAUHLAN, William Sr.

1944-2012
Gone yet not forgotten
Although we are apart
Your spirit lives within us
Forever in our heart.
Love you,
Carol & William Jr.



2016 LESAN Regional Exchange

By Kim Nymark

LESAN (Laurentian English Services Advisory Network) is a network of English-speaking people, and their organizations and associations, that has as its mission to improve access to services and, in particular, health and social services, for the English-speaking population of the Laurentians. It enables the English-speaking community to establish common goals and be in a position to speak with one voice to promote improved services in English.

Once a year, 4 Korner's Family Resource Center brings the LESAN committees together to network and share information with each other. This year's meeting, held on April 28, focused on the actual art of networking. Approximately 30 people from the 5 LESAN committees met and shared knowledge and experiences from their respective communities.

The tone of the day was set with an icebreaker activity that quickly encouraged the participants to mingle and get to know each other. We were then fortunate to have Alain Paquette and David Gamache-Antaya, from the CISSS des Laurentides, present the new structure of the CISSS, and outline its commitment to the English-speaking community, and its plan to resume CRASLA (comité régional d'accès à la langue anglaise), which will be working with the Access program. After lunch, the meeting focused on the ins and outs of networking, with two dynamic guest speakers sharing their extensive experiences as community leaders. The attendees were given plenty of time to exchange with each presenter and had the opportunity to ask all of their questions. The day's information was interactive and appreciated by all participants.

If you would like to get involved in this movement and participate in your local LESAN committee, please contact us at 1-888-974-3940 or by email at info@4kornerscenter.org.

LESAN: Informing, linking and supporting the English-speaking community of the Laurentians.

Genocide Education at SAA

Dan Hedges - Educational Consultant, Literacy and Social Studies, SWLSB

On April 6, Mr. Peterson's Secondary 5 Contemporary World students were involved in a highly significant Genocide Education event. The presenter was Heidi Berger, a former student at SAA, and founder of The Foundation for the Compulsory Study of Genocide in Schools. David Graham, current federal MP and former SAA student, was in attendance. Renee Lozoff, teacher and keeper of the memory of SAA, and Bessie Tsatoumas, principal of Sainte Agathe Academy, were also in attendance.

Heidi's presentation was rendered in a very effectual way. The preserved video narratives of Heidi's mother and Holocaust survivor, Ann Kazimirski, are contextualized by Heidi throughout the presentation. Heidi becomes the conduit between her mother's legacy and narratives of survival, Genocide Education itself, and the audience.

Heidi's mother, Ann, was 17 when Nazi's invaded her town of Vladimir Volynski, Poland. After that day, a life of hiding in and moving between cellars, forests, barns, and secret rooms, begins. June 1, 1941, is recounted by Ann as the day in which reality changed for her family; a time after which the Jewish citizens were forced to identify themselves by wearing a yellow star. Ann and her family, while in hiding, witnessed and became aware of horrible mistreatments and murders of the Jewish members of the "ghetto." Abuses perpetrated by Nazi's towards the Jewish people are brought to reckoning through the voice, and preserved narratives, of Ann, with lucidity and a powerful scale of emotion; that of a survivor.

In a profound way, we must realize that history is not so far removed from our waking realities. So that the darkest hallways of human history will never be revisited, Heidi's story of her family's survival during a time of unthinkable wrongdoing, serves to renew deep levels of courage within individuals, and urge people to stand up and speak on behalf of tolerance and for what is right, whenever any degree of wrong is manifesting.

History is the laboratory of human experience. History serves us, and we must serve history. Being responsive and responsible for history, includes making every effort to come to terms with the whole spectrum of humanity; from times that demonstrate the highest virtues to the complete opposite, such as with genocide, in which total inhumanity occurs.

I am sure that the SAA Secondary 5 Contemporary World students will never forget the reflections that emerged during the presentation. Thank you so much, Heidi Berger.

Road Closure

The Minister of Transport would like to inform drivers that Route 50, between Lachute and Mirabel (Km 260 - Km 279) will be closed from June 16: 8 pm to June 17: 5 am for necessary road work.

Detour for east direction: drivers should follow Rte 329 and Rte 158 to Autoroute 15. West-bound direction should follow Ch. Saint-Simon, Rte 158 and Rte 329.



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Upcoming Activities

Personal Sessions to Relieve Stress

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

Comforting Tea

For cancer patients or those in remission
Fri, June 24: 10 am - 11:30 am (Ste-Agathe)

Coffee Meeting for the Bereaved

Tues, June 14: 7 pm - 8:30 pm (Mt-Tremblant)
Wed, June 15: 1:30 pm - 3 pm (Ste-Agathe)

Group Meeting for Those in Mourning

Learning about and progressing through the 10 steps of grieving
Started Feb 1 (Mont Tremblant)
Started Mar 14 (Ste Agathe)
Call for information.

Regenerating Yoga - for close family,

caregivers and the bereaved
Thursdays: 4: 30 pm - 5:30 pm (Mont Tremblant)

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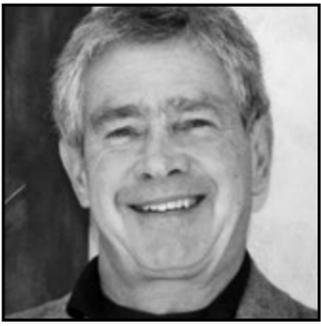


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DO YOU NEED AN ESTATE PLAN?

From your 20s to your 90s, estate planning is essential at any stage of life.

Do you have an "Estate"? It may sound grand, but you probably do. Your estate may include many kinds of assets – such as money, property, a bank account, investments, a car, a house or other possessions. So if you have an estate, you would be wise to consider the benefits of an estate plan.

Estate planning is an essential part of overall financial planning. It enables you to identify your beneficiaries. It helps you protect your family. It can also reduce taxes. There's no question that it can be uncomfortable to think about mortality. But creating an estate plan can help save extra expenses, extra time and extra pain for loved ones. A well-prepared estate plan can help you leave the lasting, loving legacy you intend.

Important at every age

Estate planning is important whether you're in your 20s, your 90s or anywhere in between. That said, like the rest of your financial plan, your estate plan will shift focus as you move through life.

In your 20s and 30s, your priorities may be to put measures in place to pay debts, taxes and other expenses and to care for your children and spouse or partner. In your 40s and 50s, with more assets accumulated, you may want to ensure that your heirs receive tax-efficient bequests and perhaps allocate funds to help pay health-related costs for aging parents. In your 60s and beyond, you may want to include provisions for grandchildren (even those yet to be born) and forgive debts from family members.

Changing priorities are the reason it's a good idea to regularly revisit your estate plan with your professional team – a group that may include your lawyer, your accountant and your advisor. Schedule an estate plan review every three to five years, or whenever any of these events occurs (this list is not exhaustive):

- You acquire or dispose of significant assets
- Your tax position changes

- You get married, separated or divorced
- You have or adopt a child
- Your child reaches the age of majority
- You, a child or a parent becomes seriously ill or disabled
- One of your beneficiaries passes away
- Income tax laws change

Answering important questions

Estate planning strives to anticipate a wide range of possible scenarios. It considers what-ifs and helps you plan for them.

More than a Will

An estate plan includes a will – but there's much more to it than that. A comprehensive estate plan ensures a coordinated strategy across many tools, such as:

- Will
- Beneficiary designations
- Power of attorney (or mandate) for property
- Power of attorney (or mandate) for personal care
- Life insurance
- Trusts

It also helps answer some significant questions. Here are a few to consider:

- Who will receive your assets?
- Who will pay your debts, taxes and expenses?
- Who will care for your parents as they age?
- How will you protect your bequests from marital breakdown?
- What happens if you can't make decisions for yourself?

An additional benefit of going through the estate planning process is that it can clarify certain goals in your own mind – such as whether you want to make it a priority to leave a legacy to family or to charity. Then you can work with your advisor to incorporate those goals into your financial plan.

Speak with your advisor

Estate planning is not a do-it-yourself project. Your advisor can connect you with experienced legal and accounting professionals who can help you create an estate plan that is right for you and your family. Your advisor can also explain some of the more complex aspects of estate planning so you can make the best choices for your situation.

If you want to discuss this with me, please call me at 514-788-4883, my mobile is 514-949-9058 or email me at Christopher.collyer@manulifesecurities.ca

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

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I'm Just Saying The Old Men and the Sea

Ron Golfman - Main Street

As we get older, we seem to hang on to rituals as if our lives depend upon them and, at times, they represent seemingly significant points of reference. I'm not talking about the post-60 reduction in the price of a MacDonald's coffee, or two bucks off a movie pass, but more the collective activities, which provide landmarks of a sort.

In this vein, I am preparing for our annual, old-farts fishing trip, one we've taken for years as a rite of passage into summer. It started off being a four-day escape from work and the bump and grind of everyday life, but now, as some of us are retired, and some are not, its meaning carries more weight. Not to be maudlin, but as people seem to be dropping like flies, once past 60, this trip is akin to Forrest Gump's mom explaining that life is like a box of chocolates; you never know what you're going to get, and in our case, who is going to be around for the journey.

In past years it has been the usual suspects, Dave, Ron, Scott and a guest star. A few years ago, our buddy, Jason, went along, and now is in the guaranteed mix. Word has spread that this is a trip to be on for a variety of reasons; cold beer, beautiful vistas, good eats, and last, but not least, the fish. This year, actually, the trip will start tomorrow morning, due to the folklore attached to our spending the winter, recounting yarns related to this adventure; we will have eight brave souls attending.

The logistics involved range from the obvious questions of how much money, beer and types of reels and lines to bring. Along with these, and aging, come questions regarding allergies, and are there lots of stairs to the dock, and who is bringing the Geritol and A-535 rub. You might think I'm exaggerating, and not all in our octet are over 60, but often, it's the puppies who fall first, be it in aches and pains, or dealing with the hangovers.

I anticipate that once we've helped each other to read the labels of items we'll be bringing, we'll migrate to various vehicles for the four-hour trip, which will no doubt take longer, given bathroom-stop frequencies. After unpacking, we'll match roommates, based on snoring volume and toxic emissions, and then all fall into deck chairs on the porch, ales in hand, to nod off gracefully, before the next morning's start to the Hemingway-based saga.

Dave and I are the house-mothers, a name bestowed, not selected, and while we shopped for provisions, we found ourselves trying to balance bacon and burgers with veggies and hummus, so that we may all live to tell the story. Gone are the days when, if we didn't catch anything, we'd entertain stopping at Waldman's to buy fish and take the price tags off.

We've come to realize that taking a step back and hanging with our buddies, even for a few precious days per year, is golden, and the memories will, hopefully, last a long lifetime. I'm just saying!



Making it Work in the Laurentians Spread the Word! How to Promote Your Business on a Budget

By: Andrew Taylor

Imagine a perfect world where your marketing budget is unlimited. Imagine the award-worthy TV ads you could make, the impactful billboard posters, the PR firm on retainer! Now, welcome back to reality - that place where any promotional activity seems out-of-the-question costly, particularly if you're in the early stages of establishing your business.

Here's the good news: with a little research and time, there are plenty of ways to promote your business for free, or at a minimal cost.



Email Marketing

The email newsletter is an effective form of online marketing that's proven to provide a high return on investment. And with free services, like MailChimp, it's easy to get an entry-level version set up. Before starting, take the time to learn best practices. Content should offer information that your customers will care about. The purpose of email marketing is to drive readers to your website, or shop, so you should give compelling reasons to achieve that goal, with discounts and promotions. The best part is, if your e-newsletter strikes a chord with readers, it can easily be forwarded to new potential customers as well.

Remember to make sure you're aware of Canadian Anti-Spam Legislation (CASL) which, in short, means you'll need to get permission to contact your customers before sending them anything.

Social Media Marketing

Using social media is a great way to promote your business, but it's only effective if done properly. Some platforms won't be as useful for you as others, so don't sign up to every single one. If you're selling a product that looks great in photos, consider Instagram. If you want to encourage conversation, try Facebook or Twitter. But if you do utilize more than one platform, free tools like Hootsuite can help you coordinate your efforts. Your goal should be to engage, entertain, and educate, so keep an active presence and create posts that are conversational, casual and of value. Some social media platforms will only let you get so far for free. They'll eventually throttle your organic search results and you'll need to pay to continue growing. That will be a sign of your marketing success, so it's not the worst problem to have!

Articles, Ads and More

When you're on a budget, promoting your business in the media requires a creative approach. Look for local papers and relevant magazines in your area and offer to provide free content in the form of an article. You're not creating an ad, so this isn't the appropriate venue to make a hard sell. Try forming an article around a timely, community issue and mention how local businesses, like yours, address it.

If they are a good fit for your customer segment, also look into posting on websites like Kijiji and Craigslist too. These sites present a localized way to advertise for free.

Remember, while these techniques don't have a set-up cost, they do cost in terms of time. So use yours wisely, by researching the most effective ways to implement each one - and good luck!

YES offers a variety of workshops and business coaching services for entrepreneurs. Find out more by visiting us at www.yesmontreal.ca.



The English Link Beware of Fraud (part three)

By Kim Nymark - Main Street

With fraud becoming more and more predominant today, I decided to dedicate a series of three articles to fraud. I have already addressed both the grandparent scam and Internet fraud; next on my list is identity theft.

Identity theft, or impersonation, occurs when a person obtains and uses, without your knowledge or consent, your personal information for criminal activity. Personal information includes any information, or document, that can be used to establish your identity.

Criminals may use your information to do the following:

- Gain access to your bank accounts to make purchases and/or withdrawals, or even steal all of your savings;
- Apply for loans, credit cards, bank accounts or mortgages;
- Obtain passports, or receive government benefits.

How do they do this?

- Steal your wallet, purse or residential mail.
- Search your garbage, or recycling bin, for bills, bank statements or other personal documents.
- Call you, pretending to be a creditor, your landlord, your employer or an investigator, to obtain your personal information.
- Send unsolicited email messages that appear to originate from a legitimate source or website.
- Complete a change of address form to redirect your mail.
- Tamper with automated banking machines and point-of-sale terminals.
- Search your computer, smartphone or tablet, and read your sent email messages.

How do you protect yourself?

- Be especially vigilant when you receive unsolicited emails, mail or telephone calls requesting any personal or financial information.
- Do not send personal or confidential information by email or text message.
- Install antivirus software, a spam filter, a firewall and a spyware blocker on your electronic devices, to reduce the risk of hacking. Make sure you choose complex passwords and change them often.
- Shred your receipts, credit card statements, pre-approved credit offers and any other documents containing your personal information before you discard them.
- Check your credit card statements regularly. Immediately dispute any purchases you do not recognize.
- Memorize your passwords and personal identification numbers (PINs) and do not keep a written record of them. When entering your PIN at a bank terminal, make sure that no one is around to see it.
- Check your security settings, and carefully consider what you are about to post, before sharing personal information on social media. Consider all posts to be public information. If you share photos and videos online, consider removing geotags (location data) to avoid revealing where you live or work.
- Each year, request a copy of your credit file from TransUnion or Equifax and make sure there are no errors.

Remember that your social insurance number (SIN) is confidential and is only legally required for reporting employment or investments income. Even though businesses may ask for your SIN for other purposes, you have the right to refuse their request.

If you believe that you are, or may be, a victim of identity theft, notify the police agency that serves your municipality, and immediately contact your financial institution and credit card company. Also, you must contact both national credit rating agencies and request that a fraud alert be added to your credit file. The two phone numbers are: Equifax Canada (1-800-465-7166) and TransUnion Canada (1-800-663-9980). Last but not least, contact the Canadian Anti-Fraud Centre to report the fraud at 1-888-495-8501.

kim@4kornerscenter.org for the English Communities Committee of the CISSS des Laurentides (des Sommets region) and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 4330.

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 MLS 22623480

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 MLS 24055120

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WATERFRONT LAKE FIDDLER: Charming cottage on Lake Fiddler. 2 bedrooms, 2013 artesian well, 2011 septic system. 100 feet on the shore of the lake. Cottage is open concept, view on the lake, wood stove. Basement for storage. Land is quite private, shed. Quiet area, dead-end road. Only 20 minutes from St-Jérôme & autoroute 15, 45 min. from Montreal.
 MLS 21362736

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 MLS 16826876

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Beech Bark Disease

Warning: Invasive Disease in our Forests!

The Produits Forestiers Claude Baril company wishes to inform the public and forestland owners about the beech bark disease and raise awareness as to the importance of properly managing green spaces.

The beech bark disease has been present for many years now and has quickly spread in the province's forests. It is characterized by the presence of cankers, which appear on the stem deforming the tree and eventually killing it. This disease is easily identified by the presence of a white deposit that can be found on the bark of the tree. When a severe infestation occurs, the bark dies and a reddish-brown liquid flows from the affected area. In the region, the disease progresses rapidly, hence the importance to act quickly.

The removal of the beeches from the forests remains the best and only way to stop this disease from spreading. A quick and effective intervention would allow to keep the soil healthy, productive and of good quality while offering it a greater longevity.

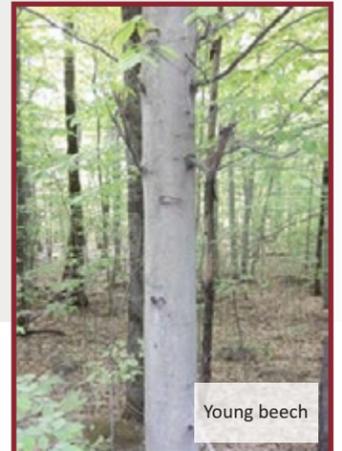
It is the responsibility of all green space owners to act for the future of their heritage. A forestland is an invaluable legacy for our future generations. A responsible management would not only allow to extend the life of our forests, but would also ensure their long-term profitability.

Forestland owners must now act to slow the rapid progression of the disease in their forests. Some activities, such as selective cuttings, may be taken to stop the spread of this invasive disease. In some of the Outaouais and Laurentian regions, studies have been conducted following sanitation cuttings in the ongoing effort to end this disease. After analysis, these forest activities are extremely positive and ensure a significant decrease of the spread of the beech bark disease. For more information, please visit the Ministère des Forêts, de la Faune et des Parcs website: <http://mffp.gouv.qc.ca/forets/fimaq/insectes/fimaq-insectes-maladies-corticale-hetre.jsp>

The Produits Forestiers Claude Baril company urges forestland owners to remain vigilant and to monitor the disease

evolution in their environment. Important business partner with some local businesses, like Loiselle Foresterie, it has, over the last 15 years, built a dynamic and qualified team. It accompanies grove owners to assess damages caused by the disease in their land and to propose the best contingency plan. It hopes that citizen-owners will consider this information and understand the urgency to act quickly for the future of our forests.

Do not hesitate to contact the company and its team for more information regarding the beech bark disease or for your future forest-related projects.



Young beech



First phase of the beech bark disease



Beech leaves



Dead tree from beech bark disease

Biomass: A Hidden Treasure

Over five years ago, the Produits Forestiers Claude Baril company launched a forest biomass project, right here in Argenteuil. It managed to endow itself with a loyal customer base in the field and enjoys an increasing demand for this renewable material.

Bear in mind that biomass production allows a maximum and responsible forestry development. All the forest scraps are accumulated and transformed on site into chips, which are sold to dealers for heating. No waste.

Today, the company wishes to promote the benefit of biomass on Argenteuil's local economy. Important business partner in the region for over 15 years, it plans to offer, in the long run, a renewable and sustainable source of energy. This new source of green energy contributes to help fight climate change and is still today an optimal economic and environmental choice.

The company's forest biomass project alone has allowed the creation of jobs and a local investment of more than a million dollars. It is, without question, a promising economic niche for the region that has a strong potential. The forest biomass represents a durable and less-expensive alternative to fossil fuels.

Elsewhere in the province and in Canada, some schools, hospitals, shopping centres and even

industries are well underway in the shift to biomass as a main source of heating. Why not us? We have the material, the expertise and the means to grow this market. The Produits Forestiers Claude Baril company wishes to work closely with the region stakeholders to develop this economy and participate in its diversification.



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