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What's On My Mind...

More than just hobbies...

Susan MacDonald, Editor

Over the course of my life, I have had the pleasure of exploring a plethora of hobbies and have participated in many social activities. These pleasurable pursuits have included, but are not limited to, running a hobby farm where I raised sheep, Angora goats and Angora rabbits, from which I collected, processed and spun the wool. I would then crochet wearable items to sell at the local markets. I have taken art courses, ballet jazz dance classes, music lessons and, my most long-term activity, owned Arabians and participated in local equestrian competitions for forty years. My most recent self-imposed challenge was to join the Arundel Community District Choir, a daring endeavour for one whose singing capacity is the equivalent to that of a cat on a hot tin roof. In fact, looking back, I see now that learning new things was actually my true interest, rather than the hobby itself.


I love learning and being creative, but the rewards I have earned and appreciate the most have come from discovering how challenging acquiring a new skill really is. Even at entry level, I learned quickly that arts, crafts and sports are not as easy as they may first appear and that it takes time, patience and practice to even begin to know how much you don't.

Beyond that I have also gained a deeper respect for those who do the same things with ease and skill; the master musicians, crafts people and athletes. Unknowingly, they have given me the gift of insight, of listening intently, looking closer for details and exploring colours and textures. As a result, I hear music differently now and see art canvases in a new light. No longer do I just see or hear, I explore, and it's exciting to 'sense all' from a new perspective.

Local markets are great venues to explore potential interests you might later enjoy pursuing as a hobby. From soap and candle making to wood carvings and delicate jewelry, vendors are always happy to discuss their wares and can point you in the right direction for further guidance. Even the local food producers are happy to discuss their products, offer recipes and cooking tips, and sometimes have unique seeds or seedlings available to add to your own garden.

This summer step out and explore the community and local shops to see what you can find to tweak a new interest. For now, I'll continue with the choir, who knows, I might just hit that note after all.

Enjoy the read...



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LET’S TALK!

Meet 4Korners This Summer

This summer, drop in and discover how **4Korners** supports English speakers of all ages in the Laurentians.

From **July 7 to August 14**, visit any of our offices, meet the team, enjoy a coffee and a treat, and share your ideas.

Your voice will help shape our 2025-2030 Strategic Plan!

Visit us at any 4Korners office:

Deux-Montagnes (Head Office): 1650 chemin d’Oka
Sainte-Agathe-des-Monts: NEW 118 Rue Principale E, Unit 220
Saint-Sauveur: 190, Avenue de la Gare
Lachute: 508, rue Principale
Ste-Thérèse: 2 rue du Ravin (in Église chrétienne)

Monday to Thursday, From 10 a.m. to 3 p.m.
Walk-in — no appointment needed!

Join us in building a stronger, more connected community for all.

Contact us to learn more:
www.4korners.org | info@4korners.org | 450-974-3940



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Arts & Culture
Arts et culture



Belonging and mental Health Well-being in the Laurentians across generations

Gaëlle Giraudeau

Stories that start with the same phrase are common at 4Korners: "I didn't think anyone would understand what I was going through." No matter our age or background, mental health issues impact everyone, whether it's a young mother experiencing stress, a teenager coping with anxiety, a caregiver dealing with burn-out, or an elderly person feeling alone.

Still, a great number of people endure in quiet. Because of this, we are highlighting the importance of mental wellbeing for everyone throughout Mental Health Awareness Month in May, Intergenerational Day (June 1), and World Elder Abuse Awareness Day (June 15). Let’s use this moment to ask for support or tools.

From the very beginning of life to our later years, at 4Kornres your mental health matters.

Our prenatal and postnatal programs provide essential emotional support and a sense of community to new and expectant parents during a period of significant transition. Through Social Emotional Learning (SEL) programs, we also engage with young children and families, establishing the foundation socialization, empathy and resilience early on.

As kids become teenagers, our work changes accordingly. We are aware of how important it is to provide areas where youth feel protected, heard, and visible, but foremost, have a sense of belonging. Our youth programming therefore emphasizes emotional resilience, self-expression, and mental wellness. These moments are important, whether it's connecting with others through group discussions after school, examining identity and belonging in safe spaces, being creative in art and wellness programs, or sharing tales through spoken word and music during open mic nights. They reassure young people that they are not alone, boost their self-esteem, and lessen their anxiety. Whether it's for youth or families, our programs are also designed to help caregivers feel less alone and less stressed, whether they are taking care of an elderly parent, partner, or child.

Naturally, we also keep helping our senior community by offering outreach initiatives, social gatherings, and wellness groups that foster deep ties and lessen the loneliness that all too frequently comes with growing older.

There is no one-size-fits-all approach to mental health at 4Korners. It is a collective endeavor. It's about listening to individuals without passing judgment, meeting them where they are, and providing support that is as varied as the people we serve.

Strong communities are built when every individual has the support they need to thrive.

Therefore, know that you are not alone if you or someone you care about is going through a difficult time this spring, whether it be in private or in public. Make contact. Participate in a program. Give us a call. Tell your tale. Because if we work together, we can create an area where people of all ages may feel supported, understood, and seen.

Visit www.4korners.org, call 450-974-3940 or email info@4korners.org to connect with us.

Morin-Heights' First Female Mayor

Municipality of Morin-Heights is pleased to announce the election by acclamation of Mrs. Louise Cossette as Mayor for the remainder of the current 2021-2025 term. She therefore becomes the first woman to hold the position in 170 years!

At a special meeting held on May 7, the Council elected Mrs. Cossette by acclamation to fill the vacancy left by outgoing Mayor Tim Watchorn, who resigned on May 2, 2025, following his election as Member of Parliament for the new Pays-d'en-Haut riding on April 28.

In accordance with the Law, the Council has decided not to hold a by-election by universal suffrage, given the cost of such an election and the upcoming general election on November 2.

Mrs. Cossette had been a municipal councillor since November 5, 2017. She was responsible for urban planning, seniors and outdoor activities. She also sat on the board of directors of Transport adapté et collectif des Laurentides (TACL).Before becoming a municipal councillor, Mrs. Cossette was Director General of TACL from 2011 to 2016, after serving as Economic Development Commissioner and Assistant Director General of the CLD de la MRC des Laurentides from 1990 to 2011.She was actively involved in the creation of L'Inter des Laurentides and the Carrefour jeunesse-emploi (CJE) des Laurentides.

Mrs. Cossette is also a graduate of HEC Montréal in administrative sciences.



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Mobilization Day on Homelessness

The 3rd edition of the Knowledge Mobilization Day on Homelessness in the Laurentians took place on May 16. This day of mobilization and reflection was organized by the Integrated Health and Social Services Center (CISSS) of the Laurentians, in collaboration with the Université du Québec en Outaouais, the organization Le Café Parenthèse, and the organization le Trait d'unionjeunesse, and took place under the theme "Acting Together to Address Homelessness."

Bringing together more than 200 community partners from the research, community, healthcare, and public sectors, the day provided an opportunity to address the complex and sensitive issues related to homelessness in our region, while inspiring meaningful action. The specific needs of women and seniors experiencing homelessness were notably discussed.

A workshop on the roles and responsibilities of each participant judiciously concluded the day of action. Benoît Major, Deputy President and CEO of the CISSS des Laurentides, reiterated the importance of joining forces to combat the phenomenon:

"This day of action is proof that homelessness is a central priority for all stakeholders in the Laurentians community. Together, we can address this important collective issue. I salute the commitment of all the participants and partners involved, not only on this day, but also on a daily basis in the fight against homelessness. I am proud that the CISSS des Laurentides is participating with determination in the fight against homelessness."

To learn more about the actions in place to combat homelessness and the resources available in the Laurentians, visit the Homelessness section of santelaurentides.gouv.qc.ca.



Nearly half a million invested to secure and modernize water and road infrastructure

Work to replace a storm drain pipe and resurface the roadway will be carried out on the first 200 meters of Guindon Avenue, starting at Jean-Adam Road, from June 11 to July 11.

This work, made necessary due to the advanced deterioration of the storm drain pipe and roadway, will ensure efficient future stormwater drainage, preventing breakage and flooding. Pedestrian safety will be greatly improved thanks to the addition of a sidewalk that will connect Jean-Adam Road with the entrance to Les Factoreries. Finally, the two sidewalk segments on Jean-Adam Road will now be connected by a paved pedestrian crossing, ensuring the crossing's visibility in all seasons. Resilient vegetation will be planted.

Aware of the potential impacts of this work, the City has implemented measures to maintain access to businesses located in the construction zone. Addresses 100 and 110 on Guindon Avenue will remain accessible from the north side, while the other businesses will be accessible via a detour via Donat Street. A temporary path will also be created behind address 110 to facilitate access to Mikes Restaurant. Flaggers will be present on site to direct users, and directional signs will be installed at the corners of the block.

While some disruptions are expected, including noise and dust, every effort will be made to limit them. This work represents a significant investment in the sustainability of infrastructure and the safety of the area. The City thanks residents and businesses for their cooperation and patience during this period.

For more information on the work carried out on Avenue Guindon, please contact the City at 450-227-0000 post 2700 or by email at communications@vss.ca

Harrington Social Activities

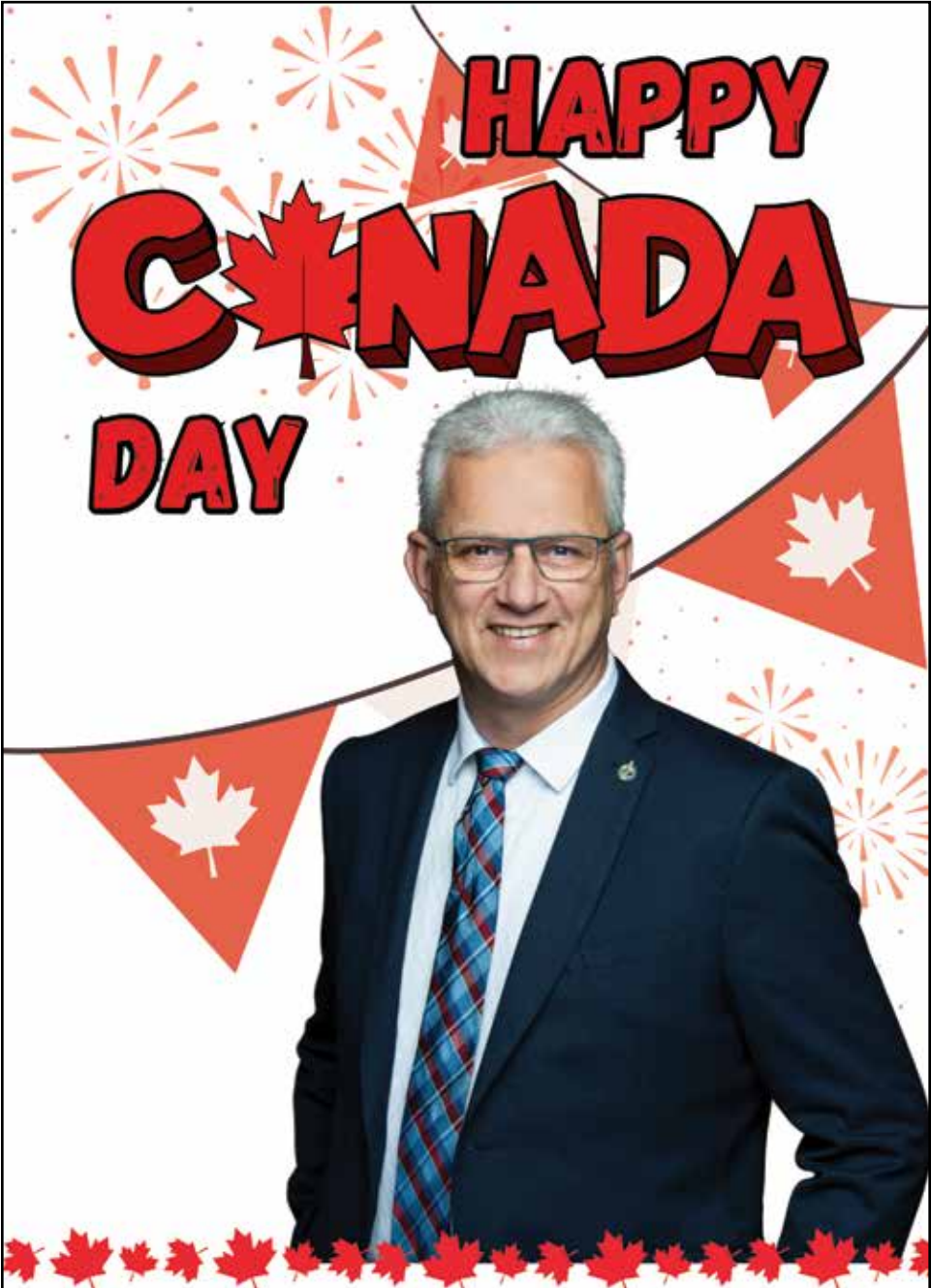

- AVOCA COMMUNITY CENTRE (192 Chem. Avoca)**
June 28: Mushroom Seminar
- HARRINGTON GOLDEN AGE Centre (259 chemin de Harrington)**
Mondays: 10 am – Quilting
Mondays: 1 pm – Knitting & Crocheting
Thursdays: 7 pm – Bible Study
- HARRINGTON VALLEY COMMUNITY CENTRE (420 Chem. de Harrington)**
June 13: 7 pm – Bingo
June 28: 1 pm - Canada Day Parade (leaves from HGA) & celebrations
- LOST RIVER COMMUNITY CENTRE (2811, Route 327)**
June 21: 9 am – 3 pm: Flea Market / 11 am – 2 pm: BBQ and cash bar
June 29: 9 am – 11:30 am: Breakfast
July 1: 11 am – Canada Celebrations
- CHURCH SERVICES**
Harrington United Church Service: 1st Sunday of the month at 1:15 pm
Avoca United Church Service: 3rd Sunday of the month at 2 pm



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Stéphane Lauzon
M.P for Argenteuil-La Petite-Nation
stephane.lauzon@parl.gc.ca

Arundel News

Janet Thomas

INTERMENT OF JANE WILSON (NÉE BAUGH)
Arundel Cemetery, rue du Village
Sat, June 14, 11 am
Refreshments follow at Grace Anglican Church,
7 Church Road, Arundel.

Beloved wife of Kenny Wilson, Jane wintered in Morrisburg, Ontario, and summered at the family cottage on Caribou Lake. She was a long-time, valued member of Grace Anglican Church and an active supporter of every community event. Her sense of humour and sparkle will be missed.

ARUNDEL CRAFT FAIR AND FARMERS MARKET
Centre Arundel, (Arundel United Church)
17 rue du Village
Sat, June 21: 9 am - 2 pm

Thirty talented artisans will gather at the Centre Arundel to show and sell their work. You are sure to find a treasure: stained glass, jewellery, wood carving, pottery, sculpture, kitchen sewing, photography, felted wallets, macramé, and much, much more!

Farmers will set up across the street to sell farm-fresh organic produce, baking, cheese, eggs, chicken, jams and preserves – and more as well. Come and visit our charming village fair and go home happy with armfuls of good things.

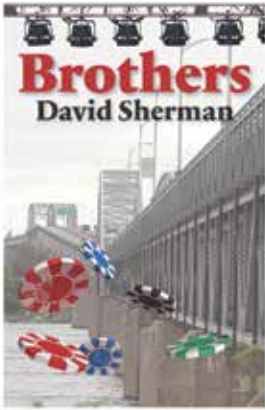
STRAWBERRY LUNCH
Centre Arundel (Arundel United Church)
17 rue du Village
Sat, June 28: 11:30 am – 1pm

Our traditional Strawberry Lunch will be served picnic-style under tents on the premises of the United Church. You will enjoy a platter of delicious assorted sandwiches, followed by homemade strawberry shortcake and whipped cream, with your choice of tea, coffee, or lemonade. Visit old friends and make new ones at this festive village event. Rain or shine, the lunch goes on!
Adults \$15; Children 5 to 12 years old \$5; children under 5 FREE. Cash only.

A Book and Puzzle Sale will add to your enjoyment. Farmers and producers will also be present to sell their fresh produce, baking, cheese, eggs, chicken, jams, and more.

ARUNDEL SPEAKERS SERIES PRESENTS
CHRIS MORGAN’S ADVENTURES WITH THE U.N. DEVELOPMENT PROGRAMME
Centre Arundel, (Arundel United Church)
17 rue du Village
Watch for the date in July, 7 pm
Free admission; Refreshments available.


Chris Morgan worked for the United Nations Development Programme to set up Internet in developing countries. He will speak of the travel aspect of his assignments, with anecdotes about some bureaucratic “adventures”.



Brothers
David Sherman

Join us

For the launch of Morin Heights’ author David Sherman’s ambitious new novel, *Brothers*, a tale of family, cultural and sexual frictions spanning lifetimes. Reading by Theatre Morin Heights Corina Lupu and Noel Burton. Wine and snacks served.



Morin Heights Library, 567 Chemin du Village | Saturday, June 21, 2025 at 2 pm



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Grace Church

Arundel seeks to build firm foundations for the future

Reverend Ben Stuchbery

Grace Anglican Church has long been a fixture of the Arundel community. Arundel and the surrounding Rouge River Valley was settled during the early part of the nineteenth century by an influx of settlers, primarily from the British Isles. During those early days, Anglicans were served by various visiting missionaries. Church life as we know it today began in 1878 with the appointment of the Rev’d H.J. Evans as the first Incumbent.

It was around the same time that the present church was constructed. Today, Grace Anglican Church continues to serve as a centre for Christian worship and community engagement.

Led by their young priest, the Reverend Ben Stuchbery (yours truly!), as well as a team of dedicated volunteers, the parish maintains its primary mission of offering weekly worship services on Sundays at 11 am for all people in the surrounding area.

Grace Church’s mission extends well beyond Sunday morning, however. The congregation has deep and longstanding ties to the wider Laurentian community.

The parish is among the many sponsors of the Arundel Farmers’ Market. Members of the congregation serve on committees, which support local institutions such as the local branch of the Legion.

The parish hosts Victoria’s Quilts, a monthly elder’s outreach initiative, as well as a “social cafe” where seniors can get together for coffee, tea, board games, and a chat, to break social isolation and improve quality of life.

During the summer season, members of the congregation host a bake sale and bazaar, as well as a community yard sale.

The year rounds out with two annual community dinners: the Harvest Supper in October, and the Christmas Dinner in early December.

For those who wish to learn more about the Christian faith in an informal and friendly setting, Grace Church hosts a weekly bible study either in the parish hall or on Zoom on Thursdays at 10 am. Courses in Christian education are a regular feature, and a Quiet Hour on the first Wednesday of each month offers a space for stillness and contemplation for people of all faiths and none.

At present, the people of Grace Church are working hard to lay a solid foundation for the future both financially and in terms of community partnerships.

All of this is done in the hope that this parish church can continue to serve the people of Arundel and the wider Laurentians for years to come.



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14,000 copies distributed throughout the Laurentians

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MAIN STREET 

Exciting News!

Ben's Animals - the movie

Lori Leonard

Finally, after 3 years in the making, the movie “Ben’s Animals”, the story about Ben Lachapelle (self-proclaimed “Animal Knower”) has reached completion! Talented filmmakers and veteran Documentary Director, Evan Beloff and Director of Photography, Noah Leon, are proud to announce that the film will premier on CBC’s Absolutely Canadian documentary series on Saturday, June 28 at 8 pm. There will also be an advance screening at the Canadian Museum of Nature (the perfect venue for Ben), in Ottawa on Sunday, June 22 at 6 pm. The film is approximately 50 minutes long, followed by a 15-minute question and answer period and cocktail reception held in the museum’s Stone Wall Gallery.

The film documents Ben’s journey as an autistic child hyper-fixated on animals (having grown up in the Laurentians) and how he became a celebrated animal activist (an artist-activist) and children’s book author-illustrator about animals. Although there was an inordinate lack of government services, with the love of family, friends and the Laurentian community, Ben attained great success with his artwork. Ben’s mother, Julie Chou, supported Ben and his work significantly, as well as founding and leading AAL (Arts & Autism in the Laurentians). AAL, now run by 4Korners with Jaime Bisailon at the helm, supports neurodiverse youth and their families through weekly meetings with special events, social time and creative arts. This poignant film is an eye-opener, showing the reality for autistic and disabled individuals and their caregivers. It sheds a light on the sad state of Canadian support systems, especially for adapted housing. Despite these facts, the film is fun and uplifting. Ben & Julie recently moved to Ottawa, but Ben’s strong ties to the Laurentians and the community will continue as he will return for a week each month.

Ben also recently won the first Ben Lachapelle Youth Award, which was quite an honour. He was presented this award on May 15, 2025 at 4Korners’ 20th anniversary celebration held at Les Vergers Richard Legault, Saint-Joseph-du-Lac. This unique award will be presented to a special Laurentian youth each year who perseveres and contributes to the vitality of the community.

Congratulations Ben and Julie. All of us look forward to seeing “Ben’s Animals” movie and to seeing both of you very soon!

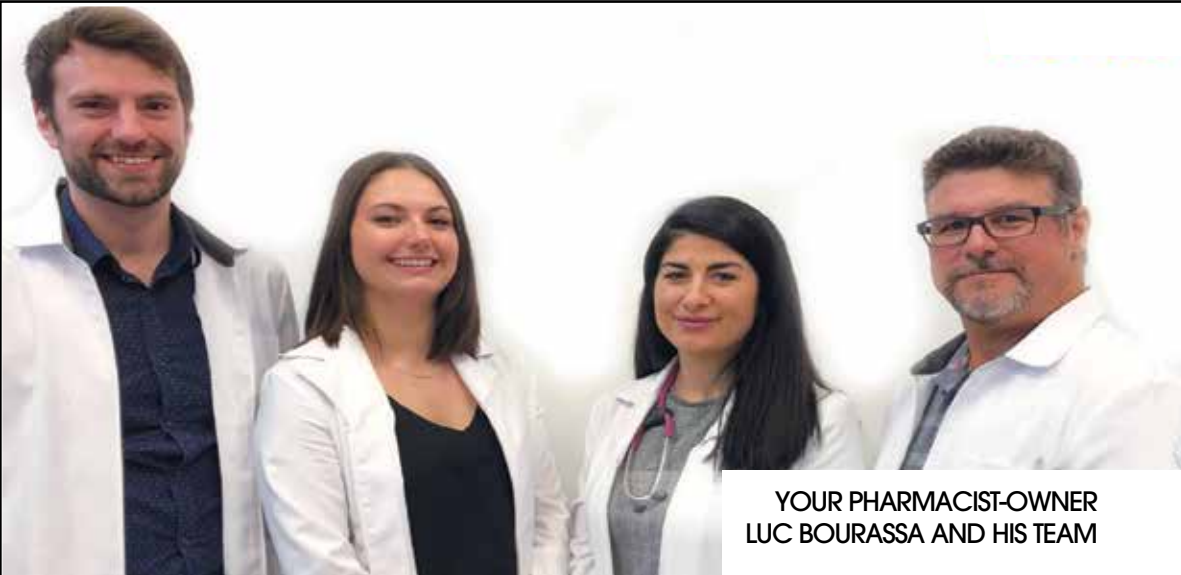


L-R: Peter Andreozzi (4Korners President), Ben Lachapelle (award recipient), Hugo Bissonnet (Executive Director)



Cancer Support Group Meets June 28

The next Laurentian Region Cancer Support Group meeting is June 28 at 1 pm at Chalet Bellevue in Morin Heights. Participants are welcome to attend in person or via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the June meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.



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By Lori Leonard - Main Street

Congratulations to:

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Did you know that:

If you are interested in purchasing peppers of any kind, your dreams have been answered? Visit **Ferme Hill Head Chili inc.**, 300 Route 329, Lachute. Owners

are **Francis Binette** and **Marie-Laurence Fortin**, who produce 100 varieties of peppers every year (completely mild to extremely hot!) They also grow veggies and herbs used in the transformation of their peppers. When they don't have enough of a vegetable (ex: cucumbers for relish) they collaborate with local farmers. Their products change throughout the season. They make jams, compotes, 30 types of sauces with varied flavours and levels of heat including relish, salsa, chocolate, kimchi, fermented products, marinades, etc... They isolate their pepper plants to preserve their genetics. This way they are able to sell reliable seeds and pepper plants. They also sell fresh and dry peppers. In Lachute you can find their products at Traiteur Alain Cousineau, Boulangerie, Le P’tit Chef, Lowe’s, Au Jardin de Lachute and fresh peppers at IGA in Fall. They currently do not have a store at the farm but it’s planned for 2025. For now, customers can call and go pick up their orders!

They encourage visits and offered the opportunity to purchase plants on June 1 and 7. 450 304-4337 / fermehillheadchili@hotmail.com / fermehillheadchili.ca / FB: hillheadchili / Instagram: hillheadchili

If you ever have technical problems with your computer, printer, ipad, software, your answer is: **Shawn Murnaghan**, from **Tech Assist Laurentides**. Shawn runs his business from his home in Gore, offers guidance over the phone or clients can drop off their computer. He also offers pick-ups within a 20-minute drive and does on-site work.

Shawn focuses mostly on computers – hardware, software, data recovery, upgrades. He works on desktops, laptops, tablets, smartphones. He is also a certified camera/security installer for www.lorex.ca. He is a real whiz and can repair almost anything!

He can help folks remotely and if that doesn’t work, he can pop by for a quick fix. For work that takes more than 1 hour, he suggests leaving it with him. He provides an estimate based on economic, balanced, or high-performance levels prior to completing work.

He can install Windows 11 on computers that don’t meet Microsoft’s standards. Same for Apple computers that don’t have a supported operating system (MacOS) upgrade. He can also install newer, supported operating systems on older computers which is important if people use their computer for banking, taxes, or simply want to keep their system secure. Windows 10 will no longer get updates after October. It is estimated that more than 1/2 of all computers still run Windows 10. Shawn loves us to keep using our devices, keeping them out of landfills and not purchasing something new just because it can’t run the latest software. Think Reduce, Reuse, Recycle! 450 612-9004 / tech.assist.arg@gmail.com / FB: Tech.Assist.QC

If you would like to take ceramics classes that **Mélanie Forest, Ceramist** offers amazing classes at her studio called **For Mé Création**, 529 rue Principale, Lachute? Melanie provides group and private classes in both English and French. She is passionate about her artisan work and it shows! Mélanie is extremely knowledgeable, is patient and accepts students of all ages and levels. She offers initiation to pottery classes and many other unique classes such as those for ceramic mobiles, stamps, plates, vases and much more. Melanie also sells beautiful ceramic items and has gift certificates, which serve as an excellent gift for birthdays or special occasions.

450 566-1696 / formecreation@gmail.com / atelierformecreation.com



Hill head chili





Laurentian Personality

Kathy Low

Secretary with a heart and hugs

Lori Leonard – Main Street

Kathy Low has lived in Lachute most of her life and currently resides in her childhood home. She comes from a small family with one brother. Although she lived in St. Laurent for 3 years, she returned to her roots in Lachute as she adores the “small-town vibe” and being so close to nature.

Kathy is proud Mom to Maeghan, a horse-lover who works at an equestrian centre and Brenna, who works at McGill as Senior Administrative Coordinator. Kathy exclaims, “Both are amazing, beautiful women whom I raised most of their lives as a single mom with the help of good friends.” One of their favourite family pastimes is to go out for lunch followed by a visit to Chapters. Kathy has been with her partner, Mark, for 8 years. He has 3 sons so they enjoy a large blended family. Another important family member is 14-year-old kitty, Loki, who was rescued from a stable by Maeghan.



Kathy worked for a customs broker at Mirabel airport for 18 years and then as secretary / librarian for Laurentian Elementary School for several years. She has been the secretary / receptionist at Laurentian Regional High School in Lachute since 2008. Kathy assists teachers with requests and administrative tasks and is also the school’s “warm and friendly greeter”. Students go to her when they need a band-aid, lunch money or help with an issue. Kathy provides lots of warm hugs to students who truly appreciate her.

Kathy gets to know the students well during their 5-year tenure spent together at high school, lots of time to create close relationships. One student referred to Kathy as “Mom”, then was embarrassed as it happened in front of his friends. Kathy’s favourite part of her job as secretary are the interactions she has with students. She says “Many of them hold a special place in my heart.”

Kathy first met Julie Chou and her son Ben in 2017 when she offered to be the very first volunteer for AAL (Arts and Autism Laurentians). She accompanied AAL youth on weekend outings, craft sales, at Festival Imagine, car washes, other activities and at AAL weekly sessions on Wednesdays. Julie says that “without any hesitation Kathy helped them with many crazy and mundane jobs. She never judged anyone and always had a smile on her face.” Julie added that Kathy is a genuine soul with pure love in her heart. Kathy, Julie and all of the kids have become close-knit friends.

Kathy is not new to volunteering. She has volunteered at the Brownsburg Legion and was Treasurer for a few years. She was “Tawny Owl” as Brownie leader and when her daughters were younger, she was a member of the parent committee FOLIES (Friends of LES). She is currently the secretary for the Laurentian Literacy Centre.

Kathy explains, “Community is support, belonging, working together, team work, resources. School life includes a sense of belonging, supporting, being part of a school family, education, positive communication and interactions. “I think it is important for students to have a sense of belonging at LRHS – to feel connected and safe during their transition into adulthood, which can be challenging for many students.”

Kathy also participates in weekly painting classes and when possible, attends music concerts. Her favorite music is “Rock and Roll,” but she also appreciates listening to Country & Western as well. She says, “Road trips are great. We have enjoyed road trips to Elliott Lake, Tadoussac, Nova Scotia, PEI and Cape Breton.” Kathy and Mark enjoyed an Alaskan Cruise last summer and will cruise the Mediterranean this summer. Kathy cherishes cooking for family and friends, especially when cooking in her tagine. Her 13-year-old granddaughter, Caprie, loves her grandmother Kathy’s mac & cheese!

Kathy no longer works Fridays, which allows her to spend time with her grandson, Weston (20 months old). Similar to the TV show Cheers, Kathy says, “Friends and family know they are always welcome to drop by!” Kathy, also similar to Cheers, “everybody knows your name and they are always glad that you came.”

Student Bursaries Offered by the Legion

Did you know that funds raised during the Legion's annual Poppy Campaign can provide a bursary to deserving local students?

The Legion may grant a bursary to students who are Veteran's children, grandchildren, great-grandchildren (12 to 25 years old), spouses or surviving spouses of Veterans.

Here is the definition of a Canadian Veteran.

"A Veteran is any person who is serving or who has honourably served in the Canadian Armed Forces, the Commonwealth or its wartime allies, or as a Regular Member of the Royal Canadian Mounted Police, or as a Peace Officer in a Special Duty Area or on a Special Duty Operation, or who has served in the Merchant Navy or Ferry Command during wartime."

The Morin Heights Legion is looking for deserving students who merit a bursary. Bursaries may be granted at any time of the year for an amount up to \$500 per award. Students may also re-apply for an additional bursary up to a maximum of \$1000 per student.

Students should reside in, or have strong ties to the local region. For further information, or to apply, please contact us at: Serviceofficerrcl171@gmail.com



Making it Work in the Laurentians

Strategies to promote your small business in a close-knit community

Maya Khamala

The vast majority of promotional and marketing advice is geared toward medium to large businesses. And information that does address small businesses is typically more applicable to those in bigger cities.

The reality: when planning promotions for small businesses in rural locales, prioritizing strategies that are cost-effective, local, and tailored to the specific needs of the community is key. Let’s explore a few small-town tactics:

Word of mouth

In smaller communities, residents often rely on word of mouth from friends and acquaintances. While in-person time with potential customers is key, a little SEO never hurt. Keeping your business updated on Google Business and social media will encourage clients to hit share. Ask people to leave reviews: good reviews are free promotion, and bad reviews are valuable feedback.

Make an impression

Your logo and storefront can help capture the attention of those passing by. Leveraging social media is also smart. Develop creative content that showcases your offerings, your community involvement, and behind-the-scenes glimpses of your business. Not your thing? Consider enlisting the help of a copywriter.

Offer a freebie

While giving away free products or services may not seem wise, particularly if you’re still new, it can actually be a very smart investment. For instance, offering your first 25 customers a freebie (i.e., a free coffee or a discounted massage) is a great incentive for people to check you out, opening the door to repeat customers, reviews, and recommendations to others.

Give back

Giving back to your community is not just good for your soul, it will also draw attention to your business. Ideas: volunteer work, donations to causes in need and promotional campaigns to help other businesses. Hot tip: whatever you do, be sure it’s aligned with your brand. For example, if you groom pets, consider supporting a local shelter. You may even wind up in the local paper!

Create alliances

Cultivating positive relationships with your neighbors is always good business. Try networking to find likeminded people in your area with whom you can forge strong alliances and support one another’s ventures. Chances are you’ll make more than a few mutually beneficial connections that will help your business thrive.

Get involved

The more visible your business is in the community, the more successful your marketing strategy will be. Participating in community events, sponsoring local teams, or hosting workshops relevant to your business are all great ways of putting yourself on the map and strengthening your local alliances.

Bottom line: the best way to promote a small business in a tight-knit area is to put genuine effort into integrating into the community. A tailored combo of online and offline strategies is sure to pay off over time.

Need a little personalized guidance? Wherever you are in your process, for a one-time fee* of only \$20, you can get unlimited business coaching by our experienced team at YES!

*To maintain an active membership, you must continue to work with a business coach.

Theatre Morin Heights celebrates 40 years

2025 marks the 40th anniversary of Theatre Morin Heights (TMH). Over the last 4 decades our local English community theatre troupe has offered a wide range of culturally oriented activities including full scale theatre productions, play readings and many other events. A gathering to celebrate this milestone is planned for September 27 at Chalet Bellevue in Morin-Heights. Details to come.



“The Lie” is back November 12-16: As Chalet Bellevue

became unavailable for our production of “The Lie” last spring, we pushed this comedy about truth by Florian Zeller to the fall. In the street, Alice has caught the husband of a friend with another woman and she is faced with a nagging dilemma: should she tell her friend what she saw? The closer the viewer thinks they are to the truth, the further they are from it. Tickets \$25 go on sale end of September. Six performances at Chalet Bellevue. Casting is complete and rehearsals are underway. To volunteer backstage or front of house, please contact us: theatremorinheights@gmail.com

For more information visit www.theatremorinheights.ca or call 579-765-3999.

COMMUNITY UPCOMING events

PET PHOTO SHOOT FUNDRAISER!!!
ALL PETS WELCOME
Harrington Valley Community Centre (420, Chemin du Harrington)
Sat, June 14: 9 am – noon / 12:30 pm – 4 pm / 4:30 pm – 8 pm
Themes: Yellow or pink backdrops
Cost: \$15 for 15 minutes (3-5 photos)
All proceeds to benefit Sauvetage Bennie's Rescue, our local cat rescue that offers low cost spay/neuter and Trap-Neuter-Release services.



AMIQUÉBEC – ALLIES IN MENTAL HEALTH
Various workshops and programs for families and friends of people living with mental health conditions.
Contact: 514-486-1448 / www.amiquebec.org



ARUNDEL CRAFT FAIR AND FARMERS MARKET
Centre Arundel, (17 rue du Village)
Sat, June 21: 9 am – 2 pm



CAMMAC SUNDAY CONCERTS & BRUNCH
85, chemin CAMMAC, Harrington-
Sun, June 29: 11 am – Portraits of women:
from Vienna to Paris with **Catherine St Arnaud** (soprano) and **Julien LeBlanc** (piano).
From the salons of Paris to the heart of Vienna, this intimate recital explores the lives and voices of women through music.
Sun, July 6: 11 am – Bennewitz String Quartet: A dynamic and engaging program of works by Haydn and Dvorák.
Info and tickets: www.cammac.ca/en/concerts-en/
Adults: \$68.99 / Seniors & students: \$57.49 / Children 12 & under \$40.24



ROUGE VALLEY DAYS
Harrington Golden Age (259, chemin Harrington)
Wed, June 18: 10 am – The Process of Grief with Pallia-Vie
Learn about the process of grief, the various stages and how we can be better supported throughout. Pallia-Vie offers accompaniment to individuals who are nearing end-of-life as well as support to loved ones during bereavement.
To register or for more information contact Melanie Wilson: 579-251-1421 / melaine@4korners.org



On With the Show Oldies but goodies...

Florian Gaudreau

If “JB and the Playboys” sound familiar that’s because it was a band that existed 60 years ago, and now they are back. It’s pretty exciting news to hear they are coming to play right in our own backyard at the Canadian Legion in Morin Heights on Saturday, June 14 at 8pm! I’m excited because the band is as good as it gets; they have opened for such bands as The Rolling Stones, Beach Boys, Robert Charlebois, The Byrds, and The Dave Clark Five. It’s one thing to say you’ve gone to one of these concerts, but it’s another to say you’ve played alongside these bands!

What I love about the band is the energy they put into their show and the music isn’t the only thing that’s energized. The lead vocalist, Alan Nicholls, puts on a show of his own, he’s animated and spontaneous, which adds that exciting touch to the evening. It’s nice when the audience can interact with the band, (call/response) it works well, especially when it’s done seamlessly off the cuff.

The band started off playing high school dances in full fashion. The Playboys would arrive in a Pontiac convertible, hop out of the car and run on to the stage, making their grand entrance. The band somehow ended up on “Like Young” (a music and dance show) with host Jim McKenna on CFCE. While the band was on the show, a producer from RCA Victor noticed them and signed them on for

ARUNDEL JAM SESSIONS
Arundel Legion
Next dates: June 19 & July 10
Casual, no agenda: a musician’s night to practice and exchange ideas.
Free... Enjoy the music and support local venues and musicians.



HARRINGTON FLEA MARKET
(2811, Route 327)
Sat, June 21: 9 am – 3 pm
Cantine opens at 8:30 am (coffee, tea and soda)
BBQ and cash bar opens at 11 am
Tables available indoor / outdoor: \$10 for 1 and \$15 for 2
Info: Barrie Smith: 819-687-9498 / barriesmith@gmail.com



VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH
Arundel's Grace Anglican Church
June 23: 9 am – 2 pm – regular greet & quilt meeting



We put together comfort quilts for people who are going through cancer and also use these days to socialize. Sewing skills are appreciated but not necessary as there are other tasks related to the quilts that need helpful hands.
*Next meeting: July 7: 9 am – 2 pm
June 28: Bake sale



MORIN HEIGHTS LEGION
Sun, June 15: noon – 4 pm: BINGO!
Fri, June 20: 5:30 pm – TGIF Smoked Meat
Sat, June 21: 6 pm – Wine & Cheese (tickets must be bought by June 16)
Sat, June 28: 6 pm – Canada Day Dinner
Sat, July 5: 8 am - 4 pm - Flea Market, Breakfast & Lunch



MUSIC NIGHT AT THE MORIN-HEIGHTS LEGION
Sat, June 14: 8 pm - JB & THE PLAYBOYS!
Sat, July 12: 8 pm - KIM ADAMS & THE HOUSE CATS
Sat, Aug 23: 8 pm – BH CONNEXION
Info: morinheights live - Tickets at the door: \$20



STRAWBERRY LUNCH
Centre Arundel (17 rue du Village)
Sat, June 28: 11:30 am – 1 pm
P’TITES FOLIE TO GO - SUMMER JAMS
1, rue du Village, Arundel
Last Sunday of the month

STRAWBERRY LUNCH

RICKKS ROOM
Aug 10: 2 pm – Dennis Ellsworth
Sept 7: 2 pm – Zachary Lucky
Oct 11: 2 pm – Grapes of Wrath
Tickets: \$30
Info: 514-895-5785 / rickksroom@gmail.com

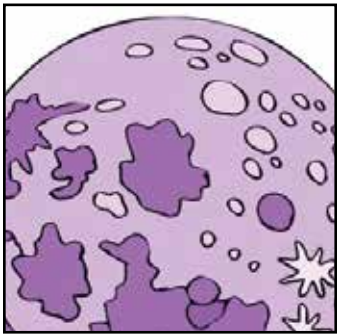


a record deal. Once the album was released the band took off doing Coca Cola Commercials and appeared on Hullabaloo, an American musical variety TV show (January 1965 - April 1966). *Some information was taken from Cashbox magazine (Friday, October 30, 2020), written by Don Graham.

Before I go, I’d like to introduce all the members of the band, the talent behind the magic. The original founding members are Alan Nicholls, the lead singer and quite the animator, and Bill Hill, the lead guitarist, also an original member. With a good sixty years of guitar playing behind him, you can tell, ‘it ain’t his first time!’ The new members consist of Ron Stulz (guitarist & keyboard) who more than holds his own on stage and Stuart Patterson (bassist), who first saw the band when he was in grade 7 at Hudson High School. Last but not least, the heart beat of the band, drummer RD Harris. If there’s a band worth seeing this summer it’s JB and the Playboys

*In February 1964 JB and the playboys signed a record deal with RCA Victor.





Zach Factor Shields are down, Captain! Part 1

Lys Chisholm & Marcus Nerenberg

The Cayce Predictions

Edgar Cayce was born in Kentucky, on March 18, 1877, a middle son in a large religious farm family. As a young boy, Cayce had unusual spiritual experiences while spending time playing in the surrounding woods. He encountered a variety of dimensional spirits, but specifically, one angelic winged being. He innocently told the adults around him that he could see his deceased grandfather’s spirit, which did not go over well, and he subsequently learned to be silent about his visions. By age 10, fascinated by the Bible, he read it completely multiple times and began neglecting his schoolwork. This resulted in a physical cuffing by his embarrassed father. The night of that event, he was visited again by his angel who told Edgar to put his schoolbooks under his pillow and go to sleep. In the morning, Cayce knew all his school tasks, stunning his father. Cayce would continue to experiment with this sleep-study and rose to the top of his class. One day while he walked in the woods, his angel appeared again and asked him what he wanted in his life. His answer was to “help others, especially children”. This steered Cayce onto the path for his adult life. In April 1900 he had his first experience under hypnosis, which was used as a healing method for his chronic laryngitis.

Cayce never knew or remembered what he was saying under hypnosis. Despite his initial fears of what he was revealing on topics such as past lives and astrology, Cayce, a devout Christian, soon accepted his unusual clairvoyant abilities as a gift from God and would go on to experience life as a seer, a past life regressionist, and a channeled healer for thousands of people. He garnered the name, “The Sleeping Prophet”.

Many tried to lure him into using his gifts for profit, a pitfall which he managed to avoid. Under professional hypnosis, a secretary would record his discourse and over many years his 22,000+ sessions came to be known as “The Cayce Readings”, today, fully catalogued and documented at the Cayce Institute. Aside from his revelations about the existence of ancient Atlantis and providing accurate medical diagnosis and treatment for many (he had an 8th grade education), Cayce also revealed many major global events that have subsequently come to pass. Over the years his channellings predicted the 1929 Wall Street crash, the rise and subsequent defeat of Hitler, the deaths of Franklin Roosevelt and Kennedy, the fall of the Berlin Wall and the rise of China as a global power among a significant number. For the year 2025 he made an exceptional disclosure.

One of Cayce’s most disturbing predictions was in reading 3976-15, the shifting of the Earth’s magnetic poles, describing a 40-year transition period beginning in 1958. He described a time where the geomagnetic field of the Earth would shift haphazardly and then dramatically, causing instability for electrical grids, airplanes, and all electric devices. Migrating mammals, insects, sea creatures, and birds would become disorientated by magnetic shifting. He died in 1945 yet described environmental changes caused by Solar storms decades before present day scientists linked the Sun’s activity with our weather patterns. He predicted changes in the Gulf Stream of the Atlantic, the warm ocean current that plays a critical role in keeping our weather patterns stable. He warned that these changes would create a domino effect: triggering polar ice melt thus causing sea levels to rise, creating extreme weather, drought, flooding and wildfires displacing millions of people. Consequently, he said, there would be collapse of economies around the world. These effects he channeled, would cause humans to reevaluate how they live and exist on this Earth.

Cayce claimed that around December 2025, this time would usher in a sudden shift in consciousness of humans, many receiving gifts of psychic and clairvoyant abilities outside of the technology we are finding ourselves entrapped in today. Beyond this point, Cayce said that humans will energetically and cooperatively shift their goals and commit to helping heal each other. This will become a time where technology will integrate seamlessly with these beliefs and where many new medical treatments will occur, which will rebalance our world on a collective level. True to the Cayce reading, in 1998, NASA first documented the migration of the Magnetic North Pole. It has gone from moving 5% per century, to 5% per decade and is still speeding up.

Next Month: Living with shifting Poles.



Edgar Cayce, the ‘Sleeping Prophet’ seen here in a 1910 portrait. He was a famous clairvoyant and healer whose many documented transmissions on future geo-climate and political events are still proving accurate today. Photo credit: Wikipedia open source. From www.edgarcayce.org.



The Story Behind A Match That was Meant to Be

Joseph Graham joseph@ballyhoo.ca



Six contiguous farms that stretched to include lots 17 to 21 in the Sixth Range, Doncaster Township, were originally deeded to three families, the Labelles, the Duquettes and the Charrettes. Over the course of the early 1900s each became the property of a different religious English-speaking family. To the west, the Labelle farms were given to Father Gerald McShane, the curate of St. Patrick’s Basilica, the centre of Montreal’s Irish-Catholic community, and the founder, in 1926, of Camp Kinkora. In the middle, the Duquette properties were purchased by Reverend Dr. Graham Orchard, an Anglican priest, intimate of the Archbishop of Canterbury, and schoolmaster of Trinity College School in Port Hope, Ontario. The third, the Charrettes’, became the country farm of an American evangelist and medical doctor named Dr. Charles Sibley. This third family would hold on to their farm for a hundred and three years, finally donating it to a charity. This short story focuses on the third of these.

Charles Sibley began life in 1875 in Crewkerne, Somerset, England. He was considered an obstreperous six-year-old and was put out with the sheep, where he managed well. Chasing a chimerical opportunity, his parents moved to Massachusetts, but it was the boy, Charles, then 13 years old, who was the best suited to their new world and who managed to find the work that fed the family.

When Charles got older and saw that his younger siblings were carrying more of the load, he decided he wanted to go to school and applied to the evangelist Dwight Moody’s school, Mount Hermon. (Although we did not know about this until more recently, our sons attended that same school, now called Northfield Mount Hermon, about 100 years later.) He graduated Mount Hermon in his twenties and decided to follow the founder’s vocation, but he also went on to university where he became a medical doctor.

Charles met Ann Short, a Montreal nurse with as independent a spirit as his and they moved to a mission in the Philippines, where their children, Margaret and Ann, were born.

After the war, in 1919, Charles wanted to revisit his childhood as a shepherd and acquired the property in Ste. Lucie from a small investor who had repossessed it for unpaid debts. Charles raised sheep there, coming regularly from New York and always preserving the old farmhouse more or less as he had found it. A dedicated evangelist, Charles attempted to evangelize the very Catholic people of Ste. Lucie! His passion fulfilled, the property became a getaway, not just for his children but also for his nieces and nephews.

His daughter Margaret married Peter Polovchik and had two children, Peter Sibley and Jean Short, but neither of them had children, nor did Margaret’s sister Ann. A school nurse who lost her husband when the children were in their teens, Margaret kept up the Ste. Lucie property as a summer retreat for herself and interested family members including her many Sibley cousins, driving out from Oradell, New Jersey every summer in an old blue Chevrolet that aged into a bi-coloured blue and brown sedan.

Her children inherited the old farm and while Peter stayed in the background, he encouraged his sister’s desire to find a way of protecting the property after they were both gone. When Jean died in 2019, he took a much more active role, ultimately encouraging Maison Emmanuel in Val Morin to accept the whole property and protect its forests and wetlands as Jean had wished.

Jean was an environmentalist who spent her last years teaching science and handicrafts to handicapped people at Crotchet Mountain School in New Hampshire. She never knew Maison Emmanuel, but she would have recognized it as being very similar to the Crotchet Mountain School. Founded by Inge Sell, a German Anthroposophist, Maison Emmanuel began in a square-log house on Chemin Beaulne in Val Morin. Its first home was almost identical to the Sibley-Polovchik farmhouse in Ste. Lucie, and Inge’s project grew to comprise many buildings, caring for a large group of dependant children who have grown into adulthood in its community. These residents, called the Villagers, make products in their own bakery, and Maison Emmanuel runs a café in Val David that also serves as an outlet for the Villagers’ various handicrafts.

In 2001, their original log house burned down. Mary Small, a Scot there as a seasonal volunteer, knew that home. Mary later returned from Scotland, becoming a co-director of Maison Emmanuel upon Inge Sell’s retirement.

It was one summer day during COVID that Mary first saw the doppelganger home on the 6th Range Road. Maison Emmanuel had been looking for a summer escape spot, a place to go for a visit to the lake, to get away, and for staff retreats. Mary and her team also lamented the intense development that had come to surround their holding in Val Morin. She knew her foundation was in a position to make a difference, protecting the environment around them, but it was not large, comprising their residential buildings and a big, productive garden. Examining their mission and vision, they saw that the two properties could work together to protect the natural environment according to Jean’s wishes and to act as the refuge for the Villagers and a place for staff to take respite.

We who were involved in this extraordinary development felt that it was happening before our eyes, and twice during this process, different players had the eerie feeling that things occurred through a will beyond our comprehension. The first was when Mary saw the image of the home that had been lost, and the second was when some of us who knew Jean felt that, although gone, Jean seemed to have found Maison Emmanuel, a place where she could have been working for her last years, its vocation so similar to the Crotchet Mountain School.



Garden Talk

Tomato sucker dilemma

June Angus - Main Street

To prune or not to prune, that is the question. When it comes to growing tomatoes, general gardening wisdom suggests that pruning or cutting off secondary stems (often mistakenly called suckers) is the best way to grow.

The idea behind this practice implies that offshoots (which are actually new branches) “suck” valuable energy from the plant and impede a successful harvest. Turns out this is all wrong.

A sucker by definition is a stem that never produces flowers or fruit. Offshoot tomato branches do, in fact, produce both. These are the branches that emerge at the junction or axil of an existing leafy branch where it meets the main stem. In essence, the more leaves a plant produces, the more photosynthesis can occur to feed the plant and improve fruit production. So rather than sucking energy, these extra branches help produce more essential food for the plant with great potential to improve your overall tomato harvest.



So where did the idea to prune “suckers” come from? Over a century ago, people stopped growing tomatoes on trellises and started using stakes to support their tomato plants. On a stake, it was simply easier to support one main stem than to deal with all the extra branches a plant might produce. The solution was easy... cut them off. That reasoning should have disappeared with the invention of the tomato cage that can support not only a main stem but all the extra little branches that develop. Unfortunately, entrenched habits are hard to break, and so many people continue to prune even though it’s not necessary for the health of the plant.

The real bonus of not pruning is that tomato plants grow more vigorously and actually produce more fruit than their pruned siblings. It’s true that the overall size of individual fruit on unpruned plants may be slightly smaller, but the total harvest can be much bigger and happen faster. That’s good news for those of us living with our short growing season in the Laurentians. And with more leaves working on photosynthesis to produce the sugar that feeds the plant, tomatoes from unpruned plants are often sweeter.

Is there ever time to consider pruning? Yes. Some tomato plants, especially vining or indeterminant varieties, will try to produce more than one main stem or stalk from its base. If there is more than one main stalk emerging, select the largest, sturdiest stem on each plant to become the main support. Cut off any others that develop from the base with clean shears. Repeat this step throughout the growing season if more stems appear from the base of a plant. Finally, as the season progresses, if there are heavy branches that are not producing flowers or fruit, you might as well remove them to encourage the fruit production elsewhere on the plant. However, if you are growing bush or patio tomatoes, which are determinate varieties and stop growing once they mature, there is really never any need to prune.

Whether you decide to prune or not, always remove any dead, yellowing, spotted or torn leaves. They can no longer feed the plant and can become a host for harmful pests and disease.

Over the years, I have pruned off lots of secondary branches only because it seemed that’s what we were “supposed” to do. More recently, I have stopped pruning and, low and behold, it seems the new common wisdom of not pruning works great!

Wishing you all a plentiful, successful tomato harvest!

Fresh Strawberry Vinaigrette

Ingredients

- 2/3 cup roughly chopped strawberries (89g)
- 3 tablespoons apple cider vinegar
- 2 tablespoons honey (or agave)
- 2 tablespoons fresh lime juice
- 1 teaspoon lime zest (about 1 large lime)
- 1/2 teaspoon salt
- 1/3 cup olive oil

Instructions

Place the strawberries, vinegar, honey, lime juice, lime zest and salt in a small food processor and process until the strawberries are totally broken down. You will need to stop and scrape the sides often.

Once mixed, with the food processor running, stream in the olive oil until the dressing is mixed and thickened.

Enjoy!



Word Play

The light and the dark

Louise Bloom - louisebloom@me.com

I have been reading an analytic treatise on the book of Genesis, the first book in the Bible’s Old Testament. Early Genesis describes one of the first myths of creation. Genesis 1:3-5 and Genesis 1:14-18, describes the creation of day and night as part of God’s initial creative act.

I find the regular occurrence of this phenomenon rather magical; the opening refrain of birdsong that occurs as the sky at dawn begins to reveal the contours of the landscape, and the dignity of the sunset as it announces that the activities of life will soon be invisible when shadowed by night.

Before the discovery of fire, the miracle of electricity, the interjection of artificial light, we were unable to defy this natural day-night eventuality here on earth. People were by necessity in tune with their physical need to rest in the dark and rise with the sun, honoring the seasons and the effects of light on the nature of planting, and the tasks of food production. Winter months in the agricultural times had longer hours of darkness and the body was forced to rest from summer’s long work hours.

How significant that “nature” provides us with a prompt to retire, to cease movement, to rest and rejuvenate when night arrives. How far we have come. How productive we are with the 24-hour work period, the proverbial night shift.

I was reminded in the same breath that we are living willingly in a situation that exposes us to “light pollution”: the human-made alteration of outdoor light levels that prevent the day-night cycle from occurring naturally.

Light pollution is a side effect of industrial civilization.

Its sources include building exterior and interior lighting, advertising, factories, streetlights, and illuminated sporting venues.

Since the dawn of time, all life has relied on Earth’s predictable rhythm of day and night. It is encoded in the DNA of all plants and animals. Humans have radically disrupted this cycle by lighting up the night.

“The introduction of artificial light probably represents the most drastic change that human beings have made to their environment.”

The Earth’s daily cycle of light and dark governs life-sustaining behaviors such as reproduction, nourishment, sleep and protection from predators. Artificial light at night has deadly effects on amphibians, birds, mammals, insects, and plants, destroying the delicate balance in many ecosystems. The impact on our ecology is devastating.

And what of the direct impact on humans?

The American Medical Association has revealed that “Many species need darkness to survive and thrive.” Exposure to artificial light at night affects human health, contributing to sleep disorders, depression, obesity, diabetes, heart disease, as well as cancer.

Nighttime exposure to artificial light suppresses our melatonin production, the substance known for its antioxidant properties, sleep induction, immune system strength, cholesterol reduction, and balanced adrenal functions.

Constant companionship with the blue light on screens also threatens the health of our sight and some aspects of our brain power.

I have known of this creeping devastation for some time but have turned my back and buried my head. Like us all, I have wholly purchased the advantages of “keeping the lights on” as the generosity of our techno culture (generous to a fault).

In recent years, I have tuned in to the extreme fatigue that comes from overriding my energy reserves. While aging makes us more susceptible, the inability to rest and relax seems pandemic across the entire population. Beyond the prescription of meditation, taking the time to watch and honor the sunset with a deep breath, a soft gaze and a tranquil posture can flood us with the kind of rejuvenation that constant activity defies. And a moment to appreciate the dark.

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

Easy Summer BarBQ Sauce

Ingredients

- 2/3 cup ketchup
- ½ cup cider vinegar
- ¼ cup brown sugar
- 2 teaspoons pimentón (smoked

Spanish paprika)

- 1 teaspoon ground cumin
- ¼ teaspoon oregano
- Dash of pepper flakes
- 1 teaspoon kosher salt
- 1 teaspoon freshly cracked black pepper
- ¼ teaspoon liquid smoke (optional)

Instructions

Combine all ingredients in a small saucepan, bring to a simmer over medium heat and cook for 5 minutes.

Yield: About 1½ cups - use as a marinade, grilling sauce or dip

Enjoy!



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The 34th Saint-Sauveur Arts Festival

For its 34th season, from July 23 to August 3, FASS, now the largest regional dance presenter in the country, unveils its international-caliber program in terms of the number of large-scale shows it offers..

Performances under the big top kick off this year on Wednesday, July 23 at 8 pm with a triple bill from BalletX, featuring Loughlan Prior's Macaroni, Takehiro Ueyama's Heroes and Justin Peck's Become a Mountain. This vibrant contemporary ballet company from Philadelphia, hailed as “one of America’s best” (The New York Times), will kick off the 2025 Festival with flair.

An open door to the creativity of today's ballet. The Evening of Stars will be held the following day, Thursday, July 24, and the day after, Friday, July 25, at 8 pm each night.

A flagship event of the Festival, the Soirée des Étoiles is a dazzling showcase of virtuosity and talent, bringing together exceptional artists from around the world. In addition to classical dance, Flamenco will be on stage this year with many world-renowned artists such as Babatunji Johnson (Alonzo King LINES Ballet), Emma Portner, David Coria, Isidora O’Ryan (independent artists), Dawn Atkins, Stanislav Olshanskyi (Miami City Ballet) Enrique Bejetano Vidal, Maïlène Katoch (Birmingham Royal Ballet), Esnel Ramos, Rachele Buriassi (Les Grands Ballets Canadiens) and many more.

The Orchestre Métropolitain's appearance at the festival is a well-established tradition that we are delighted to continue on Saturday, July 26 at 8 pm. Under the baton of its eminent conductor Yannick Nézet-Séguin, the Orchestra will offer a concentration of excellence and passion!

For one night only, on Sunday, July 27 at 8 pm, the Bulareyaung Dance Company will take to the stage with an astounding performance that will take the audience on a dazzling adventure into a rich and vibrant culture through traditional songs and dance deeply rooted in the Indigenous cultures of Taiwan.

MOMIX also will be returning this year and will dominate the stage on Wednesday, July 30 and Thursday, July 31 at 8 pm. Viva MOMIX is a brilliant showcase: fifteen dazzling scenes drawn from the company’s most iconic works will unfold in a whirlwind of ingenuity and fantasy.

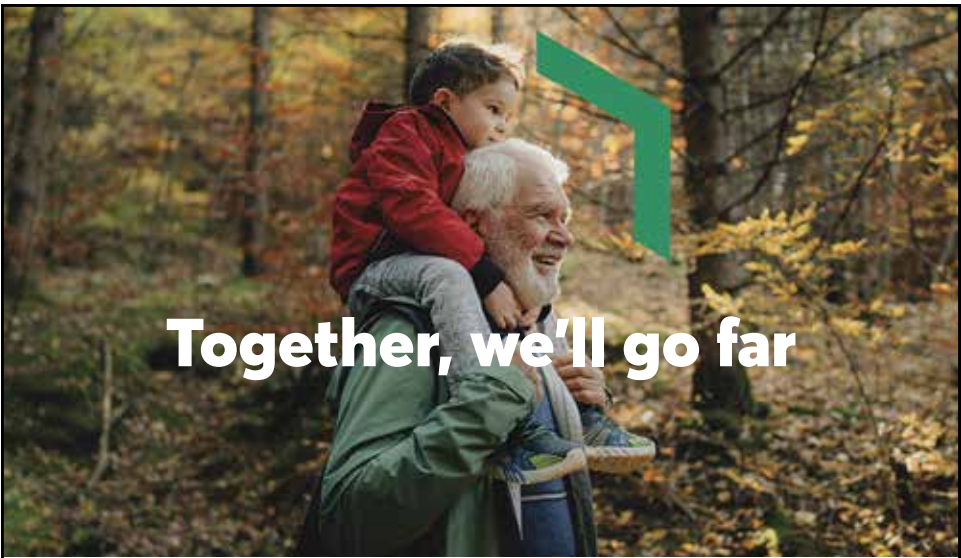
Travis Knights’ tap shoes have taken him on an incredible journey through a variety of eclectic collaborations and on Friday, August 1 at 8 pm, accompanied by his band, he will deliver an electrifying performance.

Les Jolies Choses, will be showcased on Saturday, August 2, at 8. Montreal choreographer Catherine Gaudet will put five bodies to the test. Subjected to the relentless rhythm of a metronome, their mechanical gestures unfold in sequences demanding absolute rigor and synchronization. The tempo, initially slow and contained, imperceptibly accelerates, driven by the minimalist and hypnotic music of Antoine Berthiaume.

To close the festival on Sunday, August 3 at 8 pm, Ballets Jazz Montréal presents the world premiere of a thrilling new work by Jo Strømgren. This major figure in the international performing arts scene is renowned for his abundant creativity and his skillful blending of humor, poetry, and depth.

The Festival des Arts Saint Sauveur is one of, if not the most, anticipated events of the summer, bringing world-renowned talent right here to our backyard. Rarely will you ever see such exquisite and talented performers join together for an event that will leave you breathless as never before.

For more information and to reserve your tickets please visit www.festivaldesarts.ca



Together, we'll go far

On April 15, Caisse Desjardins de la Vallée des Pays-d'en-Haut held its annual general meeting online. It was an opportunity to announce the past year's financial results to members. Members then had 4 days to vote on dividends.

There were 4 seats to fill out of 12 on the caisse’s board of directors. 11 validated applications were received. Following the end of the deferred voting exercise for the election of directors, here are the four directors elected for a 3-year term:



Arielle Beaudin
(newly elected)



Nicolas Fillion
(elected | was
Young Intern
Director)



Olivier Gravel
(re-elected)



Françoise Major
(re-elected)

The dividend plan was approved and \$2.12 million will be returned to caisse members and the community in the form of individual and collective dividends.

More specifically, an amount of \$1 846 955 million will be paid to members in the form of individual dividends and \$270,191 will be added to the Community Development Fund (CDF). «This amount is a form of giving back to the community that allows us to concretely experience the presence of Desjardins and its cooperative nature.

I would like to thank our members who, by doing business with us, enable us to contribute to enriching the lives of people and of our community», mentions Ms. Monique Éthier, board chair of Caisse Desjardins de la Vallée des Pays-d'en-Haut.

2024 Highlights Caisse Desjardins de la Vallée des Pays-d'en-Haut, is:



Visit desjardins.com/caissevalleepaysdenhaut to see our 2024 annual report.



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June 29 - Catherine St-Arnaud (soprano) & Julien Leblanc (piano)

July 6 - Bennewitz String Quartet : Haydn & Dvorak

July 13 - Ensemble Quartom : a capella vocal quartet

July 20 - Quatuor Cobalt : Reflets du temps

July 27 - Denis Plante : Astor & Me

August 3 - Kate Wyatt Jazz Trio : Reflections of Oscar

August 10 - Charles Éric Fontaine, Marc Djokic, Simon Aldrich & Friends: Stravinsky's the Soldier's Tale

August 17 - Les Boréades 30 ans! : Private Musick



La Route des Concerts

cammac.ca

Le SHED Studio / Echo Aloha

Lori Leonard

Le SHED Studio, a branch of Echo Aloha inc. is located at our doorstep in Morin- Heights. It offers a unique experience by combining yoga and fitness with outdoor activities. Le SHED Studio offers a variety of yoga and fitness classes with a panoramic view of the river, heated floors and relaxation whilst listening to the lovely natural gurgling sounds of the river.

Situated at kilometer zero of the Aerobic Corridor, 43 chemin du Lac Echo, Morin Heights and next door to Basler Park, Le SHED Studio occupies an authentic wooden 1930's building, formerly a sawmill, which was located on the Rivière Simon, now creates a welcoming place to relax in the heart of nature.

In addition to regular classes, Le SHED studio offers rental services, allowing visitors to fully enjoy the Laurentian outdoors. They also offer SUP boards for



sale and rentals, electric bikes for sale and rentals and accommodations for groups of 1 to 10 people.

For a more exceptional experience

Le SHED Studio also organizes unique adventure trips, which combine SUP adventures, yoga retreats, hiking and nature exploration. The schedule includes indoor, outdoor, and on-water classes, with options for private, semi-private or group sessions. Classes may be booked via the app "Echo Aloha yoga & Fitness".

Le SHED Studio also offers special summer promotions, such as unlimited access and shareable passes or à la carte classes. They provide different yoga classes, including Hot flow, Slow flow and stretch, Sup Fitness, Vinyasa flow & stretch, Vinyasa for all, Yin and stretch, Yin massage Yoga, and Pilates."

Take a drive or a bike ride to check it out. You will fall in love with the place and the owners, Pascale and Jonathan. For reservations or information, call Le SHED Studio at 514 709-0808 or write info@echoaloha.com They also have a Facebook and Instagram page.






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June 2025

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AT



- From 16:00**
- On-site BBQ, bar service and ice cream truck
 - Meet our local firefighters and police officers
 - Face painting and henna, inflatable games, tombola, and more!
- 16:30** The famous egg toss: prizes to be won, arrive early!
- 17:15** "Petits mots pour grands enfants" concert by Jérôme Charlebois and Annie Roy (ages 4-12)
- 18:30** Canada Day's birthday cake
- 19:00** Live music by Seb & Jess
- 20:45** Live music by Guitar Story's "Adrenaline" exclusive Canada Day edition
- 22:15** Flag raising and fireworks
- 22:45** End of celebrations



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New Outreach Caravan Project Comes to Harrington

Health and social services at your doorstep

Susan MacDonald

At a press conference held on Wednesday, May 28, the municipalities of Grenville-sur-la-Rouge (GSLR) and the Township of Harrington announced a new partnership with Maillage: Ageing in the Laurentians (MAAL), a living laboratory research initiative led by Professor Isabelle Marchand of the Université du Québec in Outaouais (UQO), Department of Social Work.



Based at UQO's Saint-Jérôme campus and supported by the Fonds de recherche du Québec (FRQ), the project adopts a collaborative model that brings together researchers, community members, and stakeholders from various sectors to co-create innovative solutions that support aging in rural communities.

Only two territories in the entire province were selected for this initiative, with Argenteuil being one. Within Argenteuil, the municipality of Harrington has been designated as a key location.

The project, titled Caravan, has undergone a thorough evaluation to ensure that services are delivered closer to home. It will operate under the umbrella of Rouge Valley Days and be coordinated primarily by 4Korners. The Harrington Golden Age Center (259 Harrington Road) has been designated as the primary service site. Given its location near the boundary between Harrington and GSLR, the project's reach has been extended to include residents in the northern part of GSLR as well.

The Caravan is a direct response to the needs expressed by older adults in Argenteuil and confirmed by the research groups. It aims to reduce social isolation, improve access to local services, strengthen the sense of safety through social connections and community support, and ultimately, help seniors remain in their communities longer. The possibility of providing transportation from seniors' homes to the Harrington centre is also currently under consideration. If this initiative proves to be successful, the model can be adapted and scaled to other regions across the province.

The Outreach Caravan will offer a variety of rotating kiosks and health services and will occur approximately bi-month. Its initial meeting, held on Wednesday, June 11, included informational kiosks from: Coup de pouce (Domestic help), Alzheimer Society (Cognitive health), CISSS (Home care support) and the Sureté du Québec (Fraud prevention). Also on site was a dental hygienist (advance appointments are required for these services) and the Laurentian Literacy Center (tech support).

For more information on the Outreach Caravan or to make an appointment, please contact Mélanie Wilson at 579-251-1421.

To follow MAAL updates as the project progresses visit website <https://labvieillirlaurentides.uqo.ca>



The Other Side of Getting Old

Enjoy the ride...

Florian Gaudreau

There are things I do that never get old. I've always had this drive to explore and at one point in my life, some friends called me, "Explorian."

In my early 20's & 30's I used to wander the back roads of the Laurentians on my motorcycle, packed with a lunch and bathing suit. I found all kinds of hidden treasures; waterfalls, abandoned houses, old mill houses, covered bridges and even an old fire station at the top of a mountain, not to mention all the awesome swimming holes.

For me, that's the kind of stuff that keeps me young - visiting places I've never seen before or trying something different, meeting new people. What really brings everything home is community. When I moved up north in 2012, I didn't have time to meet people; working full time & renovating a hopeless cause was my life. Getting to know the community, now that I have the time, is the real start to my new life. It's nice meeting up with familiar faces here, there and unexpectedly. Maybe it's about being part of something that draws me to community as I grew up in a place where everyone knew everyone.



I'm not always a social butterfly, on those days I like visiting flea markets and checking out new cafes, sipping coffee and reading a paper. (Much more satisfying than screen time) Every new experience awakens the soul adding to this new life of slow, but sure. With the coming of summer every day is a different experience from new flowers in bloom to the return of birds I've missed over the winter, to the sound of frogs announcing the arrival of a new season. It's like seeing something again for the first time.

I guess what I'm trying to say is, the more I appreciate the day, the more valuable it becomes. It's all part of enjoying the ride...

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June 2025

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Lucyne Farand

What's New in Real Estate?

How to prepare for a meeting with a real estate broker

Tips for residents of Morin-Heights and surrounding areas

Whether you're looking to sell your property or purchase your dream home in Morin-Heights or nearby, choosing a competent real estate broker who aligns well with your needs is a crucial step. Being well-prepared for your first meeting is essential.

Do Your Preliminary Research

Start by visiting the agency's or broker's website. Learn about their target market: do they primarily work with sellers or buyers? Are they active in your neighborhood? What types of properties do they highlight? By reviewing their current listings, you can get a sense of their presentation style, photo quality, descriptions, and marketing approach.

Read Reviews and Testimonials

Online reviews can say a lot about the client experience. Look for testimonials that reflect their professionalism, availability, listening skills, and effectiveness in closing deals. This can help you determine whether they are trustworthy and respected in the local community.

Prepare Your Questions in Advance

Come to the meeting with a list of relevant questions:

- What is their knowledge of the Morin-Heights real estate market?
- What is their strategy for selling or finding a property?
- What is their success rate?
- How do they communicate with clients?
- What packages, benefits, and services do they offer?

Clarify Your Needs

Before the meeting, take the time to clearly define your expectations: budget, timeline, preferences, and goals. The clearer you are, the better the broker can tailor his/her services to your needs.

In short, a successful meeting depends on good preparation. By gathering information and asking the right questions, you increase your chances of partnering with a professional, attentive broker who understands the real estate landscape of the Laurentians.



Quaint Family Adventures

Dear fathers...

Claire Gaudreau

Never underestimate the impact of your presence. While mothers often occupy the spotlight when it comes

to childcare, your children will always remember the little moments. When you lay in the grass watching the clouds, listening to the waves crash against the sand, rough play, wrestling, or tossing a ball back and forth. It may not always go according to plan...perhaps you intended to show your child an impressive waterfall, only for the reaction to be less than enthusiastic. While action and intensity can be exciting, sometimes following leaves as they travel down the river can be even more fulfilling (then again, that depends on the child!).

These moments of connection help to build safe spaces in the mind that can be revisited in times of distress. Mothers tend to bond through nurture and care, while fathers tend to connect with their children through play and skill-building. So, for Father's Day, get out and play! You could try the Lachute Flea Market , they have lots of interesting things to see, some farm animals and pony rides; the Arundel Farmers' Market hosts local farm producers, artists, musicians, and artisans from 9 am to 2 pm every Saturday until October; Acro-Nature in Morin Heights has a great zipline track (for those who aren't too fearful of heights!), or organize your own activity; grab your bikes and head to the P'tit Train du Nord, or pack a picnic lunch and take your little ones for a swim at the beach. Make sure you choose something your child enjoys too or the fun might be short lived!

Whatever you choose, it's not so much the activity itself that's important but the presence and connection to each other that matters most. There is no perfect way of parenting, no human is always calm or composed. Be yourself, you are what your children need. They want to hear your stories and get to know you. As a final thought, don't isolate these bonding moments to special occasions. Take time every day to truly observe and spend time with your children. You won't regret it!



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One Child, One Tree Program

Joy and pride were on display on June 4 at the Birthing Garden, where Mont-Tremblant families gathered to celebrate the arrival of their child in 2023-2024-2025 as part of the One Child, One Tree program. In the presence of several members of the municipal team, seven new trees were planted in the municipal park to mark this significant moment.



Since 2009, the City of Mont-Tremblant has offered a tree each year to families whose child was born or adopted in the last twelve months. Thanks to the One Child, One Tree program, hundreds of trees have been given to Mont-Tremblant families. These families can choose to plant the tree on their own property or at the Birthing Garden. To date, 39 trees have been planted in this park.

This year, 15 local families benefited from the program and received a crabapple tree, a red maple tree, or a white spruce to celebrate the arrival of their child. Eight of them chose to have their tree grow at home.

"Each tree represents a new story, a small promise for the future, a moment in life that we want to mark in a lasting way. It's a gesture filled with hope for future generations, for our community," said City Councilor Guylaine Lyras during the event.

For more information or to register your child born or adopted between May 1, 2025, and April 30, 2026, visit: www.villedemont-tremblant.qc.ca/enfant-arbre

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Real Wine for Real People

The Mosel Valley's gifts to the world

April Sirois – Sommelier - ISG

This month is a happy nod to my mother's favourite wine producing region, the German Mosel Valley, a beautiful region with its steep slopes of grapevines, winding river bends, and quaint medieval villages. Wine lovers know the magic here, is what grows on those steep hillsides; some of the finest white wines in the world, particularly, Riesling. Elegant, complex and surprisingly versatile, Mosel white wines offer far more than many expect from "German wines."

A Landscape Built for Wine (and strong legs)

The Mosel Valley is like no other wine region. The vineyards here cling to slopes so steep they make you question how anyone ever decided this was a good place to grow grapes. These dramatic hills give vines maximum sun exposure in Germany's cool climate. The slate-heavy soil retains heat that adds a distinctive, elegant mineral edge to its wines. That slate, blue, red, and sometimes even gray, does more than just keep the grapes warm. It reflects sunlight and gives Mosel wines their signature tension between ripeness and zingy acidity.

Riesling: The Star of the Show

Riesling is the heart and soul of the Mosel. It accounts for over 60% of plantings and comes in a range of styles from crisp and dry to delicately sweet and decadently rich. If you think all Riesling is sugary and simple, a good Mosel bottle might just change your mind, along with your wine shopping habits.

Dry Rieslings ("Trocken") from the Mosel are light-bodied, citrusy, and delightfully precise. The perfect summer sipper. Sweeter styles such as Kabinett, Spätlese, and Auslese bring the lush fruit flavors and a backbone of acidity, keeping everything beautifully balanced. These wines also age remarkably well, often developing complex notes of honey, spice, and that famously polarizing "petrol" aroma (which, believe it or not, is a compliment in Riesling circles).

Beyond Riesling

While Riesling is the region's superstar, a few other grapes make appearances in the Mosel ensemble. Müller-Thurgau and Elbling offer lighter, simpler sips, while Weissburgunder (Pinot Blanc) adds a bit of creamy texture and quiet sophistication. These wines are more casual in character—pleasant companions for an afternoon on the patio or an easy-going weeknight dinner.

Why It Matters

Despite its modest size, the Mosel Valley has a global reputation for producing some of the most expressive white wines anywhere. Names like Dr. Loosen, J.J. Prüm, and Markus Molitor are respected far beyond Germany's borders. And while there's been a noticeable shift towards drier styles in recent years, the Mosel remains a stronghold for wines that embrace a touch of sweetness with elegance and poise.

Final Sip

Whether dry, off-dry, or sweet, the Mosel white wines offer a masterclass in balance, finesse, and regional character. They're wines that reflect their rugged landscape, centuries of tradition, and just a little bit of winemaking wizardry. If you haven't explored the Mosel yet, consider this your gentle nudge to do so, ideally with a glass in hand.

Cheers

~ A good glass of wine is capable of awakening the mind – Konrad Adenauer



Words About Food

Just do it

Karen Feiertag

Is it safe to say that the projects that bring us the most satisfaction in life are those which have extracted a certain quantity of our own Blood-Sweat-and-Tears? Of course.

And to understate a fact, is it not a series of Life's Miracles, forever bringing themselves to our projects, that make them a success? Please say, yes.

Today, after a dark, rainy spring, I say "Hello" to summer and "Hail" to the edible garden.

For those of you who tweak annual strategies for overlapping spring, summer and late summer crops in a given plot and have already brought us rewards despite this season's slow start, please stop reading. But if you've never uncovered with awe the huge purple glory of an eggplant that's been successfully hiding behind its striking leaves, never thrown together a salad from greens growing in a pot beside your kitchen door, never made a habit of smattering bits of your own fresh herbs onto every plate of food you eat all summer, read on. Here are Three Simple Reasons to make One Small Step towards The Edible Garden.

Dirt Makes You Happy

Even before you see your first, delicious sprout, millions of microbes in the dirt will work to regulate your immune system. They'll boost serotonin levels in your brain, nerves, gut and blood. They'll increase cognitive ability, lower stress, improve concentration. Cancer patients report less anxiety and a better quality of life. If nothing more, just say, "Thank you, mycobacterium vaccae" and stick your fingers in the earth.

Excellent LIFE'S-MIRACLES-to-BLOOD-SWEAT-AND-TEARS Ratio

Taking another high-impact action – sticking something in that dirt aside from your fingers – brings further rewards. Yes, do put your project in the sun and add water when it's getting dry. But now you're in for weeks, no months, of watching miracles unfold. To start, choose parsley, basil, sage, oregano, garlic. Or salad greens, spinach, Swiss chard, kale, green beans or peas. Maybe a cherry tomato or pepper plant. All are high-yield, no-fuss options.

Harvest At Will!

I'm fascinated that most plants perform best when eaten regularly. Eating promotes higher yields, new growth, a healthier plant. Herbs? Ready anytime. Leafy greens? As soon as they shoot leaves. Tomatoes? When easy to pluck. Carrots and bean pods? Great when young and sweet. For maximum taste, harvest when plants are moist with dew after sunrise. For maximum satisfaction? When the BBQ starts to sizzle.

Comments to the writer? Words@station210.co



An impromptu salad from the Station 210 garden

Piedmont Celebrates Italian Republic Day With Flair

Benvenuti a La Cena...

Susan MacDonald

On June 1, Épicerie Traiteur La Cena (585 boul. des Laurentides) opened their doors and invited the public in for an entertaining afternoon in celebration of Italy's festive Italian Republic Day. Cars lined the street and the parking lot overflowed as visitors flocked to the site in anticipation of some great food and beverage tastings plus unique specialty items imported straight from Italy. And they were not disappointed!



Throughout the afternoon delectable aromas from the tasting sections floated throughout the venue as Marco Calliari and his band kept visitors entertained. Line-ups at each section in the grocery area (butcher, bakery and desserts) were long but friendly as clients chatted while enjoying the ambiance.

The Italian Day celebration at La Cena is an event that aims to bring friends and families together while enjoying a taste of Italy. Stepping through the doors of La Cena is like stepping through a portal into Italy itself. If you are a fan of Italian cuisine, this is the place for you!



In Quebec, "Italian Day" is celebrated in connection with Italy's Republic Day on June 2nd. This occasion marks the anniversary of the 1946 referendum when Italians voted to abolish the monarchy and establish a republic.



Keeping it Weird

We are what we eat



By now, you may know that I am a huge proponent of healthy food and diet. Some of this I learned from my doctor, who is now taking his well-earned retirement. From Ste. Agathe hospital to Clinique Medicale St. Sauveur, he has served the area for over 40 years. Dr. Singer retired last year due to health problems and Dr. Spunt will hang up his cold stethoscope on June 18. Secretaries (and much more) France and Nicole have been there since the beginning and doing it the old-fashioned way... paper. Only now will all those thousands of files, folders and test results be digitized, for the next generation.

Aside from the great loss to our community of such fine “small town” doctors and that family doctors are worth more than platinum, I wanted to say a great big thanks. Thank you for taking the time while your waiting room is full of coughs and sniffles, to ask questions, to listen and to care. To care enough to explore other different practices of medicine, to be open to allow and support other practitioners in your clinic.

It’s a curious thing, isn’t it? Doctors and nutrition - a pairing that seems so obvious and yet occasionally feels as mismatched as socks with sandals. They spend years mastering the art of diagnosing the most obscure ailments, interpreting lab results that look like hieroglyphics, and prescribing medications with names longer than a Shakespearean soliloquy. But nutrition? Well, that’s often relegated to a few lectures squeezed between dissecting cadavers and memorizing pharmacology.

You’d think a profession dedicated to health would embrace the art of eating with gusto. Yet, many doctors approach nutrition like its kale at a buffet, awkwardly poking at it but not quite diving in. Perhaps it’s the complexity of human metabolism or the sheer audacity of food trends that keeps them at arm’s length. One day, avocados are the holy grail of heart health; the next, they’re plotting to ruin your cholesterol.

That said, when doctors do embrace nutrition, it’s a revelation. Suddenly, they’re championing fiber like it’s a miracle cure, extolling the virtues of quinoa, and preaching hydration like it’s the ninth commandment. Patients leave their offices armed with recipes for flaxseed smoothies and stern warnings to avoid the siren call of sugar.

So, here’s to those doctors who dive deep into the kaleidoscope world of nutrition. They may stumble, they may mispronounce “cumin” or “spelt,” but hey, their efforts mean fewer pills and more salads, and that’s worth a toast. A green juice toast, naturally.

Expo Lachute Fair Celebrates 200th Annivesary

Two weekends, two unforgettable experiences!

July 4 and July 10 – July 13

Susan MacDonald

Get ready for an unforgettable getaway, whatever the weather! Whether it’s rides, shows, competitions, derby, music or local artisans, there’s something for everyone!

This year’s special 200th Anniversary gets underway on Friday July 4 with an iconic show featuring two of Canada’s biggest superstars, The Reklaws (9 pm) and Matt Lang (7:30 pm), with an opening act performed by one of Quebec’s own, Justine Blanchet (6:45 pm). Doors open at 5 pm. Tickets are available on the website and must be purchased in advance.

On Thursday, July 10, the streets of Lachute will be lined with excited onlookers eagerly anticipating the arrival of the Grand Parade as it makes its way to the fairgrounds, marking the official opening of this year’s big event and special celebration. Throughout the weekend, entertainment and excitement will shine over the fairgrounds promising an unforgettable family experience for all.

Livestock exhibitions will take centre stage at this agriculture event, showcasing the finest breeds of cattle, sheep, horses and poultry as farmers proudly parade their prized animals, hoping to claim the coveted blue ribbons.

Entertainment will abound as musical performances fill the air while dancers dazzle with their choreography. Engines will roar in anticipation of the exciting derbies and children will delight in all the games and activities. Squeals of delight will echo from the midway and mouthwatering aromas from the food concessions will waft through the air. This is the most anticipated event of the summer!

The Expo Lachute Fair stands as a testament to tradition, community and agricultural heritage. Established in 1825, it proudly holds the title of Quebec’s oldest fair and ranks second in all of Canada. For two centuries, it has been a traditional gathering place that celebrates rural life, livestock and local craftsmanship.

But perhaps the true essence of the Expo Lachute Fair lies in its sense of community. It’s a time for neighbours to come together, to reconnect and forge new memories. Whether sharing a meal at the food stands or cheering on participants in the various contests, the fair fosters bonds that endure beyond its fleeting days.

For full details and to reserve your tickets:
450-562-3741 / info@expolachutefair.com / www.expolachutefair.com





CANADA
Day
Celebrations

HARRINGTON VALLEY COMMUNITY CENTER
420, Ch. Harrington
Saturday, June 28

- FIREWORKS & MUSIC
- CAKE CONTEST FOR CHILDREN (make your own Canadian inspired cake)
- MAGICIAN FOR KIDS (4:15 PM) - FACE PAINTING - BALLOON ANIMALS - BOUNCY CASTLES
- SURVIVOR (16+) RSVP BEFORE JUNE 26 (4 members per team, \$40 per team. To register, call 450-613-0636
- BAR & KITCHEN (open at 3 pm)
- PARADE STARTS AT THE GOLDEN AGE AT 3PM...
- (all participants with floats, please arrive before 2:45 pm)

LOST RIVER COMMUNITY CENTER
2811 Route 327, Harrington
Tuesday, July 1 from 11 am - 2 pm

- 11 am - 2 pm: BALLOON MAN & CANTEEN (hotdogs, sodas, tea & coffee)
- NOON: FLAG RAISING CEREMONY & SINGING OF “O CANADA” FEATURING THE WIFFLETREE BAND
- MAYORAL ADDRESS BY GABRIELLE PARR
- 1 pm: PIÑATA
- 1:30 pm – CANADA DAY CAKE

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