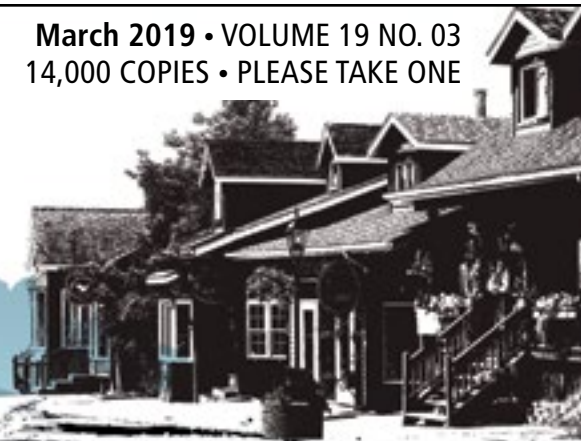


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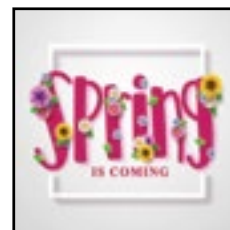
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What's On My Mind...

Loving the month of March

Susan MacDonald, Editor

I can smile now, looking out from my window, knowing that the mountains of snow and narrow, icy pathways will soon be mere memories of this unusually long and brutal winter. Hang in there, folks; March is here, and although Mother Nature may still have an occasional hiccup, we're over the winter hump and Spring is on the way.



March, it seems, is when we wake up finally and realize our days miraculously have become longer and that we're no longer comfortable with the heavy clothes we have worn habitually since last November. The sun feels warmer, and I see its proof as the thaw works its magic through ice-covered roads and melting snow trickles steadily downhill. It's subtle, but the snow finally is melting, and soon will disappear completely. I must say, I won't be sorry to see the end of it.

Our traditional cabanes à sucre will open for business this month. Sap-lines are up, and a few old-time taps and buckets are visible on sugar maple stands on the smaller, family operations. Quebec's sweetest industry will be in full operation soon, with its producers ready to welcome patrons to their establishments to enjoy our famous Quebecoise cuisine. I can hardly wait!

And now for the big news! ... March 2019 is Main Street's 18th anniversary, and we are very proud to have reached such a tremendous milestone. It is so gratifying to know we are still welcomed warmly into your homes each month and that our efforts to keep you up-to-date and informed, in English, are sincerely appreciated. A huge thank you goes out to the truly dedicated Main Street team, our loyal advertisers and to you, our readers. Here's a toast to keeping the presses rolling and the pages turning for many more years to come!

I would like to share with you that our dear Ilania, whom all our arts and culture page readers are quite familiar with, will be taking a brief leave of absence from our pages but will be returning in May with a vibrant new column. She has prepared a little notice for you, which you will find on page 5.

As I mentioned last month, we have chosen this 18th anniversary month to launch our new online newsletter that will be coming to you around the end of the month. I am overwhelmed by the great response we have received so far and pleased to report that we continue to receive new sign-ups daily. This newsletter will enable us to keep you up-dated between editions and will include tidbits of news, reviews, community events and even a few surprises. So, if you haven't signed up yet, just visit our website at www.themainstreet.org, where you will find the link to join the Main Street team of readers.

Wishing you all a warm finish to March, bon appétit at the cabanes à sucre and, as always, enjoy the read...

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Observations What's Going On?

David MacFairlane - MainStreet

When you look around the world, you must really wonder what the heck is going on and, most of all, where is this all going to end? The litany of bizarre happenings in the world and fake news reporting about them seems endless.

For example, the "Yellow Vest" movement in France has been raging for 15 consecutive weekends since last November. The mainstream media (MSM) in the US and Canada, apart from occasional news briefs, has largely ignored the protests and downplayed its significance suggesting these are small groups of disgruntled deplorables on the fringes of society. However, the reality is that many hundreds of thousands of ordinary citizens have demonstrated every weekend in the streets of major French cities, despite the violent opposition of the government that has authorised police use of brutal tactics and "non-lethal" weapons, to assert control of the crowds. Many citizens have died nonetheless, while many others have suffered serious injuries, like losing eyes and hands to rubber bullets and exploding grenades, and thousands have been arrested. Despite the violence of the police, the protests have continued unabated. The people are angry over rising fuel prices, high costs of living, lack of decent jobs and poor wages, high taxes, but most of all, they despise the corruption of the government at the highest levels and demand the resignation of President Macron. Contrary to the MSM fake news, the majority of French citizens across the socio-economic spectrum support and sympathise with this movement, which reflects their own discontent with the status quo.

Again, due to the danger to the ruling classes around the world, the MSM has failed to report that this "Yellow Vest" movement has spread around the world to over 25 countries, including Australia, the UK, Canada, and many EU and African countries, each with their own, unique set of grievances. These are populist movements of people against the ruling, corrupt elites and will only continue to grow. Here in Canada, the anger is focussed on the failure of support for the energy sector and on the government's "open border" policy on immigration, although it lacks the fury and violence of the French yellow vests.

Another bizarre development is the Western support for the attempted coup d'état in Venezuela. Again, the MSM has falsely represented the true state of affairs in the country. One is led to believe falsely that most Venezuelans support the self-proclaimed "President" Guaido, an obscure politician from a tiny far-left opposition party, who leapt suddenly into prominence as the person to replace the legitimate President Maduro. What the MSM has failed to report deliberately is that the last Presidential election, in 2018, was monitored by hundreds of independent, international monitors, who stated clearly that the vote was fair and legitimate. Most western countries rejected the results on the grounds of "irregularities" and "voter fraud". However, four senior election monitors, from The Centre for Investigative Journalism and the Department of Latin American Studies, Middlesex University, wrote a letter, in June 2018, to the EU Representative for Foreign Affairs and Security Policy confirming that the Venezuelan election system was fraud-proof and that every stage of the voting process was carried out under strict international supervision and witnessed by the contending parties, and the reporting system was rigorous and tamper-free. The international monitors concluded unanimously that the Presidential election was fair and legitimate. The letter went on to state that the EU claims of election fraud were "fabrications of the most disgraceful kind, based on hearsay, not evidence, and unworthy of the EU." Even former US President Carter claimed, "I would say the election process in Venezuela is the best in the world."

Furthermore, nobody seems to question just who this Guaido fellow is. He happens to be a CIA stooge who has been groomed by the CIA for many years and has made numerous clandestine visits to the US in this time. This coup attempt has been staged by the CIA and supported without justification by all the US "allies" (puppets) including Canada, to its shame, but then again, can anyone expect better from this weak and inept Canadian government that seems unable to do anything right? Under international law, US interference in the affairs of Venezuela is manifestly illegal, but who is brave enough to oppose the Golden Golem of Greatness and earn his wrath? (Thanks to Jim Kunstler of Kunstler.com) For that, we would need our little guy from Shawinigan, who must be watching the recent damage to the Liberal brand with poignant bemusement. Then again, the US, believing in its own exceptionalism, has meddled in the politics of many countries and sponsored assassinations, or the deposals, of many leaders - 68 in total and most of them democracies. In this case, the goal is not the "restoration" of democracy in Venezuela, but control of the country's vast oil deposits, which are the largest on the planet. The hypocrisy is outrageous when you consider that, for two years, the neo-cons in the US Deep State have tried to overthrow their own sitting, legitimately-elected President.

"Mother, mother, there's too many of you crying. Brother, brother, there's too many of you dying ... you see, war is not the answer, for only love can conquer hate ... don't punish me with brutality, talk to me, so we can see what's going on ..."
Marvin Gaye 1939-1984. American singer, songwriter, record producer.
Excerpted from the 1971 song, "What's Going On"

Events in the EU are also among the bizarre events being under-reported over here, although they are decidedly existential and carry major implications for the stability of the world's economic and political systems. The EU is on the verge of splintering. It was an economic and political experiment that was doomed to fail due to the refusal of member countries to surrender their sovereignty to a central government based in Brussels. At the recent Munich Security Conference, the world's largest gathering of political, military and intelligence officials was told by US Secretary of State, Mike Pompeo, that Europe had to choose between America and China, a choice that was received with a distinctly cool response from the Europeans, who have become immune to the constant pressure on them to kowtow to American demands. Instead, Europeans see the benefits of forming good relations with both Russia and China. German Chancellor Merkel's speech to the Conference was a pro-forma divorce document, outlining a path to separate from the post-war, US-led institutional order. Again, this was not reported on here at home. Merkel laid out her objectives clearly; to chart an independent path for Germany, to ensure Germany's energy security by binding agreements with Russia for gas pipelines, via the Nordstream and Turkstream arteries, to form a separate European army, to end US occupation of Germany and, most importantly, to move away from the domination of NATO, which no longer serves European interests.

There's much more bizarre stuff happening in the world but, due to space restrictions, I picked a few. However, there's the Brexit caper, the Maunder Minimum - a mini Ice Age, starting in 2020 and lasting 350 years, the clandestine romance between the Saudis and Russia, the hot war brewing between India and Pakistan, Artificial Intelligence that's too dangerous for public release, and more. For those who can navigate the alternate media, it's all there.

Time is almost up, folks.

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Simply Words on Paper

Let me introduce you to Dr. Shiro Ishii

Jim Warbanks - Main Street

Not a single day goes by without some news coverage concerning refugees and both legal and illegal immigrants. The controversial wall proposed for the U.S. - Mexico border seems a perennial topic.

A Syrian refugee family recently arrived in Lachute with sponsorship from the Lachute Lions Club. The validation process took two years. The flow of illegal immigrants crossing an isolated point along the Quebec - U.S. border has created a costly and lengthy processing backlog.

The CAQ Immigration Minister had planned to shred the records of 18,000 potential Quebec immigrants who were at various stages of a lengthy acceptance process before a temporary injunction halted him. New legislation will be forthcoming.

Prosecutions

There are still isolated cases of prosecutions or deportations of former German soldiers for the roles that they played during World War II.

These endless debates seem very trivial indeed compared to the case of a notorious war criminal and some of his colleagues who were granted immunity and recruited by the United States to conduct biological weapons research after Japan surrendered to end the War.

While watching a recent episode of *Blacklist*, starring James Spader as Raymond "Red" Reddington, a mysterious crook with international connections who collaborates with the F.B.I. to avoid prosecution and bring elusive wanted criminals to justice, a biological weapons expert being sought was referred to as a disciple of the notorious Shiro Ishii. Curious, I investigated to see if such a person really existed.

Surgeon General

Shiro Ishii was a microbiologist and a Japanese Army medical officer who rose steadily through the ranks to become Surgeon General and was the Director of a biological warfare operation involved in forced, and frequently lethal, human experimentation. In 1936, he built a base designated Unit 731, comprising more than 150 buildings near the city of Harbin, China to house up to 400 prisoners. He, and his staff developed gruesome torture techniques based on some used during the Crusades. They carried out inhumane vivisection experiments, abortions, induced strokes and heart attacks, as well as frostbite and hypothermia experiments that resulted in amputations without benefit of anesthesia. Some were injected with animal blood. Some were buried alive. I will spare you further gory details cited in some of the accounts.

It has been estimated that 200,000 to 580,000 died due to the deployment of biological weapons, including bubonic plague, cholera and anthrax, gangrene, typhoid, tuberculosis, syphilis, gonorrhea, dysentery, smallpox and botulism. Bio-warfare pathogens and plague-infested fleas dropped by low-flying planes caused epidemics.

At least 3000 men, women and children, but perhaps more than 12,000 victims, were subject to horrendous experimentation at Unit 731. Victims were told the injections were vaccinations. To test the effects of shrapnel, prisoners were chained to stakes in open fields and grenades were exploded at varying distances from the victims.

Immunity

As the War drew to a close, troops destroyed Unit 731 to obliterate evidence. Ishii himself ordered the remaining 150 subjects killed. He went into hiding and faked his own death but was arrested by U.S. occupation authorities. He then secretly negotiated immunity for himself and certain colleagues by agreeing to disclose all the germ warfare data gained by human experimentation. U.S. microbiologists were eager to obtain this data, among them Dr. Edwin Hill who insisted that the information was "absolutely invaluable," as it "could never have been obtained in the United States because of scruples attached to experiments on humans." Gen. Douglas MacArthur wrote to Washington that data provided would not be employed as war crimes evidence. So, Dr. Ishii was never prosecuted for any war crimes.

Most of the Unit 731 victims were Chinese, but nearly 30% were captured Russian soldiers, some were Mongolian, Korean and close to 200 Allied POWs perished. Many of Dr. Ishii's staff later had high-profile and influential careers in politics, medicine, and business, including Governor of Tokyo, president of the Japan Medical Association and head of the Japan Olympic Committee.

The immunity deal was kept secret until the 1980s. A documentary, *Japanese Devils*, was released in 2001 based on first-hand accounts of the death camp. However, the leading scholar of Unit 731 in Japan, Professor Keiichi Tsuneishi, is skeptical of the numbers presented.

Geneva Convention

A 1995 report in *The New York Times* quotes Takeo Wano, a farmer who had been a medical assistant, who described the dissection alive of a man who had deliberately been infected with the plague. It must be noted that germ warfare had been banned by those nations who signed the 1925 Geneva Convention. It has been updated several times since, and most countries have now signed on to respect these protocols.

As the end of the war approached, in 1945, Unit 731 embarked on its wildest scheme of all. Codenamed *Cherry Blossoms at Night*, the plan was to use kamikaze pilots to infest San Diego, California with plague-infested fleas. The target date was to be Sept. 22, 1945. The surrender of Imperial Japan was announced on August 15 and formally signed on September 2, 1945.

I will close this account with a quote from Takeo Wano: "There's a possibility this could happen again," the old man said, smiling genially. "Because in a war, you have to win."



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Ann Lambert

The Author Behind the Ste. Lucie mystery...

Susan MacDonald

Ann Lambert's life journey of exploration and creativity began at a young age when she developed a deep appreciation for the written word. Since then, her passion has led her on an exciting exploration of the literary world as a playwright, a teacher and, most recently, a published novelist.

She is a renowned Canadian playwright who has written and directed stage plays for the past thirty-five years, some of which have been performed in theatres in Canada, the United States, Europe and Australia. A short list of her plays include, *Parallel Lines*, *Two Short Women*, *The Pilgrimage*, *Very Heaven* and *Force of Circumstance*.

Ann has also had a long career in the field of education and has taught English Literature at Dawson College, in Montreal, for the past twenty-eight years.

Now, moving on to new horizons, Ann's first novel, *The Birds That Stay*, published by [Second Story Press](#), has just been released, and its official launch was held this week at Paragraphe Books in Montreal.

The Birds That Stay is a murder mystery that intertwines the lives of several characters through an array of unexpected twists and turns. It examines how the sins of the past are never forgotten, or forgiven, in this Quebec Noir set in the Laurentians and Montreal. What makes this 'whodunit' a little different for Laurentian readers is that some of the characters might be familiar, seeming to be based on real-life people. Or are they? You'll have to read the book to find out.

Born and raised in Montreal, where she still calls home, Ann and her family have been connected to the Laurentian town of Ste. Lucie since 2002 when they bought a chalet in the community. Weekends, holidays and most of the summer, when Ann is out of school, the family heads to the hills to enjoy the fresh air and freedom of country life. On winter weekends they strap on cross-country skis and set off from right outside their front door. When at home, they enjoy quiet evenings together or time spent with friends.

And then ... there are the birds, particularly, *The Birds That Stay*, over winter ... Ann Lambert's first novel is available at Paragraphe Books (2220 McGill College Ave, Montreal) or online wherever books are sold, such as Indigo, Amazon and other online retailers. It is also available at the Second Story Press website: www.secondstorypress.ca

ARTS Etc.

Ilania Aibileah - Main Street

MAIN STREET is now eighteen years old - the number 18 in Hebrew means alive. We can now raise a glass to mark the event. It is also time for change!

I have not missed a month of my column, Out & About, since 2009. In this month's edition I have included the best performances for the months of March, April, and May so I can step back and take a well-earned respite.

I will be back in May with a new column, Arts Etc... that will kick-off with exciting news about the annual Saint Sauveur Festival of the Arts. Following editions will keep you up-to-date on all the upcoming FREE shows and summer festivals, such as the Blues and Jazz Festivals in Mont Tremblant and the theatre festival in Mont Laurier.

I will continue to provide information about art events and performances by accomplished artists who have attained the highest level of their craft, but on a much more limited scale. This will provide me the opportunity to focus and elaborate on the skills and talents of the artists themselves rather than attempting to cover all the venues available. Ticket venues are invited to contact the paper for assistance.

I bid you farewell until May!

Ilania 450-602-4073.



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About Sainte-Adèle

Chris Lance - Main Street

Our local library, over at the shopping center, will be closed from April 1 - 23 for renovations.

So, if you need books to get you through the rest of this winter, between March 18 and 30, you can take out 20 books instead of the usual 10.

Since 1980, our Entraide Benevole has been providing services, like Meals on Wheels, transport for medical appointments, grocery shopping, tax help and many more services to our community. And, like every service, the group needs volunteers to help carry on their mandate. You can call 450-229-9020 if you would like to help.

Since January 2012, you might have noticed the ever-smiling Guy Goyer at the events sponsored by La Chambre de Commerce. He has decided to pull the plug and move on to new adventures. Chapeau Guy, and all the best!

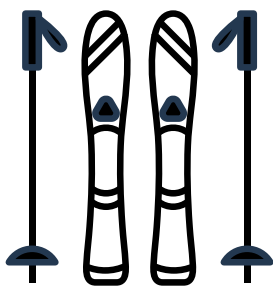
If you are looking for ski deals, Chantecler has Ladies Day on Friday: give them a call at 450-229-1404, or skichantecler.com and, for a meal treat available on Fridays, Les Vendredis Poutines for \$3. If you have your citizen card, on Fridays, March 15 and 22, night or day, you can get a ski ticket for \$10 at Mont Gabriel. More info can be had by calling 450-229-2921. Over at Mont Habitant, you have your Saturday evening special, which includes your ski ticket, equipment rental and a spaghetti dinner for \$38, or buy your ticket online for only \$19.99, or enjoy an evening of skiing on Sunday night for only \$15.

At the end of the day, you can spin ski-run tales at St-Hubert in Piedmont/St-Sauveur in front of a fire with special spiked coffees for \$6.

You can support the local high school, Salle Augustin Norbert Morin production, by attending the March 23 special with Real Beland.

There has been a lot of snow, sleet and freezing rain up here in the foothills. The skiing has been great since early February. The night I arrived back from Florida, on February 15, I got stuck in my driveway. So, before I got into the buried house, I had to dig and shovel a place to get the car back on level ground. What an end to my 2-weeks of 20-plus sunny days, playing tennis and golf, and replenishing my vitamin D with the sun.

Oh well, at least I got away from this long, cold winter. Now, it's back to skiing, indoor tennis and my quest to find the perfect blue ski jacket! Hurry up spring! I'm running out of firewood and must replace my broken shovel again.



Recycling and the Print Media: The Breaking Point

Quebeckers are aware of the challenges that have faced print media for some time now. According to Ministère de la Culture figures, one weekly in four has permanently stopped its presses since 2010... and this situation is going to get much worse unless the government amends the Environmental Quality Act this year to give newspapers the same cultural protection as it does to books.



It is urgent because the dailies and weeklies are stuck in a vicious circle due to the obligations to finance newsprint recycling:

- Newsprint media entities are falling in numbers every year.
- The newsprint tonnage they produce is also dropping.
- However, their annual recycling costs are rising dramatically.
- Conclusion: an exploding recycling bill has been imposed on surviving newspapers.

The numbers are telling. 92,000 fewer tonnes of newsprint were produced between 2010 and 2019 (-68%). But the contribution demanded from the media rose by \$9 million over the same period (+340%). The per-tonne processing cost went from \$23.03 in 2010 to \$241.92.

It is true that the Ministry of Finance proposed the beginning of a solution two years ago. Therefore, if this support slightly reduces the financial burden of print media, it does not improve the aberration of the current system and its adverse effects. In addition, it remains a short-term support in the face of a structural problem that has been increasing year by year.

From the beginning, it was inconceivable that we are treating newspapers, beacons of democracy and cultural expression, in the same manner as tin cans and plastic bottles.

The news media contributes directly to our communities' vitality and their social and democratic life. As a result, they must benefit from a cultural protection analogous to that for books. Otherwise, the compensatory system for newspapers is about to drop the axe on other press organizations.

Since arriving in power, François Legault's government has shown great sensitivity to the difficult situation the media are facing pursuant to the dramatic drop in advertising revenue that was the foundation of their business model.

The government must now agree with us that the first step is to extricate the newspapers from a system that is financially asphyxiating the print media. This intervention must come as of the next budget; otherwise, more communities will lose their print media.

Denis Tétreault
General Director
RecycleMédias *

* RecycleMédias is a private, non-profit organization created in December 2000 with the mission of representing newspapers, which are required to contribute to the residual materials recycling and reclamation efforts in Québec. The organization has 149 members from the following organizations: Québecor Média, Groupe Capitale Médias, Le Devoir, The Gazette, Hebdomadaire Québec, Quebec Community Newspaper Association (QCNA), l'Association des médias écrits communautaires du Québec (AMEQ) and many smaller independent newspapers and groups.



Village of Weir Newswire Claudette Smith-Pilon



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The next luncheon will be held on March 29, 2019. Cost \$8 reservations required, please call 819-681-3383 local 5811

Library:

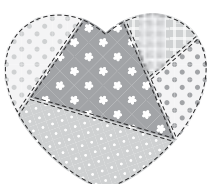
30, Rte du Lac-Rond North (819-681-3383 ext. 5806) / biblio@municipalite.montcalm.qc.ca Hours: Wed: noon - 5 pm / Thurs: 5 pm - 8 pm / Sat: 9 am - noon Our collection includes 2300 books (French & English) and the loan of 1200 volumes from the Regional Centre of Public Services Libraries (CRSBPL). Free access to the Internet is also available.

The Laurentian Biblio Network offers subscribers from its Municipalities to access several EBooks and digital resources. To use the EBook and digital resources service, subscribers must go to the BIBLIO Laurentians Network's website at www.mabibliotheque.ca under the Books and Digital Resources tab. For further info, please check with the library.

Victoria's Quilts Canada Laurentian Branch

Our next workday will be held on Monday, March 18 at 9 am.

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



Arundel News

Janet Thomas

CAFÉ / BOULANGERIE OPENS IN APRIL

At last! "La Maison au Coin" is opening its doors, offering fresh baked bread, gourmet sandwiches and great coffee for take out or sit down. Being in the centre of town and right on the Aerobic corridor, it will be the perfect quiet, friendly spot for coffee with a friend, or lunch after a ski or run. Owners Kim, Greg, Maureen and Jon hope to serve our community, and to encourage locals and visitors to enjoy our beautiful area. It's certainly a most welcome addition!



A MUSICAL OPPORTUNITY NOT TO BE MISSED: THE RACHEL BECK TRIO Sunday, March 10: 2 pm

Arundel United Church, 17 rue de Village

Glowing with catchy pop hooks, Rachel Beck's distinctive piano melodies and emotive vocals are captivating audiences across Canada. Their single, Reckless Heart hit #1 on the CBC Music Top 20, and another of Rachel's songs is chosen for the trailer of "Anne With An E: Season 2". The group has been nominated for 8 awards including Pop Recording of the Year, Entertainer of the Year, and Songwriter of the Year. You are sure to enjoy their sweetly heartbreaking songs as much as the cuts that are foot-tappingly exuberant and just plain fun.

Advance tickets \$20 at Arundel Provisions and via e-transfer to loisirsarundel@gmail.com; \$25 at the door

WOMEN'S WELLNESS WEDNESDAYS

Wednesdays: 10 am - noon

Arundel Community Hall / Arundel Municipal Garage

Free admission

March 13: Mindfulness & Women's Wellbeing with Marco Vincinio Castillo

March 20: Natural Wellness Therapies & Help with Chronic Pain with Jodi Duplisea



Campaign: 2019 Fraud Prevention Month

Several fraud awareness activities will be organized across Quebec as part of the 15th edition of Fraud Prevention Month. The national campaign, 2019, will unfold under the theme BE VIGILANT, IT PAYS! Every year, many Quebecers are victims of fraud, but most can be avoided by informing themselves and remaining vigilant to identify them and protect themselves effectively.

A primordial prevention campaign

Several awareness-raising activities are planned to inform the public about fraud. They are intended to remind citizens that fraudsters are highly skilled and use a variety of tactics to manipulate their victims. Although many specialized teams work daily to combat the various types of fraud, vigilance and prevention remain the best protections. Fraudsters generally rely on ignorance, vulnerability, plus a sense of urgency and pressure to achieve their ends. As new forms of stratagems appear every day, citizens must adopt safe practices to guard against fraudsters. They must be skeptical about offers that are too attractive, validate the information, question the lure of easy money and, above all, not give in to pressure. These simple actions can save them a lot of trouble.

From March 1 to March 31, 2019, the following sections will be addressed

- Counterfeiting of banknotes
- Theft and identity fraud
- Credit card fraud
- Fraud related to an urgent payment
- The love scams
- Ransomware (frauds related to crypto-currencies)

Statistics

- In 2018, frauds caused financial losses totaling \$17M in Quebec (Source: Anti-Fraud Center of Canada)
- Identity fraud alone cost Quebec victims \$ 5 million (Source: Anti-Fraud Center of Canada)
- In 2018, romantic scams cost Quebec victims, aged 60 and over, more than \$2 million (Source: Anti-Fraud Center of Canada)
- In 2018, Quebec had 16,955 plaintiff-related victims of fraud, compared to 13,879 victim-plaintiffs in 2017 (an increase of 22%) (Source: Canadian Anti-Fraud Center)
- Phishing remains the most successful type of Internet fraud

Saint Sauveur – Caisse Desjardins celebrates 100th Anniversary

The caissevalleepaysdenhaut.ca microsite is at the heart of the 100th anniversary communication activities and underscores the commitment and perseverance of the Caisse's builders through a digital time-line highlighting key events. This digital time-line was produced by Marie-Eve Boyer, communications advisor at the Caisse, in collaboration with the Alphonse Desjardins Historical Society, the Pays-d'en-Haut History and Genealogy Society, and the history of Rivière-du-Nord and Sainte-Marguerite-du-Lac-Masson and Estérel, with the special participation of Michel Allard, a well-known historian of the region. The complete program of activities, including contests, for the 100th anniversary is available on the microsite mentioned above.

Mont-Tremblant - shortage of manpower

As part of his participation in the Union of Quebec Municipalities (UMQ) the mayor of Mont-Tremblant, Luc Brisebois, has obtained résumés of potential French immigrants who are looking for work in accommodation and catering in Quebec.

The experiences listed on the CVs answer to several openings in the territory, namely, hospitality manager, hotelier, apprentice baker, pastry chef, event manager, concierge, kitchen clerk, inventory manager, etc.

Resumes of potential French immigrants are available at the City of Mont-Tremblant, and businesses in the territory must act quickly by contacting the City Economic Development Department at 819-681-6404. If the candidate meets the requirements of a Tremblant company, and the company wishes to hire the candidate, he/she will be supported in the immigration procedures by the UMQ.

"This announcement is the first step in a series of important actions proposed by the City to contribute to the solutions of the labor shortage experienced by the majority of our businesses," said Mayor Luc Brisebois. This labor shortage obviously affects all cities in Quebec, so the solicitation of CVs by other regions calls for a rapid response from companies in the City of Mont-Tremblant so they can take advantage of this opportunity.

Ste-Agathe-Des-Monts – Statement in The House of Commons

During Statements by Members on February 6th, David Graham, MP for Laurentides - Labelle, spoke about the wide range of winter activities practiced in the riding along with their historical significance. His speech, called "Ode to Winter," helps ensure that all Canadians know what our region has to offer. The full list of his 29 Statements by Members—of a total of 396 interventions in the House—can be found here: <https://www.noscommunes.ca/Parliamentarians/fr/publicationsearch?View=D&ParlSes=42&oob=StatementsbyMembers&Per=88504&RPP=30&PubType=37>

Congratulations to:

Fondation Médicale des Laurentides et Pays d'en Haut, 50 rue Corbeil, Ste. Agathe, who celebrate their 30th anniversary. Michel Rochon is President, and Daniel Desjardins is General Manager. Over the past 30 years, Fondation Médicale des Laurentides has raised funds to benefit Hôpital Laurentien - Ste. Agathe to purchase much-needed medical equipment, provide transportation, a medical van and much more. Their initiative/goal for 2018-2020 is to raise and dedicate \$1 million per year to purchase state-of-the-art equipment for the hospital. Quite a challenge! Info: 819 323-4565 / www.fondationmedicale.com / Facebook.

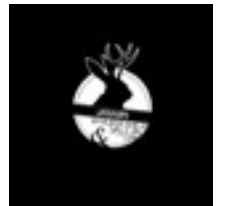


Lucyne Farand, who recently attended the Royal LePage HUMANIA Gala and was presented with the prestigious Diamond Award for her hard work as a prime real estate broker. Lucyne was pleased and humbled to receive this special award and encouraged to continue her excellent work. If you wish to sell your home, or are looking to purchase a new home, call Lucyne 514 952-6316 / 450 227-2611 / lfarand@royalpage.ca.



Welcome to:

Owners Sophie Gravel, Juan Guana Andres and Nicolas Rzasz of Jackalope Barber Shop & Salon, 20 Lafleur sud, St. Sauveur. They opened their shop/salon last October. There are 2 old-fashioned, professional barbers, and 1 hairdresser. Men and women are welcome. Haircuts, colouring and styling are on the menu. Owner Juan is one of the professional barbers. All products used are not tested on animals and the men's products, produced in Montreal, are homemade with natural products. 514 293-3344 / Facebook: Jackalope Barber Shop & Salon.



Sergio De Santis, owner of the new Casa Livia resto, 411 rue Principale, St. Sauveur. Delicious homemade sauces and pasta imported from Italy. Sauces: Rosée, Bolognese, Alfredo, Campo Baso, Leonardo and Pomodoro Basilique. Oven-baked pizza. Traditional tiramisu, cannoli, millefeuilles. Delicious coffees. Lunch specials. Open Tuesday to Sunday. Best of luck! 450 744-1535 / Facebook: Casa Livia.



Did you know that:

If you are seeking homeopathic information/treatments, you can call Karol Lazor? Karol aims to improve overall health and wellness and can help with many health problems. Remedies and nutritional protocols are designed for each individual's needs. There are methods to use for those faced with surgery or post-surgery, and treatments to help healing and trauma. Emotional issues can be addressed and are usually incorporated into the process. Homeopathy can help people of all ages. Karol has several years of experience in this field. Info: Karol 579 990-0724 / karoll@cgocable.ca.



If you wish to get away from all this snow, that you can call certified travel agent/our guide, Sonia Warnet, from Exotentik Voyages, 1046 Curé Labelle, Blainville? Sonia has traveled to more than 40 countries: Russia, Sweden, Senegal, Iceland, Hungary, Ukraine, Poland, Panama, Honduras, Tunisia, Western Europe and the Caribbean. Sonia certainly has travel expertise to provide you with guidance for your dream vacation and specializes in trips to Europe and Asia, plus all-inclusive packages and cruises. She can also suggest custom-made trips for those who appreciate a different type of adventure. 450 602-9570 / www.exotentik.com/sonia / Facebook:soniavoyage.



Laurentian Club Report Fitness Over Fifty

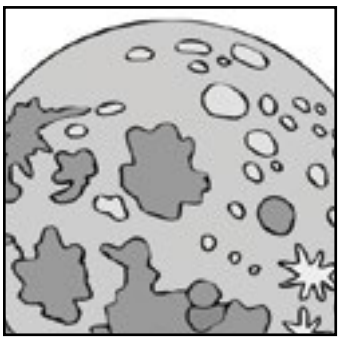
Julia Stuart

On Feb. 26, 17 people gathered at Holy Trinity Church, Ste. Agathe, to attend the Fit Over Fifty talk given by Karen Sampson, a certified Fitness Coach, Personal Trainer and Instructor Trainer, with nearly 25 years of experience. She gave a highly informative lecture together with exercises that touched each participant in a significant way.

Karen began by having each person write down why he/she was there, and their number one question. This led to discussions of issues such as chronic pain, poor posture, loss of balance, stiffness, loss of muscle mass, reduced energy, breathing problems, arthritis... all of which Karen addressed in detail. From the start her extensive knowledge flowed in a continuous wave that won trust and encouraged participation.

According to Karen, a few minutes of regulated exercise performed on a consistent, daily basis, can greatly increase a person's fitness. She recommended three different types of exercise that naturally work together to keep our bodies and fascia healthy: 1-cardio-vascular exercise such as walking; 2-stretching -hands, fingers, calf muscles, back and neck, and 3-muscle strengthening, with an emphasis on the Corps, and bringing up the Pelvic Floor...

We came away inspired!



Zach Factor Giza's smokin' gun

Lys Chisholm & Marcus Nerenberg - Main Street

Evidence of ancient history exists because our ancestors built structures out of stone. Across the world pyramids, temples, monoliths, aqueducts, harbors, dwellings and stone roads have endured as testimonials to the presence of human civilization. While most everything else has rotted, decayed or corroded to dust, stone creations have withstood the test of time. History, literally carved in stone, proves we were here a long time ago. Archeologists study these ruins and reconstruct the stories and timelines of our past, which they publish in scientific papers and scholarly tomes.

Over the last 230 years, archeologists have charted our path, from paleolithic hunter-gatherers of six thousand years ago, to modern wizards of high technology, living in mega-cities and zipping around the planet in twenty-first century dreamliners. In history books we were taught that the earliest civilizations of Mesopotamia and Egypt arose from humble beginnings, just after our forbearers evolved from chasing down wild animals and digging up roots and berries to developing farming and domesticating livestock.

We were told that in Egypt they went from being primitive nomads to the builders of the Great Pyramid and temples of the early dynastic period, which academics date back about 4,600 years, and that Pharaoh Khufu had it built as his tomb during a twenty-year span. The Great Sphinx, which is 73 meters from paw to tail, and 20 meters high, was carved out of the limestone bedrock for Pharaoh Khafre, in 2,500 BC. Classical Egyptologists, like the learned Mark Lehner, stand by the conventional dating in the face of all theories that contradict those facts.

Since the 1970's, a less rigid group of Egyptologists has studied the ancient monuments extensively and developed a well-researched hypothesis that puts the origin of the Great Pyramid and the Sphinx potentially at over 10,000 BC. In 1981, we toured the sites of ancient Egypt and had the privilege of interviewing one of the modern researchers, John Anthony West. At the time West had just published a book titled, *Serpent In The Sky*; a study of the intricate science, symbolism and mathematics of ancient Egypt. He introduced us to R. A. Schwaller de Lubicz and his extensive 15-year survey of the Temple of Luxor. Lubicz discovered that Luxor was a proportionally accurate representation of the human body, both internally and skeletally. The Egyptian science was impeccable; West researched emerging data showing how all the Egyptian temples encoded various branches of science to a degree that rivals twenty-first century knowledge. Remarkably, West observed that the Sphinx, and the enclosure it was carved from, has the distinct signs of water erosion. The last time water flowed over the Giza Plateau was at the end of the last Ice Age, more than 10,000 BC.

Around the world, tenured professors were outraged. If West was right, then their whole timeline of human development is off by thousands of years, and many academic careers and all their published material become rubbish. It was much more convenient to dismiss West as an uneducated crackpot and continue to believe in their own dogma. In 1989, John Anthony West teamed up with Professor Robert M. Schock, a Boston University geologist, and since then they have built a solid case for the water erosion theory.

At Giza there is no evidence that any Pyramid was ever used as a tomb or linked to Pharaonic Egypt. We know that orientation of the Great Pyramid aligns perfectly with true north, and its measurements show that it encodes sophisticated mathematics and is a precise graphic model of the earth. It is constructed of 2,300,000 blocks, each weighing 2.5 tons. The surface was originally covered with thirteen acres of polished white Tura limestone. Only a few of these stones remain, but calculations reveal that there were 144,000 of them.

In 1993, a farmer in southern Turkey tried to dig a large stone out of his hillside. Instead, he found the top of a megalithic pillar, which turned out to be part of twenty circular limestone structures covering several acres. Named Göbekli Tepe, it was built over 11,000 years ago; the pillars display beautiful relief carvings of animals and humans and it is orientated to the stars of Orion and the Pleiades. Part of the mystery is that it was intentionally and carefully buried at least 10,000 years ago. For West and Schock it is the smoking gun, which proves that their Giza hypothesis is perfectly credible. A new era of human history has emerged. Next month: Giza Plateau Today.



Photo: Geologist Robert Schock and John Anthony West on the Giza plateau in 2016. West contested the timeline for the Giza Sphinx and Pyramids. He died last year but the mystery he and Schock championed, lives on.



The Story Behind The Montréalistes

Joseph Graham - Main Street
joseph@ballyhoo.ca

At the limit of his westerly journey, Jacques Cartier described a mountain rising from an island above the town of Hochelaga sitting in a wide, flowing river of drinkable water. He called it

Mons realis – Latin for Mount Royal. Forty years later, in 1575, in the modestly titled *Cosmographie universelle de tout le monde*, François de Belleforest recorded it as Montréal.

In the early 1600s the French began settling in the St. Lawrence valley, establishing a colony at Quebec. In 1627, Cardinal Richelieu established the Company of 100 Associates to settle and develop trade in the colony. Samuel de Champlain was one of its members, as well as the Commander of New France.

Over the course of the century, the French hold on the colony was tenuous as they were faced with very hostile neighbours to the south. The St. Lawrence Iroquoian people that Cartier had met were gone, extinct, or absorbed into the ranks of the Five Nations Confederacy. According to the Mohawk, the Confederacy's easternmost member, the St. Lawrence Iroquoian people that the French described were simply Mohawk who had consolidated, moving, after Cartier left, to the south of their territory. Like the rest of the Five Nations, they had farmed, fished and hunted, following a 90-year rotation through their territory, letting the forests recover. Iroquoians, comprising the Five Nations as well as the Huron, the Wendat and others, were a widespread farming culture who all practiced this form of rotation. The French presence upset their cycle and encouraged their enemies in the St. Lawrence valley. Champlain had become allied with the Algonquin and Innu nations who hunted and fished on the abandoned territory and had gone to war with them against the Mohawk. The French settlers, refusing to recognise Mohawk territorial claims, had to be armed and on guard at all times against the war canoes that patrolled the river.

They also had to fear pirates and privateers, and the small colony was claimed by the Kirke brothers in the name of England in 1629 but was returned to the French through negotiations three years later. During that time, the English, who had no knowledge of these differences, traded with the Mohawk. Champlain and his successors, once returned, maintained a policy of encouraging their Iroquoian ally, the Huron, to become Catholic and to reject numerous appeals made by the Five Nations to become their trade allies.

Jean de Lauson, the shrewd director of the Company of 100 Associates, after negotiating the colony back from the English in 1632, staked claim to most of the territory. In the process, he became the first French owner of the island of Montreal. While he was acquiring property up and down the river, the Mohawk, armed by the Dutch, were masters of the river. As their power increased, threatening the very existence of the small French colony, an unlikely series of events was unfolding in France. A tax collector named Jerome Le Royer de la Dauversière had a spiritual experience in which he heard a voice instructing him to acquire the island of Montreal and set up a hospital there to minister to the local heathen population. Absurd as the notion sounds – and to be sure, his spiritual advisor, Father Chauveau, dismissed it as a pious chimera – he could not get it out of his head.

Le Royer had inherited responsibilities that he did not seek. He wished to become a Jesuit, but when his father died unexpectedly, he took over his father's role as tax collector and supported his family. By 1639, when he experienced his vision, he had already experienced another spiritual command in which a voice instructed him to set up a mission of hospital workers, sisters dedicated to helping those in need. While Chauveau also dismissed this more feasible undertaking, Jerome Le Royer did manage to establish Les Filles Hospitalières de Saint-Joseph in La Flèche, France in 1636.

To augment his income, Le Royer rented out a room in his home to a wealthy student named Pierre Chevrier, Baron de Fancamp. Chevrier became absorbed by Le Royer's religious obsession to create a hospital on an unexplored island on the other side of the world, inhabited, to the best of their knowledge, by a hostile band of what they considered uncivilised savages. Somehow this seemed like a good idea. Together, they began to solicit support for their project, calling themselves the Société Notre-Dame de Montréal, or the Société des Messieurs et Dames de Notre-Dame de Montréal pour la conversion des Sauvages de Nouvelle-France, but soon the adherents became known simply as the Montréalistes. When they approached Jean de Lauson to buy the island, the businessman quoted the astronomical sum of 150,000 livres. With the help of the influential priest and Montréaliste Father Charles Lalemant, they managed to acquire the island in 1640. Soon a group of Montréalistes led by Paul de Chomedey de Maisonneuve, and including Jeanne Mance and other historical notables, headed off on their missionary quest.

Arriving at Quebec, the party's plans were delayed until the spring of 1642. Maisonneuve met an elderly man, Pierre de Puiseaux de Montréal, the owner of two seigneuries, whom he convinced not only to house their party for the winter, but also to join their expedition in the spring. Throughout the winter, though, they were encouraged to stay put; in fact they were told that they did not have permission to proceed upriver, that the colony did not have the means to protect them. The governor, Montmagny, even offered them Île d'Orléans if they would abandon their irresponsible mission, but Maisonneuve, speaking on their behalf, declined the offer. The intrepid and determined missionaries ignored all advice to the contrary and paddled upriver to their destiny in the spring of 1642, landing at the place we now call Pointe à Callières, where they established the mission of Ville Marie.

To be continued...

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Word Play

Changing the conversation Part II

Louise Bloom
louisebloom@me.com

Last month, greedy to share, I put forth a very large offering, a lot to digest at once. I thought it wise to recap here in order to strengthen the thread of ideas that could overwhelm.

My purpose in this series is to underline the importance of developing an awareness of our thoughts; not just having thoughts but witnessing them and noting them in order to evaluate their impact, chiefly on ourselves. Such self-awareness can "raise the bar" or improve the manifestation of our own existence. Like a hunter looking for tracks, we can catch ourselves in negative thought processes. The reward is the bounty afforded by the opportunity to change our own tendencies towards the time-wasting futility of negative thinking. This is the foundation of personal transformation.

And what of this word transformation? What is being referred to when it is suggested that the 'spiritual traditions' offer us this magical consequence? This suggests the fairy tale of Rumpelstiltskin, who was able to turn straw into gold. There is a sense of this kind of magic when we begin to discover that our thoughts and our reactions to them are within the realm of choice. If one's thoughts are mostly filled with discontent, willfully altering our perceptions may be in order.

Our thoughts are a mirror, reflecting our belief systems. Those things that we believe, as in "all men are ..." or "eating raw fish is ..." or "women always think that ...", could all bear a revamp. If we go deeply enough within ourselves, we might begin to question the foundation of our values, and in so doing, begin a reconstruction of our core beliefs, heralding an opportunity for new experiences.

The wisdom masters of all time, no matter the tradition, all agree that thoughts are energy; as powerful as any equipment on a construction site. Yet, unseen they build, layer upon layer, a lens through which we see the world, thus constructing our reality. Our thoughts lead to attitudes that impact everything surrounding us.

A thought is often an instrument of control. Obsessive worrying might provide the illusion that we are exercising some sort of prevention, holding our fear as a form of protection. There is always more to be said, but I leave you to review your thoughts on the matter.

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

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SAINTE-AGATHE-DES-MONTS - TUESDAY, MARCH 26, 2019 - 3:15 TO 7:00
Holy Trinity Church - 12, rue Préfontaine West

MORIN-HEIGHTS - THURSDAY, MARCH 28, 2019 - 5:00 TO 8:00 PM
Royal Canadian Legion Hall - Branch 171-127, chemin Watchorn

MONT-TREMBLANT - THURSDAY, APRIL 4, 2019 - 5:00 TO 8:00 PM
Mont-Tremblant City Hall - 1145, St-Jovite Street

FREE

Conference by Lois Wilkie MA

Psychotherapist, Individual & Family Counsellor
Information on services offered by Palliacco and the CISSS des Laurentides

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Out & About

Ilania Abileah - Main Street



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

THIS EDITION OF OUT & ABOUT INCLUDES CHOSEN EVENTS IN MARCH, APRIL AND MAY! PLEASE KEEP THIS PAGE FOR REFERENCE UNTIL JUNE.

MONT TREMBLANT

Music: Premier Scene, 1829, chemin du Village (Facing Lac Mercier). 819-425-8614 ext. 2500 / villedemont-tremblant.qc.ca.
Sat, Mar 16: 8 pm - The Lost Fingers Quartet present their fifth album entitled "Wonders of the World." Their swing-manouche style of music is enhanced by singer Valerie Amyot, who sang on La Voix. \$34.

ARUNDEL

Arundel United Church - 12, rue du Village
Sun, Mar 10: 2 pm (doors open at 1:30 pm). Rachel Beck in concert. This is a fundraiser for the United Church and Loisirs Arundel. Tickets: \$25 at the door / \$20 in advance. Contact: Patti Flanigan: 819-425-0898 / www.loisirsarundel.com.



Rachel Beck

ST FAUSTIN

Maison des Arts et de la Culture
1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm / http://maisondesartsaint-fautin.ca

STE-AGATHE

Théâtre Le Patriote
258, Rue Saint-Venant / 819 326-3655 / http://theatrepatriote.com
Salle Percival-Broomfield
Fri, Apr 26: 8 pm - Marc Hervieux entertains us with choice songs and delivers with élan, a classical voice and charisma. The music includes songs in French, Italian, Spanish and English. His musicians will accompany him. \$50.
Sat, May 4: 8 pm - Gregory Charles... Vintage 69. With this show, Gregory Charles and his musicians, accompanied by singers Kim Richardson and Lulu Hugues, will transport you to the year of 1969 with the greatest songs of the Beatles, the Rolling Stones, Joe Cocker, Jimi Hendrix, Aretha Franklin, Janis Joplin, Elvis Presley, Tom Jones, Johnny Cash, Led Zeppelin and others. \$64.



Gregory Charles

ST ADOLPHE D'HOWARD

Atelier Culturel 1920 Chemin du Village. 819 323-1878 / Open: Wed - Sun: 11 am - 5 pm
L'Ange Vagabond, 1818 Chemin du Village / 819 714-0213 / www.facebook.com/langevagabond

VAL DAVID

Val David Exhibition Centre, 2495, rue de l'Église / 819-322-7474 / www.culture.val-david.qc.ca.
Open 11 am - 5 pm daily.
Until May 5: Continued exhibition by two artists: Hélène Brunet Neumann "Témoins(s)" and Carole Pilon "Altérations fécondes."

VAL MORIN

Theatre du Marais, 1201 10è Ave, 819-322-1414 / www.theatredumarais.com
Sat, Mar 16: 8 pm - Mike Goudreau & The Boppin' Blues Band perform music from Mike Goudreau's 18th album, Sweet Blues. This guitarist and his blues band play rock, soul, gospel and jazz. \$32.
Fri, Mar 22: 8 pm - Geoffroy. This singer/songwriter performs with a warm, deep voice, in English. \$25.
Sat, Apr 13: 8 pm - Neon Nostalgic: a group from Toronto presents Retro Rock Revue, the Best of 1980 - 1999 with music by Queen, The Cure, Billy Idol, INXS, Bon Jovi, Michael Jackson, Pearl Jam and Oasis. \$35.



Neon Nostalgic

Sat, Apr 27: pm - Victor Wainwright with his three musicians will bring you the Blues, Boogies and New Orleans with music from the new album "The Train." Victor Wainwright plays the piano in the style of Jerry Lee Lewis. \$32.

SAINTE ADÈLE

Place de citoyens, 999 boul. de Ste Adèle, 450-229-2921, ext. 300 / www.ville.sainte-adele.qc.ca

SAINT-SAUVEUR

Saint-SAU Pub 236, rue Principale, St-Sauveur / 450 227-0218 / www.lesaintsau.com
Live music Mon, Wed, Thurs (Ladies' Nigh - half price), Fri & Sat - reservations required. For full program check the website www.lesaintsau.com.



Stevey G Band

PIEDMONT

Salle Polyvalente, 146, Chemin de la Gare
Sat & Sun, Mar 16 & 17: 2 pm - Christophe Perret is a flutist and a pianist performing classical music as well as his own compositions. Christophe Perret invented and built an Amerindian

flute, which he will also play at both concerts. These events were arranged by Francine Aylestock, the Artistic Director of Le Studio des Artistes, a non-profit organization providing cultural events to assist Laurentian artists of all disciplines. Free admission. 514-797-6469 / lestudiodesartistes@gmail.com.

MORIN HEIGHTS

Morin Heights Library
823, Village Rd. info@artsmorin-heights.com
ARTS Morin Heights - Until Mar 16, 2019 - a theme entitled "Winter" will be on display. This exhibition will be followed by a new one entitled, "Imaginary World," on display from **Mar 16 to April 28.**



Exhibition entitled "Winter"

Vernissage Mar 16: 2 pm.

Morin Heights Legion: 127 Watchorn, Morin Heights / 450 226-2213
For upcoming live music nights see legion events on page 16 or visit the website https://www.facebook.com/pg/legion171/events.

WENTWORTH NORTH

Galerie d'art du Pavillon Montfort, 160 Rte. Principale, Wentworth Nord / infoart@galeriedartmontfort.com
Sat, Jan 19 - Mar 17: Exhibition by Marina Dunn Dugas.

LACHUTE

Maison de la culture, 378, Rue Principale. Tues: 10:30 am - 6 pm / Wed & Thurs: 10:30 am - 8 pm / Fri: 10:30 am - 6 pm / Sat & Sun: 10:30 am - 6 pm. Free admission.

PRÉVOST

Diffusion Amal'Gamme, salle Saint François Xavier, 994, rue Principale / 450-335-3037 / www.diffusionsamalgamme.com. Saturday concerts start at 8 pm.
Mar 23: Mestizo
Mar 30: Trio Polymnie
Apr 6: Christine Tassan et les Impos-



Christine Tassan et les Impos-teures

Apr 13: Marina Thibeault
Apr 27: Quatuor Voxpopuli
May 4: Jacques Kuba Séguin
May 18: Trio Iberia

ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle) 450 432-7171 / www.museelaurentides.ca. Open **Tues - Sun: noon - 5 pm**
Feb 13 - May 1: Carl Trahan's project, Des Gleitend III. Part I was exhibited at the MAC LAU in 2017 and Part II was exhibited at the Nicolas Robert Gallery in September 2018.
Feb 13 - May 1: Milutin Gubash - the artist deals with perception of identity, cultural, political and social, using black and white photography of communist monuments and sculptured lamps created in collaboration with family members is Serbia.

Théâtre Gilles-Vigneault, 118, rue de la Gare, Saint-Jérôme / 450-432-0660 / http://theatregillesvigneault.com
Sat, Mar 16: 8 pm - The group Les Respectables have been on stage for twenty-five years playing Rock n' Roll. The musicians are: Sébastien Plante (vocals and guitar), Stéphane Dussault (bass, drums) Stéphane Beaudin (drums) and Jean-Sébastien Chouinard (guitar). They are known for their unique texts and high energy. \$36.
Sun, Mar 24: 3:30 pm - The Ballet Jazz of Montreal presents **Dance Me:** music by Leonard Cohen, under Louis Robitaille's artistic direction, stage director, Eric Jean, and fourteen dancers and three international choreographers (Andonis Foniadakis, Annabelle Lopez Ochoa and Ihsan Rustem). Leonard Cohen's words find new expression through dance. Not to be missed! \$12.



Dance Me

Sat, Apr 20: 8 pm - Jesse Cook. Born in Paris to Canadian parents, Jesse Cook is a guitar virtuoso. As a child he was inspired by Flamenco music. He studied at the Royal Conservatory of music and York University, and studied Jazz at the Berklee College in Boston. He was nominated eleven times to the Juno Awards and won in the World Music category with his album, **Free Fall. \$48.**
Thurs, Apr 25: 8 pm - Cirque Éloiz celebrates their 25th anniversary. Acrobats, singers & musicians tell the stories of hotel visitors; acrobatics, theatre dance and live music guide the audience through the elegance of the great hotels. \$60.
Sun, May 19: 7:30 pm - Laval Symphonic Orchestra with Conductor Alain Trudel. This concert marks the 30th anniversary of the fall of the Berlin Wall. The chosen music for this event includes Beethoven Third Symphony, "Eroica;" Mathis, the Painter, by Paul Hindemith. The Montreal composer, Nicole Lizée, will present a piece for the orchestra with multimedia imagery. Anyone who attended the inauguration concert of the Gilles Vigneault Theatre will agree this orchestra is extraordinary. The conductor is an enthusiastic musician who inspires his musicians, with violinists playing to perfection. This is another concert not to be missed. \$63



Laval Symphonic Orchestra

ST PLACID

Maison de la culture de Saint-Placide, 74 2e Avenue / reservations: 514-462-1050 / www.artsetculturestplacide.com
Sat, Mar 16: 8 pm - Anthony Roussel is a songwriter and composer. He sings and plays folk music with the guitar. He presents "La Gymnastique de l'Amour." Doors open at 7 pm, giving the public time to talk and enjoy a cup of coffee or a glass from the bar. \$15.



Anthony Roussel

This is the last publication of this column. Please see note on page 5 regarding future content. 450-602-4073 / ilania@ilaniaabileah.com

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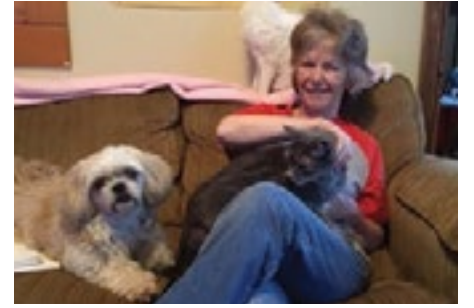
Laurentian Personality

Allanna Courte

Community volunteer and cat saviour

Lori Leonard - Main Street

Allanna Courte has a huge heart for seniors and for cats. She lived in Harrington from 1962 to 1980 and took a hiatus to work as a dispatcher for the Ontario Provincial Police. She returned to Harrington in October 2012, the year her dad passed. Coming home after a long absence was difficult. School friends had grown up and become parents. With her dad gone, so was her community connection.



Allanna joined the Harrington Valley Community Center and bounced between the Community Center and the Harrington Golden Age Club. She is involved with the annual Harrington carnival and works with a small group of women who organize amazing events to attract and entertain families.

Allanna, with her soft spot for cats, has rescued 50 cats over the past 5 years, keeping 14 cats and 1 rabbit. Most of them were brought to her, while others were strays, or abandoned by families.

People do not see the point of spaying/neutering barn cats, which leads to an over population of feral cats. People have good intentions, but feral cats multiply so quickly.

When Allana first rescued cats, she helped a woman in Hawkesbury and was introduced to a vet in St. Zotique. Two years ago, she ventured out on her own. Allana feels fortunate to have local people, the Community Center and bar patrons donate empty bottles/cans to offset the cost of food and litter. When she doesn't have empties, she pays for cat food and litter herself.

Her rescued cats from Calumet include Simon, Walter, Nosy and Kochese. Bella and a rabbit were rescued from flood victims. Gypsy was left behind at Fiddler Lake. Smokey lived outside for 2 years. Blackie was rescued from a barn, and Mervin from Kilmear Road. A local couple fed him, but foxes and raccoons killed kittens in the area. Mervin was challenging to get to the vet and bit through a welders' glove, but eventually, a new, loving cat emerged. Occasionally, Allana finds people to adopt her cats and charges an adoption fee. People who approach her to adopt a stray cat donate money, or a bag of cat food. Vet clinics that help are La Griffe and Clinique Vétérinaire Lacordaire. If you wish to adopt a cat or make a donation, e-mail pawsrus24a@hotmail.com.

Thank you so much Allanna for looking out for our seniors and our cat population.

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<p>MORIN-HEIGHTS \$799,000</p> <p>Exclusive estate in Morin-Heights. More than 3 acres of land overlooking Rivière à Simon and part of a small private lake. Certainly one of the most beautiful sites available. High ceilings 9', lounge with gas fireplace, 4 bedrms, 3 bathrms, finished basement (possibility inter-generation). See Virtual tour/Multimedia.</p> <p>10439020</p>	<p>SAINTE-AGATHE-DES-MONTS \$289,000</p> <p>In beautiful Domaine Chanteclair. House perfectly enjoyable, bright and warm. It's large windows make the views of the landscape so enjoyable. Garage, fireplace and slow combustion. Access to Lac à la Truite, tennis and pool.</p> <p>25837818</p>
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Garden Talk

To seed or transplant?

June Angus - Main Street

Despite heaps of snow everywhere, now is the right time to make vegetable and herb garden plans for the coming spring. What plants will you sow as seeds directly in the ground once the soil is warm enough? What plants will you transplant as seedlings (young plants) when conditions are right?



To make the right decisions, consider the following: Is the vegetable easy to germinate? Is our growing season long enough for the vegetable to mature if seeded outdoors? Does the vegetable transplant well?

In our climate, using transplants or seedlings is the best way to jump-start our rather short growing season, especially for plants that take a while to develop and mature. That's why tomatoes, peppers and eggplants are almost always started indoors and planted as seedlings in the garden after the risk of frost has passed - generally between the end of May and mid June. Basil, broccoli, brussels sprouts, cabbage, cauliflower, celery, chard, chives, kale, leeks, parsley and zucchini also do best when started indoors, before transplanting into the garden.

There are two basic ways to get seedlings. Buy your own seeds and start them indoors now. Or, wait and buy seedlings at the garden centre that will be instantly ready to transplant once garden beds are ready.

Buying seeds from mail order catalogues and starting them indoors can be very satisfying. This approach offers access to a much wider variety of seeds. For example, there are thousands of tomatoes available to gardeners through seed companies. Meanwhile, most garden centres only offer a dozen or so types of tomato seedlings. If you have a large garden, growing your own seedlings is more cost effective, even with the initial investment for grow lights, containers, pots and soil.

If you don't have the indoor space, time or inclination to care for seedlings, then you're better off buying transplants. While you may sacrifice some variety for convenience, you'll appreciate the high quality, ready-to-plant seedlings found at local garden centres.

While seedlings are great for many situations, there are quite a few plants that grow more successfully from seeds sown outdoors directly into garden soil. These plants usually mature relatively quickly or have delicate roots that are easily damaged during transplanting.

Plants with taproots, such as carrots and beets, generally don't transplant well and can become misshapen or "forked," so it's best start them from seed sown in the garden. Other common edibles that should be seeded directly outdoors include beans, corn, lettuce, peas, radishes, rutabagas, turnips and watermelon. While cucumbers, pumpkins and squash can be started as seedlings, they usually grow fast enough to catch up with directly seeded plants, so there is no real advantage to starting them indoors. Always read seed packets carefully. They offer a wealth of information along with directions for planting, spacing and timing to maturity.

Whether you exercise your green thumb in the coming weeks by starting seeds indoors or simply daydream about the gardening season to come, take heart, spring is just around the corner.



The return of the Caravan

It's that time of year again! The Health, Justice and Social Services Caravan is coming back to the Laurentians! Funded by a grant from McGill University, organized by 4 Korner's Family Resource Center, and run by graduating students from John Abbott College, the Caravan is a collaborative effort that brings health, social services and legal information and services into our communities. This is also an opportunity for the students to learn more about living and working in the Laurentians and we hope they will be enticed to pursue their careers in our communities after their graduation.

Students from the Dental Hygiene, Nursing, Pre-hospital Emergency Care, Youth and Adult Correctional Intervention and Police Technology programs will be onsite to offer information and to conduct various health screenings. The onsite screenings available include electrocardiograms and blood pressure, cholesterol and glucose level checks. Students will be offering information on recognizing heart attacks, how to properly use an EpiPen, correct CPR/AED techniques, healthy choices, dental hygiene, nutrition, crime prevention, mental health, stress management and healthy aging. Results are given onsite at the Health Caravan, so you do not have to wait for a follow-up afterwards. We are pleased to announce that this year a notary will also be there to provide information and respond to general legal questions that you may have.

The Health, Justice and Social Services Caravan will be in Sainte Agathe, on March 20, 2019, at Sainte Agathe Academy, from 2:45 to 5 pm, and in Lachute, on March 27, 2019, at the Presbyterian Church, from 1:30 to 4 pm. Please contact 4 Korner's Family Resource Center at 1-866-974-3940 or info@4kornerscenter.org for more information. All services and consultations are provided by the students in English and are free of charge.

4th Annual **HEALTH, JUSTICE** **& SOCIAL SERVICES** **CARAVAN 2019**

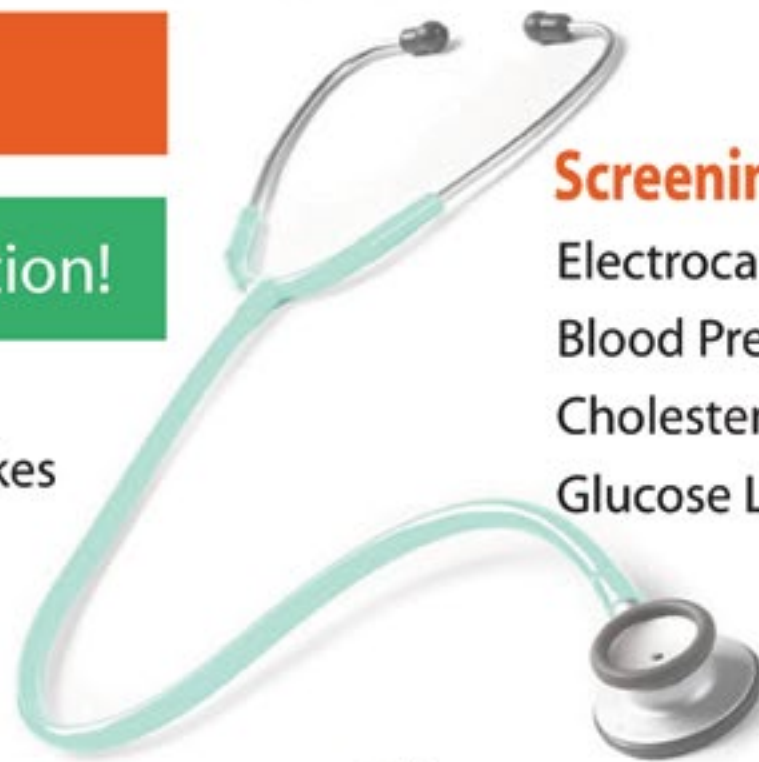


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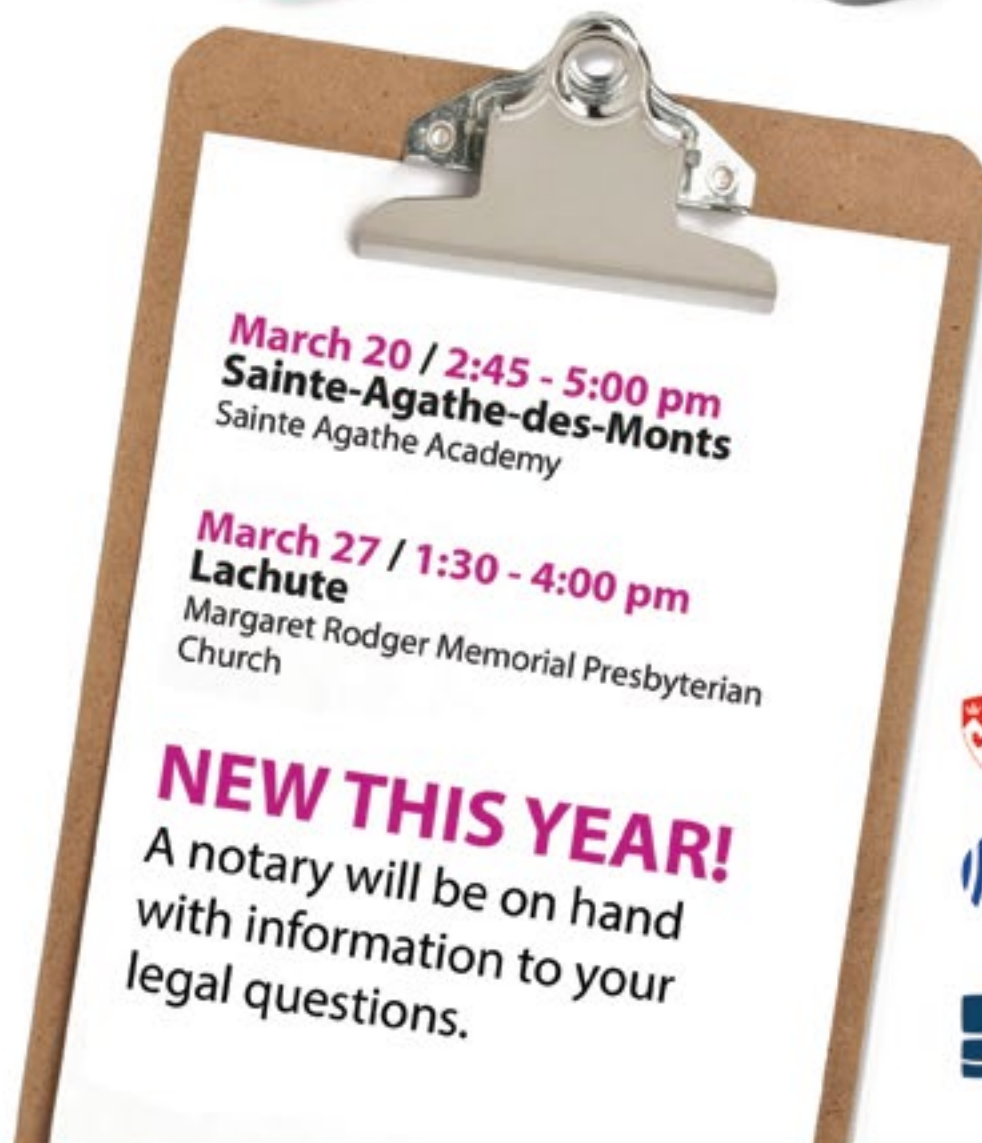
Crime Prevention

Legal Issues

Mental Health

Stress Management

Healthy Aging



March 20 / 2:45 - 5:00 pm
Sainte-Agathe-des-Monts
Sainte Agathe Academy

March 27 / 1:30 - 4:00 pm
Lachute
Margaret Rodger Memorial Presbyterian
Church

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Information

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RELIGIOUS SERVICES



**ROYAL CANADIAN
LEGION**
**LA LÉGION
ROYALE CANADIENNE**

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

Branch 171 Filiale Morin Heights

Fri, Mar 8: 9 am - 70th Edition Kids' Ski Races
Sat, Mar 16: 6 pm - St. Patrick's Day Supper
Fri, Mar 22: 6 pm - 7 pm - SPECIAL DATE - TGIF
Sat, Mar 23: 8 pm - Music Show with The Paolo Stante Band

General meetings: Last Sun of month at 2 pm
Darts: Thurs: 3 pm - new players welcome
Military Whist: 1 & 3 Mon at 1:30 pm
Check with the legion for daily bar hours
Hall rental available at competitive prices
Info: 450 226-2213
<http://www.legion171.net> / Facebook: legion 171

Branch 70 Filiale Lachute

Bus trips to Casino canceled until further notice.

Tues: 1 pm - Euchre
Every second **Wed: 1 pm** - shuffleboard games
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
For information call: 450 562-2952 after 3 pm
634, rue Lafleur

Branch 71 Filiale Brownsburg

1st Tues of each month - Soup Luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Fri 3 pm - closing
Everyone welcome.
Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale Rouge River

Sat, Mar 16: St Patrick's Day Supper
Sat, Mar 30: 2 pm - Golf with a difference & supper. Great fun!
Mon, Tues & Fri: 9 am - weekly yoga
Tues: 7:30 pm - cribbage. Info Lloyd (819-687-3541)
Wed: 1 pm - Bridge. Info Connie (819-687-2403)
Everyone welcome
Bar open daily at 3 pm
For further info: 819 687-9143 / arundellegion@gmail.com

**THE CATHOLIC CHURCHES
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5, John Abbot St., St. André d'Argenteuil
Interim Moderator: Rev. Linda Robinson
Info: Sharon McOuat: 450-566-4549
All services at 11:15 am

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Thurs: 4 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 - Worship service

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

**TRINITY ANGLICAN CHURCH -
MORIN HEIGHTS**
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
We are a member of the Laurentian Regional Ministry.

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

**HOLY TRINITY
ANGLICAN CHURCH**
12, Préfontaine St. West, St. Agathe
The Rev Josée Lemoine
Sunday service: 9 am
Fellowship in the church hall afterwards.

**ANGLICAN PARISH OF ARUNDEL & WEIR
GRACE CHURCH**
Sunday services are held every
Sunday at 11 am,
followed by tea / coffee, refreshments &
fellowship in the Church Hall.

Thurs, Mar 14 - Apr 11: 10 am - A Lenten
Program of the Gospel of St. Luke will take
place in the Church Hall
Sun, Apr 14: 11 am - Palm Sunday: Liturgy of
the Palms & Holy Eucharist
Thurs, Apr 18: 2 pm - Maundy Thursday:
Liturgy of the day
Fri, Apr 19: 2 pm - Good Friday:
Ecumenical Service
Sat, Apr 20: 7:30 pm at St-Simeon's in
Lachute: This service will include all the
parishes of the Laurentian Regional Ministry
Sun, Apr 21: 11 am - Holy Eucharist

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
The Reverend Josée Lemoine -
Priest in Charge
The Reverend Nick Brotherhood -
Interim Priest
Tania Lesack - Curate
Services are held every Sunday at 9:15 am.
The second Sunday of each month is a
fun Family Service
Everyone is most welcome to join us.

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St. Matthew's, Grenville
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450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Contact: James Hocquard - 819-242-4722
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

ST MUNGO'S UNITED CHURCH
661 Rte. Des Outaouais, Cushing
Contact: Sandra Goorbarry - 819-242-5523

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Contact Pat Hodge 450-562-8365
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
370 ch. Harrington, Harrington
Contact: Eleanor Morrison: 819-429-1925
Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA
150 Avoca Rd, Grenville-sur-la-Rouge
Contact: David Elo 819-242-6559
2nd Sunday: 1 pm - April - December

SHAWBRIDGE UNITED CHURCH
1264 Principale, Prévost
(at de La Station)
Contact Sandra Trubiano - 450-224-5188
Sunday service time is 9:15 am.

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Contact : Heather Hodge - 819-687-9230
Sundays: 10 am: Worship service.

MORIN HEIGHTS UNITED CHURCH
831, Village, Morin Heights
Contact Catherine Davis - 514-712-8863
Sundays: 10:30 am - Weekly services

STE-ADELE UNITED CHURCH
1300 ch. du Chantecler, Ste-Adèle
Contact: Jacques-Henri Honoré / 450-512-8007 /
eglise.ste.adele@gmail.com

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Mar 17: 11 am - Morning Prayer

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

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

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Mar 10: 11 am - Holy Communion
Mar 31: 11 am - Morning Prayer

VALLEY GATE CHURCH
Pauline Vanier, 33,
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Pastor Kevin Cullen: 450 229-5029
Please join us every
Sunday at 10 am

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



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LAURENTIAN CLUB NOTICE

Holy Trinity Church
12 Préfontaine Ouest (corner of Tour du lac)
Ste-Agathe-des-Monts, Quebec J8C 1C3
Guest speaker: **Katherine & Bill Weary**

Africa in the 60's: Katherine and Bill, two long-time teachers, have made the Laurentians their home since 1958. However, during this period they have also lived and worked abroad, for various lengths of time and in different parts of the world, for a total of 19 years. Two of these teaching assignments took place in Africa during the 1960's, and it is this fascinating period that they will address.

Tuesday, March 26: 1:30 pm - 3:30 pm
Refreshments following the discussion
Annual membership \$35
Guests \$10

Info: 819 326 4401
www.laurentianclub.ca
[facebook.com / LaurentianClubofCanada](https://www.facebook.com/LaurentianClubofCanada)

LAURENTIAN CLUB OF CANADA



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



Next meeting for cancer patients,
families and caregivers is

SATURDAY
March 16, 2019 - NOON
Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights

**Cooking for Wellness Workshop
with Susan Campbell-Fournel**

Upcoming meetings: April 13, May 25, June 15

Meetings are conducted in English
ADMISSION IS FREE

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

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COMMUNITY NEWS

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

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE 2811 RTE 327

Sun, Mar 17: St. Patrick's Day Corn Beef Dinner.
Doors open at 5 pm - dinner served at 6 pm
Music, dancing, fun, singing - BYOB.
Adults \$17 / Children \$8.50 / 12 and under - FREE

Sun, Apr 7: 9 am - noon: April breakfast.
Basket draw donations will go to the Parkinson Canada Research Fund.
See event details and photos on Facebook at LRCC-Lost River Community Center

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
The facilities are now open and we are ready to continue our activities!
Cook's Night Out: 1st Friday of the month at 5:30 pm
Bingo: 1st & 3rd Sunday of the month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

HARRINGTON VALLEY COMMUNITY CENTRE 420, chemin de Harrington

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org / mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Rehearsed Play Reading
Mitch Albom's "and the Winner Is"
Morin Heights Legion, 127 Watchorn
Thurs, Mar 28
Doors open at 7 pm - reading begins at 7:30 pm
Come relax and enjoy!
Cash bar. Free admission
Info: 579-765-3999 / www.theatremorinheights.ca

ALCOHOLICS ANONYMOUS MEETINGS

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

LACHUTE ARMY CADET CORPS

Recruitment currently underway!
Open to teenage girls and boys between 12 and 19 years.
Leadership, music, map and compass, marksmanship and Eco-Stewardship are among the training that is offered.
Uniforms and training are free; all we ask for is a commitment.
Info: Captain Dan Demers: 514-927-9260

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

HUBERDEAU GOLDEN AGE CLUB

Huberdeau Church Basement
Thursday evenings: 7:30 pm.
The Club Huberdois invites you for a game of Pétanque Atout.
Info: Lionel Provost: 819-687-3720
Info: Gilles Goyer: 819-687-3498

SENIOR VOLUNTEERS READING PROGRAM

The Table des aînes of the Pays-d'en-Haut MRC is looking for volunteer readers aged 50 and over to share the pleasure of reading with children in schools.

As part of a movement to promote the pleasure of reading with children in the community, the Table des aînes has implemented an intergenerational reading program throughout the MRC. For further information please contact Violaine Guérin at 819-321-9404.

COOP SORE'S COMMUNITY LUNCH

Chalet Bellevue, Morin Heights
Community lunch prepared by Soupe & Cie every Monday.
Voluntary donation of \$6 is suggested. Meal includes soup, main dish, salad, dessert, tea or coffee.
Advance reservatiopn required on Fridays from 9 am – 4 pm at 514-944-9335

CALL TO ARTISTS Deadline: Apr 15, 2019

The Culture Department of Val David invites visual artists to submit an exhibition project to the selection committee of the Galerie de la petite gare in Val David for the summer season. Materials should be sent to Daphnee Cyr at culture@valdavid.com.
Details: valdavid.com/publications/culture

ADHD WORKSHOP Maison des citoyens de Deux-Montagnes

202, Henri-Dunant
Mar 28: 7 pm - 9 pm
Topic: Frustration and Anger Management
Speaker: Peter Gantou, M.A., clinical psychologist.
Intended for parents, adults with ADHD and professionals
Yearly membership: \$10
Presented by Association PANDA
Info: 514-713-5353 / mjtrudel@panda-ablso.ca

PRESENTATION FOR WOMEN Arundel Community Centre

60 Rte. Morrison, Arundel
Mar 13: 10 am - noon: Mindfulness & Women's Wellbeing
With Marco Vinicio Castillo
Mar 20: 10 am - noon
Natural wellness therapies & help for chronic pain
With Jodi Duplisea
Coffee, tea and treats

ART BY THE WATER EXHIBIT & SALE

Beaconsfield Yacht Club
26, Lakeshore Road, West Island
Fri, Apr 26: 6 pm - 9 pm - Vernissage
Sat, Apr 27 & 28: 5 pm - Exhibit & Sale
We invite you to join us for the annual spring art exhibition and sale benefitting adolescent colon cancer.
Highway 40 West:
exit St. Charles south to Beaconsfield Blvd.
Highway 20: Exit 48 south: turn left onto Beaconsfield Blvd. at traffic light. At the 2nd stop sign turn right onto Lakeshore Road.

SPAGHETTI DINNER FUNDRAISER Chalet Bellvue, Morin-Heights

Sat, Mar 16: 5 pm
Tickets: Adults \$15 / children \$10
Info: 514-944-9335 / 450-224-2657
Proceeds to benefit COOP SORE

SPAGHETTI SUPPER FUNDRAISER Chalet Bellevue, Morin Heights

Sat, Mar 30: 6 pm
Tickets: Adult \$15 / Children \$8
Info: 450-821-2566
Proceeds to benefit Pré-maternelle La Rochelle Preschool

LACHUTE 4-H FUNDRAISER DANCE Grenville Community Centre

Sat, Mar 30: 8 pm
With the Honky Tonk Strangers, featuring Fiddler Jean-Philippe Levert
Tickets at the door: \$10 / under 8 yrs free.
Light refreshments will be served.

LRS COMEDY NIGHT FUNDRAISER Laurentian Regional High School

Fri, Apr 26
Featuring The Comedy of Robert Maxwell, comedy stage hypnotist.
Details next issue.

WINE & ARTS FUNDRAISER Maison des Arts Saint-Faustin

1171 rue de la Pisciculture, St. Faustin-Lac Carré
Sat, Apr 13: 7 pm
Enjoy the DADA exhibition combined with wine tasting and tips from Jean-François Demers, wine critic and columnist.
Tickets: \$30 available from board members or at La Maison des Arts Saint-Faustin.

ADVANCE NOTICE

An Event to celebrate the 50th Anniversary of the Lachute Residence will be held on Saturday, **June 15, 1 pm - 6 pm.**
at The Lachute Residence, 377 rue Principale, Lachute.

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The Lachute Curling Club was shining on January 26

The 100th Anniversary of the Lachute Ladies Curling Club was celebrated with the playing of the Cottingham Cup and an Invitational Bonspiel.

An amazing kilted team of volunteers prepared a fabulous luncheon and organized a great Bonspiel with teams from Brownsburg, Hudson, Lachute, Montreal West, Pointe Claire and Vankleek Hill participating. The 73rd Cottingham Cup was won by Vankleek Hill and Lachute won the Invitational.



We were very honoured to be recognized and presented with recognition from Curling Canada, the Ottawa Valley Curling Association, the Federal and Provincial governments.

Special thanks to all for celebrating this very special day.
LLCC

A Trek Under the Stars 2019 \$131,372 raised for Palliacco

After a memorable evening on January 26 at Domaine Saint-Bernard in Mont-Tremblant, the repeat event a week later at the Sainte-Agathe Campground and Outdoor Center on February 2 completed the Seventh Edition of PALLIACCO's A Trek Under the Stars. Partners for the annual event were the Caisses DESJARDINS of the Vallée des Pays-d'en-Haut, Sainte-Agathe, Mont-Tremblant and Rivière Rouge.



This year, 17 teams with nearly 170 participants set out on cross-country skis, snowshoes or on foot on two fine winter evenings. In total, 46 teams participated in the two locations of A Trek Under the Stars. As of January 26, a total of \$107,819 in donations haaccumulated, but in just the one week prior to the final event, the amount grew to \$133,489.50.

In Sainte-Agathe it was the Wapizagonque team with their captain Denise Audet who won the title of the team raising the most money with \$5,300, but still not topping the \$7,365 raised by the Interpellates of Mont-Tremblant with captain Guy Barbe. With this third time in Sainte-Agathe, the organizers believe they achieved their goal of spreading the awareness of PALLIACCO and A Trek Under the Stars throughout this area served by Palliacco.

Thanks to our partners and the many generous sponsors of this event, PALLIACCO can continue to offer free accompaniment, respite and home support services to people suffering from cancer, end-of-life patients, caregivers, the bereaved, as well as for children with cancer and their parents, throughout the MRC des Laurentides, Pays-d'en-Haut and the southern part of Antoine-Labelle.

PALLIACCO wishes to thank Dominique Laverdure, CEO and Partner of Rouge Marketing Montreal and Mont-Tremblant, for her contagious enthusiasm as Honorary Chair, the sponsors and partners of the event, the hundred or so volunteers, the nearly 460 participants, the many donors and the media, who made the A Trek Under the Stars 2019 a double success.

Congratulations to Main Street on their 18th anniversary of serving the Laurentian community





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The team of Lortie and Martin would like to congratulate Main Street on their 18th anniversary of serving the Laurentian community.

Wishing you many more years of success

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David Graham
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Congratulations!

to Main Street on their 18th year of publication
We wish you continued success in keeping the Laurentian community united and informed

465 rue Bethany Lachute
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Telephone and Internet orders accepted / delivery service available throughout the MRC of Argenteuil



Main Street – 18th Anniversary

As we look forward to another year serving the Laurentian community, we would like to take this opportunity to thank all our loyal advertisers and readers.

We hope you continue to enjoy the read...

The Main Street Team

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Making it Work in the Laurentians

Benefits of registering your business

Rachel Morgenstern-Clarren

In today's business world, different legal entities have different legal standings; corporations are treated as separate entities, while sole proprietor enterprises are treated the same as the individuals who own them; and partnerships are treated as two (or more) sole proprietors working together. In Quebec, most types of businesses (corporations, non-profits, co-operatives, etc.) are required to register with the government. However, as a sole proprietor, you are your business – all the profits are yours, but so are the liabilities – and you have the choice to either register or not.

Why should you register your business?

The purpose of registering a business is to be easily identified by the government. When sole proprietors send invoices and communicate with the government, they have the choice to work under their first and last names or to register their businesses. Since you, as an individual, already have a SIN and pay taxes, your identity is already established with, and recognized by, the government. However, if you incorporate, that legal entity becomes separate from you and requires an identity, or a relationship, with the government all its own. By registering your business, you will obtain an NEQ – a unique 10-digit number used for identification purposes.

Although it's not mandatory for self-employed individuals to register their businesses, there are many benefits, such as simplifying business relationships and establishing credibility with lending institutions. Of all the possible legal structures to set up for a business, a sole proprietorship is the simplest type and, therefore, also the fastest and least expensive.

Important things to keep in mind when registering your business

As you're setting up your sole proprietorship, remember that registering a business is not the same as registering for sales tax numbers. Whether or not you register, there are certain circumstances where you'll need to register for sales tax, in order to collect and remit. You can still invoice under your first and last name, but it's good practice to also include your NEQ on your invoice. If you decide to open a sole proprietorship that does not include your first and last name, you must register for an NEQ.

Short and long-term benefits of registering your business

Registering a sole proprietorship (obtaining an NEQ) establishes a legitimate history for your business with the government. It also makes it easier to communicate your business concerns directly to the government. If you need to borrow money for your company at some point, registering can give you an advantage with lending institutions. It also can give your business more credibility when dealing with customers and suppliers. Finally, obtaining an NEQ automatically adds your business information to the Registre des Entreprises, making it public record, which may be important to some people you work with. No matter what kind of company you own, registering it is an easy way to improve the way you do business, today and in the future.

For more steps to consider when starting a small business, contact YES at yesmontreal.ca or 1-888-614-9788.

Donation to Morin-Heights library in memory of Lali Jones

Literacy, books and reading were always dear to the heart of Lali Jones, who passed away January 2. Not only had her career involved teaching literacy to adults, but she was a long-time volunteer at the Morin-Heights library and a member of two book groups – one in the Laurentians, the other in Montreal.

Given Lali's love of reading and books, her fellow book group members decided that a donation in her memory to the Morin-Heights library would meet with her hearty approval. Thanks to their fundraising efforts a cheque was presented to the library on February 15, 2019. The money will go into a special fund to buy books that Lali's daughter, Meredith Jones, hopes "will appeal to large audiences, stimulate young readers, and stories, which will get the imagination going."



Judy Rogers, second from left, (herself a member of Lali's two book groups), presents the cheque to Karyne Bergeron, left, coordinator of culture for the Municipality of Morin-Heights; Peter MacLaurin, Morin-Heights councillor responsible for the library; and Lois Russell, library coordinator.



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Saint-André-d'Argenteuil library joins the BIBLIO Network

La bibliothèque Au fil des mots de Saint-André d'Argenteuil is now part of the Laurentian BIBLIO Network (RBL). Starting Friday, March 1, subscribers will have free access to more than 12,000 digital books, 50 digital journals, and a host of digital resources including Protect Yourself and Genealogy Services. Subscribers will be able to borrow books from any of the 62 RBL member libraries free of charge through the inter-library loan service. To take advantage of all these services, simply visit the website: www.mabiblioamoi.ca.



For the municipality of Saint-André-d'Argenteuil, this affiliation means the library will now benefit from the support of professional librarians, documentation technicians and computer scientists among others. A multitude of low-cost cultural events will also be available to make the library even more vibrant.

One Step Forward

For more than ten years, the development of La bibliothèque Au fil des mots has been supported by the work and passion of committed citizens. Located in the heart of the village, the library occupies the basement of the church on the banks of the North River.

The collection of over 10,000 books has been developed to appeal to all types of readers. The latest English bestsellers are also part of the collection.

Affiliation with the BIBLIO Network of the Laurentians demonstrates the municipality's interest in investing in the culture and quality of life of its citizens. Saint-André-d'Argenteuil is now joining an inter-regional network that is working to make libraries a stimulating third place for citizens, after home and work.

Laurentian Biblio Network

The Laurentian BIBLIO Network is a non-profit organization set up by the Quebec Ministry of Culture and Communications. For more than 35 years, the RBL has supported the development, operation and enhancement of libraries in its region. Its members enjoy significant economies of scale in addition to professional and technical expertise to ensure their citizens benefit from high quality services at affordable prices.

The Laurentian BIBLIO Network in numbers:

61 municipalities | 44,000 subscribers | 900,000 loans | 685,000 documents

Tilia Aguzzi Tabah
06/05/1952 – 20/02/2019

In life, Tilia Tabah always moved from her heart, as a wife, a mother, a grandmother; an Auntie, a sister-in-law, a daughter-in-law, a cousin and a friend.

She was a chef par excellence, an inspired seamstress, an enthusiastic personal trainer and a life coach. Tilia's skills and abilities were legendary, but most important of all was her big, loving heart.

With her amazing generosity she showed us all how to live contented lives, how to fight our demons, how to embrace our loved ones and how to accept others. She taught us to believe in second chances and that no one should be left unloved. Her joy in giving and doing for others is well known in the Morin Heights community. Tilia's doing for others extended far beyond her close-by friends and family and our little town. Her reach touched extended family, cousins in Montreal and those as well in the U.S.

Those of us privileged to enjoy her big hugs and dimpled smile would all feel we were coming home to 'Mama'. How she loved to teach, to care for, to laugh and to entertain. She was a wonderful hostess and had a special way of making everyone feel right at home in her presence, no matter who they were or how they arrived at her door.

Tilia loved all animals, domestic and wild, snakes and squirrels alike. And they responded to her as if she were family. She adored babies and children and they all have capes and owls and dolls and dresses that she made for each. She showed them magic in the woods as she fed them yummy treats. And we grown-up children all have in our houses cushions and drapes and clothes and accessories fashioned by Tilia's creative ingenuity and her loving hands.

Tilia loved life and she herself was well loved, by her family, her Italian community and by all who knew her and were hugged by her, in Morin Heights.

She will be greatly missed and as we remember her unique qualities we will honour her life. A celebration of Tilia's life is being planned and details will be shared with friends and family.

This poem was written by her granddaughter Zara, 10 years old.

Tilia

The birds will fly in your memory and the rain will whisper your name
And we shall see you from the sky smiling down at us.
The grandma you are and will always be is a warm glow in our hearts.
Although you may be far we love you where you are.
The creek by your house will remember you and always say your name,
Tilia Tilia Tilia

PATRICK BÉLANGER
1982 - 2019

Sadly, in Lachute, on February 22, 2019, Patrick Bélanger, partner of Marie-Pier Proulx lost the fight against a pain of which only he knew the secrets, at the age of 36.

In addition to his partner, he is survived by his daughters Kloé and Anika, (mother, Julie Lacharité), his mother, Patricia, his sister Mélanie (Jonathan Beaudry) and their daughters, Léa and Zoé, grandmother Bélanger and his dog companion, Smush Ball. He is also survived by his brothers-in-law and sisters-in-law, extended family and friends. He joins his late father, Serge Bélanger.

A service will take place on Sunday, March 17, 2019 at 11 am at the Salon Roland Menard Inc., 395 Grace Street, Lachute. His partner, mother, sister and goddaughter, Léa, will give a tribute at 3 pm.

In lieu of flowers, a donation to Suicide Action, a suicide prevention organization, would be appreciated. (suicideactionmontreal.org).

Arrangements entrusted to Salon Roland Ménard, 385 Grace Street, Lachute, QC J8H 1M3



The English Link

Talking saves lives

By: 4 Korner's Family Resource Center

Suicide Prevention Week marked its 29th year, from February 3 to 9, 2019, with the theme - Talking about suicide saves lives. The effects of suicide are felt throughout our communities. According to the Institut national de santé publique Québec, 1046 people in Québec took their lives in 2016. It can be difficult to know where to turn for assistance or how to support someone we are concerned about.

Talking about suicide can be difficult and uncomfortable but it is important to talk about it. Talking about it helps us to educate ourselves and others so that we can identify warning signs, learn how to reach out to someone and to know what resources exist in the community. We can talk to our friends and family. We can talk to our children and teens. We can talk to our neighbours and community members. We can let others know that if they are ever struggling, we will be there to listen.

Talking about suicide can also happen within our workplaces, among employers and co-workers. Encouraging our employers to take active roles in the mental health of their employees can be as simple as posting signs around the workplace with suicide crisis phone numbers listed, or as comprehensive as offering an Employee Assistance Program to cover counselling, or offering suicide training as part of the workplace training. A company's investment in the wellbeing of its workforce also leads to strengthening our communities.

People have suicidal ideation for many different reasons. Depression and mental illness can be contributing factors. Some people may feel hopelessness regarding their situation and view suicide as the only option. Whatever the contributing factors, we can reach out to people and show them that they do not have to struggle alone. Bringing up the topic of suicide can feel uncomfortable, but the best way is to ask directly whether a person is having such thoughts. Knowing about resources in the community, like crisis phone numbers, can be helpful in directing people to the help they need. You can offer to call a crisis line if a person is willing to reach out for assistance and you can be there to offer support.

The Association québécoise de prévention du suicide just launched an English version of their website at <https://howtotalkaboutsucide.com>.

The Centre prevention suicide Faubourg has a 24-hour crisis line, available 7 days a week as well. They can be reached at 1-866-APPELLE (277-3553).

Info-Social 811 provides confidential psycho-social consultations by phone to help with an immediate problem and referral, as needed, to the appropriate resources. This service is available 24 hours a day, 7 days a week.

Crisis Services Canada: Text 45645 between 4 pm and 12 am.

Offers services for suicide prevention and support by text message.

More information on the services offered at: crisisservicescanada.ca/en/

If you or someone you know is having suicidal thoughts, please reach out and know that there are people who care and can help. Let's keep talking.



IN MEMORIAM - In Loving Memory of 35 years...

DOUCET Jeannette
(née Daigneau) Nov 22, 1928 - March 3, 2016

"Petite Fleur de Mon Coeur," I love you! My Sweetie, you are dearly missed and lovingly remembered by myself, your loving husband, as well as your family & close friends.

You were the most beautiful person in the world with a heart twice as big and anybody who met you fell in love with you (as I did, again & again, each & every day). Your passion for life will live on through your love of collection dolls & angels as well as all the beautiful paintings & crafts your loving heart created throughout your life. Many of us were so touched by your angelic voice through your singing, in your younger years. You are one more angel in heaven leaving us all with beautiful memories...

Rest in peace my Sweetie... we'll miss you and you will live on every day in our hearts, in everything we do, to carry on, for you and with you ... Your loving sweetness will be our legacy!

Your loving husband Fernando (Fred Doucet).

IN MEMORIAM THOMAS GEORGE SMYTH
APRIL 21, 1929 - MARCH 2, 2010

Ten years have passed,
Your life was a blessing,
Your memory a treasure,
You are loved beyond words
And missed beyond measure.
Always in our hearts and
sadly missed,

With love from your wife Doreen, your daughters Cynthia (Derek) and Heather (Hal) And your three wonderful grandchildren, Tyler, Taylor and Courtney.





Main Street Money

Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

A helping hand

How to handle a request for financial support

Many Canadians are grappling with debt as a result of soaring spending and a higher cost of living. A 2017 report by the Organization for Economic Co-operation and Development showed that Canadian households are among the most indebted in the world, and a recent survey by the Canadian Payroll Association suggested that nearly half of Canadian workers are living pay-cheque to pay-cheque.

If a friend or family member is experiencing financial difficulties, it's natural to want to help. It's difficult to see someone in need, but borrowing, or lending, between people who care about each other can present some risks and potentially impact the relationship in the long run. Careful handling of a request to provide financial support can prevent misunderstandings, conflict and financial mishaps.

Ask questions

There are many reasons why a person might ask for financial help, so the first thing to do is, as best as possible, try to understand the full context of the situation.

What are the details of the request – is it a loan of few hundred dollars or upwards of a couple thousand? What will the money be used for, and when and how will it be paid back? Is there a pattern of this family member, or friend, looking to borrow money from other friends or relatives? If so, this may indicate a bigger problem.

Explore alternatives

The information you gather can allow you to offer more valuable support than simply handing over money. If the individual is overwhelmed by unexpected expenses or debt, perhaps you can assist by helping to create a budget. If the person is unemployed, you may be able to help to brush up a resume in order to search for work. In some cases, it can be a great help to connect the person with the right social or professional services in the community, such as social assistance agencies or employment programs.

You might also consider referring your friend, or family member, to your advisor to review available options. Your advisor will have the expertise and professional network to explore options for the individual that would be specific to the situation and help to find the right path to a secure financial future.

Proceed with caution

If you do decide to provide financial support to a friend or family member, there are some things you can do to help avoid confusion or disagreements down the line.

Give a gift

If you can afford it, and you feel it fits the context of the relationship, you may want to simply provide a gift rather than a loan. This way, there are no expectations and no hard feelings. If the money is paid back, you can think of it as a bonus.

Put it in writing

Formalizing the details in a contract will help set expectations and show that you're taking the loan and its terms seriously. It might feel awkward to ask for a contract, but it can help you avoid having to ask about repayment later. There are many standard loan agreements available online that can help you hash out the details – loan amount, interest rate (if any) and repayment schedule.

Think carefully before co-signing

If your friend or family member can't qualify for a loan from a financial institution you may be asked to co-sign. A co-signed loan can take on many forms; short-term, long-term, secured or unsecured. The need for a co-signer means the lender considers the borrower to be a higher risk, either because the person doesn't have an established credit history or because the credit rating is not strong enough. It's important to understand that if the borrower defaults on a co-signed loan, you will be responsible for the outstanding balance. Also, co-signing a loan could reduce the amount of money you may be able to borrow for your own

purposes. If you decide to co-sign a loan, it's a good idea to monitor the account to make sure payments are being made on time.

Protect your own financial situation

Helping someone you're close to is a noble gesture, but the last thing you want to do is jeopardize your own financial health. If you take the funds from your retirement savings, for example, you could increase your current tax burden and possibly affect the quality of your retirement. Before deciding, it's a good idea to discuss the situation with your partner and ask your advisor about the potential impact on your own finances.

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

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FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION

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Mon, Mar 11: 10:30 am - noon
Mon, Apr 8: 10:30 am - noon (Mont-Tremblant)
Fri, Mar 29: 10:30 am - noon (Ste-Agathe)

FOR PEOPLE IN MOURNING

Coffee Meeting for the Bereaved

Tues, Mar 12: 7 pm – 8:30 pm
Tues, Apr 9: 7 pm – 8:30 pm
 by reservation (Mont Tremblant)
Thurs, Mar 21: 1:30 pm – 3:30 pm (Ste-Agathe)

Regenerating Yoga

Thurs, Mar 14, 21 & 28: 1:30 pm – 2:45 pm
Thurs, Apr 4 & 11: 1:30 pm – 2:45 pm (Mont Tremblant)
Every Thurs: 9:30 am - 11 am (Ste-Agathe)

Accompanying services

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Real Wine for Real People Irish Whiskey

April Sirois – Sommelier - ISG

Well, we seem to have made it through the worst of the winter. March, with any luck, will bring us the spring thaw, maple syrup season and St Patrick's Day. With that, I am going to make a little

departure from wine this month to write about whiskey, or more to the point, Irish whiskey.

Irish whiskey was first distilled in Ireland by monks sometime around 500 AD. It predates Scotch whisky by over seven hundred years. The Irish monks learned about distilling practices during their travels to the Far East, where distillation was used to make perfume. The monks realized that if they cooked water and barley together, and fermented it with yeast, and then heated it in a pot-still, they could separate the alcohol to create a special drink. They called this, "uisce beatha", Gaelic for the "Water of Life".

It was first used as a medicine, for stomach issues and food poisoning. It was also used as a disinfectant to clean wounds. When over consumed to the point of intoxication, it was considered holy. It is still used with a little honey, a clove-studded lemon wedge, and hot water as a cold remedy that a lot of people swear by.

The biggest differences between the Irish and Scotch products is that Irish whiskey is, by law, triple-distilled to Scotch's double-distilled, and aged 3 years versus the two required for Scotch. This tends to make for a mellower, sweeter flavor than Scotch. Peat is rarely used in the malting process, so that Irish whiskey has a smoother finish as opposed to the smoky, earthy overtones common to most Scotches.

If you have never tried Irish whiskey you owe it to yourself to try at least a little sip. It is smooth, soft, with a mellow caramel, almost buttery flavor. Perfect for sipping or in drinks.

Many people like to enjoy their whiskey neat (with nothing added) or on the rocks (over ice). However, experts say that the best way of enjoying a good whiskey is by adding a little water to stop the alcohol from overwhelming your taste buds. If you like yours chilled, it's best to ensure the ice is high quality, from either spring or distilled water, in order to avoid affecting the taste.

If you're not ready to drink it straight, try it with ginger ale, or add a bit of honey with a lemon twist, then move on to club soda, then just water, then on the rocks, and finally straight. If you reach any part of that progression where you're truly happy, stay there and embrace your drinking style. I like to sip it straight in a pretty glass, or after dinner with a little cream and maple syrup on ice (Think Maple Baileys).

So, this Saint Patrick's Day, when you are thinking you may not be interested in green beer, try an Irish Whiskey instead.

~ Sláinte.



I'm Just Saying White Knights

Ron Golfman - Main Street

As we round the clubhouse turn of one of the most Sybil-like winters in recent memory, stories abound with comparisons to the great storm of 1971 and others. This one has been particularly brutal in the variety of weather conditions, logic-

defying amounts of snowfall and extremely cold weather. I'm no fan of the expression 'wind chill factor' as it strikes fear into all of us. I can wrap my head around the cold and snow combination when the technical words 'polar vortex' are applied, as they seem to explain the b-r-r factor.

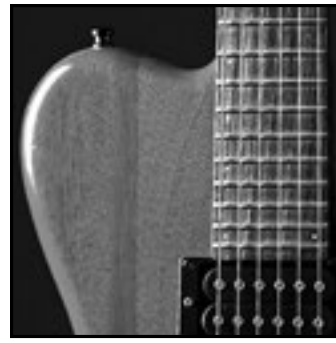
In the course of this frigid and labor-intensive winter, here in the lower Laurentians, I have witnessed the emergence of White Knights; local folks who come together in a variety of ways to make the challenges we face more tolerable. I, and many others, have co-opted manual resources by forming groups, picking two consecutive days, and getting all our roofs done. The benefits are instant peace of mind and, given that our trio has done the roofs three times this winter, when compared to hiring people at minimally \$900 each time, it has been cheap at the price.

Like elsewhere, people escape the winter blues by heading south for a little R&R. Up here, and particularly in closely-knit hamlets like Morin Heights, the barter system is employed masterfully. When a family goes away in December, offers to take care of pets and keep an eye on the house abound. Come February, when the initial caretaker is off to the sun, the December fliers reciprocate by shoveling the walk, warming up cars and making sure all is good.

In keeping with the needs of snowbirds, coupled with where we choose to live, getting to and from the airport becomes a concern. Oh, there are expensive options like Park'N Fly, which includes returning from vacation at midnight to a frozen car buried in snow. Here, as soon as people begin planning a trip, they secure rides to and from P.E.T. with the assurance that the favor will be returned when the chauffeur requires likewise.

In my little town, people wave when you drive by them all year round, but in winter, if you're walking, many will stop to see if you want a ride. We erect and dismantle tempos for those not physically able to do so. Living up north presents its own set of challenges when coping with winter, many of which city dwellers don't have to consider.

Friends who live in San Diego, Miami and other warm places often ask, "how can you live in such a god-forsaken place?" The answer is simple. I am a Canadian, a Quebecer, and from the town of Morin Heights, where we make a silk purse out of a cold winter together, and that, I'm Just Saying, keeps us all warm.



Strings & Things Tune-in - Part 2

Dale Beauchamp

Way back in 2018, we talked about the importance of intonation. In this installment, you can learn to do it yourself. Here's how to set your own intonation on most electric guitars and basses,

almost all of which have individually adjustable bridge saddles.

Assuming the guitar is already reasonably set-up, without overly high action (or string height), start by putting on a new set of strings; old strings can sometimes cause tuning problems. Tune to pitch with an electronic tuner, unless you have a very good ear. Stretch the strings by pulling up gently on them with all four fingers and tune-up again. Do this a third time or as many times as it takes so that all strings are dead-on. Then, starting with the low E (6th) string, play the open string, making sure the tuner shows it's perfect. Now, play the same string at the 12th fret, but don't press down more than you normally would when playing. Pressing too hard will make the note go overly sharp, giving a false reading. This note should be a perfect E on your tuner; the same note as the open E, only an octave higher. If it plays sharp at the 12th fret, when compared to the open string's note, move that bridge saddle backwards, towards the butt-end of the instrument. If it plays flat, move it forward, towards the neck. You'll see a small flat-head, or Philip's, screw, that will make this adjustment for each saddle. Sometimes you may have to slacken the string, to release some pressure on the saddle to permit the adjustment. Once the open string and the fretted note match, check to see that this hasn't thrown any of the other strings out of whack; it often will. Now repeat this procedure on the A (or 5th) string, and on across the neck to the high E (or 1st) string. Remember to check the tuning on all six strings, after intonating each string. If you're lucky, the whole process will take you 15 or 20 minutes, but it can often take an hour, since the altered tensions on the instrument during all of this, may require several rounds of tweaking the saddles until everything settles in. You may even find it has "moved" a little the next day and needs another tweak. Also, whenever checking your progress on your electronic tuner, make sure your hand isn't holding on to one of the tuning machines at the peghead; just touching the peghead can affect the reading.

A few more tips:

- with *Tune-O-Matic* type saddles, such as those found on Gibson-style electrics, it can help to give a little shove forward to the saddle with a screwdriver after making your adjustment. These saddles often have a bit of play, or slack, in them, and this trick helps stabilize them. Be careful not to slip and scratch your guitar!
- some older Fender Telecasters have only 3 saddles - 2 strings per saddle. Those are almost impossible to intonate properly, so find a compromise that sounds good to you.
- always set your intonation while in the playing position, (not laying flat on a table) since gravity is a factor too.

Good luck and ... stay tuned!



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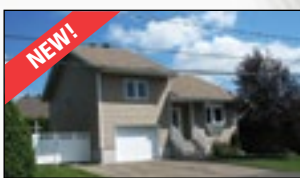
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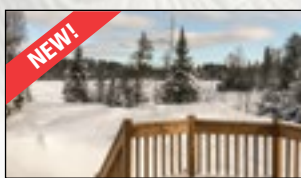


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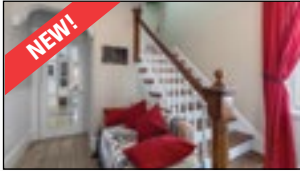
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Lachute 4H Club News

The Lachute 4H Club is alive and well with approximately 30 members registered. 4H Canada and 4H Quebec offers many exciting opportunities to its members on a local, provincial, national, and even international scale.

Many people think 4H is only for farm kids from a farming background...It's not! 4H is open to anyone looking to learn about new things and be part of an amazing group.

When you join 4H there are many different activities you can participate in including: animal showing, life skills (cooking, handicrafts), square dancing, gardening, public speaking, and so much more.

We have monthly meetings hosted by various farmers and businesses in the area.

Throughout the year there are opportunities to go camp, leadership training, and even a provincial rally. There are also club-to-club exchanges and scholarship opportunities for older members.

If you are between 6-25 years of age and you think 4H is something you would like to try, please contact Erin Black (450) 562-4248. We look forward to seeing you!



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SUBARU GRANBY
Granby

SUBARU-MONTRÉAL
Montréal

SUBARU BROSSARD
Brossard

SUBARU SAINT-HYACINTHE
Saint-Hyacinthe

*Suggested retail price of \$37,910 (taxes extra) for the 2019 Ascent Convenience (KT2 C8), with automatic transmission. Freight and preparation (\$1,300), air conditioning surcharge (\$100) and specific duty on new tires (\$15) are included. Finance and lease offers also available. Licence, registration (depends on purchaser's particulars) and insurance are extra. Dealer may sell for less. Technical specifications are subject to change without any notice. 1. EyeSight® is a driver-assist system which may not operate optimally under all driving conditions. The driver is always responsible for safe and attentive driving. System effectiveness depends on many factors such as vehicle maintenance, and weather and road conditions. See Dealer's Manual for complete details on system operation and limitations. 2. Ratings are awarded by the Insurance Institute for Highway Safety (IIHS). Please visit www.iihs.org for testing methods. See your local Subaru dealer for details. Ascent and Subaru are registered trademarks.



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Opening hours: Monday to Friday 8am to 8 pm