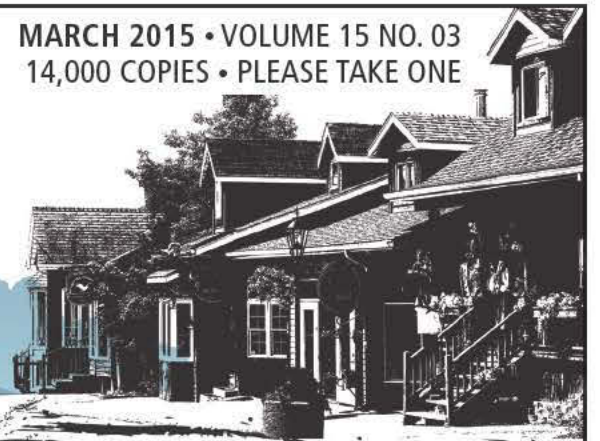


# MAIN STREET

MARCH 2015 • VOLUME 15 NO. 03  
14,000 COPIES • PLEASE TAKE ONE



THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

ARUNDEL • BROWNSBURG • GORE • HARRINGTON • HAWKESBURY • HUBERDEAU • LACHUTE • MILLE ISLES • MONT-TREMBLANT • MORIN HEIGHTS  
PIEDMONT • PRÉVOST • STE ADÈLE • STE AGATHE • STE ANNE DES LACS • ST ADOLPHE-D'HOWARD • ST SAUVEUR • VAL DAVID • VAL MORIN • WEIR • WENTWORTH

## MUNICIPALITY OF THE MONTH: CANTON DE GORE, P16 & P17



**JARDISSIMO** PÉPINIÈRE LORRAIN **GARDEN WITH GUSTO!** **JARDINEZ AVEC BRIO!** **JARDISSIMO** PÉPINIÈRE LORRAIN  
WWW.JARDISSIMO.CA

**Protect your property and the ones you care for**

- Real Estate
- Mortgages
- Wills and mandates
- Weddings and marriage contracts
- Liquidation of estates
- Homologation of mandates
- Protective regimes
- Incorporations
- Family mediation
- Legal counselling

**Me Barbara A. Thompson**  
Notaire / Notary, MBA  
Consellier Juridique / Legal Adviser

707, chemin du Village, #201  
Morin-Heights QC J0R1H0  
T. 450.644.0444  
www.notarythompson.com

**Lyndsay Wood**  
Real Estate Broker

**RE/MAX**  
RE/MAX SÉLECTION  
Agence Immobilière  
Franchisé indépendant et autonome de  
RE/MAX Québec Inc.

**514.774.8019**  
lyndsaywood.com lyndsay\_m\_wood@hotmail.com

See p.22 for listings

**ERLINDA QUINTOS** Les immeubles  
Chartered Real Estate Broker  
**514 246-8888**  
A broker who has your interest at heart!

**QSC** Quality Service Certified  
**EVOQ** REAL ESTATE AGENCY

**\$168,000**  
VAL-DAVID: A cute little 2-bdrm, 1-bthrm. Country Home situated mid-way between the Village of Ste-Agathe and Val-David! Surrounded by beautiful perennials and a pretty stream along the side of the house! This cozy home will seduce the gardener in you! An ideal home for your retirement or as your country "pied-a-terre". Move-in and taste the wonderful relaxed country living! Very affordable at \$168,000!

**FRANKE**

Automotive passion since 1957  
Open Saturdays • www.franke.ca  
1 888 480-9075 • 1 800 454-4775

180 & 1751, rue Principale • Ste-Agathe-des-Monts • Aut15, exit 86  
1 888 480-9075 • 1 800 454-4775

FLOOR COVERINGS & DECORATION - FURNITURE

**décor** **CONCEPTLGL**

345 rue Principale, St-Sauveur, J0R 1R0  
**450.227.4955**

**RE/MAX**  
**SÉLECTION**  
Real Estate Agent  
Bilingual service  
Professional photos

**Isabelle Archambault**  
Cell.: 450-495-0116  
450-562-5252  
www.isabellearchambault.com

See p.3 for listings

**StHubert**  
DELIVERY

Ste-Adèle • 450 229-6655  
Ste-Agathe • 819 326-6655  
Mont Tremblant • 819 425-2721  
St-Sauveur/Piedmont • 450 227-4663

© Registered trademark of St-Hubert L.P., used under license. © All rights reserved.

**Philippa Murray**  
COURTIER IMMOBILIER - REAL ESTATE BROKER

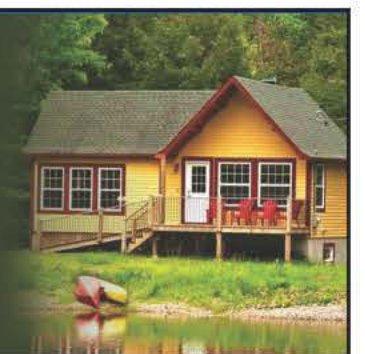
**Proprio Direct**

**C) 450.530.5787**  
O) 1.800.465.8040  
philippa@philippamurray.com  
www.philippamurray.com

AUBERGE **Val Carroll**

50 Chemin du Val Carroll  
(ch. Rivière Rouge), Harrington  
**819-242-7041**  
www.chaletsvalcarroll.com

The Auberge remains closed. We may re-open when a successor is found.  
The newly build Chalets of Val Carroll are the perfect vacation spot to re-energize. Reserve now for a one or two week Holiday.  
**www.chaletsvalcarroll.com**





## MS 170 Gas Chain Saw

Displacement ..... 30.1 cc  
 Power Output ..... 1.3 kW  
 Weight ..... 3.9 kg (8.6 lb)\*

Limited Time Only

**\$1999.95\*\***  
 MSRP \$279.95



45.4 cc / 2.3 kW / 4.6 kg (10.1 lb)\*

**MS 250**

**\$3999.95\*\***  
 MSRP \$449.95



50.2 cc / 2.6 kW / 5.6 kg (12.3 lb)\*

**MS 271**

**\$4799.95\*\***  
 MSRP \$539.95



55.5 cc / 2.8 kW / 5.6 kg (12.3 lb)\*

**MS 291**

**\$5299.95\*\***  
 MSRP \$569.95

\* Powerhead only.

\*\*All featured prices with 16" bar.



YouTube

STIHLCanada



**STIHL MotoMix®**  
**The ultimate premixed fuel!**

*Available exclusively at your local STIHL Dealer.*

Feature prices are in effect until June 30, 2015 at participating STIHL Dealers.

**LDL**  
 LOCATION DANIEL BOIVIN

**SALES • RENTALS • SERVICE**

270, PRINCIPALE, SAINT-SAUVEUR • 450 227.0079  
 WWW.LOCATIONDANIELBOIVIN.COM



www.stihl.ca

# HIGH SPEED INTERNET

EVERYWHERE in Québec!



I  love  
to have a  
HIGH SPEED  
internet connection  
no matter  
where I live

Value package **49.99 \$** /month<sup>1</sup>  
Includes a discount of \$15/month for first 3 months

**Free Basic Installation**  
(\$225 Value)<sup>2</sup>

No equipment purchase  
One-time activation fee of \$99  
20GB/month to chat, stream, browse or work online



This offer is for a limited time only

**CALL US NOW!**

**1 866 984-4848**



1. \$49.99 per month applies to satellite access sharing plan with a download speed of up to 5 Mbps and an upload speed of up to 1 Mbps. Regular price of \$ 64.99 beginning in the month 4. \$ 99 activation fee applies to satellite access packages for a one-year contract. Taxes payable. Offer expires February 26, 2015. The online speeds may vary depending on your technical configuration, internet traffic, server and other factors. Traffic management policy applies; see [www.xplornet.com/traffic-management](http://www.xplornet.com/traffic-management).  
2. If the installation criteria go beyond the basic installation, additional fees may apply. Based on a verification of the location; of location verification fees may apply. See dealer for details. Xplornet® is a registered trademark of Xplornet Communications Inc. © 2015 Xplornet Communications Inc.

## What's On My Mind... Too much of a "good" thing?

Susan MacDonald, Editor



The recent outbreak of measles in Quebec and Ontario has sparked major public concern over the past few weeks, and has raised the question as to whether vaccinations for certain diseases should be made mandatory. According to the calls made to the daily radio talk shows, the majority of people were in favour of vaccinations, believing them to be necessary in order to protect children and prevent health risks to others. Those opposed were of the opinion that vaccinations were not only unnecessary, but could cause serious health problems due to possible side-effects, as well as the composition of the vaccines themselves. The arguments presented by those from both sides were interesting and very informative.

While I am still debating possible mandatory measures, I do agree that vaccines protect, eradicate and/or lessen the severity of many diseases, and are a benefit to receive, particularly by those most at risk. With the ongoing advancement in medical research and development, it is hoped that new cures and vaccines against all diseases will be discovered. Perhaps, one day, even cancer will be wiped out.

However, I am deeply concerned how overloads of medication affect our natural immune systems. My apprehension stems from the fact that, in spite of modern-day wonder drugs, there continues to be so many virulent diseases, including new strains of old viruses. As microbes mutate and become immune to current vaccines, new ones must be developed to overcome these newly-resistant strains of viruses.

It is nearly impossible to enter any public building without passing by a hand-sanitizing dispenser. Also, in our homes, the word "disinfectant" is boldly indicated on the labels of most household cleaning products. We vaccinate, medicate and sanitize ourselves to the moon and back, and still, the onslaught of diseases continues. Have we created the "perfect storm" with this vicious circle?

A useful suggestion for the consumption of all drugs, including vaccines, could be, "use in moderation, only when necessary and for the protection of others." One point the talk-show callers did agree upon was that children raised on farms were likely to have strong, natural, immune systems due to their constant exposure to microbes. So, perhaps it's a good thing, after all, to get our hands a little dirty, once in a while.

I would like to thank everyone who has already signed up for our upcoming, online newsletter, planned for launch in April or May. If you haven't already signed up, you can do so by visiting our website, [www.themainstreet.org](http://www.themainstreet.org) and clicking on the "Subscribe to Newsletter" tab on the left-hand side of the home page. There you will find updated news items, new Laurentian real estate listings, events, contests and promotions, how to reach us if you are looking for spring advertising, plus lots more. Keep checking back as we will be continually upgrading our site.

Enjoy the read...



*Le*  
**SAINT-SAU**  
PUB GOURMAND

**HAPPY HOUR 4@7**  
MONDAY TO FRIDAY

**10% DISCOUNT**  
ON ANY REGULAR PRICED MEAL  
Valid 7 days a week except saturday  
after 7 P.M. 'til April 30<sup>th</sup> 2015  
for any ski hill in the Laurentians  
Can not be combined with  
any other promotion.

236, rue Principale  
St-Sauveur QC J0R 1R0  
450-227-0218  
[LeSaintSau.com](http://LeSaintSau.com)

High Speed Internet  
**1<sup>ST</sup> MONTH FREE**  
From 0.5 Mbps up to 5 Mbps

Starting at  
**ONLY:**  
**\$29/month\***  
\*plus taxes



Technical support  
from 9 a.m. to 9 p.m.  
7 days a week

Promotional  
code for new  
GAC customers  
**#GAC 0315**  
\*If installed by April 9th, 2015  
\*\*\$29/\$39/\$44.95/\$59 credit  
depending on your choice of  
internet package.  
Wifi router included



RE/MAX

SÉLECTION

Real Estate Agent  
Bilingual service  
Professional photos

Isabelle Archambault  
Cell.: 450 495 0116  
450 562 5252

3 GARAGES



**GORE:** Turnkey only 15 minutes to St Sauveur and Lachute. Superb large bungalow with double garage and detached 3rd of 11X19. Built in 2006 on wooded 40,000 lot near Lake Barron.  
\$310 000      MLS 11947955

WATER FRONT



**HARRINGTON:** Magnificent property in Harrington only 1 1/4 hr from Montreal. This bright home offers very nice rooms with a view of the lake from the veranda. Great family home and for nature lovers. Take the 3D tour  
\$ 169 000      MLS 20245618

BLUE HILLS DOMAIN



**GORE:** Your dream come true. Magnificent Bondu Log Home on lac Roger less than 10 kms from Morin Heights. The bright open concept is sure to charm you. Ideal as primary or secondary residence.  
\$ 499 900      MLS 17891061

BLUE HILLS DOMAIN



**MORIN HEIGHTS:** Only minutes from the slopes. Magnificently renovated with cathedral ceilings, stone fireplace and new kitchen with lunch counter. Exquisite views. Ideal as prime residence or chalet.  
\$185 000      MLS 22637550

www.isabellearchambault.com



Visit: [www.acces.com](http://www.acces.com)  
and fill out our request form  
**1-866-530-7777 extension 232**



# Observations A banquet of consequences - part 2

David MacFairlane - Main Street

### Everything Is Awesome!

Anyone who believed Obama's recent State of The Union address to Congress would have concluded that the largest economy in the world was on the road to recovery. Unemployment was down, job creation was climbing, the economy was healthy, the future was rosy; in other words, everything was awesome. Sadly, this was just a "feel-good" fairy tale, a heavy serving of pabulum for the sheeple. As George Carlin said so eloquently ... "The American Dream? You gotta be asleep to believe it ... forget politicians, (they) are there to make you think you have freedom of choice; you don't, you have no choice; you have owners, they own you, they own everything; they've got you by the balls! It's a big club, and (we) ain't in it!" The reality is that, despite appearances, the US is doing very poorly, is the largest sovereign debtor in history, is running gigantic deficits, has almost 50% of its population receiving benefits of some kind, with over 47 million on food stamps, has unaffordable healthcare and education, an insane foreign policy, and is fast losing friends and influence. It is essentially bankrupt, and kept on life-support by the Federal Reserve.

Our own, Canadian, economy began to falter in June last year, when oil prices began their collapse and we, too, are now feeling the consequences of job losses and declining demand. Europe is also on this same road downhill, and the story is even worse there. Unfortunately, the Euro was a completely misbegotten currency, since it was impossible to achieve monetary union without political union, and that latter component will never happen due to the ingrained cultural, regional and language differences between Northern and Southern Europe, and their histories of conflict and tenuous alliances. Like the USDollar, the Euro is also doomed - they may struggle for a few more years, but the future promises a new, stable, Reserve currency, backed by hard, tangible assets. Russia, China, India and Brazil are already working to achieve this and to dump the dollar completely. Throughout history, fiat currencies have always failed - always. The consequences of these shenanigans in the US and Europe will be far-reaching. To put it bluntly, the world is run by fools, with no vision, no ethics, only a need to amass power and deliver it to their masters.

### Consequence #4 - (#1- #3 in February's Main Street. See [www.themainstreet.org](http://www.themainstreet.org))

The fools on the hill have tried hard to force inflation on us and succeeded, but not enough. Now, due to zero interest rates and declining incomes, consumers are spending only for necessities. As a result, deflation is catching on instead. There is more supply than demand - for everything! This is a dangerous (for governments) situation of declining demand, followed by falling prices, lower corporate profits and lower tax revenues. Baby Boomers are just not spending like they used to; they are in their 50s-70s, and retiring, or preparing to

retire. They are being cautious with their assets, and working longer. Generations X and Y are not as materialistic and, anyway, already have all the technology and lifestyle accoutrements they need. Also, the economic landscape they live in offers declining opportunities for high-paying jobs, and the precariousness of the future does not inspire them to spend while going into debt.

### Consequence #5

It's hard to tell which country will suffer most from plunging oil prices, but the misery will be felt by all. Of course, Russia, Iran and Venezuela have been hit hard, but the real, painful damage will be felt here, at home, in Canada and the US. It now seems certain that oil prices will remain range-bound for the medium term. Over-supply is everywhere, and millions of barrels of crude are already being stored in tankers, at sea, due to lack of facilities. US fracking companies continue to produce at a loss, due to the need to service their debts, but profits have disappeared and bankruptcy looms, like a spectre, over 60% of the industry, the weakest, most indebted players. In time, they will fall. They are hoping for a short downturn in prices, but that will not happen, because Saudi Arabia has determined to eliminate the weakest competitors that are over-supplying the market. In Canada, the oil sands producers, also targeted by the Saudis, are feeling the pain too. Already, job losses are mounting with much more to come. Revenue is disappearing, profits have fallen or vanished, and taxes and royalties too. The exodus of workers from the oil patch has begun, and real estate prices have fallen severely in Alberta, Every oil worker's job supports four others downstream, so the consequences for the entire Canadian economy are obvious.

*"On occasion, a reader will ask if I can give readers some good news. The answer is: not unless I lie to you, like "your" government and the mainstream media do. If you want faked "good news," you need to retreat into The Matrix. In exchange for less stress and worry, you will be led, unknowingly, into financial ruin and nuclear Armageddon."*

**Dr. Paul Craig Roberts. b1939. Economist. Former. Asst. Secretary US Treasury, Editor Wall Street Journal.**

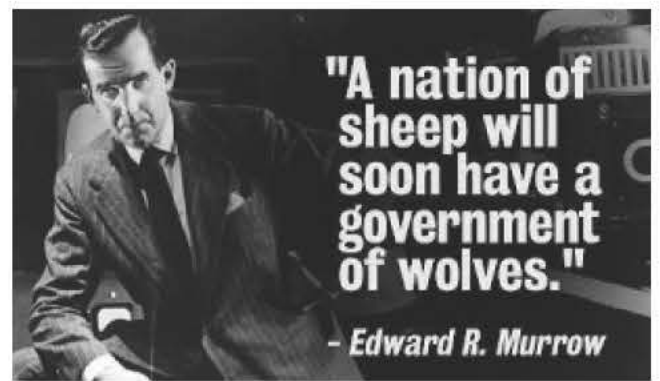
### Consequence #6

Canadian consumers, certainly us in Quebec, are being screwed by Big Oil regarding gasoline prices. The math says that if the price of oil has dropped by 50%, then, surely, the price of gasoline must drop by the same amount. Yes? That means, if oil dropped from \$110/barrel to \$50/barrel, gasoline should have dropped from \$1.35/litre to \$0.70/litre?

Well, at first, we did see gasoline drop to the mid-to-low \$0.80s/litre. In fact, in Grenville, it reached \$0.82.5 cents/litre. But now, we are back to \$1.00/litre, while in Montreal, the price is \$1.19/litre. On February 24th, light sweet crude was priced at \$49/barrel. What's going on? CAA Quebec says it's a scam by the oil companies, and another watchdog stated, on CJAD that day, that we are being charged, "what we are used to paying, not what the market requires." In other words, we are being scammed! Yet, I hear no screams of outrage. If we accept this, then we will truly deserve it, and all that will surely follow.

Are we just sheeple after all? Yikes!

The future is NOT friendly.



# IMPÔT SERVICE INC.

The number 1 in tax refund!

**Sylvain Latreille**  
President  
Accountant

---

**Sophie Roy**  
Accountant  
Senior Tax Technician

## 2014 Tax return rates

Singles: **\$49.35**

Couples: **\$84.50**

Social Assistance: **\$26.25**

Business\* Self Employed\* Daycare\* etc.

\*Quotes on request \*taxes and certain services are extra

FREE E-FILE

TAX REFUNDS ARRIVE WITHIN AN AVERAGE OF 14 DAYS AND WE ARE OPEN ALL YEAR LONG

ALREADY

# 25

YEARS

126 Principale,  
Sainte-Agathe-des-Monts  
(819) 326-2250  
Toll Free (877) 326-2250

www.impotservice.com

BILINGUAL SERVICE AVAILABLE

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

Published by  
Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G5

1 866 660-6246 • 819 242-2232

email: [main.street@xplornet.ca](mailto:main.street@xplornet.ca)

www.themainstreet.org

TheMainStreetNews

**Founder:** Jack Burger  
**Co-owners:** Steve Brecher, Susan MacDonald  
**Advertising Sales:** Steve Brecher  
**Publisher/Editor:** Susan MacDonald  
**Associate Editors:** Jim Warbanks, June Angus  
**Art Director:** Elle Holland  
**Management Consultant:** Barry Young

**Contributing writers:** Ilania Abileah, June Angus, Joan Beauregard, Lys Chisholm, Chris Collyer, Sheila Eskenazi, Beth Farrar, Christopher Garbrecht, Ac. Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lucie Lafleur, Lori Leonard, Lisa McLellan, Yaneka McFarland, Marcus Nerenberg, Claudette Pilon-Smith, Frans Sayers, Christina Vincelli, Dale Beauchamp, Marie France Beauchamp, David MacFairlane, Kim Nymark, Jim Warbanks and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

© 2013 Les Éditions Main Street Inc. -  
 Reproduction in part or in whole without written permission is prohibited

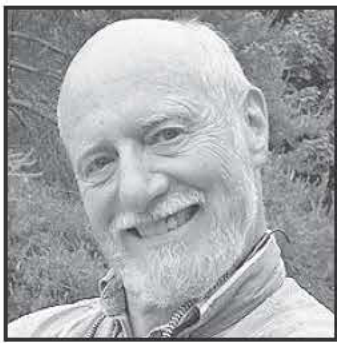
• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: APRIL 10

IF YOU WISH  
TO PLACE AN AD  
CONTACT  
STEVE BRECHER:  
514 703-1665

Legal Deposit  
Bibliothèque  
nationale du Québec  
2014

ISSN 1718-0457



## Simply Words on Paper Smoke gets in their eyes

Jim Warbanks - Main Street

I don't smoke. I have my parents to thank for that. You see, they both smoked like proverbial chimneys. I make the facetious claim that they helped me avoid the now-dengranted habit because they chose to smoke the strongest unfiltered brands readily available.

Winchester was their preferred choice, until the brand disappeared from the market. They then opted for Buckingham (or 'leaping pig' as my Dad repeatedly joked). Later, they had to make do with the lighter, Export "A" plains (unfiltered). I base my praise for them on the obvious unsuitability of such strong smokes on a novice, who would tend to first try smoking by pilfering a couple from a parent's handy pack.

Both my Mom and Dad suffered because of their addictive habit. My Mom had what was referred to as a smoker's cough and died of a massive heart attack at a relatively young age. My Dad eventually quit cold turkey after 60+ years of tobacco use. He made this unexpected announcement to me when I was visiting him in hospital where he was recovering after undergoing an unrelated minor procedure. I suggested he walk down with me to the smoking room on a lower floor as I was leaving. He declined saying simply, "I don't think I will bother. I'm just going to quit altogether." The damage to his lungs was not to be reversed. He suffered from emphysema and was later diagnosed with chronic obstructive pulmonary disease (COPD) that ultimately contributed significantly to his death.

### Rating creep

Now, a coalition of ill-advised tobacco-control advocates is demanding that the Ontario Film Review Board (OFRB) toughen its rating system for films, which include smoking-related scenes, in order to prevent young people from adopting the habit. Any new movie depicting tobacco use would be rated 18A, requiring an adult to accompany anyone under the age of 18.

I recently saw The Imitation Game, which is set in England during World War II. It benefits from a PG rating (parental guidance). This seems suitable, since a much larger proportion of both men and women smoked during this period. Not depicting this would be as disingenuous as forcing the cast to wear clothes in styles not reflective of the time.

Canada has banned both tobacco advertising and promotion, but depiction in movies is a matter of historical context and accuracy. Imagine, if you will, bending the truth in a historical novel adapted to the big screen. Clothing, eating habits, the use of animals, driving cars unequipped with seat belts would be a short list of elements that could not be shown. I can't imagine how warfare going back to Roman times, chariot races, or any form of racism or slavery would escape the censor's scissors if politically-correct regulations were adopted.

### Other media sources

A California study suggests that one-third of young people who take up smoking do so, at least in part, as a result of seeing characters in films puffing on cigarettes. Consider, however, the access these same youngsters have to very diverse media sources for which there are no controls and parental guidance is minimal or non-existent.

OFRB chairman Bruce Davis explains that the board strives to strike a balance between a film-maker's right of expression and the need to protect children. He suggested that if every case of drug or alcohol use, reckless driving, tobacco use or inappropriate behavior in films mandated an 18A rating, virtually every film would be in that category. He notes that those cited behaviors are part of culture. Smoking remains part of culture, though tobacco use has diminished significantly since my parents' era.

### All-time low

The recently-published Canadian Tobacco, Alcohol and Drugs survey indicates that the overall smoking rate among Canadians 15 or older is down to an all-time low of 15 per cent. For teens aged 15 to 19, the rate is 11 per cent; for adults 20 to 24, the rate is 18 per cent. The number of young smokers allegedly influenced by seeing tobacco use in films would therefore be negligible. Without survey data on hand, I would suggest that peer influence or pressure to conform to group expectations is a far greater factor in both taking up and quitting tobacco use.

Current legislation and taxation make smoking both highly inconvenient and less socially-acceptable than it has been since Sir Walter Raleigh first brought the weed from the New World to Europe.

Make no mistake about it. My parents knew well that smoking was hazardous to their health, at the very least as adults. They explained this to me clearly. Perhaps, with insight, they indicated that, if I were tempted to experiment, I should do so openly, though it would remain without their approval.




**LITIGATION WITH LAND?**

**I'M YOUR MAN!**

**Me PAUL JOLICOEUR, LAWYER**

433, Principale  
Saint-Sauveur QC J0R 1R4

**Tel: (450) 227-5099**  
Fax: (450) 227-5636  
pauljolicoeur@bellnet.ca



**PETITES PATTES**  
ORGANIC AND HOLISTIC FOOD FOR DOGS AND CATS

**NEW!**

**CANISOURCE** (MADE IN QUEBEC)  
CANIDAE/FELIDAE  
NATURAL BALANCE  
HOLISTIC SELECT  
NATURAL PINE AND WHEAT CAT LITTER

**OVEN - BAKED** (MADE IN QUEBEC)  
HOLISTIC BLEND  
NATURES VARIETY  
HI-TOR DIET (CATS)  
EVOLVE (KITTENS)  
TREATS FOR CATS AND DOGS

27 rue de l'Église, Saint-Sauveur J0R 1R0  
450.227.6402 • petites.pattes@hotmail.com



**Boutique Bio-Terre**  
...pour l'amour de la planète

**"Lemieux" Cleaning Products**  
Environmental - Economical - Biodegradable  
Sold in Bulk... bring your container  
Cleaning • Laundry • Dishes  
Soaps & Body Oils • Shampoo & Conditioner

27, rue de l'Église, Saint-Sauveur  
450.227.3246  
www.boutiquebio-terre.com

- Health records and Plan to Stay in Shape Today (PSSST!)
- Emergency contraceptive pill
- Pill dispensation (Dosette and Dispell systems)
- Accurate blood pressure assessment (with BpTru), personalized follow-up, and printed report with chart of readings
- Glycemia monitoring
- Asthma control education
- Insulin shot preparation
- Recovery of used needles with approved containers
- Orthopedic and homecare device sales and rentals
- Stoma care products
- Enterostomal therapy (by appointment)
- Anticoagulation (NR) monitoring
- Onsite INR testing with Coagucheck

**Business hours:**  
Monday to Wednesday: 9am to 7pm  
Thursday and Friday: 9am to 9pm  
Saturday: 9am to 6pm  
Sunday: 9am to 5pm

**FREE DELIVERY SERVICE \***  
\* Details in store

**Danielle Gauthier**  
Pharmacist/Owner



**We Care About Your Health!**

**707 Chemin du Village, Morin-Heights**  
tel: 450-226-5222 fax: 450-226-7222  
danielle.gauthier@familiprix.com

Membre affilié à **Familiprix**

## Coming up On Facebook this month

Each month we bring you highlights in local news, entertainment and community events plus so much more. Look for road closures and detours, contests and important health and social service announcements as they happen. Visit us often and become part of our social networking family.



Get the latest news and events  
Like us on facebook  
TheMainStreetNews

## David Graham hard at work across the Laurentians

David Graham, the federal Liberal candidate in Laurentides - Labelle, has been very busy since winning the nomination last fall. Aside from bringing Justin Trudeau to a roundtable with some community leaders in the southern part of the riding, he has knocked on thousands of doors and held meet-and-greets in every corner of the territory. What he has learned from these meetings is the potential for our community, but the fact is that we currently do not exist on the federal radar. He says: "If you want Quebec to live up to its potential, as I do, then you must be an active part of its future, not only a critic of its past."





## About Saint-Adèle

Chris Lance - Main Street

The two-lane entrance to Sainte-Adèle, on Route 117 South, is still under repair, although no one appears to be repairing it. The traffic buildup as a result of this one-lane closure is minimal. This suggests that we have few visitors or, we have fewer visitors during the bitter cold winter months.



### Politics

Pierre-Karl Peladeau will be the guest of honor at La Nuit Adeloise 2015, at Hotel Chantecler on May 2. To reserve a place, call the Chambre de Commerce at 450 229-2644.

Mayor Rejean Charbonneau has announced a third bin at the bottom of our driveways: one for garbage, one for recycling and, now, one for organic matter. Municipalities have until 2020 to get the 3rd bin organized. So, why spend our tax money 5 years ahead of time? Because our mayor wants to be the first town in the MRC des Pays-d'en-Haut to have this garbage in place, just ahead of Nuit Adeloise! The upside to all this garbage is that our garbage inspector can now poke around 3 bins. 3 nights - 3 days - 3 times to place the bins at the end of your drive-way, and 3 times to get them back off the street before you get a garbage fine. Soon, we will need more garbage police to enforce all the by-laws on garbage-in and garbage-out, and who says the government is not busy in our backyards, going through our garbage like a spy agency?



Pierre-Karl Peladeau  
Photo: Denis Beaumont / Shutterstock.com

### Second Hand Store

For the past 6 years, L'Ouvroir des Pays-d'en-Haut has raised funds for good works, an example being a new bus used for transport at CSSS des Pays-d'en-Haut. This group of volunteers wants your used jewellery, books, games, toys and clothing, which they sell on Tuesdays and Thursdays from 12 - 4 pm. You can get information on how to donate or volunteer by calling 450 229-7208.

### Top Chef

Ms. Andree Cloutier is the new director of l'Ecole hoteliere des Laurentides. You can buy tasty treats from the students - just call the school for pick-up hours. They also have special meals prepared by the students in a restaurant setting at the school, which is great fun for a night out with your favorite foodie friend.

Upcoming events at La Place des Citoyens, which is looking more and more like a service station on the 401, with its new electric fueling pump in the parking lot, can be found online at ville-sainte-adele.qc.ca. You can go to a show, or get a fill-up for your electric car.

### Get a Grippe

Of the 700 or so flu cases reported in the Laurentians, according to la sante publique des Laurentides, roughly 44 were type B, which was part of your recent flu shot. So, the powers that be missed the mark with this year's flu shot. Overall, there has not been much flu, as evidenced in local emergency centers. Lucky us!

The weather should warm-up sometime in July. Enjoy the rest of winter. If you see mayor Charbonneau hanging out at La Place des Citoyens, honk and wave, as he is probably making room for that new container out back for all the material wasted after the concerts.

Your cholesterol is high  
and you have trouble  
tolerating statins?



We are conducting a research study evaluating an investigational medication for high cholesterol is now enrolling.

You may be eligible if you:

- Are 18 years of age or older
- Have high cholesterol that requires treatment
- Experience muscle aches and pains from taking statin medications
- Have not had a heart attack, stroke or mini-stroke within the past 3 months
- Do not have uncontrolled high blood pressure
- Do not have HIV, hepatitis B or hepatitis C

Qualified participants may receive the study medication, physical examinations, diet and lifestyle counseling and, laboratory assessments. A transportation allowance is offered.

For more information, contact  
450 420-0270 | [www.omnispec.ca](http://www.omnispec.ca)



WISHING YOU A VERY HAPPY  
**St. Patrick's Day**



## Strings & Things Memory lane

Dale Beauchamp - Main Street

As was the case with many of us, I was fortunate to have grown up with musical relatives. Family functions would often feature my late great cousin, renowned fiddler and all-around nice guy, Lennie MacIntyre. Another cousin, Gracie's husband Calvin, was on guitar and vocals. These guys were a generation older than me, and were like magicians in my eyes, as they regaled us all with square-dance reels and pop-country hits of the day. My cousin Ronnie is a master of the peddle-steel guitar; an instrument with ten strings, foot and knee peddles, and requires the player to use a slide in one hand and finger and thumb picks on the other. I remember being spellbound by his dexterity on that thing.



My first true love was a circa 1960 burgundy Gibson Les Paul Junior that Calvin owned. He was kind enough to let the six-year-old Dale pick on it, in a dreamy attempt at coaxing some music out of it. Plugged into Cal's amp, I'd close my eyes and imagine I was Johnny Cash. My mother had the 78 rpm single of *Give My Love to Rose*, with *Home of the Blues* on the B-side, on the Quality Records label. I'd play that record over and over on our Philco record player; the kind that had a few pennies stacked on the needle so that it wouldn't skip. One day my dad brought home a second-hand guitar he had purchased for me from a co-worker. My mother knew some chords and helped me get started. Within a week I could play *You Are My Sunshine* on one string. If I practiced enough, I could surely master *I Saw Her Standing There* before too long. Alas, that never happened. George Harrison's mind-blowing lead solo would remain out of my grasp, even to this day.

Around 1967, my cousin Greg and I started our own groovy band, *The Strawberry Apple* and attempted a couple of Monkees' covers. The band broke up later that summer, but we remained lifelong friends and still play together on occasion.

I finally upgraded slightly, at eighteen, when my first girlfriend's brother gave me his old guitar. She loved Cat Stevens, so I promptly set out to impress her by coming up with barely recognizable, but promising, renditions of *Where Do the Children Play* and *Oh Very Young*. Her "praise" was at once sweet and very humbling. I would never make it big. I was destined to play campfire gigs with a bunch of drunken college buddies, but heck, it was still a lot of fun. At twenty-two, I bought my first decent guitar, a 1979 Aria 6-string acoustic. My cousin Ronnie had connections and got me a wholesale discount. It was a nice guitar, and I played it for twenty years until it was stolen. Then, my girlfriend bought me a Norman ST-68, which I love and still have. I've built and sold several guitars since then, and have kept a couple.

In 2004, a good friend gave me a beautiful 1998 Martin D-28, with an oversized sound hole, patterned after Clarence White's 1935 D-28. Clarence played bluegrass with the *Kentucky Colonels*, before growing his hair and joining the *Byrds* in the late 1960s. I never became a great player, but have derived a lot of pleasure from being able to make a bit of music. It's comforting to know that when confronted with one of our infamous Laurentian power failures, I can pass my girlfriend some earplugs, light a candle and entertain myself with a live version of *The Sound of (almost) Silence*.

## Laurentians Care Caregivers and tax time

Christina Vincelli - Main Street

The Laurentian Caregivers Association is proud to be a member of the Canadian Caregiver Coalition which helps more than 8 million caregivers in Canada. Through this coalition, we are able to keep you informed of upcoming events nation-wide, as well as providing important information regarding benefits for caregivers.

Tax time is not far away; April 30, 2015 is the deadline.

Many families are not aware that the federal and provincial governments offer tax credits for Canadians to offset the cost for caregiving. If you, (or a family member) live with a disability, whether mental or physical, whatever your age, there are tax benefits available for you and your caregiver. From the early age of childhood, through until retirement, there are disability tax credits available to be accessed.

You should become aware of what you are entitled to. Start with your family doctor. If you don't have a family doctor, your local CLSC social worker can help you to find information for your tax credit eligibility. Service Canada, as well as Service Quebec, also have the support you may be looking for.

Those with children under the age of 18 may be also eligible for child disability benefits. Certain families may be eligible for up to \$2,040.00, as caregivers, in calculating certain non-refundable tax credits.

For long-term financial planning, "The Registered Disability Savings Plan" helps to reduce financial worries for those with disabilities and their loved ones.

For more information, please go to [www.cra.qc.ca/disability](http://www.cra.qc.ca/disability). There, you will find out whether your disability qualifies you for DTC.

For more information please contact L-CARE regarding tax information resources in your community.

Toll free 1.800.522.7372, or contact your Service Canada Office at 1.800.622.6232, Boul. Jean Paul Hogue, St. Jerome, or Service Quebec, at 1.877.644.4545 (toll free)



## Medical clinic coming to Morin Heights

Co-op Santé Morin Heights plans to open its door to the public in June. After many years hoping for a medical clinic in Morin Heights, Mayor Tim Watchorn announced on February 25 that the municipality has signed an agreement with the Co-operative de Solidarité Santé Globale de Saint-Adolphe, and a 5-year lease with building owner Michael Tott, Gourmet du Village, to open a family doctors' office in Morin Heights. Renovations are already underway to install an elevator, create four doctor's offices, a nurse's office, and reception area in the 1600 sq. ft.



Morin Heights Mayor Tim Watchorn and St-Adolphe Mayor Lisette Lapointe join with others involved in the launch of Co-op Santé Morin Heights at a February 25 press conference.

A finance campaign will begin shortly to help fund the \$200,000 project. The Municipality of Morin Heights has already committed a \$10,000 grant and promises \$20,000 a year for the next three years. Other partners involved in supporting the project's launch include la Fondation médicale des Laurentides et des Pays-d'en-Haut, and la Caisse Desjardins de la Vallée des Pays-d'en-Haut.

Medical services will be offered only to members; opening a file will cost \$50 with a \$73 per year membership fee to access services. The volunteer committee that's been planning the clinic hopes for 1200 members from the region.

The Clinic will be modeled on, and will collaborate with, the Co-op Santé that's been in operation at St-Adolphe since 2006. In addition to medical consultations, the Morin Heights clinic expects to offer nursing services, blood tests, vaccinations and more. Mayor Tim Watchorn explained that, "working together is better than trying to compete for doctors with the existing Co-op Santé de St-Adolphe."

Public information sessions are planned for Friday March 13 from 7 to 10 pm, and Saturday March 14 from 9:30 am till 12:30 pm at Salle St-Eugene in Morin Heights, 148 Watchorn.

## FCM international awards of excellence

Marc Carrière of the MRC D'Argenteuil was one of the ten Canadian municipal experts who received a plaque in recognition of his contribution to the Federation of Canadian Municipalities (FCM's) international programs.

The Federation of Canadian Municipalities (FCM) is the national voice of municipal government. In leading the municipal movement, FCM works to align federal and local priorities, recognizing that strong hometowns make for a strong Canada!

## Seniors and Families at the Heart of Argenteuil Transport adapté et collectif de la MRC d'Argenteuil Launch of pilot project Vendredi 50+

**Evelyne Bergeron - Main Street**

It is with great pleasure that the deputy warden of the MRC d'Argenteuil, Jacques Parent, recently announced the launch of a new weekly public transit service in the greater urban region of Lachute and the Grenville area. The new service, Vendredi 50+, started on Friday, January 30, and will be in operation every Friday, for a period of just over eight months. This is a pilot project, aimed at providing public transit between the outlying areas of the MRC and its urban centre, Lachute. The service was designed especially for those 50 and over, for whom the service will be free, but will also be available to the entire population for the modest fee of \$2.

The new service, Vendredi 50+, will make it easier for citizens of Brownsburg-Chatham, Grenville, Grenville-sur-la-Rouge, Lachute and Saint-André-d'Argenteuil to get around. Several more stops will be added to those already in place across the territory. It is important to emphasize that this pilot project is funded in part by the Fonds québécois d'initiatives sociales (social initiatives fund, FQIS).

For more information on the bus schedules and pick-up points, we invite you to visit [www.argeuteuil.qc.ca](http://www.argeuteuil.qc.ca) or call 450 562-5797. Flyers will also be available at town halls, in several businesses across the region, and at the MRC's two historic buildings (the MRC building and the Lachute train station).

"The Council of the MRC d'Argenteuil is pleased to announce the introduction of this service, which is a direct response to a request expressed by the community, and in particular by our seniors, during various networking events held over the last few years. The lack of transit services has been mentioned repeatedly in the course of the 2013-2017 Strategic Planning exercise, during Argenteuil Seniors' Day discussions in 2014, and in the ongoing process of developing a seniors and families policy for the MRC," mentioned Mr. Parent. Furthermore, this pilot project follows the adoption of the MRC's 2014-2018 Transit Development Plan in November 2014. Additional measures may be put in place in 2015 and 2016 to promote mobility across the entire Argenteuil territory.

For any questions or suggestions, please contact Evelyne Bergeron at [ebergeron@argeuteuil.qc.ca](mailto:ebergeron@argeuteuil.qc.ca) or by dialing 450 566-0530. Missed the last column? Find it here: [www.argeuteuil.qc.ca](http://www.argeuteuil.qc.ca)

## Grenville-sur-la-Rouge - Change of name - clarification

Incorrect information is currently circulating regarding the Municipality of Grenville-sur-la-Rouge's change of name. The municipal administration proposal follows the consultation held on the future of the Rivière Rouge corridor and, in agreement with the orientations expressed during the last budget, concerning the implementation of different ways to increase the development and prosperity of the Municipality.

Several other reasons lead us to this change, among which are the following:

1. to distinguish itself from the near-by Municipality of Grenville;
2. to have a name which represents the territory. The Rivière Rouge crosses the entire territory;
3. the Rivière Rouge is the main touristic attraction of the Municipality;
4. the Municipality wants to revisit its graphics. Before investing at this level, we consider it relevant to review our name.

The procedure used to proceed to this change of name is inspired by the document published in March, 2010 by the Ministry of Municipal Affairs, Regions and Land Occupancy, which can be consulted at the following address: [http://www.mamrot.gouv.qc.ca/pub/organisation\\_municipale/organisation\\_territoriale/guidechange\\_nom.pdf](http://www.mamrot.gouv.qc.ca/pub/organisation_municipale/organisation_territoriale/guidechange_nom.pdf)

As for the proposed naming, we wish to specify that the Loi sur l'organisation territoriale municipale states that the name of a local municipality include a term preceding the place-name which is, in our case, the word "Municipality," and a place-name. The first letter of the word preceding the place-name has to be a capital letter because the name of a local municipality is a proper noun. Therefore the name Municipality of Grenville-sur-la-Rouge would become Municipality de La Rouge.

## Over half a million dollars in financial assistance for Morin Heights elementary school

The MNA for Argenteuil, Yves St-Denis, recently announced on behalf of the Ministre de l'Éducation, du Loisir et du Sport, Yves Bolduc, that a financial aid of \$573 786 has been awarded to the Sir Wilfrid Laurier School Board to help maintain its buildings in the Argenteuil district as well as to provide a sound learning environment to students. This amount will be allocated to Morin Heights Elementary School to finance the replacement of ceilings, lighting fixtures and the renovation of the washrooms. An envelope of 394.6 million dollars is available for the 2014-2015 school year under the Building Maintenance Measure. Various projects such as reroofing, building upgrades, door and window replacements, heating and sanitary installation improvements will be carried out in all school boards across the province.



Photo: Mr. Jérôme Dionne, Mrs. Stephanie Vucko, Mr. Peter MacLaurin, Mrs. Jennifer Maccarone, Mr. Yves St-Denis, Mr. Timothy Watchorn, Mr. Christian St-Pierre and Mr. Ryan Whitehouse

## Agreement with the Carrefour Jeunesse-Emploi Argenteuil

MP of Argenteuil, Yves St-Denis, is pleased to announce that the ministère de l'Emploi et de la Solidarité sociale has entered into an agreement with the Carrefour Jeunesse-Emploi d'Argenteuil.

This agreement reflects the will of the government of Quebec to encourage greater participation in the labor market of young people under the age of 35 yrs.

As of April 1, 2015, the partnership with the Carrefour Jeunesse-Emploi Argenteuil will be based on a service agreement on terms comparable to those for more than 300 other organizations working in employability in Quebec. Services funded by the ministère de l'Emploi et de la Solidarité sociale must be oriented towards integration in employment and, priority will target young recipients of financial assistance and those eligible for employment insurance.

Agreements with Carrefour Jeunesse Emploi represent a total investment of \$45.5 million for youth.



## Mont Tremblant

## The city center and La Samaritaine now connected

The City Council is pleased to announce a new pilot project - a minibus service that will connect the city center (from the church parking lot near the Saint-Jovite Jasey-Jay Park) and La Samaritaine (the non-profit organization located at 120, chemin de Brébeuf), on Tuesdays between 12:30 pm and 3:30 pm, with nine departures per day. The pilot project will run from February 24 until December 15, but please be advised that there will be interrupted services on specific dates and holidays.



The cost per ticket is \$1 and all Trans Mont-Tremblant cards (TCMT) are accepted.

"...The Board is pleased to offer this solution that will allow people who do not have a car to get to La Samaritaine without walking," said Mayor Luc Brisebois.

For information on this new service or Transit Mont-Tremblant, contact Isabelle Normandeau at 819 425-8614, ext. 2609 or email [inormandeau@villedemont-tremblant.qc.ca](mailto:inormandeau@villedemont-tremblant.qc.ca).



## The Laurentian Club hosts "show and tell for grown-ups"

Sheila Eskenazi - Main Street

An unusual and lively event took place at the Laurentian Club's February meeting when Michelle Sullivan, an instructor of Social Media at McGill and the University of Montreal, as well as a board member of the club, introduced the audience to the idea of using an object to bring out a story, in this case, focused on personal histories based in the Laurentians.

Beginning with her own early visit to Chantecler in Ste-Adèle, well illustrated with home movies and artefacts, Michelle told the story of her attachment to the Laurentians. When she invited members of the club to tell their stories, 8 of them, each one armed with interesting items, participated.

Dave Merrett shared his relationship to Laurentian wildlife, Mary Mitchell, her early walks in the woods of Lac Brûlé with her grandfather and Lorna Gunstone, her memories of life at Lac Quenouilles before the advent of electrical service, illustrated with an old ironing board and flat irons! Eleanor Maxwell described riding up north on the train as a child and Bunny Basler talked about the early days of skiing. He also found the audience unable to identify a strange object: a bottle opener that could uncap 4 or 5 beer bottles in a single motion. Jerry Golick told funny stories of his time at summer camp, Terry Ryan brought the story of the Morin Heights sawmill to life and Joe Graham closed the storytelling with a bit of family history related to Mount Sinai Hospital.

Comments from delighted audience members included this event be repeated so that more stories can be gleaned about the fascinating history of the Laurentians.



## Youthful Perspective The flipside to the downside

Yaneka McFarland- Main Street

According to the latest eMarketer report, an estimated 1.73 billion people worldwide used social media websites in 2013, making users one in four people across the world.

Millennials (or Generation Y; those born after 1980) are the most connected generation in history, with a previously inconceivable power at their fingertips, thanks to technology and access to social media sites. However, some still persist in describing my generation as idle teenagers who are apathetic to the issues around the world. Granted, you don't see many of us reading newspapers, or watching the evening news, and our eyes are often glued to our phone screens for, seemingly, unhealthy amounts of time, but is it all absolutely futile?

Most parents, usually those in Generation X, (born 1960-80) perceive social media, such as Facebook and Twitter, as another anti-social trap we have fallen into. The use of social media sites as platforms for cyber-bullying, and by online predators, has been the main point of arguments against their use, whereas the flipside seems to have been overlooked.

Perhaps the time we spend tapping away at our little machines, also goes a long way towards contributing to the mass movements of activism that are spreading globally, and perhaps our "hashtags" mean more than you think.

For instance, five years ago, on January 28, Bell Canada introduced "Bell Let's Talk Day" an initiative towards building a stigma-free Canada regarding mental health. This outreach was intended to take advantage of social media's widespread influence, in order to start the public conversation needed and to collect funds towards raising awareness for mental health.

On that day, Bell Canada committed to donating five cents for every tweet using the hashtag, #BellLetsTalk. Last year resulted in over 300 million tweets and the movement raised nearly 5.5 million dollars. Their official website, letstalk.bell.ca, states that "Bell has committed 73.6 million dollars to mental health initiatives in Canada" since the program's debut in 2010.

By using social media's direct reach into our daily lives, Bell, and many other organizations, now shed light on how going viral can be beneficial, and can incite youth to take proactive steps towards attaining an envisioned future. Likewise, it becomes a tool for support. Hashtags such as #Ferguson, and #CharlieHebdo, enable people, oceans away from each other, to rally together to protest, advocate, and let their voices be heard.

Seeing this, my own opinion towards social media has changed, as I have witnessed the important role it plays in creating positive movements in which young people are encouraged to become more involved. Even though opportunities to contribute, as activists, have become increasingly accessible from the comfort of our homes, the number of protests, involving people going out into the streets physically, and demonstrating for changes to the status quo, are also on the rise.

One of the best-known examples is the "Occupy Wall Street" movement, in New York, which attracted up to 100,000 marchers, each taking the initiative to walk the streets. The "Occupy" movement spread, from Wall Street to Tahrir Square in Egypt, and even to Montreal and then across Canada. Social media allows people from anywhere around the world to connect with one another instantaneously.

The fact is, the number of protests against the existing state of affairs has risen, proving that social media is not a hindrance to young people intent on making a difference, but a tool that provides accessibility to an even wider audience.

In the final analysis, the cyber-bullies and predators will not disappear, nor will the anxiety over the World Wide Web and its dark side, yet this Millennial generation cannot be generalized as some hopeless collective addicted to technology and tapping away unconcernedly on our smart-phones. In fact, we are adapting to a society that is advancing rapidly technologically, and we are using our connections to ... #ChangeTheWorld.



## A Library Addict's Choice...

Grif Hodge - Main Street

Of new books on the shelves of the Jean-Marc Belzile Library in Lachute that can be borrowed for free by the residents of Gore, Harrington, Lachute and Wentworth.

This month I am providing two lists: one featuring a wide variety of new titles from the library, the second, a list of books my wife and I have purchased for our own personal collection. We are itching to dive into these pages and next month we will let you know how the swim went.

### FICTION

Dicker, Joel - The Truth About The Harry Quebert Affair  
Munro, Alice - Family Furnishings: Selected Stories 1995 - 2014  
Patterson, James - Burn  
Smith, Jennifer E. - The Geography Of You And Me  
Steele, Danielle - Pegasus: A Novel

### NON-FICTION

Barlow, Maude - Blue Future; Protecting Water For People And The Planet Forever  
Hadfield, Chris - You Are Here: Around The World In 82 Minutes  
Short, Martin - I Must Say; My Life As A Humble Comedy Legend

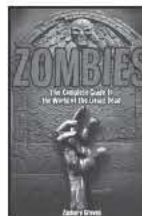
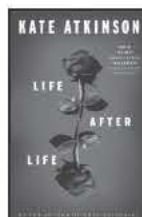
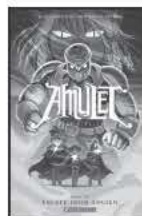
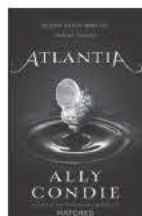
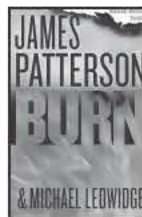
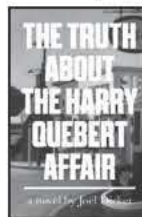
### JUNIOR FICTION

Condie, Ally - Atlantia  
Kibuishi, Kazu - Amulet, Book Six Escape from Lucien  
Stilton, Geronimo - The First Mouse On The Moon

### THE LIBRARY ADDICT'S OWN COLLECTION

Atkinson, Kate - Life after Life  
Crawford, Lynn - Pitchin' In (Great recipes from the Ultimate Road And More)  
Trip  
Doidge, Norman - The Brain's Way of Healing (Remarkable Discoveries And Recoveries From The Frontiers Of Neuroplasticity)  
Duchovny, David - Holy Cow. (A fable about a cow, a pig and a turkey)  
Graves, Zachary - Zombies: The Complete Guide To The World Of The Living Dead  
Hannah, Sophie - The Monogram Murders (The New Hercule Poirot Mystery)  
Kael, Pauline - 5001 Nights At The Movies  
Province Of Quebec (Back Road Atlas)  
Rathgeber, Brent - Irresponsible Government (Decline Of Parliamentary Democracy In Canada)

And, of course, what home would be complete without the Harris' Farmer's Almanac Gardening Garden



## Morin Heights 43rd Viking Loppet

On February 22, the Municipality of Morin-Heights and the Viking Ski Club jointly organized and hosted the Morin-Heights Viking Loppet and welcomed over 430 participants.

A loyal team of 140 volunteers was on hand to greet participants, hand out refreshments, secure road crossings, and encourage skiers on to the finish line. This great event attracts athletes as well as families of outdoor enthusiasts. As with every edition, the atmosphere was festive and warm, which is what makes the Viking Loppet Morin- Heights a unique event!

The organizing committee gratefully extends a personal thank you to each sponsor who contributed to making a tremendous difference in the scale and impact of this wonderful event. Many, many thanks to the team of volunteers who get things done and without whom there would be no Loppet! A special thank you to the dynamic participants who return for the challenge, year after year! Hope to see you all again in February 2016.

For detailed results and photos of the event visit [www.skiloppet.com](http://www.skiloppet.com).



Photo credit: David De Volpi.

AUGUST 2014 • VOLUME 14 NO. 8  
14,000 COPIES • PLEASE TAKE ONE

# MAIN STREET

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001  
ARUNDEL • BROWNSBURG • GORE • HARRINGTON • HAWKESBURY • HUBERDEAU • LACHUTE • MILLE ISLES • MONT-TREMBLANT • MORIN HEIGHTS

Read Main Street online and on your mobile device at: [www.themainstreet.org](http://www.themainstreet.org)

Read us and like us on facebook at: [TheMainStreetNews](https://www.facebook.com/TheMainStreetNews)



# STRICTLY BUSINESS

By Lori Leonard - Main Street



### Congratulations to:

15-year-old Lili-Ann DeFrancesco from Ste-Adèle who recently performed on La Voix! To date, Lili is the youngest performer who has performed on this show. "Lili's Dad" is none other than Sebastien DeFrancesco from the well-known band Motel 72 who is currently touring Canada. Lili and "Lili's Dad" have performed at such local places as Le Lounge Pub Urbain, Carol à go go, Café de la Gare, Mont-Gabriel and for school benefits. Way to go Lili!



Robert Boyer and his team from Matériaux Robert Boyer, 754 chemin Ste-Anne des Lacs, who was one of the three finalists to win the 3rd Gala AQMAT award at Château Frontenac. There were more than 150 different businesses from Quebec competing for this special award. This achievement was due to their excellent customer service and for offering employee-training programs. After a fire completely ravaged their building, Robert rebuilt within the short span of one year while continuously offering superior service to clients and, without laying-off any employees. 450 224-2068.



Andrée Cloutier, new Director at École hôtellerie des Laurentides, who has taken over the reins from past Director Laurent Paquin. Ms. Cloutier previously worked as an orthopedagogue for the Montreal School Commission. Best of luck! 450 240-6222 www.ecole-hotelierelaurentides.com.



### Welcome to:

Greg Demerjian who opened a new Ararat Armenian Pizza Shop at 505 Bethany Ave. in Lachute (located in Carrefour Argenteuil). The shop offers special prices on delicious Lahmajouns and also offers Armenian salad. Welcome to Lachute Greg and much success with your new business! 450 409-3636, Ararat pizza on facebook.



### Did you know:

That there is a new IGA Express-Shell located at 2900 boul. Curé Labelle in Prévost, corner of 117 south and Lac Echo Rd.? The store is a mini-IGA and differs from a dépanneur in that prices will be identical to those found at regular IGA stores. The store will offer ready-to-eat healthy meals, micro-brasserie products and regular groceries. 450 224-2727.



That real estate agents Julie-Ann Hess and Susan Rich, after many years of working with Royal LePage, are now working with the Sutton-Humania Group and have moved their offices to 979 rue St. Jovite, Mont-Tremblant? This is where both brokers began their careers 10 years ago. They look forward to helping you with all of your real estate transactions in the near future. To contact Julie-Ann: 819 421-0344 / jhess@richhess.com. To contact Susan: 819 421-2253 / srich@richhess.com.



That dentist, Dr. Tawni Bailey, has moved her practice to 2990 Labelle Blvd. in Prévost? Dr. Bailey will better serve her patients' needs in the new larger premises. She offers personalized service to all family members, from the youngest to the eldest member. 450 335-2990 / www.dentistprevost.com.



That there is a wonderful place called The Great Chalet, 234 Rue St. Venant, Ste-Agathe? Includes 12 bedroom-suites, just across from Lac des Sables. Ideal for winter or summer activities and perfect for weddings, friends, family or corporate gatherings. 514 652-8001. www.thegreatchalet.com



Our people listening to your needs

1.877.425.6026

www.dcpa.ca

Arundel | Mont-Tremblant | Rivière Rouge | Blainville  
Sainte-Agathe-Des-Monts | Saint-André D'argenteuil | Saint-Sauveur

**Insurance**  
Auto  
Home  
Travel  
Recreational vehicle  
Commercial

## HONEST, EFFICIENT AND QUALIFIED SERVICES

Les Contacts de Lori  
Lori's Links

450.224.7472

lori.leonard@sympatico.ca

www.lorislinks.com

Paid advertisement

### Need help with a job?

- Cleaners, handymen, carpet/sofa cleaning
- Roofing, snow removal
- Home renos, dog sitting
- Parties, events, gourmet chefs
- Entertainment/photography
- Property management
- Tax Returns
- Light plumbing
- Translation

Anyone or anything...



The New Generation of sliding doors

Starting at **\$1450<sup>00</sup>** plus taxes, installation included

CaloPatio®  
FENESTRATION



## Economize on your heating bills

- PREMIUM DOORS AND WINDOWS
- P.V.C. AND HYBRID
- GARAGE DOORS
- WOODEN DOORS AND WINDOWS
- REPLACEMENT PARTS
- REPAIR SERVICE
- THERMAL GLASS REPLACEMENT



SERVICE GUARANTEED BY

S.O.S. EXPERT

portes et fenêtres

FENPLAST  
windows and doors

515 Boulevard des Laurentides, Piedmont  
Tel. : (450) 227-4567



Real Estate Agent • Fluently bilingual

**Suzanne Houle**

Groupe Sutton Humania  
St-Donat Office 754 rue Principale  
St-Donat, Québec J0T 2C0

cell: 819-323-8900 | res: 819-424-1800 |

fax: 819-419-0062 | suzanne.houle@live.ca |



MUST SELL MUST SELL MUST SELL MUST SELL MUST SELL



See back page for more photos of this property



\$687 000

MLS8766771

SAINT-DONAT: COMMUNITY LIVING investment for family living, 11 bedrooms with all private bathrooms, professional kitchen, must visit.



# Out & About

Ilania Aibileah - Main Street

Note: Please visit the websites of each venue provided below for complete listings. During the month other events may appear on our Facebook page.

## Dance

### Dusso - Val Morin

"La Suite logique." Improvised choreography mingled with a bit of humour. Fri, Mar 20: 8 pm. \$20. Théâtre du Marais. 1201, 10è Ave. Val Morin. 819 322-1414. www.theatredumarais.com.

### Figures de silence - St. Jérôme

Based on principles of musical composition this contemporary dance invites the viewer to imagine the audible through the visible. Duration: 65 min. Sat, Apr 11: 8 pm. \$30. Salle Antony-Lessard, 101, Place du Curé Labelle, St. Jérôme. 450 432-0660 www.enscene.ca.

## Music

### Vincent Vallières - Mont Tremblant

Fri, Mar 13: 8 pm. \$34. L'Église du village, 1829 chemin du Village, Mont Tremblant. 819 425-8614 #2500. www.villedemont-tremblant.qc.ca.

### Vincent Vallières - Ste. Adèle

Vincent Vallières performs songs from his 2013 album. Sat, Mar 14: 8 pm. \$40 (tax incl.). Salle Augustin-Norbert-Morin - 258, Boul. Sainte-Adèle. 450 240-6220 #3000.

### Trio Servantes - Prévost

Musicians are Patrice Servant (guitar), Yves Lacoursière (saxophone) and René Fortier (percussion). The trio plays a unique Latin-Flamenco-Jazz style. Sat, Mar 14, 8 pm. \$31.50. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.

### Lovers' Repertoire - Val Morin

A lover's repertoire of arias from operas by Mozart, Gounod, Bizet, Donizetti, Massenet and others, sang by the singers of the Lyric workshop of the Montreal Opera. Sun, Mar 15: 2 pm. \$40. Théâtre du Marais, 1201, 10è Ave. Val Morin. 819 322-1414. theatredumarais@cgocable.ca. http://www.theatredumarais.com.



Lovers' Repertoire

### Harry Manx - Val Morin

This musician returns to the stage in Val Morin with multiple instruments. His music is inspired by the Blues and Indian music. Wed, Mar 18: 8 pm. \$45. Théâtre du Marais: 1201, 10è Ave. Val Morin. 819 322-1414. www.theatredumarais.com.

### Ariane Moffatt - Ste. Adèle

Songwriter/ singer Ariane Moffatt returns with a strictly French album to be launched in spring 2015. Sat, Mar 28: 8 pm. \$45 (tax incl.) Salle Augustin-Norbert-Morin - 258, Boul. Sainte-Adèle. 450 240-6220 #3000.

### Lorenzo Di Bella - Prévost

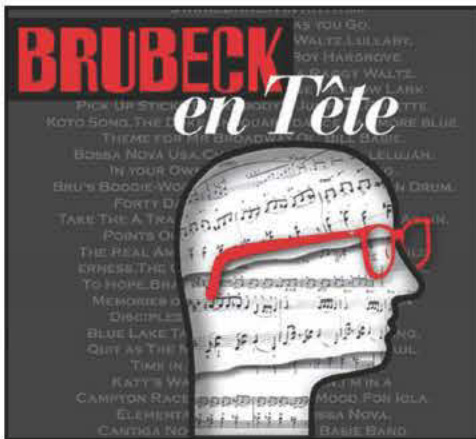
This is an evening of music featuring Chopin and Liszt accompanied by an Italian piano virtuoso. Sat, Mar 21: 8 pm. \$36.50. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com



Lorenzo di Bella

### Brubeck en Tête - Val Morin

The musicians are Jean-Michel Rousseau (piano), Marie-Soleil Bélanger (violin and erhu), Jean Cyr (contrabass) and Vincent Dionne (drums). The group will play Dave Brubeck's music from 1959 to 1981. Sat, Mar 21: 8 pm. \$35. Théâtre du Marais - 1201, 10è Ave. Val Morin. 819 322-1414. www.theatredumarais.com.



Brubeck en tête

### Laurence Jalbert - St. Jérôme

Laurence Jalbert celebrates her thirty-five years on stage with a new album. She is accompanied by Pierre Doré and Jean-Philippe Lagueux. Sat, Mar 21: 8 pm. \$36. Salle André-Prévost, 535, rue Filion, St. Jérôme. 450 432-0660 www.enscene.ca.

### Angèle Dubeau et La Pietà - St. Jérôme

Angèle Dubeau plays soft classical style music on her violin and is accompanied by other women musicians. The concert is given in support of the Foundation for Breast Cancer of Quebec. Sun, Mar 22: 3 pm. \$45. Salle André-Prévost, 535, rue Filion, St. Jérôme. 450 432-0660 www.enscene.ca.

### Collectif Sortie 76 - Val Morin

Collectif Sortie 76 presents "Juke-box," an annual fundraiser to benefit organisations helping battered women. Sat, Mar 28: 8 pm. \$10. Théâtre du Marais - 1201, 10è Ave. Val Morin. 819 322-1414. www.theatredumarais.com.



Sortie 76

### Trio Kafeehaus - Café Vienna - Ste. Adèle

Three musicians perform traditional Viennese music: Jean Deschênes (contraguitar), Anne Lauzon (clarinet) and their daughter, Anouk. Sun, Mar 29: 1:30 pm. \$10 (\$5 for Ste. Adèle residents). Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. http://ville.sainte-adele.qc.ca.



Trio Kafeehaus

### Michel Robichaud - St. Jérôme

Singer/song-writer Michel Robichaud is accompanied by Jessica-Charlie (piano, violin) and Gabriel Hardy (bass). Sat, Mar 28: 8 pm. \$30. Salle Antony-Lessard - 101, Place du Curé Labelle, St. Jérôme. 450 432-0660. www.enscene.ca.

### Arturo Nieto-Dorantes & Sébastien Lépine - Prévost

The duo, Arturo Nieto-Dorantes (piano) and Sébastien Lépine (Stradivarius cello), will play a program titled "Passions." Sat, Mar 28: 8 pm. \$30. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.

### Étienne Drapeau - St. Jérôme

Etienne Drapeau's concert, scheduled for Fri, Feb 2: 8 pm, is now postponed to Fri, Apr 3: 8 pm. \$36. Salle Antony-Lessard, 101, place du Curé Labelle, St. Jérôme. 450 432-0660 www.enscene.

### Mario Pelchat - St. Jérôme

Accompanied by his musicians, Mario Pelchat will perform songs from his latest album. Fri, Apr 10: 8 pm. \$49. Salle André-Prévost, 535, rue Filion, St. Jérôme. 450 432-0660 www.enscene.ca.

### Celtic Pilgrim - Val Morin

This quartet plays classic, traditional songs from Celtic countries on bagpipes, violin, bodhran (Irish drum), banjo and guitar. Fri, Apr 10: 8 pm. \$20. Théâtre du Marais - 1201, 10è Ave. Val Morin. 819 322-1414. www.theatredumarais.com.

### Mathieu Gaudet - Prévost

Pianist Mathieu Gaudet will play music by Chopin, Schubert and Mozart. Sat, Apr 11: 8 pm. \$31.50. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.

### Bet.E & Stef - Val Morin

Bet.E and Stef present pop songs such as: Day by Day, All is Well, Vagabond and new original pieces. Jay Atwill, the Australian guitarist, will accompany the group. Sat, Apr 11: 8 pm. \$30. Théâtre du Marais - 1201, 10è Ave. Val Morin. 819 322-1414. www.theatredumarais.com.

### Jean-Pierre Ferland - Ste. Agathe

The new season will open with the legendary Jean-Pierre Ferland who returns to this theatre after forty-eight years. Sat, Apr 11: 8 pm. \$65. Théâtre Le Patriote, 258, rue Saint-Venant, Sainte-Agathe-des-Monts. 819 326-3655. http://theatrepatriote.com.

### Louis-Jean Cormier - St. Jérôme

The singer /songwriter performs with his four musicians. He was a coach on La Voix last year. Thurs, Apr 16: 8 pm. \$37. Salle André-Prévost, 535, rue Filion, St. Jérôme. 450 432-0660 www.enscene.ca.

### Oliver Jones - St. Jérôme

Oliver Jones and his musicians team up with violinist Josée Aidans to create a bridge over several generations of musicians. Fri, Apr 17: 8 pm. \$45. Salle André-Prévost, 535, rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca.

### Three Discovered Singers - Mont Tremblant

Julie-White, Philippe Brach and Alex Nevsky are three recently discovered singer/songwriters. Fri, Apr 17: 8 pm. \$24. L'Église du Village, 1829 chemin du Village, Mont Tremblant. 819 425-8614 #2500. www.villedemont-tremblant.qc.ca.

### Trio Bataclan - Prévost

The Trio, consisting of Mathieu Lussier (bassoon and group-leader), Catherine Perrin (harpsichord) and Denis Plante (bandonéon) will entertain you with the music of Piazzolla and their own arrangements of music from the turn of the 20th century in Paris, London and Berlin. Sat, Apr 18: 8 pm. \$36.50. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.

## On Screen - Live from the Metropolitan Opera

### La Donna Del Lago - Rossini - a new production.

The Lady of the Lake is based on Sir Walter Scott's romantic work. Joyce DiDonato is the "lady of the lake" and Juan Diego Flórez is the king. Sat, Mar 14: 12:55. Duration 210 min. Pine Cinéma: Phase 2, 1146, rue Valiquette, Ste. Adèle. 855 739-7463 and Cinéma Carrefour du nord: 900 Boulevard Gringo, St. Jérôme. Adults \$27 / seniors \$25. 450 436-5944. http://www.cinemapine.com. http://www.cinemast-jerome.com/horaire

## Visual Art & Fine Crafts

### Group Exhibition & DADA - St. Faustin

A group exhibition of selected artists (on exhibit until Mar 25) will be followed by the 9th edition of the DADA exhibition. This is a wonderful annual exhibition when artists display original whimsical art. Submissions Due Date: Fri, Mar 27. The DADA show will open Apr 4 and continue to June 14. Opening hours: Wed - Sun: 11 am to 5 pm. Maison des arts, St-Faustin Lac Carré: 1171, rue de la Pisciculture, St. Faustin Lac Carré. 819 688-2676 maison. arts@cgocable.ca - www.maisondesarts.ca



DADA

### Val David Exhibition Centre

Open: Wed-Sun 11 am - 5 pm. Centre d'exposition de Val David, 2495, rue de l'Église, Val David. 819 322-7474. www.culture.val-david.qc.ca.

### Lise Tremblay - Thaychi - Ste. Adèle

Lise Tremblay Thaychi exhibits a series of painted drawings and sculptures Mar 6 to Apr 3. The 2nd art exhibit of paintings about child abuse donated by artists will follow, and an auction will be held on May 3. Open: Thurs & Fri: 1 to 4 pm, Sat: 10 am to 5 pm and Sun: noon to 5 pm. Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. http://ville.sainte-adele.qc.ca.

### ARTS Morin Heights - Black & White + One Colour

Arts Morin Heights group show, Black & White + One Colour, continues until Mar 28. Morin Heights Library: 823, Village Rd. Open: Tue & Thurs: 1-4 pm, Wed: 10 am to noon & 3-4 pm, Fri: 7-9 pm, Sat: 10 am - 2 pm and Sun: 11 am - 1 pm. www.artsmorinheights.com.

### Laurentian Museum of Contemporary Art - St. Jérôme

An exhibition by two artists, Benoit Ricard, winner of the 2014 Young Artists' competition and Isabelle Demers's "Secret Life of Plants" continues to Mar 22. The public is invited to visit "Geography - Geology - Geomorphology" and participate in the Traveling Rocks project by choosing a rock, placing it in a spot of your choice and sending a photo to: rochesnomades@gmail.com stating the location of the rock. Photos will be posted on the Museum's Facebook page and on Pinterest. Open: Tue - Sun: noon to 5 pm. Musée d'art contemporain des Laurentides, 101, place du Curé Labelle, St. Jérôme. 450 432-7171. www.museelaurentides.ca.



Museum - Traveling Rocks

Due date for next edition: Mar. 20  
-ilania@IlaniaAibileah.com  
450 226-3889.



## Lori's Lookout – Laurentian Personalities Stéphane Cardi “travailleur de rue”

Lori Leonard – Main Street

Stéphane Cardi has an extremely unusual job, but then again, he is a very unique individual. He is a “Travailleur de rue,” with L'ÉCLUSE des Laurentides.

We usually think of our Laurentians as beautiful and relaxing, a superb place to participate in outdoor activities with family or friends. However, there is another side that many of us never see, but which Stéphane sees daily.

Stéphane reaches out to people who are in dire need of resources, but due to their marginalized conditions, are unable to get access to them. This includes people with mental health, or addiction problems, or those facing depression, or isolation. A common thread is low self-esteem.



Although based in St. Sauveur, Stéphane's territory includes Ste. Adèle, Prévost, Piedmont and Morin Heights. Daily, he visits many of the local bars and soup kitchens, and a variety of other local hang-outs. He drops by beaches in the summer, where kids and adults “camp out”, because they don't have a permanent home. In winter, they stay with friends, or at local shelters. Sometimes, on cold nights, they are seen hanging out at Tim Horton's, or in bank hallways, or at McDonald's. Gradually, they come to realize that Stéphane is there to help them and a true relationship is created and cherished.

It takes an exceptional human being to work with these special people. Stéphane never judges or forces anyone to talk. No files are kept, and only first names are used. There is mutual respect with a humanistic approach. Stéphane encourages all individuals, but the majority he deals with are aged between 25 and 40-years-old. He understands that people must help themselves; individuals ask him to come into their lives, not the other way around. Sometimes, a teen, or adult, just needs someone to listen with compassion, or might need a hot meal or require medical advice. Stéphane listens patiently to their needs and then points them in the right direction.

Sometimes, he hands out hygienic syringes, crack pipes or condoms, all in an effort to keep these special people safer. They don't like to be seen by others, so the “Travailleur de rue” makes it easy for them to obtain these items discreetly, which builds trust and a bond between them. Being a Travailleur de rue, Stéphane is not obliged to furnish any information to the police, or anyone else, about a particular person, unless someone's life is in danger.

Often, it is said that a Travailleur de rue works with raw suffering and substance, but is one who nourishes true hope! Thank you Stéphane, for being who you are, and for the important role you play within our community. Your contribution is immeasurable and we can all learn a lesson from you. We must be less judgemental, and show more tolerance, patience, kindness and understanding towards our fellow human beings.

To contact Stéphane directly, call 450 569-7197



**ENTERTAINING  
MADE EASY!**

- Variety of Quebec & Imported cheese
- Fresh Bread
- Homemade muffins & danishes
- Olive Oils & Balsamic vinegars
- Homemade pies
- Our famous Brie en Croûte

**254 Bethany,  
Lachute  
450 566-0660**

Follow us on Facebook

Proudly serving the community since 1971!



**Breakfast every  
morning at 8 :00 am**

**Lunch time specials  
Monday to Friday**

**Table d'hote menu  
7 days a week**

**Free Wifi** 📶

490 Main Street, Lachute  
Call for reservations (450) 562-9000



TREMBLANT  
FACTORERIES

YOUR FASHION STOP



PROMOS 

facebook.com/factoreriestremblant

factoreriestremblant.com

la Vie en Rose	TOMMY HILFINGER	souris mini
JONES NEW YORK	stokes	
<p>Hours</p> <p><b>M-T-W:</b> 10 a.m. to 6 p.m.</p> <p><b>T-F:</b> 10 a.m. to 9 p.m.</p> <p><b>S-S:</b> 10 a.m. to 5 p.m.</p>		
2450-2555, rue de l'Aulnaie Mont-Tremblant		
Intersection Hwy 117 and rue Latreille		
		

\*Non-outlet stores

THE SOURCE in the Laurentians for over 5 years

Now open in  
Saint-Sauveur!



CLINIQUE DE SANTÉ RESPIRATOIRE  
DES SOMMETS

Diagnosis and treatment for sleep apnea

Professional and personalized service  
to repair sleeping



YOU WILL SLEEP BETTER AND  
SO WILL THEY!

Christine Roussin and Kathleen Longpré:  
Respiratory therapists and co-owners

Services offered:

- CPAP (Continuous Positive Airway Pressure) rentals and sales
- Cardio-Respiratory Polygraphs
- In-home Respiratory Polygraphy
- Air masks, tubing, pillows and much more!

Financing available



WE EVEN MAKE HOUSE CALLS  
5 DAYS A WEEK

<p>Mont-Tremblant 388, rue de Saint-Jovite 819 808.9788 www.csrsummets.ca</p>	<p>Sainte-Agathe-des-Monts : 12, rue Principale Est 819 774.1899 info@csrsummets.ca</p>	<p>Saint-Sauveur 365-C, rue Principale 450 744.0416</p>
---	---	---

**RELIGIOUS SERVICES**



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**

Mar 14: 6 pm - St. Patrick's Day Supper  
Mar 20: 6 pm - TGIF Smoked Meat Night  
Apr 5: 9 am - 2 pm - Easter Brunch  
Apr 11: 6 pm - Italian Night  
Apr 24: 6 pm - TGIF Smoked Meat Night  
For information on any event call 450 226-2213 (after noon)

**Branch 70 Filiale Lachute**

Mar 14: 6 pm - St. Patrick's Day Celebration  
Mar 27: 6 pm - Smoked Meat Dinner \$9  
Mar 30: 8:45 am - Casino Trip  
Apr 3: 6:30 pm - Cabane a Sucre  
Apr 24: 6 pm - Smoked Meat Dinner \$9  
Tues: 1 pm - Euchre  
Alternating Thursdays: cribbage & shuffleboard  
Sat afternoon: 1:30 pm - Darts  
For information call: 450 562-2952 after 2 pm!

**Branch 71 Filiale Brownsburg**

Mar 15: 9:30 am - 1:30 pm - St. Patrick's Day Brunch  
Mar 26: 7 pm - Card Party - everyone invited  
Apr 7: 11:30 am - 1:30 pm - Soup luncheon  
Apr 23: 7 pm - Card Party  
Apr: Bar BQ or Spaghetti Dinner - call Legion for upcoming details  
Bar/Lounge is open on Thursdays & Fridays from 3 pm - 9 pm.  
New members are always welcome.  
Please drop by on open nights if you are interested.  
Membership cards are available at a cost of \$45.  
For information, please call Sheila or Trevor Holmes 450 562-8728.

**Branch 192 Filiale Rouge River**

Mar 13: 5:30 pm - St. Patrick TGIF Irish Stew Supper  
Mar 13: 7:30 pm - Bingo Loisirs Arundel  
Mar 21: 2 pm - General Meeting  
Mar 28: 5:30 pm - Casserole Dinner  
Tues: 7:30 pm - Cribbage  
Weds: 1 pm - Cards  
TGIF nights: 3:30 pm - Darts  
For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com

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

**HILLSIDE CHAPEL**  
755 Village Road, Morin Heights  
Terry Sheahan: 450 229-5650.  
Hillside Chapel will commence services as of the May 24, weekend at 6:30 pm

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

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

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

**MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH**  
463 Principale, Lachute / www.pccweb.ca/mrmpc  
Rev. Dr. Douglas Robinson: 450 562-6797  
Mar 19 & 26: Lenten Services & soup luncheons with the theme "Professions of Faith from the Bible."  
11:30 am - first sitting for lunch  
Noon: Church service followed by 2nd sitting for lunch.  
Everyone welcome.

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

**BROOKDALE UNITED CHURCH, BOILEAU**  
Info: 819 687-2752

**TRINITY ANGLICAN CHURCH - MORIN HEIGHTS**  
757, Village, Morin Heights (450 226-5307)  
Sundays 11 am: Worship service  
Please join us - everyone is welcome

**MILLE ISLES PRESBYTERIAN CHURCH**  
Mille Isles Rd.

**ST. ANDREWS EAST PRESBYTERIAN CHURCH**  
5 John Abbot Street, St. André d'Argenteuil  
For info please contact Sharon McOuat 450 537-8560

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

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

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

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

**HARRINGTON UNITED CHURCH**  
ST. ANDREWS CHURCH, AVOCA  
Info: Rev. Cathy Hamilton: 450 562-6161 or 514 347-6250

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

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

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

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

**ANGLICAN PARISH OF ARUNDEL & WEIR**  
Grace Church  
Mon, Mar 23 & 30: 2 pm - 12, chemin Village, Arundel, the last 2 sessions of the Lenten Study program on the topic, "Full of Years - Full of Life."  
Mar 29: 10 am - Palm Sunday - Liturgy of the Palms & Holy Eucharist  
Apr 2: 6 pm - Liturgy & pot-luck supper (church hall)  
Apr 3: 10 am - Good Friday - Ecumenical service starts at Grace Church, then continues at Arundel United Church & Notre-Dame-de-la-Merci, Huberdeau  
Apr 5: 10 am - Holy Eucharist  
Sunday services: 10 am followed by coffee & fellowship.

**ST. SAUVEUR ROMAN CATHOLIC CHURCH**  
Apr 4: 7:30 pm - Easter Vigil

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

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

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

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

**LOST RIVER PRESBYTERIAN CHURCH**  
5152 Lost River Road, Lost River  
Please check with the church for times of worship.

**VICTORY HARVEST CHURCH**  
351 des Erables, Brownsburg-Chatham  
Pastor Steve Roach 450 533-9161  
Sunday: 10 am - Bilingual Service  
French and English  
Bienvenue à tous - All welcome

**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 15: 10 am - Morning Prayer  
Apr 5: 10 am - Easter  
Apr 19: 10 am - Service  
Services with gospel/bluegrass music

**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
April 5: 2 pm - Easter Service  
Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
Mar 22: 10 am - Sunday Service  
Apr 3: 10 am - Good Friday  
April 26: 10 am - Service  
Bilingual services with gospel/bluegrass music

\*Special services: Soaking Time \*  
7:30 - 8:30 pm: A time of quiet reflection with classical music. These special times of quietude are offered on Sundays in addition to regular services.

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
Apr 12: 10 am - Service

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
with Rev. Paul Tidman: 450 562-2917  
March 15: 10 am - Communion  
Mar 18: 5 pm - Lenten Service  
Mar 22: 10 am - Communion  
Mar 25: 5 pm - Lenten Service  
Mar 29: 10 am - Communion  
Apr 2: 5 pm - Communion  
Apr 3: 1 pm - Good Friday  
Apr 5: 8:30 am - Easter 10 am - Easter  
Apr 12: 9:30 am - Family Service  
Everyone welcome!

\* If your church is not mentioned, please check with them directly for Easter services. \*

**ENGLISH COMMUNITY NEWS**

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

**Laurentian Club Notice**

**March 23: Guest Speaker - Eric Chaurette**

**The Journey Towards Food Sovereignty and the Part You Play**

Eric will share his reflections on the concept of "Food Sovereignty" and how the idea is spreading across Canada.

To learn more, visit our web site [www.laurentianclub.ca](http://www.laurentianclub.ca) or contact us at TheLaurentianClub@gmail.com or 819-326-6872.

**LAURENTIAN CLUB OF CANADA**



**Laurentian Region Cancer Support Group**

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



Next meeting for cancer patients, families and caregivers is **SATURDAY AFTERNOON March 21, 2015 - 1 pm**

**Speaker: Wendy Ayotte**  
Stress reduction techniques  
St. Eugene Hall (rear entrance)  
148 Watchorn, Morin Heights

Upcoming meeting: **April 18**

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](mailto:cancer.laurentia@yahoo.ca) PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

**COMMUNITY NEWS**

**AMI-QUEBEC PROGRAMS  
ACROSS QUEBEC**

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

**SOUPE POPULAIRE**

(205 rue Principale, St. Sauveur)  
Lunch schedule: **Mon, Tues & Thurs:**  
**11:30 am - 12:45 pm.**  
Everyone is welcome!

We are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

**SOUPE POPULAIRE 20th Anniversary  
SEEKING FORMER VOLUNTEERS,  
DIRECTORS AND EMPLOYEES!!**

We have some coordinates but others have changed – please share this information and our contact coordinates:  
450 227-2423 ext 26 or 28.  
Thank you!

**VICTORY SOUP KITCHEN / SOUPE  
POPULAIRE DE LA VICTOIRE**

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

**BAZAAR MPDA LACHUTE**

Bazar MPDA Lachute  
(177 Rue Bethany, Lachute).  
Used clothing, shoes, books and more for the whole family. Open **Tues - Fri:**  
**10 am - 3:30 pm.**

Mouvement Personne d'Abord de Lachute is a non-profit organization for people with intellectual disabilities. The Movement offers activities and friendly meetings 2 times a week for its members. Everyone welcome! Info: 450 562-5846.

**BADMINTON – WHO'S UP NEXT?**

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

**WILLKOMMEN**

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

**JOYFUL NOISE CHOIR**

St. Eugene's Church (148 Watchorn, Morin Heights)

A new session has begun. If you want to share your voice with us, and get ready for spring, now is the time!! Starts **Jan 13: 7 pm** (\$125 from Jan to May) Joyful Noise Choir sings an eclectic assortment of music in four-part harmony. Our choir Director is Mr. Ian Lebofsky. JNC will present a delightful concert on **Sun, May 31.** Please contact Penny Rose: 450 226-2746 or email pennyrose@jenanson.com

**ASSOCIATION ALPHA LAURENTIDES**

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

**COMMUNITY EVENTS**

**THE LOST RIVER COMMUNITY CENTRE**

**April 12: 9 am – noon**  
Monthly Breakfast  
Basket draw donations will go to Victoria Quilts. Everyone welcome.  
Info: Barrie Smith: 819 687-9498  
Norma Davis: 819 687-2255

**UPCOMING EVENTS AT HARRINGTON  
GOLDEN AGE CLUB**

(259 Harrington Rd)  
**March 26:** Community Groceries  
**April 9 -** Community Groceries  
**April 10: 5:30 pm -** Cook's Night Out  
**1st & 3rd Sunday of each month:**  
**1:30 pm -** Bingo  
Info: Deedy: 819 242-8939

**HARRINGTON VALLEY COMMUNITY  
CENTRE**

**March 14: 5:30 pm -** Pot Luck Dinner  
Harrington Community Centre is looking for a portable dishwasher.  
To donate, please call Deedy: 819 242-8939

**SHRINERS' PANCAKE BREAKFAST**

Masonic Hall, Providence Blvd. Lachute  
**Sun, April 26: 8:30 am - 1 pm**  
Donation: \$7 / children under 6 yrs. FREE  
A benefit for the Lachute District Shrine Club activities

**LOVE, NOT LUCK**

Coffee Break for Ladies  
**Tues. Mar 17: 10 am**  
Centre Communautaire Louis-Renaud  
270, route due Canton, Saint-Philippe  
Bilingual Program - sponsored by G.R.O.W.(God Reaching Out to Women)  
For information: 450-533-6729



**LRHS – CLASS  
REUNION OF '75**

**June 20:** Dinner  
**June 21:** Breakfast  
Forty years ago, a group of cool students graduated from Laurentian Regional High School in Lachute.

The magic of Facebook has facilitated the search for post grads and more than 85 people have joined our group through social media. Now, we must trust the good old local paper and parents to help spread the word about this reunion.

Mark your calendars!

For more information contact Daniel Roch: 514 951-4490 or drienviro@gmail.com.

**MORIN HEIGHTS HISTORICAL  
ASSOCIATION**

Upcoming News & Events  
St. Eugène Hall

**Sat, May 23: 1 pm -** Annual General Meeting  
2 pm: Guest Speaker

Mr. Rod Macleod, former president of the Quebec Anglophone Heritage Network will give an audio-visual presentation about "100 Objects," artifacts from the various historical associations in our province. Admission is free. If you are interested in local history and would like to become a volunteer or a member, please visit our web site at morinheightshistory.org

We will be having a Heritage Garden Tour in July. To submit your garden, please contact Pierre: 450 226-8853.

**PALLIACCO MARCH ACTIVITIES**

PALLIACCO offers several activities for people with cancer, their families and, caregivers, at two Laurentian locations: 2280, rue Labelle in Mont Tremblant and 99, rue Saint-Vincent in Sainte- Agathe.

The following is a list of the activities scheduled to take place throughout the month of March. The dates, times and locations for each activity may be found on our website at www.themainstreet.org under the latest news tab. For full details, please call PALLIACCO directly: 819 717-9646 or toll free 1 855 717-9646.

**Comforting Tea:** for people with cancer or those in remission

**Coffee Hour for Mourners:** meet and share experiences

**Regenerative Yoga:** for people with cancer and the bereaved

**Stress Reduction:** resourcing and tension release for people with cancer and caregivers.

**Bereavement Group:** for those who have lost a loved one – 10 steps of grieving

**Support Training in Palliative Care** – acquire skills & knowledge in palliative care

There are also free dinner meetings for the Anglophone communities planned, which will present the available English services offered by PALLIACCO and the CSSS des Sommets. A lecture by oncologist, Dr. Harry Pretty, entitled "Why should I wait," will also be presented. These meetings will be in English only and offered in Arundel, Ste. Agathe and Mont Tremblant.

**PRINTEMPS DE LA SCULPTURE**

2nd Edition

**April 18th & 19th 2015**

**SCULPTURE EXHIBITION**

**Saturday, April 18th from 10:00 am to 5:00 pm**  
**Sunday, April 19th from 10:00 am to 4:00 pm**

**Admission: 7\$**

**École polyvalente Lavigne**  
**452 Argenteuil Avenue**  
**Lachute, Qc J8H 1W9**

**(25) PROFESSIONAL SCULPTORS OFFERING  
WORKS OF ART IN VARIOUS MATERIALS**

**WWW.STUDIODARTGENTEUIL.COM**  
**450-409-0909**



Bronze by Christine Gagné

**Yolande Sylvain M.Ps.**  
Master's in Psychology

**On Course....**  
Coaching  
Depression  
Drug and Alcohol Problems  
Self-Actualization

Sainte-Adèle  
**514.667.2464 YSylvain@aol.com**

WELCOME TO OUR NEW OFFICE IN  
**ST-SAUVEUR**  
replacing our Sears office in St-Jérôme.  
Our experienced people will be pleased to help you.

**H&R BLOCK®**  
200 PRINCIPALE, #10, ST-SAUVEUR  
**TEL 450 744-0144**

**OTHER OFFICES:**  
LACHUTE: 450 562-5053 ST-JÉRÔME: 450 436-3468  
HAWKESBURY: 613 632-9821 BLAINVILLE: 450 430-3009

You dream it, We build it... **ALTA MAX**  
CONSTRUCTION RENOVATION

**www.altamax.ca 1.866.924.8282**

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

**Laurentian CARE**  
Qualité d'Accueil et de Gestion des Soins de Santé  
Quality Home and Health Care Management

Your care is our Primary Goal

1-855-522-7372 • www.laurentiancare.org/versassociation.com

**PAI**  
Programme d'aide et d'intervention  
Violence conjugale et familiale

**PAIX: To fend off violence!**  
819-326-1400 / 1-800-267-3919  
www.organismepaix.ca

**4KORNERS**  
Family Resource Center

LACHUTE: 508 PRINCIPALE  
SAINT-AGATHE: 50 CORBEIL  
819 324.4000 (ex: 4330)  
888 974.3940  
info@4kornerscenter.org  
4kornerscenter.org

**AA**  
ALCOOLQUES ANONYMES  
ALCOHOLICS ANONYMOUS  
ALCOHÓLICOS ANÓNIMOS

Aide téléphonique • Helpline • Ayuda telefonica  
**1 877 790-2526**  
Internet: www.aa87.org

**Gambling problem?**  
Help for parents and friends of compulsive gamblers.  
514 484.6666  
866 484.6664  
gam-anon.org

**Tired of repeating? Tired of not being part of the conversation?**

**WE CAN HELP!**

Until March 31, 2015 we are offering a **FREE** hearing test



**Book your spot now 1-855-875-2111**  
[www.monaudition.ca](http://www.monaudition.ca)

Did you know that hearing loss affects about one in ten, and 8 out of 10 people are undiagnosed and untreated? Deafness often appears gradually which usually affects people's early detection. Come and try the new technologies in our hearing aids. We are available year-long to answer any of your questions or concerns about your hearing.



**Clinique auditive  
des Laurentides**

Frederick H. Deslauriers, AP, Audioprothésiste Owner

Member of  
Ordre  
des audioprothésistes  
du Québec

**Now 2 locations to serve you better!**

**Sainte-Agathe-des-Monts**  
14, rue Saint-Donat, suite A,  
Qc J8C 1P6

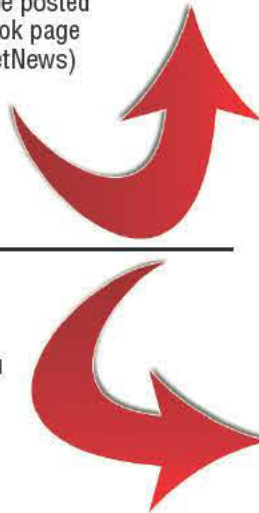
**Sainte-Adèle**  
395, Boul. de Sainte-Adèle,  
Qc J8B 2N1

Hearing Aids (Sales, repair, adjustment) | Batteries and Accessories  
Audiometric assessment (audiogram) | Custom ear pieces

**SUDOKU**

	6		1	2				8
			5		8			7
					3		1	6
3						9		1
6		4	7		1	5		2
8		5						3
1	4		2					
7			9		4			
9				8	7		2	

Answers will be posted on our Facebook page (TheMainStreetNews) and published in our next month's issue



Answers for the February edition sudoku

4	5	1	3	2	8	7	9	6
8	2	7	4	9	6	5	1	3
3	6	9	1	7	5	4	8	2
6	7	8	5	3	9	2	4	1
5	3	4	2	8	1	6	7	9
1	9	2	7	6	4	3	5	8
2	8	3	9	5	7	1	6	4
7	1	6	8	4	2	9	3	5
9	4	5	6	1	3	8	2	7

*spring leisure*

**NEW! FREE WIFI**

**Brûlerie Des Monts**

**CAFÉ-BISTRO**

197, RUE PRINCIPALE, SAINT-SAUVEUR 459 227 6157  
[WWW.BRULERIEDESMONTS.COM](http://WWW.BRULERIEDESMONTS.COM)

From 6 a.m. Mon. to Sat.  
7 a.m. Sun.

FABULOUS COFFEE - MOUTH-WATERING BREAKFASTS AND LUNCHES - DECADENT DESSERTS

**Small business solutions**  
 FAXING • COPYING • PRINTING • LAMINATING • MAIL BOXES

**Mail and Package Receiving**  
Save time. Let us manage your mail and packages

**We're here to help**  
Let us be your small business resource

**Your local print provider**  
Get you what you need, when you need it

**Peace of mind for you**  
Packed and shipped with confidence

**crocs**  
NOW IN **ST-SAUVEUR**

**Great selection of**  
 • Casuals shoes  
 • Sandals  
 • And more...

**Factoreries Tanger**  
100, Guindon Ave.  
St-Sauveur  
450.227.8261

*crocs comfort: get the feeling back*

**The UPS Store**  
 7-695, ch Avila, Piedmont  
**450.227.0044**

**Un centre d'affaires** près de chez-vous

**NEW STORE IN MORIN HEIGHTS!**



**18 YRS+**

FREE 10ml with purchase of starter kit  
More in-store promotions

**VAPEURS & SAVEURS  
E-CIGARETTE & E-LIQUID**

www.vapeursetsaveurs.ca Vapeurs Saveurs

**SAINTE-AGATHE**

122, rue Principale | 819 323-3244

**MORIN HEIGHTS**

711, ch du Village | 450 644-0203



**Soins Dentaires Prévost  
(Prévost Dental Care)**



Dre Tawni Bailey BHS, DDS  
Dental Surgeon

**WE HAVE MOVED!**

2990, boul. Curé-Labelle, Prévost

Come visit us at our brand new clinic!



- Personalized service for the entire family
- Warm, comfortable environment
- New patients always welcome

Tel: 450.335.2990  
Fax: 450.335.1454  
www.dentisteprevost.com

*Villa*



*Notre-Dame*

PRIVATE RESIDENCE FOR SENIORS



**30 new units**

Studio and apartments, elevators, pool, spa, game room, music and religious services and much more...

**INCLUDED IN RENT:**

Meals and snacks, phone and cable, cleaning, laundry, furnished if desired, help with bathing, help with medications, medical care, doctor visits weekly, 3 nurses and qualified help (security checked), 24/7 security, personal security alarm, financial and government reports assistance, free delivery pharmacy, pastor and daily mass. Various expositions, activities and conferences. Secure environment with central fire alarm and sprinklers, indoor and outdoor cameras. Light maintenance. Other services not included in rent are available.



**Come visit us!**

30 rue Laurier, Sainte-Agathe-des-Monts J8C 1R4  
**891 326-3482 • villanotredame.ca**

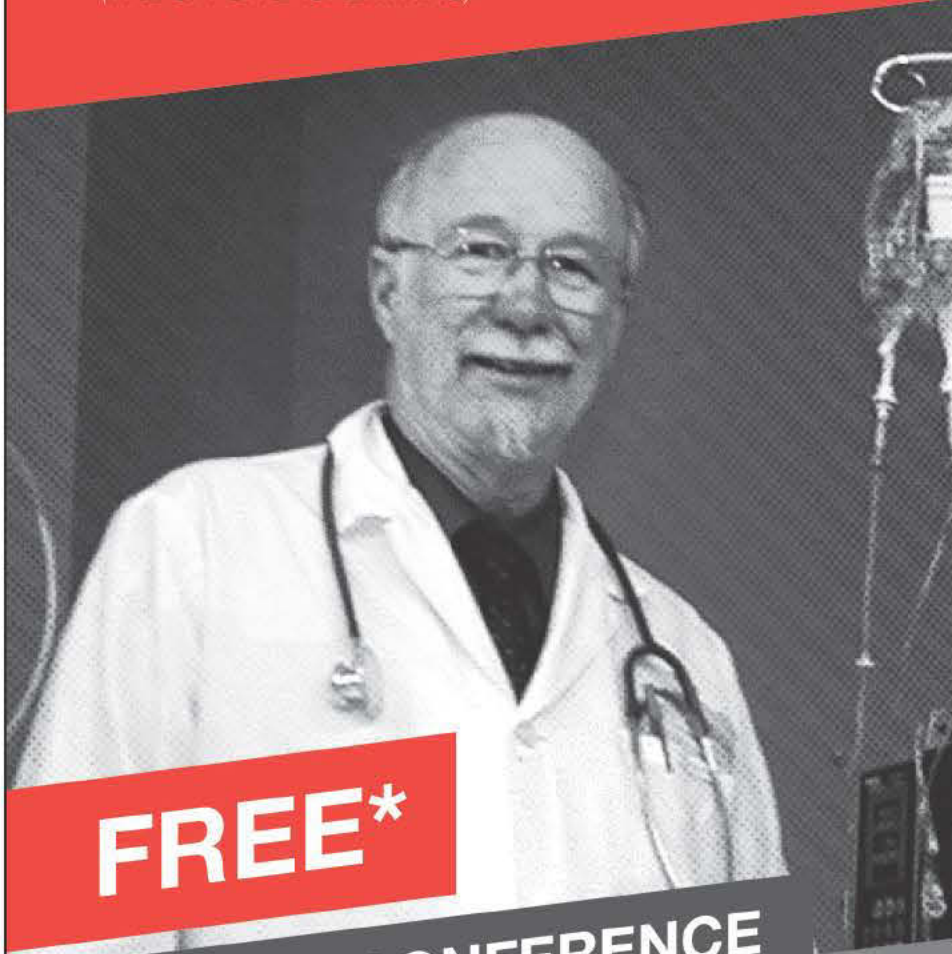


**palliacco**  
Conferences

Presents...  
in English only

palliacco.org

AN INVITATION TO THE ENGLISH-SPEAKING COMMUNITY OF THE MRC DES LAURENTIDES (THE UPPER LAURENTIANS)



**FREE\***

**DINNER-CONFERENCE**  
(in English only)

**PALLIACCO will present...**

its accompaniment and respite care services, its volunteer training program, its activities and other relevant information

**CSSS DES SOMMETS will present...**

its services meant to encourage home care and home support

**CONFERENCE**

by **Dr Harry Pretty, oncologist and lecturer**

**WHY SHOULD I WAIT?**

Quality of life issues for those affected by serious illness

**ARUNDEL**  
Tuesday, March 24, 2015  
5:00 PM to 7:00 PM  
Royal Canadian Legion Hall  
Branch 192 Filiale Rouge River  
79, chemin du Village

**MONT-TREMBLANT**  
Tuesday, March 31, 2015  
5:00 PM to 7:00 PM  
**PALLIACCO**  
2280, rue Labelle

**SAINTE-AGATHE-DES-MONTS**  
Thursday, March 26, 2015  
5:00 PM to 7:00 PM  
Holy Trinity Church  
12, rue Préfontaine Ouest

[www.palliacco.org](http://www.palliacco.org)

\* Seating capacity is limited.

select your location and date and reserve soon!  
Please join us for an enjoyable and informative evening in English!

Reservations must be made before March 18, 2015  
Phone (819) 717-9646 or toll-free 1-855-717-9646

# Discover Canton de Gore



## MESSAGE FROM THE MAYOR • HISTORY



Scott Pierce, mayor

### A Word from the mayor



Canton de Gore  
*Gore... a natural choice!*

The municipality of the Township of Gore was formerly considered to be mainly a vacation area, but gradually it has become an excellent place to live on a permanent basis. Gore's territory is on the Laurentian Plateau, with

the Municipality of Mille-Isles to the north, Wentworth to the west, Saint Coloman to the east and Lachute to the south. The natural beauty of the township's rolling terrain and the wealth of lakes and waterways adds to the quality of life of our inhabitants.

Our many lakes are some of the physical features that give our township its exceptional charm. Certain lakes are completely developed, or are still in their natural state. Our forests, waterways, wetlands, and abundant fauna and flora are the key to what makes our region so beautiful. Much of our forestry cover is composed of mature trees from 50 to 70 years old, and includes many species. These diverse features fashion the richness and beauty of an area that has preserved its natural environment, while developing as a residential and recreational treasure to be discovered ... and all this only 50 minutes from Montreal.



Lake Echo

## In the beginning...

In July of 1824, Joseph Bouchette, surveyor-general of Lower Canada, began an official tour of new settlements in Quebec, including those in townships north of the Ottawa River. The tour took him a great distance, but finally in late August, he made his way from Lachute up to Chatham and Wentworth. He then trekked on foot and by canoe to "the Immigrant Settlements on the gore of land in the rear of Argenteuil..." He came to what he said was a "fine" lake where a number of lumbermen had set up temporary camps. Bouchette noted that the "land composing this vacant tract or gore is in general fit for culture..."

This appears to be the first use of the word 'gore' to describe the area. Bouchette employed the term as a surveyor's reference—in this context the word gore refers to a strip of land, an irregular piece of land, or a small tract of land lying between larger divisions. The gore he described was wedged between the Seigneuries of Argenteuil and Deux Montagnes on the south and east, and the townships of Chatham and Wentworth on the west.

Two years after Bouchette's visit, a group of Irish immigrants again used the term "gore" to describe the place where they had settled. In a petition to the Governor General of the Canadas dated 1826, they recounted the hardships they had endured in order to get to this spot. After a long and arduous journey, and with the onset of winter, they had set up shanties "on a gore of Government land, east of the township of Wentworth, and in the rear of the Seignury of Argenteuil." They requested that they be allowed to remain until the land was surveyed and ready to be allotted. Some 33 men signed the petition.

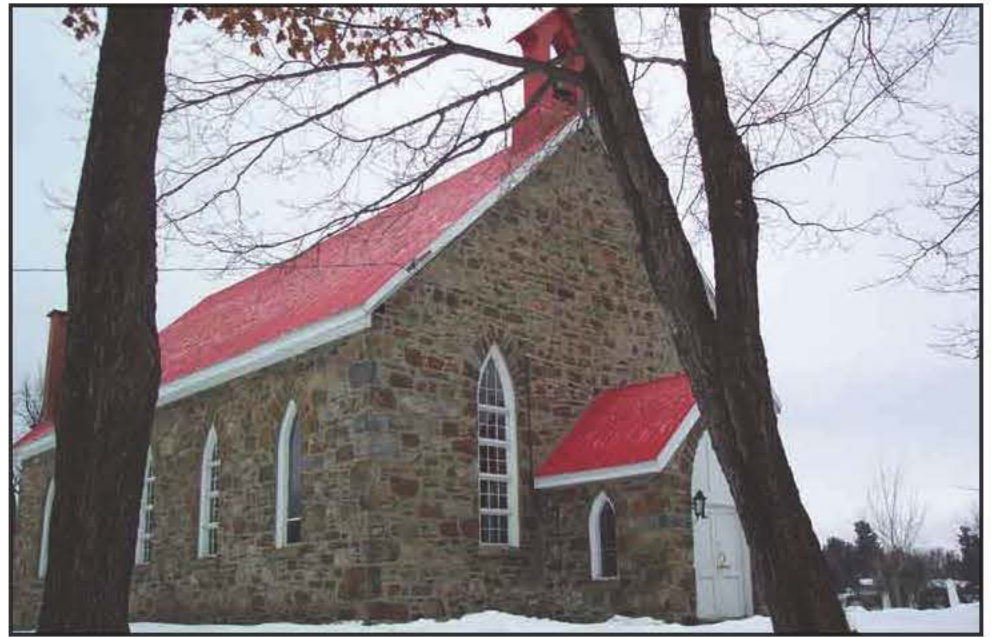
By early 1829, 22 lots on the first four ranges had been surveyed and by 1832 work to map out the remaining lots was complete. These lots were, in fact, already settled, either by some of those who had signed the 1826 petition, or by new immigrants. In January of 1832, Thomas Barron, land agent, sent a "Petition of the settlers on the Crown Land called the Gore, in rear of the Seignury of Argenteuil in the county of Two Mountains, who have performed their settling duties, and pray that letters patent may [be issued] for their lots." A total of 71 names are listed on the petition. Some men and their families had been living in the area for up to six years. With Thomas Barron's petition and Joseph Bouchette's topographical report—both of 1832—the name Gore was all but official.

Bouchette had a great deal of admiration for the first settlers of the Gore. They were, he noted in his 1832 report, all Irish and all of the Church of England and arrived here "without capital or any other resource but their labour." In just a few years they had cleared enough land for growing crops and raising cattle. They had built a church and a schoolhouse. "These people," wrote Bouchette, "left their native land with trifling resources, without patronage, guides or protectors and are now living in comparative plenty..."

For sure life here was not easy for them, but back in Ireland living conditions were becoming intolerable. Why exactly did men like James Stephenson, Robert Smith, Robert McMahon and William Henderson (to name just a few) bring their families to Canada?

They were part of a wave of 'pre-famine' emigrants who left Ireland in search of a better life. Mostly Protestant, these settlers began leaving Ireland in the early 1800s. Many came from Northern Ireland—then called Ulster—though in the case of Gore the majority came from counties such as Mayo, Sligo, Leitrim, Monaghan and Cavan in what is now the Republic of Ireland.

Overpopulation appears to have been the fundamental cause of this early migration. Between 1754 and 1830 the population of Ireland grew from 2.4 million to over 7 million. Traditionally, the marriage age was relatively low, which led to very large families. In addition, the Penal Laws of Ireland discriminated against Roman Catholics. Land could be passed down from generation to generation, but it was continually subdivided among all offspring. This meant families had land to farm, but the parcels became smaller and smaller.



Holy Trinity Church

Before receiving title to their lot of land, settlers had to clear two acres in the first three years and three acres in the first seven years. When Gore was completely surveyed there were about 105 lots of 200 acres each. Some of those remained that size, but the majority were subdivided into 100-acre parcels (e.g. lot 11a, range III). There were then, about 210 lots of 100 acres available for settlement.

According to the 1851 census Gore had 133 households with a total population of 976 people. On average there were seven people per household. This particular census includes an agricultural return. About 180 lots were occupied, meaning they were held by a settler family. According to the census figures about 25 per cent (some 4,700 acres) of the occupied land had been cleared for growing crops and for pasture land while the rest of the settled land (about 13,200 acres) was wooded or "wild". Thus, in 1851, about 75 per cent of Gore's total land mass was still wooded.

Some areas of Gore were more suitable for cultivation than others and visitors to the township would have seen a mix of forests and clearings. According to the census just about every settler had cleared more than the minimum three-acre requirement. On average, they had cleared about 35 acres each. Some had as much as 100 acres under some form of cultivation or in pasture.

In January of 1852, Alexander Johnston began the task of gathering information on every single household and farm in Gore for what is now known as the Census of 1851. Johnston had been resident in the Gore for 21 years and knew the people and the place well.

In the months that followed he travelled from one end of the township to the other and compiling data on the 976 people who lived here at the time and on the 132 farms then in operation. The resulting record provides a wealth of valuable information on residents of the Gore and gives us a glimpse into life in a mid-19th century farming community.

Nearly 25 years had passed since settlers first arrived in Gore and the place had been transformed from wild bush into a real community. The vast majority of residents were in farming and a number of support services and industries had been established as well.

Samuel Reynolds, William Burns, William Gordon and George Rogers were all shoemakers. Two weavers lived in the township—Samuel Campbell and George Westgate, as did two blacksmiths—James Smith and William McAllister.

James and William Arnott operated the grist and saw mill in Lakefield. In his comments Alexander Johnston wrote the following:

*In this Census district there is one Grist Mill with two runs of stones one for making oat meal and the second for wheat. The former does a Great deal of business in the winter while the latter gets very little to do in Consequence of so little wheat raised in the settlement. There is one Saw Mill a[d]joining the Grist Mill.*



Participants dress in style for the annual Coureur des bois event



By far the vast majority of residents in Gore were first and second generation Irish who had immigrated here over a period of 25 years. Between 1845 and 1852, as they worked the land, build homes, raised families, grew crops and began to enjoy the benefits of prosperity (albeit modest), they undoubtedly heard news from relatives and friends in the Old Country. During this same seven-year time period, famine and death swept through Ireland, devastating whole communities.

The township boasted five schools, all of which were in operation. The school teachers listed in the census are Robert Campbell, John Moffitt and Daniel Welburn. According to our calculations approximately 600 children lived in Gore, though not all were of school age. In addition three small stores were in operation and they were run by James Arnott (in Lakefield), William Strong (in Cambria), and George Rogers. Johnston noted there were no taverns in Gore!

The Anglicans and the Methodists each had places of worship. These were wood frame buildings and, according to Johnston, together seated about 500 people. Joseph Griffin was the minister at the Anglican Church and though he is not listed as such, William Craig was the Methodist preacher. According to the census, the vast majority of residents—646—were Anglican (Episcopalian). There were 126 Methodists, 200 Presbyterians, three Roman Catholics and one solitary Baptist. Holy Trinity Anglican Church in Lakefield, was built in 1858, as was St. John's Anglican Church in Shrewsbury. We note with sadness that St. John's was destroyed by vandals in January, 2014. The Methodist Church, located in Lakefield, which was torn down in 1931, was built in 1862.

All families in Gore lived in log houses which they likely constructed themselves from trees on their land. Only two wood frame buildings are reported in the census. One was a house where Rev. Joseph Griffin lived. The other was the school house in Lakefield.

(Source: these are extracts from *History of Gore, 2013, 2014 published in the monthly Gore Express*)

## Today...

The ongoing History of Gore project has arrived at the mid 19th century and it is shortly after this time that settlers of Gore started to leave for greener pastures. Initially to the river bottom lands of Arundel and the Eastern Townships, and later to Ontario and further west, where farming promised to be less back breaking and more productive.

The permanent population of Gore never exceeded 1,000 until the late 1960's. However in the 1930's, Gore began to acquire a summer population with the acquisition of vacation properties by city dwellers. The 1950's saw the beginnings of speculative land development which is ongoing, and has boosted the permanent population to over 1,850 and the seasonal population to over 3,000.

The citizens of Gore, whether they are part-time or full-time residents are very involved in the community. We are lucky to have many associations and organisations, such as the Seniors' Network, the Leisure Committee, the Sport's Association, etc. The Trinity Community Center is always buzzing with activities for all ages. Volunteers are involved in many events, such as the monthly breakfasts, the Christmas food drive, school bag project, seniors' exercise classes, neighbourhood clean-up efforts, Ecological Day, the Coureur des Bois Challenge, just to name a few.



Lakefield has always been the main village in the Municipality of Gore. Of the other villages or hamlets, namely Shrewsbury and Dunany, other than one church and two cemeteries, not much more than the names are left.

**Gore Township:** chartered in 1848, incorporated into county of Argenteuil - 1855

**Land area:** 96.6 sq. km, land 92.91sq.km, water 3.69 sq.km.

**Lakes:** 29 named lakes

**Dams:** 19, 7 of those considered major due to water volume

**Elevation:** min. 168 m., 551 ft. and max. 427 m., 1,400 ft.

**Roads:** Provincial 10.5 km.

Municipal 75 km.

**The Municipality of Gore has a bilingual status within de Province of Quebec**

**Public facilities:** Municipal offices: 9 Ch. Cambria

Fire station: 11 Ch. Cambria

Trinity Community Centre: 2 Cambria road

**Municipal Park:** 45 Cambria road

rink, soccer field, tennis court ,exercisers, basketball court

CPE (daycare): 45 Cambria road

Eco Center: 40 Sideline road

Holy Trinity Anglican Church: 4 Cambria road

St. Paul's Anglican Church: 1127 Dunany road



© Andrée Villemaire, all rights reserved.



## The Story Behind Maria and Andrey

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Before the First World War, the country we know as Ukraine was occupied on the east by the Russian Empire and on the west by the Austro-Hungarian Empire. The borders of these empires were hotly contested and this led to the war that ultimately ended both empires.

Maria Verabok grew up in the Russian Empire. Her family, Ukrainian Orthodox Christians, had no status. She was not a Pole, the Ukrainian land-owners from an earlier invasion, nor a German, the skilled labourers and tradesmen, nor a Russian, the ruling class. She lived about a hundred kilometres east of Dnepropetrovsk, an important city on the Dnipro River, which runs to the Black Sea. A survivor of smallpox, she was a headstrong young woman, still almost a girl, when she asked why their Ukrainian Orthodox priest was eating lamb during Lent. When told that he had to keep himself strong to look after his flock, she responded that his flock, peasants working from dawn to dusk in the fields, had no meat. She refused to ever go back into his church, convinced there was more to the world than his small parish offered. Maria learned about a Canadian immigrant recruiting programme and applied. An adventurous spirit, she felt she had nothing to lose and, at sixteen, when she was accepted, no-one else in her family wanted to go. She left for Canada on her own.

The train took her to Hamburg, Germany, and from there she travelled via steamer to Halifax and then on to Montreal. Did she leave with dreams of reuniting her family some day? She did manage to stay in touch. Arriving in Canada early in 1914, she was not a war refugee nor an immigrant who might be considered as needing special handling. She was on her own, but a community organiser helped her find work as a dishwasher and she found lodging, sleeping on a wooden pallet covered in mattresses and shared with six other women. It must have seemed like the fire after the frying pan of home, but she refused to be fazed.

Unknown to Maria at the time, a young Ukrainian man named Adrian Yarushevsky was facing conscription into the Czar's army. His father, the mayor of Stara Ushytsya, on the Dniester River, could not help him. Adrian was just finishing high school. There was no question of patriotism; he would be cannon fodder if he joined. The Czar's army was notoriously under-equipped. He left home under much different circumstances from those of Maria, swimming across the broad Dniester River and making it into Romania. There was no Canadian immigrant recruiter waiting for him on the far shore, but he had heard of Montreal through his brother-in-law.

Canadian authorities had been soliciting Ukrainians to homestead the Prairies on the mistaken assumption that they all came from the steppe-lands of central Ukraine, a similar geography, and would know how to deal with our Prairie farm life. The farmers of western Ukraine were a generation removed from serfdom and the land they worked was like southern Ontario. In fact, Maria said that she had never seen rocks bigger than her fist until she came to Canada. As a Ukrainian, Adrian benefited from this Canadian assumption and was accepted as an immigrant. He made it as far as Montreal in the early part of 1914, finding work for himself on the streets, pushing a food cart selling hot dogs. When the war broke out later that year, he was grateful that Canadian immigration ignored an extradition order that had arrived from the Czar.

We don't know how Maria and Adrian met, or much about those early days, except that she called him Andrey and soon everyone did. They were happy and had many children, living in a third-floor apartment in the immigrant ghetto, between St. Laurent and St. Denis, but their lives in Montreal would always carry the weight of a tragedy. Their two-year-old, first-born son, fell to his death from a window of their flat. They had five children who survived to adulthood, all born in Montreal but, perhaps, partially because of their loss, there was something missing. Space, nature, room for the growing family. Some greater security, some greater autonomy. Andrey had also developed a respiratory problem and the doctor was encouraging him to leave the city.

The Leesinskys, another Ukrainian family, were already farming up in Val David, and in 1925, they offered to share their farm with the Yarushevskys. It was an opportunity, and Andrey and Maria did not miss it. Moving onto a subsistence farm in the bush sounds more romantic than realistic, but Andrey and Maria knew how to work, and how to turn what someone else might dismiss as a romantic notion into a viable reality. Andrey had proven his resilience a few years earlier when the street food business disappeared. The family is still mystified at how he had simply reinvented himself as a photographer, but now, this son of the mayor of Stara Ushytsya in Eastern Europe, having fled home right after high school, had to reinvent himself again, this time as a subsistence farmer in rural, Catholic French Canada.

A subsistence farmer was a jack-of-all-trades, but it took two people working in close cooperation to run a farm. If something broke, it had to be fixed, and usually without money. In 1925, when they arrived in Val David, Maria and Andrey had five children in tow, all under ten. As the children grew and the depression loomed, their fates were anything but assured.

To be continued...

Thanks to Greg and Donna Yarrow, grandson and granddaughter of Maria and Andrey, for their detailed summaries and family history research.

## Meredith Marshall & Slim Williams Dinner-Show - St. Sauveur



Meredith Marshall and Slim Williams are reviving the Dinner-Show tradition, at the Passé Composé (previously Café de la Gare) in St. Sauveur on March 14, 21 & 28. For those of you who have never heard Meredith Marshall, it would be a great opportunity to hear this amazing singer who teamed up with the multi-talented Slim Williams. Choose your date and make your reservations at Café Composé, 90 av de la Gare, St. Sauveur, 450 227-1818, passecompose@live.ca.

# Obituaries

## HADLEY, Judi

Passed away suddenly on February 2, 2015 at her home in Prescott, Ontario, at the age of seventy. Pre-deceased by her daughter, and the love of her life, Katie, as well as her mother and best friend, Edna Hadley, and her father, John (Jack) Hadley. Survived by her brothers Don (Joan), Richard (Dorothy), Dan, several nieces and nephews and many relatives from the Hadley and Kendall families. A funeral service was held February 14, 2015 at the Margaret Rodger Memorial Presbyterian Church, 463 rue Principale, Lachute, Qc. Donations to the Katherine J Hadley Memorial Bursary Fund at Carleton University would be appreciated.

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

## NOBLE, Sterling Wilson

Sterling Wilson Noble, born September 27, 1919 passed away peacefully on February 27, 2015, surrounded by his loving family.

Beloved husband of the late Hughena Hodge and cherished father of Janice (Michael Broad) and Debbie (Rob Havill). Adored Grampa and hero of Karen, Katie (Pat), Lauren (Alex), Kevin (Janet), Jessie (Greg) and Kelly (Jamie). Much loved Great "Little Bumpa" of Charlotte, Peter Sterling, Jack, Elliott, Michael, Liam and Wyatt.

Also survived by his brother Gerald (Florie), his sisters-in-law Marjorie and Shirley,

and his brother-in-law Leslie. Fondly remembered uncle of many nieces and nephews. Pre-deceased by his parents Irene Kilpatrick and Thomas Noble and his siblings Walter, Hector, Emerson, Russell, Stanley, Louis, Ronnie and Eileen. A funeral service was held on Monday, March 2, 2015 at 11 am at St. Simeon's Anglican Church, 445 rue Principale, Lachute, Qc.

In lieu of flowers donations may be made to the Montreal Children's Hospital Foundation, 1 Place Alexis Nihon, 1420-3400 de Maisonneuve Blvd., West, Montreal, Qc. H3Z 3B8. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

## ROWE, May (nee: Barker) 1929 - 2015

Passed away peacefully at The Lachute Residence on Friday, February 20, 2015. Beloved wife of Robert Rowe who pre-deceased her in 1972. Dear mother to Bruce (Nancy) and loving grandmother to Jennifer (Jim), Tracy and Jason (Shannon), and great-grandmother to Robin, Natalie, Morgan, Stephanie, Ryan and James. A memorial service was held in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc. on February 25, 2015. In memoriam donations may be made to The Arthritis Society, 380 Saint-Antoine St., West, Suite 3280, Montreal, Qc. H2Y 3X7 or the Alzheimer Society of the Laurentians, 37 rue Principale Est, C.P. 276, Ste. Agathe des Monts, Qc. J8C 3A3.



## The English Link Bill 10 is just the beginning of the health care overhaul

By Kim Nymark - Main Street

Some are calling it a "revolution," but whatever you label it, an overhaul of Quebec's Health Care system is underway. The Minister of Health, Gaétan Barrette, says it's all about saving money and improving services and access for patients. There are three measures that the National Assembly needs to pass in order for Mr. Barrette's changes to come into effect. The first of the three Bills was voted on, and passed, just after midnight on Saturday, February 7, 2015, with a vote of 62 for and 50 against.

Bill 10: Restructuring the bureaucracy, which involves:

- The creation of integrated health and social services centres (CISSS) with one CISSS in each of the province's 16 health regions, except for Montreal, which will have 5 CISSSs.
- The elimination of Quebec's 18 health agencies.
- The elimination of 1,300 management positions.
- The merger of 182 health and social services centres (CSSS) into 34 integrated centres (CISSS). The Laurentians will become one large CISSS, merging 11 establishments and 1 agency.
- Abolishing the boards of individual health institutions and merging them from 200 to 28 regional boards.
- No changes are planned for Montreal's MUHC, CHUM, Sainte-Justine Hospital and the Montreal Heart Institute.

The government says that these changes will cut down on bureaucracy and save the province roughly \$220 million a year. English-speaking Quebecers fear it will result in less control and power over the institutions that their community has helped to build. In a February 9th interview titled "Anglo rights groups satisfied with Bill 10," (<http://www.cbc.ca/breakaway>), spokespersons explained that they were satisfied that key modifications to the law will protect the bilingual status of Anglophone health institutions and representation on the new regional boards, and that the community will continue to retain power and control over assets and fundraising. Other provisions strengthen the rules regarding English services access plans. The next steps are to pass Bill 20 and 28.

Bill 20: Access to family doctors and in vitro fertilization (IVF) treatment.

This Bill has two parts. The first is focused on increasing Quebecers' access to family doctors:

- Requires doctors to take on a minimum number of patients.
- Requires specialists to offer consultations beyond emergency rooms.
- Docks the pay of doctors who do not follow these rules.
- The second part addresses assisted procreation services:
- No longer covers assisted procreation services, such as IVF, except for artificial insemination.
- Prohibits women under 18 and over 42, from receiving IVF.
- Adds rules for IVF services and tightens rules around assisted procreation research.
- Adds fertility preservation services to health coverage.

And finally, Bill 28: The main area it targets is prescriptions and pharmacies, and will allow pharmacists to renew common prescriptions.

One thing for sure, this "revolution" is far from over!

kim@4kornerscenter.org for the English Communities Committee of the CSSS des Sommets and 4 Corners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 4330.

## IN MEMORIAM

### SMYTH, Thomas

A husband, a father and a grandfather, who left us five years ago, on March 2, 2010.

No wonder you are missed each and every day...

You were kind  
You were gentle  
You were strong  
You were extremely generous  
You were our mentor  
You were our strength  
You were our life

We know that you are watching over and taking care of us all. What a tremendous job, but you are certainly worthy of the task. God Bless you.

Always in our hearts, love your wife Doreen, daughters, Cindy (Derek) and Heather (Hal) and grandchildren Tyler, Taylor and Courtney.



## Alzheimer Society

### GROUP MEETING FOR INFORMATION AND SUPPORT

Group meetings, for those involved, with a counselor and without appointment in order to:

- Exchange experience with other people living the same circumstances;
- Get information on the evolution of the disease, touching on: memory, judgement, reasoning, insecurity, loss of skills...
- Find ways to understand beyond words and to be understood;
- Know more about the disease in order to develop new attitudes and new communication skills;
- Learn how to take care of oneself to prevent the inevitable exhaustion that affects our physical and mental health;
- Answer to other needs...

English group meeting with Patrick Lavigne  
Residence Lachute, 377, rue Principale, Lachute

Tuesday, March 17: 1 pm - 3 pm

These meetings are totally free for caregivers.

MEETINGS CAN ALSO BE ARRANGED AT YOUR HOME BY APPOINTMENT.

Société Alzheimer des Laurentides

(819) 326-7136 or toll free 1-800-978-7881

Web site: [www.alzheimerlaurentides.com](http://www.alzheimerlaurentides.com) E-mail: [communications@salaurentides.ca](mailto:communications@salaurentides.ca)

## J.P. MacKimmie Funeral Home



Established in 1860, the MacKimmie family has been providing quality funeral arrangements with care, compassion and dignity to families in the Lower Laurentians and surrounding area.

We invite your inquiries.

FUNERALS • CREMATION • PRE-ARRANGEMENTS  
CEMETERY MONUMENTS

660 MAIN STREET, LACHUTE • 450-562-2421

## VALOIS • BOUTIN • BESNER s.e.n.c.

NOTAIRES • CONSEILLERS JURIDIQUES  
NOTARIES - LEGAL ADVISORS

Me YVES BOUTIN, LL.L., D.D.N.

Me CHRISTIANE BESNER, LL.L., D.D.N.

Notarial Firm since 1882

CARREFOUR D'ARGENTEUIL  
505 AV. BETHANY - SUITE 450  
LACHUTE, QUÉBEC J8H 4A6

TEL.: (450) 562-2451  
FAX: (450) 562-5080

Propane  
**LEVAC**  
Propane

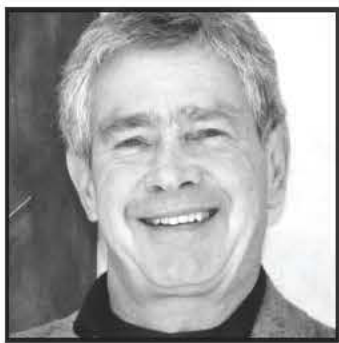
ST. ISIDORE  
613-524-2079  
1-800-465-4927

PERTH  
KINGSTON  
KAZABAZUA, QC

## The Little Black Book of Scams

March is the designated Fraud Prevention Month. Download a copy of The Little Black Book of Scams from [www.competitionbureau.gc.ca/fraud](http://www.competitionbureau.gc.ca/fraud). Protect yourself, your family, your identity, from scammers.





## Main Street Money: Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc.

### ARE YOU CREDIT SAVVY?

A better understanding of how to use credit properly can improve overall financial health.

What is your reaction to the term CREDIT? Is it excitement over an upcoming purchase? Or, perhaps, stress because of the burden of repayment? Without a firm grasp of credit, and how it works, you may feel a mix of emotions, when facing a purchase decision or financial situation where credit is needed – and that's understandable. But credit can be useful; it just needs to be managed correctly.

### What is credit?

Credit is a contractual agreement with a lender that gives the borrower access to money, with the understanding that it will be paid back in the future, plus interest. Types of credit include mortgages, credit cards, loans and lines of credit.

Mortgages and loans involve banks or financial institutions lending specific amounts, with agreements on the repayment schedules and specific interest rates. Credit cards and lines of credit are account-based. You can make purchases or pay bills using these accounts, up to set limits. Both have minimum balances that must be paid by specified dates each month. Because credit cards typically have higher interest rates, lines of credit may be better options for larger purchases, as there are usually lower costs for carrying the balances.

### How credit works

When you need to purchase something that's either too expensive, or more immediate than your cash flow allows, credit comes into play. For example, for most Canadians, it's more realistic to make monthly mortgage payments than to pay for a home all at once.

Your credit score is your track record of how diligently you have paid down previous loans and credit accounts. Lenders look at factors, such as your assets, your employment situation and your credit score to decide your borrowing limits and terms. This is why it's so important to keep up with payments. A credit report is a detailed document containing your credit history and credit score, kept by Canada's credit-reporting agencies (Equifax or TransUnion). Both agencies recommend checking your report at least once a year to ensure there are no inaccuracies and that your score is in a good range, especially if you are planning a big purchase. You can request a copy directly from the agencies, either by mail (free) or online (for \$15 to \$25).

Interested in learning more? The Financial Consumer Agency of Canada offers a useful

reference guide called "Understanding your credit report and credit score". You can find it at [www.fcac-acfa.gc.ca](http://www.fcac-acfa.gc.ca)

### Tips to build and keep a good credit score (or fix a bad credit score):

- Pay bills in full and on time; if you can't make a payment in full, pay at least the minimum amount.
- Stick to your limits on credit cards; try to keep the balances well below the limits.
- Make sure account statements are correct; if you notice unauthorized transactions, notify your creditor immediately.
- Pay off debts as quickly as possible.

### Sharing credit

In some cases, there may be advantages to sharing credit. You can share credit with a spouse, child, or business partner, through joint accounts or co-signed loans. Someone who is under the age of 18 or 19 (rules vary depending on your province's age of majority) cannot apply for credit on his/her own, but can be designated an authorized user on an account. Keep in mind, however, that the primary borrower remains responsible for all purchases, balances and fees.

Joint accounts can simplify spending, or improve your credit score, but it's important to remember that both parties' credit ratings can be affected positively or negatively, and both people are responsible for paying off the amounts owed, even if the relationship ends. The same applies if you co-sign a child's student loan, for example. While co-signing can help your child build a credit history, responsibility falls to the parent if the child is unable to pay back the full amount, with interest.

To encourage successful credit sharing, it's important to communicate about spending, to develop an appropriate budget and make sure you can handle the debt.

### Work with a professional

When you are properly informed, you can feel confident that you will be choosing the best options to improve or maintain your overall financial health. Did you know that 70% of Canadians pay their credit card balances in full each month? (Canadian Bankers Association 2013).

If you want to have a talk about this, or other financial matters, give me a call at 514 788 4883 or my cell at 514 949 9058.

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

health issue affecting children and youth, programs like FRIENDS are in high demand. The program is based on cognitive behavioural theory. Children learn about the relationship between their thoughts, feelings and behaviour. Often, children do not recognize the physical cues they receive from their bodies in response to stress factors. Stresses build until they manifest in a variety of ways, such as anger, sadness, stomach pains or headaches.

The FRIENDS program helps children identify their feelings so that they are better able to communicate with others. Once children learn to recognize and accept their feelings as normal, the program helps them develop positive coping skills so that they become able to work through them effectively. Without these skills, children will often lash out, or internalize their feelings, which can result in anxiety.

FRIENDS also focuses on developing empathy. Through games, stories and discussion, children learn to accept the differences between each other, and accept themselves for who they are. Learning how to manage stress and anxiety at a young age can have a profound, positive impact that will last into adulthood.



## 4 Korner Jog your mind workshops

4 Korner By Kim Nymark - Main Street

4Korners Family Resource Center is proud to announce its support of Sainte-Agathe Academy in implementing the FRIENDS program in some of the elementary classrooms. FRIENDS is an anxiety prevention and intervention program, developed by clinical psychologist, Dr. Paula Barrett and recognized by the World Health Organization as being effective in the treatment and prevention of anxiety and depression.

Anxiety often manifests in children as excessive worry, shyness, social withdrawal, perfectionism and/or difficulty in resting and sleeping. Since anxiety is the most prevalent mental

**Centre de yoga Shanti Om**

Classes  
Workshops  
Training  
Residential Seminars

[parijatayoga.com](http://parijatayoga.com)  
450.660.4053  
200 rue Principale  
Saint Sauveur

L.R.H.S. DRAMA CLUB PRESENTS

**Borrowed Time**

A Three-Act Comedy about Love, Life and Time Travel  
By Kevin Stone

April 9th & 10th

At the Naya Auditorium  
448 Argenteuil  
Lachute

Doors open at 7:00  
Show starts at 7:30

Adults \$8  
Students \$5

**10% DISCOUNT** FOR MILITARY VETERANS & LEGION MEMBERS

Owners Michael & Helen Kelly welcome you to the restaurant.

Sun / Mon / Tues / Wed - 11am to 9pm  
Thurs / Fri / Sat - 11am to 10pm

TAKE OUT AND DELIVERY: Pay for your delivery order at your door using

VISA MasterCard Interac

125 Bethany, Lachute Qc 450 409-3535

**Mathieu Sabourin & Mathieu Labonté**  
Pharmacists

Opening hours:  
Monday to Friday  
from 9:00 a.m.  
to 9:00 p.m.  
Saturday and  
Sunday  
from 9:00 a.m.  
to 5:00 p.m.

**Psst!**  
Plan to stay in shape today

Details in store

373-A, rue Principale, Lachute  
450.562.0522  
Toll Free: 1.866.362.0522

AFFILIATED TO: **Familiprix**

**MASSAGE THERAPIST/DYNAMIC SPEAKER**

**JACQUELINE GAREAU**  
Olympian/Boston Marathon Winner

-Lectures on total health/fitness  
-Life balance, well-being, energy, goals  
-Therapeutic massage and energy work  
-Year-round running and walking clinics

450.229.1743  
(Receipts for insurance provided)

EXCELLENT MOTIVATIONAL SPEAKER FOR CORPORATIONS/SCHOOLS

*Natural Body Treatments*

Swedish Massage  
Aromatherapy Massage  
Reiki  
Foot Reflexology

Herbal Body Wraps  
Sea Salt Scrubs  
Herbal Skin Cleanses  
Dead Sea Mud ...AND MORE

**Colleen MacLean**

450 226-3825 or [colleen.macleaen@live.com](mailto:colleen.macleaen@live.com)  
130 Ch. Du Lac Rond, Wentworth-Nord, Qc J0T 1Y0

PRODUCTS ARE PREPARED AT TIME OF SESSION. RECEIPTS AVAILABLE.

**Dr. Ronald L. Korzinstone** B.Sc. D.D.S.  
**Dr. Lynne E. Chadwick** B.Sc. D.D.S.

DENTAL SURGEONS • CHIRURGIENS DENTISTES

• Comprehensive Dentistry  
• Aesthetic Dentistry  
• Minor Orthodontics  
• Endodontics  
• Periodontics  
• Implantology  
• Oral Surgery

617 rue Principale  
Lachute, Que.  
(450) 562-3101

**ENTREPÔTS MORIN-HEIGHTS**

**Indoor Storage Space Rental**

24 hours/ 7 days  
• Individual alarms  
• 50 square feet and up

(450) 226-1313  
543 du Village, Morin-Heights  
Office at 591 du Village

**Dr Gilles Dubé**  
DENTIST  
M.SC.ADM. SANTÉ

46, Providence, Lachute  
(Québec) J8H 3K9

Office: (450) 562-0277



# I'm Just Saying Hook, line & sucker

Ron Golfman - Main Street

As a rule, when we used to see an unfamiliar number on our call display, we often assumed it was the bank, a bill collector or someone looking for a charitable donation. While those days may not be completely gone, our communication devices have now become the vehicles for the invasion of the money snatchers. Scam artists, who have developed their craft and product lines to include many of our wants and needs, make us even more apt to be vulnerable and gullible.

If I counted the times that I have won a cruise to the Caribbean in the last year, the 800 number should be placed on my speed dial. I've gone from asking the person, on the other end, numerous redundant questions to hanging up, only to get another call a few days later. Yesterday, I asked the scammer whether the prince, who needed \$1,500.00 to free-up millions, of which I would get a percentage, was going on the same trip. Needless to say, humour was lost on the other end of the receiver.

Of late, there is a new con artist circulating on my computer, one that pushes the lure just that much further, to prey on loneliness. I've received "friend" requests from lovely young women, mostly from France, who send intriguing photos, which show off the allure but remain appropriate. While I have not clicked to accept them as friends, I have two buddies, with warped curiosity and humour, who have.

After initial flirtatious banter, and even the bravado of using Skype, the inevitable sad story of "just needing \$300 to \$750 to help an ailing aunt, or rescue from a foreign land where her debit and credit cards don't work," rears its predictable head. An ex-cop friend has told me that the most susceptible men to this fraud are doctors; people so busy and money-flush that a social life escapes them, making them prime targets.

Once upon a time, it was legitimate for people to seek out pen pals, remember that? Be it prisoners, or people working in remote and desolate countries, it all seemed so innocent and human to seek out written companionship and conversation. Now, when legitimate folks from the diabetes or heart foundations call, I end up asking them more questions than they ask me prior to making any commitment. It saddens me to insist upon that much scrutiny before giving.

I have come to think of these people as modern day vampires, sucking the life and livelihood out of poor, lonely and often naive people, who long for companionship, or a chance to live out a dream beyond their reach. While not quite there yet, I am getting close to being suspicious enough to pull on Santa's beard testing for authenticity. I fear what will come next; shape shifters who present themselves as people you thought you knew?

So, and I'm just saying, don't be surprised, if the next time we go for a beer, you hear me ask, "I'll need to see some ID".



# Healthy Channels Cold and flu season strikes again!

Christopher Garbrecht, Ac. - Main Street

Wow! I thought last year was bad for colds and the flu, but this year has been even worse. I have seen many sick patients this winter, and it is not the severity of the symptoms that has been the problem; it's been the lengthy duration. Several people have come to see me this winter unable to completely rid themselves of their coughs, running noses or the need to clear their throats; symptoms that have lasted three weeks or more! They've tried all sorts of home-remedies, tinctures, drops, etc. and nothing worked.

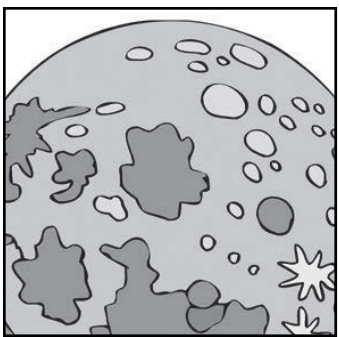


There can be any number of reasons to explain why a person's cold doesn't go away quickly. Perhaps the bacteria and viruses are stronger than normal this year. Often, a particular person's immune system has been weakened excessively due to stress, over-work, or, too much holiday cheer. This winter, the cold temperatures have placed a severe stress on our immune systems (particularly the lungs), which makes it that much harder to recuperate.

Generally, after 1 to 3 treatments of acupuncture, the symptoms are gone with these types of patients. Acupuncture often works quite miraculously towards the end of a cold, when the body is too weak to completely heal itself. The immune system is an incredible system of protection for the body against all sorts of foreign pathogens but, sometimes, it just needs a friendly nudge in the right direction so that it works at its optimum potential. Acupuncture works to boost the immune system safely, as well as the general energy of the body, so that it gains that extra little bit of power to get rid of all cold or flu symptoms finally. There are no side-effects, except for an extremely calm feeling after the treatments, and often better sleep and energy. So, the next time you have trouble getting rid of that nagging cold, think about acupuncture and give it a try.

Looking out the window at the snow falling, it is hard to believe that spring will soon be here, and I would like to remind my friendly readers about the importance of spring tune-ups with acupuncture. After an especially hard winter this year, it is important to make sure that our bodies are able to work at their full capacities as the temperatures rise and we become more active. Spring tune-ups are for anyone and everyone, but are particularly important for people who tend to get depressed, or who are less active during the winter, or who often get sick between seasons as the temperatures fluctuate. 1 or 2 treatments can make a big difference in a person's mood, energy, and general health.

If you have any questions about acupuncture, or would like to schedule an appointment in Val-David or St. Jovite, you can call me at: 819 322-3081. You can also check out my blog at: [acupuncturevaldavid.blogspot.ca](http://acupuncturevaldavid.blogspot.ca)



# Zach Factor Kodachrome Disclosure CE2

Lys Chisholm & Marcus Nerenberg - Main Street

When I think back, on all the crap I learned in high school, it's a wonder I can think at all... Paul Simon, Kodachrome

The Roswell UFO Incident, also known simply as Roswell, was reported by the Roswell Army Air Field (RAAF) public information officer Walter Haut. The press was informed in July 1947 that an object, described as an extra-terrestrial spacecraft or a "flying disk", had been recovered after crashing near Roswell, New Mexico. The report ignited wild media coverage. Later, the recovered debris was displayed as parts of a weather balloon. Within weeks there was complete denial by the military officials of Roswell and the incident was ignored for years, until witnesses began to retire and share their stories. Since the late 1970s, the incident has been the subject of intense controversy and several conspiracy theories as to the true nature of the object that crashed.

In 1978, physicist and UFO investigator Stanton T. Friedman, interviewed Major Jesse Marcel who was involved with the original recovery of the debris in 1947. Marcel expressed his belief that the military had covered up the recovery of an alien spacecraft. His story spread through UFO circles, and was featured in some UFO documentaries at the time. This set the stage for a number of hoaxes, such as the faked alien autopsy, which attempted to discredit any actual information made public.

Now, some 68 years after the incident, 2 Kodachrome slides have surfaced, and were secretly delivered into the hands of Nigel Watson, a British UFOlogist and author of a number of books, including the recent UFO Investigations Manual. In a collection of over 400 slides, all dated from the mid-to-late 1940's, among them slides of famous golfers, singers like Bing Crosby, and even General Eisenhower, were 2 slides showing a small body in a glass case with a very large head.

The slides were the property of Hilda Blair Ray and her husband Bernard, and the two significant slides were stored separately from the others, in a hidden area of the storage unit. The Rays were childless, and spent a great deal of time travelling and appeared well-connected by the nature of their slide collection. Mrs. Ray was an attorney and amateur pilot; her husband was an oil company geologist and, at one time, President of the West Texas Geological Society. That they may have been present during the Roswell incident is a possibility- just as there is extenuating evidence indicating some kind of crash in 1947.

It is alleged by some witnessing and retired military officials, after long and respectable careers, that the alien craft was dismantled in order to understand how it was constructed; it was kept secret to prevent public hysteria. The slides would support the reports that there were some casualties.

That there was a huge technological advance, globally, in 1947 is very real. Col. William Corso, in his book-The Day After Roswell- introduced us to the concept of reverse-engineering. He claimed that he handled files directing parts of the alien craft to different engineering firms across the US, including the Motorola Company and Bell Laboratories.

Motorola has repeatedly denied that William Shockley, the inventor of the transistor, a key component in computer operations, was influenced by extra-terrestrial technology, but rather stated that its discovery, later the same year, was simply a happy coincidence. They do admit that, prior to his amazing discovery, there was not a single paper by any author worldwide that described either the transistor or the materials used to make one, nor how it was constructed, or what it was supposed to do, or even how he knew that silicon was the essential material that it proved to be. Shockley claimed he had research, dating back to a 1939 lab notebook, but this pre-research has never been seen or published.

The process of disinformation from Roswell has done a huge disservice to people worldwide. According to researchers, Don Schmitt and Tom Kerry, there were over 90 witnesses to the Roswell incident that have come forward to record their involvement. Since that time, the public has witnessed so many other UFO craft sightings worldwide, even by astronauts, that there are numerous websites today, dedicated to analyzing and weeding out hoaxed or fabricated videos or pictures, and these sites later post the best visuals of the month.

Kodachrome, a documentary by Nigel Watson, will be presented to the public, along with the contents of the two slides and their respective close-encounter implications, in Mexico City on May 5, 2015. Next big event: Full Contact. Are you ready?



PHOTO: RAAF Captures Flying Saucer on Ranch in Roswell Region  
Roswell Daily Record, Tuesday, July 8, 1947.



## Garden Talk Micro gardening with micro-greens

June Angus - Main Street

If you enjoy crunchy sweet sunflower shoots in a sandwich or, mini arugula garnishes on a salad, you've already sampled the class of salad or vegetable shoots called micro-greens. They are packed full of vitamins and flavour. TV celebrity chefs and many fine restaurants use them. Micro-greens also get a vote of approval from nutritionists.

We can buy micro-greens at many local grocery and health food stores. But, as with sprouts, the greens are best when freshly harvested and eaten immediately. To ensure freshness, try growing your own. Fortunately, it's easy to do right on your kitchen counter, or on a sunny windowsill.

Basically micro-greens are seeds that have sprouted, rooted and grown into young shoots, which are harvested just after their first leaves have developed. They are a step or two up the plant-growing curve from the simple sprouts that were discussed last month, but are still a long way off from being full-grown plants.

### Getting started

You can grow micro-greens in shallow trays with drainage holes or use recycled plastic containers with holes poked in the bottom. Place about 2 inches of sterilized moist seed-starting soil in the tray or container. Some seeds prefer to be sown on the surface of the soil, while others need to be covered, so follow the directions on the seed package. However, sow the seeds more densely than recommended.

Time from planting to harvest will depend on the variety chosen. Cress grows really fast, and can be harvested a few days after sowing. Carrot seeds can take as long as 2-3 weeks to germinate. Some popular seed varieties grown as micro-greens include: herbs, such as basil and cilantro, specialty lettuces, Swiss chard, kale, radish and beets, to name but a few. Seeds are available at health food stores or online. Some suppliers offer interesting seed blends too. Don't use seeds that have been treated for growing outdoors.

Once the seeds are planted, mist the whole surface area. Repeat the misting process to keep the soil moist but not soaked as the micro-greens grow. Until the seeds sprout it's recommended to keep your tray or dish covered to maintain humidity.

When the first sprout is visible above the soil, remove the cover. Bright light is now essential to keep micro-greens short and bushy. Otherwise, the shoots will grow tall and spindly. Indoors, use a bright windowsill or supplemental light, such as T5 fluorescents, placed immediately above the plants, especially in winter.

To harvest, gently pull micro-greens from the soil, rinse until all the soil particles are washed away, and then enjoy them, roots and all. Or if you prefer, simply trim them at soil level with scissors. While micro-greens are intended for harvest as soon as the first leaf pair appears and turns green, they can continue to grow a little longer to harvest as needed.

Micro-greens are also easy to grow outdoors in the summer on a deck or balcony. But as our long cold winter continues, micro-greens are a great way to give your green thumb some practice, while adding nutritious vitamins to your meals.

## Making it Work in the Laurentians Entrepreneur profile: Rachel Dhawan of Blisscraft & Brazen



Jamie-Lynn Robinson

What does it take to make your creative passion into a business? I spoke with locally-based serial entrepreneur Rachel Dhawan, founder of Brazen Design (a jewellery company), and co-founder of Blisscraft (a sustainable home decor business) to learn about her journey as an entrepreneur.

Rachel started making jewellery in her teens, but it was while pursuing a Fine Arts degree at Concordia University in 2006 that she first decided to try selling some of her creations. "When I started out I wasn't interested in business", Rachel says. It was her passion for creating beautiful things that originally inspired her, and she knew she was attracted to the freedom of working for herself. In 2007, she joined the YES Entrepreneurship Program, and after building a business plan with a coach, she received a small grant, which allowed her to open Brazen Design.

In 2011, Rachel relocated from Montreal to the Laurentians, where she opened the home studio she shares with her partner that houses both their furniture and jewellery businesses. Operating in this picturesque location is important to Rachel, not just for the inspiration and fresh air, but for the materials it provides. Blisscraft, the home decor line Rachel co-founded shortly after moving to the Laurentians, uses salvaged material. Aside from keeping costs down, this approach also allows her to express her commitment to sustainability (she also recycles materials for her jewellery line), which is an important personal value for her.

That commitment to authenticity is reflected in her marketing strategy as well. Working from the Laurentians, Rachel doesn't have the same access to clients that she did when she started out in Montreal. She uses social media to build relationships with her clients and tell the story of her products. The visual format of social media, like Facebook and Instagram, appeals to her and she focuses her energies there, instead of stretching herself across multiple platforms. "Don't try to do everything" she advises aspiring social media marketers, "your voice is not authentic if you are not enjoying yourself." Following her authentic voice has paid off for Rachel, and both of her businesses are thriving.

If, like Rachel, you have an artistic passion, entrepreneurship may be for you. You can meet other artists and get inspired at the YES Art Expo taking place on March 19th, 2015 at the historic St. James Theatre in Montreal. The event is open for free to the public and over 60 Quebec artists will be on hand to display and sell their work. You can also learn more about Rachel's work and see her beautiful local creations at <http://www.blisscraftandbrazen.com>, or find out more about the YES Art Expo at [www.yesmontreal.ca](http://www.yesmontreal.ca).

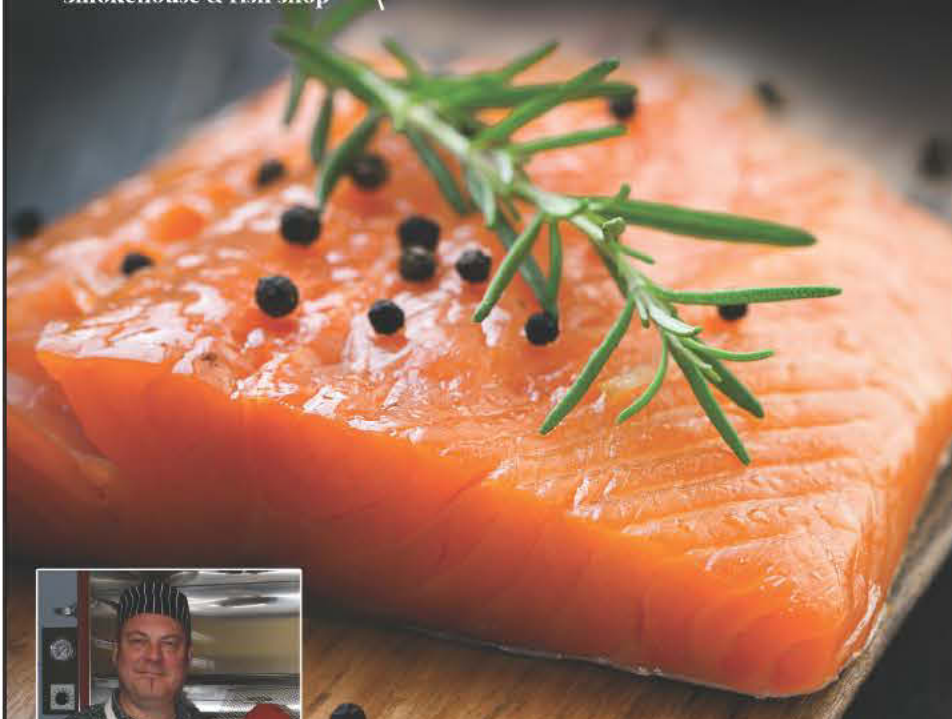
Share your creations with us on Facebook or contact us with questions or comments at [info@yesmontreal.ca](mailto:info@yesmontreal.ca), by phone at 514-878-9788 / 1-888-614-9788. Visit us at [www.yesmontreal.ca](http://www.yesmontreal.ca) for more information about the upcoming YES Art Expo.

Organic salmon, white fish, scallops, scampi, tuna, calamari & in-house smoked Finnan Haddie



- Fresh fish every 2 days
- Smoked Salmon, various other smoked fish, pre-cooked meals (weekly products will vary based on availability)
- Shell-fish, lobster, and whole-fish\*
- Our famous smoked salmon with maple syrup on Saturdays

\*Please call Wednesday for weekend orders



Daniel Dubé & Michèle Deschênes  
the smoke master and the chef

7, Avenue de l'Église,  
St-Sauveur, Qc

450 744-0471



CPR/First Aid  
CERTIFICATION

### Courses:

CPR/AED (Defibrillator) ..\$50.00

First Aid .....\$45.00

To qualify for CPR clinic, First Aid must be accomplished

### Schedule:



**Weir/Montcalm Community Center**  
Chemin du Lac Rond, Weir Qc.  
English: Saturday March 21, 2015  
French: Sunday March 22, 2015  
9:00am – 6:00pm



**Morin Heights Community Center**  
Watchorn Room.  
Behind St. Eugenes Church  
148 Chemin Watchorn Rd. Morin Heights,  
English: Saturday, March 28, 2015  
French: Sunday, March 29, 2015  
9:00 am – 6:00pm



**St. Agathe des Monts, Community Center**  
Place Lagny  
2 Rue St Louis St. Agathe des Monts  
English: Saturday April 11, 2015  
French: Sunday April 12, 2015  
9:00 am – 6:00pm

Please contact Laurentian CARE for a reserved spot

Toll Free: 1-855-522-7372

Limited to 15 participants



**Lyndsay Wood**  
Real Estate Broker

**RE/MAX**  
RE/MAX SÉLECTION  
Agence Immobilière  
Franchisé indépendant et autonome de  
RE/MAX Québec inc.

**FREE MARKET EVALUATION**

**514.774.8019**  
lyndsaywood.com  
lyndsay\_m\_wood@hotmail.com



**LAKEFRONT:** A very modest exterior hides a very spacious open concept home with 3 bedrooms & 2 baths. Boasts cathedral ceiling, wood stove, sky lights, thermopump, solarium & finished basement. The flat, landscaped lot is complimented by a sandy beach front, large shed, paved driveway & custom-made, detachable carport. Truly turn-key! Must visit to appreciate!  
2249005 **MLS 27315812**



**LAKE DAUPHIN:** Beautiful property at Lake Dauphin! 2 bedrooms + office, open concept kitchen dining & living room with great vies of the lake, closed entrance, covered veranda with spa of 10 x 46 ft, carport, shed, private lot of 20613 sqft. Walk-out basement with wood stove. 1 hour from Montreal and 15 min. from Lachute. Seize this great opportunity fast!  
**MLS 27759201**



**HOBBY FARM:** Charming century old property. Spacious home with 3 bedrooms, screened-in veranda, closed enterrante large bathroom with walk-in shower. Garage & 3 barns, 3,8 acres. Lake Fiddler access. Motivated vendor!  
**MLS 21896066**



**LAKE SOLAR:** INCREDIBLE VIEW!!! Well maintained 2 storey home with finished basement, 3 bedrooms, 2 baths, detached garage, 3 balconies to make the most of the unique and rare lake view. Very large dock, private lot. Ideal as a chalet or main residence and very easy to rent all year round with location only 10 min. from the ski hills!  
**MLS 17415232**

**THEATRE MORIN HEIGHTS**  
Reading  
**NEW evening - NEW location**  
**Royal Canadian Legion, Branch 171**  
**11 Legion, Morin-Heights**



**Thursday, March 19: 7pm**  
**Come and join us!**


**CLASSIFIED ADS**

Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to msw\_sue@yahoo.ca. Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment is due prior to publication.


**IT'S TIME TO LET GO!**  
**36 YEARS EXPERIENCE BUYING**  
Coins, war medals, stamps, old paper money, sterling silver cutlery, watches, cufflinks, judaica, jewelry, vases, figurines, Olympic items & estates.  
Call Ron: 514 996-6798.

**TAX TIME**  
**NEED HELP WITH YOUR RETURN?**  
Call Lori's Links 450-224-7472.

**RIDING LESSONS**  
Experienced horseman/trainer with a lifetime of experience as ringmaster, steward and Olympic Game official available for private lessons, consultation and personal training at your barn.  
Call Joel: 514 898-4272.




**PIEDMONT VETERINARY HOSPITAL**  
750, RUE PRINCIPALE, PIEDMONT, QC, J0R 1K0



**Dr. David Mance**  
**Dr. Lyne Farmer**  
**Dr. Madeleine Tremblay**  
**Dr. Lisiane Rivest**


**450 227-7888**

**G5|20i**  
**Immediate guaranteed cash flow**

Take your retirement plan off pause and **hit play** 

G5|20i is a mutual fund for investors who require immediate guaranteed cash flow. It helps to mitigate investment risks before and during retirement with these benefits:

- 20 years of predictable cash flow, guaranteed by Bank of Montreal.
- Cash flow can increase but never decrease, through automatic locking in of a portion of fund gains.
- Strategies to capture market gains and protect against market downturns.

  
Canada's Investment Company

For more information, please contact:

**STEPHEN YEATS**  
De Thomas Financial Corporation  
653 Chemin de Newago,  
Wentworth Nord, Quebec J0T 1Y0

Phone: 1-866-464-6808  
Fax: 1-877-635-5203  
Email: syeats@dethomasfinancial.com  
www.dethomasfinancial.com

Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Except as described below, mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Bank of Montreal guarantees that at least the original amount you paid for the fund unit will be paid back to you over a 20-year period in equal monthly instalments. This guarantee does not apply to units redeemed before the end of that period. You will receive the net asset value per unit for any unit redeemed early. Mutual fund securities are not covered by the Canada Deposit Insurance Corporation or by any other government deposit insurer. BMO Financial Group and Bank of Montreal are marketing names (also referred to as trade names or brand names) used by Bank of Montreal. "BMO", "BMO Financial Group", "BMO (M-bar roundel symbol) Financial Group", "Bank of Montreal" and "BMO Capital Markets" are trademarks owned by Bank of Montreal. This communication is paid for in part by CI Investments Inc. 12/14

**Generatek**  
Les Solutions Generatek  
Elite Authorized Sales, Installation and Service



**Turnkey Installation**

**AUTOMATIC STANDBY GENERATORS**

- 24/7 PROTECTION AGAINST POWER FAILURES
- ENSURES YOUR APPLIANCES AND PUMPS WORK
- FREE ON SITE EVALUATION

**514.457.8020**  
**www.generatek.com**

**GENERAC** | **POWERPRO ELITE**



**Les Marmitons**  
plats cuisinés



- Vacuum sealed fresh food daily
- Caterer and pret-a-manger
- Famous for: Christmas Logs, Tourtières, Chicken Pot Pie, Lasagna, Braised Lamb, and Confit du Canard
- Open 7 days 9:30 am to 6 pm

Celebrating **1st** year anniversary

**707 Chemin du Village, Morin-Heights (Beside the SAQ)**  
**450 644-0408**

**SHOP LOCAL**  
support your community

CREATE YOUR RONA FORGET PROFILE  
BY ANSWERING OUR SURVEY



TO PARTICIPATE :  
[RONAFORGET.COM/SONDAGE](http://RONAFORGET.COM/SONDAGE)

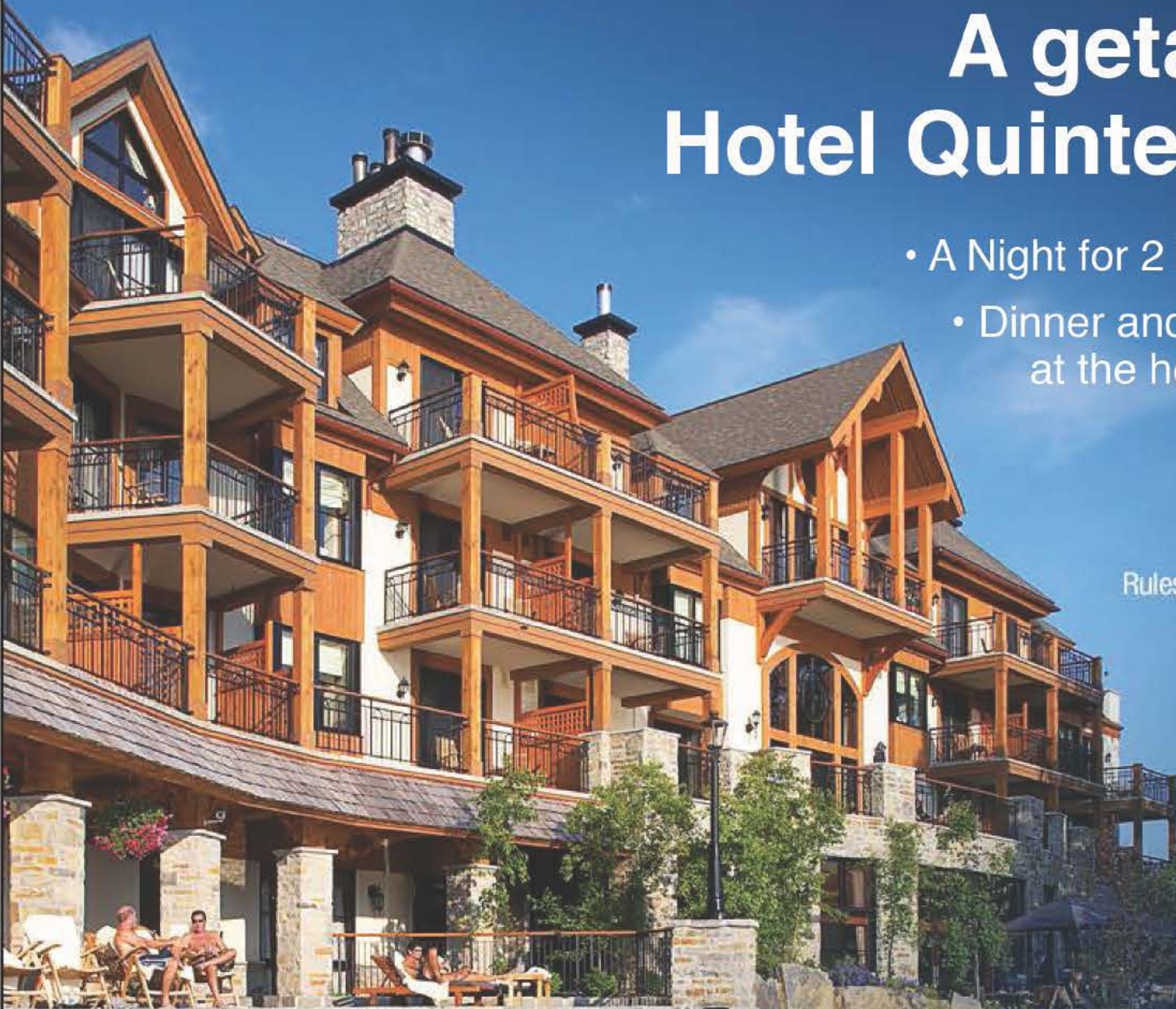
# YOU COULD WIN

## A getaway at Hotel Quintessence

- A Night for 2 in a luxury suite
- Dinner and breakfast for 2 at the hotel's restaurant

Rules: [ronaforget.com/sondage](http://ronaforget.com/sondage).  
(Survey in French only.)

\* Certain conditions apply.



*Quintessence*

TREMBLANT SUR LE LAC

RESORT HOTEL

302, rue de Saint-Jovite, Mont-Tremblant  
[ronaforget.com](http://ronaforget.com) | 819 425.2784



**RONA**Avantages



# Suzanne Houle

Real Estate Agent • Fluently bilingual

Groupe Sutton Humania, St-Donat Office 754 rue Principale St-Donat, Québec J0T 2C0

cell: 819-323-8900 | res: 819-424-1800 |

fax: 819-419-0062 | [suzanne.houle@live.ca](mailto:suzanne.houle@live.ca) |



**\$ 645,000**

**LAC DES PLAGES:** Beautiful waterfront home. 4 bedrooms, 3 bathrooms, exotic flooring, beautiful view of lake. Gorgeous!  
**MLS 28067153**



**\$689 000**

**LAC OUAREAU:** 213' Waterfront home on more than 1 acre of FLAT land. 3 bedrooms, 2 bathrooms, basement, garage.  
**MLS 25861195**



**\$980 000**

**SAINT-DONAT:** Breath taking waterfront home, 4 bedrooms, 3 bathrooms, private beach, simply delicious!  
**MLS 25696506**



**\$890 000**

**N.D. DE-LA-MERCI:** Unique home, 4 bedrooms, 2 bathrooms, finished basement, cement dock, boat-house, Sunsets orientation.  
**MLS16528151**



**\$515 000**

**SAINT-DONAT:** Perfect and fonctionnal 4 bedroom, 2 bathrooms, garage, dock. Must see  
**MLS 26462151**



**\$639 000**

**SAINT-DONAT:** Commercial Upholstery business for more than 30 years.  
**MLS 18651720**

## MUST SELL MUST SELL MUST SELL MUST SELL MUST SELL



**\$687 000**

**SAINT-DONAT: COMMUNITY LIVING** investment for family living, 11 bedrooms with all private bathrooms, professional kitchen, must visit.

**MLS8766771**

