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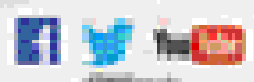


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What's On My Mind... Fifteen Years and Still Going Strong

Susan MacDonald, Editor

As most of you already know, I am a fan, and staunch supporter of community newspapers. Don't get me wrong; I, too, have read the grim statistics proclaiming the demise of print publications and, without doubt, we, too, have felt the pinch. But, fifteen



years into the game, we are still going strong and, as with all things that peak and decline, I still believe that regional publications will hold their own, and eventually stabilize, due to the significance and relevance of their local content. Trust me, it's a daunting task putting together a community newspaper each month, and it is a job no person would take on – unless it was thought to be worth it. Jack did, and I do too, and as you will read from the following testimonial, and those on page 14, we're not alone. Main Street has its own band of loyal followers, many of whom have been on board right from the beginning.

First, though, I would like to take this opportunity to thank, personally, everyone who has shared in the experience of being part of Main Street over the past fifteen years, and for your continued support to me, and the paper, after we lost our "fearless leader," nearly four years ago. Thanks to your loyal participation, we have been able to continue to serve our communities, and bring them the local news, views, and entertainment each month, maintaining the connections between the vastly scattered villages, towns and hamlets across the Laurentians.

To the wonderful writers who, in spite of dreaded deadlines and limited word counts, faithfully send in their submissions each month, thank you for making Main Street stand apart, due to its informative and interesting features, for that is what we are most noted for – a unique blend of relevant topics and individual voices. To the distribution team: Steve Kennedy, Joel Ryshpan and Guy Lamoureux, a heartfelt thank you for surviving the weather conditions each month to ensure that Main Street reaches all its points of distribution – and always on time. To our talented graphic artist, Elle Holland: our sincere gratitude for your dedication, equanimity and creativity, which has brought Main Street to a new level of professionalism, hair-ripping crises notwithstanding. To the sales team: Steve (my business partner), Barry and Colette, your success at maintaining sales and customer service over the years is legendary, and has ensured our continued publication. I thank you, profoundly.

To all our loyal advertisers: it is a pleasure to see your local presence throughout our pages each month. Thank you, sincerely, for your loyalty and continued support, and we look forward to continuing to serve your needs well into the future.

And, finally, to our readers: I would like to thank each and every one who reads Main Street faithfully each month, and for your generosity in sharing your feedback with us. Your constant reminders of how much Main Street means to you is what keeps us going and is your affirmation that we can continue looking ahead to a secure future.

Enjoy the read...

I had asked our contributors, readers and community groups to share, in their own words, what Main Street meant to them. We start here, with Yaneka McFarland, our youngest regular contributor, and the voice of the future, and continue on page 14... Due to space limitations, we were not able to include everyone this month, so look for more comments in upcoming editions. If you would like to share your thoughts about Main Street with the community, please send them along and we will include them as well.

Youthful Perspective (Yaneka McFarland)

I was fifteen when I started to write for Main Street and this month it celebrates its fifteenth anniversary. Writing for the paper has not only allowed me to grow as a writer but as a person within a warm and welcoming community – an opportunity I will forever be thankful for. Now, having moved to Ottawa to follow my dreams through university, I look back on the day I was allotted my own column, my own voice, and I am grateful. I thank Susan MacDonald for allowing me to be the youngest columnist for Main Street. I also thank the Main Street readers for listening to my generation because we are the change that will happen in this world. After years of publication, I have no doubt that Main Street will continue to bless the Laurentians, and I only hope that I, too, will have such a rewarding impact on a community someday.

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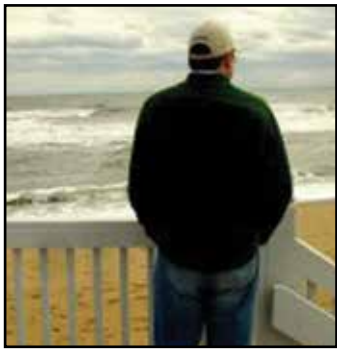
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Observations Emergent China - The New Silk Road

David MacFairlane - Main Street

THE OLD SILK ROAD

For readers unfamiliar with this term, the Silk Road refers to a vast network of ancient trade routes, established 2,500 years ago, running from China westwards, by land, through Russia, India, Persia, Mesopotamia, all the way to Europe, and by ocean, through Indonesia, the Philippines, other maritime countries, all the way to Egypt and Africa. On these routes, Chinese traders transported merchandise, mainly silk, to distant markets, while foreign traders brought scarce commodities to China. In fact, artifacts found along these ancient caravan routes suggest that this trade dates even further back, to 1600 BC, indicating contacts between East and West reaching into antiquity. This trade was not confined simply to goods flowing back and forth, but involved also exchanges of ideas, languages, art, literature and religions.

Trade along the Silk Road was badly impacted by the Mongol invasion of Europe in 1240, when the long-standing economic and cultural ties between East and West began to unravel. The Black Death (bubonic plague) of 1346, the most devastating pandemic in human history, which killed 50% of Europe's population, is thought to have reached Europe from Central Asia via the Silk Road. Thereafter, trade on the Silk Road continued with difficulty due to the loss of connections with other regional trading centres, and finally ceased with the end of the Byzantine Empire and the fall of Constantinople to the Ottomans in 1453. As the Ottoman rulers were anti-western, all trade was embargoed for the next 100 years. The legendary Silk Road of antiquity was no more.

European merchants, still enticed by the riches of China, thereafter explored ocean routes to reach the ports of China. The first Portuguese trading ship arrived off the coast of China in 1513, and opened the sea-routes for trade, via the Indian Ocean. Other European powers followed suit over the next centuries. However, since China was a closed society, travel to the interior was forbidden to foreigners, so traders were confined to the ports only, where they were forced to deal with official brokers. Fabulous fortunes were made, nonetheless, by traders with successful connections, who were able also to survive the long, perilous sea passages and the pirates who infested the oceans. China was once the richest country in the world. However, it was doomed to suffer greatly from the depredations of the greedy, immoral colonial powers, particularly the British, who brought great impoverishment and destruction to the Chinese culture and society, but that is a story for another time.

THE NEW SILK ROAD

Fast-forward to today. China is once again in the world's headlines, and never a day goes by without some reference to its national economy, stock market, military posture, or its political and economic affiliations with other regions of the world. Yes, it has \$30 trillion in debts (we, too, are over-indebted!); yes, its banking system is wonky and opaque (so is ours!); yes, its economy, the second-largest in the world, is sputtering (so is ours!); yes, it has vastly over-built infrastructure (ours is crumbling), vastly over-built manufacturing capacity (ours has been shipped overseas, along with our jobs). In the last 8 years, China has consumed more cement than the US did in the entire 20th Century! (Can't match that!). They have a high-speed rail network of over 19,000 km of track, with the goal of 30,000 km by 2020. Train speeds are over 250 km/hr (160 mph), while their newest versions reach operational speeds of 380 km/h (240 mph). We have out-dated, old-world rail networks and rolling stock, and no ambition and no money to modernise.

The Chinese plan their future in generational terms, unlike Western governments, which plan for the short-term only. They are also pragmatic and shrewd business people. China has existed for over 5,000 years; their ancestors were cultivating rice and millet, drinking beer, and domesticating animals in 7,500 BC. They invented paper, printing, gunpowder and the compass, amongst other marvels. They were a functioning, organised society when we were banging rocks together for fire, and dragging a musk-ox back to the cave for dinner.

In the mid-1900s, watched closely by Western powers, the Chinese completed a rail-link connecting China, Kazakhstan, Mongolia and Russia, and then beyond into Europe. This was how the new Silk Road began and, starting in 2011, the line has been used to transport freight between the manufacturing and transportation hub-city of Chongquin, China, and Duisburg, Germany. This route cuts travel time for cargo from 36 days by ocean to 13 days by train. In 2013, the Chinese President proposed an extended Silk Road connection, which he termed OBOR, (One Belt, One Route). This link would connect China to the Polish city of Lodz, where a hub would be established for logistics and trans-shipment throughout Europe.

This massive, \$900 billion, infrastructure project has the goal of connecting East Asia, the Middle East, Europe, and even Africa. Russia, a firm ally of China, will play a large

part in the achievement of this objective. The cost is allocated in China's latest 5-year Plan for 2016 - 2020. There is also an initiative to establish free-trade agreements with countries connected along this Silk Road, to enable the flow of goods and services without tariffs. To the utter dismay of the US, all trade will be done either in Chinese Yuan or Russian Roubles, and not in US Dollars.

This move, to by-pass the \$US in trade settlements, has got the US administration's knickers in a knot, and unable to go head-to-head with two nuclear powers, with formidable armed forces and many allies. Never before has any country been able to reject US supremacy, but now two powerful competitors have appeared. This may not end well because, already, the US is demonising Russia - President Putin is Satan incarnate - and China is being trivialised as a minor, regional power with ambitions far beyond its wildest capabilities. This is all total nonsense, of course, because neither Russia, nor China, is threatening any other country, or attempting to destroy sovereign nations, like the US has been doing around the world - Libya, Iraq, Afghanistan, Somalia, Syria, Ukraine etc. Their posture is firmly defensive; they simply wish to go their own way independently, to trade freely with others, using their own currencies, to make other alliances and stay away from the US umbrella of subservient, acolyte nations. What's wrong with that?

Unfortunately, the US is a dying hegemon, bankrupt, corrupt, directionless, ruled by shadowy puppet-masters, and rotting from the head down, like a fish does. It is most dangerous in its final convulsions to survive the impending collapse, when deflation, followed by massive hyperinflation, finally destroys the current economic system. When food stamps and social security implode, there will be pitchforks and flaming torches outside the White House.

The US could destroy the world, if it cannot win the world. Even the Silk Road would not survive such madness.

Take care, dear readers, 2016 will be a year never to be forgotten.

"It does not matter how slowly you go, as long as you do not stop"

Confucius - Chinese teacher and philosopher - 551- 479 BC.

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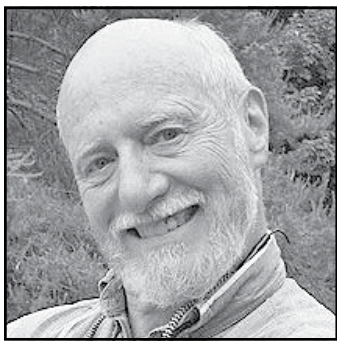
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Simply Words on Paper So If You Have a Problematic Con- versation With a Stakeholder You May Want To Walk It Back

Jim Warbanks - Main Street

This column has been titled "Simply Words on Paper" since its inception fifteen years ago. Which words to choose, and which to avoid, remains an obvious, ongoing concern. Certain words become fashionable, but are then misused, over-used or slump into the general uselessness category. One of the mentors / managers that I otherwise most admired used the word 'hopefully' unnecessarily and incorrectly in every second memo he wrote. Frustrating, to say the least. Fortuitously, it was included on the 1978 banned words list.

Lake Superior State University (LSSU) has a long tradition (41 years) of publishing an annual list of words that should be banished from (the Queen's) English. Nominations for the list of pet peeves come from around the world.

So-so

Top among this year's crop is the word "so" particularly when used as the first word in answer to any question. It serves no useful purpose in this context. Example: "How did you learn to play the piano?" "So, my dad was in a classical music club..."

A weasel word (meaning "an equivocating word used to deprive a statement of its force or to evade a direct commitment," from the weasel's habit of sucking the contents out of an egg without breaking the shell) such as "problematic," is now used for anything that is vaguely inconvenient or undesirable, a trendy replacement for 'that is a problem.'

Most commonly used by talking heads in the media, politicians and online, you are frequently invited to join the "conversation" when there is little possibility of such a casual discussion. Perhaps it seems less confrontational than calling for a debate, or an inconvenient contrary opinion to be expressed.

Have a stake

Rampant in the health and social service field, the word "stakeholder" is misused in a variety of ways to indicate anyone from a client to a consultant to a care-giver. It has been expanded beyond the original intended use to describe someone who may actually have a stake in a particular situation or a specific problem.

The phrase "walk it back" frequently appears when a politician or business executive must retract a false, damaging, or unpopular statement. It usually appears with other weasel words in a meaningless statement without true validity when a clear, simple apology would suffice.

Corruption

A corruption of press release, the word "presser" can be blamed on newspaper and other media types. The most boring and unproductive type of event imaginable is an invitation to attend a supposedly newsworthy occasion, only to find that a prepared press release is read by a spokesperson without adding any clarification or answering pertinent questions that may arise. Most often, the same document is later sent to the other media sources, which wisely declined to attend.

Other words nominated for banishment on the LSSU 2016 list include "price point." May I suggest 'cost' as a more succinct alternative? The term "secret sauce" seems to have migrated from the fast food industry, where it may be applicable to mind-numbing, frequent use by the business community to describe the formula they employ for success within their field of endeavor.

Not broken

"Break the Internet" is a ridiculous description used for any online headline, post or video that will go viral (bad enough in itself) to collapse the Internet. An individual site may become overloaded and be forced to shut down temporarily, but the integrity of overall Internet service is hardly compromised.

Less pertinent, at least to me, is "man-spreading" (men's rights activists invoke the term in response to perceived male-bashing) but it should be limited to taking up excessive room on a train, bus or subway seat but it should not be gender-specific.

The remaining items are: "vape / vaping" used to describe the act of smoking e-cigarettes, "giving me life" (simple alternatives: excite or laugh) and the bane of sports events / sports talk shows - "physicality."

Cumulative list

There may be other words / terms that make you wince each time you read or hear them. Building and publishing a proposed list for banishment on an annual basis seems to be a worthy initiative. Through the years, LSSU has received thousands of nominations. The cumulative list now includes over 800 words deemed banishable.

Take another look at the second-to-last sentence in the first paragraph of this column. Might you feel motivated to nominate "to say the least" for possible banishment in 2017?

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Chris Lance - Main Street

If you have any political interest, municipal seats are available for councillor District #3, and councillor District #6, and also, you could be Mayor of Sainte-Adèle. To declare your candidacy for one of the 3 political positions, you must do so from March 18 to March 31. Elections are being held on May 1, and the advance voting date is April 24.

The run for Mayor has 3 contenders so far; Pierre Morbito, a councillor of District #6, Robert Milot, ex-candidate for the CAQ in the last provincial elections, and a councillor of District #3, Lise Gendron, who just recently decided to take on the challenge of overseeing the municipality. Between now and the election in May, I am sure you will take the opportunity to listen to each mayoral candidate, and find out what each one plans to do, if any one of them is given the responsibility to run our town.

As of March 1, la Chambre de commerce de Sainte-Adèle moves into the Place des Citoyens (PdC), providing a tourist information center and working center with the town promoting and coordinating aspects of cultural operations and rental of space at the PdC.

Mrs. Karolyne Marsolais hopes to have her micro-brasserie re-open in mid-March, after a kitchen fire closed down her establishment, "La Gueule du Loup." The repairs will take at least a month. This fire took place on the night of February 12.

Further north, on the Boulevard Sainte-Adèle, le Centre de location d'outils was also victim of a fire, on February 13. The business will be closed throughout the winter season. The local fire department was very busy on the 12th and 13th.

Another business closes - Le Chat Noir; it is tough to run a restaurant in Sainte-Adèle. The competition is fierce, and it is sad to see another closure. Businesses in Sainte-Adèle are rule-based; everything, from signage to repairs, are tough to get approved- perhaps the new Mayor will help encourage less paperwork and scrutiny from non-elected town management officials.

Le Transport intermunicipal des Laurentides now offers real-time information on bus schedules - you can get the information at <http://textotacl.com> or +1 438 793 0514, and that information can be directed to your cell phone. You can also bring your skis, and there are covered kiosks to wait in (2 in Sainte-Adèle). You can check out complete transport services available at www.transportlaurentides.ca

It has been 4 years (February 26th) since Gary Quenneville (pharmacist, ex-counsellor of Sainte-Adèle) was murdered by Alexandre Dionne who is still serving a life sentence, and Maxime Bourdage, who was convicted of complicity after the fact, is now released from prison. The duo hatched "Operation Mexico" in trying to get to Mr. Quenneville's bank account. They planned to get access to his PIN, and \$160,000 in his bank account, and off to Mexico they would go, leaving Mr Quenneville tied-up in his residence. Instead they killed him and never got the PIN. We are reminded of his senseless murder with the release of one of the convicted, and hope he has learned something from his incarceration, perhaps the knowledge that you can't withdraw \$160,000 at an ATM. Unbelievable.

Well, to end on a positive note, it is almost Spring. Enjoy the remainder of the ski season. Get ready for the tennis and garden season. The sun is setting later every day, and with that hope, get out and about, and find out who might be running Sainte-Adèle later this year.



Garden Talk Peat Versus Coir

June Angus - Main Street

Most potting mixes and soil amendments have either peat or coir as their base. So where do these non-soil materials come from? And are they renewable, sustainable and biodegradable?

Peat, more formally known as sphagnum peat moss, is dead fibrous material that forms when mosses and other living material decompose in peat bogs. Although it has little nutrient value, it's a good soil amendment. Peat lightens the soil, allows air to enter, holds moisture without being soggy and generally improves soil structure. It tends to be rather acidic, so limestone is often added to peat gardening mixes to stabilize the pH. Peat is also biodegradable when mixed with garden soil.

In recent years, peat has become rather controversial. It takes a long time for peat moss to form. Peat bogs may gain less than a millimeter in depth annually. Since the process is so slow, peat moss isn't widely considered a sustainable resource although technically it is renewable.

Canada is rich in peat bogs and supplies not only our country, but also much of the United States with agricultural peat. According to peat harvesting/processing industries the rate of renewal is supposedly keeping up with the rate of harvest, but many ecologists don't agree. There is also controversy about the amount of carbon released into the air after a peat bog is mined. On the plus side, peat is a local resource for us, with numerous peat bogs along Quebec's Lower St. Lawrence and North Shore.

Coir, also know as coco fiber, is an alternative to peat that is growing in popularity. Coir is made of the fibers extracted from the pulp found in the inner husks of the coconut palm fruit. This material surrounds the brown, hairy-shelled nut that contains the white coconut meat most of us are accustomed to seeing at the grocery store.

Use coir as you would peat to amend heavy soils and in potting mixes. It's not as acidic as peat, but coir is similarly low in nutrients. Available in bales at garden centers, ready for use, coir is also sold in compressed blocks that expand to several times their volume when moistened. The price of coir is usually comparable to peat.

Coir is plentiful in all tropical countries that harvest coconuts as a food crop, making it easily renewable and sustainable. In fact, production of raw coir far outstrips demand, making it a waste by-product that piles up. Only about 15% of this waste material is transformed into sturdy ropes, mats and upholstery stuffing, or packaged and sold as a soil amendment to replace peat moss in the garden.

Using coir in horticulture helps deal, a little bit, with the disposal problem caused by piles of this waste material. However, since we don't have any local raw coir sources, the ecologically minded have to consider this material's carbon footprint, in terms of transport involved to get it here.

When it comes to peat versus coir in the garden, the best solution of all is to nurture our soil structure correctly, so that we do not need to add amendments.



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

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

ADULT NON-FICTION

Les Publications du Quebec - Operating a Motorcycle

This guide is intended for anyone who wants to learn how to operate a motorcycle. It presents the concepts you must assimilate in order to become a safe, cooperative and responsible motorcyclist.

Lonely Planet - Great Britain

This is a comprehensive guide. We have heard that it is a daunting challenge getting around the city of London, and this travel book offers a pullout map, planning advice and top sights, in detail.

Marsh, Henry - Do No Harm - Stories of Life, Death and Brain Surgery

Henry Marsh is a British neurosurgeon looking back on thirty years of practicing medicine in probably the most difficult arenas of surgery. *"Every day I will make several dozen decisions that, if they are wrong, can have terrible consequences. My patients desperately need to believe in me, and I need to believe in myself as well. The delicate tight-rope walking act of brain surgery is made all the worse by the constant pressure to get patients in and out of hospital as quickly as possible."*

Although these events took place in England, Dr. Marsh's running commentary about his seething frustration with government and hospital bureaucracy interfering with quality patient care is eerily familiar.

YouTube Channels for Dummies

As you may have guessed, this guidebook, with the yellow and black trademark cover, is the latest title to join approximately 1,600 other reference guides from the "for Dummies" folks. My wife has just discovered that YouTube offers more than cute kittens. She finds loads of instructional videos on the fiddle, an instrument she has just taken up - in the garage. YouTube for Dummies offers easy-to-read advice on making good videos and promoting your business.

ADULT FICTION

Archibald, Samuel - Arvida

Arvida won two literary prizes and has been described as "one of the major works of fiction published in French Canada in recent years." It is already a best seller in French and is on the Giller long-list. This is the recent English translation. Maybe it is the pride of identifying with local settings and characters, but we loved the voices presented in this collection of short stories. Highly recommend it.

Grisham, John - Rogue Lawyer

Attorney, politician and activist, Grisham is a well-established writer of legal thrillers. The Firm, his second novel, was a huge bestseller. We also like Grisham for his character, Theodore Boone, and his legal adventures, aimed at entertaining and inspiring the 9 to 12 year-old age group. But, Rogue Lawyer is really over the top. This is one outrageous guy who believes even very bad guys deserve a fair trial.

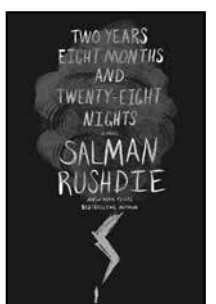
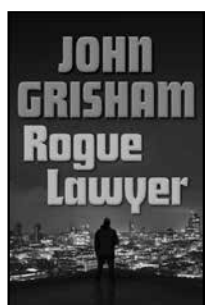
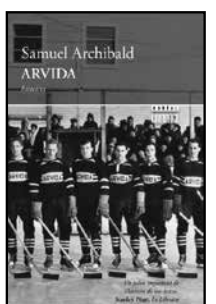
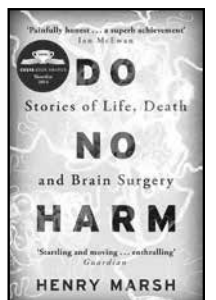
Rushdie, Salman - Two Years Eight Months and Twenty-Eight Days

In the near future, after a storm strikes New York City, the "strangeness" begins. Several perfectly ordinary people find themselves with unusual powers. Unbeknownst to them, they are all descended from the jinn, who live in a world separated from ours by a veil. History and mythology are deliciously blended by one of the great writers of our time.

YOUNG ADULT

Salvatore, R. A. - Archimage Book 1

R. A. Salvatore is the author of a number of fantasy novels and movies. This is a new series that features one of his most popular characters, Drizzt, a dark elf with a kind heart, plus monsters, orcs and other assorted fantastical creatures. Lots of action



44th Edition of the Morin-Heights Viking Loppet

On February 7, cross-country ski enthusiasts gathered at the starting point of the annual cross-country ski event, jointly organized by the Viking Ski Club and the Municipality of Morin Heights. Despite the earlier rain, snow conditions were excellent, but fast, challenging the 345 skiers of all ages who participated.

The organizing committee wishes to thank all the sponsors, volunteers, participants and spectators for making this year's event another resounding success. For detailed results and photos, visit www.skiloppet.com.



Our Federal MP

Laurentides-Labelle Member of Parliament David Graham continues his dedicated efforts to put the Laurentians on the federal radar screen.

Over the past month he has co-founded the National Liberal Rural Caucus, bringing together rural Members of Parliament from across the country to ensure that rural issues are not forgotten. The caucus, approaching 40 members, meets weekly and is focused on the numerous issues that affect regions like ours: chiefly, the lack of affordable, quality Internet and cell phone service, the unemployment insurance system, the health and control of lakes, and dozens of other issues that disproportionately affect rural ridings.

On the Internet file, Graham is currently bringing together a Digital Infrastructure caucus, related to the Rural Caucus, specifically to work together across the country on broad, effective solutions to bring Internet access to every household that wants it. For Graham, Internet access is a right in the modern economy and is critical to the success of our region. Among other things, Graham has written a lengthy letter to the CRTC, co-signed by Will Amos in the neighbouring riding of Pontiac, outlining the regulatory changes he sees as necessary to bring Internet access to everyone.

Graham's offices are now completely open and can be reached, toll free, at 1-844-750-1650.



David Graham taking speech in the House of Commons

Minister of Tourism visits Mont Tremblant

On the initiative of the Deputy of Labelle, Mr. Sylvain Pagé, Mayor Luc Brisbois and leaders in the tourism industry organized a tour of the territory and extended an invitation to Madame Julie Boulet, Minister of Tourism to visit the region. Madame Boulet graciously accepted and spent the day visiting various attractions including the international airport of Mont Tremblant, the Casino, Station Mont Tremblant, the village centre and other interesting sites.



News from Grenville-sur-la-Rouge

John Saywell, Mayor of Grenville-sur-la-Rouge, and Jean-Marc Rizk, President of "Véo Springs Inc.," have the pleasure to announce the conclusion of an agreement regarding the usage of the chemin de la Rivière Rouge.

This agreement that puts an end to several years of conflicts and misunderstandings includes an annual contribution from "Véo" that will be applied towards the maintenance budget of the chemin de la Rivière Rouge and paves the way to an era of positive cohabitation.

National Film Board - Don Owen

Canada has lost one of its cinema pioneers, with the passing of filmmaker Don Owen at the age of 84. Owen died February 21, 2016 in Toronto. Owen was a trailblazing figure in feature filmmaking at the NFB, writing and directing a pair of groundbreaking films that brilliantly captured the restless spirit of the 1960s: *Nobody Waved Good-bye* (1964) and *The Ernie Game* (1967).



Quote: "At a time when Canada and the NFB were undergoing sweeping changes, Don Owen brought a new spirit of risk-taking and authenticity to Canadian cinema. His dramatic and documentary films were a bellwether of the times, as Canadians of his age were questioning accepted wisdom, and taking life, art and cinema in bold new directions. I was deeply saddened to learn of his passing - but immensely grateful for Don's rich artistic legacy, which will live on in trailblazing works of Canadian cinema." - Claude Joli-Coeur, Government Film Commissioner and NFB Chairperson

"Le P'tit Train du Nord" - 20th season

Following the abolition of the subsidy for the maintenance of the Route verte, the MRCs and the Board of Directors of the Corporation of the linear park, P'tit Train du Nord, have worked diligently to ensure the sustainability of the park. So, weather permitting, the bike season will begin in mid-May, for a 20th season!

The leaders of the MRCs concerned (MRC Thérèse-de Blainville, MRC de Mirabel, MRC de Rivière-du-Nord, MRC des Pays d'en Haut, MRC des Laurentides and Antoine-Labelle) have agreed to establish a new model for the management, maintenance and future development of the linear park and the Aerobic corridor.

During the January 28 meeting, members of the board of directors emphasized that the Laurentian region has the privilege of having one of the most beautiful cycling networks in the world and that it is imperative to ensure sustainability and development. All members also agreed that efforts to convince the Quebec government to reinstate a program of support for the maintenance of the Route verte should continue (even intensify), in the goal of promoting healthy lifestyles as well as economic development. For more information visit www.parclinaire.com

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Sylvie Boudreau who recently opened her new business, S.O.S. La Cucina, which serves the Laurentian region. Sylvie would be pleased to prepare meals for you at home, at daycare centers, or for senior residences. She also provides cooking courses, assists others to run errands and complete shopping tasks. Sylvie also accompanies others to medical appointments, the pharmacy or hospital, etc... 819 808-7068, soslacucina@gmail.com.

Author Jadi Kindred, from Prévost, who has written and published a noteworthy book entitled *Intuitive Animal Connections*. It includes heartwarming, true reflections about lessons learned from abandoned dogs, and moving anecdotes about her fostering experiences with dogs that she has rescued in Québec. The book may be purchased on-line at <http://www.friesenpress.com/bookstore/title/119734000015609129> / www.intuitiveconnections.ca / 514 806-3647. Jadi is also owner of Accent Unique Inc. and offers personalized English and French courses. For info, visit www.accentunique.com / info@accentunique.com.

Welcome to:

Tilak Illesinghe who, last September, opened a new delicatessen called Le Restaurant Château Deli, 1400 boul. Ste. Adèle, Ste. Adèle. They offer a midi-express menu, as well as 69 delicious choices (including smoked meat) for lunch or dinner. Bring along your own wine. Open Tuesday to Sunday, from 11 am to 9 pm. 450 229-8181 / facebook: Le Restaurant Chateau Deli.

Did you know:

Matériaux Ste. Anne des Lacs, 645 chemin Ste. Anne des Lacs, is now a Rona Dagenais hardware store? The store changed name and owner as of February 1, 2016. They look forward to providing continued excellent service. Best of luck in your new location! For more info call 450 224-8638 / Facebook: Rona Dagenais, www.rona.ca.

There is a new food truck in town? What a fun idea! It is called **La Lola Mobile, Camion Gourmand** and is the 1st food truck in our area. The black La Lola truck will be stationed at John Molson Skating rink, St. Sauveur, on Saturdays and Sundays, from 11 am to 6 pm. They offer comfort food to take the chill off those frosty days - hot wraps, chili, paninis, steaming soup, ham & cheese croissants, hot chocolate and more. The truck is affiliated with Lola XLV restaurant, 206 rue Principale, St. Sauveur. Best of luck to owners Yannik Fortin, David St-Germain and Marie-Claire Rémillard. 450 227-0022, / lola45.com.

Caisse Desjardins de la Vallée des Pays-d'en Haut, 218 rue Principale, St. Sauveur has renovated their exterior facade, their office space, and centralized some banking services, to provide better service to their clientele? Extra seating has also been added for the comfort of their clients. Many other positive changes have been put into place. For info, 450 227-3712 / www.desjardins.com

That there is a new company in our area called Bag to Earth?

They offer 100% compostable, plastic-free food and yard waste bags to help divert organic waste from landfills to composting sites in the most effective way possible. Regular plastic bags do not decompose, therefore they pollute composting sites. Bag to Earth food bags are odour-proof, and leak-resistant, due to the unique natural cellulose liner. These bags do not require double bagging and are 100% compostable. Best of luck Jo-Anne with the sales of these unique, organic bags. For info, call Jo-Anne Syrenne at 514 932-6185 / www.bagtoearth.com

Laurentian Club Report

911 Calls: On the Receiving End

Sheila Eskenazi - Main Street

Katie Graham-Ritchie, the Laurentian Club guest speaker for March, has spent nearly 10 years as a Montreal 911 operator and as a police dispatcher for much of that time. She loves what she does and explained that they are two distinct jobs within the same service.



She prefers the 12-hour overnight shift because it is more likely that something interesting will happen but day or night, things the general public would find stressful are completely routine in the life of a 911 operator. They are highly trained to detach their personal feelings from the stories they hear and to focus on helping those who call in.

Shifts of 35 people field 5000 calls a day. They have to evaluate the degree of emergency (including filtering out pocket calls) and to connect with the proper service - police, fire, medical - to coordinate the response. They must develop the skills to respond to people in a high-stress situation, and understand them whether they speak English or French, have a different accent, are under the influence or are simply so agitated that they can't speak clearly.

Calls peak when the full moon coincides with pension payments, during holiday periods, and between 3:30 and 6:00 in the morning. The phones are quietest when there's a hockey game on.

Graham-Ritchie also described how police are dispatched from a central for Montreal, where computer screens show the location of every car in the force and how the nearest one available is sent to look after the call.

Graham-Ritchie handled a lively question period and continued the conversation during the following coffee break.

See page 18 for more information on the March 21st meeting when author Paul William Roberts will talk about alternatives to the ancient history you were taught in school.



Strings & Things My Kind O' 12 Gauge

Dale Beauchamp – Main Street

Did you ever wonder what all of those different string gauges really mean? Guitar players can choose between 'heavy' gauge, medium, light, extra-light and even combinations of these. The D'Addario Company recently came out with a set of acoustic strings suited to the popular alternate tuning of DADGAD (as opposed to the standard EADGBE). In this tuning, the sixth, second and first strings are tuned-down one full step. Since these strings are now slacker, they can feel looser. D'Addario's DADGAD sets have slightly heavier gauges on those three strings. The heavier the string, the tighter it becomes when tuned to pitch, thus compensating for the looser feel.

A heavy strummer will find light-gauge strings buzzy and too slinky, although this is all very subjective. To me, an electric guitar fitted with extra-light (.008-.038) or even light (.009-.042) strings is difficult to play; the treble strings feel like cobwebs. On an acoustic guitar, .012-.053 is considered light-gauge, and is by far the most popular. Mediums (.013-.056) come in at second place. These will produce more volume and feel stiffer, which many players prefer. However, some guitars can't handle the extra tension these strings exert, potentially leading to structural problems. Furthermore, you may notice a change in tone from one gauge to the next, not always for the better. If you want to experiment with this, have the music store technician, or someone qualified, examine the guitar for signs of stress. Changing to a heavier gauge set of strings will probably require a truss-rod adjustment, as well as an enlarging of the nut slots to accommodate the larger diameters of the strings; an inexpensive procedure.

If playing mostly through an amplifier, or where volume is not a primary concern, a lighter gauge set of strings will be easier on a novice's tender fingertips. Classical guitars have nylon strings, which are much softer to play, but even then, there are choices with designations, like low, medium or high tension. The same outcomes hold true here: higher tensions feel stiffer, produce more volume, and create more stresses on the instrument.

Although there are other tell-tale signs, excess distortion to the guitar's top in the bridge area is often the primary indicator of too much string tension. Therein lies the alchemy that good, stringed-instruments builders strive to master; lightly-built guitars generally sound better, but must be strong enough to maintain structural integrity under all that string tension.

Choosing the right string gauge for you is also a function of what kind of music you're playing. A guitar set-up for playing slide, or an actual 'slide' guitar, such as a Dobro, or a steel-bodied National resonator, is usually fitted with a heavier gauge, especially the first string, which needs the extra tension to facilitate playing without the string sagging down and touching the fingerboard.

So go ahead and experiment; you may find a new level of enjoyment waiting in that new package of strings.



A Cage-free Future for Canadian Hens

By Sayara Thurston, Humane Society
International/Canada

For most egg-laying hens in Canada, there is no sunny side to life. Almost all of the country's hens are confined in tiny wire cages for their entire lives. These smart and curious birds are crammed one against the other in windowless barns, day in, day out, until they are just over a year old. The only breath of fresh air they will ever get comes on the day when, after months of doing nothing but laying eggs for human consumption, they are pulled from their cages and trucked to a slaughterhouse. These animals live short and miserable lives, with no reprieve.



Greg Latza, HSUS

If egg cartons bore pictures of birds, frail and featherless at the end of a year in a dark barn, those eggs would pile on shelves, rejected. But this process is hidden away, and birds continue to suffer in the name of cheap eggs.

But they don't have to. We can choose not to condemn animals to a life in cages. Whether people are switching to cage-free eggs, choosing egg-free alternatives, or some combination of the two, so many Canadians are becoming part of the solution to one of the cruelest practices in animal agriculture. The good news is that the list of restaurants committing to using only cage-free eggs in their supply chains is growing quickly. In recent months, Tim Hortons, McDonald's, Swiss Chalet, Harvey's, Subway, and a slew of other restaurants, have committed to ending the use of cage eggs. Any trend that can boast such an impressive list of company names is here to stay. The public does not support treating birds as nothing more than egg-laying machines, and as each new company responds to its consumer's demands for products from animals who haven't been confined in cages for their entire lives, we will take a step closer to ending this cruel practice, once and for all.

By embracing concepts like "The Three Rs" - "reducing" or "replacing" consumption of animal products, and "refining" our diets by choosing products from sources that adhere to higher animal-welfare standards, such as cage-free, we can further the marketplace's shift away from practices like battery cages.

The future looks brighter for Canadian hens, and for the sake of birds still suffering in cage systems, we can all play a part in making a cage-free future come true.



Trek Under the Stars a Huge Success Palliaco Receives Generous Donations

It was with deep gratitude that the administration of Palliaco accepted three very generous donations from sponsors following their 4th annual Trek Under the Stars fundraiser. The event was held on January 30, 2016 at Domaine Saint-Bernard in Mont Tremblant. The initial goal of \$100,000 was successfully surpassed - the total amount raised equaling \$125,000.

A big thank you to the following for their substantial donations: RONA Forget of Mont Tremblant (and their suppliers) \$1550; RBC Dominion \$1500; Caisse Desjardins \$7500.

Palliaco is a non-profit organization, whose mission is to contribute to improving the quality of life of those affected by cancer, end-of-life individuals, caregivers and those in bereavement by offering them services focused on accompaniment, respite and support. These services are offered free of charge, in French and English to those residing in the MRC des Laurentides region.

The Rhythm of Life Robert Dethier, Percussionist

Lori Leonard - Main Street



Robert Dethier recognized that he was "neither white, nor Native American," which inspired him to examine his native heritage. His curiosity surrounding his Métis background led him to seek out native music. Robert grew up in Lac Labelle, Northern Québec, amidst the majestic beauty of scenic mountains and freshwater lakes.

Robert's parents purchased his first set of drums for him when he was just three years old. He was in heaven, and played drums throughout his childhood and teen years. Little by little, he composed and sang his own original melodies, as a means to communicate with others through music.

Robert's emotional state of mind is reflected through Amerindian rhythms and world music. He has opened for international celebrities such as the Rolling Stones and Joe Cocker, and has performed live with Carl Tremblay, Angel Forrest, Boom Desjardins, Sebastien Di Francesco, Bob Harrison and many others. He has worked with Cirque de Soleil and also produced the show "Insolita."

In 2008, Robert founded his own percussion school, JAM EXPÉRIENCE, in Laval and in 2012 opened another one in St. Sauveur. In 2015 he opened a new school in Mont-Tremblant. Robert has taught hundreds of students how to explore the unique world of percussion.

For class information, call 514 918-9722 or e-mail robertdethier1@gmail.com.

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All existing files in the offices of Morissette Robillard-Bertrand and Prescott, will now be handled by the new firm; BERTRAND MORISSETTE and ASSOCIATES



Lori's Lookout - Laurentian Personality

Melinda Atkinson Soul Motivator

Lori Leonard - Main Street

Melinda Atkinson moved from the U.S. to the Laurentians in 2007, and has been owner of her business, Motivational Moments, since 2013. Melinda focuses her efforts on women, and provides personal development training. She has always enjoyed working with people, and has developed a strong skill-set, due to her diverse career mapping.



As part of her training, Melinda gently pushes people out of their comfort zone to help them to develop their own self-supportive tool box. As a trainer and motivator, Melissa certainly "knows her stuff," but refreshingly presents her skills to others in her own unique, pleasant, unassuming style. Recently, Melinda volunteered her time to teach a six-week public speaking/leadership course to students on the West Island. She also spent two and a half years in AmeriCorps, speaking to university students about poverty issues and engaging them in community service in local shelters, food banks and prisons. Melinda also coordinated travel service trips to the Dominican Republic and New Orleans to clean up after Hurricane Katrina.

Melinda has been coach and "soul motivator" to more than 1,000 youths and adults throughout her career. During the past two years, she has worked with 400 individuals from Quebec; students, school boards, hosted women's retreats and as a keynote speaker. Melinda also presented a week-long leadership program to girls at Kells Academy in Montreal, to help them create a positive mindset and improve self-esteem.

Melinda joined Toastmasters in 2012, and was extremely touched when she won "Toastmaster of the Year." Recently, she participated in the International Speech Contest, in Dorval, and won first place by sharing an endearing and heartfelt speech about her dad who has passed away. Melinda aspires to win the title of "2016 World Champion of Public Speaking."

Touching people's lives on many levels satisfies Melinda, but to witness her students, who have made lasting life changes, excites her most. Her students have told her that she has helped them to end unhealthy relationships, take control of their finances, find the courage to follow their passions and to live with much greater confidence. This coming summer, Melinda will depart for Vienna, Austria, where she will make an important presentation to youth.

In her spare time, Melinda enjoys her two canine buddies, Kaia and Charlotte. She thoroughly enjoys outdoor activities, such as cross-country skiing and swimming. Melinda's favorite expression is "You are 100% responsible for your life!"

For more info visit www.motivationalmoments.org or e-mail info@motivationalmoments.org.

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A Passion for Fabric & Thread

Ilania Abileah - Main Street

A quilter will cut fabric into many pieces, and put them back together again...in a different pattern. She has at least four or five projects in progress, yet she can't help but enter another craft store looking for more fabric. Quilting is a craft of passion for fabric & thread, which allows a quilter to self-express creatively. The numerous hours of quilting result in priceless family heirlooms, and beautiful pieces of art, to be given away, or, sold to benefit charities.



Generally, a quilt is made of three layers: a quilt top, a filling and a backing; in other words, a "fabric sandwich." The quilt top is made of squares featuring "appliqué" made from cut-out motifs. For circular shapes, the quilter has to cut "bias" strips (counter woven direction), fold them in, and iron before applying onto the squares.

Quilters use scraps, fabric samples and printed fabrics, as well as kits from craft shops. There are also pre-printed fabrics that can be sandwiched, basted while mounted on a frame, and members of the quilting group sit around to quilt-stitch together. Crazy quilts are made of abstract-geometric shapes sewn together, which lead to quilts of art when fabric & thread become the tools rather than paint brushes.

Note: I would like to express my appreciation to the kind ladies who let me share time with them. In particular, Ruth Cleary and her group of Quilting Grannies; Joan Hudson who demonstrated the art of appliqué; Eleanor Dunford who kindly explained what her Guild does; and our own Claudette Smith-Pilon who administers the Arundel Victorian Quilters, and who packaged a beautiful quilt for me after I was hospitalised in March 2015.

These groups offer to show newcomers the art of quilting:

The Laurentian Quilters Guild - They meet at the Piedmont Town Hall the first and third Tuesday of each month. Contact Eleanor Dunford, Vice President of The Laurentian Quilters' Guild. 450 226-3055. eleanorod@bell.net

The Quilting Grannies - meet at the Baptist Church, 45 Argenteuil, Lachute. Each Thursday: 10 am - 2 pm... Contact: Ruth Cleary: 450 562-6293. ruthcleary754@gmail.com.

Courtepointières d'Argenteuil Quilters - meeting each Monday 9 am to 3 pm at 463 rue Principale, Lachute. Contact: Sergine Paquette, Présidente 819-242-3680 caq1998@hotmail.com.

The Laurentian Branch of **Victoria's Quilts Canada** provides handmade quilts to people with cancer. For information call Gloria Staniforth 819 687-3955 or Claudette Smith-Pilon 819 687-3148 / laurentian@victoriasquiltsCanada.com.

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MAIN STREET

March 2016

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

MONT LAURIER

Espace Théâtre

543, Rue du Pont / 819 623-1221, ext. 1
Fri & Sat, Mar 17 & 18: 8 pm: Kevin Bazinet, winner of La Voix III gives a solo performance with music from his first album. Reg: \$46 / students \$43.



Kevin Bazinet

MONT TREMBLANT

Premiere Scene

Eglise du Village, 1829 chemin du Village / 819 425-8614, ext. 2500
Fri, Apr 8: 8 pm: Soirée Francouvertes 2016. Award-winning Dylan Perron & Elixir de Gumbo. They have been performing throughout Quebec for the past five years, mixing bluegrass with blues, folk and a pinch of Celtic. The opening act is by local artists, "The Great Novel." \$25.

VAL DAVID

Val David Exhibition Centre

2495, rue de l'Eglise. 819 322-7474 / www.culture.val-david.qc.ca
Open Wed - Sun: 11 am - 5 pm
Sat, Mar 12: 2 pm - A new exhibition by two artists opens at the centre. Hélène Dorion, who published a book with her photography and poetry, will read material from her book. Marie-Ève presents an installation inspired by Henry David Thoreau, the American author, poet, philosopher and naturalist. The public can have a look at small books through openings in the installation.



Marie-Eve Martel

Espace Fresque – Val David Church

Open Sat: 10 am - 4 pm & Sun: noon - 4 pm. / letempsnous2010@gmail.com
Until June: Le Temps...Nous: a new exhibition of large-sized canvases.

VAL MORIN

Théâtre du Marais

1201, 10è Ave. 819 322-1414 / www.theatredumarais.com
Sat, Mar 19: 8 pm - Paul Deslauriers & Anwar Khurshid. Paul Deslauriers (guitarist) and Anwar Khurshid (sitar) create a dialogue of blues and Indian music. \$35 / or dinner-show.
Mar 25: 8 pm - Trio Brasil with Raoul Cyr, Richard Leduc and Bernard Ouellete. They will play Bossa, Samba and Latino-Jazz melodies as well as some

famous pop music. This is an evening that will make you dance! \$25.

Sat, Mar 26: 8 pm - Daran sings material from his new album, "Le Monde Perdu." Genevieve Gendron is on stage with him drawing on a graphic tablet along with screened filmed images that complement his talent. \$35 and / or dinner-show.



Daran

Sat, Apr 2: 8 pm - Nanette Workman presents "Just Getting Started," a new show with some of her old songs revived. She sings the blues about love and life as no one else does. \$40.

Sat, Apr 9: 8 pm - Motel 72. This Laurentian group includes Sébastien De-Francesco, George Grancharoff, Luc Juteau, Martin Perrault and Jean-François Prudhomme. Together, they produce an innovative and unique sound, blending Americanna with a taste of vintage rock of the 70's. The word Motel signifies the road-trips they have taken. \$20.



Motel 72

Sun, Apr 10: 3 pm - Gino Quillico & L'ensemble Triosphère present Serata d'Amore. The well-known baritone, Gino Quillico shares memorable moments singing from a repertoire of three musicians. \$50.

ST. ADOLPHE D'HOWARD

L'Ange Vagabond

1818 Chemin du Village
 819 714-0213 / www.facebook.com/langevagabond.
Sat, Mar 19: 7:30 pm - St. Patrick's Day Party (in green).
Fri, Mar 25: 7:30 pm - "This evening we dance"! Free admission.
Sat, Apr 2: 8 pm - Isabelle Blais & Pierre-Luc Brillant. \$25.

STE. ADÈLE

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999 boul. Ste. Adèle 450 229-2921 #300 / http://ville.sainte-adele.qc.ca/achat-ligne-placedescitoyens.
 Open: **Thurs & Fri: 1 to 4 pm; Sat: 10 am to 5 pm; Sun: noon to 5 pm.**

Exhibitions:

Until Fri, Mar 25 - Lise Bolduc "Ce qui m'habite." Lise Bolduc creates a world of abstract images in which one may discover places, characters and mysterious shadows that tell a story, revealing the artist.

Fri, Apr 1 - May 1 - Artist Cécile Buysse presents "La couleur dans tous

ses états." Born in Belgium, but calling Quebec home, Cécile Buysse holds a BA degree in visual arts and has worked in oils for the past thirty years.

Concerts

Sun, Apr 10: 1:30 pm - Ensemble la Cigale "En route vers les pays celtiques." This group rediscovers musical repertoires of the Renaissance / Baroque period using instruments of the time. Residents: \$10 / non-residents \$15.

Opera direct from the Metropolitan

Pine Cinéma, Phase 2, 1146, rue Valiquette, Ste. Adèle. 855 739-7463 / http://www.cinemapine.com
 Note: operas also screen at Cinéma Carrefour du nord, St. Jérôme.
Sat, Apr 2: 12:55 pm. Duration 228 minutes. Madame Butterfly - Puccini. In Japan, Cio-Cio-San loves her new American husband very much but Pinkerton left the country the day after their wedding, leaving her devastated. \$28.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd.
 ARTS Morin Heights themed exhibition at the Morin Heights Library.
Sat, Mar 19: 1 pm - Vernissage of a new themed exhibition titled "Food." Info: 450 226-3832 / www.artsmorinheights.com

PRÉVOST

Diffusion Amal'Gamme

Salle Saint François Xavier, 994 rue Principale. 450 436-3037 / www.diffusionsamalgamme.com
Sat, Mar 12: 8 pm - Duo Chooi & Chiu. Timothy Chooi (violin) and Philip Chiu (piano). Program includes works by Saint-Saëns, Mozart, Prokofiev and more. \$31.50.
Sat, Mar 19: 8 pm - Matt Herskowitz "Dialogue with Dave Brubeck." Pianist, Matt Herskowitz returns to Prévost with a solo concert; an amazing dialogue with Brubeck, largely inspired by Bach and seasoned with Herskowitz. \$31.50
Sat, Mar 26: 8 pm - Gianluca Luisi is a piano virtuoso from Italy with whom the audience will spend "an evening at the Opera." The program includes music by Wagner, Liszt, Verdi and others. \$36.50
Sat, Apr 9: 8 pm - Jean-François Bélanger (composer, nyckelharpa, tenorharpa kontrabasharpa, Hardanger fiddle), Yann Falquet (guitar, guimbardes, harmonic chant) and Élisabeth Giroux (cello). They play Baroque and Scandinavian music. \$31.50.

ST. JÉRÔME

Laurentian Museum of Contemporary Art

101, place du Curé Labelle
 450 432-7171 / www.museelaurentides.ca
 Open: **Tue - Sun: noon to 5 pm**
Until May 8: A new exhibition, "Jérôme, le saint." The theme is Saint-Jérôme, an exhibit including old paintings, artifacts and current artworks.



Brandon Vickerd, Ghost Rider, Monuments of a Perfect Future series, 2015. Courtesy of the Art Mûr Gallery

Until Aug 14: Le Plateau Laurentien - a new selection of works from the museum's collection on the theme Laurentian Lakes and Rivers.

Fri, Apr 1: 8 pm - The Man in Black. Shawn Barker is well-known for per-

forming the music of Johnny Cash. In his words, they both come from similar pasts growing up - going to church and singing. This show is a tribute to Johnny Cash. \$51.

Sun, Apr 3: 3 pm - La Tournée des Idoles - Tour of Past Idols. Jean Nichol, Gilles Girard, Claude Valade, Patsy Gallant, Michèle Richard and Chatelaine. \$60.
Sat, Apr 9: 8 pm - American Story Show. This show presents top American hits of the years 1960 - 1999 with the voices of Kim Richardson, Rick Hughes and Marc-André Fortin, while a multi-media show on screen brings back acts such as The Supremes, Bob Dylan, The Eagles, STYX, Billy Joel, Michael Jackson, Journey, Whitney Houston, Mariah Carey and others. \$46.



American Story

Salle Anthony Lessard

101, Place du Curé Labelle
 450 432-0660 / enscene.ca.
Sat, Apr 8: 8 pm - Bodh'aktan. Seven musicians filled with good humour and traditional music of the past: They blend polka, Celtic, punk and folklore from Ireland, the Maritimes and Quebec with rock. \$30.
Fri, Apr 8: 8 pm - La suite logique - exploring an interactive show, choreographer Caroline Dussealt is interested in chance happenings, humour and dance movement improvisations. \$30.

Cinema Carrefour du nord

900 Boulevard Gringo, St. Jérôme 450 436-5944 / www.cinemastjerome.com/horaire
Opera direct from the Metropolitan (see Cinema Pine, Ste-Adèle)
 Dance streamed from the Bolshoi Ballet & Royal Ballet London

Wed, Mar 16: 12:55 - Spartacus. Grigorievich created the choreography for the Bolshoi Ballet in 1968; it is still one of the most spectacular productions. Spartacus, King of Thrace, is captured by Crassus and forced to fight as a gladiator and kill one of his friends. Dancers: Mikhail Lobukhin (the gladiator), Svetlana Zakharova (Aegina) and Vladislav Lantratov (Crassus). Duration 170 min.

Sun, Apr 10: 12:55. Don Quixote. The hero of Cervantes and his loyal Santo Panza are on the lookout for the ideal woman.

Vers La Source

670 St-Georges, St. Jérôme / 450 569-7787 / info@verslasource.com
Mar 19: 7 pm - The Coxon Experience - Robert Haig Coxon in concert. Tranquil, calming soft music that's good for the soul. \$33.



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Steve Brecher – “as co-owner of Main Street for the past 5 years, I greatly appreciate the steady contribution of our writers, the consistent loyalty of our readers, and the generous support of our advertisers. Thank you all for enabling our enduring commitment to the Laurentian community.”

Ramble On (Barry Young)

December 2016 will mark 5 years since my first article was published in Main Street. Since writing that article, I have worn various hats and have met a myriad of wonderful people. I want to congratulate Sue and Steve for their dedication and determination to keep this great paper alive, thank all the advertisers and readers for their continued loyalty, salute the fantastic ride of the past 15 years and look forward to my continued involvement in what is the pulse of the Anglos in the Laurentians – Main Street!

Elle Holland (Art Director) – “since I joined the team in 2014, I have had the privilege of working with a truly dedicated team of individuals who are focused on bringing the Laurentian’s English community the best information source possible. I am proud to count myself as part of the Main Street team.

Laurentian Region Cancer Support Group

The Laurentian Region Cancer Support Group offers hearty congratulations to Main Street for 15 wonderful years of serving the English Community of the Laurentians. We specifically want to thank Susan MacDonald and the Main Street team for their unwavering sup-



port in publicizing our monthly meetings held in English for cancer patients, family members, friends and caregivers. Many people have told us they first heard about our cancer support group in Main Street.

Laurentian Club

The Laurentian Club of Canada is most appreciative of the incredible support that Main Street has always given us in our efforts to serve the English-speaking community in the Laurentians. Congratulations on your 15th anniversary, Main Street, and here’s to many more years of partnership!



LAURENTIAN CLUB OF CANADA

WRITERS

Observations (David MacFairlaine)

I have written for Main Street every month since the first edition, although I did take some time off for a sojourn in the Maldives. Jack was my best friend, and, together with Neil Zach, his first editor, I witnessed the birth of Main Street in a small house in Brownsburg. Readers loved this new incarnation, and support for this project materialized in the form of advertising from local merchants and businesses. I stayed with Main Street because of my love for Jack and I remain due to my love for Susan, and my enormous respect for all those who help her in this difficult and thankless task of producing a small community newspaper. I know my columns are controversial. Some hate them, some respect them. I write to inform, to unsettle and to demand readers to wake up and become involved. May God bless the team at Main Street, and our readers, one and all.

Zach Factor (Lys & Marcus)

Congratulations Main Street! We salute Sue and all our fellow writers for fifteen years of journalistic originality and especially you, our readers, for your feedback and loyalty. How, for all these years, the universe has prodded us to write over 160 articles for Jack, and now, Sue, re-

mains a great mystery. We constantly attribute it to the ethereal pen of Neil Zach, former partner/editor of Main Street who was recalled to the “Mother Ship” early in Main Street’s life and then later, the nudging of editor/pirate Jack Burger, who now hits fly balls with Neil from the same Mother Ship.

I’m Just Saying (Ron Golfman)

Having been fortunate to be on the ground floor with Jack and Neil when the Perspective launched many moons ago with “Bordering on Ornery,” and then for most of the last 15 years with Main Street under “I’m Just Saying,” it has been, and is a pleasure to be, a part of this important and innovative English newspaper. I would like to thank Sue for her leadership and energy, and to all those readers who provide me with their loyal and honest feedback every month. Cheers to us all!

The Story Behind & English Link (Joe Graham and Sheila Eskenazi)

It is hard to imagine our widespread community without Main Street to keep us all connected. Jack and Zach identified the need and 15 years later, Main Street is still filling it. We are proud to be part of this great resource. Bravo to Sue, Steve and the rest of the team.

Garden Talk (June Angus)

Main Street’s founder Jack Burger was a close friend, so we often had passionate discussions about the important role of community newspapers – especially an English paper that strived to unite disparate communities throughout the Laurentians. While I periodically wrote about local activities in the early days, it wasn’t until 2009 that I became a regular contributor with Garden Talk. This adventure has allowed me to combine my passions for gardening and writing. Congratulations to Editor Susan MacDonald and all the other writers who have contributed towards helping Main Street reach this impressive milestone.

Lori’s Lookout / Strictly Business (Lori Leonard)

It’s hard to believe, but I am entering my sixth year of writing for Main Street. My columns provide me with the opportunity to meet and learn about the outstanding people residing in our beautiful region and keep abreast of all the new businesses and changes happening in the commercial sector I still enjoy reading Main Street while sipping a hot cup of tea. There is something to be said about the feel and smell of newspaper pages, which provide the “true sense of community.” Long live Main Street!

Fit Tip (Lisa McLellan)

The Main Street has given me the unique opportunity to discover my writing voice. What an amazing gift! I love to share my passion, my knowledge and my thoughts with all of you.

News Wire of Weir (Claudette Smith-Pilon)

My late husband, Claude Pilon, was introduced to Jack by Joe Graham. After their first talk, Jack accepted what Claude wanted to do and that was the

start of the News Wire of Weir. Claude wanted to help this community that was for the most part (at that time), English-speaking. One of his finest articles was on trying to save the name of Weir. Claude realized, following the many encounters with readers, that it was very important to keep Jack’s newspaper going because the Anglophone community needed a voice.

Out & About (Ilania Albileah)

In the past fifteen years I have seen Jack Burger’s community newspaper become the monthly bonding item for all of us and now, our editor, Susan MacDonald keeps on publishing an interesting paper that keeps surprising us every month. I appreciate being part of the team. Bravo!

Main Street Money (Chris Collyer)

Years ago, I decided to help as many people as I could with their financial affairs. Jack Burger offered me a space to develop my ideas. Now, years later, I have had, and continue to have, the privilege and good luck to serve the English community. Chapeau to Main Street on their 15th anniversary and thanks to my readers who continue to encourage my efforts.

Healthy Channels (Chris Garbrecht)

When I first started to write articles for my column, Healthy Channels, I envisioned running out of topics after a year. Well, thanks to my wonderful patients, the amazing complexity of the human body and the multitude of health problems acupuncture can treat, I am still writing articles – five years later! I want to thank all my faithful readers for their support and feedback. One of the things I am so proud of with this newspaper is that I not only hear from Anglophones who have read my articles, but also from my French-speaking friends and patients who read Main Street for the articles and as a way to practice their English. To me, Main Street provides an important way to bring us all together and to create a close-knit community.

A WORD FROM A READER THAT REFLECTS THE COMMUNITY AT LARGE

Dear Main Street,
We look for the new issue every month and enjoy it very much. It’s wonderful to be able to read articles and the local news in English. Keep up the great work.

Doreen Smyth & family

MAIN STREET – a roadway to information, culture, humour and knowledge. It’s a wonderful vehicle to share your news, thoughts and ideas. We have been along for the ride since its birth with Jack Burger (Perspective). A local newspaper to connect the English-speaking community is a gift to us all and Susan MacDonald has continued to realize the dream. Forever grateful to be a part of it – Penny Rose & Dave C. Hodgson

To be continued next month...



Congratulations to the Main Street team for its first 15 years of linking the Laurentians' English communities!



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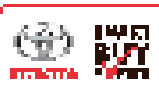
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Lease and purchase financing provided through Toyota Canada Inc. is provided as a loan by Toyota Financial Services. Registration, insurance, tax and duties on new vehicles apply. Subject to applicable conditions, this offer is only available in Canada and is based on a lease or purchase from March 1 to 15, 2016 at participating Toyota dealers in the greater region of Montreal, including areas within 50 km of the city and surrounding areas. This offer may require a credit check. Offer may change without notice. *Offer only available for 2016 Corolla CE (BURCEMA) / 2016 RAV4 FWD LE (PFEYTA) base models. MSRP of \$17,700/\$23,265 respectively. Dealer fees of \$100 before tax are payable to the dealer, transportation and preparation charges and all conditions not applicable included. The first monthly payment for leases will be \$12,126. Annual lease rate and total lease amount: \$2,129. Dealer monthly lease, dealer fees, transport and preparation charges and all conditions not applicable included. The first monthly payment for leases will be \$12,126. Lease description: available annual to 20,000 kilometers; the payment of which will be required upon delivery. The 20,000 km per year restriction and \$0.17/\$0.10 per extra kilometer apply. The amount required at delivery is \$2,126/\$2,126 before tax (equivalent to the first monthly payment), plus dealer on new cars as well as applicable taxes. The MSRP of the 2016 Corolla CE (BURCEMA) / 2016 RAV4 FWD LE (PFEYTA) model shown is \$21,635/\$29,275. **For illustrative purposes only. Weekly payments are not weekly. Financing on the area instead of the dealership. The offer is a maximum of \$1,000 before tax (including installation, \$2500 for lease and \$500 for trade). Other conditions apply. †Maximum applicable to the Toyota Platinum and Limited S.L. The Aeroplan Miles calculated based on the suggested retail price of the vehicle and is based on annual mileage of 15,000 km. Conditions: Aeroplan Miles less than \$20,000 = \$200 Miles less; offer \$20,000 to \$29,999 = 1,000 Miles less; offer \$30,000 to \$39,999 = 1,000 Miles less; offer \$40,000 to \$49,999 = 1,000 Miles less; offer \$50,000 and above = 1,000 Miles less. Aeroplan Miles are awarded via the Aeroplan website. For details and terms and conditions, please visit aeroplan.com. Offer ends March 15, 2016. Offer available at participating Toyota dealers in the greater region of Montreal. ©2016 Toyota. All rights reserved. Toyota and the Toyota logo are registered trademarks of Toyota Motor Corporation.



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info@laurentianlakesidecottages.com


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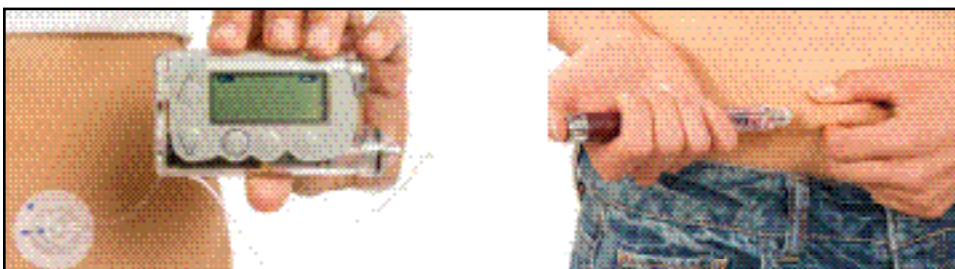
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If you are at least 18 years old, have type 1 diabetes and currently perform multiple, daily, insulin injections or, use an insulin pump you may be eligible to participate.

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If you would like further information please contact :

 **OMNISPEC**
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450 420-0270
<http://www.omnispec.ca>

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**COMMUNITY
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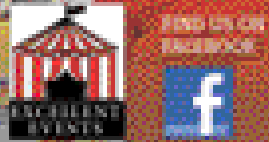
Fundraiser in support of
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Sunday 8am-noon

VKH Arena, 36 Mill St.

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8am - 5pm

SUNDAY, APRIL 17
10am - 5pm

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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**

Fri, Mar 18: 6 pm - 7 pm: TGIF Smoked Meat Dinner
Sun, Mar 27: 9 am - 1 pm: Easter Brunch
1st & 3rd Monday of the month: Military Whist
Wed: 7 pm - Darts
1st Wed of the month: 7 pm - to 10 pm - Music shows

For information on any event call
450 226-2213 (after noon)

**Branch 70 Filiale
Lachute**

Mar 21: Casino Trip
Mar 25: 5 pm - Smoked Meat Dinner.
Donation \$12.
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**

1st Tues of each month - Soup Luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Sat: 3 pm - closing
Everyone welcome.

For information on upcoming events or hall rentals
please call Sheila or Trevor Holmes
450 562-8728.

**Branch 192 Filiale
Rouge River**

HAPPY ST PATRICK'S DAY
A reminder to all members to renew your memberships
Mar 18: 5:30 - TGIF - Spaghetti Dinner. \$10 (Also - Bingo night)
Apr 1: 6 pm - TGIF - Spaghetti Dinner \$10
Apr 9: 8 pm - Country Rock Night
Weds: 1 pm - Bridge
Tuesdays: 7:30 pm - cribbage
Mon, Tues, Wed & Sat - yoga classes
Info: Marlene: 819-687-8665
For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com

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

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

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**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrpmc
Rev. Dr. Douglas Robinson: 450 562-6797
Lenten Services & lunches
Lunch: 11:15 - noon / service 12:30
Mar 17: Rev. Eddy Buchanan
Proceeds to benefit the Hungry of the World
Everyone welcome
Sundays: 10:30 am: Regular worship service.
Everyone welcome.

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Please call to confirm service schedule

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

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

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

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

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

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

ST. MUNGO'S CHURCH, CUSHING
LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm
ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

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

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

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

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Mar 20: 11 am - Liturgy of the Palms & Holy Eucharist
Mar 24: 6 pm - Maundy Thursday - Liturgy & pot-luck supper (church hall)
Mar 25: 11 am - Good Friday. Ministry of the World in celebration of the Lord's passion
Mar 26: 7 pm - Easter Vigil - this service will be held at Holy Trinity Church, Lakefield for all the parishes of the Laurentian Regional Ministry
Mar 27: 11 am - Holy Eucharist
Services are held at 11 am every week, followed by refreshments served in the Parish Hall.
Everyone is welcome.

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

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

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

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

VICTORY HARVEST CHURCH
351 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service
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 20: 11 am - Palm Sunday
Apr 17: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
Mar 27: 4 pm - Easter Sunday
May 22: 9:30 am - Family and Golf
1127 Dunany Rd, Dunany
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Mar 25: 11 am - Good Friday
Apr 24: 11 am - Holy Communion
Bilingual services with gospel/bluegrass music
*Special services: Soaking Time *
7:30 - 8:30 pm: A time of quiet reflection with classical music. These special times of quietude are offered on Sundays in addition to regular services

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Apr 10: 11 am - Holy Communion
May 8: 11 am - Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Venerable Ralph Leavitt and Rev. Nicholas Pang, associate priest
All services are at 9:15 am
Mar 20 - Communion
Mar 27 - Communion
Apr 3: 9:15 am - Morning Prayer
Apr 10: 9:15 am - Family Service
Apr 17: 9:15 am - Communion
Apr 24: 9:15 am - Communion
Everyone welcome! Refreshments follow most services

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL
All are welcome / Bienvenue à tous.

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Laurentian Club Notice

Author Paul William Roberts

In a talk entitled "Re-dating Ancient History," author Paul William Roberts will discuss the antiquity of human civilization including Ancient Egypt and its great pyramids. He will present work that claims the Great Sphinx could not have been carved out later than 10,000 BC. He will also turn his attention to Columbus, topography and Antarctica.

March 21: 1:30.
Cost: Annual membership: \$25 /
guests \$10 per event.

www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA



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



Meeting for cancer patients,
families and caregivers:

SATURDAY AFTERNOON
March 19, 2016 - 1 pm
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

Speaker: Debbie Sarjeant
Art Therapy Part 3

Next meeting: April 15

Meetings are conducted in English
ADMISSION IS FREE

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

Resource library available. Bring a friend or family member.

COMMUNITY NEWS

**AMI-QUEBEC PROGRAMS
ACROSS QUEBEC**

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

SOUPE POPULAIRE

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTE

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

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

ASSOCIATION ALPHA LAURENTIDES

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

SEEKING MEMORABILIA OF ARUNDEL

Looking for information on the earliest period of colonization (1850's era) First Nations peoples and settlers. Original documents, letters, bills, artifacts etc.
Call Julia Stuart: 819 687-2382 or email juliamstuart@yahoo.ca

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE
2811 RTE. 327

Thurs, Mar 17: 3 pm - 5 pm - St. Patrick's Day Social
Sun, Apr 3: 9 am - noon: April Breakfast
Adults: \$7 / children: \$3.50.
Basket draw tickets will be available at the door - proceeds will go to benefit Victoria Quilts. Everyone welcome. Like LRCC on Facebook at LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Mar 20 & Apr 3: 1:30 pm - Bingo
Mar 21, 28 & Apr 7: 10 am - noon - Quilting
Mar 24 & Apr 7: 1:30 pm - Café Partage
Apr 1: 5:30 pm - Cook's Night Out
Mar 31, Apr 28, May 26, June 30 - Bible Study: Info: Linda Myer: 819 242-4856
**We are looking for volunteers for our community kitchen project.
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.
Info: Deedy: 819-242-8939

SCOUTS MORIN HEIGHTS

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

HUDSON'S ST. PATRICK'S DAY PARADE

Corner of Cote St. Charles Rd & Main
Sat, March 19: 1 pm
Full details at: www.hudsonparade.com / www.facebook.com/hudsonparade

SHRINER'S PANCAKE BREAKFAST

Masonic Hall, Providence Blvd., Lachute
Sun, April 17: 8:30 am - 1 pm
Donation: \$8,
children under 6 yrs – free

9th ANNUAL LRHS ALUMNI HOCKEY TOURNAMENT

Kevin Lowe-Pierre Page Arena, Lachute
Saturday, April 2
All former students of LRHS are eligible to participate.
Everyone is welcome to come out and cheer and re-connect with old friends.
All proceeds will go to benefit the LRHS Hockey Program.
Info: Alex Mawdryk: 450 226-6759 / mawdryk@gmail.com

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugène Church, 148 chemin Watchorn, MS
Apr 9 & 10: 10 am - 4 pm
Hosting travelling bilingual QAHN (Québec Anglophone Heritage Network)
Exhibit: "Housewife Heroines."
Apr 10: 2 pm – women's panel serving country during WWII
Info: Susan: 450 226-7544 7544

FUNDRAISERS FOR LAROCHELLE PRE-SCHOOL

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



OPEN HOUSE

Morin Heights Elementary School
Apr 8: 10 am - 2:30 pm.
Everyone welcome.

WINE & CHEESE TASTING

Mickey's Café
Apr 16: 7:30 pm.
Tickets \$50 - on sale now.
Raffle for wine rack filled with wines from the tasting .
Tickets: \$5 each / 5 for \$20.
Tickets on sale now.

REGISTRATION – ONGOING.

MONTHLY COMMUNITY LUNCH

St. Eugène's Church
148, ch Watchorn, Morin Heights
Mar 20: 11:45 am
Delicious lunch with soup, salad, main dish, dessert, tea, coffee and amazing company.
Come alone or with the entire family. Voluntary contribution for all ages.
Please reserve before Mar 16.

M.H.E.S. SECOND ANNUAL SPRING FAIR

Morin Heights Elementary School
Sat, May 14: 9 am - 4 pm
In conjunction with the annual Town of Morin Heights Environmental / Family Day. There will be a vendor and a garage section.
Table rental: \$30 (10' x 10')
Info: Tanya: 450 226-2017, ext. 6217

HEALTH CARAVAN

McGill / 4 Korner / John Abbott College
Together, we will offer a health and social services Caravan
John Abbot's technical program departments
-Dental hygiene
-Nursing
-Pre-hospital emergency care
-Youth and adult correctional intervention

Presentations in English
Mar 23: 9:30 am - noon:
Grenville-sur-la-Rouge
Paul-Bougie Center (414, rue Principale)

Mar 23: 1 pm - 3:30 pm – Lachute:
Margaret Rodger Memorial Presbyterian Church, (463, rue Principale)

Mar 30: 9:30 am – noon: Ste-Agathe Holy Trinity Church (12, rue Préfontaine O.)

Mar 30: 2 pm – 4:30 pm: Arundel (legion, 70, rue du Village)

Apr 6: 9:30 am – noon: Gore (Trinity Community Center, 2, rue Cambria)

Apr 6: 1:30 – 4 pm: Morin Heights (St. Eugene's Church, 148, Watchorn)

HOLY TRINITY CONCERT SEASON BEGINS

Holy Trinity Church, Lakefield (Gore)
Apr 2: 8 pm
Featuring The Montreal Guitar Trio (MG3) and the California Guitar Trio
Tickets: Presale \$30 / at the door - \$35.
Info: Linda: 450 562-9620. Limited seating

WEIGHT RESTRICTIONS

The minister of transport would like to remind motorists that due to the spring thaw, vehicle weight restrictions have been put in place on several secondary roads. Please drive with caution and respect the temporary limitations



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

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- Accompagnement
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BLAINVILLE: 450 430-3009 WALMART ST-JÉRÔME: 450 512-3032

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1 877 790-2526

AA
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866 484.6664
gam-anon.org



Fit Tip #103 Grow Back Your Receding Gums!

Lisa McLellan – Main Street

Gingivitis, an inflammation of the gums, caused primarily by bacterial infection, is a common condition that can cause receding gums. Swollen and bleeding gums are early signs that your gums are infected. Exposure of the roots can lead to pain and sensitivity of the teeth. Left untreated, gingivitis can become a serious infection, known as periodontitis, which can lead to tooth loss, and is a risk factor for fatal heart disease. Discuss gum health with your dentist.

Causes:

1. Lack of oral hygiene - skipping teeth brushing and flossing.
2. Aggressive brushing - destroys enamel on your teeth and leads to receding gums.
3. Genes – a genetic predisposition.
4. Hormone imbalance - can lead to receding gums, especially in women.
5. Smoking - can cause sticky plaque on teeth which leads to receding gums.
6. Clenching and grinding teeth - puts pressure on them which can cause receding gums.

The good news is, that by taking action, we can prevent gingivitis, as well as stimulate the growth of our gums. Like other soft tissues in the body, gums are continually regenerating.

Practical Tips:

1. Step Up Your Oral Hygiene: Use a small-headed toothbrush with soft bristles, and brush with gentle circular strokes. Brush three times a day, and floss after every meal if possible. Using your finger, massage in small circular motions to promote gum growth.
2. Eat More Fruits and Vegetables: Maintain good gum health by eating lots of Vitamin C-rich fruits and vegetables. Vitamin C and other nutrients, like Omega-3, help to reduce inflammation and promote gum regeneration.
3. Use a Germicidal Mouth Wash: Helps eliminate germs and, when done regularly, can control infections that cause receding gums.
4. Drink Lots of Water: Replace juice and soda with water. Rinse your mouth with water after you eat to wash away food particles. Doing this often will balance your oral pH levels to promote healthy gums and prevent bacteria from forming.
5. Oil Pulling: For 15 to 20 minutes, swish one teaspoon of sesame or coconut oil around in your mouth. Pull or suck the oil through your teeth until it becomes white and has picked up impurities. Spit out the oil (in the trash, not the sink), rinse your mouth with water. Brush your teeth. For best results, whiter teeth and fresher breath do this daily. I really like this technique but you have to get comfortable with it.
6. Supplement with important nutrients: A lack can lead to bad oral health and gum problems. Search the Internet for food sources containing the following nutrients. They can help with receding gums.

- Calcium: very important for dental and bone health.
- Vitamin C: boosts the immune system and has anti-inflammatory properties.
- Ginkgo Biloba: improves blood circulation, crucial for healthy gums.
- Zinc: boosts the immune system and helps fight bacteria
- Co-enzyme Q10: renews cells to help grow back receding gums.
- Start now and hold on to your teeth! It's worth the effort, in more ways than one!



Healthy Channels Elbow Pain and Acupuncture

Christopher Garbrecht, Ac. – Main Street

Elbow pain is a frequent reason why people consult me. Acupuncture is very effective in calming the pain and helping to return to a normal life. Whether the elbow pain happened because of too much shoveling, working excessively with vibrating machinery, working too long at the computer, or playing the guitar, the cause is most often the same.

When we do the same movements repeatedly, or when we force the muscles to move in an inappropriate way, small injuries appear in the tendons. These micro-traumas create less elasticity in the tendons, because the collagen produced to repair the tendons is not as good as the quality of the original tendon.

There are two forms of elbow pain (epicondylitis), which are more commonly known as tennis elbow, and golf elbow. Tennis elbow affects the external side of the elbow, while golf elbow affects the internal side. In this article, I will be concentrating on tennis elbow, which is the more common form of elbow pain.

Although the pain is located near the elbow, it is usually caused by using the wrist repeatedly, or more intensely than normal. This is because the muscles, which insert at the elbow, stretch down through the forearm near to the wrist or hand. These muscles allow the wrist to bend upwards and straighten the fingers. When a muscle gets inflamed or irritated from repetitive movements, the muscles shorten and pull on the tendons, possibly creating small tears in the tendons, and causing pain around the elbow.

Elbow pain can persist for a few weeks, or even a few months, if it is not properly treated. The pain from tennis elbow often radiates from the elbow to the forearm, and can intensify when grabbing an object or shaking a person's hand. At work, or while doing renovations, it is important to be aware of your body and to use your muscles properly, while also allowing your body time to recuperate. Be careful with any movements of the hand or wrist that requires a lot of force. When operating hand tools, especially ones that vibrate, make sure that you are not using your wrist inappropriately, or with too much intensity. If you work at the computer for long periods of time, make sure that your work-station is ergonomic. A good piece of advice for anyone who works physically is to try and do different tasks, instead of the same one for a long period of time, and to take breaks to stretch from time to time.

Acupuncture is very effective in calming elbow pain. It helps the body to heal itself, better and faster, and can lessen any inflammation that might be present in the muscles. An acupuncturist can also give advice on proper stretches and strengthening techniques in order to help the elbow pain to heal and, more importantly, to prevent it from coming back.

If you have any questions about acupuncture or would like to schedule an appointment in Morin-Heights or Val-David, call 819 219-0048 or visit website acupuncturevaldavid.com.

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Comptoir d'entraide de Lachute

Volunteers wanted

The Comptoir d'entraide de Lachure, administered by Centraide Laurentides, is actively seeking volunteers. Help is particularly needed for the display of clothes and labeling merchandise. Anyone wishing to make a difference in their community and interested in learning more about volunteering opportunities is invited to contact Jennifer Couture: 450 562-9932 / www.facebook.com/ComptoirLachute

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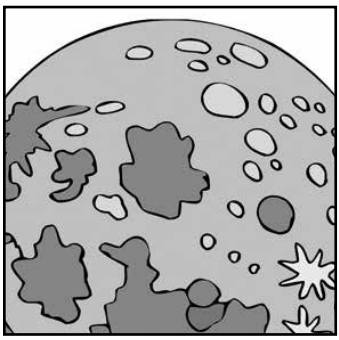
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Zach Factor How To Hide An Alien

Lys Chisholm & Marcus Nerenberg -
Main Street

Imagine you are President of the US in the spring of 1941. You, Franklin D. Roosevelt, are tired after a long, bitter election, where you are accused of being a warmonger, and had to watch every word you spoke for fear of shifting the opinions of the American public. You appear to be keeping your country out of WW II, as the German-Italian Axis storms across Europe, all the way to Greece, the birthplace of democracy. Your beloved America remains isolationist, and mostly neutral, while supplying beleaguered England with the matériel of war. Churchill is imploring you to enter the war, but Pearl Harbour is still nine months away.

You start to become concerned that sensitive information is being leaked about your declining health and your increasing handicap from the crippling polio you contracted years earlier. You work with the press to hide your growing incapacity, for fear you will look like a weakling in office. The other cause for your deepening paranoia is that counter-intelligence may be infiltrating the top secret Manhattan Project, developing the atomic bomb. William Doyle, in his book, *The Oval Office*, explains how you arranged for the RCA Corporation to install a prototype wire-recorder in a cupboard of the Oval Office. One of the secret conversations was about the transport of all uranium stores out of Africa to Staten Island.

Then, on Saturday night, April 12, 1941, you get a phone call from a top military advisor about some strange crash in Cape Girardeau, Missouri. The disc-shaped craft is of unidentifiable origin, and there are three non-human casualties. What do you do? Remember, it is 1941; there is no CIA, no NSA, no Area 51, and no Pentagon. Your paranoia surges as, only a few miles from the crash site, Edward Mallinckrodt, Jr. is the only chemist in the United States able to perfect the ether-extraction process of uranium which, in these early years, was used to produce a working atomic bomb. Mallinckrodt Chemical Works, in downtown St. Louis, was producing a ton of pure uranium oxide a day; by far the largest uranium-processing operation on earth.

According to Paul Blake Smith, author of *MO41, The Bombshell Before Roswell*, you order the Cape Girardeau site secured by the military from nearby Sikeston Army Base. You order the handful of witnesses to be interviewed and sworn to secrecy because you are deathly afraid of mass-public panic. You have the dead aliens and their craft moved to the most secure facility in the country at that time, the underground tunnels and bunkers deep beneath the Capital and the White House. Perhaps you engage two physicians you trust, including your personal physician, to autopsy and store the bodies. You dismantle the craft and have top-secret Manhattan Project scientists reverse-engineer what they can, accelerating the development of the atom bomb by years.

Although not all of the above story can be fully substantiated, it is a fact that the White House underground, in the early 40's, existed and was locked down that night and Eleanor and FDR never made it to Easter services on April 13 for the first time.

Later, in 1942, small renovations of the underground began, but when Roosevelt died suddenly in 1944, and Truman took over, the budget for the creation of a very large subterranean network expanded to millions of dollars. A 45.7 m long tunnel from a hidden door in the Oval Office leads to the sub-basement beneath the East Wing. A secret passageway was built when President Ronald Reagan took office, a way to protect the acting president in case of terrorist attack. The deep, seven-floor underground project from the original plans years ago continues to be cloaked in secrecy; the most public tunnel is the corridor leading to the Presidential Emergency Operations Center (PEOC). Public media has informed us that on-going renovations for phase 2 will eventually link emergency centers like FEMA and the Pentagon via subway systems.

So, perhaps, somewhere floating in formaldehyde, in an extremely secure room, several floors beneath the White House lies the truth: That we are not alone in the universe; that others with superior technology are aware that in 1941 we were about to start playing with very dangerous toys, and more than democracy was at stake as we blundered our way into the Atomic Age.

Scouts Les Tisserands D'argenteuil

Mathieu Trudel

On February 27 - 29, Cubs and Beavers of the 70th Scout group, Les Tisserands d'Argenteuil headed out to Témiscouata-sur-le-lac to spend the weekend with members of the distant Scout branch. The trip included a stop-over for lunch at another branch in Lévis. Weekend activities included a walk in New Brunswick (Edmundston), a visit to a local cheese factory (la Fromagerie du Détour), ice-fishing, snowshoeing, sliding and a campfire. A great time was had by all including the 7 accompanying adults!



From July 12 to July 29, 1952: Banned live news footage of UFO convoys over the White House during the paranoid ramping up of the Nuclear Cold War between Soviet Union and the USA. What's hiding in your basement? Photo Credit: <http://ufodc.com>



Joseph Graham - Main Street
joseph@ballyhoo.ca

Before following the lives of the Cooke family here, some of my readers have asked me for more information on what happened after the Mayflower landed; perhaps not the official account, but what we can learn from other sources. Looking at history from a different perspective, from how your people appeared when seen through other eyes, is a challenging test. We are being given new opportunities to do this now that the First Nations are sharing their oral histories.



The Wampanoag wonder why Captain Christopher Jones, who was bound for the Hudson River in 1620, allowed his ship to become an offshore residence for his passengers in Cape Cod Bay that first winter. He was carrying people bound for the Virginia Company, as well as Separatists from Leiden. The Hudson River was a Dutch colony and it would have been logical to deliver the Separatists there, where they had asked to go, and then carry on to Jamestown, Virginia. Instead, after a difficult crossing, they anchored near a deserted Wampanoag village.

At the time, Jamestown must have seemed a terrifying place. After a difficult start, colonists there had managed to find peace with the local Algonquin, when their leader married Pocahontas, the daughter of Chief Powhatan. But Pocahontas died in England in 1617 and her father died a year later. Jamestown was a tinderbox ready to explode, and anywhere else may have seemed preferable. Also, they may have had to stop where they did because of sickness onboard.

The Wampanoag knew that six years earlier a sea captain named Thomas Hunt had kidnapped several Wampanoag men. Locking them in the hold, he delivered them to Spain as potential slaves. Even the Spanish found his actions unconscionable and some monks purchased one of the men to try to "civilize" him. This was Tisquantum, but somehow he got away to England where he learned English and ultimately found his way back to New England, where he was to act as an interpreter for his own village of Patuxet. While he was gone, though, the Wampanoag went on a rampage against all Europeans as a result of the kidnapping and subsequently were attacked by European disease that tore across the New England coast, reducing some nations by 90%. Patuxet was abandoned.

A number of the Mayflower passengers, including Francis Cooke, signed the Mayflower Compact on November 11, while at anchor off the shore in Cape Cod Bay, before moving to a better location. The Compact obliged them to share and work together for their survival. They spent their first months living onboard the ship while slowly building storehouses onshore.

According to Wampanoag history, they went ashore, starving. They found a Nauset Nation graveyard and began to steal the corn placed there for the departed. Attacked and chased back to the ship, they raised anchor and moved along, unwittingly, to the Wampanoag village of Patuxet, not far from Plymouth Rock.

The Pilgrims' descendants still celebrate the providence of finding this village as though God had prepared it for them. According to the Wampanoag, the different Indigenous peoples, plagued with their own serious challenges, watched the destitute passengers for some time and realized they were starving. Finally, an Abenaki named Samoset, who had learned some English at a short-lived English settlement further north in Maine, walked boldly into the village and greeted them.

The various Indigenous nations, gravely reduced in numbers by illness, were threatened by the Narragansett, an island nation that had not been exposed to the plagues. Samoset was representing the Wampanoag peace chief, Massasoit (Yellow Feather), who wanted to establish a relationship with the Mayflower people in the hope of keeping the Narragansett at bay. They asked Tisquantum, himself a native of Patuxet, if he could become the interpreter for this new people living in his historic home.

To the Mayflower people, Tisquantum, whom they called Squanto, was another sign of God's providence. The Wampanoag undertook the task of nurturing them back to health and Captain Jones sailed home with the survivors of his crew. Francis Cooke's wife, Hester Mahieu, and their other children, arrived from Leiden in these early days, and the Cooke family established itself solidly in this new and growing community.

According to the Wampanoag, the Separatists were good and respectful people. Invited to their first Thanksgiving, the peace chief and his people brought five freshly-killed deer to the celebration with them. The parties agreed, according to the signatories of the Mayflower Compact, that the Wampanoag, who had no tradition of land ownership, would give these refugees 12,000 acres. This misunderstanding may have grown into a disagreement later, but in the meantime, in England, the Puritans, fearing King Charles, left to set up their own colony in Massachusetts. Thirteen thousand militant members arrived during the 1630s, driving the Indigenous people before them, and more kept coming, changing the whole dynamic. Peace Chief Massasoit had asked the new colonists to offer him English names for his two sons, Wamsutta and Metacomet. They became Alexander and Philip. Long after their father had died, the Puritans felt that Alexander and his people were acting too independently, so they invited him to a conference, and, after a meal with them, he fell over and died. The Wampanoag believed, with some reason, that he had been poisoned, and Philip - Metacomet - began what history calls King Philip's War, one of the bloodiest periods in American history, hoping to drive the Puritans out.

The Separatists passed the objective test of being seen through the eyes of the Wampanoag and, had the Cooke family, and the other Mayflower refugees, not been over-run by the Puritans, the story of the founding of New England might have been much more peaceful. It was not to be, and many years later, a few of the Cooke descendants, including Reuben Cooke, left the colony, becoming United Empire Loyalists. Reuben, Elizabeth and children arrived in Lower Canada in 1803.

Obituaries

DESLAURIERS, Robert (1932-2016)

Suddenly on February 21, 2016, at 83 years of age, died Robert Deslauriers, dear spouse of Judith McGregor. He leaves to mourn his children Jules, Julie (Bernard Lamy) and Natalie (Robert Legaré). He also leaves his grandchildren, Valerie, Caroline (Nicholas Desourdy) Frederic (Carine Cherrier), Olivier and Laura, as well as two great grandchildren, Felix and Ariane, and many nieces, nephews, in-laws, and friends. Funeral will be at a later date.



Survived by his wife Johanne Bazinet (Joh-Baz), his daughters, Tina-Louise (Jean-François) and Candice, his four grandchildren, Aleshia, Maddison, Marc-Olivier and Brendan Ivor, his brothers Robert (Bob) and Arnold, along with his mother, Lillian. Gary was preceded in death by his father Ivor and his brother Peter.

Gary requested no service and that his body be donated to McGill University for Teaching and Research. An intimate family gathering will follow at a later date. Memorial contributions are welcome at McGill University for Teaching and Research, or to the Canadian Cancer Society.

NIELSEN, Robert (Bob) 1936 - 2016

On Friday, February 5, 2016, Bob succumbed to the devastating effects of Alzheimer's disease at Le Centre d'Hebergements des Hauteurs in Ste. Adèle. He is survived by his wife of fifty-four years, Diana (nee: Ganley), his daughter Kimberley (Greg McCullough), his son James and his beloved granddaughter, Jayde. He also leaves to mourn his sister, Pat Commerford, his nephews Glen and Brent Commerford, Ken McFarlane, and his niece, Susan Mumme. There was a celebration of his life on Saturday, February 13 for family and friends at O'Petit Restaurarnt, Morin Heights. A private burial service will take place at a later date. Donations to a charity of your choice. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



DION, Yvon

Peacefully at the CISSS des Laurentides, Ste. Agathe, Qc. on Friday, February 12, 2016 at the age of seventy-five after a lengthy battle with cancer. Beloved husband for forty-nine years of Iona Miller. Loving father of Jackie (Lawrence Miko). Also survived by his many relatives and friends. Funeral service was held on Saturday, February 20, 2016 at the Notre Dame de la Merci Church, Huberdeau, Qc. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

DOUCET Jeannette (née Daigneau)

Nov 22, 1928 - March 3, 2016

"Petite Fleur de Mon Coeur," I love you! My Sweetie, you will be dearly missed and lovingly remembered by myself, your loving husband, as well as your family & close friends. You were the most beautiful person in the world with a heart twice as big and anybody who met you fell in love with you (as I did, again & again, each & every day). Your passion for life will live on through your love of collection dolls & angels as well as all the beautiful paintings & crafts your loving heart created throughout your life. Many of us were so touched by your angelic voice through your singing, in your younger years. You are one more angel in heaven leaving us all with beautiful memories...



Rest in peace my Sweetie... we'll miss you and you will live on every day in our hearts, in everything we do, to carry on, for you and with you... Your loving sweetness will be our legacy! A heartfelt "thank you" to the staff of the CLSC, the Centre Hôpital D'Argenteuil and La Residence de Lachute for their wonderful kindness and devotion. Your loving husband Fernando (Fred Doucet). A celebration of Jeannette's life will be held on May 30, 2016 at 11 am at the Cote des Neiges cemetery in Montreal.

HODGE, Gary Ivor

Gary Hodge, aged 68, died in his sleep on January 27, 2016, after a year-long battle with cancer. Born November 1, 1947 in Montreal, he resided in Morin Heights most of his adult life. Gary was a member of the Royal Canadian Legion Branch 171, the Masons and the Shriners of Lachute.



STEELE, John (Jack) Philip Torrington

June 11, 1929 - February 16, 2016 Peacefully at home surrounded by family. Beloved husband of June (nee Pettingill) of 65 years. Dearly loved by daughter Lynda (Doug), son Greig (Pippa) and grandchildren Kirsten, Emily, Laura, Daniel and Brooke. Survived by brother Michael.



IN LOVING MEMORY



ROSA VIGORITA
June 3, 1963 - January 20, 2012

Your spirit still lives on in all of us.
You are forever in my heart
Ron

Share your memories of Rosa in her guestbook at remembering.ca.

IN MEMORIAM

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

In loving memory of a very dear husband, father and grandfather who passed away March 2, 2010.

You gave us love in the fullest measure, care, devotion and memories we treasure. Always so considerate, unselfish and so kind, what special memories you left behind.

Lovingly remembered by your wife Doreen, daughters Cynthia (Derek) and Heather (Hal) and grandchildren, Tyler, Taylor and Courtney. Never to be forgotten and God Bless.



More 4 Korner's Winter Events

By Kim Nymark

4 Korner's Family Resource Center is happy to bring you educational conferences, information sessions and videoconferences in Lachute and Morin-Heights:

4 Korner's, in partnership with CHSSN (Community Health and Social Services Network), Community Health Education Program (CHEP), and Éducaloi, will offer three up-coming events in the Lachute area:

- Topic: Wills and Testaments
Speaker: Stephanie Carriere, attorney
Date: February 16: 1:30 pm - 3:30pm
Place: L.R.H.S. 448, Argenteuil at the CLC office
- Topic: Driving, is it as easy as it used to be?
Presented by: the CAA Foundation
Date: February 23: 1 pm - 3:30 pm
Place: Louis Renaud Community Centre, 270 Route du Canton, Brownsburg-Chatam (St-Philippe)
- Topic: Health Risks of Smoking (videoconference)
Date: February 24, 2016 (date has been revised)
Time: 10 am - noon
Place: L.R.H.S. 448, Argenteuil at the CLC office
Also, two events offered in Morin-Heights:
- Topic: Will and Testaments
Speaker: Stephanie Carriere, attorney
Date: February 23: 1:30 pm - 3:30 pm
Place: United Church, 831, Village Road, Morin-Heights (only the back door will be open)
- Topic: Stress Management for Parents
Speaker: Josephine Piazza
Date: March 17: 7 pm - 9 pm
Place: St-Eugène Church, 148 Watchorn Road, Morin-Heights

For more information, or to register for any of the Lachute events, please contact Melanie Wilson, at melanie@4kornerscenter.org, and to register for the Morin-Heights events, contact Kim Nymark, at kim@4kornerscenter.org. You can also call 1-888-974-3940.

In addition to these events, 4 Korner's, Cal en bourg, and Avenir d'enfants, are proud to offer 'Family Zone' an English Play Group for children less than 5 years of age, with their parents: Dates: weekly on Thursdays from January 21 to June 16: 2 pm - 4 pm Place: Holy Trinity Church, 12 Préfontaine West, Sainte-Agathe You don't have to sign up, just bring a snack and come join the fun. This activity is free of charge! For more information on this program, please email: kim@4kornerscenter.org.



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Upcoming Activities

- | | |
|---|---|
| <p>Comforting Tea
For cancer patients or those in remission
Mar 25: 10 am - 11:30 am (Ste-Agathe)</p> <p>Coffee Meeting for the Bereaved
Wed, Mar 16: 1:30 pm - 3 pm (Ste-Agathe)</p> <p>Group Meeting for Those in Mourning
Learning about and progressing through the 10 steps of grieving
Started Feb 1 (Mont Tremblant)
Started Mar 14 (Ste Agathe)
Call for information.</p> <p>Tai Chi (relaxing and energizing exercises) and Qi Gong
(Chinese therapeutic exercises)
Mar 14 - May 16: Mondays, 10:30 am - 11:30 am (Ste-Agathe)</p> | <p>Regenerating Yoga - for close family, caregivers and the bereaved
Mar 14 - May 16: Mondays, 4 pm - 5 pm (Mont Tremblant)</p> <p>Support Training for Palliative Care
Wed, Mar 16 & 30: 9 am - 4 pm (Mont Tremblant)
This training is intended for all those wishing to acquire skills, knowledge and attitudes for support in palliative care of a relative or friend. Open to all.</p> <p>Personal Sessions to Relieve Stress
Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. Call for an appointment.</p> |
|---|---|

J.P. MacKimmie Funeral Home

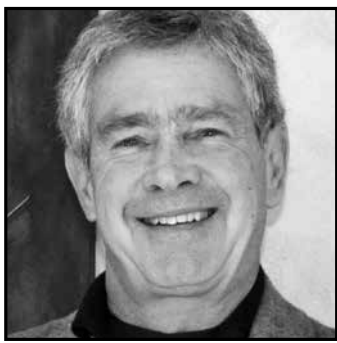


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PROTECTING WHAT YOU WORK FOR

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When you first started working, you may not have given insurance a second thought. However, as you enter your peak earning years, you have a lot more to protect. It's likely that you and your family depend on your salary for the lifestyle you enjoy – and life, critical illness and disability insurance can help protect that lifestyle if you become unable to work.

Life insurance. Life insurance is important for everyone, especially if you own a home, have children or are responsible for other family members. How much you need depends on factors such as your debts (e.g. your mortgage), education goals for your children and other income needs. Here are two of the most common types of life insurance:

Permanent life insurance (also known as whole life and universal life) provides protection for life, as long as your premiums are paid. In some cases, you can accumulate a tax-advantaged investment, or cash value, that may increase the amount you leave to your beneficiary.

Term life insurance provides protection at a guaranteed rate for a specific period of time, typically 10 or 20 years or to age 65. The policy is renewable at the end of the term, though the rate will be higher. This type of insurance is often used to cover a financial obligation that will disappear in time, such as a mortgage.

Critical illness insurance. Even though survival rates of heart attacks, strokes, cancer and other critical illnesses are increasing, recovering from such setbacks often requires weeks or months away from work. Extra costs, such as alternative treatments and accessibility modifications to your home, may not be covered by your provincial health plan.

Critical illness insurance provides a one-time cash benefit if you're diagnosed with one of the conditions defined in your contract. (The case benefit is paid if you meet the eligibility criteria set out in your contract.) This benefit can help to support the day-to-day needs of yourself and your family while you take the time to access treatment, get well and return to work.

Disability insurance. Relatively common conditions such as depression or osteoarthritis may prevent you from working for a period of time. So can a serious car crash, or back injury.

Disability insurance provides monthly benefits to help replace your salary or wages after an accident or illness. This type of protection is especially important if your job is your family's primary source of income, or if you run your own business.

Three-in-one. Combination insurance provides all three types of insurance – life, critical illness and disability – in one solution. It's often structured to provide a pool of money – life, critical illness or disability component. It's a cost-effective choice that's also simpler to manage than three stand-alone policies.

Do you have enough coverage? Keep in mind that, even if you have insurance through a benefits plan at work, it may not be enough to maintain your family's current standard of living in the event of your death, critical illness or disability. An individual policy can help top up your benefits – and will stay with you if you change jobs.

Calculate your risk. What are the chances you'll need to draw on the benefits from life, critical illness or disability insurance before age 65? The answer may surprise you! Calculate your own risk, or the combined risk for yourself and your partner, at insurerright.ca

If you would like to help to determine which types of insurance, and how much you need, please call 514-788-4883, my mobile is 514-949-9058 or email at christopher.collyer@manulifesecurities.ca

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

Generous Donation

On February 16, 2016, The Royal Canadian Legion BR 071 donated \$500 to the Argenteuil Hospital Foundation, the result of the annual sale of poppies. The \$500 will be dedicated to the current Opt for Health campaign, specifically for the long-term care units and will be used to purchase electric beds. The Foundation is very grateful to the Royal Canadian Legion BR 071 for their generosity.



Photo: Ms. Sheila Park Holmes, first vice president, Royal Canadian Legion BR 071 Brownsburg-Chatham, Elise DeSève, donations and activities coordinator for the AHF, M. Trevor Holmes, District Commander Laurentian District 12, President, Royal Canadian Legion BR 071 Brownsburg-Chatham

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I'm Just Saying

Ron Golfman - Main Street

As we celebrate the 15th anniversary of Main Street, a vital and brave voice representing the English community at large, it is bitter-sweet to reminisce, as the exercise provokes memories of past glories, as well as reminds us of who and what we have lost. In the end, the melancholy aspects of looking back also put into perspective how fortunate we have been to have had

these experiences, and the people to reflect upon.

On an intimate level, I have fond memories of Jack Burger, the Perry White archetype editor, who worked tirelessly to keep the fledgling paper going in rough waters, maintaining its integrity, and it has continued to evolve so beautifully under the watch of our next editor, his wife, Susan MacDonald. Equally important, while we raise a glass to Main Street, is Neil Zack, the other founding father of the paper. A true friend of mine forever, Neil's advocacy for literacy, his humour and universal lens can be felt in every edition, long after his passing. I view them both as pioneers, who will not soon be forgotten for what they have given us.

Fifteen years have passed since the inception of Main Street, and it continues to reflect our community, our world. We have shared, back then, the anticipation of Y2K and then, 9/11, and many other disturbing events, which we continue to rise above in our collective efforts to communicate, and build. Simultaneously, in this period, we celebrated the 150th anniversary of the town of Morin Heights, the motto of that year, much like the soul of Main Street, being "Volunteers make all the difference."

I raise the last paragraph to reflect that life experiences, both good and bad, happy and sad, have shared a universal thread, with Main Street being a vehicle to do so. The paper has been supported by all who contribute information, write articles, offer feedback and keep us in the loop. I have participated in conversations, too many to count, when in the local shops or waking down the street, where our common ground has been Main Street, as a tie that binds us all together.

Initially, I had submitted a rather long and winding tribute to this celebration, filled with details and personal stories. Upon reflection, and I'm Just Saying, I decided to go in this direction, in order to both congratulate all of us who provide fodder for the monthly paper, but equally as important, to the readers, who inspire dialogue and share with us the value of communication, and share with each other in this global, yet personal fashion.

Bernard Franke - Serious Photographer, Shooting for Charity



Former race car driver and now President of Franke Mercedes-Benz, Bernard Franke is also a fine art photographer. For the past 20 years he has been photographing Formula 1 races and anything else that had to do with cars. Recently, he branched into historical sites, landscapes and big cats. Mostly self-taught Bernard has studied the works of Ansel Adams, Art Wolf, Dave Black, Tim Wallance, Bernard Brault and Annie Leibovitz. Bernard has been donating large-framed prints to various Foundations for over 15 years. Five large, limited edition prints (worth a total \$2000) will be auctioned off at the annual cocktail-reception/auction held at Fairmont Tremblant on Saturday March 26, at 5 pm. Among this year's photo selections will be the very special, black and white print of a lion, photographed at Granby Zoo. The photo of Nairobi the lion, is a powerful symbol and reminder of the illegal shooting of Cecil, the lion, back in 2015. This stunning photo has already graced the front cover of an art magazine.



Making it Work in the Laurentians There's a Fine Art to Saving Money at Tax Time

By: Andrew Taylor

You became an artist to follow your creativity and passion, but not to deal with income tax and bookkeeping. However, for any self-employed artist, it's worth understanding the tax process because, with a small amount of effort, you could save money and increase your bottom line as a result. Here, we'll focus on how to claim back some of the money you spent while earning, or attempting to earn, a living from your art.

A few definitions to start

It helps to know some terminology, in particular "expenses" and "deductions" as they relate to taxes.

An expense is the money you spent to run your business. That canvas you bought to paint a commissioned artwork? That's an expense. The stationery you bought to draft a freelance article? It's an expense too. The cost of these items can be deducted from your taxable income. The lower your income appears on your tax return, the less income tax you'll owe (and the more money you'll save).

What expenses can artists claim?

The list of expenses that artists can deduct is extensive. Rent a studio? You can deduct the rental costs. Or, if you have a home office, you can claim a percentage of your rent or



The English Link Do You Have A Complaint To Make About Our Health System?

By Kim Nymark - Main Street

The Quebec health system is complicated and it can be very difficult to know where to turn, especially if you have a problem. As a user of a health and social services institution, you have the right to:

- Receive quality services that are appropriate on a medical, personal and social level
- Receive safe and personalized services tailored to your state of health
- Receive information about your state of health, available treatments and the risks, side effects and benefits of those treatments
- Receive information about the services available to you and how to receive them
- Be treated with respect
- Make decisions on issues that affect you (i.e. to agree to or refuse treatment)

If you are not satisfied when you receive health care and social services, or if you feel that your rights are not respected, your first recourse is to advise the people who are providing the services. They are obliged to refer you to the person in charge of the department, who should listen to your situation and offer assistance. If you are not content with this person's response, your next recourse is to contact the Commissioner for Complaints and Quality of Services. This independent service is free and confidential. An English complaint form can be downloaded at: <http://bit.ly/1TssJef>. A complaint can be verbal or written. If necessary, you can ask the commissioner to help you file your complaint.

The Laurentian Commissioner of Complaints and Quality of Service is:

Ms. Marie-Josée Boulianne (she is perfectly bilingual)

Tel: 450-432-8708

Toll-free: 1-866-822-0549

Fax: 450 431-8446

Email: info-plaintes@sss.gouv.qc.ca

Address: Commissariat aux plaintes et à la qualité des services
CISSS des Laurentides
1000, rue Labelle
Saint-Jérôme (Québec) J7Z 5N6

Ms. Boulianne and her team are responsible to the CISSS des Laurentides's board of directors to ensure that the users' rights are respected and to investigate all complaints. Once they receive an official complaint, they will examine the situation from all points of view. Within 45 days of receipt, you should receive the results of the analysis. If necessary, the commissioner will make recommendations to the appropriate authorities and monitor the actions taken. However, if you do not receive a response within 45 days or if you are dissatisfied with the Commissioner's response, you may contact the Quebec Ombudsman at <https://protecteurducitoyen.qc.ca/en>.

- Many people will not be comfortable filing a complaint on their own. Help and accompaniment is available during the process of preparing and filing a complaint:
- The regional centre for assistance and accompaniment for complaints: CAAP (Centre d'assistance et d'accompagnement aux plaintes des Laurentides) can be reached at www.caaplaurentides.org or by phone at 800-563-6261. They will assist you throughout the process.
- Each establishment has a users' committee that can also offer assistance. For a complete list of the users' committee in the Laurentians, go to <http://bit.ly/1UafBd2>.
- Another great resource is the Educaloï website: <http://bit.ly/1X9lmYt>, which will explain the process in great detail.

It is essential for each establishment to be aware of any existing problems in order to improve their services. Remember, you have rights!

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

mortgage interest payments. The claimable amount is determined by floor space. You'll need to calculate the size of your office as a percentage of your home, and of your rent. Be conservative; accidentally provide a number larger than your office space and there could be trouble if the CRA want proof.

Using the same process, a portion of your utilities like heat, electricity, Internet and more, can also be claimed.

Art supplies, software, website design and marketing fees - all claimable. Just remember that your expenses must be legitimate. An inspirational trip to Cuba won't be looked upon kindly. The full list of acceptable expenses is available from both the CRA (www.cra-arc.gc.ca) and Revenu Québec (www.revenuquebec.ca).

How to prove your claims

Before starting your tax return, you need to gather proof of your expenses. That means receipts. So, scour your house and gather relevant receipts for the tax period. Then, sort them into categories (stationery, transport), and by month. That will save you time when completing your tax return, or will save you money on hourly accountant fees. Remember to save any receipts from now on as well, even if just in a shoebox. It'll make things easier next year.

Let the deductions begin

With your receipts ready, you can include them in your tax return. The major online tax programs let you easily add expense claims. Or, if you're not doing your own taxes, give your receipts to your accountant. Then, with your taxes done, and with a little extra money in the bank, you can go back to what matters most - your art.

These tips just scratch the surface of this complex topic. For more information, take part in YES' Tax Workshop on March 8th, attend our annual Artists' Conference on March 14th, or get a copy of YES' Business Skills for Creative Souls handbook. Learn more at www.yesmontreal.ca.

Arts Morin-Heights

We are an Art Association with 35 artist members working in various mediums. With with imagination and flair, we work year-round on our creations, in kitchens and basements, rented spaces, recreation rooms, and, why not, laundry nooks.

Our country of cold and snow, heat and light, flaming reds and hues of yellow, gray, mauve and green, become, in the deepest sense, "food for art." It creates artists who are dedicated to expressing themselves in colorful ways.

Every summer for the past 32 years, towards the end of July, our artwork comes to life in public during our annual 10-day exhibition. This is the time to celebrate our creations with you, our dear art friends, visitors and families!

New this year: we invite young artists (18-35) to exhibit their creations with us during the summer in their own exhibition room. How exciting is that!

But there is more: Take a moment to visit the Morin-Heights Library and contemplate our works year-round. The themed exhibitions change four times a year. Another great discovery not to be missed!

Community oriented work: Our work with children and schools is showing results. The kids, too, put their heart and minds into creating something beautiful that reflects their inner-selves. More to come...

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2016 AGM

NOTICE OF ASSEMBLY ANNUAL GENERAL MEETING

To the members of the Caisse Desjardins de la Vallée des Pays d'en Haut
You are hereby summoned to the Annual Meeting to be held:

Date : April 19, 2016

Time: 5:30 p.m. reception – 6:00 pm meeting will begin

Place: Place des citoyens

999 Boulevard Sainte-Adèle, Sainte-Adèle

Members will examine the annual report and the report of the Supervisory Board, determine the allocation of annual surpluses, interest payable on permanent shares and surplus shares, elect members to the Board and Supervisory Board and deal with any other subjects on the agenda. Two question periods are also planned; one for the board and the other for the supervisory board.

ELECTIONS

Note that 4 positions available on the board and 1 position on the supervisory board.

Please note that for elections, any individual who is a full member of the Caisse is eligible, provided they have been a member for at least 90 days, or is not ineligible pursuant to the Financial Services Cooperatives Act and does not hold any incompatible office under the Desjardins Code of ethics. Applicants must consent in writing to both a security and credit check, and must undertake to develop the knowledge and skills required for the performance of the executive function. A nomination may only be submitted for the meeting provided a written notice signed by a member and countersigned by the candidate, was presented before the closure of the Caisse April 8, 2016 at 4:00 pm. Nomination forms are available at the Caisse.


All members of the Caisse are invited to attend this meeting.

Signed March 7, 2016


Mme Françoise Major, Secretary



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




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