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March 2017 • VOLUME 17 NO. 03
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What's On My Mind... A Quebec Tradition

Susan MacDonald, Editor



From the days of our early settlers, with knowledge gleaned from our First Nations people, the annual collection of sweet, sugar water from the majestic maples of our forests continues as an age-old tradition, particularly here in Quebec, where almost 75% of the world's maple syrup is produced. While innovative technology has eased the work burden to some degree, the original concept remains the same: drill a hole in the trunk, hang a bucket, collect the sap, boil it down to a nice rich syrup, and enjoy. That simple? Well, yes and no. If it was, we'd all be doing it!

During winter, trees store sugar in their roots. In the spring, when daytime temperatures begin to rise above zero, these sugar stores begin to move through a tree's trunk to nourish it in preparation for the growth of new buds. As temperatures drop below freezing at night, the tree constricts, drawing the sweet sap upward. When temperatures warm up again the next day, pressure in the trunk forces the sap downwards. Syrup producers divert some of the flow by drilling small, strategically placed holes into the trunk and installing taps, which redirect the sap into their collection buckets. Today, large operations use collection lines, running from tree to tree that eventually lead into large evaporation tanks. This clear, nearly tasteless, sugar water is then taken to the "cabane" to be boiled down and turned into the liquid gold we are all so familiar with. It takes 40 gallons of sap (nearly 97% water) to produce 1 gallon of syrup (66% sugar).

The collection time is short, and a good run of sap depends totally on the weather, which will influence the quantity and quality of the final product. It's a busy time, often requiring producers to work round the clock just to keep up with the constant flow. In days gone by, families literally moved into their "sugar shacks," bringing and sharing meals throughout the entire process. I wonder, is this where the tradition of today's annual visits to the "cabane à sucre" stems from?

During March and April, local sugar shacks open their doors and welcome visitors to join them in celebrating one of Quebec's oldest traditions, the maple syrup season, and to enjoy the bounty of Québec's finest cuisine. This is comfort food at its best, just like Grandmère used to make: homemade baked beans, delicious pea soup, the finest of tourtières, ragout de pattes de porc, cretons, omelettes, maple-glazed ham and sausages, pouding chômeur, sugar tarts and so much more. It is a feast like no other, and one meant to be shared with family and friends.

Bienvenue au Québec et bon appétit.

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Observations The Politics of Rage - Part 2

David MacFairlane - Main Street

If one were to take an opinion poll on the state of US politics, it would be easy to conclude that President Trump is hated by most Americans, who show their disgust by using every gambit, every avenue, every insult available to force his resignation or, at worst, his impeachment. Here, at home, I have yet to find a single supporter, but encounter many denigrators. The US mainstream establishment is aghast at the thought of this "impostor" in the seat of political power. Meanwhile, the losers are busy, scuttling around in dark places, fomenting insurrection and goading the snowflakes and other simpleton followers to resist any possibility of working towards unified goals for the health of the country.

The latest news is that the rabid Democrats and dissident Republicans in Congress notwithstanding, Hillary Clinton, instead of standing down and fading away, like any discredited, burnt-out politician should, will be starting a TV channel to showcase herself anew, with the goal of running again for president. If that is not audacious enough, then here's the cherry on that malevolent cake. Obama (remember him?), who now lives 2 miles from the White House, behind 7-foot walls, has joined ranks with Clinton, and re-launched his Organizing for Action (OFA) political action group. Together, these two, jaded have-beens, will be working to thwart Trump in all his endeavours, supported by the dissidents in Congress, effectively a shadow government, aimed at Trump's downfall. The OFA is funded with over \$40 million, has 250 offices, a campaign manager, 14 field managers, and has recruited 32,000 supporters, so far. Soon, it will hold a six-week training program focussed on teaching agitation and demonstration techniques. Apparently, the purpose is to foment widespread dissent across America, as soon as the warm weather arrives. Brace yourselves!

The background to this cathartic election commotion should be most interesting to anyone who cares to look below its raucous surface. A month before the election, USA Watchdog interviewed Catherine Austin Fitts, ex-Wall Street banker, former high official in the Bush1 administration, now publisher of The Solari Report. She pointed out that the Deep State, like the Pentagon, is not monolithic, and is composed of many factions. A certain group had become very distressed at the direction the US had been taking for the past 30-odd years - world hegemony, unending, lost wars, corrupt bureaucracy, millions of useless deaths, growing enemies, unsustainable debts, with a commitment to keep going down the same dark rabbit hole. She said a determination had been made by this splinter group that the direction must be changed for the future good of the country, and the world. This group was comprised of members of the Deep State, Pentagon, intelligence agencies, and top elites, but their efforts were strongly resisted by the others who wanted more of the same - the neocons - who had been in charge for so long. The result was a split into two factions - A and B - the bad guys and the good guys. Faction A supported their long-time hand-maiden, Clinton, for candidate, knowing their ambitions would be served faithfully by her, and they were supremely confident she would win, seeing her popularity with the masses. Faction B, equally determined to win this life-or-death struggle, needed a candidate, but not from the mainstream of already-bought politicians, who would also be acceptable to the public, knowing that the "public" also was not monolithic. A huge portion of the electorate was angry, ignored, impoverished, and desperate for real change.

Faction B needed an outsider, with name recognition, who understood the country's predicament, who owed no political favours and who could not be bought. Someone to represent them with courage to go the distance, a fighter who would not give up in spite of the odds. Enter to this scenario, their ideal candidate, Donald Trump, a brash, hard-nosed, billionaire business man who, when punched, punched back, and who spoke his mind without political flimflam, who spoke the language of the people, an honest man, wise to the treachery and corruption he would confront. Catherine Fitts pointed out, presciently, that Trump could never have become the Republican candidate without the support of the good guys - Faction B. The fact that he won has astonished the world, although Faction B knew he would because they neutralised the usual, illegal vote-rigging actions by Faction A. So, the result of this bitter, internecine battle is that the good guys won, and the other side is apoplectic with rage at having been thwarted.

Former Budget Director, David Stockman, pointed out recently, that the electoral map shows exactly how this election played out. Clinton's votes were concen-

trated in the blue bi-coastal states, while Trump's votes were in the rest of the US, which he called the "fly-over" red states, where all the anger against the status quo was concentrated. However, he warned that Trump had inherited problems a thousand times greater than anything he imagined ... a monster. He stated that despite widespread euphoria, there will be no money to support stimulus initiatives without offsetting cuts, and any plan presented to Congress will be hacked to pieces. There is going to be a shock to the system that "will scare the living bejeezus out of Wall Street," a maelstrom that the markets are unprepared for. He points out that Trump will be unable to find solutions, because the system has to blow up first, for all practical purposes. To avoid blame, this must happen soon.

**"In our age, there is no such thing as 'keeping out of politics.' All issues are political, and politics itself is a mass of lies, evasions, folly, hatred and schizophrenia."
George Orwell. (Eric Arthur Blair) 1903-1950. Novelist, journalist and social critic.**

The most Trump can do is his best, as his task is monumental, the odds against horrendous. The swamp-draining has begun; the State Department and Secret Service are being purged of moles and traitors, the pushback is ferocious. However, Trump has the good guys, Faction B, covering his back and protecting him. My prediction is that he will not be assassinated, impeached or otherwise removed from office. He will serve his full term, and perhaps another, as this change in direction will not be easy. As long as he stays true to his promises, does his best, and keeps his base intact, he will prevail.

No matter how you feel, dear readers, understand that this is an epic war between good and evil. Faction B has won some battles, but not the war, yet. The outcome of this struggle will determine the future relationships of

countries and their economies, because what happens in America will not stay in America.

Knowing this background, which side are you on?



Published by

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

1 866 660-6246 • 819 242-2232

email: main.street@xplornet.ca

www.themainstreet.org



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14,000 copies distributed throughout the Laurentians

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: APRIL 14

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ISSN 1718-0457



Simply Words on Paper Thinking Rich? Take a Peek at These Peak Net Worths

Jim Warbanks - Main Street

Though I seldom return to a linked theme in successive editions, while researching material for the previous "Simply Words" I stumbled across an interesting list of the twenty wealthiest individuals of all time. The guesstimates, assembled by a group of economists and historians, adjusted for inflation, and expressed in U.S. dollars, may be debatable, but the order of magnitude would be difficult to refute.

Wealth in the millions has become rather common; billions are still difficult to contemplate for most; trillions, amassed by one individual? Almost inconceivable! As a guide, one million dollars is 'only' \$1000 x 1000. One billion dollars equals 1000 x 1 million dollars. The trillion dollar plateau? \$1000 x 1 billion dollars! Expressed another way: \$1,000,000,000,000.00.



Gates lags

To situate where the twenty richest people of all time fit, Bill Gates (Microsoft, etc.) barely cracks the list in 19th place, with a peak net worth of \$144 billion.

The fearsome Mongol leader, Ghenghis Khan, who conquered and pillaged no less than 12 million square miles of land across Europe and Asia in a relatively short period (1206 - 1227), leads the list. He would have been worth \$100s of trillions! It is noteworthy that, despite the terror and decimation that he inflicted, Khan did not hoard his loot, but re-distributed it among his subjects.

Next, Emperor Shenzong, who ruled China (1067 - 1085) during a relatively peaceful interlude, was an adept tax collector. He controlled about 30% of the global Gross Domestic Product (GDP). His estimated wealth peaked at \$30+ trillion. He instituted policies to improve the welfare of the poor, a precursor of the modern welfare state.

Lavish lifestyle

Akbar I, whose net worth rose to \$21 trillion (25% of the world's GDP), ruled over much of the Indian sub-continent (Mughal Empire 1556 - 1605), and enjoyed a lavish lifestyle.

The first Roman Emperor, Augustus Caesar, amassed a personal fortune that peaked at \$4.63 trillion. At one point, he even owned Egypt. In later years, his power declined due to uninspired economic policies and military blunders.

King Solomon of Israel was said to have received 25 tons (tons!) of gold for each of the 39 years of his reign. In addition, taxation and trade allowed him to amass \$2.2 trillion.

Mansa Musa I, of Mali, appears in sixth place: a mere \$415 billion.

Richest American

Two noted American philanthropists, John D. Rockefeller (\$367 billion - oil) and Andrew Carnegie (\$337 billion - steel) are listed in seventh and eighth place. Rockefeller is considered the richest American who ever lived. Carnegie, born poor in Scotland, donated 90% of his fortune in the last years of his life.

Tsar Nicholas II of Russia, (\$300 billion) and Osman Ali Khan Asaf Jah VII, the last absolute ruler of Hyderabad, India (\$230 billion), round out the Top Ten. Banking, merchant and mining pioneer Jacob Fugger (\$277 billion), William the Conqueror, the first Norman ruler of England (\$228 billion), and Muammar Gaddafi (\$212 billion), follow in succession.

Next come two other Americans, Cornelius Vanderbilt (\$202 billion) and Henry Ford (\$200+ billion). Vanderbilt went from rags to riches, building the railroad and shipping industries, before giving away much of his fortune. Ford, founder of the hugely profitable Ford Motor Company, revolutionized vehicle manufacturing and brought the car to the mass market, selling over one million vehicles in 1920.

Coat-tails

Alan Rufus, 1st Lord of Richmond, rode the coat-tails of his uncle, William the Conqueror (whom we met earlier), who became King William I of England, to accumulate a tidy fortune of \$195 billion.

America's first multi-millionaire (in the early 19th century), made his fortune in the fur trade by building a powerful monopoly. At the time of his death (1848), he was worth \$20 million, the equivalent of \$168 billion today.

In eighteenth place, William de Warenne, 1st Earl of Surrey, the 11th century Norman nobleman, was the real estate mogul of his time (\$146 billion). Bill Gates (19th) was mentioned earlier. Biographical material abounds. His family philanthropic foundation funds projects world-wide.

Corrupt official

Rounding out the Top 20 list is Heshen, an administrator of the Qing Dynasty in China, who became the wealthiest, corrupt government official in history by stealing tax revenues (\$132 billion).

This chronicling of the really, really rich puts into perspective the rather petty corruption schemes and scams that we decry nowadays. As is also the case (the Warren Buffett initiative and others), many of the richest of all time were also noted philanthropists.

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Upcoming Activities

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

Comforting Tea
Mon, Mar 13: 10 am - 11:30 am (Mont Tremblant)
Mon, Apr 10: 10 am - 11:30 am (Mont Tremblant)
Fri, Mar 31: 10 am - 11:30 am (Ste-Agathe)

Coffee Meeting for the Bereaved
Tues, Mar 14: 7 pm - 8:30 pm (Mont Tremblant)
Tues, Apr 11: 7 pm - 8:30 pm (Mont Tremblant)
Thurs, Mar 16: 1:30 pm - 3 pm (Ste-Agathe)
Thurs, Apr 20: 1:30 pm - 3 pm (Ste-Agathe)

Group Relaxation
Relaxation exercised to achieve calmness and serenity.
Fridays: 2 pm - 3 pm (Ste-Agathe)

Regenerative Yoga
Mondays: 4 pm - 5:45 pm (Mont Tremblant)
Wednesdays: 9:30 am - 10:30 am (Ste-Agathe)

Group grieving

For those who have lost loved ones and who feel alone Palliacco offers 10 sessions on the stages of grief and the opportunity to share with other mourners.

Mondays, Mar 20 - May 22: 7 pm - 9 pm (Mont Tremblant)

Mondays, May 15 - July 17: 1:30 pm - 3:30 pm, or evenings (Ste-Agathe)

Accompanying services

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Palliacco - Complimentary palliative care training, open to all. This course is intended for anyone wishing to acquire skills, knowledge and skills to support a palliative caregiver or friend. Please call to register.

Wed, Mar 15 & 29: 9 am - 4 pm (Mont Tremblant & Ste-Agathe)

Palliacco - Complimentary palliative care training for caregivers

Wed, May 24 & Thurs, June 1: 9 am - 4 pm (Mont Tremblant & Ste-Agathe)

This session is geared towards caregivers who wish to assist a parent or friend during the palliative care phase.

For information: 819 717-9646 and toll free 1 855 717-9646



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About Sainte-Adèle

Chris Lance - Main Street

March is a very busy month. Our clocks move ahead on March 12. Those with Irish blood, or who just like to be green, will enjoy Friday, March 17 – Happy Saint-Patrick's Day. And, on the 20th of March, it will be spring officially, and hopefully Mother Nature will concur.

At the Place des Citoyens there will be an exhibition of artwork by Charlotte Gagnon and Poli Wilhem, running from March 9 – 16. All recreational and sports activities for spring will be made available to book online, from March 5 to April 1, or you can register in person at the Service des loisirs, from March 6 – 31. Bring your citizen card to save some of your hard-earned cash.

For those who are not aware, Entraide Benevole des Pay d'en Haut has been operating here, in Sainte-Adèle, since 1980. Meals on Wheels has been running for 30 years. Every Tuesday and Thursday, a team prepares hot meals and delivers them to the doors of recipients. The beneficiaries of these meals can also purchase frozen meals for the other days of the week. This Society also offers a medical, grocery and store-shopping taxi service. If you need more information on their services for the ailing and elderly, or want to become a volunteer, their phone number is 450 229-9020.

Another service offered by l'Entraide is to help with income taxes for low-income earners. Starting Wednesdays, March 15 through April 26, between 10 am and 3 pm, you can bring your paperwork and get help in preparing your tax returns. The location is in the shopping center, near the library, on the second floor, in the bingo hall. Here again, you can call 450 229-9020 for more info for this service.

The president of La Chambre de Commerce de Sainte-Adèle, Guy Vandenhove, is stepping aside after a six-year run. Mr Vandenhove is throwing his hat into the political forum and running to be prefect of the Regional Municipalities of the county of Pays d'en Haut next November, during the upcoming municipal election.

As our weather warms, grab your raquettes and head over to the Parc de la Riviere Doncaster in Mont-Rolland; just follow the signs to the site. They are open 9 am to 5pm on weekends. You can check it out at www.parcdoncaster.com or call 450 229-6686.

For many years, outdoor enthusiasts have been trekking on trails around land on Mont Loup-Garou. Now, Sainte-Adèle has acquired 70 acres of the land from the Foy family and we can enjoy the trails on this piece of land on Mount Loup-Garou.

This is more than likely the last month to try the "Fat Bike" on special trails in Sainte-Adèle. You can probably rent or buy a fat bike at Boutique Espresso Sports, located at 1000, rue Georges in the Mont-Rolland sector. The concept is biking on snow-bound mountain trails, and it is growing in popularity.

Had a birthday celebration at RectoVerso a few weeks ago. Great food and you can enjoy their specials 2 for 1 on Wednesdays. You can make reservations at 450 229-9555. The restaurant is on Pierre-Peladeau, heading towards the Manoir Inn or the 9-hole Alpine golf course.

I'm sure you are glad to put away the mitts, gloves, hats, scarves, winter coats, salt-stained boots, cough medicine, shovels and start thinking about the spring run-off. It will be nice to see the sun shine and melt the snow. It was a great snow skiing season, but it's now time for a new spring. Until then, stay healthy.



Village Of Weir Newswire

Claudette Smith-Pilon

**HAPPY ST PATRICK'S DAY
TO ALL OF IRISH DESCENT**



NEWS FROM CITY HALL

Fri, Mar 31: 11:30 am - luncheon at the Community Center. Please reserve with Jolaine Craig 819-687-9508

The Community Luncheon Committee is looking for a volunteer kitchen helper for its monthly luncheon. Please apply to any member of the committee.

Following last month's column, I was asked if I could elaborate on the gentleman called William Alexander Weir (1858- 1929). Brief outline...

Born in Montreal on October 14, 1858, son of William Park Weir and Helen Smith. Studied at Montreal High School and McGill University. Admitted to the Bar of the Province of Quebec on July 12, 1881. Created Queen Law consul on June 9, 1899.

Practiced law in Montreal up to 1910. Secretary of the Royal Commission on 'reform of the code of civil procedures.' Editor of the Montreal Star (1880-1881), and of the Argenteuil County News (1895-1897). Author of the following works: Municipal Code of the Province of Quebec 1890; an insolvency manual 1890; the Educational Act of the Province of Quebec (1899) and Code of Procedure (1900). Promoter of the Canadian United Milling Company in 1904 and the Safety Explosives Company of Canada in 1907. Consul of the Montreal Children's Aid Association; Member of the Garrison Club of Quebec, and the University Club of Montreal.

Elected in Argenteuil in 1897. Re-elected in 1900 without opposition. Sworn in as minister without portfolio in the Parent government on October 6, 1903. His seat became vacant when he was nominated as Judge of the Superior Court in the District of Pontiac on January 11, 1910, and then to the district of Montreal in 1923. Deceased in London on October 22, 1929 at the age of 71.

The obituary read that because of having defended a resident and won the case, the villagers wanted to name the town WEIR.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Fri, Mar 24: 9 am: Next Victoria's Quilts Laurentian Branch workday

I would like to thank all of you who have been so nice during these last 18 days. Flowers get-well cards, messages, all very much appreciated and I am grateful to have such sincere friends. I will never forget this.

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



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

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

In recent years several characters have moved into most households in the Laurentians: Dr. Google, along with a coterie of digital experts and pundits. But don't you think it is satisfying still to hold a book in your hands that offers up your favorite topics?

CONCERNING FOOD

Webb, Margaret - Apples & Oysters – A Food Lover's Tour of Canadian Farms

Please read this. The author grew up on a farm outside Barrie, Ontario but went on to enjoy a successful career as a writer, until the day she bit into a carrot "so unlike the dry woody offerings in grocery stores." This launched Webb on a coast-to-coast quest to meet the people who grow and harvest wonderful ingredients with which to prepare sumptuous meals.

BOTTOM'S UP

Aspler, Tony - Canadian Wineries

If you are traipsing through Canadian farms, sampling quintessentially Canadian foodstuffs, then a tour of Canadian wineries will complete the journey. According to Aspler, Canadian vintners have joined the world stage with well-respected wines developed from our particular soils and microclimates.

GLASS GUIDE

Vose, Ruth Hurst - A Collector's Guide to Antique Glass

More than just an elegant stemware for the above-mentioned wine, this little history of glass focuses on techniques that have developed over the centuries. Long before the age of mass-produced glass, the craftsmanship and artistry of glassmakers were so highly regarded that they were given the rank of nobility.

HERE'S LOOKING AT YOU

Stanton, Kendra - 500 Eye-Makeup Designs

This is an album of well-photographed design suggestions, but does not provide a step-by-step set of instructions.

AND YOUR ROOTS

Baxter, Angus - In search of your Canadian Roots

Although written in 1989, this is a helpful guide for tracing your family tree in Canada. It provides a lot of advice on how to get organized in launching a genealogical research project.

STRUTTIN YOUR STUFF

Miller, Judith and Martin - International Country

Judging by the well-thumbed condition of this guide, a lot of people are interested in country-style décor, from Europe and America, which offers up sources and styles from floorings to furnishings.

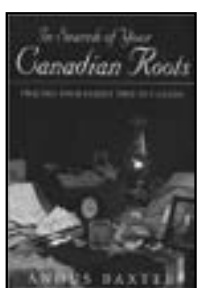
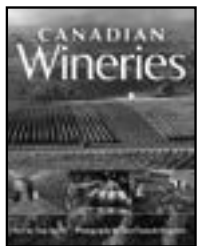
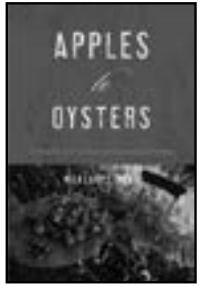
OTHER CRAFTS

Telford, Jeremy - Balloonology

Once you have mastered the 32 easy-to-expert projects in this instruction guide, you will be able to join other balloon twisters and compete with your peers.

Dierks, Leslie - CREATIVE CLAY PROJECTS

Creative Clay Projects shows you how to handle polymer clay, such as Sculpey or FIMO, with step-by-step instructions and plenty of illustrations. Lots of inspiration!



Arundel News

Janet Thomas

LIBRARY LECTURE SERIES: CALL FOR SPEAKERS

Do you know someone who has taken a trip, or has special expertise? An expert on bats or bees? Someone knowledgeable about herbal medicine, history, or horticulture? Have you travelled afar with pictures to show? We are seeking speakers for this year's Lecture Series. Our informal, interactive talks are held monthly, on Friday nights at 7pm, with an average audience of twenty curious minds. Please send suggestions to Pat Thomas: 819-687-9201, patthomas2@sympatico.ca

CHECK OUT THE SPRING COLLECTION AT THE ARUNDEL LIBRARY

Looking for an English book? We've got one for you! We are the only English library serving the Laurentians between Tremblant and Lachute, and we have been busy adding new books - fiction, non-fiction and children's books for all ages! Browse our shelves, or access e-books and magazines on-line. You are sure to find something you love. For your convenience, Wi-Fi is available, and you can use our computers.

To find a list of recent additions to our collection, and to order books from home, visit our website at <http://arundel.ca> and click on Réseau Biblio des Laurentides.

Open Wednesdays & Fridays 10am - 3pm; Saturdays 10 - 12am.

Located in the Arundel Municipal Office building.

Saturday, March 11
2:00 pm

SING-ALONG WITH JIM ROSS

Beat the blues singing old-time favourites and Irish medleys that will lift your spirits. Dessert and refreshments afterwards. \$5.00 donation; Arundel United Church

Sunday, March 26
2:00 pm

LOISIRS BINGO AT THE LEGION

Cards: \$10 / Grand Prize: \$100





David Graham highlights the 150th anniversary of Canadian Confederation

This year marks the 150th anniversary of Canadian Confederation. All over the country, celebrations will take place, especially as we approach July 1.

"As we enter the year of the 150th anniversary of Canada, I invite everyone to participate in this historic year. Recognized as one of the best countries in the world to live in, Canada today is the result of the founding peoples of this country working together, just as their descendants and millions of immigrants from all over the world do today. The Laurentians has had a significant impact on the history of our country," said David Graham, MP for Laurentides-Labelle, indicating he will return to that subject later in the year.

In this special year, <http://www.canada.ca/150> will be a useful reference to stay on top of what is happening across the country. "For our region, we will soon announce a very interesting event," said David Graham. "The energy around Canada's 150th, together with the attraction and welcoming nature of our region, as well as the current exchange rate, should help us have an excellent touristic year." The New York Times just placed Canada among the countries to visit in 2017.

Parks Canada

For the 150th anniversary, it is possible to enter all Parks Canada national parks from coast to coast for free in 2017. To take advantage of this offer, you must order your Discover card through Parks Canada: <http://canada.pch.gc.ca/eng/1468867125468>



Campaign "Have You Seen Me?"

The police officers of the Sûreté du Québec of the Outaouais-Laurentides region carried out operations on the outskirts of the schools on February 9 as part of the campaign "Did you see me?" which was held from January 30 to February 10, in partnership with the Ministry of Transportation, Sustainable Mobility and Transportation Electrification, the Société de l'assurance automobile du Québec, and the Fédération des transporteurs par autobus.

The police were proactive in this prevention campaign, performing several daily interventions and awareness-raising activities around different schools in the regions.

For the Laurentian region, the police carried out several operations in the vicinity of 18 schools. Over 27 offense notices were issued by the police, of which 21 were found to be in violation of the speed limit, three for non-compliance with the flashing bus lights, and two for use of a cell phone while driving.

The Sûreté du Québec reminds the public that it is always necessary to remain attentive to the signs in school zones, as well as to the approaches and the school yards. Stay vigilant and be courteous in the presence of a school bus, especially when school children are most vulnerable, either when boarding or disembarking a bus. Be vigilant, pay attention to light signals, and be prepared to stop.

Inauguration of Ms. Stéphanie Morin

At the regular meeting of February 8, 2017, the council of the MRC d'Argenteuil hired Ms. Stéphanie Morin to fill the position of manager of water systems.

As part of her duties, and under the authority of the Director of Civil Engineering and Waterways, Ms. Morin will be called upon to coordinate the implementation of the policies and procedures relating to the management of watercourses under the jurisdiction of the MRC and the resulting regulations, coordinate all the steps to be followed in the execution of the works of management and maintenance of the rivers, and carry out hydrological analyses of watersheds.

Ms. Stéphanie Morin officially took office on Monday, February 13, 2017. She can be reached at 450 562-2474 ext. 2303 or smorin@argenteuil.qc.ca.

Differences Resolved

Mr. Michel Ledoux and the representatives of the City of Mont-Tremblant have reached an agreement putting an end to their differences. The representatives of the City profoundly regret the unfortunate circumstances and the consequences the events had on Mr. Ledoux and his family members.

Mr. Ledoux declares accepting the City's regrets.

The parties have come to a mutual agreement to limit their present and future statements to the present notice, with regards to their differences and the settlement, which intervened.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Michael Kelly, owner of the new **Coq O' Beq**, 66 de la Gare, Suite 101, St. Sauveur, which opens in March. Specialities include ribs n' chicken, chicken breasts, spicy wings, croquettes, fillets, burgers, souvlaki and brochettes. Chef's Choice (chicken leg or breast) will be available from Monday - Thursday for only \$8.75. Open 7 days per week. Take-out and delivery: 450 744-0225 or 0235. Michael is also owner of Coq O'Beq, 125 Bethany, Lachute.



Éric Hebert, owner of **Ferme Rouge**, a new restaurant/cabaret show venue, 126 du Lac Millette, St. Sauveur (next to Baton Rouge) also opens in March. The restaurant features an all-you-can-eat seafood buffet (\$45) and à la carte menu, which includes pasta, chicken or steak, and more (\$18-\$40). Live entertainment, performed by a jazz pianist from 6 - 8 pm, followed by a show, performed by waitresses and waiters from the resto. Special guests will also be featured. There is a dance floor to kick up your heels, and enough room for 300 patrons. 450 227-2022, fermerouge.ca, Facebook: Ferme Rouge.

Louis-Martin Jannard, owner of **Casa Web**, 117, de l'Église, St. Sauveur. They specialize in search-engine optimization and create websites, programming, etc. For info 514 726-2810, casaweb.ca, Facebook: casaweb.ca. They opened their doors last October, 2016.

Congratulations to:

Denise Cormier, and her two sons, **Benôit** and **Éric Carrier**, who celebrate the 20th anniversary of **Au Petit Café, Chez Denise**, 338 rue Principale, St. Sauveur. The café is open 365 days per year and even serves meals on Christmas and New Year's Day. Their hearty and delicious meals are a hit with locals and tourists alike. 450 227-5955, aupetitcafechezdenise.com Facebook: [au petit café chez denise](http://aupetitcafechezdenise.com).

Marie-Joëlle Bellemare, owner of **Le Loft Collectif**, 121 de l'Église, St. Sauveur. This new office opens in March and offers rental space for entrepreneurs. Included will be a meeting room (8 people), Internet service, a lunch room, fridge, coffee machine, etc. Please bring your own laptop. Rental of Le Loft Collectif will be available for half-day or full-day, and is ideal for entrepreneurs who need to hold meetings off-site, instead of at their homes. 514 609-1506, leloftcollectif.com, Facebook: [le loft collectif](http://leloftcollectif.com).

Did you know that:

Zootherapist, Tina Domanski, recently moved from Taiwan to our neighborhood in Piedmont? Tina is a certified zootherapist, who has assisted autistic children and adults, inmates at prison, people with dementia/alzheimer's, with her amazing zootherapy skills. Tina's zootherapy menagerie consists of 2 dogs, 2 cats, 3 bunnies, 2 friendly rats, 2 ferrets, and a little pig called Poomba. If you, or someone you know, may be helped with a zootherapy pet, please contact Tina at 514 268-7944 or at zooterre.ca.

Passports are now available in the Laurentians? You no longer have to drive to Laval, Montreal or Pointe Claire to have your passport renewed. Wonderful news! You can now obtain a renewed passport at Bureau de Service Canada, 118 rue Principale Est, Bureau 200 (2nd floor), Ste. Agathe. Office open Monday to Friday 8:30 am to 4 pm.

There is new administration at the **Carling Lake Hotel**, now called **Hôtel & Centre Villégiature Lac Carling**, 2255 Rte. 327 north, Grenville-sur-la-Rouge? New administrators are **Richard Stern** and **Peter Triassi**. The hotel features many new packages, including specials for cross-country skiers and snow-shoers, and activities on the lake in the summer, as well as golf specials. Indoor activities include 2 tennis courts, a pool, sauna, spa, hot tub, squash courts and gym. Chef Emmanuel serves up an amazing array of appetizing meals. Info 450 533-5468, hotelcarling.com, Facebook: Hotel & Villégiature du Lac Carling.



The MRC d'Argenteuil Solicits Citizen Participation To Complete a Survey on High-Speed Internet

From March 1 to 24, 2017, the MRC d'Argenteuil will solicit the collaboration of its residents by inviting them to complete a short survey on the issue of high-speed Internet. The first part of the survey will make it possible to precisely target the needs and the second part, on an optional basis, will invite the population to carry out speed tests. This key information will enhance the application file that the MRC will file under the Québec Branché (provincial) and Brancher pour Innover (federal) programs before April 20. These two programs, with a financial envelope of \$100 million and \$500 million respectively, are opportunities that the MRC wishes to take advantage of in order to offer as many citizens and businesses as possible a reliable and quality Internet connection at the very least possible cost.

To answer online:

- Website of the MRC d'Argenteuil: www.argenteuil.qc.ca;
- Facebook page MRCdArgenteuil.

To obtain a paper version of the survey:

- At the offices of the MRC d'Argenteuil (430, rue Grace, Lachute or 540, rue Berry, Lachute);
- at the town halls of the nine municipalities of the MRC d'Argenteuil.

The participation of the population is essential in order to support the MRC d'Argenteuil's request to the governments of Quebec and Canada. The MRC hopes to obtain a high response rate from citizens and sincerely thanks them for their invaluable collaboration. If you have any questions about this process, please contact ihv@argenteuil.qc.ca or by phone at 450 562-2474 ext. 2360.



Travelling With Essential Oils

Sue Rich

While traveling is fun and exciting, it can also be a time of stress. The advance preparations, the hordes of people we come in contact with, and the hours spent in confined spaces, can leave us

exhausted and ill before we even begin what is supposed to be a relaxing break. Essential oils can make this process much more pleasant.

When travelling, I have a kit of oils that I would never leave behind. They're awesome for boosting immune systems, calming emotions and for sanitizing areas that might not have been properly cleaned.

My top 5 oils include:

DoTerra's On Guard (Protective) Blend - clove, cinnamon, wild orange, rosemary and eucalyptus.

- Powerfully supports and boosts the immune system.
- Fantastic hand sanitizer and surface disinfectant

Lemon Oil - When you think of this oil, think clean!

- Amazing for our bodies (detox)
- Cleans grimy, sticky messes
- Emotionally uplifting; when you're feeling overwhelmed, just inhaling the scent will leave you feeling cheerful and ready to tackle what's ahead of you.

Peppermint

- Energy boost in a bottle: just inhale.
- Digestive support: Rub a drop or two on your abdomen when you have overindulged and, before long, that bloated feeling will be gone.
- Breath freshener: One drop under your tongue and you are good to go!

Tea Tree - powerful anti-fungal and anti-bacterial properties.

- Wonderful to clean the wound, if you have skin abrasions.
- When you are walking barefoot, it's a great way to protect feet from nasty fungus.

Lavender – soothing qualities

- Calms, soothes and heals sunburnt skin.
- Emotionally calming, which means we can use it to help us relax and sleep. Have you ever had a screaming child on the plane? Open that bottle of lavender and let the oil molecules fill the air; it won't be long before peace is restored.

Please note that I am speaking specifically about 100% certified, pure tested grade (CPTG) essential oils. Please be cautious if using other oils, as results might not be equivalent.

For more information, or to experience the benefits of (CPTG) essential oils, please contact me at 819 421-2253.



Healthy Channels Acupressure

Christopher Garbrecht, Ac. – Main Street

When I lived in Japan, I became interested in the Japanese massage technique called Shiatsu. I studied with a Shiatsu massage practitioner and then continued learning it when I returned to Montreal.

Shiatsu is a form of acupressure massage, which

uses the same points on the body as acupuncture, but uses the fingers and thumbs to apply pressure on the points instead of needles. Different forms of acupressure massage have been around in Asia for thousands of years. Shiatsu is just one form, but there is also Chinese Tui Na, reflexology, and Jin Shin Do, to name some others. The acupressure massage helps to relax muscles and improve blood circulation throughout the body which, in turn, oxygenates painful areas and helps to remove toxins from those sites.

Acupressure massage can be very effective as prevention and as a treatment for many health conditions, including headaches, general aches and pains, nausea, menstrual cramps, and so on. Acupressure techniques are fairly easy to learn, and can provide quick, cost-free, and effective relief from many symptoms. The points can also be stimulated to increase energy and feelings of wellbeing, reduce stress, and stimulate the immune system.

Not only is acupressure quite easy to learn, it is also very versatile, as it can be done anywhere, and it's a great form of treatment for spouses and partners to learn to give to each other, and for parents to perform on children for minor conditions.

Acupressure is a safe technique, but it is not meant to replace professional health care. A physician should always be consulted when there are doubts about medical conditions. If a condition is chronic, a professional should be consulted. Acupressure should not be applied to open wounds, or where there is swelling and inflammation. Areas of scar tissue, blisters, boils, rashes, or varicose veins should be avoided. Certain acupressure points should not be stimulated on people with high or low blood pressure, and on pregnant women.

If you are interested in learning more about acupressure, I will be giving two free workshops sharing acupressure points and techniques for various aches and pains. The first will be at the Coop Santé in Morin Heights, on Thursday, March 23, from 7:30 to 8:30 pm. The second will be at Clinique Vitalité in Val-David, on Tuesday, March 28, from 7 to 8 pm.

For more information call 819 219-0048. You can also check out my website at acupuncturevaldavid.com.



Fit Tip #113 The 100-Year Lifespan

Lisa McLellan – Main Street

Did you know that there are more than 72,000 centenarians living in the US? The 100-year lifespan is on the horizon. How many years do you have left? 20, 30, 40, 50 or more? How do you want to live them? George Burns said, "If I had known that I was going to live to 100, I would have taken better care of myself." Are you ready to get excited about the rest of your life? I am.

Research in epigenetics indicates that good lifestyle choices can turn on disease-preventing genes and turn off disease-promoting genes. So, don't blame your genes. The MacArthur Foundation has determined that only 30% of health is genetics, 70% is lifestyle choices. We can change the course of our history if we adjust our lifestyles today. Henry S. Lodge MD, co-author of the book, *Younger Next Year*, reports that over 50% of all illness and injuries in the last third of life can be eliminated by changing your lifestyle habits to include daily exercise, emotional commitment, reasonable nutrition and a real engagement with living. This is fantastic, hopeful news. So why is the concept of lifestyle change still not making greater headway in the lives of people, and also in the recommendations of doctors? Do we really have to wait until we have a health crisis before we take action - when it may already be too late?

Modern, sedentary living is a death sentence in the making. Our extraordinary body has built-in mechanisms for decay and growth, regeneration, maintaining homeostasis, and improving vitality. Exercise is the master signaller for these processes, and is, therefore, a key component of healthy aging. We have to get moving more.

Estimates from the United Nations suggests that the worldwide population, over 65, will increase 181%, between 2010 and 2050, compared to a 33% percent increase in people aged 15 to 65. Don't we owe it to our children, and future generations, to become more responsible for how we age? Yes we do.

Tips for making lifestyle changes:

Find your "WHY?" What is your most important reason for wanting to make the efforts needed to change your habits? This is the motivation that will help you sustain your efforts.

Commit 100% to making ONE CHANGE for 30 days. Recommit every day. Stay focused on your "why?" You will feel the benefits in no time.

Find an ACCOUNTABILITY BUDDY; someone who will make the change with you. Someone you can share your challenges and successes with, whom you can support, and be supported by.

Get the guidance of an EXPERT to set you on the right track, give you tools, and help you get to the bottom of why you resist making changes.

Or, just do it.

Next month, I will examine the instrumental role exercise plays in keeping you younger. I'm excited with the science. Find your "WHY?" my friends!

Say YES to Launching Your Business

ENTREPRENEURS, ATTEND OUR ONLINE WORKSHOPS

- **Jump-Start Your Business/ Grants & Loans Information**
FREE | Wednesdays: 2:00 PM – 3:30 PM
Get the information you need to get your business off the ground.
- **Tax Tips for Individuals in Business**
\$20 | March 7: 6:30 PM – 8:30 PM
Learn about categories of allowable expenses and deductions, bookkeeping requirements and the process involved in filing your business taxes.
- **Registering Your Business**
FREE | March 10, April 21: 10:00 AM – 11:00 AM
Learn how to register your business in Quebec – step-by-step!



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ARTISTS, GET BUSINESS SKILLS FOR YOUR CREATIVE SOUL

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If you are an artist seeking to make a living from your creativity and talent, but don't know how, then this workshop is for you.

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Program Funded by: Canada Economic Development for Quebec Regions / Développement économique Canada pour les régions du Québec



New Eco-Sports Complex in Piedmont

The Municipality of Piedmont, and the Eco-Sports Complex of Piedmont, are pleased to announce the opening of the first Eco-Sports Center in Quebec, which will open in the spring of 2017, at Parc des Sablières. The complex has two outdoor decks for ball hockey, two play areas for Pickleball, a restaurant, and a sports shop. The Eco-Sportif complex of Piedmont is the first complex that proposes an ecological vision for the use of sports surfaces in the province. The Municipality of Piedmont will prepare the ground to receive the infrastructure and then lease the surfaces to the complex.

The building is of superior quality; it is made of wood from Quebec and built in the Laurentians. In addition, the energy consumed in the building will be produced by solar energy. The Flex Court gaming surfaces have been developed in Quebec for tennis, in-line hockey, basketball and multi-play surfaces. Designed to minimize the impact of shocks and reduce back, knee and ankle injuries, the surfaces provide excellent rainwater drain off and reduce downtime due to maintenance or weather conditions.

This new type of Eco-Sports complex developed from the original idea of Robert Sirois, former NHL hockey player, and resident of Ste Adèle. True to his region, Bob Sirois has always wanted to launch projects for young people. He has historically associated himself with Daniele Oppizzi, president of ILAND-the extreme solar and co-partner of ÉNERGÉCO-Concept, with Céline Fischer Oppizzi, organizer of outdoor activities and administrator, and finally, an association of importance for the success of the whole concept, Flex Court Canada Inc., whose president is André Laberge.

The objective of the Piedmont Eco-Sports Complex is to offer the population of the MRC des Pays-d'en Haut, safe playgrounds and a structured organization. The Eco-Sports Complex of Piedmont, from its first year, will host the biggest ball hockey league of the Pays-d'en-Haut, for the 5-17 years age group, and will form adult leagues for men and women, as well as mixed leagues.

The Piedmont Eco-Sports Complex will be open daily from 9 am – 9 pm, from the beginning of June 2017 until November.

Online registration is now available on the website www.ecosportspiedmont.com where you will also find details of the rates.



Laurentian Club Report

Mary Mitchell – Main Street

Our February speaker, June Angus, describes herself as a passionate amateur gardener who learned to love gardening as a child. She now contributes a regular gardening column to Main Street. June provided an overview of 21st century gardening trends plus tips and tools. She focused on two main trends, the first: clean food gardening, which involves growing organic vegetables, free from chemicals, using a variety of native plants and avoiding GMO seeds. The second main trend is indoor gardening; with advancements in technology, we enjoy Mirabel lettuce year round. We gained much food for thought just in time for spring. Join us March 27 when our next speaker, Claire Webster, will discuss Alzheimer's disease and dementia.



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NOTICE OF MEETING

To the members of the Caisse Desjardins de la Vallée des Pays d'en Haut
You are hereby convened to the Annual General Meeting, which will take place:

Date : April 25, 2017

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

Place: Place des citoyens

999 Boulevard Sainte-Adèle, Sainte-Adèle

At the Meeting, members will receive the Caisse's annual report and the Board of Supervision report. They will decide on the distribution of annual surplus earnings; decide on the interest payable on permanent shares and on surplus shares; elect members to the Board of Directors and the Board of Supervision; and address any other items on the agenda. There will be two question periods, one directed to the Board of Directors and another to the Board of Supervision.

ELECTIONS

4 positions are to be filled on the Board of Directors and 2 positions on the Supervisory Board. Any physical person who is a full member of the Caisse shall be considered eligible, as long as that person has been a member for at least 90 days and is not ineligible under the terms of the Act respecting financial services cooperatives and that they do not hold a position that is incompatible with the Desjardins Group Code of Professional Conduct. All candidates must consent, in writing, to a security check and a credit check and should begin to develop the knowledge and skills required to carry out the duties required of an officer. Nominations may not be submitted to the Annual General Meeting unless written notice, signed by a member and countersigned by the candidate, has been submitted prior to the closing of the Caisse on April 15, 2017 at 1 pm.

Nomination forms are available from the Caisse.

All members of the Caisse are cordially invited to attend and participate in this Annual General Meeting.

Signed on March 10, 2017

Me Françoise Major
Secretary of the board of directors

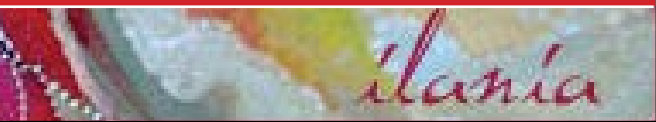


Desjardins
Caisse de la Vallée
des Pays-d'en-Haut



Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

Salle Alphonse Desjardins

1145, rue de Saint-Jovite, Samuel-Ouimet Library, downstairs

Open Wed: 1 - 5 pm; Thurs & Fri: 1 - 9 pm; Sat: 10 am - 3 pm; Sun: noon - 5 pm

In April, print-maker Marie-Claude Arnaud will exhibit a collection of etchings and other types of prints.



Marie-Claude Arnaud

Première Scène

Village Church (1829 Ch du Village) 819 425-8614, ext. 2500

Fri, Mar 24: 8 pm - Koriass presents songs from his fourth album, "Love Supreme." \$25.

Fri, Apr 7: 8 pm - Patrice Michaud: coming out with a new album of funny, touching stories. \$34.

Wed, Apr 12: 8 pm - Bowie revisited: a tribute to David Bowie performed by Richard d'Anjou. \$15.



Bowie revisited

ST FAUSTIN

Maison des Arts et de la Culture

1122, rue de la Pisciculture, 819-688-2676.

Open Wed - Sun: 11 am - 5 pm

Jan 21 to March 25 - the 5th Collective Exhibition of Laurentian artists.

STE-AGATHE

Théâtre Le Patriote

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

For its 50th anniversary in 2017, the theatre is looking for old documents, souvenirs, posters, photos, and anecdotes to share. If you have something to pass on please contact Alexandre Gélinas, the general manager: 819 326-3655 ext. 3055 / agelinas@theatrepatriote.com

VAL DAVID

Val David Exhibition Centre

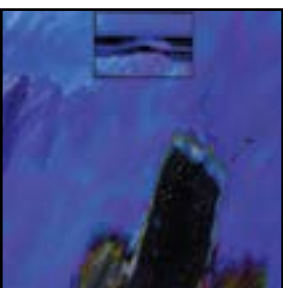
(2495, rue de l'Église. 819 322-7474 / www.culture.val-david.qc.ca)

Until May 7:

Suzanne FerlandL presents

"Onde de choc: Vivre avec."

Gille Boisvert presents "Divague sur fond noir."



Gille Boisvert

VAL MORIN

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

Some shows enable you to reserve a dinner & show. Dinner served at 7 pm (6:30 pm on theatre nights).

Sat, Mar 11: 8 pm - Suzie Ariole.

"Spring," is her new recording in a quintet set. \$37.50

Sun, Mar 12: 2 pm -

Two accomplished musicians, Julie Trudeau (cello) and Michel Fournier (piano)

will play music from Schumann to Piazzola and others. \$35.

Fri, Mar 31: 8 pm -

Fred Fortin is back with his latest album, "Ultramar" and is accompanied by his musicians. \$35.

Sat, Apr 22: 8 pm - Inland Desire: Mentanna folk and Americana music quintet. \$25.



Julie Trudeau and Michel Fournier



Mentana
Photo credit: Marjorie-Guindon

ST. ADOLPHE D'HOWARD

L'Ange Vagabond: 1818 Chemin du Village. Reservations: 819 714-0213 / www.facebook.com/angevagabond

Sat, Mar 11: 8 pm - L'Homme qui a vu l'ours. \$20.

Sat, Mar 18: 8 pm - Party in Green. Dinner at 6 pm, dance at 8 pm.

Sat, Mar 25: 8 pm - Los 2 Lunaticos: Yves Desrosiers and Juan Sebastian Larobina. Latin music. \$20.



Los 2 Lunaticos

Sun, Mar 26: 2 pm - Guitarist Réjean Bouchard: song workshop. \$10.

Fri, Mar 31: 8 pm - Free admission (reservation required). An evening of poetry, Slam and songs. Andrée Lachapelle, Pascale Montpetit, Amélie Prévost and Monique Richard.

Sat, Apr 1: 8 pm - Sonia Brochet & Jerrycan. Folk-pop- flyé. \$20.

Sat, Apr 8: 8 pm - Catherine Durand. Folk-pop. \$20.

Fri, Apr 14: 7:30 pm - this evening we dance.

STE. ADÈLE

Place des Citoyens (999, boul. Ste-Adèle / 450 229-2921, ext. 300 / www.ville.sainte-adele.qc.ca)

Open: Thurs & Fri: 1 pm - 4 pm / Sat: 10 am - 5 pm / Sun: noon - 5 pm

EXHIBITIONS

Mar 9 - 26: Charlotte Gagnon recently left teaching visual arts to pursue her passion for painting.

Mar 9 - 26: Poli Wilhem paints abstract with figurative images incorporated into the abstract.

Apr 7 - May 15: Ateliers Croisés: A fifty-year retrospective of modern Quebec art by Claude Vermette (inks, aquarelles, ceramics and more) and Mariette Rousseau-Vermette (weaving).

MUSIC

Sun, Mar 19: 1:30 pm - Cordâme Quartet. Celebrating the 150th of Eric Satie, the Cordâme Quartet dedicates their concert to this French composer playing Satie in their own way!

OPERA DIRECT FROM THE METROPOLITAN Pine Cinema: Phase 2, 1146, rue Valiquette / 1 855739-7463 / <http://www.cinemapine.com>. Note: operas also screen at Cinema Carrefour du nord, St. Jérôme.

Sat, Mar 11: 12:55 pm - La Traviata by Giuseppe Verdi. Meeting Alfredo Germont gives Violetta Valéry a chance to change her lifestyle, but, she sacrifices her happiness for his. \$28.

Sat, Mar 25: 12:55 pm - Idomeneo- Wolfgang Amadeus Mozart. The opera is set on the Island of Crete in the aftermath of the Trojan War. Conducted by Music Director, Emeritus James Levine. The cast: Matthew Polenzani (King), mello-soprano, Alice Coote in trousers (son, Idamante), soprano Nadine Sierre (Ilia) and soprano Elza van den Heever (Elettra). \$28.

SAINT-SAUVEUR

Saint-SAU Pub (236, rue Principale / 450 227-0218 / www.lesaintsau.com)
Live music on Thurs, Fri & Sat nights. Upcoming line-up...

Fri, Mar 10 - Triple Rock. **Sat, Mar 11: 9:30 pm** - Stephan McNicoll & GCR;

Fri, Mar 17: 9 pm - The Berry Shandy Show - a tribute to the Irish group, The Cranberries; **Thurs, Mar 23: 7:30 pm** - Pastel; **Thurs, Mar 30: 7:30 pm** - Mylestone; **Fri, Mar 31: 9 pm** - Pascal Dufour Band

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. info@artsmorin-heights.com.

Until Mar 25: Arts Morin Heights presents a themed exhibit entitled "The Seasons." From **Mar 25 - June 17:** a new theme exhibit entitled "Childhood."

PRÉVOST

Diffusion Amal'Gamme

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

Sat, Mar 11: 8 pm - Huu Bac Quach Quintet. From West to East (jazz / world music) Huu Bac Quach plays a variety of instruments. He is accompanied by Guillaume Martineau (piano), Marie-Neige Lavigne (violin), Jean-Félix Mailloux (upright bass) and Etienne Mason (drums). \$36.50

Sat, Mar 25: 8 pm - Keltik Pilgram - a group of five Laurentian musicians who play Irish and Scottish traditional Celtic songs. They use traditional Celtic instruments such as the Uilleann pipe, wooden Irish flute, Irish whistle, banjo and violin. The artists are Éloi Amesse (violin), Jody Anker (vocals, bodhran, banjo), Éric Bégin (vocals, guitar), Michel Dubeau (flutes and Uilleann pipes) and Raoul Cyr (percussions). \$31.50



Keltik Pilgram

Sat, Apr 1: 8 pm - Montreal Brass Quintet Buzz presents an award-winning show, "The History of Music." This is a theatrical odyssey that travels to explore the music of the Western world from pre-historic times to present day. \$36.50

Sat, Apr 8: 8 pm - Duo Provost-Lachapelle (acoustic jazz). Virtuoso cousins, Sylvain Provost and Norman Lachapelle have become Quebec jazz icons. \$36.50

BROWNSBURG-CHATHAM

Until Apr 2 at Restaurant Le Faim-Fino (338, Maple Street / 450-495-8022).

"Capture" by Patrick Nicol who takes candid shots capturing touching moments.



"Capture" by Patrick Nicol

ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle) 450 432-7171 / www.museelaurentides.ca.

Open Tues - Sun: noon - 5 pm

Until Apr 16 - "Cyclages" of Grupp: five artists researched "drawing the image in movement." The two-year research will be discussed at a round-table even on **Sat, Mar 25** at the museum.

En Scène : Salle André Prévost, 535, rue Filion

Thurs, Mar 16: 8 pm - Le Caboose Band, a musical group of the l'Auberge du Chien Noir (the Radio Canada television program). \$39.

Fri, Mar 17: 8 pm - Stéphanie St-Jean - winner of the 6th "La Voix" with her powerful voice and passionate delivery of Quebecois songs. \$40.

Fri, Mar 24: 8 pm - Alex Nevsky presents a new show from his third album. Opening Act: Ria Mae who was nominated for the Juno 2016; her record is on its way to becoming a Platinum album. \$40.

Sat, Mar 25: 8 pm - Alexandre Poulin - storytelling in modern folk style. \$33.

Thurs, Mar 25: 8 pm - Patrice Michaud, winner of the Félix award for the Show of the Year at the ADISQ 2015 presents a new show. \$32.

Thurs, Apr 6: 8 pm - Florence K - Buena Vida. Following the publication of her book, "Buena Vida," Florence K portrays her writing experience while singing at the piano. She is accompanied by guitarist, Yves Desrosiers. \$38

Salle Antony-Lessard (101, place du Curé-Labelle, St-Jérôme. 450 432-0660 / www.enscene.ca)

Fri, Mar 17: 8 pm - Dimoné tours Quebec with songs from his new album. \$30.

CINEMA CARREFOUR DU NORD

Place du900 Boulevard Gringo, St.

Jérôme 450 436-5944 / <http://www.cinemast-jerome.com.horaire>.

Sun, Mar 19: 12:55: 165 min - A Hero of Our Time: the Bolshoi presents three stories choreographed by Yuri Possokhov. \$20



Bolshoi

Due date for materials for the April edition: March 20, 2017

Ends March 31st



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Up Close... Luc Dicaire: A Shoe-in To Succeed

Steve Brecher - Main Street



Owning and operating a small business requires a variety of skills, not to mention the dedication and hard work that attests to why most people are employees, as opposed to employers. We are fortunate, in the Laurentians, to be the home base of some exceptional entrepreneurs. One such person is Luc Dicaire, a shoemaker and cobbler par excellence.

As you enter Luc's shop in Saint-Sauveur, you are greeted with a mild, easy-on-the-nose smell of fine leather. On your right, you will see two walls displaying 46 different models, including classic shoes, comfort shoes, golf shoes, boots, and high heels, all uniquely designed by Luc, and beckoning to be noticed and appreciated.

On your left, behind an attractive barn-wood counter, you will see Luc and his apprentice, Martin, plying their trade in a relaxed manner that motivates the visitor to ask for a simple repair of worn, or damaged shoes, or the creation of something special that will delight and perhaps dazzle customers. You are also bound to notice Luc's friendly American Lab, Lulu, who adds to the ambiance.

Luc did not arrive at the level of master craftsman overnight. He has been plying his trade since 1981, when he embarked as a cobbler apprentice in Lachute. Slowly, but surely, he earned certifications in shoemaking and shoe repair. In 2000, he received his teaching diploma from the University of Sherbrooke.

In 2003, through the referral of one of his students, he was asked to build shoes for the Cirque du Soleil. They were so impressed with Luc's work that the Cirque remains one of his clients to this day. Word about Luc travelled fast. He soon attracted The Walt Disney organization, The New York City Ballet, Les Grands Ballets Canadiens and the Alberta Ballet.

Luc has invested in state of the art equipment, including eight sewing machines costing over \$40,000, supplied by Landis International Inc., located in Saint-Jean-Sur-Richelieu, and suppliers to the finest shops throughout North America. When Luc advised his supplier that he was opening his new shop in Saint-Sauveur, they didn't hesitate to provide him with preferred terms, based on their long-standing relationship.

By means of a commissioned market research study, Luc determined that there was only one cobbler per 42,000 people in the MRC of our Pays d'en haut; whereas there were three cobblers per 46,000 residents between Sainte-Agathe and Saint-Jovite. So, while he continues to reside in Sainte-Agathe, where he has been working since 2004, he set up shop in Saint-Sauveur late last year. He has already far exceeded his expectations.

No wonder, in addition to his skills, and his customer friendly manner, it is not unusual for Luc to arise at 3 AM and start working at his shop, in tranquility, before the hum of business begins. "I love what I do" he told me. "I have a passion for my trade, and it doesn't feel like work to me". It also helps that his family is very supportive.

Luc's wife is a school counsellor. His youngest son is a budding actor at 10 years old, and his oldest daughter (32), is a physician. He has another daughter (23), who is studying interior decorating, and a son (21), a carpenter, who is learning to make shoes. He comes from a family of 9 children. He was born in Hawkesbury, in 1958. His dad was a cook, and his mom was a teacher.

Notwithstanding his special skills, and his passion for work, Luc's attraction is his personal charm and his vision - to establish himself, and his business, in Saint-Sauveur, to add 7 or 8 employees, and to reach out around the world for customers who appreciate what he can create for them.

We wish him much well-deserved success and happiness for years to come.

(Luc's store, Atelier Dicaire, is located at 157, rue Principale, in Saint-Sauveur. Tel: 450-744-1299)



SMART DISCIPLINE FOR CHILDREN WITH ADHD

Conference by Peter Gantous, Clinical Psychologist

Thursday April 20, 2017 at the
Laurentian Literacy Centre – 7 p.m.

Training techniques that have been useful in dealing with ADHD children.

These include understanding the behavior analysis of a situation:

- How we trigger children and the consequences of their behavior.
- Learn to set up a reward system for younger and older children.
- Analyze how we give commands.
- Decide when and how to ignore certain behaviors.
- Realize that our expectations can set us up for exaggerated emotional response situations.



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Pre-Maternelle La Rochelle Preschool



"Bonjour Maman! Comment ça va?"

I stared at my three-year-old daughter in awe, listening as she spoke to me in French for the first time. It wasn't so long ago that she was a baby and couldn't speak at all; now she's speaking another language?

Ella is a first-year student at the Pre-Maternelle La Rochelle Preschool in Morin Heights. It is the only truly bilingual preschool program in the Laurentians, with both English and French-speaking teachers in the class at all times. Linguistic experts maintain that introducing multiple languages in early childhood have a beneficial impact on cognitive development and educational futures, and there is proof at La Rochelle.

Walk into the classroom, and you will find a group of young children learning and playing together, speaking to each other in French, before quickly switching to English.

"It is incredible to see the students' development," says La Rochelle educator, Sara Shephard. "They quickly begin to recognize and acknowledge that two words can mean the same thing in two different languages."

The school has a "learn through play" approach, and teaches a curriculum similar to school. Through art, music, gym and science, children develop their social and motor skills. But most importantly, the school provides an environment where kids are allowed to be kids, and where language barriers don't really exist.

Come and see for yourself; the school is holding an open-house at Morin Heights Elementary School on Friday, March 17 from 9 am – noon.

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Garden Talk

Grow Some Edible Perennials

June Angus - Main Street

The advantage of growing perennials is that once they are planted, you can reap the fruits of your labour for years to come.

Many of us already have perennial flowerbeds and we often mix in annual flowers.

However, most vegetable gardens are filled with only bountiful annual plants. As you plan ahead for spring, here are a few edible perennial options to consider adding to the mix:

The most obvious candidates are fruit trees (such as apple) or berry bushes including raspberries and blackberries that grow from canes as well as blueberries that grow on bushes. (Note that strawberries must be grown as annuals.)

Asparagus: This is probably the most well known perennial vegetable. First year, plant crowns; these are one or two-year-old plants. While not a quick producer, asparagus will produce every year once they get established. Spears should be harvested when they are five to seven inches high, even if their diameter is very thin. Always harvest before the tips begin to loosen; loose tips means the spears will be tough and fibrous. For the first year of harvest just take a few spears from each plant and only harvest for a couple of weeks. As the years go by you can harvest more spears and for a longer period of time. Always allow some spears to develop their full fern-like greenery in order to nourish the root system for the following growing season.

Rhubarb: This perennial vegetable is both edible and a colourful addition to the garden. Rhubarb is best planted from a crown, which can be acquired from a garden center or a neighbour (whose rhubarb bed may be out of control). These plants should be allowed to grow for several years before harvesting the stalks, which are the only part of the plant that is edible. The leaves are toxic to humans and animals but make a great addition to your compost pile.

Horseradish: While horseradish from the mustard family is more of a condiment than a vegetable, it's a real hit for spicy food and sushi lovers. The leaves of the horseradish (also edible) are rather plain but the large root is the source of a flavour so strong it can bring one to tears. Horseradish can take over the garden so when harvesting remove as much of the root as possible and keep it in a segregated area of the garden.

Daylilies: While we grow them mainly as ornamentals in North America, they are grown as a vegetable in Asia, harvested for their prolific flower buds. These are used like green beans. The flowers themselves are served in salads or battered and fried.

In our growing zone here in the Laurentians, you can also expect these staples found in many kitchen herb gardens to come back year after year on their own: chives, mint, thyme and sage.

Ease of cultivation and high yields are the best reasons for adding edible perennials to your gardens. Just bear in mind that some of these perennials are so good at taking care of themselves that they require frequent harvesting to prevent them from becoming weeds themselves!



Dining Out

Le Saint-Sau Pub Gourmand

Ilania Abileah - Main Street

Le Saint-SAU is a top St. Sauveur destination, offering a warm, welcoming ambience and wonderful service with a smile. It is open seven days a week, for breakfast, lunch and dinner, and in the summer, there is also their famous terrasse right on the corner of Rue Principale and De la Gare. Topping it all off, is "Live Entertainment," on Thursday, Friday and Saturday!

The music starts on Thursday, and for the ladies, there is a fifty-percent discount on all food, starting at 5 pm. Tonight, the place is full to the hilt! The mood is cheerful. In the center, the bass player checks the sound system, and singer, Valectra, tries her keyboard and microphone. The servers are buzzing around getting everyone their plates before the show starts. The menu choice is phenomenal; I opted for the famous Fish 'N' Chips. They do have a great choice of beer and fine wines.

The table next to the stage is always hovering with guest musicians stopping by or offering to join in for a set. This is what happened to us: a man wearing a nice hat, with a familiar face, came and took over the keyboard! Wow! From the moment his fingers touched the keyboard it was heaven. This was Geoff Fisher, who just happens to be Céline Dion's pianist - what an amazing surprise! The music is always great at Saint-SAU. A perfect evening! A delicious meal with friends, good music, great service, and you don't even have to miss your favourite hockey team match, as the game is shown on the large television screens.

If you plan to go for a live-music evening please reserve ahead: Le Saint-SAU Pub Gourmand, 236 rue Principale, St. Sauveur, Qc / 450 227-0218 / info@LeSaintSau.com.



Health Caravan

Health, Justice & Social Services Caravan



Receive English-language information and services from the graduating students of the following John Abbott College Technical Programs:

Pre-Hospital Emergency Care /

Soins préhospitaliers d'urgence:

ECGs, recognizing heart attacks and strokes, CPR & AED, Epi-Pen administration;

Youth & Adult Correctional Intervention /

Intervention en délinquance:

Workshops on the criminal code, details on the ramifications of having a youth or adult criminal record, and interventions which can/should be made with particular cases;

Nursing / Soins infirmiers:

Students will conduct specific screening such as blood pressure, cholesterol and glucose testing. In addition, basic information regarding healthy lifestyle choices will be provided;

Dental Hygiene / Hygiène dentaire:

Demonstrations on proper brushing and flossing techniques, nutrition and oral care;

Police Technology / Techniques policières:

Crime prevention techniques to avoid victimization.

Presentations are in English / Présentations sont en anglais

2017

Wednesday
MARCH 1
merc. 1 mars

Deux-Montagnes

Lake of Two-Mountains High School
2105, rue Guy

2:45 - 5 pm

Wednesday
MARCH 15
merc. 15 mars

Sainte-Agathe

Sainte-Agathe Academy
26, rue Napoleon

2:45 - 5 pm

Wednesday
MARCH 22
merc. 22 mars

Lachute

Margaret Rodger Memorial
Presbyterian Church
463, rue Principale

1:30 - 4 pm

Wednesday
MARCH 29
merc. 29 mars

Mont-Tremblant

Salle des Loisirs
144, rue Couvent (old village)

9:30 - 12 pm

Wednesday
MARCH 29
merc. 29 mars

Morin-Heights

St. Eugene Church
148, rue Watchorn

2:30 - 5 pm



RELIGIOUS SERVICES



**ROYAL CANADIAN
LEGION**
LA LÉGION
ROYALE CANADIENNE

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

**Branch 171 Filiale
Morin Heights**

Fri, Mar 10: 9 am - 68th Edition Kids' Ski Races
Fri, Mar 17: 6 pm - TGIF Smoked Meat
Sat, Mar 18: 6 pm - St. Patrick's Day Supper
Wed, Apr 5: 7 pm - 10 pm: The T-Birds. \$10
Sat, Apr 8: 6 pm - Italian Night
Sun, April 16: 9 am - 1 pm: Easter Brunch
1st & 3rd Mondays of the month:
1 pm - Military Whist
Darts - Fridays at 2:30 pm
1st Wed each month - live music shows from
7 pm - 10 pm. Regular Bar Hours: 1 pm - 6 pm
For information on any event call
450 226-2213 (after 3 pm)

**Branch 70 Filiale
Lachute**

Smoked meat dinners cancelled
until further notice
Bus trip to Carleton Raceway Casino every
six weeks - check for dates at the legion
Tues: 1 pm: Euchre
Every second Wed: 1 pm - shuffleboard games
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
For information call: 450 562-2952
after 2 pm! 3 pm

**Branch 71 Filiale
Brownsburg**

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Fri 3 pm - closing
Everyone welcome.
Memberships: Early bird renewals for
2017 now available. \$45.
Contact Sheila: 450 562-8728 / 514 909-8885

**Branch 192 Filiale
Rouge River**

Mar 11: 7:30 pm - Jam Session
Mar 17: TGIF Irish Stew & Fixings
Mar 26: 2 pm - 4 pm: Bingo
Wed: 1 pm - Bridge
Tuesdays: 7:30 pm - cribbage:
Darts every 1st & 3rd Fri at 4 pm followed
by TGIF at 6 pm
No yoga for Feb & Mar - will resume in April
For further details call 819 687-3640 /
819 687-9143
Or email evezina80@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

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrpm
Rev. Dr. Douglas Robinson: 450 562-6797
Lenten Services and lunches:

Service: noon - 12:30; lunch: 11:15 - noon & 12:30
Mar 16: Sermon on the Mount (Fr. Terry Paquette)
Mar 23: Sermon on Mission (Rev. Nicholas Pang)
Mar 30: Sermon of Parables
(Rev. Eddie Buchanan)
Apr 14: 1 pm - 3 pm: Combined Good Friday Service
Beginning at Residence, St. Simeon's &
Margaret Rodger.
All proceeds go to "Hungry of the World:
Sundays: 10:30 am: Regular
worship service.
Everyone welcome.

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.

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

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

UNITED CHURCHES OF CANADA
450 562-6161 or 514 347-6250
KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

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

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
Holy Trinity, Calumet, St. Matthew's, Grenville
Sundays 9:15 am - Holy Eucharist:
alternating locations.
Holy Trinity, Hawkesbury
Holy Eucharist at 11 am every Sunday with
Rev. Douglas Richards (613 632-2329).
Call parish office at 613 632-9910
for more info.

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Apr 9: 11 am - Liturgy of the Palms &
Holy Eucharist
Apr 13: 11 am - Maundy Thursday -
Liturgy of the Day
Apr 14: 11 am - Good Friday - Ministry of the
Word in celebration of the Lord's passion
Apr 15: 7 pm - Easter Virgil. This service will
include all the parishes of the Laurentian
Regional Ministry.
Details next month.
All are welcome to begin their
Lenten journey with us.
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

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

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Mar 19: 11 am - Holy Communion
Apr 16: 11 am - Easter Sunday
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Next service is April 16: 4 pm -
Easter Sunday
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
March 26: 11 am - Holy Communion
Apr 14: 11 am - Good Friday
Apr 23: 11 am - Morning Prayer
Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
March 12: 11 am - Holy Communion
May 14: 11 am - Morning Prayer

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
The Reverend Nicholas Pang -
Priest in Charge
The most Rev'd Bruce Stavert -
Interim Associate Clergy
All services are at 9:15 am
Mar 12 - Family Service
Mar 19 - Holy Communion
Mar 26 - Holy Communion

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

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL

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Laurentian Club Notice

**Holy Trinity Church, 12, Préfontaine Ouest
(corner of Tour du Lac)
Ste-Agathe-des-Monts, Québec J8C 1C3
Guest Speaker: Claire Webster**

Alzheimer's disease and Dementia: Claire will explain her 10-
year journey as a caregiver to her late mother while she was
raising 3 young children, working full time, and had numerous
commitments in the community. Claire will describe the impor-
tant information such as signs and symptoms and of having the
proper tools to manage her mother's care.

Monday, March 27: 1:30 pm.
**Cost: Annual membership \$25/
guests: \$10 per event**

For further information and to make reservations, please visit
our website thelaurentianclub@gmail.com.
Looking forward to seeing you there,

www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA

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



Next meeting for cancer patients,
families and caregivers is
SATURDAY AFTERNOON
March 18, 2017 - 1 pm
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

Speaker: Josephine Piazza
Chair Yoga Specialist

Upcoming meeting: April 22
News from the Canadian Cancer Society

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

REGISTERED CHARITY - DONATIONS APPRECIATED

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

LACHUTEMOUVEMENT PERSONNE D'ABORD LACHUTE

Bazar MPDA Lachute
(177 Rue Bethany, Lachute).
Used clothing, shoes, books and more for the whole family.

Tues - Thurs: 10 am - 3:30 pm
Fri: 10 am - 2:30 pm

We accept donations of clothes, toys and books for our bazaar.
Mouvement Personne d'Abord de Lachute is a non-profit organization for people with intellectual disabilities. The Movement offers an annual program with dancing, bowling, coffee meeting etc. for all people aged 17 and older who are living with an intellectual disability. Places available for new 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.

SEEKING VOLUNTEERS

Les Bons déjeuners d'Argenteuil inc.
Tuesdays & Thursdays: 6:45 am - 8:30 am
This non-profit organization is looking for volunteers to serve healthy breakfasts in the Argenteuil elementary schools: particularly, L'Oasis and St-Julien (Lachute), Dansereau/St-Martin (Grenville) and St-André.
Info: Diane: 450 562-2474 ext. 2300

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Fri, Mar 17: St. Patrick's Day Corn Beef Dinner
Doors open at 5 pm / dinner at 6 pm
Adults: \$15 / children \$7 / 12 & under – free
Music, dancing, fun, & singing BYOB
Sun, Apr 2: 9 am - noon: April Breakfast
Adults: \$7 / children \$3.50
Basket draw tickets will be available at the door.
Proceeds will go to the Glen Cemetery of Harrington
Sat, June 24: 9 am – 3 pm: Flea Market.
To book a table (\$10 each or 2 for \$15), contact Barry Smith: 819 687-9498
Like LRCC on Facebook at LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Bingo - **1st & 3rd Sunday - 1:30 pm**
Cook's Night Out - **1st Friday - 5:30 pm**
Quilting - **Mon: 10 am - noon**
Line Dancing - **Tues: 7 pm - 8:30 pm.** \$7
Cafe Partage - every **2nd Thurs: 1:30 pm**

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington
March 11: 7:30 pm - FUN CASINO NIGHT
Entrance \$5 for \$5,000 in play money
Many prizes to be won with auction in the evening to follow.
Info: 819 242-7122

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn
www.morinheightshistory.org / mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Morin Heights Legion, 127, ch Watchorn
Mar 30: 7 pm - A rehearsed reading of "War of the Worlds" by H.G. Wells.Free!
Morin Heights United Church
May 6: 7:30 pm - "Being Hank & Patsy" Featuring the tunes of Hank William and Patsy Cline.
Tickets \$20 in advance / \$25 at the door.
Info: 450 226-5354 / theatremorinheights@gmail.com

HARRINGTON SUMMER MARKET – FERME DE ROUGE VALLÉE

After the success of its first Farmer's Market and Craft Expo in 2016, the founders and organizers of the Marché de Harrington are currently planning next year's season, scheduled to start on June 24, 2017. The market is held outdoors across from the Tam Bao Son Buddhist Monastery, in Harrington.
Currently seeking vendors: If you have home-grown produce, products or crafts you are looking to market, why not consider joining this dynamic group of like-minded vendors? Reservations are now being accepted and we are looking forward to hearing from you! For information call Sylvie: 819 687-2577.

LOVE TO DANCE?

We are looking for volunteers to form a recreational dance troupe and to give short demonstrations at seniors' residences. 3 classes and 12 workshops - free!
Info: Holly Byers: 514 910-0325 / dancepassion1@gmail.com
National and international certifications in dance

LA ROCHELLE PRE-SCHOOL OPEN HOUSE

Morin Heights Elementary School
Fri, Mar 17: 9 am - noon
Please join us with your little ones.

ART & WINE

Fundraiser for Laurentian Care
Casey's Bar & Grill,
Mont-Tremblant Ski Village
Mar 23: 6 pm - 9 pm
\$45 – includes all paint supplies
TAPAS – Enjoy \$5 Happy Hour drinks all evening, Fun door prizes, 50/50 draw and a silent auction.
To reserve tickets: 1 855 - 522-7372 / info@laurentiancare.org

SPRING TEA AND BAKE SALE

Grenville Community Centre
Apr 29: 2 pm - 4 pm
Adults: \$8 / children \$5 / under 5 yrs. – free
Wear a spring hat if you wish and be entered for a gift.
Hosted by the Knox-Wesley United Church Women

SOCCER IN MORIN HEIGHTS

Soccer registration for F.C. Morin Heights is now available online at www.fcMorinheights.com. If you prefer to register in person you may do so on Sunday, March 12: 11 am – 1 pm at the Morin Heights Library, 823, Village Rd.
Info: 450 226-0011

WOAW – GIRLS DISCOVER AVIATION

Lachute Airport (6, rue Ader, Lachute)
Mar 11: 9 am - 5 pm
Come experience the world of aviation and explore Nolinor's Convair, B737 & B747, Air Inuit's Dash 8 and a RCAF Griffon.
Info / registration: www.WomenOfAviationWeek.org/location

MORIN HEIGHTS FARMERS' MARKET

United Church (831, ch. du Village, Morin Heights)
Sat, Mar 18: 10 am - 2 pm
The Morin Heights Farmers' Market continues its winter season
There will be local artisanal food producers on site.
A light lunch will be served.
All are welcome



BIRTH NOTICE

A new addition to the Scofield family... Great-grandmother, Murie, and Great Aunt Sco, welcome Sienna, born January 24, 2017 to the family. Her very proud parents are Jaimie and Danny Stewart. Aunts Meghan and Laura also welcome our new little bundle of joy.



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

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(450) 821-2566
www.prematernellelarochellepreschool.ca

4Korners
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819 324.4000 (ex: 34330)
888 974.3940
LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

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www.organismepeaix.ca

Alcoholics Anonymous
Helpine: 1 877 790-2526

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

RONA Forget Mont-Tremblant Receives Company Award

Emotions and elegance were high, on February 18, in the full-size ballroom at the Château Frontenac, in Quebec City, as the 5th edition of the Recognition Gala AQMAT (Quebec Association of Hardware and Materials construction) got under way.

After a ballot involving 335 companies to select the finalists, a panel of six independent experts decided in favor of RONA Forget Mont-Tremblant, of Mont-Tremblant. The "Society" Award honors an ecological, social or humanitarian commitment that is recognized and appreciated by clients, suppliers or the community. Over the course of the evening, sixteen awards were given to nine successful companies, six exceptional employees, and one for the most innovative products. The winner of the Society Award, RONA Forget Mont-Tremblant, was represented by Vice-President France Forget. This store has distinguished itself this year by its efforts of commitment on the social and humanitarian level. "Giving back to the community is rooted in our mission. We are committed to a variety of social and community-based organizations that embrace our family values.



Photo: France Forget, Vice-President of RONA Mont-Tremblant, holding the winner's award, Danielle Lamarre (center), Marketing Director at Techniseal, shaking hands with the winner, and the representatives of the two finalist stores in this category, Alain Brochet (Home Hardware Rimouski) and Christian Juneau (La Coop Seigneurie).



Lori's Lookout - Laurentian Personality An Incredible Journey To Fitness & Happiness Cathy Bergman Lori Leonard - Main Street

In 2009, Cathy Bergman was 5' 3", weighed 320 lbs and was in her 50's. The only activities that Cathy could participate in were to watch TV, or go out for dinner. She could no longer find clothing, and barely fit in the driver's seat of her car. For 30 years, Cathy had struggled with serious weight issues. On December 31st, 2010, Cathy "hit the bottom of the barrel" and made a New Year's resolution that changed her life forever. Cathy set an unbelievably high goal for herself - to participate in a triathlon, not any triathlon, but IRONMAN Mont-Tremblant 70.3, a world-class event!

Cathy surrounded herself with an excellent team comprised of a nutritionist and kinesiologist/fitness specialist Rob Roy. Cathy's athletic husband and eight siblings were extremely supportive. Neighbours and friends cheered her on with each pound she shed. Cathy endured enormous pain daily, but she was determined to compete in the Ironman 70.3. Rob created a specific training plan that required Cathy to train up to 5 hours daily, for 1 1/2 years, to prepare her for her incredible challenge.

As Cathy shed pounds, people no longer recognized her. It felt wonderful! She rewarded herself with training outfits, or new clothing, instead of food. Initially, she signed up for a 5 km race, and walked it. Then, she volunteered at the first Ironman event and learned about it. In 2015, after much sweat and tears, Cathy finally completed the Ironman Mont-Tremblant 70.3. Rob joyfully and proudly met her at the finish line. Wow, Cathy, you continue to inspire others! As Cathy states "It's never too late to change your life! If at first you don't succeed, try, try again."

Cathy Bergman is a management/marketing consultant, and returns the favour to Rob Roy by working at RobFit Mont Tremblant HQ, where she directs business development and branding initiatives.

Follow Cathy - Facebook.com/cathyllynbergman.



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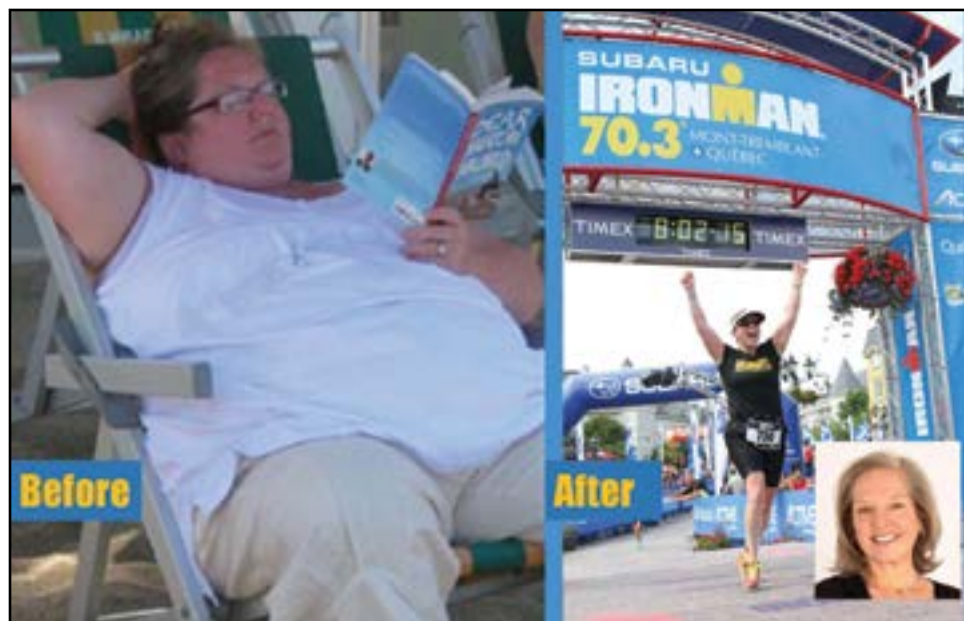
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ARUNDEL MONDAY, MARCH 20 5-7 PM
Royal Canadian Legion Hall 79, chemin du Village

SAINTE-AGATHE-DES-MONTS MONDAY, MARCH 27 3-5 PM
Holy Trinity Church 12, rue Préfontaine Ouest

Free lunch conference

FREE

Conference by Dr Ronald Lavigne
Family doctor and musician



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A Health, Justice and Social Service Caravan is coming to you

By Kim Nymark

4 Korner's Family Resource Center, in partnership with John Abbott College, is excited to take part, once again, in a project funded through a special McGill University grant. We are very pleased to announce that a Health, Justice and Social Service Caravan is touring the Laurentians and coming to a location near you!

English-speaking community members will have access to John Abbott College students studying in the health, justice and social service fields, who will be offering glucose and blood-pressure testing, ECGs, information on how to recognize heart attacks and strokes, CPR techniques, using an AED (automated external defibrillator), as well as proper procedures for EpiPen administration, information on nutrition and oral health, and youth and adult crime prevention. The students will also be giving two interactive presentations, in English, at each site visit. Students taking part in John Abbott's initiative will be able to answer questions from the community, and will have information available for distribution, produced specifically for their tour of the Laurentians. The public is encouraged to bring any medications they'd like verified, and specific questions or concerns they'd like addressed.

Participating John Abbott students are final-year students in: Nursing, Dental Hygiene, Pre-Hospital Emergency Care, Police Technology and Youth and Adult Correctional Intervention programs and are looking forward to meeting members of the various communities throughout the Laurentians.



A complete Health, Justice and Social Service Caravan schedule is available on page 13 of this edition of Main Street. For more information, please contact 4 Korner's by phone at 1-888-974-3940 or by email info@4kornerscenter.org.



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Strings & Things C.F. Martin & Co.

Dale Beauchamp - Main Street

In this era of economic volatility, government-assisted bailouts, and countless businesses that are here today and gone tomorrow, iconic guitar maker C.F. Martin & Co. truly is a phenomenon. Back in 1833, German born,

Christian Frederick Martin, headed across the ocean for the United States, and opened a full-line music store at 196 Hudson Street in New York City. There, he sold fifes, trombones, flutes, sheet music and the like. He also rented out and repaired instruments.

Already an accomplished luthier, he built and sold guitars as well. In 1839, he sold his store and contents, and with his wife, moved to Nazareth, Pennsylvania, where he set out to build and sell guitars. He maintained ties with an associate in New York for distribution purposes, much of which was done via stage-coach, boat and the still-fledgling railroad network. There were good times, and hard times, before and after the Civil War, but the company survived.

Martin died in 1873, at the age of 77. His son, C.F. Jr. carried on, until his own death in 1888. Next, came his son, Frank Henry Martin who, at only 22, took the reins and, before long, had expanded into mandolins, and gained autonomy from the Zoebisch sales agency in New York, which had taken far too much control over Martin & Co. By the time he retired, in 1947, Frank had grown the family business into a world-respected enterprise, and still worked on the floor himself, building instruments. The ukulele boom of the 1920's was a very lucrative period, providing Martin with enough resources to weather the Great Depression, although many concessions were made during this time.

It was during this period when the iconic 'Dreadnought' guitar shape was born. This would go on to be the most copied model in the history of acoustic guitar design. During the war, Martin had to switch to ebony as a neck reinforcement material, since steel was reserved exclusively for the war effort. In 1946, they returned to the non-adjustable, steel T-bar truss-rod. Curiously, Martin guitars only began using an adjustable truss-rod in 1983... roughly 70 years after Gibson. They had experimented with various systems, the most notorious being the square, hollow steel tube, which was used from 1967 through 1983. The guitars were otherwise well built, but these truss-rods were known to be not as strong.

The 'folk boom' of the late 50's and early 60's made for prosperous times at Martin. A new factory was built to meet the demand, and a period of growth and expansion was to follow.

Still family owned, with C.F. Chris Martin IV at the helm, the company continues to hold the top spot in worldwide sales of acoustic guitars. Other great makers, like Gibson, Taylor and Guild are close, but Martin is still number 1. They've been pioneers in experimentation with the use of alternative materials and, of course, still produce instruments with the traditional woods, as well. Happy 184th to C.F. Martin & Co.!

Lachute Girls to Explore Nolinor's Convair, B737 and B747, Air Inuit's Dash 8, and a RCAF Griffon

For its 5th participation in the Women Of Aviation Worldwide Week celebration, the Lachute aviation community is proud to invite girls of any age to visit the Lachute Airport on March 11, 2017, and discover aviation opportunities, connect with industry professionals, and experience a free small aircraft flight experience.



Airlines will have a substantial presence at this year's event. For the third year in a row, Nolinor Aviation will have its Convair and crew on hand to answer questions. For the first time, it will also offer a tour of its nearby Mirabel facilities, a chance for the girls to learn everything about flight management, hands-on, and visit the company's Boeing 737 and 747 aircraft before heading to the Mirabel control tower.

Not to be left behind, Air Inuit is sending Melissa Haney, its first female Inuit captain. She will fly the company's Dash 8 in Lachute with an all-female crew. Air Canada is sending a contingent of employees to present its various career options. The theme for the 2017 Women Of Aviation Worldwide Week is "Let's Swirl. 80 years of female helicopter pilots." To mark the anniversary, the organizers coordinated the presence of Stéphanie Pouliot, Griffon pilot, with the RCAF. She will fly her helicopter in from Trenton. Furthermore, Michèle Rivest, Quebec's first female helicopter pilot who teaches at ENA, will be one of the keynote speakers during the lunch break.

The public is invited to explore all the aircraft at the Lachute Airport and get information about career options and training paths, but girls of any age, with no prior small aircraft flight experience, will also have the opportunity to go on a free first flight (pre-registration required). In fact, as many as 170 girls per hour will discover flying onboard small aircraft ranging from ultralights to airplanes, to helicopters.

Should the flying bug bite, local schools such as CQFA, ENA, and others will be on hand to detail the training options. The girls will also have the opportunity to fly an F-16 or a 737 on simulators.

"Despite a common belief that this industry is overwhelming masculine, Nolinor wants to show these young women that the doors are opened and that they can choose these careers without a second thought," explain Serge Bernier, Security Director and Investigation / Logistics at Nolinor Aviation. "In 2017, Nolinor is delighted to seize the opportunity to pass its passion for aviation onto girls of all ages."

The Institute for Women Of Aviation Worldwide who sponsors the Week's events is offering prizes and scholarships to girls who go on eligible Fly It Forward® flights such as the ones offered in Lachute and report them at www.WomenOfAviationWeek.org before March 14, 2017, midnight.

The "WOAW 2017 at Lachute - Girls Discover Aviation" event takes place on March 11 between 9 am and 5 pm at 6 rue Ader, Lachute, Quebec. For more information and to register, visit www.WomenOfAviationWeek.org/location

Main Street - 16th Anniversary

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

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Brigitte Paquette and Michael Belleville, two Brokers who recently joined our office and the Team Royal LePage Service Plus. Together, we look forward to servicing all your real estate needs with ease, sincerity and professionalism.



GORE | WATERFRONT

Waterfront - Gore | MLS 27841705
Two-story cottage on 56,001 sq. ft. wooded lot located on quiet, cul-de-sac road. 3 bedrooms, 2 bathrooms, large kitchen & dining area. Open concept. Artesian well, double garage and situated on Lac Roger.
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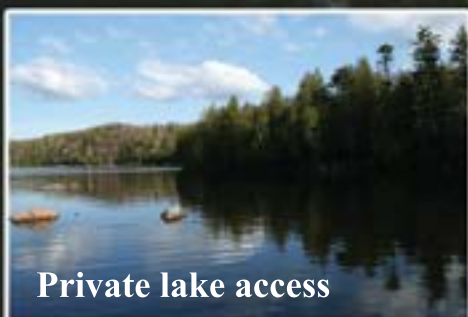
Lachute | MLS 14789228
Superb brick ancestral home with large private backyard surrounded by cedar hedges, spacious 1 1/2 story garage. 4 bedrooms. kitchen with lots of cupboard space. Beautifully landscaped, pond with small waterfall, gazebo, large back patio.
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More Than \$1.2M to Stimulate Artistic Creation in the Laurentians

The Quebec Arts and Letters Council (CALQ), the MRCs of Antoine-Labelle, Argenteuil, Deux-Montagnes, La Rivière-du-Nord and Laurentides, the City of Saint-Jérôme, and the Council of Culture of the Laurentians (CCL) recently announced the signing of a Territorial Partnership Agreement for the Laurentian community. Over the next three years (2017-2020) a total of \$1,260,000 will be provided in financial support to creators and arts organizations with community projects.

The Minister of Culture and Communications, Minister responsible for the Protection and Promotion of the French Language and Minister responsible for the Estrie region, Luc Fortin, declared: "I welcome this agreement between the Quebec Arts Council and municipal actors in the Laurentian region, who jointly invest in the cultural vitality of their territory and in the quality of life of their citizens. Access to culture throughout Quebec is a priority for our government."

THE PROGRAM

Under the terms of the agreement, the Québec government, through the CALQ, matched the amount of \$630,000 invested by the cities and MRC partners for the implementation of the Laurentian Territorial Partnership Program. This program will support projects for the creation, production or distribution of the work of artists, writers and arts organizations residing in the territory of the partners. Objectives: to stimulate artistic creation in the region, to contribute to the development and support of artists and writers, to encourage their retention in their localities, and to encourage the emergence and inclusion of digital technologies in artistic practices. It also aims to support professional arts organizations in their development and for outreach 'arts and letters' programs in and beyond the region.

Proud Collaboration Between The 70th Scout Group And The Regional Museum Of Argenteuil

The 2nd edition of the winter festival, which took place on Sunday, February 26, had the pleasure of welcoming the 70th Scout Group, LES TISSERANDS d'Argenteuil, who assisted the organizers by helping to serve the more than 600 visitors to the site during the day.

"The second edition of the winter festival, presented by the Municipality of Saint-André-d'Argenteuil and the Regional Museum of Argenteuil, welcomed more than 600 visitors this year. As we had a small team of volunteers to ensure that the day went smoothly, it was obvious that we could not have offered a catering service without the invaluable collaboration of the 70th Scout group "LES TISSERANDS d'Argenteuil," explained Lyne St-Jacques, The director of the Museum. "We sincerely thank them for their presence. The weather was windy and chilly, but the group's parent volunteers were present and served hotdogs, hot chocolate and coffee throughout the day. Thanks to them, we were also able to ensure that our snow sculptor teams had easy and quick access to hot food and beverages to enable them to continue their work. We owe our Scout Group a proud candle and we are pleased to give them \$300 of the profits..."

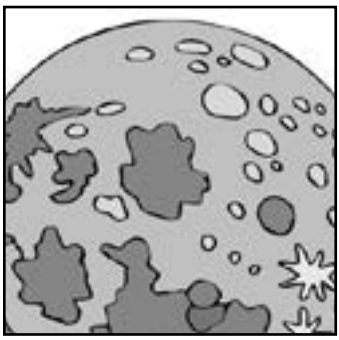


The 70th Scout Group, LES TISSERANDS d'Argenteuil, is very active within the community. A member of the Scouts Association of Canada, its mission is to promote and support the integral development of young Francophone Canadians so that they reach their full potential as individuals, as members of their communities and as citizens who play an active role in society. Les Tisserands d'Argenteuil now have a Beaver unit (7 and 8 year-olds), a Cubs unit (ages 9 to 11) and a Scouts unit (youths aged 11 to 14). If your children are interested in joining the Scout group in the Argenteuil area, you can contact the leaders at 450 675-1003.

While bringing to light an important part of our history under the theme of the coureurs des bois, the 2nd edition of the winter festival achieved its goal of being a great citizen gathering, by welcoming more than 600 residents of Argenteuil, and showcasing many animators, companies, and an organization of our beautiful region. What could be the historical theme of a third edition in 2018?

WELCOMING
Spring

This year, the March Equinox, the official arrival of "Spring," falls on
Monday, March 20 at 6:29 am EDT
While Canadian weather does not always follow the dates on the calendar, here's hoping for an early start to the new season!



Zach Factor Head for the Hills, The Dam's Bust!

Lys Chisholm & Marcus Nerenberg -
Main Street

The Commonwealth of Pennsylvania built a dam across the Little Conemaugh River in 1838. The reservoir behind the dam supplied water to the Pennsylvania Main Line Canal. It was later abandoned in 1853, because new railroads were found to be faster and more profitable than canals. In 1878, the newly-formed South Fork Fishing and Hunting Club bought the dam, its lake and surrounding land, and the members, fifty of Pittsburgh's wealthiest industrialists, built lavish cottages and a magnificent clubhouse. Members, like Andrew Carnegie, Henry Clay Fitch and Andrew Mellon, all captains of industry, and their families, passed summers at the club in leisure, escaping the hot, polluted atmosphere of Pittsburgh. The steel mills were abandoned for the fresh air and clear waters of Lake Conemaugh.

As it fell into disrepair, the dam had periodic leakage issues. It was an earth dam, which was not maintained to the engineering standards of the day. Congressman John Reilly, who sold the property to the South Fork Club, had removed the iron culvert from the base of the dam that could have drained the lake for maintenance. Instead, he sold it for scrap. Complicating the matter further, to access the estates, the Club shaved three feet off the top of the dam to build a road wide enough for their members' carriages.

Twelve miles downstream from Lake Conemaugh was Johnstown, a thriving industrial center of 30,000 people, and the home of the Cambria Ironworks. The mill, running twenty-four hours a day, produced more steel rails than any other company in the country. In 1880, concerned about the state of the dam, the mill owner, Daniel J. Morrell, sent his engineer, John Fulton, to inspect it. Fulton reported that the dam was in need of extensive repairs; a report the Club's executive ignored.

On May 31, 1889, after a day of torrential rain, the structure sprung leaks faster than they could be filled. At 3:10 pm the saturated dam burst. Twenty million tons of water, forty feet high, thundered down the valley, carrying away houses, trees, boulders, 80-ton locomotives and hapless victims. At 4:07 pm, the wall of water and debris swept away a large portion of Johnstown. A thirty-acre field of devastation piled up against the railroad bridge, where a mixture of coal, kerosene, and lime ignited and burned like a scene from hell. Two thousand and nine townspeople either drowned, or were incinerated, in ten short minutes. In the years that followed the courts found the South Fork Club not responsible for this "Act of God."

In recent weeks, the Oroville Dam in northern California, the highest dam in the United States, at 770 feet, has been facing its own potentially catastrophic event. After several years of drought, California is being inundated with storms, called the Pineapple Express, which are dumping record rainfall throughout the state. Reservoirs have filled to capacity in days. In most places rainfall amounts for 2017 have already exceeded the yearly average. On Feb. 13 and Feb. 20, Lake Oroville rose to 901 feet. The main spillway was discharging water at a rate of 100,000 cubic feet a second. For the first time since the dam was completed in 1967, overflow was pouring over the emergency spillway. The slope below that overflow began to erode, raising fears of an imminent collapse. The main spillway, a graceful-looking concrete structure, had, over time, sustained structural damage that was not addressed during the years of drought, as it was never used. Halfway down the spillway, the massive discharge of water crumbled the damaged concrete and the torrent wore a crater through to bedrock.

Flooding, lower down the Feather River region, forced 200,000 people to evacuate to higher ground. The main spillway was kept open until the lake dropped to below 850 feet. The slope beneath the emergency spillway underwent repairs, with millions of tons of boulders, dropped by helicopter, and held in place with thousands of cubic yards of quick-drying concrete. The result is an engineering eyesore, and clearly a last-ditch attempt to ward off the worst. Used by the California Department of Water Resources for hydroelectricity, irrigation and water supply for cities as far away as Los Angeles, this vast system has nine more dams in the watershed above Lake Oroville, also filled to capacity with storm water and spring snowmelt.

In 2005, The Sierra Club and several other groups submitted a joint report recommending serious repairs to the spillways. The reports were either ignored or buried. More storms, still anticipated, may create an epic disaster beyond even Hollywood's dreams. Will we ever learn?



The John Shultz house mixed with the Penn RR in 1889 after the Johnstown Flood. Photo taken by George Barker. Photo credit: The Johnstown Flood Memorial Museum



Halfway down the Oroville Dam spillway a massive crater attests to the power of water and gravity. Photo credit: Feb. 27, 2017/ Dale Kolke / California Department of Water Resources



The Story Behind Guided by Fire, the Story of Swisski

Joseph Graham - Main Street
joseph@ballyhoo.ca

They called it Baumgarten's, one of the earliest rope-tow ski lifts. Alfred Baumgarten had built a huge barn, a stunning structure called Hillcrest Farm that boasted a clock on its face as well as substantial living quarters, on what is now Dazé Street off Tour du Lac in Ste. Agathe. He also built the Bungalow, an imposing log home on the shore of Lac des Sables. He willed the right to use these properties to his daughters Mimi and Ilsa, giving first choice to the elder. Mimi married Hector Mortimer, a British-trained obstetrician, gynaecologist and endocrinologist. They chose to live in the Bungalow. Ilsa, whose marriage to John Nesbit took her to Baltimore, Maryland, showed little interest in Hillcrest Farm.

In the forties, the Mortimers hired Kermit Hoyer to come and run the farm. He and his wife Grace and three daughters, Orpha-Jean, Shirley and Betty, lived in the large house attached to the barn. The children grew up with frequent outings to Baumgarten's ski-hill at their doorstep and became proficient skiers. They also had access to the stables and the other perks of Ste. Agathe in those golden years. Kermit ran the farm through the forties, but it all ended in 1949. Their daughter Shirley remembers vividly the day the barn burned. She heard an explosion and looked wildly around for any member of her family. Her father called to her to help him get the animals out of the barn. She was twelve and, unlike her sisters, she enjoyed riding with her friend Suzanne Clark. She had no trouble helping the nervous horses out of the building.

The barn survived the fire, but Shirley and her mother and sisters moved into the Bungalow with the Mortimers. Kermit left and she never saw him again. Was it the fire that chased him away?

That same year Mimi and Hector Mortimer had been obliged to give up their interest in Hillcrest Farm in favour of Mimi's sister Ilsa. Now widowed, she wanted to move back, and Alfred Baumgarten's will stipulated that she could. The fire, Kermit's departure and Ilsa's reclaiming of her rights to Hillcrest all happened at the same time. Maybe there was more to the story, loss of face, other differences, all lost in time.

The Hoyer women moved to a simpler home and Grace got a job. Kermit sent cheques but nothing more. As Shirley grew up, finishing her education at the English school, she worked first for the Lozoffs at their store on St. Vincent Street. Elliot and Leona Lozoff came to Ste. Agathe, the same small town that had attracted their cousins, Willie and Ruth Marks. Elliot bought a farm on Route 11 north of Ste. Agathe and raised chickens, supplying local hotels with eggs. Subsequently, they opened a restaurant that they called The Roost, but in 1951 Willie and Ruth invited them to sell and join them in a clothing store on Rue Principale. As sometimes happens with family, though, they were soon forced to buy out Marks and another partner and moved to St. Vincent Street premises they rented from Julius Belson. Shirley found a job there and later worked for Stina Badenduck at her gift shop.

One day ski instructor Sepp Wazle saw her on skis. Sepp, an immigrant from Tyrol who started off washing dishes at Mont Gabriel, was an excellent skier. It wasn't long before he left the kitchen and began teaching. When Ken Harrison of the Laurentide Inn spotted him, he asked Sepp to run his ski school. In his turn, Sepp found others, including Hildegard Sprenger, who had been teaching at Chalet Cochand, and he put the Laurentide Inn's ski school together. Shirley became one of his teachers.

Those were full days for her, riding with Suzanne Clark, skiing and dating some of the interesting military guys who were doing their service at the Lac St. Denis radar station in St. Adolphe. One day she met a young instructor, a Swiss named René Wachter. He taught with the school for a season, but he was on his way to other adventures.

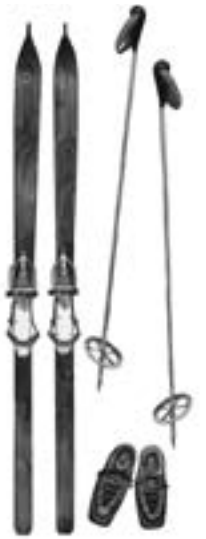
René grew up in Zurich – on skis a lot. His father started them young, often taking him and his older brother Norbert out skiing. He has fond memories of those days, but as they grew, his brother was drawn away. He worked for an airline and moved to Toronto. In 1965, René decided to follow. Working in Geneva for a few years, he got his papers together and came to Canada. It was easy for him to make a living in hospitality and he moved on to Bermuda, where he worked in hotels. Three years later, he was back, finding his way to Ste. Agathe where his brother and some friends were staying at the Laurentide Inn. It was around then that the immigration office told him that he would not be able to apply for citizenship as he had been out of the country for three years. But those were different times. He would simply have to wait. "Call me back in three years..." he was told. How civilized. When he followed up then, he became Canadian.

He met Shirley in 1974. He liked her a lot, but wasn't sure yet about a future in Ste. Agathe, so he moved on. A year later, he came back and they married.

René Wachter worked at Eberhart Rado's Chatel Vienna right on the lake. It was a highly-rated restaurant, popular among the weekend crowd. Although still very close to the Rado family, one day Shirley's work drew them to a new endeavour. Rolland Belhumeur had built a ski shop for two young partners, Bill Glass and Elton Irwin. They had prospered over the years, purchased the building and were still growing. Their store might soon become superfluous to their growing import and distribution company, and Shirley and René were ready to step in.

...continued

Thanks to René Wachter, Shirley Hoyer, Renee Lozoff, Hildegard Sprenger, Patricia & Jamie Glass and Suzanne Casavant. Other references available upon request.



Obituaries

Death Of Mr. Philippe Alary, Councilor Of Wentworth-Nord

It is with great sadness that the Mayor, Mr. André Genest, members of the Municipal Council and employees of the Municipality of Wentworth-Nord announce the death of Mr. Philippe Alary, Councilor representing District No. 1 (Saint-Michel), on February 15, 2017, after a long illness.

Elected in March 2010 in a partial election, Mr. Alary sat relentlessly until last January, despite the illness that had afflicted him for several months. During his two terms, he helped create the MADA Committee, where he served for a few years, and in the development of the MADA Action Plan for Wentworth North. Since the adoption of Wentworth-Nord's MADA policy, Mr. Alary has served on the Senior Citizens' Table at the MRC des Pays-d'en-Haut.

As a municipal councilor, he was successively delegated to the Planning Advisory Committee, of which he was a member prior to his election, and to the Community Life, Recreation and Culture Committee where he was particularly responsible for the municipal library. A committed citizen, he also made a name for himself in 2008 by participating actively in the organization of the celebrations for the 50th anniversary of the founding of Wentworth North.

"Members of City Council and staff join me in offering our most sincere condolences to his wife, children, family and friends," says Genest. The official flag of the Municipality was lowered at half-mast on all municipal buildings to highlight this great loss to the community of Wentworth North.

Details of the funeral will be announced later by the family.

ELLIS, H. Clarke

March 8, 1932 to February 13, 2017
Passed peacefully at home at the age of 84. He leaves behind his wife of 59 years Isabel (Hall), daughters Marilyn (Andre Provost) and Sandra (Dave Pitman), and 3 grand-daughters, Sabrina Provost, Kirsten and Brooke Steele. Also survived by sister Jane Ellis (Gerry Leblanc), Miramichi, N.B. and sister-in-law Barbara, Halifax, N.S., as well as niece & nephews, grand nieces & nephews, & numerous great grand nieces & nephews. He was pre-deceased by son Andrew.

A Celebration of Life took place on February 25 in the Hall of the St. Francis of the Birds Church. Donations in Clarke's memory can be made to the Canadian Cancer Research or the charity of your choice.



Memoriam Thomas George Smyth

In loving memory of a wonderful husband, a great father and a super grandfather who passed away on March 2, 2010. This day is remembered and quietly kept, no words are needed, we'll never forget. God Bless you. Sadly missed, always remembered and loved by your wife Doreen, daughter, Cindy (Derek), Heather (Hal) and grandchildren, Tyler, Taylor & Courtney.

McRAE, Angus Beaton

After a very difficult eleven-month battle, Angus left us on February 23, 2017 in his eighty-first year. Angus was the son of the late John McRae and Grace Copeland. He leaves to mourn his companion of forty-six years, Opal Laraway, and his two step-children, Freda and Allan (Irene Williams) Colquhoun, as well as Irene's children, Nicola, Chris and Carly. Also left to mourn are his three siblings, Winston (Waverley), Heather (Robert Elkington) and Margaret (Richard Madden). Pre-deceased by his brothers Wyman (Edyth), Lawrence (late Norma), Anthony (late Kitty), Harold (late Faye), Brian and his sisters, Mary (late Charlie McLeod), Eleanor (Lambert Proulx), Iva (late Robert Adamson) and a brother and sister in infancy. He leaves numerous nieces and nephews who will miss their Uncle Angus. Angus was a gentle man, hard working, special friend to many. A funeral service was held on Sunday, February 26, 2017 at 2 pm in the chapel of the funeral home. In memoriam donations may be made to The Ladies Committee of the Lachute Residence, 377 rue Principale, Lachute, Qc. J8H 1Y1. Burial will take place in the spring at the Lost River Cemetery. Funeral arrangements entrusted to J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

WOOD, Norma May (nee Thompson)

Peacefully at the Ste-Agathe Hospital on February 18, 2017.
Devoted wife to the late Allan Wood. Beloved mother to Roseann (Arnold), Brian (Dale), Wendy and Leonard (Diane). Mother to pre-deceased daughter, Catherine, and son, Steven Wood. Cherished grandmother to Dean, Darin, Corey, MacKenzie, Christie, Devon, Kyla and Tyson. Great-grandmother to Kaylyn and Seadon Hodge. Extended family Taura, Robin and Jude Berthault, and Rose Mallon.

A private family celebration will be held at a later date. Many thanks for the condolences passed along to the family. So very much appreciated. Norma touched so many with her gentle and loving nature. She will be loved forever and a day.

IN LOVING MEMORY OF 35 YEARS...

DOUCET Jeannette (née Daigneau)

Nov 22, 1928 - March 3, 2016

"Petite Fleur de Mon Coeur," I love you!

My Sweetie, you 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!
Your loving husband Fernando (Fred Doucet).



The English Link The Danger of Antibiotic Resistance

By Kim Nymark - Main Street

In my world, winter has become synonymous with antibiotics. Everyone seems to be taking them for something! And, more and more often, I hear "they aren't working like they used to, or should." Are antibiotics really becoming increasingly resistant?

Did you know that Canadians are at risk of experiencing the effects of antibiotic resistance? Antibiotics are used to fight bacterial infections and illnesses by stopping or slowing the growth of bacteria. When antibiotic resistance develops, the antibiotics normally used may not work as well, or may fail completely. Antibiotic resistance is a growing problem in Canada, and the world. This is because some bacteria that cause infections and illnesses are becoming increasingly resistant to antibiotics.

Antibiotic resistance happens naturally. To a certain degree, any antibiotic use can lead to antibiotic resistance. When bacteria are exposed to antibiotics, some bacteria, with the ability to resist, can survive. If antibiotics are not used properly, most or all of the weak bacteria are killed, but the resistant bacteria can survive and continue to spread. This makes the prevention of illness even more difficult to control.

Leading causes of increased antibiotic resistance are the overuse, or inappropriate use, of antibiotics in preventing or treating infections. Antibiotics are only effective in treating bacterial infections, not viral infections like the common cold or flu.



To protect your health in the future, take steps to prevent antibiotic resistance:

- Speak with your healthcare professional about the right treatment, and how to use antibiotics responsibly
- Take the full course of antibiotics as prescribed by your physician
- Do not share antibiotics with anyone
- Lower your risk of getting sick: keep your hands clean

Antibiotic resistance is a public health concern. The number of bacteria strains that are resistant to antibiotics is increasing. The danger of antibiotic resistance is that treatable illnesses, such as pneumonia, tuberculosis, or minor infections could become incurable.

In general, certain groups of people have an increased risk for getting infections. This means they are also at an increased risk of antibiotic resistance.

At-risk groups include:

- infants, especially premature babies
- seniors, particularly those living in long-term care facilities, or seniors' residences
- people with weakened immune systems due to illness or injury

Everyone has a role in helping to prevent antibiotic resistance. Canadians and healthcare professionals must work together to reduce its impacts on our health and healthcare system.

To learn more about antibiotic resistance, visit www.canada.ca/antibiotics.
kim@4kornerscenter.org for the English Communities Committee of the CISSS Laurentides (des Sommets region) and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 34330.

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Main Street Money: Ladies' Investment and Financial Education

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

RETIREMENT PLANNING

Take the mystery out of planning for your retirement with this helpful checklist.

If you've ever committed to a home-improvement project or organized a large event, you understand that preparation is the key to success. Setting a budget, allowing room for adjustments, and planning for unknowns, can help reduce the worry and frustration that come from being unprepared.

It's no different when preparing for retirement. Get started by considering the questions below:

1. Where will the money come from?

Figure out how much money you'll have in retirement and where it will come from. Possible sources include:

- Government: Canada or Quebec Pension Plan (CPP/QPP) and Old Age Security (OAS)
- Workplace pension plans
- Personal savings: Registered Retirement Savings Plan (RRSPs), Tax-Free Savings Accounts (TFSA), Registered Retirement Income Funds (RRIFs), and non-registered accounts
- Other: rental income, part-time employment, etc.

2. What's my budget?

Estimate your monthly expenses by including all of your possible commitments, including property taxes, medical costs, club memberships, travel expenses, etc. This will help you identify any shortfall between your estimated income and your expenses.

3. Should I top up my investments?

Now's the time to ensure you're contributing the most you can to your RRSPs and TFSAs since these financial-planning tools can provide the opportunity to grow your savings on a tax-advantaged basis.

4. Can I consolidate?

Paying off significant debts now can provide you with greater financial freedom in retirement, and the flexibility to handle emergencies, if they arise. Consider consolidating all of your debts into one account that charges a low rate of interest. Consolidating all of your investments with one advisor can help provide a simplified picture of your financial health. You could even save money by eliminating fees.

5. Have I reviewed my will, powers of attorney and beneficiary designations?

Sometimes, previous choices need to be adjusted at retirement. Have your lawyer (notary) review your will. Your lawyer and advisor can work together to ensure that you, your requests, and your beneficiaries are protected in accordance with your wishes.

6. Is my insurance coverage up to date?

Be sure to review the insurance policies on your home, life and car, to ensure they remain up to date, and in line with your needs while retired.

7. Am I prepared for a rainy day?

No matter how well you budget, unexpected expenses can arise and undermine the best-laid plans. That's why experts suggest setting aside three to six months' worth of living expenses. This will help prevent you from dipping into your regular retirement income during emergencies.

TRAVEL PLANNING

A lot of us see the snow, the cold, and want to get away to somewhere that is warm, if not hot. Often, it is as simple as a one or two week trip to Florida. You pick a spot, and then book a flight, a bus, or a car trip. It all depends on what you can afford – so you plan a travel budget.

Roughly half of the people travelling outside Canada do not get travel insurance. Many travellers have no idea what is covered by Quebec (RAMQ) if they do have a medical situation outside Quebec. You can check what is covered at www.ramq.gouv.qc.ca and how much they pay.

Here is one example: if you, or a fellow traveller, need 3 days of hospital care in Florida due to a heart attack. These figures are in CDN dollars and vary according to where you are in the state, but they are realistic. Hospital services \$25,000, professional services \$1,000 totalling \$26,000. The amount reimbursed by RAMQ after you pay the charges in the United States; hospital services (\$100 per day) \$300, professional services \$435 totalling \$735 – so you get back \$735 against a bill of \$26,000. You are responsible for \$25,265.00.

Just a one-time visit to a G.P. in Florida can be \$75 and the Regie will reimburse you \$16.60, your out-of-pocket cost is \$58.40.

Keep in mind costs for a broken leg, or a cut that needs stitching, can really leave a dent in your savings, and is not part of your travel budget.

If you want to have a talk about Travel Insurance and what it covers, give me a call at 514 788 4883 or my cell at 514 949 9058, I can get you covered after explaining all the options. Hopefully, you will not need to go to a doctor or a hospital while travelling, but it will pay to have travel insurance in case you need medical help.

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I'm Just Saying Orange Crush

Ron Golfman - Main Street

Of late, in the political arena, fact and fiction have been blended into one pliable clump of Play-Doh. After obvious warnings, we, as a society, have decided first to taste crap as a way to avoid stepping in it.

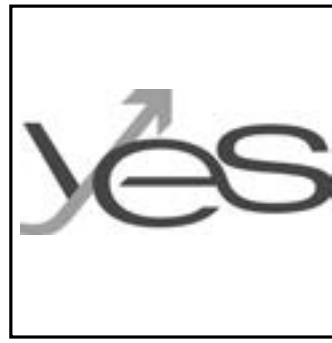
Recently, I spent some time in discussion with a Trump supporter. She insisted that she was also a feminist, who believed that if we just give the President a chance, all the misogynistic rhetoric would dissolve, and that those values were merely a campaign ploy to get elected, not his true beliefs. After recommending both an ear and eye doctor to her, I asked if she believed that if she closed her eyes, I couldn't see her. This didn't go over well, as I was then erroneously called a "typical liberal cynic."

I shudder to underline that this dialogue is true, and the more we engaged, the more I felt that she, like so many Trump supporters, believe that when they say "let's not talk about me anymore, let's talk about what you think of me" they are changing the subject. It is frightening to know people who only believe what they want to hear, and that fact has gone from a solid to a liquid in our society. Sadly, she is clearly not alone in opting for the comfort zone, with no room for science or validation.

I suggested we grab a bite to eat as we debated fact and fiction. When she suggested Subway, I joked that given that their sandwiches are mostly bread, their menu would be marginally more desirable to me if they put the meats and veggies on the outside and one sliver of bread in the middle. To my surprise, she remarked, "What's your point? You people never accept what is good for you." Again, the notion of eating crap because someone told you it is good for you missed its mark.

As we spoke, my every attempt to present the fears I had over the decisions coming from the White House were countered, not by defending them, but by references to what past Presidents, particularly Obama, had done. I suggested the wisdom that if we don't learn from our mistakes, we are doomed to repeat them. She vehemently barked back that the new guy is doing things differently, and went on with the sentimental drivel most Trump fans recite about past glories, and that we can recreate the momentum of the 50's. I offered that the 50's was a spit in the ocean of direction Trump is taking us, and that he's actually shooting for the Stone Age.

I came away thinking about how we perceive each other, and I'm just saying, that a rock is just a rock, until you lift it up and see what's really underneath it.

Making it Work in the Laurentians

The Power of Artistic Collaboration

By Meaghan Landrigan-Buttle

Often the nature of the "creation of artistic" is highly individualistic. However, artistic endeavours can flourish and really succeed when passion and creativity is shared and executed by a team of like-minded individuals through collaboration.

Why is collaboration important for growth?

Simply put, collaboration will expand your horizons while fueling an exploration that will inspire openness towards creative partnerships. Not only will you be privy to out-of-the-box thinking by witnessing the artistic process of others, you will stimulate new ideas for yourself, and your project, on a larger scale. You will be able to express challenges, exchange tips and work together to overcome difficulties and obstacles. Here, learning from others becomes key to entering a world of mutual benefits.

How can collaboration move you forward financially?

Collaboration in the artistic world is a far more sustainable method of creating a more stable and profitable career. On one hand, funders are often looking for projects that include more than one artist and more than one discipline. For example, the Canadian Council for the Arts now offers funding explicitly for collaborative works between artists. This program encourages artists to bring together their concepts in order to create larger projects that will reach broader audiences.

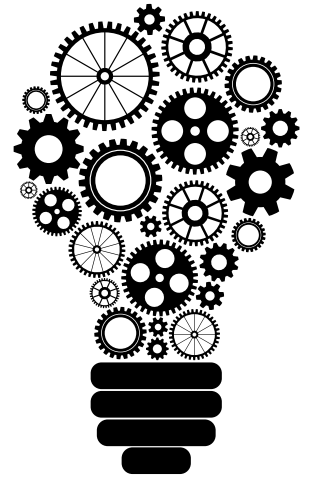
At the same time, collaboration with artistic organizations can also give you a step up. These organizations are often looking for entrepreneur artists, that is, individuals who are driven by an entrepreneurial focus, and who want to lead projects, and can benefit from a larger infrastructure. As a result, artistic collaboration will allow you to diversify your revenues while encouraging the exchange of services between the artists involved.

How does the collaboration process start?

An important step in this process is to permit your curiosity to take you places. Be curious about what other artists are doing. Connect with them at networking events and on social media. Not only will this broaden your peer-to-peer network, it will help you keep informed about what is happening in the art world. This can lead you to the discovery of new grants, calls for proposals and group shows as well as general trends. Additionally, it will allow you and your collaborators to share and extend your networks while sharing expenses and resources. It will also lead to a growth in your fan base which in turn will lead you to new groups of people that will love and appreciate your work.

If you need a boost, the YES Artists Program is here to help! Our experienced artist's coach can work with you to discuss your concerns. More importantly, you can also network and grow through our group coaching opportunities where artists come together to discuss issues being faced by artists from multiple disciplines. Call YES for more information at 514 878-9788 or 1 888 614-9788.

Interested in hearing from experts in the art world? Join YES for the Business Skills for Creative Souls Artists Conference on March 27. For more details: www.yesmontreal.ca



Spotlight Mont-Tremblant

Erin McCarthy - Main Street

Hello all! I hope the winter months have treated you well and that, like me, you are now looking forward to peeking your head around spring's corner!

This month, I would like to turn the spotlight to an initiative that I was recently introduced to in Mont-Tremblant, but that provides services to a much broader field. It is a non-profit organization called the Laurentian Caregivers Association. Laurentian Care was created with the aspiration of offering support and services to anglophone seniors in need of care, as well as their caregivers, in the upper Laurentians of Quebec, from Piedmont to Mont-Laurier. The organization acts as a lifeline for many individuals and families who have difficulty finding access to English services in health and social resources in the region. They do so by developing educational programs, and providing contacts for a myriad of specialized organizations in the area. They offer therapy and respite for caregivers, workshops on socialization through creative activities for those who are challenged, CPR/First Aid for caregivers and seniors in the region, and PIED (a program that aids seniors to prevent falls, and how to cope with a fall).

They have built a strong relationship with Veterans Affairs Canada, and are the only English organization in the upper Laurentians offering home-care services and support in residence, enabling seniors to remain in their homes as

long as possible. They provide direct contact with the McGill University Memory Clinic for those with dementia, as well as maintain a partnership with the McGill University Baby Boomer Lectures, offering caregiver insight and education that assist those caring for others with mental health issues. They collaborate with AMI (Action on Mental Illness) Quebec, and Concordia University Centre for the Arts in Human Development, supporting caregivers and their patients, through drama therapy. Furthermore, they work with Table de concertation régionale des aînés des Laurentides, and local police, regarding fraud and abuse towards seniors and caregivers.

The largest challenge that Laurentian Care faces is the lack of media exposure, as well as the limited amount of Internet accessibility in the region, to promote awareness of the resources they make available. Laurentian Care depends highly on the support of English newspapers, mainly Main Street, to reach their clientele. To help raise awareness, Laurentian Care is launching a fundraising campaign to help them continue to deliver their services to those in need. **The first event in this series of fundraisers will be an Art & Wine evening, on March 23, from 6 -9 pm, at Casey's Bar & Grill in the Mont-Tremblant ski village.** The cost to participate is \$45, which includes all of your painting supplies, the canvas you will paint on and then take home, and hors d'oeuvres. The event will also feature a silent auction, door prizes, a 50/50 draw, and happy-hour prices on selected drinks all evening. For more information, or if you would like to attend, please contact info@laurentiancare.org or call 1.855.522.7372.





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Dear Susan and Main Street,
We would like to express our deepest thanks for your support of The Shoebox Project for Shelters in 2016. Your coverage in Main Street of our Project helped us reach the members of our communities.

This year, our first for the Project in the Laurentians, we had a modest goal of collecting 40 Shoeboxes to be delivered to four shelters in the region. We were incredibly inspired by the dedication and generosity of community members who filled boxes and delivered them to us on time, so we could pass them on to the women in the shelters. Because of the overwhelming response of community members, we actually received 120 boxes!! We were able to give each of the four shelters may extra boxes, and in addition, we were able to add an Aboriginal Shelter to our list, and give them boxes as well. Across Canada, over 31,000 boxes were delivered. We would like to thank the members of our community who contributed, and to thank you again for your generous support. We hope that you will continue partnering with us as we share joy and compassion with the women in our communities who need it the most. A gift from The Shoebox Project helps to boost self-confidence and reduce social isolation, and is an important reminder for a woman living in poverty that despite her circumstances, she remains a valued and respected member of her community.

Warm regards

Katja Leccisi and Linda Biron
Co-Coodinators of the Shoebox Project Laurentians/Laurentides



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