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What's On My Mind...

A word on wildlife

Susan MacDonald, Editor

May... and just like that winter has disappeared, lakes are open and our Laurentian vistas have turned from dull and lifeless shades of brown into multiple hues of vibrant green. Everyone is out enjoying the warming temperatures, including our local wildlife. By now, most of our wild neighbours have given birth or have hatchlings in the nest. Parents are busy providing food, and protecting their young from predators, including well-intentioned humans, who often mistake young animals as being orphans. Sadly, this most often is not the case and the reason why wildlife and rehabilitation centres are filled to maximum capacity by the end of this month.



A good thing to remember is that nature is so well structured that it rarely requires our intervention. For example, did you know that fawns (baby deer) are born scentless and are programmed to remain motionless, even if danger is present? With their well-camouflaged spotted coat, they are difficult to see and most times, a predator will walk right by never knowing they were there. The mother, always watching and ready to intervene, if necessary, will only return to the little one twice a day to feed so as not to attract attention to her baby. She will change its location frequently. This routine will continue until the fawn is strong enough to follow its mother. Truly orphaned fawns will show definite signs of distress, which you can learn about at www.redcreekwildlifecentre.com

Raccoons and foxes often choose denning sites near humans, their reason being the close proximity to humans will challenge and deter predators from preying on their young. During the denning season they are often seen out foraging for food during the day so they can be with their young at night when most predators are hunting. Once the young are able to travel, these dens are abandoned.

Is there anything cuter than a baby rabbit? Believe it or not, baby bunnies (kits) disperse from the nest at fifteen to twenty days, and are completely independent by the age of three weeks. Rarely do they require human intervention.

Other baby animals we are likely to see are young squirrel pups. True orphans will show serious signs of stress such as, hunger and dehydration... others may simply have been separated from their mom and require help re-uniting.

We often see baby birds and believe they have fallen out of the nest, which raises the question, should it be returned? Nestlings or hatchlings can be returned successfully. Fledglings should be placed in a protected place nearby, out of the sun and rain. This flightless stage will only last a few days.

Our responsibility to our wildlife during this difficult period is to supervise our pets, watch and observe, and if we are absolutely certain a wild baby is in danger, to call a local rehabilitation centre for advice. Keep your camera handy and ...

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YOU'RE INVITED: 4KORNERS' ANNUAL GENERAL MEETING

CELEBRATING 20 YEARS OF COMMUNITY IMPACT

Dear 4Korners Community,

As President of the 4Korners Board of Directors, I'm excited to invite you to a very special **Annual General Meeting for the 24-25 fiscal year**—and this year, there's even more to celebrate!

- **Date:** June 18th 2025
- **Time:** 5PM to 9PM
- **Location:** Chalet Bellevue; 27 rue Bellevue, Morin-Heights and on **ZOOM**



2025 marks 4Korners' 20th anniversary—two decades of serving, connecting, and growing with the Laurentians' communities. Join us as we reflect on our most impactful year yet and look ahead to an even brighter future.

Not a member yet? You can sign up online at <https://4korners.org/become-a-member/> or meet us in our offices.

This is also the time to elect the board of directors. If interested, please send a bio and a letter of interest to info@4korners.org.

Celebrate 20 years of connection, laughter, and progress. We can't wait to see you there!

Warm regards,
Peter Andreozzi
President, Board of Directors
4Korners



A Word from Hugo Bissonnet, Executive Director, 4Korners

As Executive Director of 4Korners, I want to take a heartfelt moment to thank each and every one of you for the trust you place in us. Serving the English-speaking community of the Laurentians is both a privilege and a responsibility we take seriously.

At 4Korners, we believe that community is built not just through programs or services, but through connection — neighbours supporting neighbours, families coming together, individuals knowing they are not alone. Over the years, we've been proud to stand beside you, advocating for the needs and interests of our English-speaking population and working tirelessly with our partners to make sure your voices are heard and your needs are met.

As English speakers in Quebec, we are part of a linguistic minority, and we know that having a strong, united voice matters. In the broader context of Canada's official languages, supporting our English-speaking community here in the Laurentians is essential — not just for today, but for the future.

But to truly strengthen our community, we need you. When you become a member of 4Korners, you help give weight to that voice. Membership is not just a number; it's a sign of collective strength. It tells local decision-makers, funders, and partners that our community matters, that we are engaged, and that we are here to stay.

Even if you feel you don't need our services right now, someone you know might — a friend, a neighbour, a family member. Or one day, you might find yourself needing support, connection, or resources. By becoming a member, you help ensure that 4Korners can continue to be there, not just for individuals, but for the entire English-speaking community.

Thank you for standing with us. Let's continue building a vibrant, resilient future together.

Become a member today at www.4korners.org.





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Celebrating 20 Years of Connection: A Glimpse into 4Korners' Impact

Gaëlle Giraudeau

This spring marks a meaningful milestone for 4Korners as we celebrate **20 years of solidarity, advocacy, and support** for the 47,110 English-speakers living in the Laurentians. What began in 2005 as a modest response to a lack of local services has grown into a deeply rooted organization - one that now reaches thousands of individuals each year and continues to evolve alongside the needs of the people it serves.

On **June 18**, we'll present our **2024–2025 Impact Report** during our Annual General Meeting. While facts and figures help paint part of the picture, it's the stories, faces, and relationships behind them that truly bring the report to life. Between April 1, 2024, and March 31, 2025, we've not only expanded our reach but also reinforced our role as a connector, linking individuals, families, and caregivers to inclusive programs, services and other capable organizations to serve in English. In the last year we have engaged with over 2,800 individuals registering over 9,000 times to multiple activities. To build a network for services we have interacted with more than 150 organizations. Why not become a member and join us at the AGM for more details.

Over the past year, we've stood beside families seeking connection, teens navigating mental health challenges, caregivers at risk of burnout, and seniors facing isolation. Our programming continues to grow, supporting people at every stage of life while balancing immediate needs with long-term well-being.

Through our **Senior Wellness Centers**, older adults gathered for exercise, arts activities, wellness talks, and, most importantly, moments of meaningful socialization. Recognizing transportation and mobility challenges, we've also enhanced our online offerings so that even those in remote or rural areas could stay connected and active.

For caregivers, especially those looking after aging parents or neurodivergent children, we provided personalized support in English, whether through one-on-one check-ins or small group gatherings. Many shared how vital it was to speak openly, in their own language, with others who understand.

Our **Neurodiversity Program** offered skill-building and creative outlets that empowered young people to gain confidence and independence. From earning First Aid certifications to participating in community craft fairs, participants stepped into new spaces and discovered just how capable they truly are.

Our **Youth & Mental Health programs** continued to grow through in-school workshops, peer-led podcasts, and creative spaces where teens could explore mental health, identity, and self-expression. Many shared that, for the first time, they felt seen and supported.

Behind the scenes, we've also been working for the rights of English-speaking residents, particularly as recent legislation (BILL (96)) has impacted access to services in our community's mother tongue. Whether through meetings or presentations with regional and provincial partnerships, we're making sure your voice is heard. We are working closely with the CISSS on the regional access comity for services in English.

As we look ahead, we remain committed to reaching underserved areas, strengthening collaborations with schools, health and social services providers and public services and raising awareness about the community's challenges whether social, systemic, or linguistic.

And as we prepare for our **20th Anniversary Celebrations**, we want to extend heartfelt thanks to the many individuals, volunteers, staff, and partners who've shaped 4Korners over the years. You've helped create something strong, compassionate, and deeply rooted in values like inclusion, **dignity, equity, and accountability**.

We are working hard to enhance the occupation and vitality of the region by participating on initiatives that allow English-speakers to live well and contribute to the beautiful Laurentians.

In order to be able to speak volumes when engaging partners and agencies, we need to have your support to be representative of the community. Although you may not need our direct services, by becoming a 4Korners' member you help to support our mission to increase the quality of life of English-speakers in the region. **Want to get involved or learn more?** Visit www.4korners.org or call (450) 974-3940.



Stronger Together!

Support English speakers in the Laurentians.

Become a 4Korners member!



HAPPY 20th ANNIVERSARY!

Happy 20th Anniversary 4 Korners

By Lori Leonard

Hugo Bissonnet was born and raised in Piedmont and considers himself to be a “Laurentians guy”. He has been Executive Director of 4 Korners since March 28, 2023. Previously, he worked with Le Dispensaire, in St-Jérôme for 15 years, an organization that helps those at risk or living with STD’s, HIV or hepatitis C. Hugo believes strongly in the rights to access free healthcare and it felt natural for him to move to 4Korners, another organization that assists others. He says, “4Korners helps Anglophones with their health, education and family if they have a linguistic barrier to access public services.”

Hugo’s first huge challenge was to bring AAL (Autism and Arts) into the 4Korners fold, which was extremely successful. Julie Chou, the Founder of AAL, did a wonderful job for many years. Hugo wanted the changeover to be transparent and not have any negative impact on the kids.

Hugo, a humble man, affirms, “I am not responsible for the success of 4Korners because it’s a team effort, and the previous Directors did an amazing job.” In 2023, there were 18 employees, now there are 23. In 2021, there were 635,000 francophones and 47,000 anglophones, which translates into 7.5% of the Laurentian population. So, it is quite a feat to provide multiple services to so many individuals from 0 to 100 years of age. Hugo says, “my role and that of 4Korners is to represent the English community. Speaking two languages will bring 4Korners further and build stronger relationships with community partners and funders.”

Hugo has compassion for the community and understands many of the challenges people may have. He has ADHD (thus his affinity with the AAL group) and uses it to multitask easily. Due to his curiosity, he’s a quick learner. He likes the idea of turning his ADHD challenge into opportunities and feels it is a gift bestowed on him.

There are so many important teams at 4 Korners who help tiny tots right up to elderly seniors. The amazing team consists of:

- **Luz Garcias** – Director, Operations, leading the support team
- **Betty Millien** – Early childhood and Family
- **Jaime Bisaillon** – AAL and neurodiversity for youth
- **Kennedy Fraser** – Youth and mental health
- **Melanie Wilson** – Seniors and Caregivers
- **Katie Burke** – Social and Economic Development
- **Chloée Alary** – Networking & Partnership Initiative, responsible for community relations.

There are also so many more important people who make the wheels turn at 4Korners.

Below, follow some quotes from various people across the community and their sentiments towards 4 Korners:

“On behalf of the entire team at Kerr’s Farm, I want to highlight the incredible impact 4Korners has had on our community. For 20 years, you have been building connections, supporting collective well-being and strengthening the sense of belonging across the region. Thanks to your encouragement, we dared to launch our English comedy nights at the farm, a great success, that’s partly yours! Thank you for everything you do. Long live 4 Korners, we look forward to continuing this great collaboration.” **Steve Vachon & Kerr’s Farm**

“After 20 years of diligent and extremely effective work, 4Korners has become the “go-to” resource for the Anglophone Laurentian region. Throughout the years this outstanding organization has provided integral and much-needed

support to all age groups including expectant mothers, toddlers, children, women and men. 4Korners has made the Laurentians a better, healthier place to live and has provided educational, emotional and social assistance to every age group in the territory. Bravo to Hugo and the entire team. I take this opportunity to wish all of you many more years of continued success. Happy 20th anniversary!” **Lori Leonard, Lori’s Links**

“It has been a pleasure and privilege to have collaborated with the amazing 4Korners’ team over the past twenty years. While some members may have changed over time, each one of you has left your unique mark in helping to grow this outstanding organization into the dynamic English resource centre that it is today. Together, as a team, you continue to do an extraordinary job of developing and expanding your services, helping to ensure life for Anglophones in the Laurentians is as stress-free as possible during challenging times. On behalf of the entire Main Street team, I wish to congratulate Executive Director Hugo Bissonnet, the staff, and the generous volunteers, on reaching the milestone of their 20th Anniversary. Congratulations to all, and a heart-felt thank you for your dedication, compassion and hard work. Wishing you all the very best for a bright and successful future...”

Susan MacDonald – Editor of Main Street.

“I am truly honored to have been part of the remarkable journey of 4Korners for the past 15 years. Reflecting on the development that 4Korners achieved over 20 years, it has been astounding. The dedication and hard work each member has invested has resulted in a lasting, positive impact on our community.

4Korners has touched numerous people. Their stories and experiences are a testament to the meaningful difference that our organization has made. The Executive Directors whom I have had the privilege of working with have inspired me to continue as a volunteer. Their unwavering commitment and passion are inspirational. I am grateful for the opportunity to contribute.

4Korners has given me back more than I could ever give; it’s an incredible organization that works tirelessly to enhance the daily lives of the English-speaking community in the Laurentians. The support, resources, and connections it provides are invaluable. I am proud to be a part of its mission.

Thank you to the incredible staff for their dedication. Together, we have made a difference. I look forward to many more years of growth and positive impact.” **Peter Andreozzi, President, Board of Directors, 4Korners**

“4korners’ thoughtfulness and care have long played a part in the creation of curated events and activities that have endeared them to the ever-growing communities they serve.

The remarkable team is key to their success: open, hardworking people, highly motivated to create suitable content for all segments of the community.

The faces of these bright, energetic individuals may have changed over the years, but the goal remains the same.

The ongoing dedication of the volunteers, who tirelessly contribute both their invaluable time and their unique skill sets, helps to further support the team members.

4korners strives to help the community as a whole and on an individual basis, so that everyone can live in a healthy and inclusive environment.

4korners’ warmth and strength speak to their well-deserved growth and continuing success. Congratulations to all, both past and present.

Kathleen Séguin Gagné

Hugo’s message to the English speaking-community: **“Please become a member to morally support our mission to make English services for the community accessible. Even if you don’t need our support right now, you probably know someone who does. The more members 4Korners has, the more legitimate we are in advocating and representing the community to agencies. Thank you.”**



Arundel News

Janet Thomas

ARUNDEL SPEAKER SERIES PRESENTS
RAY SEALEY: a history of the guitar 1500's to the 20th century
An audio-visual journey integrated with live performance.
Centre Arundel (Arundel United Church) 17 rue du Village
Friday, May 9: 7 pm
Free admission; donations appreciated / Refreshments available
Ray was born in England and later earned a degree in English Literature after emigrating to Canada. He was involved in folk music in his early years but then turned to the study of classical guitar. He eventually taught guitar at the University of Western Ontario and at the University of Ottawa. He received a Canada Council grant to study with Alexandre Lagoya in France and also studied with Alice Artz in New York. He has played concertos with several orchestras and performed extensively as a soloist and in chamber music ensembles. Several of his classical compositions have been published. Now retired from the classical world he has returned to his early folk roots and lives in Harrington, Quebec.



ARUNDEL CONCERTS PRESENTS: ENSEMBLE VOCAL CANTIVO WITH FLûTE ALORS!
Centre Arundel (Arundel United Church)
Sunday, June 1: 3 pm
CRAZY FUN! Is how one appreciative audience member described Flûte Alors! Under the direction of Patricia Abbott, this quirky foursome will join with the acclaimed a capella choir Cantivo for a stunning afternoon performance. Those who have previously heard Cantivo at our Christmas concerts begged them to return. Come now and hear their complex harmonies for a spring treat. Flûte Alors will raise the bar combining ancient Baroque and modern jazz pieces, which they claim are similar. Together, this spirited performance ensures a truly fun afternoon.
Tickets \$25. To reserve, please contact janet.thomas700@gmail.com



ARUNDEL GARDEN SWAP AND SHOP (MARCHÉ DES JARDINIERS)
Centre Arundel (Arundel United Church)
Saturday, May 17: 10 am – 2 pm
Everything you need for your garden this summer: seeds, seedlings, hanging baskets, flowers and vegetables, as well as garden art. Bring what you have too much of and swap it for something you want – FREE. Homemade baking, cheeses, and jams will also be sold.



ACW “TRINKETS TO TREASURES” SALE
Grace Anglican Church
7 Church Road, Arundel
Saturday, June 7: 10: am – 12 pm
Come one, come all! From among the many lightly-used articles from donors who are “downsizing,” you will discover those special treasures that bring you a surprise bubble of happiness. We will serve tea, coffee and homemade cookies for \$8 per person and there will be a draw for three lovely prizes (two bottles of wine, a hanging basket of blooms and a third surprise). Don't miss out!



ARUNDEL DISTRICT COMMUNITY CHOIR: NEW MEMBERS WELCOME
Centre Arundel (Arundel United Church)
17 rue du Village
Tuesday: 6:30 pm – 8:30 pm
Looking for some fun? Want to make new friends? Join this joyful group to sing popular music. No experience necessary. If you can sing one note only, you're in! All we want is your enthusiasm to gather together once a week for an evening of fun, laughter, music and joy. For more information, please contact guymelhuish@gmail.com



Cancer Support Group Learn to navigate complaint process May 17

At the next meeting of the Laurentian Region Cancer Support Group, a Complaint Counsellor from CAAP - Laurentides will explain how their organization is there to help if you are dissatisfied with experiences with the health and social services network. The meeting will take place Saturday, May 17 at 1 pm at Chalet Bellevue, Morin Heights. Also available online via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place for the May meeting, ask for the Zoom link or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.



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The Government of Quebec invests in our regions

The Deputy Premier and Minister of Transport and Sustainable Mobility, Ms. Geneviève Guilbault, and the Minister responsible for Seniors, Minister for Health and Minister responsible for the Laurentians region, Ms. Sonia Bélanger, announce an investment of \$386,160,000 over the next two years in the road transportation networks in the Laurentians region.

The funds granted will enable the completion of significant projects, such as:

- improving the curve on Route 117 and reconstructing the structure over the Sagway River, near Chemin du Lac-Nominingue, in Lac-Sagway;
- the resurfacing of Highway 15 (Laurentides) in Val-David, Sainte-Agathe-des-Monts, Prévost and Saint-Jérôme;
- the continued development of a reserved lane on Highway 15, northbound, between Boisbriand and Mirabel.

The amounts invested in the Laurentides region are as follows:

- \$79,175,000 to improve roadway conditions;
- \$90,242,000 to improve structural conditions;
- \$215,844,000 to make the network efficient and safe, including to follow up on recommendations from the Coroner's Office;
- \$900,000 to ensure the maintenance of structures and culverts located on abandoned railway rights-of-way.



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BÂTON ROUGE

GRILLHOUSE & BAR

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:
Jean-Pierre Deschenes, who recently opened his new business, **Naturamed**, 65 chemin des Mésanges, Ste. Anne des Lacs. Jean-Pierre is accredited as a naturopath and massage therapist who has expertise in gut issues, microbiome and gut-brain axis. He offers services to assist clients with gut health issues including irritation, inflammation, constipation, bloating, gas, diarrhea, food intolerance and stomach acidity. He also helps with stress issues that impact digestion and elimination. As well, Jean-Pierre offers clients massage therapy, Qi-gong, meditation and cardiac coherence. Individual consultations are available (on-line or in-person). New clients receive a 50% discount for individual consultation on their first session. He has an amazing on-line program available about mindful eating and gut health that consists of 8 weeks (8 in-person lessons and 8 on-line lessons), which began April 21. 514 248-5323 / consultations@naturamed.ca / naturamed.ca



Congratulations to:
Mont-Gabriel, 1699 ch. Mont-Gabriel, Ste. Adèle, who have recently completed major renovations after a devastating fire that happened 2 years ago. This well-loved hotel has been part of the Laurentian landscape since 1936 (90 years). A huge investment was used to completely modernize the hotel to offer visitors an unparalleled experience for their comfort and to enjoy nature. It has taken 2 years of diligent work and commitment to meticulously restore the hotel. It now offers 3 sections with 3 atmospheres: The **Origine section**, **Mountain section** and **Nature section**. The **Le Victor** and **Le Hartford** restaurants with **Chef Daniel Komarnicki** at the helm, feature delicious seasonal, local products on their menus. Both restaurants promise culinary excellence.



The hotel now features 136 rooms, including suites, indoor and outdoor pools with an outdoor bar, an amazing spa and hot tubs, 4-season terrace, ski-in and ski-out access to Mont-Gabriel, an 18-hole golf course, a skating rink and multi-sport fields, as well as 12,000 square feet of conference space. There are also two gyms on site. Mont-Gabriel has joined the Marriott Bonvoy family, the award-winning travel program whereby clients can redeem their points. The views from atop the mountain are majestic. General info: 1 800 668-5253 / info@montgabriel.com / montgabriel.com

Anniversary Celebrations
Happy 24th anniversary to our dedicated Editor of Main Street, Susan MacDonald. Susan has been at the helm of our ship for the past 13 years, while Jack Burger, her late husband, initiated Main Street in 2001. Quite a feat, especially during the last few years of covid, financial and political turmoil! A huge thank you to Sue for keeping our Anglo paper alive and well. Happy 24th anniversary to all the Main Street writers, past and present, **Glenn Holland** (IT and Data Support), **Laurie Roch** (Graphic Designer) and **June Angus** (Associate Editor). A grateful THANK YOU to all our amazing advertisers throughout the many years and to you, our dedicated readers, who read our pages faithfully every month.




Happy 10th anniversary also to **Mimi Fortier**, owner of **Comforts Bar**, 795 chemin du Village, Morin Heights. If you enjoy live music, then this is the place for you. Live performances Friday nights from 5 pm - 8pm. Open Sunday, Monday and Tuesday from noon - 7 pm, Wednesday, Thursday, Friday and Saturday from 12 - 1 am and Sunday 12 - 7 pm. Fun Ladies Night on Friday and Saturday nights from 9 pm - 12pm. Hard liquor and house wine are only \$4! 450 226-5719 / Facebook / Comforts Bar



Did you know that:
Myrian Sheehan, owner of **Coiffure Myrian**, 191, rue Principale, Local A, St. Sauveur offers a variety of services? Since Spring is just around the corner, many of you are looking forward to having a new hair style, a good hair cut, a new colour, etc... Or perhaps you would like to treat yourself with a relaxing facial, a skin peeling, or an eyelash lift? Maybe your feet need some TLC (pedicure) or you have unsightly skin tags or marks you want removed? **Nicole St. Coeur** is the on-site esthetician. 450 530-9242 All of these services await you at Coiffure Myrian. Call for a hair appointment at 514 609-7807 or write myriansheehan@gmail.com





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presents

Mélo dies

June 1, 2025 at 3:30

Église St-Joseph du Mont Rolland
1380 St-Jean, Ste-Adèle

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info: musikusvivace@gmail.com
450 227-9093





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 MAIN STREET

May 2025

main.street@xplornet.ca 7



Laurentian Personality

Katie Burke

Making a positive difference in people’s lives

Lori Leonard – Main Street

Katie Burke moved to the Laurentians 13 years ago, a single mom with two young children. Katie sought a lifestyle to work part-time to be home more with the children and felt Québec would provide this opportunity. She packed up and moved to St-Donat as her family frequented this area during March Break. Katie adored the healthy outdoor environment and active lifestyle she could offer her children. However, living in Québec presented some challenges... finding work in Gerontology, as she did not speak French. Katie applied for a teaching position and taught children for 8 years, whilst completing her Master’s Degree in Education. While here, she met a caring, kind partner, Antoine. Later, Katie gave birth to her third child and did not return to teaching due to the day care crisis. After covid, she worked in the non-profit sector, which led her to 4Korners. Katie has worked the last 2 1/2 years at 4 Korners to support anglophones to gain access to health and social services in the Laurentians.



Katie’s three beautiful daughters are 19, 17 and 5. Katie’s partner Antoine also has three children whom Katie treats as her own. They have fun playing volleyball in summer and appreciate outdoor adventures year-round.

Katie also tutors English in the business world and to others who need to enhance their linguistic skills. She works with students to help them gain confidence in oral communication and to hone their reading and writing skills. The most rewarding experience is to hear students’ stories years later about where life brought them pursuant to her support. She says, “It’s so rewarding to witness young people grow into active, engaged citizens and to see retired people who still love to learn.”

Katie says to be a good teacher, human connection is integral. Knowing and appreciating your students for who they are is important. When a student trusts, they open up and become much more motivated.

To be a good student means the person is willing to be vulnerable and open to trying new things. Students need to feel safe and respected to open up fully.

These days, it’s difficult for children to do homework. Time is taken up with school transportation and extracurricular activities, so homework may be the last thing on a student’s mind. Kids often do homework in the classroom or during lunch break.

Initially, Katie began at 4 Korners as a Seniors Wellness Coordinator and transitioned into Manager for the Social and Economic Development team in July, 2024.

Katie enjoys connecting with people, enhancing the quality of life of local residents and breaking barriers. She relishes creating partnerships with businesses who provide access to English services. She learns about Quebec culture and the Laurentian heritage. “I love watching isolated individuals find themselves, gain confidence and enjoy living within the community again.” Katie feels like she makes a difference, which she definitely does.

Katie works 4 days/week with 4Korners, tutors in the evenings and often runs a course or workshop as an English consultant on Fridays.

Katie is most proud of creating connections with Laurentian residents who had little to no help, were isolated and living alone after covid. She linked individuals to English conferences, yoga, meditation and bi-weekly lunches in the Senior Wellness Centre, Trinity Church, Ste. Agathe. She revels in new partnerships and networking events that 4Korners offers to break linguistic barriers.

Katie has a natural teaching tendency, adores public speaking and teaching new skills to a group. Her main focus is to contribute to relationships that foster growth for minority community members.

In her spare time, Katie likes water-skiing, swimming and summer triathlons. In winter, she enjoys snowboarding, back-country skiing and skating. On the cultural side, Katie appreciates theatre, reading and cultural events.

Her family enjoys talking over tea or a BBQ, being on the water at the family cottage, mountain biking, kayaking and bonfires. Her family comes first. Katie adds, “I love my life-work balance, am glad that my children feel loved, are heard and appreciated and I am truly grateful for my employment.”

Katie, we are so fortunate to have such a caring, kind individual in our midst. Thank you for all that you do to educate our community.

Sauvetage Bennie’s Rescue

Adopting from pet rescues not only gives a homeless animal a second chance at life, but it also helps combat the cycle of overpopulation and neglect. Rescue pets are often already spayed or neutered, vaccinated, and behaviorally assessed, making the transition into your home smoother. By choosing adoption, you're not just gaining a loyal companion—you're saving a life and making space for another animal in need.

Please contact us directly @ Sauvetage Bennie’s Rescue / benniesrescue@gmail.com



Making it Work in the Laurentians

Your business and the Charter of the French Language

By YES Employment + Entrepreneurship

If you do business in Quebec (or plan to), you’re likely aware of the Charter of the French Language, which was amended in 2022. Its main takeaway: consumers have a right to be informed and served in French, and businesses have until June 2025 to implement these changes:



Serving clients

Always greet clients in French and accommodate requests for a different language. If your French is not strong, be transparent about it and hire someone who speaks French whenever possible. In the case of documents (invoices, receipts, etc.), the French text must be the same size as English - or larger.

Contracts

When doing business with the civil administration, namely government departments and agencies, municipal and school bodies, and health and social services, all contracts must be exclusively in French. Contracts of adhesion and individual employment contracts must first be provided in French, or another language if agreed upon later. Other types of contracts may be bilingual or exclusively in English. When in doubt, consult the Charter.

Advertising

Ensure that all ads are in French or that a French version exists. For public signs, posters, and commercial advertising, a language other than French is acceptable, with the French version twice as large and clearly legible. Brochures, flyers, and other publications must have a French version available.

Products

Every inscription on a product, its container, packaging, documents or items supplied with the product—including assembly instructions and warranty certificates - must be in French. Translations are allowed if they are not more prominent than the French version.

Hiring employees

Written communications with your staff or an employee association must be in French. You can communicate in another language with an employee if they have made a request. Employers in Quebec are also prohibited from requiring a language other than French from employees/new hires—unless they can demonstrate that it is a requirement for the position.

Francization of businesses

If your business employs 25+ people, you might need to put forth a francization program or committee. Make sure to check with the Office québécois de la langue française (OQLF) regarding any requirements.

NOTE: If your audience is outside of Quebec, your business may be exempt from any or all of the above requirements.

YES wants to make sure your business is a success in Quebec. We offer a free legal clinic open to all members. Email or call us to schedule an appointment or become a member today!

**This article does not constitute legal advice.*

Audiences loved “Going Green” with Theatre Morin Heights

David Tristram's "Going Green," performed in April, was a hit with Theatre Morin Heights’ (TMH) audiences. Presented as a staged play reading actors performed, in costume and makeup, scripts in hand, with props, sound and lights. The timely plot featured the protagonist John Brown who was forced by a mystery illness to quit his beloved politics. As he delivered his final, stark message to the waiting world, "Go green... or die," little could he know just how profound those words would be. Cast included: Denis L'Abbé, Judy Rogers, Brian Anderson, Rebecca Macdonald, David Townsend and Jacklyn Laflamme.



Fall Show Nov 12-16: Rehearsals will begin again shortly for the major fall production of “The Lie” by Florian Zeller set to run with 6 performances November 12-16. Tickets \$25 go on sale early October. Anyone interested in volunteering behind the scenes, please contact TheatreMorinHeights@gmail.com. For more information visit: theatremorinheights.ca or call 579-765-3999.

COMMUNITY UPCOMING events

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

ARUNDEL JAM SESSIONS
Arundel Legion
Next dates: May 15, June 5 & 19: 6 pm
Casual, no agenda: a musician's night to practice and exchange ideas.
Free... Enjoy the music and support local venues and musicians.

ITALIAN NIGHT
Morin-Heights Legion
Sat, May 10: 5 pm

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH
Arundel's Grace Anglican Church
May 12: 9 am – 2 pm – regular greet & quilt meetin
We put together comfort quilts for people who are going through cancer and also use these days to socialize. Sewing skills are appreciated but not necessary as there are other tasks related to the quilt that need helpful hands.
*Next meeting will be held on Monday, May 26

TGIF SMOKED MEAT DINNER
Morin Heights Legion
Fri, May 16: 5 pm

BINGO!
Morin Heights Legion
Sun, May 18: noon – 4 pm
Sun, June 15: 12:30 – 4 pm

P'TITES FOLIE TO GO - GARDEN PARTIES
1, rue du Village, Arundel
Sun, May 25: starts at noon and runs all afternoon
Future dates: every last Sunday of the month
Outdoor Garden Parties begin! Join us for a fabulous afternoon of great local talent and delicious food!

RICKKS ROOM
May 25: 3 pm
Featured artist: Leeroy Stagger
Tickets: \$30
Info: 514-895-5785 / rickksroom@gmail.com

CANTIVO CHOIR WITH FLÛTE ALORS!
Centre Arundel (Arundel United Church)
17 rue du Village
Sun, June 1: 3 pm
Tickets \$25. To reserve, please contact janet.thomas700@gmail.com

amiquébec
Agir contre la maladie mentale
Action on mental illness



CHOEUR MUSIKUS VIVANCE
Presents: MÉLODIES
Eglise St-Joseph du Mont Rolland (1380 St-Jean, Ste-Adèle)
Sun, June 1: 3:30 pm
Info: 450 227-9093 / musikusvivace@gmail.com
Tickets: In advance: \$25 / At the door: \$30

JB & THE PLAYBOYS
Morin Heights Legion
Sat, June 14: 8 pm
Info: morinheights live - Tickets at the door: \$20

1ST FLEA MARKET, BREAKFAST & LUNCH
Morin Heights Legion
Sat, June 7: 8 am – 4 pm
Come one, come all!
Next date: Sat, July 5

PERENNIAL PLANT SALE AND HIGH TEA LUNCHEON
Parish of St. Anastasie Catholic Church
May 31: 9:30 am – 3:30 pm
Cash Only
To contribute plants or for info: 514-220-3715, come all!



Turtle Watch

Protecting Quebec's Turtles: Join the TORTUES Project

Six of Quebec's eight turtle species are at risk. Initiatives Biodiversité launched the TORTUES Project in a high-risk zone between Lachute, Morin-Heights, Piedmont, and Saint-Jérôme, in 2024, to fight road mortality, habitat loss, and nest predation.

What We Do:

- Nest Protection: We mark, protect and monitor nesting sites.
- Turtle Rescue: We respond to reports of injured turtles.

How You Can Help:

- Report sightings of turtles in need or nesting sites needing protection on the Carapace (carapace.ca) website and join our project for more information and opportunities: Turtle Project – IB (www.initiativesbiodiversite.org/projets/projet-tortues/).
- Help safely: Move turtles across roads only if it's safe; always in the direction they are heading.
- Snapping turtles: Lift from the rear of the shell near the tail only. Support the turtle as it balances on its front legs, give a light push, move forward and walk at its pace.
- Log any sightings of turtles on Carapace (carapace.ca) or in the iNaturalist Carapace project. Using photos and locations.

Injured turtle?

Stay on-site and call 1-450-622-1020, ext. 286.

Every sighting counts. Your actions are making a real difference in protecting our turtles. Thank you for being part of this important collective effort!



Photo credit: Doris Hall



On With the Show Albert, Arundel's drummer

Florian Gaudreau

I can't say enough about the people that pull together the jams and all the musical gatherings that happen in Arundel. Not only do the musicians participating in the events donate their music and talent for free, they do so just for the sheer pleasure and opportunity to play. I've got it easy as I play the harmonica, so all I bring to these events is a small case and a special microphone, unlike someone who plays the drums and needs to lug a car load of equipment, set up a base drum, snare, symbols, high hat, and a stool. I'm talking about Albert Lalonde, who, along with Simon, are the first to arrive and the last to leave.

I've said this before, and it is so very true; a good musician makes playing their instrument look easy. I'm not a drummer, but playing a full evening of Rock & Roll must be like running a marathon on your arms. One thing is for sure, without a drummer you don't have a band, you have a folk group. I like the fact that Albert can go from rock to country, it's like second nature to him. When Albert is playing Rock & Roll, his genre, the man couldn't look happier. He's keeping time like there is no tomorrow. Even when the band occasional goes astray, he's like a conductor, bringing everyone back on track. So, I couldn't help asking what the most difficult song he's ever done was and in

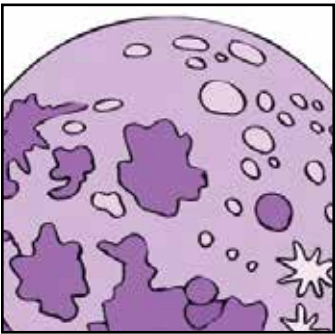
reply, he simply said, "I don't do difficult" and that's the Rock & Roll I love to dance to.

Albert Lalonde grew up in NDG; there was no musical influences in his family. His parents bought him a drum set when he was 14 years old. Albert took a few lessons when he first started, which gave him a good base to begin with. From there, he just kept playing. In high school Albert and his friends would play in his parent's garage and needless to say, the neighbours weren't impressed and the police were called more than a few times.

I have to say Albert stands as one of the musical pillars of the community and his sheer love of playing always shines through. That's saying a lot considering the work that goes on behind the scenes; rehearsing, the set up (and take down), playing the Legion twice a month and the summer outdoor festival, which is a 6-hour event.

Arundel has a lot to be grateful for...





Zach Factor

To Bee or Not to Bee

Lys Chisholm & Marcus Nerenberg

Mother Nature has blessed us with 20,000 species of bees. In mere generations, we humans have compromised over 50,000,000 years of creative evolution. All species of bees are in rapid decline due in most part to industrial agricultural methods. In this area, as everywhere else, the traditional farm field has been replaced with vast acreage that stretches to the horizon. The tree lines between fields are a feature of the past. The wildflowers that fed the bees and kept them healthy have disappeared. Once pristine environments are now laced with a deadly array of pesticides, herbicides, and fungicides preventing our insect friends from getting a decent meal. Across North America, this spring, countless domestic honeybees are being found on sidewalks and lawns twitching in death throws unable to fly and return to the hive. Vast stretches of corn, soya beans, wheat, and canola create an actual desert for the hapless bee.

Scientists from respected sources, among them Journal of Applied Ecology, Journal of Apicultural Research, and the Journal of Insect Science. say this summer, humans face a whopping 70% loss in bee population and the phenomenon is worldwide. The imported European Bee, which creates our honey, is responsible for pollination of over 1/3 of our farmed food supply. According to entomologists there are many interacting reasons why the hives are collapsing.

Cause 1: Herbicides and Pesticides. Genetically Modified Organisms (GMO) are not hurt by the herbicide glyphosate. Every other “weed” is eradicated, and as it destroys the bee’s natural wild food supply is an indirect bee killer. Science tells us glyphosate alters genes in bees and is related to hive collapse. Tens of thousands of acres of farm fields around the Lower Laurentians, eastern Ontario and across Canada are unimpeded by any other vegetation. ‘Round-up’ ready GMOs span our continent. Garden nurseries sell it. Lawn services use it. Glyphosate is sprayed on grains ready for harvest; it dries crops quickly for storage. Bees are fed sugar water that consequentially contains glyphosate residue during the winter seasons. Organic farm Bees don’t recognize borders of the farm next door, and those bees are equally affected by herbicides and pesticides.

Cause 2: Electromagnetics. The world today consists of many levels of non-ionizing radiation- some natural, but each year humans add increasing EMFs (electromagnetic frequencies) affecting all biological health. The ambient “noise” from the hundreds of millions of transmitters envelope the Earth in a blanket of EMFs that “Jam” and confuse signals bees get from each other, affecting, bee navigation, and hive construction. Starlink satellites rocketed into Space by the thousands, are designed to orbit closer to Earth (around 550 km) than traditional geostationary satellites (35,786 km). With a maximum, 5-year lifespan, spent satellites deorbit and vaporize in Earth’s atmosphere as aluminum oxide particles. This process will see over 1000 tonnes of aluminum oxide added to our atmosphere - a 646% increase per year. Aluminum exposure decreases the lifespan of bees. It leads to unstable circadian rhythms, hyperactivity and bee memory loss. It has neurochemical effects, still under investigation, for binding to enzymes and breaking down neurotransmitters needed for finding food, communication with other bees and for their own hive health maintenance.

Cause 3: Cosmic Culprits. The Sun’s own heliosphere has been going through a cyclical diminishing. It is a vast bubble radiating out from the Sun that encompasses the entire solar system, shielding us from interstellar (cosmic) radiation, which could compromise biological life on Earth. For the past century the Earth’s magnetic field has been weakening. The north and south magnetic poles have been migrating towards a potential pole reversal, a phenomenon that has occurred numerous times in our geological past. When and if we have a pole shift, the Earths magnetic shield will collapse for a short time. The combination of a weakened heliosphere and our magnetic field drop are increasingly exposing the bees and everyone else to more Galactic cosmic radiation.

Bees are our environmental bell-weather; as bees disappear, food production drops. Engineers across the world are working on designs that will serve to protect us and our environment from EMR exposure. Entomologist Maria Spivak said over 11 years ago, when we first woke to the disappearance of all types of wild and domestic bees, that we need to campaign to convert all our green spaces into pollen sanctuaries for bees and butterflies. We need to understand unsustainable agricultural methods and retool. We must work in partnership with our cohabitant creatures and plant billions of beautiful wildflowers. To bee or not to bee, that is the question.

<https://foe.org/neonicotinoids-glyphosate/>
<https://www.ehn.org/weed-killer-residues-found-in-98-percent-of-canadian-honey-samples>

glyphosate links to autism:
<https://pubmed.ncbi.nlm.nih.gov/32398374/>



A familiar Bumblebee working an aptly named Bee Balm flower last year. For years there was a hive under our back stairs but no longer. Photo Credit: L. Chisholm



The Story Behind Gardening and fascism

Joseph Graham joseph@ballyhoo.ca

What do La Caisse de dépôt et placements, la Société des alcools du Québec and Hydro Québec have in common? Simple. We own them. Every Quebecer, whether employed or not, whether housed or not, is a co-owner of them.

Serious drinkers boast of SAQ’s quality of service, of how it is possible to find rare brands and to be taken seriously. I went there recently to buy a bottle of an Italian wine to thank an Italian-Montrealer for a service. I was convinced there must exist a wine that carried her family name, and I was not disappointed, but the salesclerk, when I mentioned the purpose of my search, observed that it was Italian, yes, but it was a fairly standard table wine, not a wine to offer as a thank you. The Caisse de dépôt has proven that it can hold its own in a challenging international market, and while those organizations are always riding a roller coaster, they have earned my confidence. Hydro Québec, though, holds a special place for me. It is a well-run green corporation. Yes, they did some unforgivable things in the past, taking land and having to be hounded to respect the sources, a process still unresolved with Newfoundland, but their product is among my most important annual purchases. And yet, this huge company puts a lot of time and thought into showing me how I can use less ... electricity.

Our parents probably voted for the party that created Hydro Quebec. It was an easy vote for many because he was following Maurice Duplessis’s appointed replacements. Hydro Quebec, created during Jean Lesage’s tenure, is identified with René Levesque and Robert Bourassa. The idea of a crown corporation was much more popular back then, but the English press was undermining our confidence in the capability of governments to administer. Sadly, now, we know that a lot of the press is controlled by big business. How could they make a decent profit if we, the people, owned the big primary services? CN Rail, Petrocan, Air Canada, Northern Canada Power Commission. Imagine our stupidity as a nation to not keep the railroads in public hands – right back in the beginning. Some want to give even the public roads away -why? Because we do not appreciate that we own them, that they are ours.

The most disgraceful abandonment, though, was the Avro Arrow, stopping Canada in its role as a world leader in aviation. Every time I think of John Diefenbaker, he wears that decision. He hurt me directly, as well as all of us when he used his power to destroy the Avro Arrow, to destroy Canada’s leadership role in aerospace. He broke his trust.

Canada and the provinces still own dozens of these public corporations. Why have we accepted media propaganda that they are a burden? Look what the private sector is accomplishing in the United States. It wasn’t the public sector that caused the 2008 crash, it was business greed. Canada managed to sidestep that one, thanks in part to the role of Mark Carney, saving our own economy in the process. The US never really recovered from this kind of big business greed. Is this what we want?

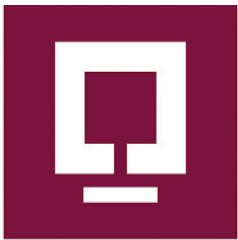
Quebec, for whatever reason, has managed to maintain some of its prominent public corporations, but the same media contamination is poisoning minds here. I remember my shock when I heard Philippe Couillard defending himself from some attack by revealing his relatively modest net worth. His opponent, François Legault, had been the founder of Air Transat and had a very large net worth. I knew that people would see Legault, as a result, as being much larger and better suited than Couillard. Money doesn’t just talk, it drowns speech. People worship wealth. It did not surprise me to hear Legault float the idea of selling Hydro Québec.

Hydro Québec’s website helps you chart your own consumption. If you fill out a questionnaire on your usage, you will see how you compare with similar-sized homes on a simple graphic display, but more than that, there are pages that give you additional hints and even programs that you can sign up for, allowing you to benefit from using less during peak demand periods when Hydro feels stretched to supply. Of course there is a reason for helping us reduce our costs. They have clients elsewhere, in the US and Ontario, for instance, that will pay – will pay us – very well.

Hydro Québec rises to the challenge of keeping the power flowing through woodlands. I live on a long, private road and I asked Hydro if I could help them identify trees that were at risk of falling on their high-voltage lines. An agent came out to walk the line with me and marked the trees that he agreed were a danger, telling me that a part of the problem is respecting the interests of their clientele (and owners) who value the wild forest. He said that if I were willing, they could simply open a swath right along their line following our little road. I observed that my neighbours would never forgive me.

Quebec did not invent public corporations. It just kept them, and keeping Hydro Québec means that we, the co-owners of that green corporation, are a part of it. Hydro Québec is the very soul of Quebec, what I deeply respect about this crazy place.

Do not believe that you – we – have no power. We have the power of our shared ideas. If, like me, you wish to save institutions like Hydro Québec, just talk them up. With friends, with strangers. Show your pride. You will see. You don’t have to talk about it with anyone you do not wish to talk with. They don’t matter, even if they are your elected representatives. You matter. They need you. You – we – are our power.





Garden Talk

Proper placement and planting of trees and shrubs

June Angus - Main Street

Almost any tree will do well if planted in spring, and some trees require spring planting. For example, trees with fleshy roots do best if you put them in the ground in early spring once the ground has thawed. This category includes garden favorites like magnolias, oaks and dogwoods. Their root systems need time to adjust after being transplanted so they do best with long, warm summer days to get comfortable in their new location.

Forsythia and honeysuckle are examples of shrubs that favour spring planting along with broadleaf evergreen shrubs such as boxwood, rhododendrons, hollies and mountain laurel.



However, before digging into this kind of garden project, consider the following: Mature Size: Consider the mature size of both trees and shrubs before planting. Don't just think about how they look now, but how they'll look years down the line. A small, compact shrub today might become a large, spreading one, and a young tree will eventually reach its full size. This info is generally available on tree and shrub tags at the garden centre.

Spacing: As a general rule, space trees at least two-thirds of their mature width apart. This allows for ample space for their roots to spread and for the canopy to grow without crowding. Shrubs should be spaced at least half their mature width apart. This ensures they have enough room to spread and develop without competing for resources.

Too close for comfort: Avoid planting too close to structures. Large trees can damage foundations, roofs and walls with their roots and branches. Ensure there's enough distance between the tree and any buildings or structures. The same applies to shrubs that can also butt up against a house or encroach over pathways as they mature.

Property Lines: Tree roots can cross property lines and create disputes. It's best to plant trees at least 3-4 feet away from property lines.

Utilities: Avoid planting trees near underground utilities like water pipes or electrical cables. Roots can damage these lines, leading to costly repairs.

When it comes time to do the actual planting, dig a hole deep enough to accept the plant's root ball. Also make the hole wide, as much as three times the diameter of the root ball so the roots on the newly establishing tree can push through the surrounding soil.

Remove the tree or shrub container. Inspect the root ball for circling roots and cut or remove them. Place the plant in the prepared hole, back fill and gently tamp the earth down around the root ball. I tend to do this with my foot. Give the new transplant a good soaking watering and then cover with mulch to act as a blanket to hold moisture in. Mulch also moderates soil temperature extremes, and it reduces competition from grass and weeds. When placing mulch, be sure that the actual trunk of the tree is not covered. To follow up, keep the soil moist but not soaked.

If you miss the window to plant trees and shrubs this spring, late September or early October before the ground freezes can still be a good time for specimens such as Alder, Ash, Buckeye, Crabapple, Hackberry, Hawthorn, Elm, Linden, Maple, Pine, and Spruce.

Finally, if you are ever unsure about timing or placement of new trees and shrubs in your landscape, check with the experts at your local garden centre.

Happy planting this spring!



Word Play

Containment

Louise Bloom - louisebloom@me.com

I have been juggling the word 'containment' for some time now, applying it first to the need to control my own spheres of interest that tend to overflow and get away from me. I am practicing containing myself, keeping a particular focus without allowing the environment or extraneous stimulus to intrude, or in other words, taming my mind.

Thinking about containment, I was suddenly overcome when looking at my own environment and all the containers at hand that you and I live with. Everything is contained: a book by its covers, a sewing machine by its case, printing ink by its can, glue by its bottle, paint by its tube, money by its wallet, clothing in its drawers and on and on *ad infinitum* (forevermore).

In simple terms, containment is, "the act, process or means of keeping something within limits."

Another meaning is -

"The act of controlling or limiting something or someone harmful: Containment of crowd violence was the police's main concern. The spreading disease overwhelmed all attempts at containment."

I have often heard the advice uttered or bellowed by a teacher at the head of a room, the desperate phrase, "CONTAIN YOURSELVES", with reference to a mode of crowd behavior in the classroom that is building towards an intolerable pitch, the sounds of which are flowing beyond its walls, leaking chaos everywhere.

Containment is certainly a form of control, a need to limit. "To what end?" I ask, pulling a face that resembles that of dear Alice in Wonderland, as she wakes up to yet another aspect of living that needs further explanation. "This is most mysterious."

How does the idea of containment apply in the realm of our thoughts and our feelings? I was thinking that out of habit we might have the impulse to concretize our point of view, contain it and seal it. If our ideas have no space to move because of a certain rigidity we might be creating separative viewpoints that can unfortunately feed contrarian ideas.

Containment suggests that which is closed or sealed off.

What becomes of the proverbially, "thinking outside the box"? Merely observing where or how we are containing or limiting our view of possibilities can create room for fresh perspectives. Taking down the "walls" of the container, as in loosening our grip on a particular perspective, can help us add to the ingenuity of our "creative genius" by doing with our intelligence what one might do to alter a recipe that excites the palate.

Words like unrestricted, immeasurable, unlimited, and boundless all describe the open floodgates of our intuitive sense. In the context of body, mind, and spirit, "spirit" often refers to the non-physical, inner, or immaterial part of a person, encompassing their character, feelings, and connection to something beyond the physical realm. In essence, it is our spirit, which is free to fly unfettered by our hardened concepts.

Some persistent feelings may also be standing in our way. The issue may be one of insecurity, dependency, unexplored fear. Often, we are unaware of what keeps us from going beyond our inherent capacities. Peeking over the edge of what seems unknown can certainly invade one's customary comfort zone.

The act of creation depends upon being able to include the extra-ordinary elements that we need to feed our inventive activities.

How can we manage our inclination to constrain or limit, and instead embrace the nature of spirit? In its non-material form, spirit serves as a vessel for harmony, peace, goodwill, and compassion - qualities that are inherently intangible. Can we perhaps imagine investigating the realm of our very own spirits that contain the personal, subjective, and often intangible aspects of ourselves?

Like Alice in Wonderland, I have posed these questions to awaken an urge to address the prejudices, which might populate our consciousness, helping us to move forward towards a less separative reality.

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



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The Other Side Of
Getting Old
Things I can do
without

Florian Gaudreau

Like everyone else, there are those aches and pains that come with age, which I could do without. Aside from looking as old as Moses I'd be good, but there are a few other things I can do without, like opinions I'm not really wanting to hear. Do I really want to hear that I've put on weight over the winter? Oh really, it's something I hadn't notice myself! I always get the urge to slap that person on the back of the head when I hear stuff like that, but it's not the polite thing to do.

Nose hair is another item I can do without. It wouldn't be so bad if I had a big hairy mustache, that way everything would just blend in. Another solution, I could just comb it out, and make a new fashion statement so all my friends could call me 'Sneeze.' While I'm on the subject of body hair, let's not leave out ear hair, the thick bushy type that reminds everyone to mow the lawn.

"Aging is not for the faint-hearted," is something I've heard along the way. How true is that? I never expected the person I now see in the mirror would be me. I've gone from, "You haven't aged a day" to "What happened to you?" I've decided not to go to High School reunions ever again. Those are the times I can do without people, but most of the time, I just love the company, especially when music is evolved.

There are many more things I can't do without like a loving partner, with mutual admiration and appreciation; it doesn't get better than that. Even more heartfelt, I love being surrounded by my adorable grandchildren who touch my heart with just a smile. That is more and less what I can do without.



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May 2025

MAIN STREET 

A Highly Profitable Spring for the Argenteuil Hospital Foundation

Spring 2025 proved to be highly profitable for the Argenteuil Hospital Foundation (AHF). With a more-than-successful benefit dinner and a generous, unexpected donation, this season has been very lucrative for our organization.

A Resounding Success for Our Benefit Dinner!

On March 19, we held our annual Benefit Dinner at the beautiful Golf Griffon des Sources. Thanks to the generosity of our guests, partners, and volunteers, this festive evening raised over \$22,000 in support of our hospital. Guests enjoyed a delicious five-course meal, accompanied by both live and silent auctions, raffles, and a lively atmosphere hosted by DJ Hector Solis.

We warmly thank our honorary co-chairs, Audrey Marleau and Sylvain Leseize, as well as our evening hosts, Audrey Marleau and Jimmy Desabrais, for their energy and commitment. A heartfelt thank you also goes to our provincial MNA, Agnès Grondin, the event's official presenter, and to everyone who contributed to making the evening such a success.

An Invaluable Donation from the Volunteer Auxiliaries!

Following the dissolution of their organization, the Volunteer Auxiliaries showed immense generosity by donating all their remaining funds to our Foundation. A total of \$118,604 was gifted to us - an impactful gesture that will have a concrete effect on our community. Of this amount, \$47,627 will be specifically allocated to the CHSLDs, in accordance with their wishes.

A huge thank you to the Volunteer Auxiliaries for their unwavering support and commitment throughout the years. Your dedication will continue to make a difference for the patients and residents of our hospital.



Quaint Family Adventures May flowers and mothers

Claire Gaudreau

In May, flowers are peaking through, birds are singing, buds are budding, and Mother's Day comes and goes all too quickly. One day to commemorate mothers is not quite enough. Not that we need more mothers' days, rather we need to take better care of mothers, and mothers need to take better care of themselves. It's easy to slip into the habit of taking care of everyone else's needs first, but as you might know, when there's an emergency in an airplane, you're supposed to put on your own mask first before helping anyone else because if you lack oxygen, you won't be able to help anyone at all. The same principal applies to everyday life. You must fill your own cup, otherwise you will have nothing left to give.



What does filling your cup look like? To start, basic needs like eating, drinking, and hygiene must be met. Exercise, quiet time, and socializing are also essential for well-being. One aspect I've rarely heard discussed is engaging in one's hobbies or interests. I've discovered recently that this fills my cup quite quickly and I feel recharged.

Parents may find their passions difficult to engage in, but it's important to find a way. What makes your heart sing? One of my great passions is writing, if you haven't already guessed, another is sewing. When the going gets tough, the tough get sewing! By taking part in activities that you enjoy, you're sending your brain the message that you are safe. Everything is not an emergency. This can help put your nervous system at ease and lower stress levels, allowing you, as parents, to start taking better care of yourselves; your children will also learn the importance of caring for themselves.

Here are a few suggestions to get your creative juices flowing! If you enjoy sewing as I do, there are a few quilters guilds in the Laurentians: <https://www.courtepointequebec.com/guides/laurentides/>. If you are looking for artistic inspiration, try Les Murales des Pays-d'en-Haut in Ste Adèle, or Allée des Créateurs in Val David every weekend starting June 7. For history buffs, why not check out an historic tour? There are quite a few options: Oka, Vieux Ste-Eustache, Sainte-Anne-des-Lacs, and la Route des Belles Histoires from Ste Jérôme to Mont-Laurier! If music is your jam, check out Le Chevre in St-Adolphe-d'Howard for impressive local talent or find a local choir or music group to join.

I would encourage parents to pick an interest and dive in this month, and every subsequent month! Perhaps you might even inspire your partner or children to take up a new project themselves.

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The public is invited to the Mont-Tremblant Libraries' Big Book Sale, which will be held on May 31 and June 1 at City Hall, where more than 5,000 books will be on sale at low prices for the enjoyment of readers.

- Location and Time
- City Hall Council Chambers (1145 Saint-Jovite Street)
- Saturday, May 31 – From 10 am to 4 pm
 - Sunday, June 1 – From 10 am to 4 pm.

- Terms and Conditions
- All books are on sale for \$2 each and magazines for \$1 each.
 - Cash, debit, and credit card payments are accepted.
 - No book reservations will be possible before or during the event. Books will be sold on a first-come, first-served basis.
 - For environmental reasons, no bags will be provided; it is strongly recommended to bring your own reusable bags to carry your purchases.
 - All books are sold as is; no returns or exchanges will be accepted. As inventory depletes, new boxes will be opened; it's therefore advantageous to come both days to discover wonderful literary finds.

For any information, please contact the Culture, Recreation, and Community Life Department at cultureetloisirs@villedemont-tremblant.qc.ca or 819-425-8614



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April Sirois – Sommelier - ISG

So, it’s Friday afternoon and you’re in the SAQ looking for something to go with that great steak or that first of the year BBQ dinner with friends. You want to find a good big red wine that can be sipped and also enjoyed with dinner. Your first thought is, of course, a Napa Cabernet or maybe a nice Old Vines Zinfandel from the Lodi area in California. Then you remember that this is not possible with the US trade embargo going on. That’s okay, no problem. You head over to the Canadian wine section looking to be patriotic but you’re not sure what to look for in this often-over-looked area of the SAQ. Maybe you haven’t tried a lot of Canadian wines before. Maybe you tried a few when you are on vacation in one of the beautiful wine areas of this great country, but now in the SAQ standing there looking at all of the choices, you are unsure. Well, my wine loving reader, now is the perfect time to try some really good, and some even great, wines made right here in Canada by some of our world class wineries and wine makers.

We have more than a few really good wine regions in this great big country. Kelowna is one of my favorites. Probably from when I lived in the West and had easy access to the Okanagan for wine weekends and holidays. It’s a beautiful desert like area with hot dry hills and an added lake effect climate that makes for some really fine Bordeaux style wines that can easily stand in for your favorite Californian wines. As Canadians, we can also boast the stunning Ontario wine region; with it’s warm days and cool nights the vines are not so drenched in heat and sunshine as in Kelowna, making them less full and fruity but more elegant, balanced, well made and delicious.

I have included below just a few bigger Canadian red wines from both sides of this great country to try. They range in price from reasonable to a couple of splurges.

Wayne Gretzky Estates No. 99 Cabernet, Merlot Red wine Canada
SAQ Code 13220117 - \$17.35.

Petrichor Cabernet, Merlot 2022 Red wine Canada
SAQ code 15110157 - \$18.40

Trius Distinction Cabernet Sauvignon 2023 Red wine Canada
SAQ code 15110245 - \$19.05

Red Monty Creek Ranch: Hands Up, 2019 Red wine Canada
SAQ code 13471274 - \$23.70

Burrowing Owl Estate: Calliope Figure 8 Cabernet Merlot 2020 Red wine Canada
SAQ code 12456267 - \$27.85

Osoyoos Larose Petals from Osoyoos Okanagan Valley 2020 Red wine Canada
SAQ code 11166495 - \$39.75

Poplar Grove Merlot Okanagan Valley 2019 Red wine Canada
SAQ code 15109885 - \$40.25

Osoyoos Larose Le Grand Vin Okanagan Valley 2020 Red wine Canada
SAQ code 10293169 - \$62.00

I did add two from the same winery “Osoyoos Larose”. This single-plot vineyard sits on a sunny hillside overlooking Osoyoos Lake and in my opinion creates some of the nicest wines Canada has to offer. Worth the splurge if you are so inclined.

Welcome to spring and the start to outdoor sipping season.

Cheers

~ "Just as the best wines undergo fermentation, life's challenges refine us into our best selves." — **Robert Louis Stevenson**



Words About Food ... BOOKS, TOO

Karen Feiertag

One thing I love about minding a shop that is - let’s say it - food-obsessed, is being around cookbooks. Yes, I’ve been told. There’s the Internet, but when there’s a copy of Olive & Gourmando in stock with its centerfold of extraordinary soup photos, I’m a happier person. Tail-wagging happy when people ask for certain themes. Korean temple cooking? Anti-inflammation vegetarian slow cooks? Whole-beast butchery? Bring it on.

My personal interest lies largely in the fact that cookbooks are life stories. Even when they’re not, they are, about individuals, communities, civilizations. They cut across all subfields of anthropology and the ethnic divides that try to contain them. My favourite Ottolenghi books are his collaborations with Sami Tamimi. An Israeli Jew and an Arab who grew up kilometers from each other in Jerusalem in a context of forced hatred actually meet much later, in London, and come to celebrate in their successful restaurants a long list of treasures from their common past: okra, beets, carrots, artichokes, eggplant, lamb and chicken. Lemons, figs, pomegranates, herbs, nuts and beans.

So many authors begin their testaments of love with an apology about inevitable adjustments made to traditional recipes or a caveat that ingredients or techniques were influenced by ... well, just about everyone by now. As if those dedicated to the preservation of treasured food alchemies should apologize for their lack of purity. It is human history that is strikingly defined by cruel appropriations. It is food, and its lovers, that honour the vanquished.

Longteine De Monteiro grew up in Phnom Penh amongst gardens, coconut palms, and jackfruit on a diet of green papaya, chilies, eggplant, small fresh river fish, prahok, rice and the like. She would witness if not help in the daily tasks of preserving proteins, grinding spices, making coconut milk, digging up ginger and galangal. In 1975, early days in the Cambodian genocide, the Khmer Rouge seized the capital and killed those of her family who would or could not escape. In The Elephant Walk Cookbook, she later safeguards both simple and elaborate delicacies from her childhood for future generations, stating, “Most of the people who cared deeply about food have been killed, have fled the country or have died of old age.”

Revisiting books lying dormant on shelves is enlightening. Even the most utilitarian of them is ready to give more than we’ve yet managed to receive.

Comments? info@station210.co



From Jerusalem, a city in the world of books on food

New Family Restaurant in Huberdeau

Welcome to Restaurant P’tites Bette

Susan MacDonald

After years working in the kitchen at various restaurants, this spring, Darlene Bette finally decided to follow her dream and open her own diner, Restaurant P’tites Bette. In close proximity to the kayaking rivers and cycling paths, the location is superb.

Doors opened in mid-April and now locals, tourists and outdoor adventurers have a convenient place to stop in for a delicious meal. Currently serving the traditional casse-croûte classics, Darlene has also added her spectacular homemade ribs to the menu and more tasty surprises will soon be added to the menu, which you will find on her Facebook page.

As one of our local, popular musicians, Darlene eventually hopes to incorporate music nights on weekends, which will certainly be a crowd pleaser. To stay in tune, visit the Facebook page or drop by for lunch to say hello.

Open Wednesday: 11 am – 7 pm / Thursday to Sunday: 11 am – 8 pm / Sunday: 8 am – 7 pm
Congratulations, Darlene, wishing you great success in your new venture...

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Keeping it Weird

A game of clones

I am sure you have seen in the “news” someone had the brilliant idea to clone the extinct Dire wolf. Jurassic Park taught us nothing if not the importance of bringing back oversized predators for amusement and of course profit.

The process involves a dash of ancient DNA, a sprinkle of modern technology, and a whole lot of "what could possibly go wrong?" Forget about your labradoodles and Sphynx cats – Dire wolves are the new must-have pet! Sure, they might eat you out of house and home (literally) but think of the social media likes!

Here is the thing, it’s not true. They have not actually cloned the 13,000-year-old extinct Dire wolf and they will not anytime soon. All they have done is use about a dozen key genes they were able to salvage from 10,000-year-old teeth. Then, they successfully genetically modify the present-day Grey Wolf genomes to integrate the pre-historic genetics.

Does it matter that these two are not even of the same genus? Not at all! But we do have GMO (Genetically Modified Organisms) White, slightly oversized Grey Wolves, which I am sure they will breed and sell to the highest bidders as Dire wolves. Just like the media slightly modified this story to sell more copies and clicks.

Imagine tomatoes the size of basketballs, chickens that lay golden eggs (okay, maybe just really big ones), and fish that glow in the dark. Who needs natural selection when you have scientists armed with petri dishes and pipettes ready to play God? Lest we forget Bill Gates’ billions of GMO mosquitos released into Florida!

Only 64 countries around the world require genetically modified foods to be labeled, however, some products will start to be labeled in the United States thanks to the National Bioengineered Food Disclosure Standard (NBFDS).

In the European Union the following countries have banned GMOS: France, Germany, Austria, Greece, Hungary, the Netherlands, Latvia, Lithuania, Luxembourg, Bulgaria, Poland, Denmark, Malta, Slovenia, Italy, and Croatia. In Africa, Algeria and Madagascar have banned GMOs, and in Asia, Turkey, Kyrgyzstan, Bhutan, and Saudi Arabia. Finally, in the Americas, Belize, Ecuador, Peru, and Venezuela have all banned GMOs.



It's all crickets here in North America. The vast majority of crops in North America are genetically modified. Most commonly, packaged foods made from sugar, corn, soy, and canola are genetically modified. Livestock, agriculture, and aquaculture products are also considered to be high-risk for GMOs. We are just beginning to learn and understand the effects of these man-made franken-freak organisms on humans and our environment.

So, revel in the brave new world of GMOs, where "natural" is just a setting on your blender.

Source - <https://worldpopulationreview.com/country-rankings/countries-that-ban-gmos#title>



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MAIN DISTRIBUTION POINTS

Below, please find a list of our major distribution points across the Laurentians. Unfortunately, we have been requested to remove our publication from a few of our previous main grocery outlets up north so if you notice us missing, and would like to see us back, please speak to the management. Thank you to those businesses that have already invited us back!! As a reminder, we publish on the 2nd Friday of each month and copies are picked up quickly so be sure to grab your new Main Street promptly.

Enjoy the read...

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