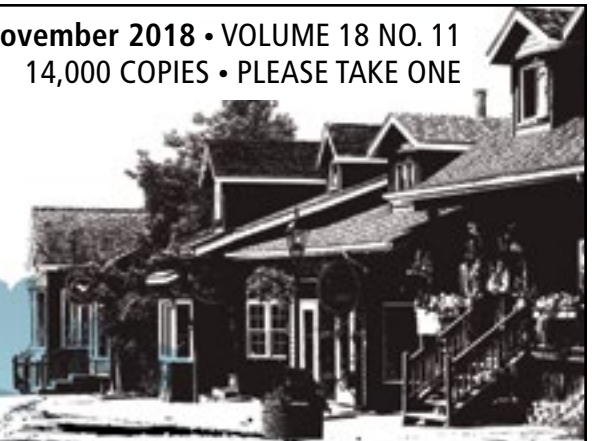


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What's On My Mind...

## Exotic farms – a potential risk to wildlife?

Susan MacDonald, Editor

Approximately twenty-five years ago, I was offered a pair of domestic Canada geese for purchase. They had been born and raised on a domestic farm but were found to be annoying because although 'domestic' they still retained many of their wild instincts and every spring and fall, would attempt to migrate. Being unable to fly due to clipped wings, a restriction imposed by the government, they would escape from their pen and waddle down the driveway.

Curious, and half tempted, I applied for the necessary permit and much to my surprise, I was accepted. While I don't remember all the details I do remember certain restrictions, such as the birds must be confined, not given access to bodies of water accessible by wild populations and their ability to fly restricted, either by clipping their wings or securing them in a netted enclosure from which they could not escape. These precautions were to prevent them from passing any possible contamination or disease to the wild population. In fairness to the geese, I opted to purchase a lovely pair of domestic China Geese instead.

Years later, driving down the Dunany Road in Wentworth, I happened across an emu standing by the side of the road. You read correctly, an emu! The bird eventually found its way to the farm where I was boarding my horse and after some effort, he was finally caught, and the owners contacted to pick up the runaway.

Exotic farming has become so common today that now, when driving by a farm with exceptionally high or strong fences, I barely glance to see what species is being confined on the other side. No longer are wild boars and long-legged birds, bison, elk or red deer an unusual site. Ok, I admit, Big Bird still catches my eye.

Fur farming of mink and fox are common practices as well, although perhaps less tolerated by the public than the exotics, so tend to be less obvious.

All seems well on these farms until something goes tragically wrong such as the recent cases of Chronic Wasting Disease (CWD), discovered on a deer farm in the Laurentians, and not that long ago, the deliberate release of hundreds of 'farm' mink into the wild. While the actual effects, if any, on the wild populations remain unknown, the potential threat, at least in the CWD case, was enough to spur immediate and drastic intervention from several governmental departments. Perhaps this new face of farming warrants further control measures?

I was hesitantly relieved to read the following post (**October 29, 2018**) on the Ministère des Forêts, de la Faune et des Parcs' Facebook page:

**REMINDER - The keeping and breeding of deer, bison, ostrich and wild boar are now subject to new rules. Do you own a breeding facility with these animals? You have until October 31 to apply for a permit or to register your farm. To learn how to register your farm, visit: <https://bit.ly/2P8hGrL>.**

Earlier posts specifying new regulations for the keeping of exotic pets were made on **October 23** and **October 26**, so if you own an exotic, you might want to check out those posts as well. Visit the same Facebook page mentioned above.

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# Observations China's Dystopian Gambit

David MacFairlane - MainStreet

Welcome to the Orwellian future, which has arrived just a bit later than was foretold in the book, 1984. Difficult as it may be to grasp, this is the current

system in China, under which all citizens, all 1.4 billion of them, are entered into a massive software programme, called The Individual Credit Information System. It is the latest version of a long-planned nation-wide social scoring system by which people are ranked and punished or rewarded for their behaviour. This control system extends deep into the lives of citizens whose rights to privacy were never an option. It even extends to dog ownership. Only one dog is permitted per person and must be registered with the police. The license comes with a QR code embedded in the dog's collar, with a dozen points allocated. Every infraction, like walking without a leash, noisy, disruptive behaviour, not picking up poo, results in points being deducted. Leashes must be less than 1.5 metres long and only people over 18 years can be in charge. When the points expire, owners are fined, the dogs confiscated, and all entries are made in the Credit Information System.

China's electronic "scoring" system utilises an immense network of surveillance cameras using powerful facial recognition software with A.I. (artificial intelligence) monitors and massive databases. The government's slogan is "keeping trust is glorious and breaking trust is disgraceful". This Orwellian digital panopticon watches over almost everyone continuously, and permanent entries are made in personal files without the knowledge of the citizens concerned. Therefore, it is possible for people to discover suddenly that they have become "persona non grata". There are countless reports of people being denied plane or train tickets, bank loans or housing due to low personal credit scores, some even being denied an education for some infraction by another close family member. You could go to an ATM and it wont work for you, and no one can tell you why, and when you get home, your Internet is down, and your phone doesn't work. The most shocking aspect of that announcement on the bullet train is just how banal it sounded, although the consequences of an infraction could be absolutely terrifying to the victim.

A reader might be tempted to say, "Oh well, that's in China; it's a communist country. That couldn't happen here; we are a democracy." Think again, dear reader, it's here already, but much more subtle, even hidden, but nonetheless pervasive. Back in 2013, the CCPA (Canadian Centre for Policy Alternatives) reported in their CCPA Monitor that Canada, in collaboration with the US-NSA (National Security Agency), had been spying on its citizens. The CCPA stated that Canada and the US are clearly close partners in the creation of an insidious global surveillance system that blatantly violates domestic and international human rights with impunity. In October, 2013, Edward Snowden exposed the extent of the Canadian Government's spying activities by the CSEC (Communications Security Establishment Canada), the counterpart to the NSA. These two agencies have had close relations for decades and spy on each other's citizens, sharing the information and circumventing any legal restrictions on domestic surveillance. They are part of the "Five Eyes" programme of the US, Canada, Britain, Australia and New Zealand that operate a massive, global surveillance system that includes commercial espionage. The CSEC has a staff of over 2000 employees, with over 1000 more military personnel attached, and an annual budget of hundreds of millions of dollars. Their new headquarters cost over \$1billion to build, and their operations are shrouded in almost total secrecy, authorised by Ministerial directives which are, themselves, so secret that the subject matter and content are also secret.

So, don't, for a second, think that spying on citizens is just not done in Canada; it is simply more insidious, and not in our faces as in China. We tolerate dissent more generously, and allow our citizens more freedom to disagree, but those who make the loudest noise are noticed and watched very carefully. It's unavoidable; life has become dangerous and the looney-toons more proliferous and vicious. To protect our society, we must do what we once thought was unthinkable as a kind and gentle people. But such disaffected misanthropes are becoming more violent, more reckless and insistent on their rights to impose their twisted views on the rest of us who simply don't give a damn about extremist values of any kind. Whatever happened to that carefree life we once knew, those of us who grew up as baby-boomers in a society that was so different from today's perdition? There's no point in reminiscing because those times will never return, and we, who knew them, will never be able to describe them well enough to be understood.

Back to China, as the harbinger of times to come. This dark power of the Chinese government is used to manipulate the behaviour of billions of people. This control over the use of the Internet, credit cards, smart phones and all electronic links that

enable citizens to connect with the rest of the world, makes it possible to keep track of huge numbers of people at very low cost. In effect, this new technology makes slavery profitable again. You can walk around, work and socialise as if you were free, but you must be docile, submissive to your government's edicts and unable to criticize anything openly if you wish to keep your job, house, car, or even your money, because all that you have depends on your behaviour.

The absolute confidence of the Chinese government, and its hierarchy of elites, that their control over the country will be permanent is reminiscent of the total confidence of the former Soviet government that its control over their population and economy was written in stone and would last forever. However, all is not well in China, as was the case in Soviet Russia. On the surface, the Chinese government's control seems to be supreme, but the social contract that undergirds the Communist Party's absolute power is fast eroding, the winds of change have shifted, and the

next revolution is already darkening the horizon. The major problem is that, despite their proclivity for subservience to authority, many Chinese citizens are highly educated and aware of what is happening outside. China produces more graduates in the sciences and mathematics than the rest of the world combined, and while societal norms demand conformity, education frees their minds to consider alternative possibilities. The past year has provided us with many important signals that the economic, social and geopolitical systems we are all familiar with are changing and destabilising rapidly. These events have been building for years, not just weeks or months, and the conclusion is near.

Long live freedom and the right to choose how we are governed. The power must stay with the people to be free and autonomous, or all will be lost in another Gehenna, a dystopian nightmare, that will engulf our lives and doom our future.

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## Simply Words on Paper

# The digital poppy will help raise awareness and perpetuate the memories of our Veterans

**Jim Warbanks - Main Street**

I have not missed a Remembrance Day ceremony since I was a toddler. My uncle Wilfrid was killed in World War II and his brother Roy, who died of a heart attack at age 35, would probably have been diagnosed with Post Traumatic Stress Disorder (PTSD) nowadays.

My earliest memory is being carried by my parents, then walking each November 11 to the Cenotaph in Valleyfield. There must have been occasions when the weather was fine, but I recall only cold, rainy, snowy, windy days.

Since moving to Lachute, I have attended the weekend service here, and often also drove to neighboring Brownsburg for the November 11 service. I am well aware that our area English schools have an enviable record of inviting veterans to attend tributes in their honor. Through my involvement with the Laurentian Literacy Centre, I feel very proud of the program that encourages youngsters to pen postcards with their comments and wishes to veterans. I am very unlikely to be one who "forgets."

### Declining numbers

It is very sad to witness the declining number of veterans each year who are physically able to attend the Cenotaph service. Sadder still, are the recurring comments of some passers-by, and even of some police staff charged with directing traffic, who are unaware of the very special significance of this event.

We were fortunate to visit the cemetery near Arnhem, Holland where my uncle is buried. The driver of the bus we had taken unhesitatingly made an unscheduled stop for us to disembark at the cemetery and mentioned our purpose that day to passengers who expressed their appreciation. The grounds were maintained in immaculate condition.

### Cemetery visit

On a trip to Italy, an aging taxi driver, who had been a young, starving child at the time Canadians landed at Monte Cassino drove us up to the local cemetery where many Canadian soldiers are interred. He insisted on giving us a personal, emotional tour of the facilities and introduced us as visiting Canadians to members of the maintenance staff.

We were able to inform another couple staying at our hotel that the relative's grave they were seeking was located there.

How will the younger generations of Canadians come to understand the importance of honoring past sacrifices and acknowledging the courage of those who served and still serve today? The Royal Canadian Legion, through its 270,000 members in 1400 branches across the country provides a broad range of services to veterans, and contributes significantly to support various community groups. The annual poppy campaign (as many as 20 million will be sold this year) raises both funds and awareness.

### Digital initiative

An initiative to reach out through social media networks has stirred controversy in some quarters. The "My Poppy" campaign features a new digital poppy, found online at [mypoppy.ca](http://mypoppy.ca). Canadians who donate online will receive a digital poppy in remembrance of a veteran of their choosing.

This initiative presents an opportunity to exponentially expand awareness of the splendid work carried out by Legion branch volunteers year-round to serve the needs of veterans, their families and the communities we live in. The digital poppy, sent to friends (and virtual friends) world wide will encourage them to learn more about the sacrifices and commitment, which has allowed us to experience the freedoms (including the ubiquitous presence of social media networks) that we enjoy today, but too often take for granted.

### Social media

If a favorite cat video, a birthday greeting or an innocuous comment on some aspect of the day's news, a review of a recent television program or your grandmother's spaghetti sauce recipe can "infect" a gazillion computers, a meaningful message of support for an honored veteran must surely have beneficial potential.

Imagine if only a small fraction of those who receive a digital poppy of their own, or one sent by a friend, acquaintance or total stranger are sufficiently curious to explore a bit to find out more about any associated subject. The knowledge acquired will indeed be precious. As the Guardian Angel in the currently-running play, Losing Control, suggests: "Just Google this, and you will go to bed less ignorant tonight."



## LITIGATION WITH LAND?

### I'M YOUR MAN!

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## 35th Annual Laurentian Ski Hall of Fame

The 35th Annual Laurentian Ski Hall of Fame Banquet was a great success! The main benefit event of the Laurentian Ski Museum, held at the Saint-Sauveur Summit, brought together nearly 180 people. This was the occasion to award this year's Jacques G. Hébert Prize to Alice Marchessault and to honor the inductees of 2018.

### The 2018 winners

Under the honorary presidency of Mrs. Lucile Wheeler, first inducted into the Hall of Fame in 1982, the Temple has inducted this year Mr. Lowell Thomas (posthumous), Mrs. Rochelle Lash, Mr. Stan Segal, Lange Canada Inc., Mr. Michel Allard and Mr. Theo Harb.

## Laurentian Club of Canada

### Summary report from the October 28, 2018 presentation

Mary Mitchell, Sandra Savery and John Richard recounted their experiences as volunteers for Habitat for Humanity.

Volunteers are generally of all ages and backgrounds. They provide most of the labour needed to build affordable homes. These homes are not given for "free" rather, the prospective owners must personally qualify and commit themselves to the completion of each home.

Our speakers found that volunteering led to learning new skills, unexpected cultural adventure, and personal satisfaction in giving a "hand up" to folks less advantaged.

For more information contact our speakers via [thelaurentianclub@gmail.com](mailto:thelaurentianclub@gmail.com) or visit <https://habitatglobalvillage.ca/>

## The Aerobic Corridor is preparing for winter

The park is now in a preparation phase for the winter season.

To ensure your safety, as there will be no more patrols and regular inspections of the runway, we ask for your cooperation in not using the trail.

We take this opportunity to thank all those who have made this 2018 season a success, be it the users, the volunteer patrollers, the event and financial partners, the traders, the municipalities and the RCMs who contribute to the attractiveness of the park.

Treat yourself to this privileged contact with nature and explore at your own pace. Visit [www.corridoraerobique.ca](http://www.corridoraerobique.ca) for more information.



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

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# About Sainte-Adèle

**Chris Lance - Main Street**

On Friday, October 5, Sainte-Adèle said goodbye to Mr. Stéphane Lavallée, the Assistant Director of our Fire Department. Mr. Lavallée died at the age of 49, on the 24th of September. His courage and bravery will be missed here in Sainte-Adèle. Our most sincere sympathies to his family and colleagues.

After 10 years of community service, Denis Aubuchon has decided to retire from the presidency of L'Ouvroir des Pay-d'en-Haut. A new operation, renamed Les Tiroirs de Sainte-Adèle, will be jointly operated by le Café L'Entre-Gens and Garde-manger des-Pay d'en-Haut. Located at the same address, 1360 Dumouchel, it will now be open on Tuesdays and Thursdays, from 10 am to 4 pm. All profits made after expenses will be distributed between the two organizations. You can drop off clothing, small furniture in good condition, and domestic items to help this community center help those in need. Call for more information: 450 229-2111. It's a good time to give some things away during our seasonal change.

Oktoberfest de Sainte-Adèle 10th edition was a huge success with over 45,000 people dropping by over the last weekend in September. This season, parking was off-site, and bussing was available to food and beer lovers.

Mayor Nadine Briere has decided on a hard line when it comes to smoking pot in Sainte-Adèle - no consumption in parks, on sidewalks, streets or public places. She says she is going to follow the rules on consumption of alcohol. Does that mean at Oktoberfest, 45,000 party-goers can roll a big one and enjoy the food and beer even more? Perhaps, the Mayor and Director General de la Chambre de commerce de Sainte-Adèle, Guy Goyer, can put together an additional fair, called L'Avrilpotparty, and invite locals to sample all the goods being produced for legal consumption.

Bagni Spa Station Santé on rue des Melezes, here in Sainte-Adèle, was awarded a certification of SPA excellence. It was the only spa in the Laurentians to receive this prestigious certification. Congratulations to the staff!

The tennis courts are closed, as are the golf courses. It is time to put away the garden hoses, lawn mowers, rakes, swimsuits, shorts, t-shirts, flip-flops, water-wings, flippers, running shoes and other sundry summer items. Maybe you can donate some clothing to the Tiroirs de Saint-Adèle.

With the rapid drop in temperature you need to get ready for the winter months, and order and stack the firewood, clean the oil furnace, check the gutters for leaves, rake or blow the fallen leaves into bags for the town pickup. Also, check your skis, skates, snow shoes, crusty, salt-whitened winter boots, replace missing mitts and tuques, find your scarves and outer-wear. Make room for all the winter gear by the door, find the Thule for the SUV, get the tires changed, winterize the car, make arrangements and payments for snow removal, put a new box of Kleenex in the car and make plans to get away to Florida after hurricane season. Last, but not least, arrange winter tennis times at the InterClub, or St-Eustache, buy that ski-season pass and find out where you left your hockey gear. I'm exhausted just thinking about what is left to do before it's time to start Christmas shopping.

Become a member of Plein-Air Sainte-Adèle: it's free and gives you access to all sorts of trails in our region. You will be able to utilize 45 kms of snowshoe trails, 100 kms of cross-country trails, 45 kms of bike and fat bike trails and 25 kms of walking trails. Go to [www.pleinairstadele.com](http://www.pleinairstadele.com) to sign up. All trail news is posted at [www.facebook.com/pleinairsainteadele](http://www.facebook.com/pleinairsainteadele). You can also check the two billboards at Mountain One of the Hotel Chantecler for a visual map of these trails and their access points.

Don't forget - skiing has started, and put that snow shovel by the door, near those crammed closets full of cold-weather gear.

Ah well, it's almost Christmas. Ho! Ho!



## Village of Weir Newswire

**Claudette Smith-Pilon**

### A TASTE OF WINTER

Cold weather and winter is not here yet...

### Municipal News:

**Nov 29** - Flu shots at the community hall in the Village of Weir

### Expo - Artisans

**Sat, Nov 17** at the Community Hall. Here is a perfect opportunity to find unique Christmas gifts.

### Community Luncheon

**Fri, Nov 23: 11:30 am** - The luncheon is back in full swing. Christmas Luncheon will be Fri, Dec 14. Cost \$8. Reservations required, please call 819-681-3383, ext. 5811.

### Ça Bouge!

**Tuesday mornings at 9 am.** Move to music and keep fit with light-weights or a ball. Share experiences with others to help keep motivated. Come and see what this group accomplishes and please bring a bottle of water with you. Enjoy!

### New Activity for mothers and grandmothers

**Wednesdays from 10 am - noon** at the community hall. Bring your babies and kiddies from 0 - 5 years old. Free play, just show up and have fun.

### VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next work day will be held on Fri, Nov 16 at 9 am. Don't forget to get your raffle tickets for the draw to be held at the Christmas Luncheon in December.

Please forward any comments, news or topic to [mmcsp40@gmail.com](mailto:mmcsp40@gmail.com)



# Let's Talk About It

**Erin McCarthy - Main Street**

Back in June, I wrote an article highlighting some of the more adventurous activities that the Mont-Tremblant area has to offer, with the intention of trying out one of these outings during the summer and then reporting back.



Well, I did it! The activity I chose was Via Ferrata (Italian for "iron path"), which is a mix between rock climbing, zip-lining, and extreme hiking. Located in Mont-Tremblant National Park, this vertical adventure overlooks the Diable River, as well as looking out over nothing less than a spectacular view of the surrounding peaks of the Laurentian horizon. There are three different options for trails to choose from: The Excursion (3 hours and 500 metres long, including a 20-minute walk back to the departure point), L'Intermédiaire (4 hours and 800 metres long, including a 40-minute walk back to the departure point), or La Grande Virée (5 hours and 1000 metres long, including a 40-minute walk back to the departure point).

I decided on the shortest one as it was my first time, and had no idea what to expect. I figured that in case I hated it, this one would be over the quickest! Our adventure began with our guide giving us a quick rundown of the course, how to use our safety equipment, and how to navigate the built-in steps, handles, beams and various types of bridges we would encounter. I began to realize quickly that this was going to be more intense than the online description had suggested... And then, we were off! Clipped into steel cables that ran the length of what's known as the Vache Noire cliff, we proceeded slowly, and sometimes shakily, to make our 200-metre ascent.

Honestly, it was a lot more tedious than I had imagined, and although our guide was super-thorough and reassuring, I found it surprising that the website advertised the activity for ages 8 yrs and up. My daughter is 4 yrs old now, and call me an overprotective parent, but there's no way I would be comfortable with her climbing 200 metres on little nubbins sticking out of a rock-face in four years from now (cue the anxiety attack, haha)!

Seriously speaking though, Via Ferrata was an awesome experience that I would highly recommend, although it's not for the faint of heart, or those scared of heights. It is physically demanding, and you must concentrate at all times, because every move you make must be calculated.

That view though...

# Arundel News

**Janet Thomas**

### UNITED CHURCH CHRISTMAS TEA AND BAZAAR

**Saturday, November 10: 2 pm - 4 pm**

Browse the Bake and Craft tables, and stay for dessert.

### LIBRARY LECTURE SERIES

Arundel Municipal Garage

### **Belize Bird Rescue Mission**

**Friday, November 16: 7 pm**

Using wonderful photos to support her talk, Sylvie Hebert will describe the humble beginnings of the Belize Bird Rescue Mission and its miraculous evolution.

### **Year-End Get-Together / A Toast to Pat Thomas**

**Friday, December 7: 7 pm**

We invite everyone to bring a Christmas treat to taste, share, and talk about the origin of the recipe. This is the final get-together for the Library Lecture Series in its present format. Help us to celebrate the past many years of exploring new ideas, and toast Pat Thomas who is stepping down from her role as coordinator-extraordinaire.

### ACW CHRISTMAS BAZAAR AND SOUP LUNCH

Grace Anglican Church, 7 Church Road

**Saturday, November 24: noon - 1:30 pm**

Delicious Christmas baking and wonderful gifts for sale.

### ARUNDEL CHRISTMAS MARKET

Arundel United Church

**Saturday, Dec 8. 10 am - 4 pm**

Farmers and artisans will sell produce, baking, preserves, jams & jellies, and Christmas crafts.

### LA GUIGNOLÉE FOOD DRIVE

**Sunday, December 9: 11 am - 2 pm**

Volunteers will come door-to-door to collect food for needy families to enjoy at Christmas. If you are not home, just leave your donation outside your door.

### **CHRISTMAS STUDENT CHOIR AND LUNCHEON**

Arundel United Church

**Tuesday, December 11: 11:45 am**

Join us to hear the Arundel students sing Christmas classics, then stay for a light lunch. All welcome. No charge; donations appreciated.





# NEWS BITS FOR NOVEMBER

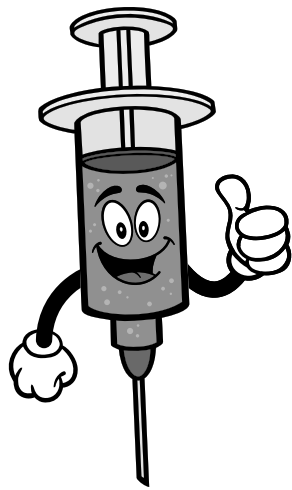
## Launch of the flu vaccination campaign

Dr. Éric Goyer, Director of Public Health of the Laurentians, invites you to get a flu shot to protect yourself and your loved ones. The flu vaccination campaign began on November 1, 2018 in the Laurentian region.

For the 2018-2019 season, considering the recommendations of experts from the National Institute of Public Health of Quebec (INSPQ), the vaccination program is modified to focus on the clients most at risk of developing complications of the influenza. New this year, appointments are mandatory for the Lac-des-Deux-Montagnes, Pays-d'en-Haut, des Sommets, Saint-Jérôme and Thérèse-De Blainville sectors.

To do this, you must make your appointment at [www.clicsanté.ca](http://www.clicsanté.ca) or by phone at 1 888 664-2555.

To find an influenza vaccination clinic, visit the website of the Laurentians Integrated Health and Social Services Center (CISSS) at: [www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)



## CRTC consults on quality of telecommunications services... on Twitter!

The Canadian Radio-television and Telecommunications Commission (CRTC) has announced that it will be holding a public hearing - on Twitter - regarding the possible use of aggressive and misleading sales practices by the large telecommunications service providers in the cellular service market. David Graham, MP for Laurentides-Labelle, is pressing the independent federal agency to change some of its practices, given that the priority remains access to cellular communications services.

"I won't pull any punches: the CRTC is out of touch with the reality in Canada's rural regions, including my riding. This consultation is lasting only one week, and most ironically of all, people must use the hashtag, #CRTCforum, to participate. So, even as many Canadians have no access to affordable and reliable cellular service, they're being asked to provide their views on Twitter.

Let me be clear: I'm not criticizing the CRTC's desire to regulate sales practices, but the agency needs to establish the framework required to ensure that all Canadians have access to cellular service. The CRTC must be prepared to hear the views of those who are offered cellular plans but don't have access to reliable service," explained Graham.

"Provide me with your comments about this issue by email to [david.graham@parl.gc.ca](mailto:david.graham@parl.gc.ca), or by mail, or in person at one of my offices in Mont-Laurier and Sainte-Agathe-des-Monts," concluded Graham.



## Two appointments expected at the MRC- des Pays-d'en-Haut

The Council of Mayors of the Pays-d'en-Haut MRC and the Executive Director, Jackline Williams, are delighted to welcome two new recruits to the team; Thomas Gallenne, as Communications Manager, and Manon Massie, as the new Director of the Department of Economic and Territorial Development.

You can contact Thomas Gallenne (ext. 118) or Manon Massie (ext. 106) by calling 450 229-6637 or by email at [tgallenne@mrcpdh.org](mailto:tgallenne@mrcpdh.org), or [mlassie@mrcpdh.org](mailto:mlassie@mrcpdh.org).



## Val David

The City Council has finalized the process of hiring a director for the Val David-Val Morin Regional Park (Dufresne sector) by appointing Mr. Jean-François Boily at the October 9 meeting. "We received more than 37 applications and it was difficult to select from the excellence of the candidates. We are very pleased with the outcome of this consensual approach," explained Councilor Guy Séguin, a member of the hiring committee, which also includes elected officials Kathy Poulin and Jean-François Giasson. M. Boily will start full-time in his new position as of November 19.



# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

**Tania Gauthier** and husband, **Frédéric Autotte**, new owners of **L'Auberge des Animaux**, 355 boul. des Laurentides (rte. 117), Piedmont. Believe it or not, Frédéric once lived in this same house with his mother many years ago. If you are thinking of going on vacation and are seeking an excellent place to leave your cat or dog, Tania and Frédéric will take good care of your furry loved one. This charming family-run facility is open 7 days per week. The space is heated, bright, and well-ventilated. Call 450 227-0150 / [laubergedesanimaux.com](http://laubergedesanimaux.com). Also on Facebook and Instagram.



**Daniel Desjardins**, Director General, **Fondation médicale des Laurentides et Pays-d'en-Haut**, who received the prestigious *Medaille de l'Assemblée Nationale* from Claude Cousineau. This was the final medal distributed by Mr. Cousineau prior to his retirement. Daniel accepted the medal with great honour and thanked everyone who helped him evolve throughout the years. Daniel has been greatly implicated in the community as he worked with *Garde-Manger des Pays-d'en-Haut*, *Chambre de Commerce Ste. Agathe*, and more recently as Director General, *Fondation médicale*.



### Did you know that:

As of Saturday, November 10 at 5 pm, and every Saturday thereafter, a bilingual mass will take place at 5 pm at **Église Saint-Sauveur**, 205, rue Principale, St. Sauveur? **Father Ronald Labonté** will preside and **Jhislaire Néron** will provide musical accompaniment. For more info 450 227-2423.



**Monarques Gold Corporation**, whose head office is at 68 de la Gare, #205, St. Sauveur, announced that it will graduate from the TSX Venture Exchange to the Toronto Stock Exchange by December 30, 2018? The Corporation is focused on developing its 2.6 million-ounce Wasamac gold deposit and will receive the results of a feasibility study in December 2018. **Monarques Gold** is an emerging gold mining company focused on pursuing growth through its large portfolio of high-quality projects in the Abitibi mining camp in Québec. For info, call Jean-Marc Lacoste, President and CEO at 1 888-994-4465 / [info@monarquesgold.com](mailto:info@monarquesgold.com) / [www.monarquesgold.com](http://www.monarquesgold.com).



**Parfumerie du Nord**, 200, rue Principale, St. Sauveur, offers free fragrance consultations for both men and women? Owner **Mr. Atti** has a wide selection of brand name fragrances at discounted prices (30% to 60% off) year-round. Some brand names include Gucci, Lancôme, Versace, Givenchy, Bulgari, Yves St. Laurent, Calvin Klein and more. They also offer in-store sampling. Everyone loves to receive a fragrance as a birthday or Christmas gift. Gift wrapping is available upon request with a wide selection of lovely gift boxes. Why travel to Montreal when you can purchase discounted fragrances locally? Go ahead and spoil the one you love! 450 227-3636 / [www.perfumeboss.com](http://www.perfumeboss.com).



**Les Sommets St. Sauveur** has made substantial investments in **Sommet Saint-Sauveur** and **Avila** for the 2018-2019 ski season? For the enjoyment of snow-sports enthusiasts, there is a new snow line and addition of 48 powerful new snow guns, latest-generation snow groomer with an eco-friendly engine, a Mercury ski tuning robot, La boîte à ski, a new, permanent building and a new garage for the maintenance crew. Versant Avila at Sommet Saint-Sauveur also has major upgrades including complete renovation of the sanitary facilities in the main pavilion and the addition of two new yurts for snow tubing guests. As well, there is a new long-term snowboard rental program and two new Snow School programs. In Spring 2019, work will commence to replace Sommet Saint-Sauveur's Atomic lift, which has served them faithfully for 34 years. It will be replaced with a heated lift that seats six passengers. Info: Ariane Lauzon: 450 227-4671 ext. 3281 / [www.sommets.com](http://www.sommets.com).



## ANNUAL GENERAL MEETING

The Corporation of the Residence of Lachute

Lachute United Church

Wednesday, November 21, 2018: 7 pm

The Lachute Residence has been in existence for nearly 50 years providing high quality care to seniors of Argenteuil. It is of the utmost importance that we continue to maintain and support the Lachute Regional Residence.

The Corporation of the Residence of Lachute welcomes and solicits those who share these values to become members of the Corporation, so that we may remain strong and able to ensure that the Residence continues its mission to provide bilingual long-term care in a home life environment for the aging population of Argenteuil.

# Drivers come to blows over a parking space

A simple quarrel over a parking space degenerated into a physical altercation between two individuals and led to a police intervention in front of the Mont-Tremblant town hall on November 3.

One of the drivers activated his flashing light to signal his intention to go back into a parking space. When he started backing up, he realized that a second driver had rushed to the same spot.

Angered, the first driver continued to slowly back up while the other vehicle continued to move forward. Both vehicles would have deliberately made contact with their bumpers without causing any damage.

One of the drivers gave a blow to the face to the second driver who responded by spitting on him. The police were able to calm the ardor of the two men and no complaints were reported by the end of the intervention.

According to the Automobile Insurance Company of Quebec, when someone leaves their vehicle and goes to you:

- Stay in your vehicle, close windows and lock your doors.
- The dialogue has gone wrong? Do not reply. Neither verbally nor with gestures.
- He starts tapping on your car? Breathe deeply and evaluate how you can safely leave the vehicle. Go calmly to a place where you can get help, just in case...
- Avoid going home: if the aggressive driver chases you, you do not want him to know your address!
- The Mont-Tremblant City Police Department recommends dialing 9-1-1 for a patrol car to be dispatched to the scene.

## In Flanders Fields

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

John McCrae



# Wild Deer, a Keystone Species in our Ecosystems

By Mat Madison

Last month I covered the chronic wasting disease (CWD) in my 'Zombie deer' article.

Red deer, on a deer farm in the Laurentians, were identified as infected by CWD. To this day, there are three confirmed cases of CWD at this farm. It has been announced that the whole herd of 3000 deer at this farm will be harvested and tested. The operation is being managed by the Canadian Food Inspection Agency in collaboration with the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation (MAPAQ). The Ministère des Forêts, de la Faune et des Parcs (MFFP) has ruled that hunting and trapping will not be permitted in parts of hunting zones 9 West and 10 East. The MFFP has been harvesting and testing many deer within the controlled intervention zone. Hunters located near the controlled zone have also been contributing to testing wild deer for CWD. So far, no cases of CWD have been detected in the wild deer population. Trust me, this is great news!

Wild, Whitetail deer play an important role in our natural ecosystems, on top of being one of our region's most socially and economically important animal. We often consider the deer as a 'keystone species', due to the repercussions they have on other plants and animals. It's all about where and how a deer lives and feeds. A single deer can move around through many different types of ecosystems during a full year. In the spring, it prefers young forests, with openings or edges with sunlight, where they can find their favorite springtime food, like grasses, forbs (herbaceous plants), mushrooms and woody plants. As summer turns into fall, the deer start looking for higher carbohydrate food sources, such as acorns, fruit and crops. This means they will begin to move more widely, looking for niche habitats to feed and prepare for the long, snowy months ahead. In winter, the deer move towards coniferous forests, where the snow isn't as deep, and where they can keep feeding on woody plants, buds, twigs, and conifer foliage. They congregate in areas that we call deer-runs, or areas of winter confinement. These areas have special protection and management that include urban planning rules for lower density housing and lower forest conversion.

During their full year, they greatly affect the ecosystem: strong grazing of certain species, transporting seeds on their bodies and in their excrement, modifying forest dynamics, offering food to carnivores, lessening the impact on other herbivores, creating habitat for birds, insects and other mammals, and much more. The ecological balance is usually maintained naturally within the ecosystem, but human pressure, through farming and development, disease and climate change, can disrupt this balance. Too many deer are just as bad as not enough deer in the ecosystem. One management tool is hunting, which allows tracking the size of herds while helping to control the deer population, by maximizing positive impact and minimizing negative ones.

That is why it is so important to ensure that the native Whitetail deer haven't been infected by CWD. I do not worry about the number of animals that the MFFP has been harvesting and the impact this will have on the ecosystem balance. I believe the populations will balance out within a few years after this mass harvest for testing. What I would worry about is the long-term affect CWD would have on the ecological balance. In my opinion, it's better to harvest and test, with short term repercussions, than not to know and then to live with long term repercussions, like many states in the USA.

If you're interested in other articles about 'keystone species', I suggest learning about how reintroducing wolves in Yellowstone Park contributed to ecosystem restoration and improved water quality. Another good example is the salmon-specific protein found in trees, in British Columbia's rain forests, miles away from salmon-rich rivers.

## 100 Bells will toll on November 11

from the website legion.ca

On November 11, at the going down of the sun, communities across Canada will mark the 100th anniversary of the end of the First World War with the ringing of 100 bells. The ringing of bells emulates the moment in 1918 when church bells across Europe tolled as four years of war had come to an end.

To engage youth in this significant initiative, children with the help of schools and youth organizations, are encouraged to research, locate and place flags on the graves of Canadian Veterans of the Great War.

Legion Branches and communities will host commemorative ceremonies and special activities to help Canada Remember. At sunset on November 11, the bells will ring at Parliament Hill, city halls, places of worship, military bases, Naval vessels and at ceremonies across the country to honour Canada's Veterans and commemorate the end of the First World War.

When you hear the bells toll on November 11, take a moment to pause and remember all those who served and sacrificed.

We will remember them.



## The War Amps Key Tag Service

The War Amps returns nearly 13,000 sets of lost keys every year!



"I want to thank the person who found my keys and called the number on the back of my key tag. I received my keys back from The War Amps today by courier. You guys are fast!" – War Amps supporter

To order key tags, please visit [waramps.ca](http://waramps.ca) or call 1 800 250-3030. When you use key tags, you help support programs for amputees.

Charitable Registration No.: 13196 9628 RR0001





## Laurentian Personality Sylvie Bastien Soupe et Compagnie

Lori Leonard - Main Street

Soupe et Compagnie, a non-profit organization, opened their doors at 205 rue Principale (at the back of the church), St. Sauveur in 1994. It was then called Lili Cuisine Collective, as Liliane Melançon was its founder. In 2000, the name changed to Soupe Populaire, and in 2014 was re-named Soupe et Compagnie.



Sylvie Bastien, Director and Karine Labelle, Chef.

The goal of Soupe et Compagnie is to provide a welcoming environment for people who are isolated, seek friendship and need a nutritious meal. They reach out to people in need, the elderly, and children from low-income families. They raise funds and collect goods for their clients.

Sylvie Bastien became the new Director of this organization in February 2018. Since she was 6 years old, volunteering was always a big part of Sylvie's life. Even though Sylvie is a newbie, she steers her ship passionately through rough and calm waters. Sylvie not only oversees the meals, but oversees events, such as the annual golf tournament, street collections, and Fall dinner. Karine Labelle is the Chef, who runs the kitchen and volunteers with skill and kindness.

Volunteers prepare 13,000 meals per year. 85% of the clients are seniors, 10% adults and 5% children. Whether patrons pay the suggested \$3 for their meals, or cannot afford to pay, all are welcome. Meals are available on Mondays, Tuesdays and Thursdays, from 11:30 am to 12:45 pm. A meal consists of soup, a main dish with vegetables, dessert, tea or coffee.

There are 50 active volunteers who are 60+, and 12-15 volunteers help daily to chop and clean produce, prepare and serve meals. Residents from St. Sauveur, Val David, Ste. Adèle, Morin Heights and Lachute, come to enjoy a meal with friends. Each month, Soupe et Compagnie prepares 300 meals for people in St. Adolphe, 80 meals for Ste. Anne des Lacs, and 60 meals for those in Morin Heights.

Sylvie, who has a heart of gold, revealed a touching story about one young child who enjoyed his meal immensely. He said, "It really helps my Mom when I have lunch here." It allows parents to have a little break from making lunches. An 89-year old woman, who volunteered for 15 years, was no longer able to continue, because insurance only covered volunteers until 80 years old. Sylvie checked and was able to extend insurance for volunteers until 90 years old. The elderly woman was overjoyed and is now back on duty. Thank you, Sylvie for caring so much about others.

To make a monetary or food donation, call 450 744-0207, write info@soupeetcompagnie.com, or visit www.soupeetcompagnie.com.



## Essential Oils Boosting the immune system

Sue Rich

As we get ready for the holiday season, we often find ourselves in a state of chaos. There's much preparation ahead, like shopping for gifts, preparing for get-togethers, decorating the house... the list is endless. These feelings can seem overwhelming and create havoc on our immune systems. Our bodies shut down and we end up sick in bed, which only adds to this already stressful season.

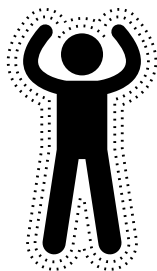
So, what do we do? Do we ignore our feelings and power through, or do we end up in bed feeling helpless? What if we had a few good tools on hand? We would be able not only to get through it all, but we might even find ourselves laughing at the craziness and having fun.

Here are a few simple tricks using essential oils that will make things a whole lot easier.

Take a little time for yourself by doing some relaxing things, like a nice bath infused with lavender or eucalyptus, which will help you calm down and breath easier. Try to take even 5 minutes at the beginning of your day to meditate and ground yourself. Science has shown that meditation is an invaluable tool for calming the emotions. When you couple it with scents, like frankincense or sandalwood, you are brought to an even deeper state of calm.

Boosting your immune system will give you more energy and keep you from getting sick. At this time of year, we are thrown into situations where we're in contact with a lot of people and their germs, so protecting yourself is important. First and foremost, you must take the time to eat whole foods that nourish your body. Taking quality supplements can also make a world of difference, giving you what might be lacking from your diet. One of the most powerful essential oils for combating germs is clove bud. Make yourself a cup of warm water with a drop each of clove bud, cinnamon, wild orange, eucalyptus and rosemary and a bit of honey. (Please be sure that you are only using ingestible oils when you do this.) Drink once daily to keep your immune system at an optimal level, and if you feel something coming on, ramp it up to several times a day.

For more information on how to get 100% pure CPTG oils, please feel free to contact me at 819-421-2253 or like my Facebook page: Sue Rich Living



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\*\*OAC by Volkswagen Finance. \*Amount shown for the Passat.

<b>2018 Atlas</b> 2.0T 4Motion 4-door transmission 48-month lease from \$100 WEEKLY with \$1,000 down payment As a small value of \$37,635*	<b>All-New 2019 Jetta</b> 1.4T 4Motion manual transmission 48-month lease from \$57 WEEKLY with \$1,000 down payment As a small value of \$22,780*	<b>2018 Tiguan</b> 2.0T 4Motion 4-door transmission 72-month lease from \$99 WEEKLY with \$1,000 down payment As a small value of \$30,870*
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Offers end November 30.

**Volkswagen Lachute**  
475 avenue Béthany, Lachute, Phone 450-562-0281

**Volkswagen LACHUTE**

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www.vwlachute.com

# Petinos

## DÉJEUNER · DÎNER

### Christmas Brunch

starting the first week of December.  
On the menu: turkey tourtière with cranberries and all the trimmings, Christmas ice cream log for dessert plus tea or coffee

**10% discount** for skiers and guests staying at local hotels (bring receipt as proof)

**Reserve now** for your holiday get-togethers, brunches and office parties

**Restaurant rental** is available after hours for large private groups

**75 de la Gare Bloc J, Saint-Sauveur**  
**450 240-5454**



# The Arts and delights OF ARGENTEUIL

## Christmas FAIR 2018

FRIDAY  
NOVEMBER 30  
4 p.m. to 9 p.m.

SATURDAY  
DECEMBER 1<sup>ST</sup>  
9 a.m. to 5 p.m.

SUNDAY  
DECEMBER 2<sup>ND</sup>  
10 a.m. to 4 p.m.

452, ave. Argenteuil  
Lachute  
(Laurentian Regional High School and Polyvalente Lavigne)

- Gift certificates to be drawn
- Kids' corner with crafts and games (Saturday and Sunday)
- New setup
- More than 50 local artists, craftsmen and producers

Follow the Christmas Fair on Facebook  
[facebook.com/FoiredeNoel](https://facebook.com/FoiredeNoel)



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## Excellent season for Viking Canoe Kayak Club

Judy Rogers

Viking Canoe Kayak Club brought a successful season to a close, at a party for members, on October 19. Not only were the club's Master paddlers cheered for their CanMas win, but coaches were thanked, and young members recognized, for some excellent performances throughout the summer.



Montfort-based Viking Canoe Kayak Club celebrates its seventh CanMas win.

A highlight of this season was the Masters' win at CanMas Sprint Canoe Kayak Championship, in Sherbrooke, QC., September 2. The 38-member Viking team beat out 26 other clubs to win the overall trophy and burgee (the banner that goes to the winning club) for the seventh time since 2003.

Lou Lukanovich, at age 88, Viking's oldest competitor, notes that Masters' competition is based on the slogan "Fitness for Life." It's worth noting that Masters' paddling is for everyone. Viking had 11 crews whose average ages were over 75, including one crew of over 85.

One Viking athlete, Ed Clark, paddled in the 85+ single Canoe category, becoming the oldest athlete to compete in this very difficult race, where athletes kneel on one knee when paddling. Viking coaches, Brian Norris (canoe) and Karen Lukanovich (kayak), with help from additional volunteers, provided expert coaching.

During the awards presentation, Kelly Fahey won the prestigious Womens' Kayak Award for her contribution to the sport of kayaking in Canada. Kelly becomes the 11th member in the club's 18-year history to have been awarded either the CanMas canoe or kayak award.

The CanMas regatta always follows the week-long Canadian Sprint Canoe Kayak Championships, which took place this year in Sherbrooke, from August 28 to September 1. Viking made a good showing there as well.

The club's youth coach, Vincent Gagnon, with help from Karen Lukanovich, groomed a group of young athletes, six of whom – Emma Cartier-Watchorn, Jeremy Gagnon, Alexia Gagnon, Lilya Charron, Theo Blair, and Kelly Beverly – qualified to race against competitors from across Canada. The Cartier-Watchorn/Gagnon team placed fifth in their C2 (two-person canoe) race.

Viking also celebrated two silver medals by PaddleAll kayaker, Sabrina Beverly. PaddleAll is an inclusion program for paddlers with challenges to race and test their strength against other Canadian athletes.

Club Commodore, Trish Canty, says Viking is currently raising funds to build a roof over the containers where boats are stored. For more about this, contact the club at [canoekayakviking@gmail.com](mailto:canoekayakviking@gmail.com). And for more about the club's activities and programs, visit the website at [canoekayakviking.ca](http://canoekayakviking.ca).

## Santa is Flying in and Landing at Lachute Airport

It's that time of year again! Santa will be landing at the Lachute Airport on December 2. There will be a pancake breakfast (pancakes, sausage & bacon) while the kids wait to watch Santa land. Each child will have a chance to sit with Santa and tell him what he or she would like for Christmas. There will be 5 sittings, 8 am; 9 am, 10 am; 11 am and 12 pm. Cost is \$7.50 per adult and \$6 for children and includes breakfast, a picture with Santa and a small gift bag. All proceeds will go to benefit the local elementary schools for extra curricular activities. People should reserve a time slot, by calling 450 562-1330. There are limited seats at each time.



**Morin Heights Elementary School  
BAZAAR**

Saturday, December 1st, 2018  
9:30 am to 3:30 pm

Morin Heights Elementary School  
647 chemin du Village  
Morin Heights  
Info: [mhesppoevents@gmail.com](mailto:mhesppoevents@gmail.com)

50 + Artisans and vendors  
Kids corner with M. and Ms. Claus  
Used equipment sale  
Xmas Trees and plants  
Games, Raffle and prizes  
and more...

**Café Boulangerie du Village**

We serve lunches and light meals all day.

A visit to the Café will invite you to discover a large selection of breads and pastries, pies and quiches, and everything to enhance your meals: cheese, olives, smoked salmon, tartare, sausages, vegan and vegetarian dishes, etc.

The holiday season is nearly upon us!

We invite you to pre-reserve your pies, meat pies, Christmas logs and other holiday specials for the occasion. Personal orders are accepted.

678 Chemin Sainte-Anne-Des-Lacs, Sainte-Anne-Des-Lacs, QC J0R 1B0  
[www.cafedevillage.com](http://www.cafedevillage.com) FB @cafedevillage

Café Schedule:  
Wed. to Fri.: 8 am to 6 pm  
Sat. & Sun.: 8 am to 5 pm

**David Graham**  
MP • Laurentides—Labelle

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819-440-3091

1-844-750-1650

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/daviddebgraham



## Garden Talk

# Low light loving plants

June Angus - Main Street

Are you reluctant to grow houseplants because you don't think you have enough light?

Don't despair; there is a long list of great plant options that prefer moderate to very low lighting conditions and are also easy to grow.

Here are some rules of thumb to help you decide what kind of light you actually have:

A south-facing room with lots of windows has high light. Medium light would be in an east or west facing room. North-facing rooms, or rooms with no windows are considered low-light rooms.

All of the plants described here will thrive in a room with north facing windows. Some will also tolerate living in a dark corner of an otherwise bright room.

**Pothos and Philodendron** are among the easiest houseplants to grow so are great for beginners. They both handle a wide range of conditions and still perform well. Ideally they should have low to moderate light, and be allowed to dry out between waterings. Both are similar in appearance with heart-shaped leaves that grow on trailing stems that make a lovely hanging plant. They can also be trimmed to remain bushy and more contained.

**Snake Plant (Sansevieria)** has long slender leaves shaped like tongues, hence the nickname "mother-in-law's tongue". The variegated green leaves are framed by yellow edges. This moderate to low-light lover can stand long periods between waterings.

**English ivy** with attractive hand-shaped leaves prefers moderate light. Allow the soil to dry out between waterings. It makes an ideal hanging plant for a dark corner in an otherwise bright room. I regularly use this plant in shady container gardens in the summer and rescue cuttings to grow indoors over the winter.

Many **fern varieites** are good options for low-light situations. In nature they grow on the forest floor under a shady canopy. Give them consistently moist soil, but don't overwater. They prefer low to medium light and humid conditions so are ideal in a bathroom or kitchen.

**Dieffenbachia** or Dumb Cane tolerates medium to low light well. Huge oval leaves are speckled with a cream or white pattern. Leaves grow on thick canes that can reach 5-feet tall. The Chinese Evergreen is a similar looking plant that does not grow as tall and also does well in low light.

The **Peace Lily** has many different varieties that all love low light and will actually flower under these conditions. They prefer moist soil but rarely need to be watered more than once a week.

One of my favourites is the less well know **ZZ plant**, also known as the Zanzibar Gem or Succulent Philodendron. The pointy, glossy, dark green leaves grow off of a succulent-like stem. The ZZ plant loves a dry environment such as our homes in winter and thrives in very low-light conditions making it one of the best options for a poorly lit space. If you forget to water this plant regularly, it is very forgiving. In fact, overwatering is a sure way to kill it.

There are many other low-light lovers on the market. When shopping around, you may have to settle for whatever is currently available. Check the plant tags for light requirements of any plant you purchase or consult sales staff for their advice.

The added bonus of all the low-light lovers mentioned here is that they do a great job of purifying and cleaning our indoor air. It's also a well-known fact that year-round indoor greenery adds to our overall health and sense of wellbeing.



## Word Play

# Unity in Diversity

Louise Bloom  
louisebloom@me.com

As I study Buddhist philosophy, what has emerged most recently is the recognition that, no matter the diversity of our belief systems, our emotional constructs, our livelihoods or our investments in our identities as members of a particular race, or even as individuals, the Dharma, the Buddhist path, recognizes and addresses all that is the same in us – the universal aspects of our humanity.



The Buddhist path, and its particular guidance, is constructed to lead all human beings towards enlightened compassion, no matter what their various and diverse characteristics. The debate, concerning the right to maintain one's cultural identity while also supporting the goal of governments to promote equality for all, continues. It is here that the palette of our culture becomes muddled. Rights for one group may sometimes defeat rights for others. The history of religious wars, most recently in the case of 9/11 and its adversaries, underscores that human conflict is the product of diversity.

All authentic spiritual traditions encourage a march towards unity. Teachings that have an ancient heritage as well as those that are descended from the newly-minted mindfulness schools, all speak of non-duality, or the existence of the "absolute". "Absolute what?" you might ask. This is a very large subject crammed into a very small space. Simply put, "the absolute" refers to the plane of existence where all phenomena is viewed through the lens of "sameness", where all physical manifestation dissolves into one energetic truth that says that everything is a vibration of the source of life, an existential homogeny.

And what can the acceptance of this view of oneness accomplish? Perhaps a reduction in the human reactivity to differences and the amelioration of universal conflict.

Focusing on cultural diversity, with all its varied rituals and unique values, I have come to rely on the view of all of us being 100% human. I consciously entertain the thought that we are all created equal, with heads and hands and feet. Anywhere we go, families tend to cook and eat together, no matter what the menu. Children of all cultures need to be encouraged to do their homework. Teenagers of all races will suffer the pains of first heartbreak. Mothers, worldwide, will continue to be anxious when first sending their offspring to school. Parents, whatever their cultural origins, desire a good education for their children. Every sentient being knows the grief of loss. If fortunate, all humans will survive to grow old.

Other human sameness includes an emotional spectrum, which, reactive in its nature, challenges our equanimity. This means that a dose of compassion is equally potent for everyone as a way of accepting and forgiving some of the more harsh and difficult behaviours of other members of humanity.

Recognition of the homogeneity of human "stuff" may light the candle of compassion in each of us and begin to eliminate the dark corners of prejudice. The view that we are all the same brings with it the opportunity to embrace all humans, while considering their costumes, languages and beliefs as mere window dressing.

I am moved to think of the construction of the Russian doll, typically a set of seven, nesting wooden dolls of decreasing sizes that fit inside of each other, one by one. Committed to finding unity in diversity, we might, similarly, remove the layers of our prejudicial belief systems, one by one, coming to the inner core, where the fact of our sameness continues to be fully evident.

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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Visit with Santa  
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December 23 & 24 only  
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all Christmas Light Frames



### RELIGIOUS SERVICES



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

## Branch 171 Filiale Morin Heights

**Sat, Nov 10:** Remembrance Day Parade & Lunch  
**Fri, Nov 16: 6 pm** - TGIF Smoked Meat \$10  
**Sat, Nov 17: 8 pm** - The Paolo Stante Band  
**Sat, Nov 24: 9 am - 3 pm** - Christmas Crafts Fair  
**Sun, Nov 25:** Grey Cup Party with food  
**Sat, Dec 1: 2 pm** - Trim A Tree  
**Sun, Dec 9: 2 pm** - Branch Elections  
(valid membership card required)  
**Membership cards** are in -  
Early Bird fee special  
**General meetings:** Last Sun of month at 2 pm  
**Darts: Thurs:** 3 pm - new players welcome  
**Military Whist:** 1 & 3 Mon at 1:30 pm  
Check with the legion for daily bar hours  
**Hall rental available at competitive prices**  
Info: 450 226-2213  
<http://www.legion171.net> / Facebook: legion 171

## Branch 70 Filiale Lachute

Bus 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 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.  
Contact Sheila: 450 562-8728 / 514 909-8885

## Branch 192 Filiale Rouge River

**Sun, Nov 11: 2 pm** - Remembrance Day  
Service at Cenotaph  
**POPPY CAMPAIGN - OCT 26 - NOV 10**  
**Sat, Nov 24:** Smoked Meat Dinner  
**Fri, Dec 7: 6 pm** - TGIF - Curry Night  
**Sat, Dec 8: 2 pm** - Children's Christmas Party  
**Wed, Dec 6: 6 pm** - Executive Meeting  
**Fri, Dec 21: 6 pm** - Christmas Basket  
Drawing & Snacks  
Contact Marlene: 819 687-8566  
**Bar open daily at 3 pm**  
**Tuesdays: 7:30 pm** - cribbage:  
For further info: 819 687-9143 /  
[arundellegion@gmail.com](mailto:arundellegion@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.

**THE CATHOLIC CHURCHES**  
**NOTRE DAME DES MONTS PARISH**  
Office 887, Chemin du Village, Morin Heights  
Huberdeau 10:30 am • Laurel •  
Montfort 11 am • Weir 9 am  
Info: 450-226-2844

**CHABAD OF SAUVEUR**  
Jewish educational & social events.  
Rabbi Ezagui 514 703-1770, [chabadsauveur.com](http://chabadsauveur.com)

**HOUSE OF ISRAEL CONGREGATION**  
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Services every Sabbath, weekend, holidays

**MARGARET RODGER**  
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463 Principale, Lachute / [www.pccweb.ca/mrpmc](http://www.pccweb.ca/mrpmc)  
Rev. Dr. Douglas Robinson: 450 562-6797  
**Sunday service and Sunday school 10:30  
am** 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**  
1261, 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 Rev Josée Lemoine  
**Sunday service: 9 am**  
Fellowship in the church hall afterwards. Everyone is  
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 Note: no service on July 15

**ST MUNGO'S UNITED CHURCH**  
661 Rte. Des Outaouais, 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  
Holy Trinity, Hawkesbury  
Please call 613-632-9910 for  
information about Sunday service times.

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

**ANGLICAN PARISH OF  
ARUNDEL & WEIR**  
Grace Church  
Sunday services are held every Sunday at 11 am,  
followed by tea / coffee, refreshments &  
fellowship in the Church Hall.  
All are most welcome to attend.  
**Sun, Dec 9: 11 am** - A Service of Lessons and  
Carols for Christmas  
will be held in place of the usual morning service.  
**Mon, Dec 24: 4:30 pm** - Christmas Eve Eucharist  
with Carols & Blessing of the Crib.  
All are most welcome to join our celebrations.

**VALLEY GATE CHURCH**  
Pauline Vanier, 33,  
de l'Église, St. Sauveur  
Pastor Kevin Cullen: 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  
**Sundays: 10 am:** Worship service.  
All are welcome - bienvenue à tous & toutes!

**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

**Nov 18: 11 am** - Holy Communion  
**Dec 16: 11 am** - Lessons & Carols  
**Dec 24: 7 pm** - Christmas Holy Communion

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

**Dec 24: 4 pm** - Family Service  
**Dec 24: 8 pm** - Christmas Holy Communion

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
**Nov 25: 11 am** - Holy Communion  
**Dec 24: 4 pm** - Christmas Holy Communion  
Bilingual services with gospel/  
bluegrass music

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles

**Nov 11: 11 am** - Morning Prayer  
**Dec 9: 11 am** - Holy Communion  
**Dec 24: 11 am** - Christmas Holy Communion

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute

The Reverend Josée Lemoine - Priest in Charge  
The Reverend Nick Brotherhood - Interim Priest

Tania Lesack - Curate  
Services are held every  
Sunday at 9:15 am.

The second Sunday of each month is a  
fun Family Service  
All are welcome to enjoy the service  
and following refreshments.

**ST. ANDREWS  
EAST PRESBYTERIAN CHURCH**  
5, John Abbot St., St. André d'Argenteuil  
Interim Moderator: Rev. Linda Robinson  
Info: Sharon McOuat: 450-566-4549  
All services at 11:15 am  
**Oct 14 & 21**



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## LAURENTIAN CLUB NOTICE

**Holy Trinity Church**  
12 Préfontaine Ouest (corner of Tour du lac)  
Ste-Agathe-des-Monts, Quebec J8C 1C3

Guest speakers:

**Katherine and Bill Weary**  
**AFRICA**

Katherine and Bill, long-term teachers, lived and worked abroad for 19  
years. Two of these teaching assignments took place in Africa during the  
1960s and it is this fascinating and tumultuous period they will address.

**Tuesday Nov 27: 1:30 pm**  
Refreshments following the discussion  
Free entry for members  
Annual membership \$35 Guests: \$10 per event

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

**LAURENTIAN CLUB OF CANADA**

## Laurentian Region Cancer Support Group

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



Next meeting for cancer patients,  
families and caregivers is  
**SATURDAY AFTERNOON**  
**November 17, 2018 - 1 pm**

Chalet Bellevue (main entrance)  
27 Bellevue, Morin Heights

**Speaker: Else-Marie Milton**  
**Reflexology and Your Feet**

Upcoming meeting: Dec 15  
Holiday Potluch Luncheon

**Meetings are conducted in English**  
**ADMISSION IS FREE**

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

**REGISTERED CHARITY - DONATIONS APPRECIATED**



**JESSICA MILLION**  
Chartered Real Estate Broker

# COMMUNITY BULLETIN BOARD

## November 2018



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Chartered real estate broker  
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819-326-4963 Office  
realtormillion@gmail.com

### 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

#### 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 LACHUTMOUVEMENT 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

#### WILLKOMMEN

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

### COMMUNITY EVENTS

#### FLU SHOTS AVAILABLE AT THE COMMUNITY CENTRE

Tues, Nov 6: 9 am - noon  
Visit us on Facebook at  
LRCC-Lost River Community  
Center for more details.

#### HARRINGTON GOLDEN AGE CLUB

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

#### HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

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

#### ARGENTEUIL GIRL GUIDES

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

#### MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org /  
mhha98@hotmail.com

#### THEATRE MORIN HEIGHTS

Chalet Bellevue, Morin Heights  
For more information visit the TMH  
website, email theatremorinheights@  
gmail.com or call  
579-765-3999

#### ALCOHOLICS ANONYMOUS MEETINGS

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

### ADVANCE NOTICE

#### LACHUTE ARMY CADET CORPS

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

#### CHRISTMAS BAZAAR

Morin Heights Elementary School  
Sat, Dec 1: 9:30 am - 3:30 pm  
Vendor tables: \$35 / looking for local  
business sponsors!  
Contact Natalie at 450 226-2017 ext.  
6217 or mhesppo@gmail.com to rent a  
table or make a donation.  
Join Facebook group: www.facebook.  
com/groups/MHSEventsGroup/

**CHRISTMAS BAZAAR**  
Morin Heights Legion  
Sat, Nov 24  
Table rentals available  
Info: Joanne Williams: 450 226-5664

#### CHOEUR TREMBLANT ANNUAL CHRISTMAS CONCERT

St. Jovite Church  
Sun, Dec 9: 3 pm  
Join us in singing traditional  
Christmas carols.  
Tickets: \$35 available via the Eventbrite.  
ca platform  
Info: info@choeurtremblant.ca

#### MORIN HEIGHTS CHRISTMAS BAZAAR

Morin Heights Legion  
Sat, Nov 24: 9 am - 3 pm  
Lunch available from 11:30 am - 1 pm

#### ESSENTIAL OILS

Upcoming Make & Takes - free workshops  
110, Allée de la Serenite,  
Mont Tremblant  
Wed, Nov 14: 10:30 am - noon:  
House cleaning  
Wed, Nov 28: 1:30 am - noon:  
Holiday Gifts  
Tues, Dec 4: 7 pm - 8:30 pm -  
The Essentials  
SPECIAL DATE & LOCATION  
Domain St. Bernard,  
539 Ch. St. Bernard (Mt-Tremblant)  
Mon, Dec 24: 9 am - noon:  
Holiday Gifts  
Class is free / \$5 cost for each item  
you make  
Info: Sue Rich: 819-421-2253

#### HUBERDEAU GOLDEN AGE CLUB

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

#### CHRISTMAS TEA & BAKE SALE

Margaret Rodger Presbyterian Church  
463, rue Principale, Lachute  
Sat, Nov 17: 11:30 am - 2:30 pm  
Home-baking, candy table, Christmas  
Boutique, handicrafts, trinkets & trea-  
sures, silent auction  
Come join the fun!

#### ANNUAL CHRISTMAS TEA & BAZAAR

Trinity Anglican Church, Morin Heights  
Church basement  
Sat, Nov 17: noon - 2 pm  
Baked goods, miscellaneous new and  
gently used items  
Lucky Draw tickets.  
A light lunch will be served for only \$8:  
soup, sandwiches, dessert, tea or coffee

**SOUP LUNCH AND SALE**  
Grace Church Hall (7 Church, Arundel)  
Sat, Nov 24: noon - 1:30 pm  
Our special soup will be served with  
bread / rolls, squares, tea and coffee. \$8  
There will be the usual well-laden home  
cooking stall, handicrafts, Christmas gift  
items and a raffle.  
Hosted by the Arundel Anglican Church  
Women (ACW).

#### HUBERDEAU EXPO-SALE

Hôtel de ville Huberdeau  
Sat, Nov 24: 10 am - 5 pm  
Sun, Nov 25: 10 am - 4 pm  
Huberdeau's Expo-Vente committee is  
pleased to invite you to attend the 29th  
fundraising event for the cultural com-  
mittee and the "Arc-en-Ciel" school.  
Arts & crafts exhibition & original  
holiday gifts.  
Encourage local artists and support  
a good cause!  
Info: Sylvie Hebert: 819-421-2113

#### LA FOIRE DE NOËL

Saveurs et culture d'Argenteuil  
École polyvalente Lavigne & Laurentian  
Regional High School  
Fri, Nov 30: 4 pm - 9 pm  
Sat, Dec 1: 9 am - 5 pm  
Sun, Dec 2: 10am - 4 pm  
More than 50 exhibitors with local, qual-  
ity products, activities for the children,  
music, draw for gift certificates  
Food and beverages available on site (\$) Free entry

#### LINE DANCING NIGHT

With teachers Jocelyne Larocque &  
Yves Boutin  
St. Jovite Church (basement) Mt.-Tremblant  
Sat, Nov 24: 7 pm - 11 pm  
A light snack will be served.  
Tickets: Fadoq members \$15 / non-  
members \$20, +\$1 if purchased at the  
door.  
Available from Nicole St-Amour:  
819-425-3885 / Jean-Paul

#### LACHUTE LADIES CURLING CLUB

100th Anniversary invitation 1912 – 2019  
Lachute Curling Club  
Sat, Jan 26, 2019: 9 am - 4 pm  
We are one of the longest and  
continuously running Ladies Club in  
Quebec! We would like to invite any  
and all, past and present, Ladies  
members to join us to celebrate  
Info: Diane Hislop 450 232-1221

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# Mon massif - autumn 2018

Although the clouds were also at the rendezvous, the activity Mon massif en automne put sun in the heart of the many hikers and volunteers of the Regional Committee for the protection of cliffs (CRPF). This annual event, held in the Nature Conservancy of Canada's (NCC) Alfred-Kelly Nature Reserve, was designed to educate users about the rules governing the use and nature of the nature reserve (dogs, bicycles, respect for trails, etc.), while enjoying the spectacular autumn colors on a magnificent hike leading to Lake Paradis.

This activity offered an interactive and fun menu animated by CRPF volunteers, where young, old and young at heart found information and entertainment. Among other things, it proposed a batik montage representing our attachment to nature, which will remain at the gate for the coming year, autumn leaves amassed by the children to be identified, a tricky questionnaire by the fox master, furs and a flash game on wildlife, in addition to our experts in the Peregrine Falcon Watch.

About 680 hikers participated in the event, hosted by a team of 23 volunteers, who enjoyed the day as much as the visitors.

We would like to thank the Caisse Desjardins de la Riviere-du-Nord and the Caisse Desjardins des Pays-d'en-Haut, as well as the City of Prévost, major partners who make this event possible. Also, the Subway restaurant in Prévost, which provided meals to the volunteers and IGA Extra Marché Piché, who also gave apples to the children.



Photo: Patrice Mainville, Executive Director of Caisse Desjardins de la Riviere-du-Nord and Jean Beauchamp, President of Caisse Desjardins des Pays-d'en-Haut Valley, Claude Bourque, President of CRPF and Gilbert Tousignant, vice-president of the CRPF with Laurent Besner, secretary of the CRPF, as well as Jean-Pierre Joubert and Noella Daoust, administrators and Alexandre Charbonneau, administrative assistant, in the company of volunteers from the CRPF.

# La Traversée Home for Palliative Care

On Saturday, October 13 more than 150 participants of all ages gathered together for the Marche pour l'Envolée de La Traversée, a community walk organized by the La Traversée Foundation to raise funds for the La Traversée Home. On a beautiful autumn day in Domaine Saint-Bernard, the event raised \$78,800 thanks to the fundraising efforts of the participants and the incredible generosity of Groupe Yves Gagnon who matched the funds raised, dollar-for-dollar.

In attendance were Ms. Geneviève Gagnon and her father Yves; Ms. Chantal Roussel, President of the La Traversée Foundation; Ms. Mélanie Matte, municipal councillor (Mont-Tremblant); Mr. Jean Desnoyers, Executive Director of Palliaco, and Ms. Aline Robillard, President of the Palliaco Foundation, an organization that offers support and home care to terminally ill patients in the Upper Laurentian regions. The event also benefitted from more than 40 volunteers who kept the activities running smoothly from A to Z.

"Since the creation of this walk in 2015, we've grown to realize the importance of the community in supporting the construction of La Traversée Home," extols Geneviève Gagnon, patron of honour for this year's event. "The engagement of large numbers of Laurentian residents is essential to helping La Traversée open its doors as soon as possible."

The 2018 walk was named L'Envolée de la Traversée as it offered participants a chance to ride in a hot air balloon on the same day. Unfortunately, only nine rides took place instead of the planned twenty rides due to the weather and strong winds.

To make an online donation, visit [www.imakeanonlinedonation.org/fondation-la-traversee/campaign/lenvoleedelatraversee](http://www.imakeanonlinedonation.org/fondation-la-traversee/campaign/lenvoleedelatraversee)



FONDATION MÉDICALE  
DES LAURENTIDES  
ET DES PAYS-D'EN-HAUT



## A FOUNDATION THAT'S UNIQUE

At the Fondation médicale des Laurentides et des Pays-s'en'Haut, **100% of the donations received are invested in the health of the people** in our territory.

The Fondation médicale does not serve only a single facility. It includes the Laurentian Hospital in Sainte-Agathe-des-Monts, 7 CLSCs, 5 CHSLDs, 4 health co-ops, 3 test centres and 3 family medicine groups. **This structure is unique in Québec.**

Since its creation in 1990, the Fondation médicale des Laurentides et des Pays-d'en-Haut has invested more than **\$8.2 MILLION in the community**. This money has allowed thousands of people to receive outstanding care in their own communities.

Money raised by the Fondation médicale has recently been used to purchase **high-quality equipment** for the 12 rooms in the palliative care unit at the Philippe-Lapointe Pavilion in Sainte-Agathe-des-Monts.

### Here's my donation:

\$40    \$50    \$75    \$100    OR \$ \_\_\_\_\_

### I am paying by:

Cheque (made out to the Fondation médicale des Laurentides et des Pays-d'en-Haut)  
  online at [fondationmedicale.com](http://fondationmedicale.com)  
 A receipt will be sent to you.

Name  First name   
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 Nom   
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 Nom   
 Please inform the family (without mentioning the amount)  
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Gala Mérite étudiant — Cégep de Saint-Jérôme



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Concours #jesuiscoop — École A.-N.-Morin



Mes finances, mes choix — Carrefour jeunesse-emploi des Pays-d'en-Haut



Journée reconnaissance régionale de l'implication bénévole des aînés dans leur communauté



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COMMISSION SCOLAIRE SIR-WILFRID-LAURIER  
SIR WILFRID LAURIER SCHOOL BOARD

# Laurentian Public Health investigates ...

Since mid-September, the Public Health Department has observed a higher number of reports than usual for people with legionellosis. As of today, twenty cases have been reported, the first of which was on 17 July 2018. These cases were initially spread throughout the region. There is now a concentration in the south of the territory, including a dozen cases among residents of the Deux-Montagnes MRC sector. Five of these cases have been reported since 14 October.

Legionellosis (also known as legionnaires' disease) is a lung infection that is caught by breathing water microdroplets contaminated with Legionella bacteria in the air. The disease is not transmitted from one person to another. The source of contamination may be of a domestic nature (water heater, air conditioning system, spa, etc.) or environmental (cooling tower, public fountain, fogger in a grocery store, etc.).

In order to identify a potential source, the public health department opened an investigation. For the moment, no source of contamination has been identified.

The people most at risk of contracting this disease are people with weaker immune systems (ex. cancer, transplantation), smokers, heavy drinkers, people over 50 and people having a chronic illness such as diabetes, respiratory illness, heart disease, etc. Healthy people have a low risk of contracting the disease.

The symptoms associated with legionellosis may be respiratory (dry cough, chest pain, sputum with blood flow, difficulty breathing) and / or digestive (loss of appetite, abdominal pain, nausea and vomiting). The disease can also present symptoms such as headaches, fatigue, muscle aches and sometimes changes in mental state (delirium, confusion, disorientation and hallucinations).

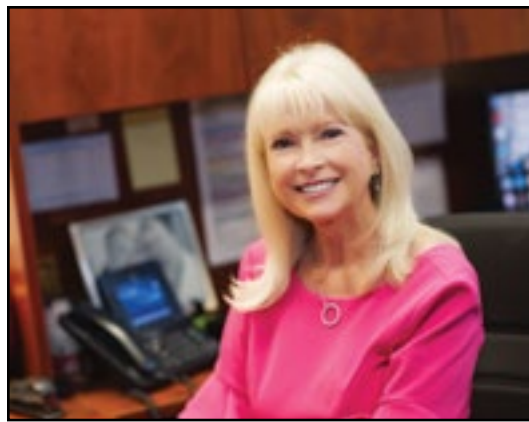
Call 811 Health Info or see a health professional promptly if you have the above symptoms, especially if there are risk factors or if you have respiratory distress.

For more information on Legionnaires' disease and prevention measures, visit the Québec Government's Health and Wellness Portal: <http://sante.gouv.qc.ca/en/health-problems/legionellosis/>

## Education for Employment New opportunities

Susan MacDonald

In today's challenging economy, many families are struggling just to make ends meet, and quite often this means taking on a second job or trying to balance raising a family while working full or part time. Facing entry into the work force for the first time, or a re-entry, is also stressful, and frequently results in accepting employment in a low-level position, rather than no employment at all. New skills would certainly improve employment opportunities, but with an already full schedule, the available time to attend regular courses, or a full return to school, isn't a viable option. Until now...



This year, Sir Wilfrid Laurier School Board has adopted the mandate of Learning to Earning and has created an individualized course schedule for two of its most popular full-time courses, Secretarial Studies (over a three-year period) and Hotel Reception (over a two-year period). In these specialized courses, students are able to attend part-time, arrange their own flexible schedules, and advance at their own pace within the specified time period, while completing the required modules of the program. Success is rewarded with a Diploma of Vocational Studies (DVS) and a new set of skills that will help open doors to employment opportunities.

To further ease this learning opportunity, enrollment is ongoing weekly/monthly, enabling students to choose the starting date best suited for them. Financial assistance is offered through loans and bursaries (certain conditions apply) and further guidance support is available for CV development and interview techniques, plus internship placements.

In addition to the individualized Secretarial Studies and Hotel Reception courses, Sir Wilfrid Laurier School Board offers several vocational full-time programs, including Accounting Studies, Home Care Assistance, Health Assistance and Nursing, School Daycare Educator, Carpentry, and others. They also offer general adult education with basic language courses, secondary school diplomas, and more. For a full listing of all available courses, visit their website at <https://www.sw-lauriersb.qc.ca>.

Learning a new set of skills expands employment opportunities, broadens horizons, builds confidence and enhances social business development. When applying for a job, a diploma in hand will help to increase your credibility by showing a dedication to completing projects successfully, a skill much appreciated by employers.

Taking the first step is always the most difficult obstacle to overcome, but by investing in yourself today, you are making an investment in your future and that of your family. The skills you garner now will be core basics, and applicable in many fields of expertise down the road.

To learn how you can help yourself to reach your full potential, visit the website for registration requirements, starting dates and course availability, or contact Shelley Leckey at 450 680-3032 extension 4136, or toll-free at 1 855 680-3032 extension 4136, or email [sleckey@swlauriersb.qc.ca](mailto:sleckey@swlauriersb.qc.ca).

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# Math Volunteers Needed

Sec. I, II or III

Do you have a few hours to spare?  
CDC Lachute, our regional adult education centre, needs our help!  
Contact Marlene at LLC for more information.

**450.562.3719**  
[literacycentre@bellnet.ca](mailto:literacycentre@bellnet.ca) [laurentianliteracy.ca](http://laurentianliteracy.ca)

Be entertained by  
**Storyteller Norman Perrin**  
at **Laurentian Literacy Centre**  
505 avenue Bethany, office 302, Lachute  
**450-562-3719**

**There is no cost for this activity**  
\*\*\*Please register in advance

**Saturday November 24th:**  
**11am – 12pm children 0-5 yrs & 1:30 – 2:30 5 yrs +**

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# Overcoming trepidation about meditation

**Jill Grumbache, Community Development Coordinator**  
**MRCs: des Laurentides and des Pays-d'en-Haut**

Also known as cropping, scrapbooking is a crafting and documenting activity that involves taking books with blank pages and adding photos, memorabilia, journaling, and embellishments. Its primary and significant purpose is to preserve memories for future generations, but a secondary purpose is to exercise your creativity.

Many people think that scrapbooking is a recent phenomenon, but the history of albums, recognizable as something that we'd call a scrapbook today, dates back to the invention of photography and is rooted in the long history of personal storytelling. As early as the Middle Ages, it was common for well-educated people to keep personal diaries or journals that recorded thoughts, life's activities, and events. The earliest known surviving journal or scrapbook is the Journal d'un bourgeois de Paris, written between 1409 and 1449 by an anonymous French priest.

While technology and techniques have changed enormously over the centuries, one thing remains the same – the human urge to record our history and tell our stories.

Today's modern scrapbook layouts combine handwritten entries, doodles, photographs (its good to get them out of your camera or online storage!), cut-out articles, typed text, and any number of embellishments that you can purchase or produce. In the scrapbook world, creativity abounds.

Moreover, it's a multi-billion-dollar industry in North America. According to the article "Scrapbooks, eh? Canada Leads the World" in the Globe and Mail, "Domestic manufacturers, located primarily in Ontario and Quebec, offer rubber and clear stamps, scrapbooking paper, albums, decorative embellishments, tools and other crafting supplies. The rise of the international market's commercial on-line media strategies has leveled the field for Canadian companies. As Europeans and Asians demand more sophisticated product lines for varied tastes, Canadians are combining distinctive branding with export-savvy business practices."

The Andrea Luhman blog and digital scrapbook offer this great reason to scrapbook: It supports healthy self-esteem. "It is a genuine way to display affection for and value someone. Studies have proven that displaying photos or works of a child in the home will improve and support self-esteem. A friend has five boys and maintains a scrapbook for each of them. After scrapbooking, her boys gather to see finished pages. They always want to know, 'Whose book did you work on today.' It meant something to them that she spent her time documenting their stories."

In her Beautiful Mess blog, Elsie Larson says, "As I've become more and more open to the idea of calling myself a 'scrapbooker,' I've seen that it is what you make it, that it doesn't HAVE to be cheesy or expensive or incredibly time-consuming. A scrapbook can simply be a prettier photo album, OR it can be very artsy. It can also be both, depending on your mood (I love both, and I'm moody - great!). It is what you make it."

Register for Scrapbooking workshops at 4 Korner's in Deux Montagnes (Fridays, 12:30 - 2:30) by calling 450-974-3940.

4 Korner's is a non-profit organization dedicated to aiding people of all ages in the Laurentians access information, health, and social services in English. For more information, to donate, or to become a member, visit [www.4kornerscenter.org](http://www.4kornerscenter.org) or call 1-888-974-3940.

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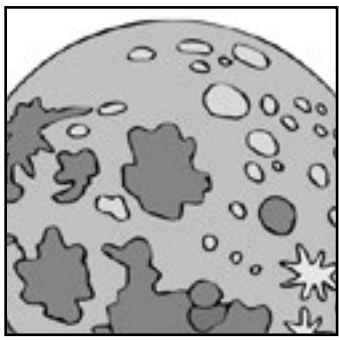
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## Zach Factor Holding up the mirror

Lys Chisholm & Marcus Nerenberg - Main Street

One Saturday morning, this past October, on a lovely day in Sherman Oaks, CA, I attended the Bar Mitzvah of my grandnephew. After an adventure finding the building along the famous Ventura Blvd, I found my way to the synagogue entrance. It had a high fence; the fence had a gate. I was taken aback seeing two armed guards at a table.

As I watched them examining the contents of the purses of the women entering the synagogue, I felt motivated to say something to one of the security guards; "I'm not from here and, although I understand the necessity, this is the first time I am coming to a synagogue with armed guards". Our eyes met, and the guard had a firm but understanding expression on his face. In a thoughtful mood I entered the compound, which was not only a synagogue but also a school and modern community center.

This Bar Mitzvah celebration turned out to be one of the most interesting and uplifting events I have experienced. Benny, my grandnephew was exceptional; many boys of 13, when reading from the Torah, despite years of preparation are gawky and shy. Benny enjoyed every minute and so did the Rabbi. Benny informed the visiting family and congregation that his new commitment, as he became spiritually recognized as an adult, would be tutoring elementary children in math, which he loved, and dedicating all his proceeds to a group called HIAS - The Hebrew Immigrant Aid Society - to support new refugees and immigrants to the United States. This seemed so fitting, as my own grandparents, victims of the Russian pogroms, were recipients of help from the Canadian equivalent, JIAS (Jewish Immigrant Aid Society) in Montreal.

Who would know that, one week later, an irate American, right-wing blogger, would walk into the Tree of Life Synagogue in Pittsburg and open fire on three different congregations having services on three floors. His manifesto was published openly by GAB.com, an 'uncensored' alternative social media site. In the blog, another follower of GAB reported the shooter's actions were not exclusively for anti-Semitic reasons but were specifically against HIAS. This misguided individual felt threatened by HIAS for their on-the-ground kindness to refugees.

Although the President politicized the event by calling for the death penalty, what the self-declared "All-American" shooter needs to pay, as the "ultimate price" is to become educated and compassionate. Holding the mirror to his own immigrant roots will expose that he himself is a US citizen, born to refugee ancestors, even if all the way back to the Mayflower.

Both HIAS and JIAS emerged in the closing years of the 19th century. The groups were formed to provide comfort and aid to thousands of Jews fleeing anti-Semitic persecution. At the time, the rest of the world did not have an adequate refugee policy in place to counter-balance xenophobia. Even Canada, pre- WW2, has the painful black mark in its history for rejecting a shipload of Jewish refugees fleeing Nazi Germany, for which Prime Minister Trudeau will formally apologize for this November. Many on that ship, which was also turned away from Cuba and the USA, perished after it was returned to Germany. This fear of refugees today, once again, is fed by those who seek to use differing cultures and religions, for political gain.

Over the century, the work of HIAS and now OMETZ in Canada, the umbrella organization that JIAS works under, aids refugees of any denomination or culture. In the 1970's they were called upon by President Gerald Ford to assist in the resettlement of Vietnamese, Cambodian and Laotian boat people. To date, they have helped thousands of refugees from Afghanistan, Bosnia, Bulgaria, Czechoslovakia, Ethiopia, Haiti, Hungary, Iran, Morocco, Poland, Romania, Tunisia, and the former Soviet Union escape persecution, reunite families, and build new lives in freedom. They also now work within other safe countries with refugees in camps and cities from Kenya to Ecuador.

A very sobering thought is that the shooter could have shown up at my grandnephew's Bar Mitzvah. Celebrations like this take place every Saturday everywhere in North America. Let's hope that the families of the murdered eventually find a pathway to forgiveness for the devastation, the anger and the sadness created by ignorance. And let's pray that the shattered communities of the Tree of Life synagogue find strength to heal and rebuild.



Photo: On November 7, the Liberal government will officially apologize for the 1939 decision to turn away the MS St. Louis, a ship carrying 907 hopeful German Jews fleeing the Nazi regime. Photo credit: The Canadian Encyclopedia.ca



## The Story Behind The Levines of Trout Lake (Part 2)

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Sima Levine of Trout Lake, the widow of Alter, must have been built of iron. After her husband had made good on his promise to kill himself, somewhere around 1910, she carried on with her 8 children farming their small holding. Leo, whom she had delegated to shadow Alter, had rescued his father from suicide twice, but he could not stop him the third time. A tough, tiny man, the burden was too great. He became distant from his family even though Sima did her best to encourage him. She entrusted him with the funds to cover their fire insurance, but we will never really know what he did with them. When their small farmhouse burned, there was no insurance. Fire was a constant danger in those days. There was no safe heating source, and the structures were made from wood that dried thoroughly in walls that let the wind through during the long, cold winters. Everyone had experience with fires. Chimneys, stoves and fuels were not standardised, and daily chores occupied all of people's time.



Leo struck out on his own, farming next door to his mother and siblings. Sima, with her other children, slowly rebuilt a house. She also began to take in boarders, people who were visiting family at Mount Sinai Hospital, or others who had come to Ste. Agathe for the tuberculosis rest cure and could not find room at the hospital. Over time, their home evolved into the Trout Lake Inn and her sons ran it together with their mother. The inn was on the north side of the lake and became a popular destination, finally bringing the family some prosperity. Never fully forgiven for the fire, Leo managed to buy a parcel of the Larivière farm to the south.

As Sima's other children grew up, they found other ways of making a living. Ste. Agathe had become a prosperous destination and there was work in different services and willing employers. It is likely that the Inn could not support them all, in any case, and the Trout Lake Inn closed. What happened to Sima as she aged is not recorded. She had eight children, including Leo, and they were all establishing themselves in Ste. Agathe and elsewhere.

Leo was the only one to continue farming. He built some cabins for rental to enhance his income, too. The town was booming with tourism. He met a woman a little smaller than he was and fell in love. She, who had the same name as Leo's youngest sister Sophie, was one of the Eidlows, a Montreal family who holidayed in the area. Sophie Eidlow was forbidden from seeing Leo. He was certainly looked down upon, a small-time farmer from the sticks. She deserved better. Her parents found her a successful Montreal dentist who would be able to look after her every need. Feigning acquiescence, she accepted to marry the man her parents chose and asked for their honeymoon to be at Trout Lake. When the groom picked her up to carry her over the threshold of their honeymoon cabin, he shoved the door open with his foot and there found Leo sitting with a shotgun on his lap.

Leo and Sophie, both blackballed, made up in determination what they lacked in resources. They furnished farm produce and rooms for guests, many who first came simply to visit family members at the hospital. Over time, they created Sun Valley Lodge, a popular resort, and found other opportunities to make money. When Sir Mortimer Davis died in 1927, his estate was liquidated, and Leo purchased a number of the outbuildings, dragging them behind a team of horses around Lac des Sables and over the hill to set them on foundations on his farm. These houses were rented to his guests for longer periods and in time were sold to them as summer cottages. Because the road ran along the lakeshore, they were placed up the hill, overlooking the lake, and the Levines kept a very deep setback of land between the road and the cottages. Rumours were rife that the government was going to widen the road and they wanted to receive the expropriation money. Thwarting their plans, a new road was built behind the mountain, eventually becoming the Route 117 that we know today.

Unfortunately for the Levines the fields could no longer produce, being filled with cottages, and, with most of their customers preferring the idea of renting or buying a small cottage, the hotel became redundant. Undaunted, the Levines set up a summer camp for the many children. They themselves had one son whom Sophie home-schooled, telling everyone that her 'Sonny' would one day become a brain surgeon.

The Levine farm grew into the small Jewish country community that still exists around Trout Lake. While all of the other Levines moved away, establishing careers in the town or further, Leo and Sophie persisted. Eventually they sold the balance of the mountain, the grazing area above their once-productive fields, to the Gentemens who created Chanteclair Estates, a development based on Swiss chalets, all with views looking over Leo's fields, and all sharing his beach on the lake. Leo told all who would listen that the mountain had been stolen from him. Predeceased by Sophie, Leo passed away in 1989 at the Mount Sinai Hospital, a tough little man to the end of his ninety-nine years. He and Sophie were survived by their son, Dr. Mark (Sonny) Levine, neurologist, his wife, three children and nine grandchildren in California.

The community that grew up on their farm consists largely of city people who came to Trout Lake for a variety of reasons, the dream of a commune long forgotten.

Information from original sources, with thanks to Sonny Levine, Jack Wolofsky and Sophie Levine Gross.

# Obituaries

**BRYDON, John Howard**  
April 28, 1938 –  
October 11, 2018

John Howard Brydon passed away peacefully at the Hawkesbury General Hospital, at the age of 80. Beloved husband of 56 years to Betty Underhill. Proud father of Wendy (Norm), Janet (Norm), and Rob. He will be greatly missed by his six grandchildren: Alex, Taylor, Ryan, Christine, Ethan and Lucie. As John's dementia progressed, he thought often of his early days. He shared, with great pride, stories of growing up in Guelph, Ontario with his late sister Donna (Larry) and parents, Robert and Evelyn (Howard) Brydon. After moving to Quebec to attend MacDonald College and meet his "girl from Lachute," John had a long and successful career with Monsanto, where many great and lasting friendships were formed. John and Betty also shared many good times raising their family together with lifelong friends in Oakville, Beaconsfield and Caledon. In their retirement years, they split their time between two wonderful communities. Summers in Dunany were about golfing, swimming, fishing and working on his retirement project, the family cottage. Winters in Panama City Beach were filled with playing tennis, entertaining friends, and enjoying



those beautiful sunsets. Whether with his own immediate family, his "married into" Underhill clan, or his wide circle of friends and colleagues, John loved nothing more than to host a gathering. Perhaps most notably, John was a performer. From a church choir solo to a late night Louis Armstrong rendition, singing brought John great joy. His beautiful tenor voice, his wonderful sense of humor and his warm trademark smile, will be missed by so many. We wish to thank the staffs of both Heritage Lodge and Hawkesbury General Hospital for their kindness and caring. Memorial donations may be made in John's memory to the Alzheimer Society or a charity of your choice.

**CONNOR, DONALD**

Mr. Donald Connor passed away on Friday, October 19, 2019 at the age of 84 years. Mr. Connor was an Associate member of Rouge River 192 since May 7, 2001. He was very active with our Legion. He was Vice-President in 2003; President in 2004; Membership Chairman in 2006; 2nd Vice-President in 2007; Service Officer 2011-2012-2013; Poppy Chairman 2011-2012-2013. Funeral service will be held on Saturday, November 10, 2018 at 11 am at Christ Roi Chapel in Montcalm. Doors will open as of 9:30 am. A Legion tribute will take place. Veterans, executives and members are asked to wear their uniforms.

**THANK YOU TO EVERYONE WHO DONATED TIME AND FOOD FOR THE CELEBRATION OF LIFE FOR NORAH FERGUSON.**

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**My job was made easy because so many of you are always willing to help.**

Heather Hodge-Pépin

**In response to the Pittsburgh massacre of 11 souls**

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**The English Link**

**How to donate wisely this holiday season**

By Jill Grumbache



The holiday-giving season is just around the corner; that means charitable donation time for many of us. So, with 85,000 Canadian registered charities to choose from, it's a good time to brush up on being donation-wise.

**Some facts**

According to a 2013 study by the Muttart Foundation and Imagine Canada, "73% of Canadians believe charities spend too much on Administration and Fundraising." So, let's start by putting that fallacy to rest. While "too much" is subjective, their data shows that Management & Administration only accounts for only 9% of all charity spending - and fundraising accounts for only 1% of charity spending. By comparison, 81% of funds are spent on the charity's activities.

According to the CanadaHelps.org 2017 The Giving Report, "While Canada's charitable sector is big, the vast majority of Canadian charities are small. Additionally, despite Canada's charitable sector employing 1.7 million people (roughly 12% of the country's overall labor force), the average charity only employed 20 people in 2015. In fact, 89% of all charities reported five or fewer full-time employees, and 57% of all charities were fully volunteer run."

It's the large charities that receive the most funding from the government. Small charities rely on donations. The report tells us, "Small charities (under \$500,000 in annual revenue) receive 0.1% of all government funding, while very large charities (revenues of \$5,000,000+) receive 96% of all government funding despite representing less than 4% of all Canadian charities."

**Making your choice**

Before you give, it's a good idea to consult the List of Charities on the Canada Revenue Agency website\* to ensure your charity is registered. A charity that isn't registered can't provide a receipt for your tax return. Some good charities exist that aren't registered. If you're very familiar with such a charity, support it, but you won't receive a credit on your tax return.

Another good idea is to make sure your chosen charity aligns with your values. For example, many social service organizations have religious affiliations and, unfortunately, they're not always upfront about it. A hospital or hospice may refuse to allow patients to exercise their right to an assisted death, or an international aid organization may be as keen to evangelize as it is to help aid recipients. Research your choice thoroughly; if this doesn't align with your values, steer your donation elsewhere.

**Warning signs of fraud**

Warning signs of fraud include: pressure to give right money immediately; phone calls that thank you for a pledge you don't remember making; organizations that use names similar to popular charities; canvassers who won't give details about their organization; when they request cash or a money order; when they offer to send a courier to collect your money; overly-friendly canvassers who ask personal questions; and strange call display numbers such as 123-456-7890 or 777-777-7778.

Be sure to report suspected fraud to the Canadian Anti-Fraud Centre at 1-888-495-8501.

\*Canada Revenue Agency List of Charities: [www.canada.ca/en/revenue-agency/services/charities-giving/charities-listings.html](http://www.canada.ca/en/revenue-agency/services/charities-giving/charities-listings.html) or call 1-800-267-2384.



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**Upcoming Activities**

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| <p><b>Personal Sessions to Relieve Stress</b><br/>Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. Mont Tremblant and Saint-Sauveur by appointment.</p> <p><b>FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION</b><br/><b>Comforting Tea</b><br/>2nd Monday of the month:<br/>10:30 am - noon (Mont-Tremblant)<br/>Last Monday of the month:<br/>10:30 am - noon (Ste-Agathe)</p> <p><b>FOR PEOPLE WITH CANCER, CAREGIVERS AND BEREAVED PEOPLE</b><br/><b>Group Relaxation - visual exercises and relaxation</b><br/>Fridays: 10:30 am - 11:30 am (Ste-Agathe)<br/>Fridays: 10:30 am - noon (Mont-Tremblant)</p> <p><b>Regenerating Yoga: From September 20 to November 20</b><br/>Thursdays: 1:30 pm - 2:45 pm (Mont-Tremblant)<br/>Thursdays: 9:30 am - 11 am (Ste-Agathe)</p> | <p><b>Massage therapy</b><br/>Free at home service - certain conditions apply</p> <p><b>FOR PEOPLE IN MOURNING</b><br/><b>Coffee Meeting for the Bereaved</b><br/>2nd Tuesday of the month:<br/>7 pm - 8:30 pm (Mont Tremblant)<br/>3rd Thursday of the month:<br/>1:30 pm - 3:30 pm (Ste-Agathe)</p> <p><b>Group Grieving - meetings sharing the 10 steps of grieving</b><br/>Until Nov 19: Mondays from 7 pm - 9 pm (Mont-Tremblant)<br/>Until Dec 17: Mondays from 1:30 pm - 3:30 pm (Ste-Agathe)<br/>Until Dec 21: Fridays (St-Sauveur)</p> <p><b>Accompanying services</b><br/>Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers.</p> <p><b>Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)</b></p> |
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## Main Street Money Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Today's solutions are evolving to keep pace with Canadians' lifestyles.

For a long time, insurance has been regarded as simply part of a smart financial plan. Traditional products provide protection 'just in case' – often purchased and then forgotten about – and certainly not what anyone would call fun or engaging. That's starting to change.

Innovative companies have designed new solutions to keep pace with a broader trend of encouraging healthy living, offering rewards and savings to help motivate people to achieve their health goals. By connecting insurance to day-to-day lifestyle decisions, these creative programs can make necessary protection feel much more relevant, tangible and even fun and engaging.

### Encouraging healthy choices

More than two in three Canadians say they are making conscious efforts to achieve better health, according to a recent survey <sup>1</sup> and those efforts extend beyond the usual habits of eating well and exercising regularly. Reflecting a more holistic attitude, 50 percent are working on improving their work-life balance, and 70 percent make it a priority to get enough sleep.

What's the biggest reason Canadians are adopting a healthier lifestyle? The largest number of the survey's respondents (68 percent), say it's the prospect of preventing health issues in the future.

That's a goal many insurance providers share. It makes sense for them to encourage behaviours that prevent illness, and that is driving the move towards more health-conscious insurance solutions. How does that benefit you? Whether you're already engaged in a fitness program or just starting out, incentives that encourage good habits can help you stick to your plan, with long-term benefits for your health.

### Making budgets go further

Younger Canadians, especially, often wonder if there's room in their budget for insurance. They may have many financial priorities, from paying down student debt, to buying homes, to saving for longer-term goals such as retirement. It can be hard to fit in healthy investments such as a gym membership or fitness tracker, let alone an insurance policy.

But, if the purchase of an insurance policy includes discounts on a gym membership and fitness tracker, it can be easier to make the cost fit in a tight budget. And if that insurance policy also provides an opportunity to get recognized for tracked daily activities, from exercising to booking a dental appointment, it can be seamlessly integrated into overall efforts to achieve a healthy lifestyle.

Advancements in health and activity tracking technology have enabled financial service providers to integrate wellness and behaviour change with their products. Today, this integration is available with even the simplest term life insurance products, offering straightforward protection for as little as 10 years. The result is extra value packaged into what are already very cost-effective policies.

### Track and go

Insurance programs that reward healthy living often begin with a lifestyle assessment. The next steps are to set goals, track activities using an activity tracker or smart phone, and earn points that may add up to savings on insurance and rewards from retailers.

For those sitting on the fence, wondering about whether they can afford the protection they need, the concept of leveraging good health habits to earn premium reductions and store discounts can be just the right push. Speak to your advisor about integrating your financial and health goals – and taking more control over what you spend on insurance to protect your loved ones.

1 //www.nielsen.com/ca/en/insights/news/2017/healthy-habits-make-healthy-canadians.html

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

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## Five reasons to consider hiring a Real Estate Broker before buying your next home

Submitted by Lucyne Farand, Courtier Immobilier

When we think about Real Estate Brokers, we usually hire them to sell our properties, but here are 5 reasons why you should consider engaging a Broker when you are buying a house as well.

### You will be protected

If you are buying directly, from someone who is selling his own house, it can get quite confusing with the paperwork. Your Broker has access to the expertise, the experience and the knowledge to draft contracts to protect you. Also, the broker would know the area you are searching in, probably better than you, along with the particularities and regulations of the region.

### They will negotiate the best price for you

When you buy on your own, the seller's Broker, is working for the other party. On the other side, your Broker will be working exclusively for your best interest.

### You get access to the real market data

Real Estate Brokers are the only ones who have access to a database of recent prices of comparable properties. They know what the other neighborhood houses have sold for, and can give you their expert opinion on what you should pay for the property that you are considering.

### Your time and research are managed efficiently

Your Broker will manage your visits according to your schedule, and will save you time, as well as be there to assist you through the whole process of negotiation and purchase.

### Your Broker is working with a team of experts who will help you

Your Real Estate Broker has access to many resources, such as inspectors, mortgage brokers, surveyors and notaries. Working with those contacts can save you time and money.

### Bonus

The purchaser's Broker fees are fully paid by the Seller.

If you are thinking about buying a home, contact your Broker so he/she can start working for you!

If you have questions or comments concerning this article, please contact me, Lucyne Farand, at 514 952-6316 / lfarand@royallepage.ca.

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## I'm Just Saying Contact information

Ron Golfman - Main Street

We have entered the purple and grey season, which is November, wherein the spectre of colorful leaves has long turned to brown, and the wind seems now to have biting teeth. In this moment, which precedes the distraction of Christmas, the choosing of a daily wardrobe is as precarious as your belief in the daily weather forecast. I never liked this time of year, feeling the gloominess as we dread, or anxiously await, the cleansing appearance of the first snowfall.

After a wonderfully long summer of 2018, we are awash in the uniquely mundane Canadian tasks of booking appointments for snow tires, bringing firewood into our homes, and looking for that elusive other glove or mitt from last winter. The rituals involved in the annual gasp of winter preparation include knowing that everything will now become more expensive. Fruit and vegetables will cost a king's ransom, the oil companies will shamelessly raise prices, and families will face the arduous task of trying to put a few pennies away for those costs, and for the excesses of the holidays.

It is difficult to be inspired at this time of the year; kids up here are stuck in a time warp, where it's not cold enough for ice to skate on, and there's not enough snow to ski or snowshoe upon. Apart from the walkers and jogging zealots, the streets become eerily desolate, and the sense of emptiness resembles the pages of a Dostoevsky novel.

Unlike bears, who appropriately hibernate around now, people resort to disappearing in front of endless television or robotic gazing at their computer screens. For many, given that we are social beings, this time unwillingly isolates people from human contact. This is not good. From the fortunate perspective of long-time living in Morin Heights, I have found how to cope with this phenomenon in ways, which help to get over the blue season, but they require that ever-difficult first step - finding the will to start. There are many elderly or disabled folks who need their tempos set up, or their firewood stacked closer. Gather some like-minded friends and seek out those in need, the rewards will be overwhelming.

This town is experiencing its own Renaissance in a myriad of ways that can quiet the doldrums. The local Legion 171 has great live music on many nights and Comforts Bar has an eclectic mix of patrons on any given day to share a laugh. If you're inclined for a mellow outing and a treat, Mickey's cafe is both trendy in ambiance and has friendly hosts, while offering a great place to enjoy delicious coffees and homemade treats. The variety of atmospheres in this sample group are an indication of where one can go to see others, and simply feel connected without plugging in. Of course, and I'm Just Saying, inviting friends over to watch the Habs, or for a game of cards, are also great remedies for those grey-sky days.



## Making it Work in the Laurentians

### The 3 phases of becoming 'Promotable'

Rachel Morgenstern-Clarren

You aced the interview for your dream job, found the perfect outfit for your first day, and are ready to walk in to meet your new colleagues and get down to business. You know that to be successful in your new position will require intelligence, flexibility, a positive attitude and perseverance. But do you know what to do, and not do, in order to move up in the company? Getting hired is a big deal, but remember that it's only the beginning of your journey. You need to follow the right approach in order to fit in and be noticed - right from your first day.

#### How to make the most of your first week

Introduce yourself to your colleagues - let them know who you are and a little bit about yourself; building those relationships will be fundamental to your success within the department and the company at large. Talk less and listen more. Have a journal handy and write down your colleagues' names, job titles and departments so that you can memorize them quickly. Also, be in touch with HR to get your desk, computer and phone set up, and to fill out all your new employee paperwork.

#### Becoming part of the team

Now that you know everyone's name and position, you have to get to know them on a more personal level. Ask for feedback and show your appreciation when someone helps you or gives you good advice. Don't talk on your phone, text, or go on social media (especially during your probation period). Fitting in to the work culture and becoming part of the team is crucial for making a good impression, getting a good performance review, and eventually moving to the next level in your career.

#### Making yourself 'promotable'

Being 'promotable' means excelling in your current role, having business acumen and making strategic bets on how you can most help the company. Show you're a good employee by working hard, being a good listener, and handling change (even failure) well. Do your best to avoid office politics and gossip. Keep a positive attitude and show that you take pride in what you and the team accomplish. Also, work to raise the performance of everyone around you.

To take things to the next level at your job, assume more responsibility and own those projects from start to finish. Tell your boss directly that you're ready for a different and more expansive role. Management will usually tell you what you need to do to get the position if they know you want it, and they'll keep a closer eye on you if they know you've got ambition and initiative. When your performance review comes around, it will be easy to discuss what you have already contributed to the company, and why you deserve that promotion!

YES' Career Counsellors can help you with your job search! Visit [www.yesmontreal.ca](http://www.yesmontreal.ca) or call 1-888-614-9788.

# FLU VACCINATION

## GET VACCINATED IF YOU ARE AGED 75 AND OVER OR IF YOU LIVE WITH A CHRONIC ILLNESS

like diabetes, an immune disorder or a cardiovascular, respiratory or kidney disease.

### AN ANNUAL VACCINATION IS THE BEST WAY FOR VULNERABLE PEOPLE TO PREVENT THE FLU

Based on recommendations from the experts at the Quebec public health institute, l'Institut national de santé publique du Québec (INSPQ), the flu vaccination program has been modified for the 2018-2019 season. These recommendations include removing healthy children aged 6 to 23 months and healthy adults aged 60 to 74 from the target groups.

The vaccine is available free to the following people:

- Anyone with certain chronic illnesses, from the age of 6 months up;
- Pregnant women with certain chronic illnesses, at any stage of pregnancy;
- Healthy pregnant women, during the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters of their pregnancy;
- Individuals aged 75 and over;
- Family members living in the same house as, and caregivers to, those listed above, and members of the family of children less than 6 months old;
- Healthcare workers, especially those providing direct care to patients in a hospital or long-term care facility.

Children aged 6 to 23 months as well as adults aged 60 to 74 are no longer members of the vaccination target group. These people are now considered to be at low risk of complications. However, those who wish to can still receive a free vaccination upon request.

Free vaccine for some people. For more information, visit:

[sante.gouv.qc.ca](http://sante.gouv.qc.ca)

Vaccination,  
the best protection



Flu vaccination clinics will begin on November 1, 2018, at several locations in the Laurentians. Appointments are required in the Lac-des-Deux-Montagnes, Pays-d'en-Haut, des Sommets, Saint-Jérôme and Thérèse-De Blainville sectors. You can make an appointment on the [clicsante.ca](http://clicsante.ca) site or by telephone at 1-888-664-2555. In the Argenteuil sector, no appointments are required at any clinics. Simply come to one of the locations listed below within the scheduled times and make sure to have your health insurance card with you. In all cases, we suggest that you wear a short-sleeved shirt.

#### Gore

Salle communautaire (Community Hall)  
2, chemin Cambria  
November 21 from 9:00 am to 3:00 pm

#### Grenville

Salle communautaire (Community Hall)  
21, rue Tri-Jean  
November 28 from 1:30 pm to 7:30 pm

#### Lachute

Carrefour d'Argenteuil  
505, avenue Béthany

November 9 from 1:00 pm to 8:00 pm  
November 14 from 9:00 am to 4:00 pm  
November 15 from 1:00 pm to 8:00 pm  
November 17 from 9:00 am to 4:00 pm  
November 23 from 1:00 pm to 8:00 pm

November 30 from 1:00 pm to 8:00 pm  
December 5 from 9:00 am to 4:00 pm  
December 12 from 1:00 pm to 8:00 pm





## Real Wine for Real People Mulled Wine

April Sirois - Sommelier - ISG

Vin Chaud, Vin Brule, Wassail, Glogg, Gluhwein, these are all variations of warm, spiced wine. Whatever you call it, it is one of the great traditions and flavors of the winter season.

This wine, flavored with exotic spices, served warm in small cups has been around for a very long time. Wine was spiced and served warm in Rome as far back as the 2nd century. It was how the Romans made less than tasty wines more drinkable and aromatic. The Greeks used up any leftover wines after harvest this way, and in medieval times, when wine was safer to drink than water, they added spices to it thinking that it would make the wine even healthier (and it probably does). An old English cookery book from 1390 mentions it and in 1834, *A Christmas Carol* mentions it under the name of "Smoking Bishop". It has become a very popular tradition all over, especially at Christmas.

So, what exactly is mulled wine? Well, it is wine, usually red, but it can be white, that has been warmed to about 160 degrees F and flavored with spices like cloves, nutmeg, cinnamon and star anise. Some also add citrus, and brandy or port. At 173 degrees F alcohol burns off so be careful not to boil or overheat if you want that "little glow" from your mulled wine.

I like it best with friends and family during the holiday season, or in front of a fire after a day of snowshoeing. It's usually served in small cups, but it travels well in a thermos for skating parties and can be served in any kind of mug.

If you would like to try making mulled wine, I have added my favorite recipe.

I would recommend a red wine as the fuller flavors seem to stand up better to spicing and heating than white wine.

I recommend something big and fruity, like Rancho Zabaco, Heritage Vines Sonoma County, Zinfandel, or even a Wolf Blass, Yellow label, Shiraz. Pour this into a small pot, or even a slow-cooker. Add some sliced lemons with 2-4 cloves wedged into each slice, a couple of lime slices and/or a few orange slices. Toss in a couple small cinnamon sticks, 3 whole star anise and 1.5 ounces of orange brandy. Heat to 160 degrees F. Remove all the spices and fruit with a slotted spoon and serve with a fresh clove-studded lemon wedge.

Christmas in a cup...

Cheers!



## Aurora Cannabis Announces Grand Opening of Aurora Eau, a New Indoor Premium Cannabis Production Facility in Lachute, Quebec

Aurora Cannabis Inc. ("Aurora" or the "Company") (TSX: ACB) (NYSE: ACB) (Frankfurt: 21P; WKN: A1C4WM), is pleased to announce the official opening of its latest elite, high-tech cannabis production facility in Lachute, Quebec, known to the world as Aurora "Eau."

At 48,000 square feet, with 11 purpose-built grow rooms, Aurora Eau will produce up to 4,500 kg of high quality cannabis per year, all in a facility with some of the lowest electricity costs in North America. It is designed to grow niche varieties of cannabis for the premium medical and adult consumer use markets in Quebec, Canada and around the world. Eau becomes Aurora's second production facility in Quebec, the first being Aurora Vie, a 40,000 square foot indoor grow facility in Pointe Claire, Quebec.

Designed and built to meet strict European Union GMP standards and built mainly by local contractors, Aurora Eau is expected to create more than 100 full-time jobs for local area residents. For future development, it has additional manufacturing suites, which allow for increased value-add production. Throughout the construction phase of the project, Aurora injected more than \$12 million into the regional community and will continue to support its economic development in coming years, playing a key role in growing the local economy. The facility is strategically located on 46 acres of land, which allows for significant future expansion potential.

### About Aurora

Headquartered in Edmonton, Alberta, Canada with funded capacity in excess of 500,000 kg per annum and sales and operations in 19 countries across five continents, Aurora is one of the world's largest and leading cannabis companies. Aurora is vertically integrated and horizontally diversified across every key segment of the value chain, from facility engineering and design to cannabis breeding and genetics research, cannabis and hemp production, derivatives, high value-add product development, home cultivation, wholesale and retail distribution.

Highly differentiated from its peers, Aurora has established a uniquely advanced, consistent and efficient production strategy, based on purpose-built facilities that integrate leading-edge technologies across all processes, defined by extensive automation and customization, resulting in the massive scale production of high quality product at low cost.



## Suds Up Beau's Brewing Co.

Susan MacDonald

Back in 2006, I wrote an article on the opening of a new, independent brewing company, Beau's Brewing Co., in Vankleek Hill, Ontario, founded by the enthusiastic father and son team, Tim and Stephen Beauchesne. The tour of the brewery included my first tasting of their signature beer, Lug Tread, straight from the huge vat. Cool, fresh-tasting and delicious, it remains my favourite brew to this day.



What a remarkable success story this local family-run business has become. From a small brewery, selling locally to a few pubs and outlets, Beau's beer can now be found in all 10 Canadian provinces, including 50 retailers and approximately 25 restaurants and pubs right here in the Laurentians. The keynotes to their success can be equally attributed to what has gone on outside of the bottle, as well as for the taste and quality of the authentic, organic brews within.

Since its founding in 2006, Beau's Brewing Co. has won over 100 awards for its brewing, package design and business practices. In 2013, Beaus was the first brewery in Canada to achieve Benefit Corporation (B-Corp) status, a third-party certification of businesses that prioritize social responsibility. They have been staunch community supporters, donating more than \$1 million to charities, community groups and independent arts. This is an ongoing initiative for the brewery. They also offer continuous support to fellow craft brewers, and are staunch defenders of the craft beer industry.

In 2016, Beau's claim to fame changed from "Family Owned" to "Family Run - Employee Owned", and today, the company is 'co-owned' by several of its employees, with Stephen at the helm as CEO. Both Stephen and Tim are proud to announce that the people who helped build the company will be its future stewards.

As for the beer, Beau's Brewing Co. certified, organic craft beer is made with organic malts, hops and local spring water. Their flagship beer, Lug Tread, is a multi-award winner with good reason. This golden ale is top-fermented (like an ale) and then cold-aged (like a lager) for a lengthy period, giving it light ale notes, complemented by a lager-like crispness. I love it! Lug Tread is available year-round, along with a few other popular beers which are complemented by seasonal selections, such as the Beau's Farm Table series, and specialty brews for special occasions. Brews currently available are: Full Time I.P.A., E.S.B. (Extra Special Bitter), Four Flower Gruit Ale, Kissmeyer: Nordic Pale Ale, Halcyon: Infinity Mirror, Lug Tread, and The Beau's Mix - Fall 2018. Details on all the available types can be found on their website; [www.beaus.ca](http://www.beaus.ca).

You can find the best of Beau's at many local retailers or drop by the brewery for a tour and welcome tasting. Beau's Brewing Co. 10 Terry Fox Drive, Vankleek Hill Ontario / 613-678-2799 / 866-585-2337 / email: [ohyeah@beaus.ca](mailto:ohyeah@beaus.ca).

**Win-win situation.**

**Full Time I.P.A. • 6.7%**  
Hoppy, Fruity, bold

**LUG TREAD • LAGERED ALE • 5.2%**  
Crisp, balanced, refreshing

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## Steve O'Brien Foundation

### 24-Hour Relay Raises Funds for Youth Groups

**Jim Warbanks - Main Street**

The first Argenteuil 24-hour Relay, which took place on September 28-29 at the Poly Lavigne recreation facility was a greater success than initially anticipated, raising a total of \$15,239 to be returned in its entirety to the participating organization teams selected for support. The focus of the event was, as the Foundation consistently asserts, to teach youngsters the value of perseverance, enhance their self-esteem and demonstrate what can be accomplished when working together in harmony.

Steve O'Brien indicated that, "we were hoping to attract 10 - 12 teams with the goal of raising \$6000 - \$8000. With persistence, we finally fielded 22 teams and collected double the initial goal."

#### Musical entertainment

The Steve O'Brien Foundation had to cover certain event - associated costs, in particular for the musical entertainment, to assure that 100% of the funds raised went back to the community. Sponsors, including the Caisse Populaire, made valued and appreciated contributions.

Each team had a relay stick, which had to remain in motion for the full 24 hours, a daunting physical challenge, but the atmosphere remained positive and the good weather certainly helped. Participants could run, walk or use a variety of aids, such as O'Brien had used during his Cross-Canada Tour. Included were a scooter, roller blades, a longboard, bike, wheelchair, para-glider and even a pogo stick.

#### Art exhibition

Youngsters, as well as some adults, were entertained on site by clowns, face painting, and the Jumpai trampoline, which uses bungee cords to assure safety. The event also was a very successful fundraiser for over thirty artists who exhibited their work in the school gymnasium.

O'Brien, who stayed up for 48 hours, participated in some of the relays to spell off tired team members. He had high praise for the 20 members of the Pavillion Hamford group who remained energetic as members of the cleanup crew after the event.

Steve O'Brien begins planning this month for the 2019 event, which may be staged slightly earlier.



*Photo courtesy Steve O'Brien Foundation  
Participating teams in the Argenteuil 24-hour Relay used a wide variety of means to circle the track.*

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## Friends Of Christmas - Project Details

Police officers from the Sûreté du Québec and the MRC des Pays-d'en-Haut invite the public to participate, for a fifth year, in a community activity aimed at offering Christmas presents to children from disadvantaged families.

#### Participation is easy!

Just go to the post of the MRC des Pays-d'en-Haut, located at 2141 Jean-Adam Road in Saint-Sauveur, to pick up a card from the Christmas tree. Your card will correspond to a child identified by his first name only. The list of children is given by local organizations. Thanks to your contributions, these children will be able to unwrap a present at Christmas. The card will include gift suggestions to suit the child's tastes. After buying, packing and identifying the gift, you will need to bring it to the police station to drop it at the foot of the tree. The distribution will be made by police patrol on Saturday, December 15, 2018.

The freelancing of children's names will take place from November 12, from Monday to Friday, between 8:30 am and 4:30 pm. The gift, on which will be affixed the card drawn, must be returned to the police station no later than December 6.

The Sûreté du Québec thanks you for your cooperation. This wonderful project will make many children happy this Christmas 2018.

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**FOR SALE, 320 ch. Sainte-Anne des Lacs, Sainte-Anne des Lacs**, Wonderful country home, situated minutes from Saint-Sauveur village, ski resorts, restaurants and shopping centres. 3 bedrooms, 2 bathrooms, garage, cathedral ceilings, wood fireplace and hardwood floors throughout. MLS 9688278, \$235,000 (\$15,000 under evaluation)