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## What's On My Mind...

# What's On Your Computer?

Susan MacDonald, Editor

Cleaning out old files and emails was a task I had been putting off for months, but with the changeover to a new computer, it could no longer be avoided. If I wanted to keep my cheetah screen saver running at top performance and not neck and neck with my lazy housecat, some of the emails, notes and file folders had to go.

The notes came first and other than one or two that were still relevant, the rest were easily disposed of. The dreaded multitude of emails followed and expecting to be totally bored to tears, I started sorting through them, one by one. A group "search and delete" took care of the bulk, but I became much less heavy on the trash button when it came to emails from the writers. Reading the back and forth banter from over the years, first to Jack and now to myself, I couldn't help but laugh and wonder what the editor of the Montreal Gazette, or any other publication for that matter, might think about finding such emails in their inbox. Ah, how refreshing to be so different.

Transferring folders and files was taking much longer than I thought and I finally accepted that I would be working on this somewhat tedious task for quite some time to come. Re-organizing the past while maintaining the present and looking forward to the future is not easy. Sometimes, you get stopped in your tracks.

Untitled folders littered my laptop and Jack's old computer, which has recently become my own. Most held scraps of notes, outlines or unfinished articles and, again, I was able to pick up the pace on pushing the delete button. And then I came upon one file named "sue's articles" (yes, with a small s). In this one, I found my own past articles, not all, but most of the ones I had ever written for Main Street and Main Street Week. Though it wasn't in this folder, it brought me back to my very first attempt at writing for a newspaper and the agony I had gone through in trying to get it "just right." This was for an assignment Jack had sent me on. At the time, I was an intern that he didn't know what to do with and, on a whim, he had sent me to Val David to cover the 1001 Pots exhibition, in the hope this would keep me out of his hair and office for at least a day. Neither one of us ever imagined the wonderful journey that simple article would lead to.

Delving through more files, now with a lot more enthusiasm than when I originally started, I sat back in amazement as I realized the importance of what I was looking at; these were not inconsequential files and folders - they represented the chronological history of Main Street. All of a sudden, the task became much more important and a lot more exciting. From a menial task to a journey down memory lane, that's what's on my computer; what's on yours?

This past Tuesday was Remembrance Day, the day we all bowed our heads in a moment of silence in tribute to our veterans, and the soldiers who lost their lives in the conflicts to protect our rights and freedoms. To our veterans, soldiers and their families, *we will never forget*. To the families of Patrice Vincent and Nathan Cirillo, *our thoughts and sympathies are with you*. To the two debased individuals who stole the poppy donation boxes, and to those who wish us harm, *we will always remember*.

Enjoy the read...

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# Observations The Disease of Ignorance

David MacFairlane - Main Street

"In our age, there is no such thing as "keeping out of politics." All issues are political issues, and politics itself is a mass of lies, evasions, folly, hatred and schizophrenia

... (slogans such as ...) War is peace. Freedom is slavery. Ignorance is strength." - George Orwell (Arthur Eric Blair) 1903-1950. One of the most influential English writers of the 20th century. Best known for his dystopian novels, Nineteen Eighty-Four (1949) and Animal Farm (1945).

It is axiomatic of the times we live in that governments have lives of their own, independent of voter choices, and focused entirely on survival at all costs. They strive to perpetuate their rule over their citizens, and their national treasuries. This phenomenon is particularly evident in the United States and in the EU, where the politicians may come and go, but control always stays in the unchanging hands of a dominant, ultra-wealthy elite, hidden behind the curtains of the public forums.

We are fortunate, here in Canada, to have a powerful and politically independent Supreme Court, and a Bill of Rights and Freedoms, to protect all Canadians against attempts to subvert the Constitution of our country. Unlike the US, our government cannot spy on citizens and eavesdrop on our emails and communications, without court-issued warrants. Regrettably, after the unfortunate murders of our two soldiers in St. Jean de Richelieu and Ottawa, the RCMP has asked the Conservative government for more powers to operate extra-judicially. Our PM, Mr. Harper, a well-known law and order enthusiast, seems to be favourably disposed, staying in lock-step with the increasingly repressive legislations in the US. It is a testament to our independence and unique culture that we, Canadians, until now have been able to remain autonomous and free from hard-line political schools of thought. It will remain to be seen if this Conservative government can succeed in using these recent tragedies as a pretext to impose US-style covert surveillance on Canadians.

Unfortunately, it is also axiomatic that most people are functionally ignorant - not stupid - but people who pretend to know what they do not comprehend at all. These people do not think critically and simply accept the official versions of events as if they reflect their own opinions. In my own family, I encounter retorts, such as, "Oh well, I heard it on the news or read it in the papers," to which I am left to mumble, "Well, that's the official version ... have you read any other reports? Have you tried Al Jazeera, (God forbid!) RT, (why? that's Russian!) Counterpunch, (eh?) The Daily Bell, Lew Rockwell, IB Times (umm, nooo) or any of the many respected alternative news sources reviewing the same information, but with different perspectives?" According to a recent poll, Al Jazeera is a more trusted news source than CNBC. So, I would suggest that people should seek information from multiple news sources and follow hot-links to wherever they may lead, in order to form their own independent opinions.

With his customary sagacity, Dr. Ron Paul, former long-term Republican Congressman and Presidential candidate, lamented in his blog, The Daily Paul, that "once-peaceful Canada turns militaristic, (and) blowback follows." He reviewed Canada's history as a formerly peaceful nation that avoided involvement in Vietnam and Iraq, pursuing an independent foreign policy of non-aggression, but for the past 13 years has been joined at the hip with the US, in militaristic adventurism in Afghanistan and now in Iraq and Syria. He mourned the fact that Canada has "enthusiastically joined Obama's latest war ..." and warned that "blowback (retaliation) is the danger of intervention in other people's wars thousands of miles away." He said, "Few dare to point out the obvious: Canada's aggressive foreign policy is creating enemies abroad (who) are making the country more vulnerable to attack, rather than safer." Dr. Paul concluded that, "predictably, the Canadian government is using the (recent) attacks to restrict civil liberties and expand the surveillance state."

Apart from the Ebola virus, other deadly viruses have been detected all over the world today, but are under-reported. Yes, we know about Ebola, but what about Marburg, Chikungunya, Dengue and Enterovirus? Ebola is a genetically modified virus, developed in the US biowarfare laboratories in Africa. The US government holds a patent on the Ebola virus (CA 2741523A1 - 2007) and, by extension, owns all similar viruses (Global Research). Is there a connection, or is this just a giant coincidence? Ebola has been detected outside Africa, in the US and Europe. Marburg, an even more virulent and deadly virus, but clinically similar to Ebola, has been found in Uganda and is suspected in Venezuela. China is coping with an outbreak of dengue fever, potentially fatal, that has infected over 27,000 people in Guangdong Province. Spread by mosquitoes, this disease thrives in warm climates and dense populations and affects 50-100 million people annually, also reported in Malaysia, Japan and Venezuela. The Chikungunya virus, also mosquito-spread, has infected more than a million people in Central and South America, and is at a pandemic level. El Salvador has 30,000 cases, and Colombia projects 700,000 by 2015. It is not fatal, but is severely debilitating and very painful. In the US and Canada, the enterovirus D-68, a respiratory disease, has sickened hundreds, maybe thousands of children, sometimes causing paralysis, but only rarely death. There is no cure or vaccine.

In other news being ignored or under-reported, Fukushima continues to poison the Pacific Ocean, all who eat the seafood and those who are exposed to the radiation. The Japanese government is re-opening a nuclear plant next to an active volcano that is about to blow, and has already killed many trekkers. The US



Defense Secretary, in a memo to Obama, warned that US actions in Iraq and Syria are "in danger of unraveling" and they have "no end game." ISIS, the latest Al-Qaeda iteration, controls an area the size of the UK and is advancing on Baghdad, and is now a few miles from the airport. If Baghdad falls, it's game over for Iraq. Russia's President Putin continues to be vilified, although he has a popularity rating of 75%, while Obama's is near 30%. Ukraine's recent federal elections returned a fascist government committed to more war with the breakaway People's Republics of Donetsk and Lugansk, comprising Novorossia, the Cossak heartland. The EU is in recession, and is failing politically and economically. The Euro is a doomed currency, as is the US dollar. Time will reveal the value illusions of these zombie currencies.

That's all the news that my allotted space permits; further details can be found at the sources mentioned above for those who wish to know more.

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# Commemorating Remembrance Day *Lest we forget*



On November 11, all heads across the country bowed in a moment of silence in memory of the members of the armed forces who died in the line of duty. Since the end of World War I, this date has continued to be observed in recognition of the end of the hostilities of this horrific war, which was formally declared in 1918 "at the 11th hour of the 11th day of the 11th month. Lest we forget..."

Today, commemorative services continue to honour our fallen soldiers, those who selflessly sacrificed their lives to protect our rights and freedoms, so that we may live in peace. But, there's another story to be told; the one of the spouses and children who were left behind.

When I received this essay, written by an eleven-year-old student at Arundel Elementary, I was silenced and brought to tears by her emotional portrayal of a young girl, whose father was away at war, and whose safe return was a desperate plea.

Here is a portrayal of the silent conflict and desperation those families would have endured at home, while the war was being fought by their loved ones on distant shores, so far away.

## My Stamp of Hope

Sophie Joncas – Special to Main Street

It's Wednesday. The post arrives on Wednesdays. Today, I will receive the letter that will tell me if my father is coming back from the army. I am lucky. I have no older brothers to worry about. Many kids lose most of their families to conscription.

My classmates' legs and fingers tap nervously and I know their worries mirror mine. The anticipation grows until I feel as if the class will explode. Finally, the bell rings. Everyone runs from the room; everyone but me.

Somehow, I summon the courage to start on my way home, something I've always hated doing. I live on the poor side of town. Not a day goes by here without a mugging or a brawl in which someone is beaten unconscious on the street. The roofs of the houses by the road droop like fall grape vines, and the road itself, is battered and covered with garbage and broken glass.

Walking home, I feel the dread seeping into my bones. The people I pass don't speak. Their shoulders sag. Their heads hang low, but I know there would be a mournful expression on their gaunt faces if could I see them. An old woman, who is nothing but skin and bones, grabs my arm and begs for food, bringing out the already prominent ache of hunger. It's another day in paradise.

As I approach my house, I think of what the letter will look like. The thin slip of yellow paper. The stamp. The stamp is all I need to see. Dad's always been very symbolic. If the stamp is something lively, like a dog, or flowers, he's coming home. If it's a beast, or a battle scene, he stays for another six months.



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Months of waking up, wondering if he's alive, of checking the post for news every Wednesday. It's been a year and a half. I don't think I can stand anymore of this constant worrying, not without going mad, like so many of the people I've seen.

I walk up to the mailbox, a pathetic piece of aluminum, that's been my source of hope for the past eighteen months. I run my fingers over the stretch of rusty metal where still clings the last of its white paint, and slide my hand inside. It's empty.

At this moment, I hate everything. I hate the stupid mailbox. I hate my father for not writing, for leaving me. I hate the idiots that started this bloody and utterly pointless war. Most of all, I hate myself for being stupid enough to hope. I don't cry. I give him another week to write. If I don't have news by then, all the tissues in the world won't dry my tears. For now, I will be strong. I will wait.

And wait... and wait...

It's Wednesday. The post arrives on Wednesdays. It's been a week since I made the pact with myself. A week since my hope diminished until it was as non-existent as the letter in the mailbox. During that time, determination has replaced my hope. Determination to stay strong until I know if my world is falling apart or, if the dream I've dreamt for eighteen months is coming true. No longer powered by the hatred that once consumed me, I feel free. My shoulders are straight, and my head is held high. People on the way to school stop and stare at me. I don't care. In class, I sit on the edge of my seat and watch the minutes tic by, ready to run at a moment's notice. The seconds feel like centuries. At last, the final bell rings.

I sprint out of school. My shoes tap the asphalt as I dodge potholes and broken glass. I fall several times. I don't care. "I need to see the stamp." The thought builds in my mind until I feel as if my head will burst. "I need to see the stamp," my mind screams. I am fifty feet away from the mailbox...

Thirty feet... Twenty feet... Ten feet...

Now, I am at the mailbox. Doubt consumes me. A million "what ifs" stumble through my head. "What if he has to stay for another six months? What if he's injured? What if he's dead?"

I can't afford to dwell on these pessimistic thoughts. If I did, rivers of tears would flow from my eyes, along with the last ounces of my strength, perseverance and hope that I thought were already nonexistent. At this moment, I don't know what gives me the willpower to shove my hand in the mailbox. Pride? Love? Either way, I find myself groping at the innards of this aluminum can, too rusted and trashed to be called a mailbox.

There's a letter inside. I pull it out. On the letter is a stamp. On the stamp, is Laura Secord, the legendary patriot. For thousands of people she represents salvation. It's my stamp of hope.

My Dad's coming home.

*Editor's Note: At the time this essay was written, Sophie was an eleven-year-old student at Arundel Elementary School. She graduated this past June. Sophie, thank you for sharing this emotional commentary with us. Even after a third reading, it still brings tears to my eyes.*

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9am - 3pm / 9h - 17h

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## Simply Words on Paper Ranks of Newspaper Pioneers Depleted

**Jim Warbanks - Main Street**

In a relatively short period, four newspaper pioneers who toiled in our communities have passed away. All were influential characters, who loved the difficult domain in which they worked, enjoyed successes and endured setbacks. They shared certain skill sets, had quirks that ranged from endearing to frustrating, but they were very distinct individuals who, at some stage of their careers, unlocked their doors early, swept the floors, handled the most onerous and menial tasks, then switched off the office lights, the last to leave the building at night. I consider myself fortunate to have known them all.

Sadly, the first to leave us, much too young, in May 2012, was the founder / editor / publisher of Main Street, Jack Burger. Only an incurable optimist/visionary would launch a second newspaper, after the demise of Perspective, struggle to overcome growing pains and fend off competitors. He lived to see his endeavor achieve stability and success, as well as peer recognition, when he received the prestigious Lindsay Crysler Lifetime Achievement Award, presented to him by the Quebec Community Newspapers Association, shortly before his death.

### Ink-stained wretch

A throwback to the crusty, gruff, ink-stained wretch of yore, at least on the surface, Jack could be a formidable challenge to the unwary or unprepared. With the benefit of a closer relationship, however, came the realization that he was sensitive and caring and loved working with committed individuals in the communities throughout the Laurentians. His unrivalled genius as a graphic artist and the lofty quality standards he insisted upon might best be appreciated by those truly immersed in this industry.

John Giles, the scion of a family with a lengthy publishing heritage that extended to the early days of Lachute's development, saw The Lachute Watchman through prosperous as well as very difficult business cycles. He inspired a loyal readership, as his newspaper was the community's "paper-of-record" for generations. Though my collaboration with him was short-lived, I came to appreciate his commitment to the community. Particularly when lubricated by amber liquid, few could equal his capacity to relate, with both humor and compassion, the events that were pivotal in the region, by the addition of the "back story" that could never have appeared in print, concerning some of the colorful characters who made headlines over the years.

### Evolving needs

Denis Saint-Jacques was tragically killed, when struck by a vehicle as he was making his way by wheelchair in front of his home. He became the owner/publisher of L'Argenteuil, the French-language newspaper that was launched through The Watchman, where he had been employed. L'Argenteuil was developed as an outgrowth responding to evolving community needs. Denis saw it achieve prominence prior to his retirement from business, due to the onset of debilitating muscular sclerosis.

Though I knew him initially as a formidable competitor, I did have an unequalled opportunity to have a lengthy discussion with him on the very day he was leaving his office. Denis expounded at length on his attachment to The Watchman, the paper that had served as an entry point in the business, noting that he maintained his support, even when not justified by economic considerations.

### Main Street fan

Later, I came to know him better, when we both served on the Board of Directors of the Argenteuil Hospital. He displayed an understated, but canny, sense of irony and humor. His commitment to community causes never diminished, even as his physical resources declined. Newspapers remained a passionate interest. The last conversation I recall having with him concerned the evolution and future prospects of Main Street, which he found innovative and enjoyed reading.

Last month, André Paquette, the retired founder/owner/publisher/printer of a number of publications, based in Hawkesbury, Ontario, passed away. Though he exhibited a strong paternalist attitude, he maintained an easy, open relationship with collaborators and colleagues. If you had a tale to tell, or an innovative concept to outline that piqued his interest, an invitation to his cluttered, antiquated office to discuss it was likely. He was reputed to read every word that appeared in his publications. Follow-up queries, or suggestions that he made spontaneously, indicate that he did so.

### Francophone support

He was proudest of his flagship newspaper, Le Carillon. It has been repeatedly suggested that he tended to devote scarce resources to it, at the expense of other publications. He recounted how, in early days, he and his wife Thérèse, went door-to-door to promote subscriptions, offering a color photo of Cardinal Paul-Émile Léger as inducement. A founding member of L'Association de la presse francophone, André was a staunch promoter of francophone issues in Ontario. He always wore the lapel pin as an exceedingly proud indication that he was awarded the Order of Canada in 1983.

With the evolution and consolidation occurring in the media, it is unlikely that we will again see people of such stature emerge to lead at the local level.

## Coming Up On Facebook This Month

Our next edition is December 12. If you have any upcoming Christmas events before then, send them to us and we will post them on our Facebook page for you.



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## About Saint-Adèle

Chris Lance - Main Street

It's November in Sainte-Adèle, a rainy, snowy, cold and windy month mixed with sleet. It is time for snow tires, cording wood, looking for long underwear, sweaters, winter clothing and gear. It's time to locate the shovels, buy sand and salt, fix the door and window drafts, and all the while, looking outside and wondering where our short summer went. It is time to think about visiting warmer climates, or just lighting a fire and wrapping up in

a warm, wool blanket with a good book, or exotic travel brochure. Maybe, even grab a bowl of buttery popcorn and try to enjoy the Canadians, or the Grey Cup.

Liberal leader, Justin Trudeau, was in town mid-October, to visit the Chamber of commerce, the business community and our municipal overlords at the Place des Citoyens. Mr. Trudeau was accompanied by Laurentides-Labelle Liberal candidate, David Graham. Discussions revolved around accessibility to our town by train or auto bus, also pensions and guarantees for the retired, and concerns about some financial aid for environmental issues.

I was hoping our Mayor Charbonneau would have asked for a Federal grant to install a toilet at the tennis courts. We used to have a "Johnny-on-the-spot," but the mayor thought it was an eye sore, after he opened La Place des Citoyens. We can run over, for relief, to "La Place" to pee, but it is easier for the male players to water the cedars. I guess the mayor aims to please, but we have to aim and not be seen. Come on Mr. Mayor, get off the pot and install a portable again, or build us a proper toilet - there are more than 100 members who pay taxes and have to answer nature's calls somewhere!



November is a good time to enjoy dining out. Usually, deals can be had 6 days a week - Saturdays are usually full fare. Here are a few examples: Chez Milot (450 229-2838), \$19 Sunday to Thursday from 5 to 7; Julianos (450 229-4320) Tuesdays; 2 for 1 Pasta, Wednesday Fish N Chips \$15, Thursday Steak & Frites \$18 and Friday Veal Scallops for \$18; Spago (450 229-0229) cinema & dinner, 7 days a week.

Or, do something special and invite 20 people for music, dinner and spa treatments at Bagni (450 229-4477). If you want something different, check out Starca (450 745-1700) at Mont Rolland; great for breakfast or lunch, Monday to Friday.

It is cold out there. Get your flu shot and stay warm. If you see the mayor, tell him it's a toilet or his crown, come the next election.



## News Wire From Weir

Claudette Smith-Pilon - Main Street

### A GROWING CONCERN...

Summer is over and we are now well into fall. Many permanent residents are concerned over the high number of abandoned and/or feral cats we now have in the

area. Some residents feed them but will not take them into their homes, while others, if they can catch them, take them to a vet to have them neutered. This is expensive and not all residents can afford that. Getting in touch with the SPCA or local vets may help you find a solution to the problem.

### ACTIVITIES IN OUR AREA

Anyone who likes to paint, and socialize while painting, is welcome to join in a painting workshop at the Community Hall on Mondays from 1 pm - 4 pm. It is a great way to learn and share techniques. There will be painting & art exhibitors from different localities at the Montcalm Community Hall on November 22, 9 am - 4 pm. This is just in time for Christmas and a perfect venue to encourage local talent.

**Bridge** on Tuesday afternoons, also at the Community Hall, from 1 pm - 4 pm.

The Laurentian Branch of Victoria's Quilts Canada will be having their next workday on November 21, at 9 am at Grace Church in Arundel. Anyone interested in seeing what these ladies can do in one day is more than welcome to join us for an uplifting day. Bring your lunch, we will provide dessert.

\*\* Please note that the Firemen's (Huberdeau & Montcalm) Spaghetti Dinner, originally scheduled for November 22, is cancelled till further notice.

**VACCINATION DATE:** Thursday, December 4, 9 am - Noon

**MY SINCERE GRATITUDE FOR ALL YOUR COMMENTS.**

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

## New Members Join the 0 - 5 - 30 Program



On Oct 9, four additional enterprises joined the 0-5-30 Program: the CLD of Argenteuil, the Township of Harrington, the City of Lachute and the Centre jeunesse des Laurentides (Lachute sector).

The program aims to help companies improve the lifestyle of their employees in the work place by encouraging 0 - smoking, eating 5 fruits and vegetables each day and actively participating in 30 minutes of exercise each day.

Any companies wishing to join the program may call the CSSS agent at 450 562-3761, ext. 72105.

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

Vicky Tzanopoulos and Kern, who opened Restaurant Kern's (4 du Lac Chevreuil - off Rte. 329 in Gore), on October 1. They offer modern comfort food, including fish 'n chips (fish with beer batter & home fries), 8 oz. Angus beef burgers and club sandwiches. Accompaniments for burgers: fried pickles, fried eggs, onion rings and smoked bacon! Delicious, heartier fare includes Irish lamb stew, lamb curry and homemade desserts such as fried Swiss rolls, rum and chocolate tiramisu, and white chocolate crème brûlée. Open Tues - Thurs: 11-3, Fri & Sat: 11- 8 & Sun: 11 - 3. Closed Monday. 450 562-8787.



Chez Milot (958 Valiquette, Ste. Adèle) for celebrating a 30th anniversary! Best of luck to owner Eric Marin and the team! House specialties are pasta, grill fare and seafood. 450 229-2838. [www.chez-milot.qc.ca](http://www.chez-milot.qc.ca).

Le Lounge Pub Urbain de Saint-Sauveur (193, de la Gare, St. Sauveur) that is celebrating a 15th anniversary. Warm congratulations to owners, Annie Drouin, Éric Desjardins et René Larouche! The lounge features Motel 72, with an invited guest each Wednesday night, and live bands play on Saturday nights. Happy hour: 7 days a week. We wish you many more happy years! 450 227-0166. [www.publelounge.com](http://www.publelounge.com).

Resto-Bar 15 Nord (112 rue Principale, Ste. Agathe), that came under new administration in mid-October. Specialties: pizza and souvlaki. Offering Happy Hour (Mon to Fri: 4-8), live music (Thurs night) and country music (Sun night: 8 pm). Activities include darts and pool. 819 774 - 0656.

Philippe-Alexandre Lemieux, franchise owner of Metro St. Sauveur (222A Lac Millette, St. Sauveur), who recently won the title of Merchant of the year - 2014. Only 6 of the 210 Metros located in Quebec were recognized for this achievement. A survey was completed by clients who chose the winners for their excellent standards and personalized service. 450 227-8734.

Virginie Larouche, newly appointed Sales and Marketing Manager for Château Ste-Adèle (3080 boul. Ste. Adèle). Virginie will be responsible for customer sales, marketing and for revamping a tantalizing new menu with Chef François Daoust, using local produce. The menu will highlight "Cuisine Bistronomique," which will include delicious new recipes such as cassoulet. 450 229-9192. [www.chateausteadele.com](http://www.chateausteadele.com).



### Did you know:

Dr. Jeremy Law, chiropractor, multiple-Ironman finisher and experienced alpine skiing coach, has recently joined the Chiropractic Clinic St-Sauveur team (26 Lafleur sud, St. Sauveur)? For an appointment, call 450 227-0644. [www.chirostsauveur.com](http://www.chirostsauveur.com).

Sebastien Ravelle and Marie-Josée Réhel of Broadway Cheesecake fame (1000 chemin Avila, St. Sauveur) offer a variety of delectable and delicious cheesecake, and also have a new, enticing, affordable pasta menu for lunch? They also offer 14 varieties of poutine and some yummy wraps and burgers. Martinis are available for \$6. It's a great place to eat and warm up after skiing. 450 227-8383. [www.broadwaycheesecakeco.com](http://www.broadwaycheesecakeco.com).



## Vaccination Schedule



The vaccination campaign began on November 1. The intent is to protect those who have a higher risk of complications due to their age or their state of health, specifically:

- Children aged 6 to 23 months and those in close contact with them;
- Those in close contact with babies less than 6 months old;
- Pregnant women in good health who are in their 2nd or 3rd trimester;
- People with a chronic illness, as well as those living under the same roof;
- People aged 60 and over;
- Close contacts of groups of people at risk or of children under six months old;
- Health care workers.

The vaccine is provided free of charge to all these people. You need only present yourself WITHOUT PRIOR APPOINTMENT at the following clinics, with your Health Insurance card on hand, wearing short-sleeved clothing. For additional information concerning the clinics please call 450 562-3761 ext. 72583 (English) or 72582 (French).

**LACHUTE: Carrefour d'Argenteuil (505 Bethany ave.)**

**Nov 14: 9 am - 8 pm Nov 21 & 28: 1 pm - 8 pm Dec 5: 1 pm - 8 pm**

**HARRINGTON Community centre (2711 Rte. 327) Nov 25: 9:30 am - 11:30 am**

**GRENVILLE: Community Centre (21, Tri-Jean) Nov 13 & 28: 1 pm - 7 pm**

**GORE: Community Centre (2 ch Cambria, Lakefield) Nov 18: 9 am - 3 pm**

**Other vaccine available on site: The vaccine against pneumococcal infections will also be provided free of charge to people aged 65 and over and to those aged 2 to 64 years with a chronic illness that presents a high risk of complications.**



## MRC ARGENTEUIL

### On Social Services:

On October 9, MP for Argenteuil, Yves St-Denis, met with the Minister of Health and Social Services, Dr. Gaëtan Barrette (in Quebec City), to inform him of the concerns of the people of Argenteuil County on the future of Argenteuil.

Following the tabling of Bill 10, several rumors began circulating on social networks, and Mr. St-Denis was keen to reassure the public about the real future of Argenteuil. "We are working very hard to improve our health care system and maintenance services to the population, and at no time has the future of Argenteuil Hospital and its emergency ward been compromised," said M. St. Denis. The Minister of Health and Social Services, Dr. Gaëtan Barrette, noted at the meeting that, "the bill provides for the maintenance of all service points and that includes Argenteuil Hospital and its emergency ward."



### Liberal Party of Canada nomination in Argenteuil / La Petite-Nation

Robert Milot, a well-known businessman in the Laurentians, is hoping to become the candidate of the Argenteuil / La Petite-Nation riding for the Liberal Party of Canada. Mr. Milot has a degree in Administrative Sciences from the Hautes Études Commerciales (HEC) and Electrical Engineering from Cégep de Saint-Laurent. He was chairman of SEGAMI Medical Canada, Vice President at Hermes Medical Solutions, and National Sales Manager for General Electric Medical Systems. He was also owner of the well-known restaurant in Sainte-Adèle, Chez Milot. Very involved in the community, **Robert Milot**, was vice president of the Chamber of Commerce of St. Adèle, President of the Optimist Club and organizer of the Défi sur neige in Sainte-Adèle.

Mr. Milot's decision to join the Liberal Party of Canada is primarily due to its policy of equal opportunity for all citizens, Quebecers and Canadians alike. He considers the priorities of the Liberal Party to be simple and full of common sense. Respite for taxpayers, the economic development of Argenteuil and the Outaouais region, and the importance of education and reducing student dropouts are his personal concerns.

### CSSS d'Argenteuil – Change in Procedures

The process of formulating a new request for youth services in Argenteuil has now changed. The two reception services (youth and adult) have been centralized, so that for all service requests for those over 5 years of age, there is now a single number: **Phone: 450-562-3761, Voice mail 72575 / Fax: 450-566-3315.**

The youth teams remain situated at 189 Mary Street (Lachute), however, the person responsible for taking new service requests is now located at the CSSS, 145, avenue de la Providence (Lachute) and is part of the PSYCHOSOCIAL RECEPTION team.

**For questions related to pending applications for service, the number remains 450 562-9608, Ext. 228 and / or fax 450 562-7571 and the intervener designated as responsible for those awaiting treatment will inform you of the prioritization status and / or have additional information allowing the team to reassess the situation, if necessary. For more information please visit [csssargenteuil.qc.ca/Soins et services/Accueil psycho-social](http://csssargenteuil.qc.ca/Soins%20et%20services/Accueil%20psycho-social) (French version only).**

### Dr. Gilles Durocher Retires

On October 8, in the presence of many former colleagues (physicians, pharmacists, nurses, etc.), Dr. Gilles Durocher received a tribute to mark his retirement this year from the CSSS d'Argenteuil. Beside the doctor's office in the acute care unit, a plaque now records his passage through the facility, a story that lasted 37 years.



### Argenteuil Regional Museum

On October 4, nearly 100 guests arrived at the doors to The Argenteuil Regional Museum to participate in a very unique fundraiser. Dressed in their finest attire, inspired by the era of New France, they danced to music and dances of the past at the Dollard-des-Ormeaux Ball. A silent auction of antiques, regional and photographic sessions with vintage decor products were added to the fundraising activities of the evening, which allowed the Museum to collect \$10,000 to support its development and operations.



## MRC PAYS D'EN HAUT

### Caisse Desjardins de la Vallée Pays d'en Haut

#### Distributes \$33,000 for Projects and Community Initiatives

During "Cooperation Week," which was held from October 12 to 18, the Caisse Desjardins de la Vallée Pays d'en Haut confirmed its cooperative commitment by paying \$33,000 for the benefit of its members and to its community.



**The Chambers of Commerce of Saint-Sauveur and Sainte-Adèle** were granted \$25,000 for the revitalization and economic development of the region. They each received a total of \$12,500.

**The Parish of Notre-Dame-des-Pays d'en Haut** received \$5,000. The religious heritage of a region is an important element that needs to be preserved

**The Soup Kitchen of the Valley of Saint-Sauveur** received \$3,000. Our leaders are sensitive to human distress of those who live in isolation, which is why the Fund has encouraged the Soup Kitchen of the Valley of Saint-Sauveur for over 15 years.

### Stéphane Lalonde – Recipient of the Francine Loignon-Lamarque Award

L'Association des professionnels en développement économique du Québec (APDEQ) presented the Francine Loignon-Lamarque Award for 2014 to M. Stéphane Lalonde, Director General of CLD Pays d'en Haut. The award was in recognition of his indisputable contribution to the association.



### Justin Trudeau meets Laurentide-Labelle community leaders

On October 17, Federal Liberal leader, Justin Trudeau, visited the Laurentian region. He attended a series of round-tables, at Intermiel in Mirabel with candidate, Karl Trudel, and at St. Jérôme City Hall with Rivière-du-Nord candidate, Janice Belair, and at the Ste. Adèle community centre with Laurentides-Labelle Liberal candidate, David Graham.

The private discussions in all three locations were held with a wide range of community, social and business leaders. Issues of importance to the local communities were addressed, focused on how a future Liberal government could help to deal with the challenges ahead. Under the aegis of the Chamber of Commerce of Ste. Adèle, round-table participants met before the formal session and produced a document, provided to the media, outlining the top priorities in our region. The consensus they reached was that the top priority is the need for better public transit infrastructure in the Laurentians, to fight off the ever-growing traffic problems, brought on by having a tourist-driven economy, linked to the outside world by a single four-lane highway. Their suggestion, specifically, focused on Trans-Quebec's proposed monorail system running down the Highway 15/117 corridor.



Liberal Party of Canada leader, Justin Trudeau, accompanied by local candidates, David Graham (Laurentides-Labelle), Janice Bélair Rolland (Rivière-du-Nord), and Karl Trudel (Mirabel), listen to community leaders at the Ste-Adèle round-table meeting.

## Argenteuil Municipalities Respond Generously

On September 9, during the first soup luncheon (Entre-Nous) since the fire, the mayor of Lachute, Carl M. Pélouquin, presented a check for \$13,000 to the Centre d'entraide organization as a financial contribution on behalf of the lachutoise community. At the same time, he invited all the municipalities of Argenteuil to offer their support to the Centre to help ensure that the food security for hundreds of people across the Argenteuil territory would continue.

The appeal was heard, and the response was generous. With the support of the municipalities, more than \$21,200 in monetary donations was raised. "I thank the people who responded to the call, and who have shown solidarity with their support to the center," said Mr. Pélouquin. "Food security is a critical issue in the region, and it requires a collective effort to keep afloat and meet the needs of all families who are eligible," he continued.

### Guignolée Lachute: Nov 15: 10 am – 4 pm.

Eligible families may pre-register at the temporary premises of the Centre at 10, Rue Principale between Nov 10 and Dec 4: 9 am – 4 pm (Monday through Thursday). For more information about the Food Drive, please contact Stephany Bombardier 450 562-5151.

**Bill number 10: the patient at the center of decision making?**

The needs of users, their own culture and characteristics, the uneven density of the population of Regional municipalities, are huge concerns in many regards, especially in terms of the spokesperson for users, also as to the just, equitable and continuous care of services on each territory. There is no way of knowing if such an important centralisation will guarantee the objective being put forth, which is to "put the patient at the center of decision making." Will access and travel through the system be simplified? What guarantee do we have that we will have a unique file and won't have to repeat our medical histories ad nauseam.

It appears that we will hereby be called "patients" and not "users." Does that mean that we are going back to receiving our medical needs and services from Hospital settings exclusively? Are we, by the same token, saying NO to first line entry to care and services in the system, which users have requested for so long, and that includes a direct access to a family doctor at all times? To have access to a complete range of care and services from home care? To care for the elderly or others with diminished autonomy? To prevention and promotion of health to our children, youth or families, to help in the community for persons having problems with mental health, to hospital care at an appropriate time, access to rehabilitation and support to families?

Concretely, will we have access to nurse practitioners responsible for the ongoing care of users with chronic illnesses in order to facilitate the taking on of responsibility by doctors of those users with more complex health difficulties and to treat these persons more quickly and at the appropriate time?

Will we have more doctors making home visits? Will the waiting time for a diagnosis, a treatment, a surgery be diminished? Will persons with a loss of physical abilities be given all the hygienic care they need? Will social services be sustained in the community? If we really save money by this change, will the sums saved be reinvested in care and services for the users?

We, the users, are not of the opinion that this Bill answers our questions and pre-occupations in regard to access and ongoing care and services. This Bill is but an administrative change that addresses the abolition of Regional Health Agencies and diminishes some of the bureaucracy by eliminating one tier of decision making and giving the Health Minister more responsibilities and a greater hand on authority in establishment, whether regional or supra-regional.

As users, we have no guarantee that this centralisation of decision-making will have the impact on care and services for users that the Minister predicts. As mentioned by Ms. Josée Boileau in Le Devoir of October 20: « ses 165 articles exigent une lecture attentive pour évaluer toutes les implications, dont on se demande si le ministre lui-même a pris la pleine mesure. « Extrêmement préoccupés », « inquiets », « à contre-courant » sont des mots qu'on a entendus de tous les côtés depuis l'annonce du ministre. »

Jacinthe Normand, President  
Users Committee of the CSSS des Sommets

**Hydro-Quebec and their new Smart Meters**

The following is a letter, which has been submitted to the Mayor of Morin-Heights and his councillors, Main Street and the French newspapers, Accès and Le Journal La Vallée.  
Subject: Hydro-Quebec and their new Smart Meters

Gentlemen, Ladies,

Last year, Main Street published my letter of concern on the subject of smart meters in which I asked the Mayor and his councillors what the Morin-Heights municipality's position was on this subject. No NEWS whatsoever.

At that time, I had also spoken to one of the councillors, and I was told that there was no danger whatsoever with the new meters. They agreed with what Hydro-Quebec's figures were showing. I did not want to have that new meter installed, but I did not have the energy to put up a big fight, and it seemed very complicated at the time, requiring a petition, registered letter of refusal, etc. Since I did not have support from my municipality, I opted for the easy way, and followed the crowd and the so-called "progress." Unfortunately, I am now in trouble.

On Monday, I will be calling Hydro-Quebec to request them to remove the meter. I have been sick since August: dizziness, daily headaches upon waking, weird scalp pain, tinnitus, insomnia and waking up in the middle of the night for no reason - every night! I tried everything, because I thought it was stress, or that I had caught a virus of some sort - nothing was really giving me relief. A friend asked me if I had the new meter installed and I said yes. He explained how the micro-waves create a huge web above a whole area and how much this could be potentially harmful to our health.

I am not taking any chances. I'm having Hydro-Quebec remove this smart meter as soon as possible. I want my health and energy back. Where it is not funny at all, even though I had to cancel a few customers because of my health condition, I have to pay \$15 from my pocket to have the meter removed, plus a \$5 per month fee, added to my monthly electricity bill. I'm worried for my grandson. What kind of society do we live in? Since when does a big company's profit and efficiency come before the well-being and health of all beings? It is about time everyone gets their power back as to the right to choose and vote for the people who walk their talk.

A disappointed Laurentian Citizen  
Carole Ducharme  
Morin-Heights, Qc

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

**Palliaccio Pays Tribute to Mariette Rousseau**

In tribute to Mariette Rousseau's recent retirement, members and volunteers gathered to thank her for all the hard work she has accomplished in her seven years as Volunteer Coordinator. In support of PALLIACCO's mission to provide help and support to cancer patients, their caregivers, patients at the ends of their lives and to those left behind, Marriette was indispensable with her gifts of sensitivity and compassion.



First row (L-R) Caroline Lalli (volunteer-coordinator), Louise Lefebvre (services coordinator), Jean Desnoyers (Director-General), Véronique Piché Paquette (administrative assistant) and Aline Robillard (vice-president).

**Recipients of the Prestigious Prix d'excellence**

**Centre Jeunesse des Laurentides Awarded Prix d'excellence**

The Prix d'excellence and Honorable Mentions for the health and social services network, awarded by the Ministry, were presented on October 16 in Quebec City. A total of 20 institutions and organizations were recognized for their outstanding achievements. On this occasion, the Centre jeunesse des Laurentides (CJL) was named winner of the 2014 Prix d'excellence in the field of development and mobilization of human resources for their "Télétravail" project.



Photo (left to right): M. Gaétan Barrette (Minister of Health and Social Services of Quebec), Mme. Marie-Christine Lamoureux project coordinator of CJL, M. Daniel Malo (systems information coordinator), Mme Brigitte Boisclair (agent responsible for project research and plans at CJL), Mme. France Trépanier (Director General of CJL), Mme. Josée Morin (intervention at CJL), Mme. Josianne Martin, (intervention at CJL), Mario Cianci (director of Human Resources and institutional affairs at CJL), M. Marc Fortin (President, Director-General of the Laurentian Health and Social Services Agency), Mme. Lucie Charlebois (Minister for Rehabilitation, Youth Protection and Public Health).

**Le Bouclier (CRDP)**

The centre de réadaptation en déficience physique Le Bouclier was also a recipient of one of the most prestigious honors awarded in the health care and social services systems from the Ministry, in the Accessibility category for care and services for their project, "When Optimization Units Quality and Performance."

**Laurentian Heros Honoured by Saint-Jean Ambulance**

St. John Ambulance recently honored nineteen Quebecers, including two from the Laurentians, for showing remarkable courage by saving lives using their First Aid skills. As part of a solemn ceremony at the Salle du Conseil of the National Assembly, the Honourable Pierre Duchesne, Lieutenant Governor of Quebec, presented "certificates for saving lives" to Julien Witty of St. Eustache and Laurence Dumont of St. Columban.

"Every year, St. John Ambulance acknowledges the extraordinary feats of these heroes. These people are like our volunteer First Responders: altruistic, devoted and brave," stated the CEO of St John Ambulance Quebec, Susan Barthe.

With nearly 1,200 volunteers across Quebec and the instructors who have provided first aid training to over 50,000 people, St. John Ambulance has been helping to save lives since 1883.

**3rd Enfant Soleil Holiday Card Sale Children Helping Children**

Emmanuelle Lapointe is a 12-year-old young lady, who, with her friends Mikelli McKenna and Julien Roy-Sabourin, have been making and then selling their own Christmas cards in the IGA stores and donating the proceeds to the Enfant Soleil Operation. In 2012, they raised \$1000 for their cause and in 2013, doubled that with an astonishing \$2200! This year, they have recruited twelve other helpers for their 3rd event and will be selling their cards at three IGA stores: Morin Heights, St. Sauveur and Ste. Agathe. Their goal is \$4000. The sale takes place on Sat and Sun, Dec. 6 & 7: 9 am - 5 pm - let's show our support!  
(IA)



**A Library Addict**

Hello everyone!  
Our library addicts are "busy in books" so won't be submitting an article this month, but will be back in December with a bold new selection to choose from.



# Santa Claus arrives in Lachute



**Friday December 5th**  
Follow the parade along Main Street & Bethany Street  
to his throne at Carrefour Argenteuil Shopping Centre  
Parade starts at 6pm and arrival at 7pm

Centre commercial  
**LE CARREFOUR  
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## Seniors and Families at the Heart of Argenteuil Taking Care of Yourself to Take Care of Others

Lucie Lafleur - Main Street

Did you know that 80-90% of the assistance and care for older people who are ill or disabled is provided by family and friends? Although the need to care for a loved one or a relative can occur at any stage of life, and be assumed by a man or a woman, the fact remains that, women for the most part, often seniors themselves, are the ones who support a relative in need.

The role of caregiver generally requires a change in lifestyle and a reorganization of personal and/or professional schedule(s) in order to provide appropriate care to a relative. Fatigue can be felt very quickly, especially if the caregiver takes care of the person alone. That is why knowing which resources are available in the region is important. A brochure and website were created in Argenteuil to that effect. You will find all the information at [www.prochesaidantsargenteuil.ca](http://www.prochesaidantsargenteuil.ca).

Entering a caregiving relationship and feeling useful to someone can be rewarding and even give meaning to life. However, it also has its share of emotional stress and challenges, especially during periods when episodes of adversity seem to outweigh the moments of tenderness and gratitude. For that reason, support groups that listen and provide

information often are beneficial in such situations. They also provide opportunities for well-deserved breaks for caregivers, to catch a breath and regain footing, at times of physical or emotional exhaustion.

After several months, or years, of caring for a relative, the caregiver often encounters a huge void and deep sorrow when the relative passes. Grieving in isolation is very difficult; it is suggested to join a grief support group, or find people you trust to unburden the emotional baggage related to such a loss. Taking care of yourself, and seeking support when you need it, is critical during all stages of caregiving. After a relative or loved one passes, a new quest begins for the caregiver; to find a new meaning in life, to embrace this new intangible relationship, and make the most of this newfound freedom. Finally, being a caregiver is a work of dedication and personal growth, is it not?

November 2-9 marked the National Caregivers week in Quebec. For more information on services, call your liaison officer at 450 562-2474, ext. 2304 or the Centre d'action bénévole Solidarité Argenteuil at 450 562-7447.

### Not to be missed this month!

Journée 50+ Bouger+

Laurentian Regional High School (448, Argenteuil Av, Lachute), Sat, Nov 15: 9 am - 1 pm. Explore different physical activities while respecting your physical capacity in a friendly and non-competitive environment. Open to all. Cost: \$7 (includes a light lunch)

Registration: Wed, Nov 12: 10 am - 4 pm at the historic train station (540, Berry St, Lachute) or anytime at your town hall or at the historic train station.

For any questions or suggestions, please contact Evelyne Bergeron at [ebergeron@argenteuil.qc.ca](mailto:ebergeron@argenteuil.qc.ca) or call 450 566-0530, ext 2305.

## Are you one of the millions who have been stopped by **CONSTIPATION?**

Local study doctors need your help with **The CIC3 Study** evaluating an investigational study drug for chronic constipation.

To pre-qualify for this research study you must be between 18 and 80 years of age and have chronic constipation for at least 3 months

Participants must have a history of fewer than 3 bowel movements per week. All study-related visits, tests and study drugs will be provided at no cost. Reimbursement for travel may also be provided

Call or join us on the web to see if The CIC3 Study is right for you.



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



# Out & About

Ilania Abileah - Main Street

vie de Bohème," the music of Irving Berlin and Gershwin with original arrangements by Christine Tassan. **Sat, Nov 15: 8 pm.** \$31.50. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. [www.diffusionsamalgamme.com](http://www.diffusionsamalgamme.com).

Please Note: Complete listings of upcoming events are available on the websites of each venue provided here.

## Dance

### Big Band Dance Music - Ste. Adèle

This is a wonderful treat for those who like to dance or simply listen to Big-Band music. Alain Gravel and his musicians enjoy having people dance to their music while they practice. The floor is large enough for quite a few couples to circle around **every Thurs until May 21**. The orchestra takes a break Dec 18 and restarts Jan 15. You can bring your own drinks and dance away or just listen and tap your feet. **Thurs: 7:30 - 9:15 pm.** \$3 per person. Ste. Adèle church, 180, rue Lesage, Ste. Adèle (2nd basement door). Contact [alaingravelmusique@hotmail.com](mailto:alaingravelmusique@hotmail.com)



Big Band

## Music

### Harmonium - Ste. Agathe

"Premier Ciel" presents Harmonium (authorized by Serge Fiori). Seven musicians of Premier Ciel bring the music of Harmonium to life. **Sat, Nov. 15: 8 pm.** \$46. Théâtre Le Patriote, 258, rue Saint-Venant, Sainte-Agathe-des-Monts. 819 326-3655. <http://theatrepatriote.com/>.



Harmonium

### Marie-Jo Thério - St. Jérôme

After performing on stages in Canada, France, Mexico, Germany and Africa, Marie-Jo Thério is back with an intimate concert program. She sings and plays the piano. **Sat, Nov 15: 8 pm.** \$35. Salle Antony-Lessard, 101, place du Curé Labelle, St. Jérôme. 450 432-0660 [www.enscene.ca](http://www.enscene.ca).

### Christine Tassan et les Impos-teures - Prévost

These ladies sweep you into their world of Jazz Manouche. They are original and provide refined harmonies and an amazing modern sound. They blend jazz and lovely songs with French, Latin, and Quebec sounds. They are: Christine Tassan (solo guitar and vocals), Blanche Baillargeon (contrabass and vocals), Lise-Anne Ross (rhythmic guitar and vocals) and Martine Gaumond (violin and vocals). They are back this year to give you an uplifting experience with music from their third album, C'est l'heure de l'apéro! The program includes some incredible tunes such as "La



Christine Tassan et les imposteurs, photo by: Michel Pinult.

### Trio Brazil - St. Jérôme

Trio Brazil with musicians Raoul Cyr (guitar, trombone), Richard Leduc (flute, saxophone, piano) and Bernard Ouellette (drums) will play **Nov. 19: 7 pm -10 pm.** Bistro-Bar L'Uni-Verre, 291 Rue Saint-Georges, St. Jérôme. 450 592-2233. <http://www.lunicafe.com>.



Trio Brazil

### Cordâme / François Bourassa - Prévost

"Rêve Éveillé" is the recent album chosen as a finalist at the Opus competition 2013 for World Music Album of the Year. Cordâme plays original compositions by Jean-Félix. The six artists are: Jean-Félix Mailloux (contrabass), François Bourassa (piano), Marie-Neige Lavigne (violin), Sheila Hannigan (cello), Anabelle Renzo (harp) and Isaiah Ceccarelli (drums). The group was formed in 2004. It explores evocative sounds that create rich images and provides a unique musical adventure. **Sat, Nov 22: 8 pm.** \$36.50. Salle Saint François Xavier, 994, Rue Principale, Prévost. 450 436-3037. [www.diffusionsamalgamme.com](http://www.diffusionsamalgamme.com).

### "Concerts under the Bell" - St. Sauveur

Louise Fontaine & Denis Côté will present an evening of Quebec music for Christmas. There will be a choir (directed by Louise Fontaine), a children's choir, and Denis Côté will play the accordion. **Sat, Nov. 22: 8 pm.** \$40. Tickets at the church office, 205 rue Principale, St. Sauveur or call 450 227-2423. Credit cards accepted Mon-Fri: 9 am - 4:30 pm.

### Handel's Hallelujah - Ste. Thérèse

Experience singing under the direction of Michel Brousseau (choir master and conductor) and learn to sing Handel's Hallelujah. No auditions required. Lunch will be served. **Sat, Nov 22: 10 am - 4 pm.** Les Chanteurs de Sainte-Thérèse, Maison du citoyen, de Sainte-Thérèse, 37, rue Turgeon, Ste. Thérèse. 1 888 762-6290. [www.leschanteurs.com](http://www.leschanteurs.com).

### Duo Ex-Aequo - Pianists - Prévost

Duo Ex Aequo, Laurence Lambert-Chan & Romain Pollet play "piano with four-hands" presenting a special program for Christmas. **Sat, Dec 6: 8 pm.** \$26.50. Salle Saint-François-Xavier, 994, Rue Principale, Prévost. 450 436-3037. [www.diffusionsamalgamme.com](http://www.diffusionsamalgamme.com).



Duo Ex Aequo

### Judy Diez d'Aux & Jean-Pascal Hamelin - Wentworth Nord

Judy Diez d'Aux, who moved from Tennessee to Quebec in 2009, is a flutist who organizes concerts that help to keep chamber music alive. She is an academic music teacher and an award-winning musician who has played with various orchestras in the United States, Canada and Europe. Judy Diez d'Aux founded Les flûtistes de Montréal, a group of eight women flutists. She plays the flute and the piccolo with "l'Orchestre Philharmonia Mundi de Montréal" (directed by Jean-Pascal Hamelin) and performs with the Assisi Performing Arts in Italy during the summer. For the past few years, she has been organizing concerts right here in the heart of the Laurentians to the delight of Chamber Music lovers. This concert features conductor and choir director, Jean-Pascal Hamelin (piano) and herself (flute). They will play the music of George Bizet's opera "Carmen" for piano and flute, and Jean-Pascal Hamelin will play solo music by Mozart, Brahms, Debussy, Ravel and Chopin. Reservations required - seats are limited! **Sat, Nov 29: 7:30 pm.** \$55: Call Judy Diez d'Aux at 514 757-7002, or email [jkdf flute@gmail.com](mailto:jkdf flute@gmail.com). Directions to the location of the concert will be provided when you reserve.



Judy Diez d'Aux

## On Screen

### Live from the Metropolitan Opera - The Barber of Seville

Rossini's most popular opera. Isabel Leonard is Rosina, Lawrence Brownlee plays Almaviva (her flame) and Christopher Maltman is Figaro, the barber. **Sat, Nov 22: 12:55** (3 hrs.). Pine cinéma: Phase 2, 1146, rue Valiquette, Ste. Adèle. 855 739-7463; and Cinéma Carrefour du nord: 900 Boulevard Gringo, St. Jérôme. Adults: \$27 & seniors \$25. 450 436-5944. <http://www.cinemapine.com> - <http://www.cinemast-jerome.com/horaire>



The Barber of Seville

## Visual Art & Fine Crafts

### Genevieve Mercure - Mont Tremblant

Genevieve Mercure exhibits **Nov. 5 - 23**. Salle Alphonse Desjardins, 1147, rue de Saint Jovite. Please call for opening hours or further information. 819 425-8614 # 2500 or visit [villedemont-tremblant.qc.ca](http://villedemont-tremblant.qc.ca).

### Michel Thomas Tremblay & Henri Venne - Val David

The exhibition of Simon Beaudry, and Renée Lavaillante will continue until **Nov 16** and will be followed by the exhibit Vers le nord (Michel Thomas Tremblay and Henri Venne). Two approaches to nature through photography, printmaking and painting. Henri Venne's landscape photography is seemingly abstract, while the recent digital prints of Michel Thomas Tremblay are inspired by boreal northern lights. **Nov 22 to Feb 22, 2015: Wed-Sun, 11 am - 5 pm.** Centre d'exposition de Val David, 2495, rue de l'Église, Val David. 819 322-7474. [www.culture.val-david.qc.ca](http://www.culture.val-david.qc.ca).



Michel Thomas Tremblay

### Thérèse Joannette - Place des Citoyens - Ste. Adèle

Thérèse Joannette, who lives and works in the Laurentians, will exhibit **until Nov. 30**. She started her studies at the Atelier Brother Jérôme in 1966 where she started free drawing. Today, her canvases are a pictorial dialogue of search for light influenced by automatist writing and abstract expression. Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. <http://ville.sainte-adele.qc.ca>.

### 19th Salon des Artistes & Artisans 2014 - Prévost

Over 50 artists and artisans participate in this annual activity. The diversity of creations is amazing. Time to come and discover local artists and get hand-crafted, holiday/season gifts: paintings, sculptures, ceramics, pottery, stained glass, woven articles, embroidery and locally produced delicacies. Free admission. **Sat, Nov 29: 10 am - 4:30 pm.** École Val-des-Monts, 872 rue de l'École, Prévost. Refreshments available on location. Call Diane Guay 450 224-2272 or 450 436-3037.

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

Selected works from the museum's permanent collection will be presented **until May 31, 2015**. Exhibition of works by Philippe Caron Lefebvre, winner of the young artists' contest of 2013; drawings and paintings done during the twenty-year career of Johanne Ouellette. **Nov. 16 to Jan. 25: Tue - Sun, noon to 5 pm.** Musée d'art contemporain des Laurentides, 101, place du Curé Labelle, St. Jérôme. 450 432-7171. [www.museelaurentides.ca](http://www.museelaurentides.ca).



Museum Contemporary Art - Philippe Caron Lefebvre

Due date for next edition: **Nov. 18** - [ilania@IlaniaAbileah.com](mailto:ilania@IlaniaAbileah.com) - 450 226-3889.

**Arts Morin Heights at the Library**

A group show, Cadavre Exquis, continues until Dec 13. Morin Heights Library: 823, Village Rd. Open: **Tue & Thurs: 1- 4 pm, Wed: 10 am - noon & 3 - 4 pm, Fri: 7 - 9 pm, Sat: 10 am - 2 pm and Sun: 11 am - 1 pm.** www.artsmorinheights.com.

**Art for the Holiday Season – St. Faustin**

Holiday Season Art Sale: **Nov 15 – Jan 11: Wed – Sun, 11 am to 5 pm.** Maison des arts, St- Faustin Lac Carré: 1171, rue de la Pisciculture, St. Faustin Lac Carré. 819 688-2676 maison.arts@cgoable.ca - www.maisondesarts.ca

**Patrick Laporte – Brownsburg-Chatham**

Patrick Laporte exhibits **until Nov. 16.** Restaurant Faim-Fino, 338, rue des Erables, Brownsburg-Chatham, 450 407-0708. La Société culturelle du Pavillon des Jardins: 450 495-8022 scpj.wordpress.com

**Espace Fresque – Val David**

Group show featuring the artwork of Claude Sarrazin, Claude Millet, Maria Palffy Basegui, Lise Tremblay Thaychi, Jocelyne Archambault, Louise Bernier and Andrée Chartrand. The Church - Val David Community Hall, 2490, rue de l'Église, Val-David. 1 888 322-7030 ext. 4235. www.1001visages.com.

**An Inspired Artist**

**By Ilania Abileah – Main Street**

Andrée Gauthier Schmekel has been a member of ARTS Morin Heights since the 1980s. She studied French at the University in Montreal, and then went on to the Fine Arts School of Concordia University. She is a painter, sculptor, bird carver, photographer and, an avid traveler. Each year she travels to the mountains of Nepal, Patagonia, or other locations, where she is inspired by the nature surrounding her and returns to create her compositions on canvas in smooth, meticulous layers of oil paint. Her paintings and sculptures depict her visual interpretation of mountains, trees, birds of prey and a ball in the sky symbolizing the continual circle of life. When you see an artwork by Andrée Gauthier Schmekel, you know it is hers! At present you can see a few of Andrée's paintings presently on display at the new Mickey's Café, (832, chemin du Village, Morin Heights), open daily 7 am to 5 pm. 450 644-0060.



Andrée Gauthier Schmekel with one of her paintings

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## Nature's Gift LADYBUGS

Rose Labrie - Main Street



Last month, when my home was invaded by ladybugs, I was reminded of my youth when I used to collect these colourful little creatures. My cousin and I had competitions to see who could find the ones with the most spots. As children, we presumed that the more spots they

had, the older they were.

Frustration swarmed in as I watched them fly onto the house doors, walls and windows. This is not the first year that I have been invaded, and I knew the consequences. Biting, yes they do bite or sting, filtration into the house where they can be found throughout the winter season, and yellow poop (actually blood) on whatever they touch.

The scientific name for a ladybug is coccinellidae, which means "little red sphere," or coleoptera, which means "sheath-winged." A popular suggestion of where the name originated from is during the middle ages in Europe. Finding their crops damaged by pests, the farmers prayed to the Virgin Mary to save the harvest. Soon after, ladybugs appeared in their fields and the crops were miraculously salvaged. They associated their good fortune with the black and red beetles, and over time began calling them lady beetles. The red wings were said to represent the Virgin's cloak and the black spots were symbolic of her joys and sorrows.

The Ladybug is a beetle and there are about 5,000 different species in the world. They eat aphids, (soft bodied insects that suck the juices out of plants), which is why they are used as a pest control for farmers' crops. Over its lifetime a ladybug may consume thousands of aphids, devouring as many as 50 per day. During the 1960s to 1990s, the U.S. Department of Agriculture attempted to establish the Asian lady beetle to control agricultural pests and a large number were released in several states. Scientists believe that the current infestation originated not from the intentional releases, but from beetles accidentally transported into New Orleans on a freighter from Japan.

### A few interesting facts about ladybugs:

- When threatened, a ladybug will bleed from its knees leaving a foul-smelling yellow fluid on the surface below.
- A ladybug's bright red colour warns predators to stay away.
- Ladybug larva resembles tiny alligators with elongated bodies and bumpy skin.
- When food is scarce, a ladybug may lay an increased number of infertile eggs for her babies to eat and thus have a better chance of surviving. They may also revert to cannibalism.
- The spots on a ladybug have nothing to do with age, but may determine the species
- In the autumn, ladybugs seek shelter indoors for the winter
- Most ladybugs do NOT bite, with the exception of the Asian beetle, which is the species infesting us today.



## Yves David, Optician Celebrating a 25th Anniversary

Lori Leonard - Main Street

In 1987, Sandrine Obadia opened Boutique Ziggy's, in the St. Sauveur shopping center to specialize in the sale of sunglasses. In 1995, Yves David worked part-time at Boutique Ziggy's completing prescriptions for sunglasses and eyeglass lenses. The business moved to 200, rue Principale, local 1B, St. Sauveur in 1999, continued to grow. In 2005, Yves purchased the company from Sandrine and offered clients a complete service of eye-care products.



Back row: Yves David, front row left to right: Maxime, Chantal and Simon

The new store was christened "Zyves". Yves, and his wife Chantal, worked hard to build the business, and over the years, made many changes including the addition of new equipment, staff, etc. Their products include an eclectic choice of frames, contact lenses and eyeglass lenses and they offer more than 35 different collections. Some exclusive frames are made of wood, or old vinyl records.

Yves is a member of the La Soupe Populaire de Saint-Sauveur committee and participates in several other fundraising activities for charities. Zyves now has a team of 8 specialists and 3 optometrists available 3 to 4 days per week. Yves and Chantal's two sons, Maxime and Simon, have been involved in the business for several years and Yves proudly looks forward to the day when they will take over at the helm.

Happy 25th anniversary Yves, to you and your family!

## Most tips apply also to men

# Women and Money Survival Guide a true treasure trove

Jim Warbanks - Main Street

The Fonds d'Emprunt des Laurentides, which provides group and individual training, personal coaching, business plan, startup and entrepreneurship training and microcredit to women in the region, has produced an updated, upbeat, 40-page Women and Money Survival Guide, which is available free of charge.

It provides clear, concise tips on a broad range of financial planning topics, ranging from budgeting, buying a home, insurance, planning to have a baby, preparing for retirement, filing income tax returns, love / legal aspects and starting a business.

### Post-it notes

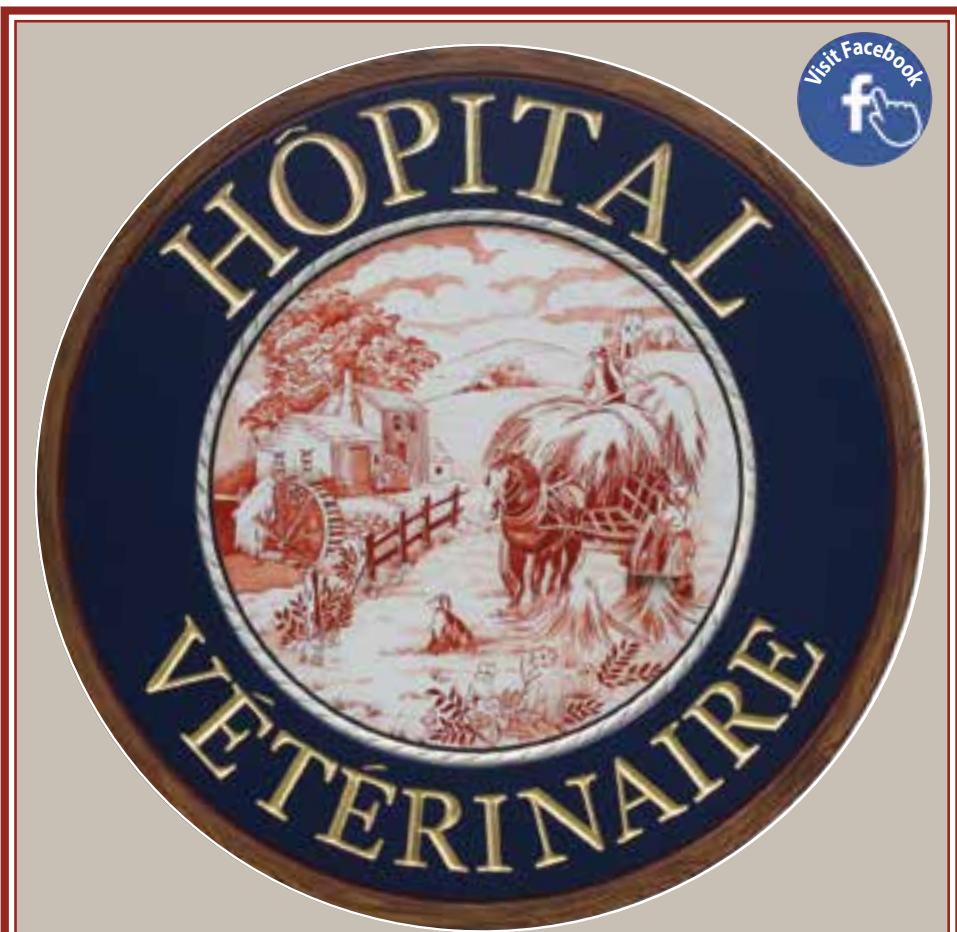
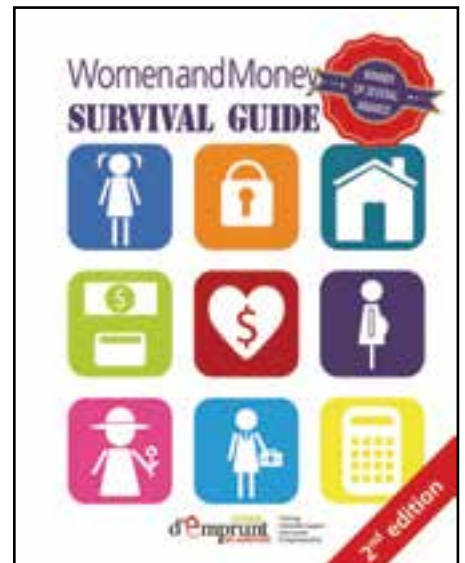
In addition to descriptive segments, easy-to-follow "did you know" advice appears in several sections. Prominent are color-coded Post-it note type reminders of pertinent tips to make references straightforward.

Motivation is a recurrent element. For example: "Every woman should have a savings account in her name. You deserve to have financial security of your own and know that you can count on your own savings." Sensible tips to help avoid common pitfalls abound: "Before taking out a loan (car, house or furniture) try to save, at least during six months, the equivalent of the monthly payment to test the project viability."

### Men benefit

Though oriented toward women's specific needs, the bulk of the financial advice presented applies readily to men.

To obtain a copy, visit the Fonds d'Emprunt premises, located at 508 Principale Street, Lachute, J8H 1Y3, or call 450-562-3553 / 1-888-782-3553. You may also consult the electronic version of the booklet at the [www.felaurentides.org](http://www.felaurentides.org) website.



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Opening:  
Sat. Nov. 29



# The English Link Anxiety and FRIENDS

Laura Young – Main Street

Most people know what anxiety feels like; butterflies in the stomach, sweating, elevated heartbeat and tense muscles. Although it doesn't feel good, it usually subsides

relatively quickly. But what happens when anxiety doesn't go away, or occurs in situations that are typically not anxiety provoking, such as eating in public or going to sleep? According to many statistics, anxiety disorders are the most common psychological issues affecting children and youth. Although the importance of mental health is increasingly recognized, many people do not have a clear understanding of the difference between healthy levels of anxiety and levels that could benefit from some type of intervention.

Anxiety is a normal feeling and can even be helpful in certain circumstances, but many people suffer from high levels of anxiety that make everyday life a struggle. There are many different types of anxiety disorders, ranging from phobias and panic disorders, to social anxiety and generalized anxiety disorders. When children and parents don't understand what is happening, and have no tools to prevent and treat the anxiety, it can escalate and lead to more stress, misunderstandings, and often, depression.



Thanks to 4Korners and the CHSSN (Community Health and Social Services Network) many elementary schools in the Laurentians are now including FRIENDS as part of their curriculum.

Developed by Australian researcher, Dr. Paula Barrett, FRIENDS is a program aimed at promoting resilience and preventing anxiety in children. Originally geared towards four to seven-year-olds, the FRIENDS program now consists of three programs; Fun FRIENDS for four to seven-year-olds, FRIENDS For Life for six to twelve-year-olds and MY FRIENDS Youth and Adult Resilience Program.

The program uses play, stories and discussion to help children learn how to identify and cope with anxiety and stress. There is a strong focus on empathy and the ability to understand and recognize different feelings. There is also a component that addresses being aware of the cues our bodies send us when we're feeling anxious or stressed. Children are then encouraged to learn how to cope with uncomfortable feelings in a healthy way. This allows them to recognize the signs and signals of distress and gives them concrete ways to calm themselves down and to start to feel better.

Diet, exercise and sleep are among the most important and effective ways to cope with anxiety. Unfortunately, many children and adults struggle to meet the needs of their bodies in these key areas. FRIENDS teaches them to do this and helps children learn other coping mechanisms such as deep breathing to promote relaxation, identifying activities that make them feel good and help them to relax, and the importance of being kind to others in order to make themselves feel better and build a strong network of support.

Giving children the knowledge and power to control their own thoughts and actions enables them to cope effectively with the anxiety and stress of everyday life, now and in the future.

[laura@4kornerscenter.org](mailto:laura@4kornerscenter.org) for the English Communities Committee of the CSSS des Somets and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 4330

## Laurentian Club Report Appreciating Animal Therapy

By Sheila Eskenazi

Sarita Elman addressed the audience, sharing her experiences of bringing dogs into hospital settings, to provide comfort and therapy to patients. In a gentle voice, she described how she came to own, love and train dogs, first to be companions for herself, then to share their love and calmness with others. Many of these dogs were rescued from the SPCA, or found abandoned along the highway.



When Sarita's companion Max was ready, he was evaluated at Maimonides Hospital Geriatric Centre, where they were familiar with the benefits of animal therapy. Max was put into a room and exposed to a variety of distractions, to see how he would react. Aside from a small whimper when his paw was run over by a wheelchair, he remained calm, and passed the test with flying colours. Thus began Max's long career as a volunteer. He was later joined by Ralph.

Many hospitals suffer from institutional prejudice against pets in their midst, even when properly trained. Sarita provided examples of the benefits brought by the presence of her dogs, including Alzheimer's patients who reached out and hugged a dog, and one non-responsive patient who had suffered an aneurysm, who smiled and was able to hold a biscuit in his fingers to feed to the dog when he licked his face.

Sarita Elman and her dogs have shared love and compassion with many patients. You can learn more at Therapy Dogs International <http://tdi-dog.org/>.

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Monique Monette-Laroche, mayor

### A Word from the Mayor

Our Municipality can be described as a beautiful family that has grown over the years. Sixty years ago, only 300 people lived in the territory but, today, the population has increased to more than 3,000 residents. What spectacular growth! Many people have chosen to settle here permanently, while others have built summer cottages where they can spend their weekends or vacations. This is not surprising,

as it is rare to find such a luxurious environment just 57 kilometers from Montreal.

Beautiful Sainte-Anne-des-Lacs became a separate municipality in 1946. Quebec legislature sanctioned the law so that the Municipality of the Parish of Sainte-Anne-des-Lacs could be detached from the territory of the Municipality of the Parish of Saint-Sauveur. Since then, it has continued to grow and flourish. Nestled in the mountains, our municipality is well-known for its extraordinary panorama. Located in close proximity to lively cities and villages, it remains unique, maintaining its main objective to preserve its peaceful character. Many artists (singers, writers, actors and painters) have chosen to live in Sainte-Anne-des-Lacs permanently. They perceive this area to be an inexhaustible source of inspiration. It is the ideal locality to enjoy peaceful moments and the perfect place to spend hours observing wildlife. We welcome everyone who shares our passion for nature and tranquility into our municipality.

In recent years, the Municipality became the owner of the local church. This allowed us to maximize its use for events of all kinds. Various courses are now provided on the premises and with our new cultural policy, the Municipality will also undertake many other projects in the future.

Finally, our greatest asset lies in the abundance of lakes, streams and wetlands found within our territory. Their preservation is important to us and we make every effort to maintain their purity. For our citizens, environmental issues are extremely important and they continually strive to respect the natural surroundings at all times, while encouraging others to follow their example.

If you enjoy nature, peace and tranquility, you will absolutely love Sainte-Anne-des-Lacs. We look forward to your visit.

Monique Monette Laroche  
Mayor of Sainte-Anne-des-Lacs



## Municipalité de Sainte-Anne-des-Lacs

### Then and Now...

By Lori Leonard

Sainte-Anne-des-Lacs was founded in 1946 and the Roman Catholic Parish was founded in 1940. The village is located in the regional county municipality of Les Pays d'en Haut, and is bordered by St. Jérôme to the south, and St. Sauveur to the north. This region is renowned for its natural beauty, which includes a total of twenty-nine natural and artificial lakes.

The Lac Marois Country Club, a members-only club, was founded in 1914. Believe it or not, at that time, the club rented land for \$1 from the church, and used it for tennis courts. Electrical power reached Lac Marois in 1938. Children can take lessons in tennis, sailing, canoeing and swimming at the Club and many family events still take place there. Land was donated in 1910 and the pretty, quaint Lac Marois Union Church was built in 1911. A special Christmas service began 30 years ago, and still takes place each snowy Christmas Eve. As well, many weddings take place in this small, cozy church. Amongst the first families were the Paquins, Raymonds, Héberts, Demers, Fournels, Guindons, Foisys, Saint-Amours, Paquettes, Lessards and Boisclairs. Some of the first Anglophone families were the Camerons, Coplands, Billingsleys, Allens, Gandels and Jacksons. The first mayor of Sainte-Anne-des-Lacs was Pierre E. Hurtubise, who held this office from July 1946 to July 1951.



A strange tale to be told - Many years ago, there was a woman named Mrs. Irving, who lived on the shores of Lac Marois. She adored playing the piano, and "sing-songs" with the local young people often took place at her home. Several years after her death, the story goes, people out enjoying Lac Marois have heard, and still continue to hear, her playing the piano and singing.

Sainte-Anne des Lacs was home to one of the first ski hills in the region. Today, it no longer exists, but there are excellent cross-country ski trails, located behind city hall, with trails varying in degrees of difficulty. There is a wide variety of wildlife in our village, including red fox, deer, porcupines, racoons, hares and fishers and, on occasion, even black bears have been seen. Many local bird species are also found here, including owls, blue jays, chickadees,

mourning doves, evening grosbeaks and wild canaries. Hundreds of Canada geese stop by on their migratory route to feed on the rich grassland and, in the evening hours, the haunting howls of coyotes can be heard.

There are many organizations in Sainte-Anne-des-Lacs, which include ABVLACS (lake association), Club de Plein Air (a soccer and softball club), a citizens' association, an Optimist Club and the Helios horticultural club. The city library opened its doors in 1974.

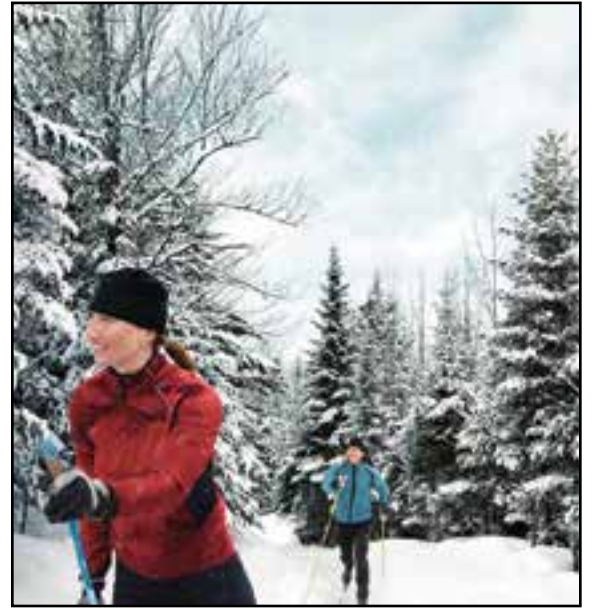
The Catholic Church, located on Fournel St., has now become a community center where many activities take place. The 7th edition of the Foire du Cadeau 2014 will take place, from November 22 (10 am - 5 pm) to November 23 (10 am - 4 pm) at this church. 35 exhibitors will be on-site selling their wares.

Community meals are available for residents of Sainte-Anne-des-Lacs, on the first Wednesday of each month, from September through June, at Hotel de Ville. For more information, contact André Beaudry at 450 224-2675.

Currently, the building of a new firehouse is underway, which will be completed in 2015.

The name of the local newsletter is L'Étoile, and is published four times per year, one publication for each season.

For further information on Sainte-Anne-des Lacs, please visit the municipal website at [www.sadl.qc.ca](http://www.sadl.qc.ca) or call city hall (450 224-2675).



### Dining at Some Tried & True Restaurants in the area:



Brulerie des Monts (197, rue Principale, St. Sauveur - 450 227-6157) Open 7 days a week for breakfast, lunch and supper. Enjoy light meals, fine coffees and teas, cakes and desserts, beautifully served in a pleasant ambience with friendly service.



Le Saint-Sau Pub Gourmand (236, rue Principale, St. Sauveur - 450 227-0218). Open every day for breakfast, lunch and dinner. Plates are beautifully presented and there is fine selection of wines and beers. The Pub offers live music on Thursdays. The staff offers superb, friendly service. This restaurant is extremely popular, so it is best to call ahead to reserve.



40 North Steak House & Bar (235, rue Principale, St. Sauveur - 450 227-6673) This is a quiet, private surrounding, fine dining restaurant serving choice meat dishes, and other delicacies, an exquisite dining experience for a special occasion or a romantic tête-à-tête. Open Wed-Sun., for lunch and dinner. Reservations required.



Restaurant Baton Rouge (120 ch du Lac Milette, St. Sauveur - 450 227-8878) Open for lunch and dinner, featuring comfortable seating that enables one to enjoy dinner with a group of friends. The menu caters to a variety of tastes, including the meat and potato lover. Live music offered some nights. Reservations required.





## Lori's Lookout Laurentian Personality - Shirleen Hayes

Lori Leonard - Main Street

Shirleen Hayes is a true hidden gem, a professional African/American singing teacher who resides in Piedmont. At the age of 3 years, while living in New York, she knew that she would be a performer. Not surprisingly, her grandmother, aunt and mother were singers. Shirleen, her two sisters, a brother and her parents moved to Montreal in 1963.

At 10-years-old, Shirleen took singing lessons and sang in the St. Thomas Anglican Church Choir in Montreal. She studied music at the McGill Conservatory of Music for two years. Singing became her living and her way of life. In her late teens, she was featured on Like Young for two seasons. She was the opening act for Charles Aznavour at Place des Arts, and later, Shirleen performed at the Mount Royal Hotel and La Diligence.

Shirleen taught herself how to harmonize. Back then, it meant using two recorders simultaneously, while a record played on a turntable. She had a remarkable memory for words and after singing a song 4 times, could remember it. She sang pop, crooner tunes, contemporary music and, of course, Motown hits.

In 1982, Shirleen met the love of her life, Guy Gagné, at the Sheraton Laval. He went there on Wednesdays to listen to Shirleen, always requesting her to sing "The Way We Were." Shirleen ignored and snubbed him for 3 months. Guy finally won her over, as he excelled at playing the trumpet and was an extremely talented graphic artist. Guy has played the trumpet since he was 18-years-old. His favorite musician was Miles Davis, so he plays a special red trumpet in his honor. In 1985, Guy suggested that they perform together. They formed "The New Love" band, consisting of 6 musicians, 2 back-ups and Shirleen as the lead singer. The band still exists, although some of the original musicians have changed.

Shirleen has been teaching students, aged 8 to 62 years of age, at her home in Piedmont for the past 10 years. Her favorite student was Crystal, aka "Mini-Shirleen." Crystal had an incredibly beautiful voice and between the ages of 11 and 19 years, she took lessons from Shirleen.

Shirleen runs a tight ship, but is kind, patient and understanding. Her voice is like velvet, and without doubt, she is a true diva. However, her students know if she furrows her brow, their voices are either too "pitchy" or "sharp." Quickly, she corrects them. The most important part about singing is breathing technique, so Shirleen uses an array of exercises to help her students.

When Shirleen and Guy were asked what was the secret behind their 32 years of marriage and music together, without hesitation, they looked at each other and whispered, "love." Their two cats, Muffin and Jiggy Two, gazed up for a moment, and purred in agreement!

## Intriguing Photo The True Spirit of Saint- Anne-des-Lacs?

Susan MacDonald

When researching material for this month's municipal feature, the words most often repeated were, "nature, the environment, and a close-knit community."

Our own columnist, and long-time resident of the area, Lori Leonard, echoed these exact same sentiments. Lori was instrumental in producing much of the text for our special feature this month and, when asked to take a photo of the little church in Saint-Anne-des-Lacs, she readily agreed. Standing outside the church, she took this shot through the window.

Much to her astonishment, this was how the photo turned out. Please remember, this was supposed to show the church's beautiful, and quaint interior. Could we also, perhaps, add the words "existential" and "metaphysical" to our description of this unique photograph? Apparently, the "true spirit" of the area is as strong as everyone claims.

Congratulations Lori on such an extraordinary photograph - truly, a one-in-a-million shot.



Lori Leonard



## Bridge Over Highway 15 – Sainte-Anne-des-Lacs New Restrictions

Following an assessment of the weight capacity of the bridge over Highway 15 in Ste-Anne-des-Lacs (on the way to Sainte-Anne-des-Lacs), the Ministry of Transport is obliged to impose new restrictions on the allowable weight limitation on the structure. Effective as of October 16, the maximum load is 12 tons for all types of vehicles.

The Department of Transportation would like to thank users for their valuable cooperation. The new load limits will protect some elements of the structure against premature degradation.



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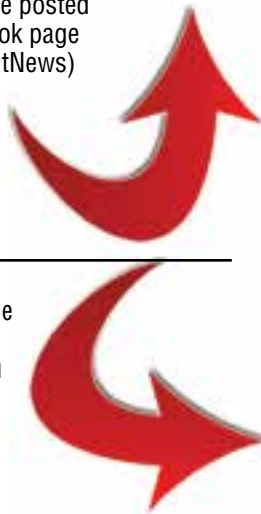
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		7			4	6		1
			6		3		9	4
	4	3	1			7		5
	8			1			6	7
			3		6			
9	6			2			4	
5		6			7	4	8	
7	3		8	2				
4		8	5			3		

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



Answers for the October edition sudoku

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

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

### Branch 171 Filiale Morin Heights

Fri, Nov 21: 6 pm - TGIF Smoked Meat  
 Sun, Nov 30: Grey Cup Party at the legion (hamburgers etc)  
 Sat, Dec 6: 2 pm - Trim a Tree  
 Sun, Dec 14: 1 pm - Children's Christmas Party  
 For information on any event call 450 226-2213 (after noon)

### Branch 70 Filiale Lachute

Nov 28: 5 pm - Smoked Meat Dinner. Donation \$9  
 Dec 13: 2 pm - Children's Christmas Party  
 Euchre is back in play on Tuesdays at 1 pm and cribbage & shuffleboard on alternating Thursdays  
 Darts every Sat afternoon: 1 pm  
 Please check the legion for dates regarding bus trips to the Casino.  
 For information call: 450 562-2952 after 2 pm!

### Branch 71 Filiale Brownsburg

Nov 26: 7 pm - Card Party  
 Dec 4: 11:30 am - 1 pm - Soup luncheon  
 Darts will be starting on Saturday afternoons in late October - call for info.  
 Bar/Lounge is open on Fridays from 3 pm - 9 pm.  
 Membership cards are available at a cost of \$45.  
 For information, please call Sheila or Trevor Holmes 450 562-8728.

### Branch 192 Filiale Rouge River

Nov 19: 6 pm - Meeting (Executives only)  
 Tue nights: 7:30 pm - Cribbage  
 Weds: 1 pm - Cards  
 For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com



## RELIGIOUS SERVICES

**MORIN HEIGHTS UNITED CHURCH**  
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 Dec 24: 5 pm - Christmas Eve Service

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 Hillside Chapel will commence services as of the May 24, 2015 weekend at 6:30 pm

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**DALESVILLE BAPTIST CHURCH**  
 245 Dalesville Rd, Brownsburg-Chatham  
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 757, Village, Morin Heights (450 226-5307)  
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**MILLE ISLES PRESBYTERIAN CHURCH**  
 Nov 30: 11 am - Worship service  
 Dec 7: 2 pm - Christmas service. Light lunch to follow.  
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 Come enjoy Christmas in Mille Isles.

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

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

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

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

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

**HARRINGTON UNITED CHURCH ST. ANDREWS CHURCH, AVOCA**

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

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

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

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

**ANGLICAN PARISH OF ARUNDEL & WEIR**  
 Sunday services in Grace Church at 10 am every week followed by coffee & fellowship.

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

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

**ARUNDEL UNITED CHURCH**  
 17, du Village, Arundel, 819-687-3331  
 Rev. Georgia Copland  
 Dec 24: 4 pm - Christmas Eve service  
 Sundays: 10 am - Worship service.

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

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

**VICTORY HARVEST CHURCH**  
 361 des Erables, Brownsburg-Chatham  
 Pastor Steve Roach 450 533-9161  
 Sunday Service 10:30 am  
 Please call to confirm:  
 Wed 7 pm: Prayer / Bible Study

**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 16: 10 am - Sunday service  
 Dec 21: 10 am - Sunday service  
 Dec 24: 7 pm - Holy Communion / Christmas Eve  
 Services with gospel/bluegrass music

**ST. PAUL'S - DUNANY**  
 1127 Dunany Rd, Dunany  
 Dec 24: 4 pm - Family Christmas  
 Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
 4, Cambria Rd, Gore  
 Nov 23: 10 am - Sunday service\*  
 Dec 24: 4 pm - Holy Communion/Christmas Eve  
 Bilingual services with gospel/bluegrass music

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

**CHRIST CHURCH - MILLE ISLES**  
 1258, Mille Isles Rd - Mille Isles  
 Dec 14: 10 am - Sunday service  
 Dec 21: 10 am - Holy Communion

**ST. SIMEON'S ANGLICAN CHURCH**  
 445, Principale, Lachute  
 with Rev. Paul Tidman: 450 562-2917  
 Nov 16: 10 am - Communion  
 Nov 23: 10 am - Communion  
 Nov 30: 10 am - Communion  
 Dec 7: 8:30 am - Communion  
 10 am - Communion  
 Dec 14: 9:30 am - Family Service, Christmas Pageant  
 Dec 21: 10 am - Christmas lessons and carols  
 Dec 24: 4 pm - Christmas Eve service for children and families  
 9:30 pm - Christmas Eve service  
 Dec 28: 10 am - Communion  
 Refreshments following most services.  
 Everyone welcome!

## ENGLISH COMMUNITY NEWS

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

## Laurentian Club Notice

### The Truth about UFOs

Speaker: Dr. Robert Lamontagne

An astrophysicist at Université de Montréal and executive director of the Observatoire du Mont Mégantic, Dr. Lamontagne will explore the history of UFOs and why most professional researchers do not believe that we are visited by extraterrestrial aliens.

**Monday, November 24: 1:30 pm**

Holy Trinity Church Hall  
 12 Préfontaine West, Ste. Agathe  
 Entry: Annual membership fee \$25 - Guests: \$10

To learn more, visit our Facebook page  
[www.facebook.com/LaurentianClubofCanada](http://www.facebook.com/LaurentianClubofCanada)  
 or contact us at  
 TheLaurentianClub@gmail.com  
 or 819-326-6872.



LAURENTIAN CLUB OF CANADA

## Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



Next meeting for cancer patients, families and caregivers is  
**SATURDAY AFTERNOON**  
**November 15, 2014 - 1 pm**

Speaker: Mallory Tabah, Therapist  
 St. Eugene Hall (rear entrance)  
 148 Watchorn, Morin Heights

Upcoming meeting:  
 December 13 - Annual Potluck 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)  
 PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

### COMMUNITY NEWS

#### AMI-QUEBEC PROGRAMS ACROSS QUEBEC

Tele-workshops/Webinars  
Roundtables via videoconferencing  
One-on-one counseling

#### Public Awareness Training for Professionals

For more information: 1 877 303-0264  
(514 486-1448 in Montreal) info@  
amiquebec.org www.amiquebec.org

#### SOUPE POPULAIRE

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

#### BAZAAR MPDA LACHUTE

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

#### URGENT NEED FOR VOLUNTEER DRIVERS

The Centre jeunesse des Laurentides  
is actively seeking volunteer drivers for  
transportation services in different areas  
of the Laurentians. For information  
please contact Anne Paquette at 450  
436-2750, ext 2602.

#### BADMINTON - WHO'S UP NEXT?

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

#### JOYFUL NOISE CHOIR

St-Eugene's Community Centre, 148, ch  
Watchorn, Morin-Heights  
Until Dec 9: 7 pm. Cost: \$120

#### BROWNSBURG CURLING CLUB

Curling began mid-October. Check our  
website www.curlingbrownsburg.ovca.com

#### 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.

#### CHRISTMAS BAZAAR

Morin Heights United Church  
(831, du Village, MH)  
Sat, Nov 22: noon - 2 pm  
Gift table, home-baking, raffle table.  
Lunch: homemade-soup, sandwiches  
& squares.  
Adults: \$8, children: \$3 All welcome!

#### CHRISTMAS TEA

Margaret Rodger Presbyterian Church  
463 Rue Principale, Lachute  
(side entrance)  
Sat, Nov 22: 11:30 am - 2:30 pm  
Home baking, crafts, candy, plants and  
more plus a silent auction.  
Everyone welcome!

#### COMING UP AT THE LOST RIVER COMMUNITY CENTRE

Sun, Dec 7: 9am - noon: Breakfast  
with Santa.  
Santa will arrive at 11 am.  
Basket draw donations will go to the  
Lachute Food Bank Children and adults  
all welcome! For details contact: mike.  
carroll@xplornet.ca

#### JOYFUL NOISE CHOIR AND MORIN HEIGHTS ELEMENTARY SCHOOL CHOIR CHRISTMAS CONCERT

United Church (831, rue du Village,  
Morin Heights) Dec 11: 7 pm  
Donations to the Church are welcome

#### UPCOMING EVENTS AT HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)  
1st & 3rd Sundays of each month at  
1:30 pm - Bingo  
Nov 19: 11 am - Golden Age meeting  
and lunch  
Nov 20 & Dec 4: 9:30 am - Café Partage  
Nov 22: 1:30 pm - Christmas Bingo -  
GREAT PRIZES!  
Nov 25: 9:30 am - 11:30 am -  
Flu Vaccinations at the Lost River  
Community Centre  
Nov 29: 5:30 pm - Christmas Dinner.  
Members: \$18, all others: \$20  
Nov 29: Christmas Raffle -  
gift certificates and quilt  
Dec 5: 5:30 pm - Cook's Night Out.

Members: \$10 all others: \$12.  
For tickets and further info contact  
Deedy: 819 242-8939  
The Harrington Community Centre is  
looking for a donation of 2 adult wheel-  
chairs in good condition.  
Please call Deedy Shipton:

#### CONCERT

The Les choeurs du Messie  
d'Haendel Christmas concert will be  
presented on Sun, Dec 14: 3 pm at  
the Saint Jovite church. Tickets are  
\$35 (free for students at the door) and  
are available from choir members or  
L'Apostrophe-plus  
(1090, rue de St. Jovite)

#### COMING UP AT TRINITY COMMU- NITY CENTRE

2, Cambria Rd, Gore  
Christmas Craft / Artisan Fair / Luncheon  
Sat, Nov 22: 9:30 am - 3:30 pm  
Many handcrafted, artisanal items  
3 sittings for lunch -  
Reservations required!  
Meals: \$10 per person, partial  
proceeds to benefit local charity  
Info: Moika: 514 909-0255

#### ARUNDEL UNITED CHURCH

17, rue du Village  
Nov 30: 7 pm  
A Christmas carol sing-a-long with  
organist, David Faulkner



**Salon des Métiers D'Art - Piedmonts**  
146, chemin de la Gare  
Nov 15: 10 am - 5 pm & Nov 16: 10  
am - 4 pm  
Info: 450 227-1888 ext. 223

**Salon Val-des-Arts - Val Morin**  
City Hall, 6120, rue Morin  
Nov 15 & 16: 10 am - 4 pm  
Info: 819 324-5670

**Artisans and Agri-food Fair -  
Mont Laurier**  
Coeur Immaculé de Marie Church,  
570, rue Panet, Mont Laurier  
Nov 22: 10 am - 7 pm and Nov 23:  
10 am - 4 pm Info: 819 421-2346

**Arts and Crafts Fair -  
St. Adolphe-d'Howard Recreation  
centre, 110, rue du Collège**  
Nov 22 & 23: 10 am - 5 pm  
Info: 819 327-2626

**Gifts and Craftsmen Show -  
Sainte-Anne-des-Lacs**  
SADL church, 1, chemin Fournel  
Nov 22: 10 am - 5 pm & Nov 23: 10  
am - 4 pm Info: 450 224-2675, ext 225

**Christmas Market - Lachute**  
Lavigne High School, 452,  
avenue Argenteuil  
Nov 28: 4 pm - 9 pm and Nov 29 &  
30: 10 am - 5 pm.  
Info: 450 562-2474, ext. 2311

**Arts and Crafts Fair - Val David**  
Community Hall, 2490, rue de l'Égise  
Nov 29: 9:30 am - 5 pm  
Info: 1 888 322-7030, ext 4235

**Arts and Crafts Fair - Prévost**  
Val-des-Monts school, 872, rue de  
l'École. Nov 29 & 30: 10 am - 4:30 pm  
Info: 450 436-3037

**Expo-Sale Magie de Noel -  
Saint - Sauveur**  
Chalet Pauline-Vanier, 33, avenue  
de l'Église  
Dec 6: 10 am - 5 pm & Dec 7: 10 am  
- 4 pm Info:  
450 227-2669, ext. 420

**Christmas Market - Sainte Adèle**  
Place des citoyens, 999, boul de  
Sainte-Adèle  
Dec 6 & 7 (times available at  
sainte-adele.net)  
Info: 4540 229-2644

**Le Noel Des Métiers D'Art - Sainte  
Agathe des Monts**  
Place Lagny, 2, rue Saint-Louis  
Dec 12: 5 pm - 9 pm,  
Dec 13 & 14: 10 am - 5 pm.  
Info: 819 326-4595, ext 3323

**Christmas Market - Mont Tremblant**  
Alphonse-Desjardins Hall,  
1145, rue de Saint-Jovite  
Dec 14: 10 am - 5 pm  
Info: 819 322-6419

**Christmas Market - Val David**  
Saint-Jean Baptiste school, 2580,  
rue de l'Église  
Dec 13: 10 am - 4 pm & Dec 14: 10  
am - 2:30 pm  
Info: 819 322-6419

**Christmas Market - Mont-Laurier**  
Old train station, 700, rue Vaudreuil  
Dec 20 & 21: 9 am - 5 pm  
Info: 819 623-4726

**TECHNO CONVERGENCE**  
Laurentides  
Home automation - Networking  
Systems convergence  
Stéphane Couture  
819-774-3335 514-945-3281  
info@convergence-laurentides.com

**RESTAURANT PITAZONE**  
SPECIALTIES:  
Shish taouk (original recipe)  
Shawarma, Soujouk, Kafta,  
Falafel, Hummus, Taboule salad,  
Vine leaves, Lentil soup  
TrioZone Special:  
your choice of 7" Pita,  
garlic potatoes, and  
soft drink  
\$9.95 (+ tax)  
35, rue Principale, Lachute  
450-409-1775

**Baton Rouge Pumpkin Contest**  
After eerie debates  
over the several entries  
submitted in the Baton  
Rouge Pumpkin Con-  
test, judges handed  
1st prize to Isabelle  
Lapointe for her carv-  
ing of Upir the Vampire.  
Runner up was awarded  
to William McLauchlan.  
Photo left to right: Annie Bourdeau  
(advertising consultant), Lawrence  
Burt (Baton Rouge co-owner) and  
Barry Young (Main Street).

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

**Laurentians CAREGIVERS Association**  
Quality Home  
and Healthcare Management  
providing personal support and resources  
for caregivers & families in need  
Job opportunities for personal support workers available  
4057 Ave des lys, Val-Morin, QC J0T 2R0  
1.855.522.7372 cvincell@laurentiancare.com  
www.laurentiancaregiversassociation.com

**PAI**  
Programme d'aide et d'intervention  
Violence conjugale et familiale  
PAIX: To fend off  
violence!  
819-326-1400 / 1-800-267-3919  
www.organismepaix.ca

**4KORNERS**  
Family Resource Center  
LACHUTE: 508 PRINCIPALE  
SAINTE-AGATHE: 50 CORBEIL  
819 324.4000 (ex: 4330)  
888 974.3940  
info@4kornerscenter.org  
4kornerscenter.org

**AA**  
ALCOOLIQUE ANONYMES  
ALCOHOLICS ANONYMOUS  
ALCOHÓLICOS ANÓNIMOS  
Aide téléphonique • Helpline • Ayuda telefonica  
1 877 790-2526  
Internet: www.aa87.org

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



## LES CENTRES DE LA JEUNESSE ET DE LA FAMILLE BATSHAW BATSHAW YOUTH AND FAMILY CENTRES

### Clinician Nurse For recall list- Prévost Maternity leave replacement

We are seeking a part time Clinician Nurse to provide direct services to adolescents and their families. The work location is in Prévost. Employees have all the benefits offered by the MSSS.

Salary scale: Minimum: \$23.27 - maximum: \$41.47/ hour

Must have a bachelor degree in nursing and be a member of the OIIQ  
Must provide services to our clientele in English  
Day shifts only – no weekends or holidays

For more information please visit our website:  
[www.batshaw.qc.ca](http://www.batshaw.qc.ca)

The mission of Batshaw Youth and Family Centres is to provide protection, support and treatment for children and youth who are at risk.



January 30<sup>th</sup> through February 8<sup>th</sup>



Become a source of inspiration



50+ WINTER GAMES

Join us in our upcoming Winter Recreational Festival being held in the heart of the Laurentians.

1-877-429-5858, extension 450

[www.50pluswintergames.org](http://www.50pluswintergames.org)



YES 

BUSINESS COACHING AND WORKSHOPS

START, GROW OR EXPAND YOUR BUSINESS TODAY!

Entrepreneurs of any age and stage can always benefit from good advice. That's why our coaches, workshops and webinars are at your service.

#### ONLINE WORKSHOPS

- ▶ **JUMP-START YOUR BUSINESS & FINANCING OPTIONS**  
Every Wednesday afternoon, 2:00 PM – 4:00 PM EST | Cost: FREE

Thinking of starting a business? Get the information you need to get your business off the ground, plus learn about funding options available through YES and other community programs.

- ▶ **NEW TRENDS IN BRAND EXPERIENCE**  
Monday, November 17, 6:30 PM – 8:30 PM EST | Cost: FREE

This workshop will familiarize you with some of the new strategies and real-life examples that successful brands are using in order to offer a superior customer experience. The differences between experimental marketing and experience marketing will be a key topic discussed.

- ▶ **WORDPRESS ESSENTIALS FOR BEGINNERS**  
Tuesday, December 2, 6:30 PM – 8:30 PM EST | Cost: FREE


Do you want to set up a WordPress site but aren't sure where to start? This workshop will demystify the world of WordPress and explore how to use it for everything from a personal blog to a corporate website. Using easy-to-understand language, we'll delve into fundamental WordPress building blocks like themes, widgets and plugins.

#### ONLINE BUSINESS COACHING

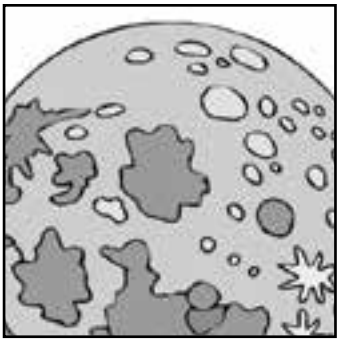
Our professional business coaches can provide personal and private coaching via web camera. Business consultations are offered free of charge (with a one-time only \$20 file activation fee). Available by appointment only. Appropriate hardware and bandwidth capabilities are required. Services are provided in English. Pre-registration required.

As a not-for-profit organization, YES (Youth Employment Services) enriches the community by providing English-language support services to help Quebecers find employment and start and grow businesses.

Register today [www.yesmontreal.ca](http://www.yesmontreal.ca)  
or call 514-878-9788 • 1-888-614-9788

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





## Zach Factor The Military-Industrial Complex

Lys Chisholm & Marcus Nerenberg - Main Street

Dwight D. Eisenhower gave his last speech as President on January 17, 1961. He stood before the U.S. congress and cautioned the American people that an unseen danger had begun to steer the world into a geo-political mine field and that ignoring the reality could have catastrophic consequences. For the first time the world heard the phrase "military-industrial complex." Since World War II, the nations of the world have been functioning within a system of constant military preparedness.

As WW II wound down, all the nations that participated in the war had huge military arsenals. Some collections were decommissioned, while other hardware was sold to less developed countries. The western alliance, consisting of Great Britain, France, USA, Canada, Australia, New Zealand and several other countries, went into direct competition with the Soviet Union, a conglomeration of Russia, east European states, and several Asian republics along Russia's southern boundaries. Winston Churchill dubbed it the "Cold War," which raged on between the two super powers; Russia and its allies, and the USA and its allies. This confrontation continued until the collapse of the Soviet Union in 1991, under the weight of its unsustainable military spending.

The competition was fueled by the nuclear arms race, which basically started with the atomic bombing of Japan to end WW II. The USA, Britain and France began to build nuclear stockpiles and the Soviets, playing catch-up, soon amassed its own arsenal of deadly nukes. The leaders of both sides, in their wisdom, decided that the only way to prevent global domination by one group or the other was to arm themselves to the teeth, teeter on the brink of a catastrophe of mutually assured destruction, and call it peace.

The multinational corporations that manufacture the tools of war are very happy to supply them to anyone who can pay the price. The governments of the power blocks pretended to keep the weapons flowing only to trusted allies, but gunrunning is an age-old tradition. The major banks loan money for arms, even to the poorest regimes, as long as they use the weapons to maintain the status quo. The less "important" countries, like North and South Korea, or North and South Vietnam, fought proxy wars on behalf of one ideology or the other. Wars and local revolutions occur because unused weapons have no known purpose. If peace were to break out everywhere, the armament industry would die.

With the dissolution of the Soviet Union, we found ourselves in need of a new enemy. For forty-five years, the godless, atheistic evil commies kept the politicians and armies of the west bursting with jingoistic fervor. James Bond could do no wrong, as he as he eliminated one threat after another. Just in time, a new monster raised its ugly head and terrorism came to the rescue of those who make the tools of war. It seems that state-sponsored terrorism, where national governments export the means and/or the willing pawns to violently destabilize target populations with internal attacks, is our new nemesis. The attacks of 9-11 and, to date, thousands of others are almost all in the name of religion. A very radical interpretation of Islam makes it an honor to sacrifice one's life and kill others in the defense of the faith.

It takes very little to equip a suicide jihadist, but to defend against this threat has spawned a multi-trillion dollar industry. From surveillance equipment, such as the omnipresent security cameras, to spy satellites that blanket the skies, and drones that can go anywhere to gather information or deliver death, we are truly into a new era. The Internet has been co-opted to act as the ultimate information gathering system, and now all our phone calls, emails, tweets, posts - yes, even this article, are archived in places like the vast National Security Agency facility in Utah, where they are filtered for key words and phrases which may indicate "evil" intent.

Suffice it to say that trillions have been spent on keeping us at each other's throats for the gain of the few who make and sell the weapons of societal destruction. For decades it has been obvious that a re-purposed global military budget can educate, feed and provide healthcare for every person on our beautiful planet, in an unpolluted environment, and still have a surplus.

How much longer will we allow the Military-Industrial Complex to set the agenda?



## Public Meeting Concerning Stray Cats in the Lachute Community

To overcome the problem of the proliferation of cats on its territory, as well as the nuisance they can cause, the City of Lachute would like to establish a Capture-Sterilization-Release/

Maintenance (CSR) program to reduce the number of fertile stray cats living within the community of Lachute.

The implementation of this program requires citizen involvement and the creation of a non-profit organization (NPO). The City of Lachute is looking for people who want to get involved as directors and volunteers with the NPO.

Everyone is invited to attend a community meeting during which you will learn more about the project. Danielle Leger, founder of SOS Cats and trainer for CSR will be the invited guest speaker.

We hope to see you on Tuesday, November 18, at 7 pm in the council chamber of City Hall, 380, rue Principale. For more information call 450 562-3781, ext. 222.



## The Story Behind My Laurentian Roots

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Last month I began the story of how I came to live in the Laurentians and it continues below. I encourage you to tell me how you came to be here. Send your story by email. Keep it as short as you can and I promise to read any that are a reasonable length. We will choose one of your stories from time to time and work with you as we prepare it for publication in this column.

My family lore describes my grandfather's harsh-sounding decision to refuse to cancel a deal to buy a country house on Lac Raymond in 1920 when the seller begged to keep the property. Ten years earlier, my grandfather had negotiated the acquisition of the famous Hollinger gold strike for his uncles only to discover that at the last minute their banker got cold feet and withdrew his support. Fortunately, his uncles managed to find another banker and save the deal. Still in his early twenties, my grandfather, Alphonse Paré, became a rich man. His uncles were the brothers of his mother and his aunts, their wives, were the sisters of his father, so he was as close as a sibling to his cousins and they were all one big, happy - and wealthy - family. He found that living with his cousins in such a close circle was leading him in an impossible direction so he encouraged his uncles to send him off around the world to investigate other gold mining regions - and maybe come back with a wife!

In the meantime, my grandmother, Lucy Griffith, the oldest and a twin in a large family of girls, was growing up in deprivation in a remote mining camp in the Western Australian desert. Her father, the nephew of Irish aristocracy, had secretly married the 'wrong' woman, a dance hall girl, spurning the arranged marriage that his parents had desperately counted on to establish themselves in Melbourne society. Disowned by his parents and peers, he left his new wife and daughters and set out to establish his fortune in the Western Australian gold fields. His refinement and education allowed him to offer himself as a lawyer, settling disagreements in a tent camp of gold-panners and prospectors called Coolgardie. To get to Coolgardie, you had to wait for the monthly camel-train that carried water in from Southern Cross over the desert, and when my grandmother was six years old, she, her mother and sisters arrived in Coolgardie that way unannounced. The only other women present in the camp at the time sold personal services and it took some rapid adjusting for the camp residents to accommodate their first family. Conditions were harsh, with little water and poor nutrition, so for her 18th birthday, my grandmother received a set of wooden false teeth.

After the train arrived and their father's fortunes improved, they moved to nearby Kalgoorlie where life was a lot more conventional. It wasn't until she was in her early twenties, and the last of her family living at home, that she met Alphonse Paré. A successful mining engineer who was investigating the gold fields while staying at a boarding house in Kalgoorlie, he was a popular and eligible bachelor. As unlikely a meeting as one could imagine, this strange out-back society was also where Herbert Hoover, also a mining engineer and the future president of the United States, met his wife.

Lucy did not fancy such a popular person as Alphonse. All the girls fluttered around him, and the daughter of a wealthy American mining family declared that he was hers. Lucy's parents, having already moved away, finally sold their house and Lucy took up temporary residence in a boarding house, not aware that Alphonse was one of the other boarders. They began by eating together in the dining room and soon they were inseparable. When it came time for Alphonse to leave, they married and continued their lives together. Their family of nine children all cherished their home on Lac Raymond.

The property was the answer to my grandmother's need to be in the country and supported my grandfather's outdoors lifestyle. It was a find as important to them as the gold mine itself and it became even more important over time. When the seller had wanted to renege on his promise, my grandfather, a gentle, kind spirit, became furious. The seller was the bank manager who had withdrawn the financing of the gold mine. He was not going to renege a second time. "A deal is a deal!" Alphonse declared.

My grandparents were not born to be wealthy, indolent people. They both grew up in demanding rural circumstances and the moneyed life was a new experience. When the Crash came in 1929, my grandfather was in South America, in the Amazon jungle, and only learned about it sometime later from a yellowed newspaper. He had no debts, a challenging career and a healthy, happy family. They owned their city home and still had their cottage on the shore of Lac Raymond, but his great wealth had vanished like a mirage. He checked in with Lucy and upon learning that everything was alright at home, he returned to the bush for several more months.

Members of the family still live on the shore of the lake they discovered 94 years ago and every Labour Day weekend, their descendants, including me and mine, come back from all over to celebrate our Laurentian roots.

## Discover Arundel Challenge

The **Loisirs Arundel** organization capped off its "Discover Arundel Challenge" contest with a "Coffee & Cakes" reception on October 11 at the Legion hall in Arundel to celebrate the winners and participants.

The winners & prizes:

1st prize: **Lilias Carslaw** (handmade quilt donated by Pat Thomas)

2nd prize: **Ron & Doreen Cooke** (handmade glass keepsake box donated by Marsolais, Vitro Design)

3rd prize: **Gloria Staniforth** (Scandinavian Spa gift certificate)

4th prize: **Astrid Norquay** (Salon Argenteuil gift certificate, donated by Louise Bazinet).

Information about the **Loisirs Arundel** organization are available at the Loisirs Arundel Blog: <http://loisirsarundel.blogspot.ca/p/activities-events.html>.



# Obituaries

**CRESWELL, John Henry "Harry"**  
Peacefully at the CSSS d'Argenteuil, Lachute, QC on Thursday, October 23, 2014 at the age of eighty-four. Dear brother of Watson (Ginette). Also survived by his sisters-in-law, Pauline and Muriel, his brother-in-law, Murray Stewart, and his nieces and nephews. Pre-deceased by his brothers Horace and Allan, and his sisters, Eileen and Mildred. A memorial service was held on November 8, 2014 at St. Aidan's Church, Louisa, Qc. In lieu of flowers donations to the Quebec Cancer Society would be appreciated. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

**GUSTAFFSON, Elizabeth Evelyn Violet (nee: Hodge)**  
Peacefully at the CSSS d'Argenteuil, Lachute, Qc. surrounded by her family and friends on Tuesday, November 4, 2014 in her sixty-seventh year. Beloved wife of the late Peter Gustaffson. Dear mother of Daniel (Candace). Also survived by her brothers Ron and David and many loved ones. A memorial service will be held on Saturday, November 15, at 11 am in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.  
In lieu of flowers in memoriam donations may be made to The Argenteuil Hospital Foundation, 145 ave. de la Providence, Lachute, Qc. J8H 4C7 [www.csssargenteuil.qc.ca/fondation](http://www.csssargenteuil.qc.ca/fondation).

**HEAD, Ian**  
On November 3, 2014 in St. Jérôme, at the age of sixty-eight, Ian Head sadly passed away. Husband to Sylvie Bigonnesse-Caron. He leaves behind his



children Susan Desmond, Paul Head (Clare), his grandchildren Megan Rose, Michael, Kyle and Cloe, and his brother, George Head (Daphne), as well as many family members and friends.  
The family will receive condolences on Saturday November 15 at Trinity Anglican Church in Morin-Heights at 10 am, followed by a funeral service at 11 am and burial at the nearby Hillside Cemetery.

**KORVEMAKER, Tieman**  
At his residence in Morin Heights, QC, on Tuesday, October 21, 2014. Beloved husband of Evangeline Cormier. Dear father of Gillian Hartley and loving grandfather of Brydon and Zakary. Also survived by his brothers, Frank and John, and his sister, Johanne. A memorial service was held on Saturday, October 25, 2014 at the Morin Heights United Church. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

**NOBLE, Bertha Grace (nee: Pollock)**  
Peacefully at the CSSS de St. Jérôme on Saturday, October 11, 2014 at the age of seventy-six. Beloved wife of Ronald Noble. Dear mother of Darrell (Lucie), Wayne, Bruce (Kate) and Greg (Holly). Loving grandmother of Brittany, Kimberley, Brooke, Allison, Cody, Dustin, Hallie, Chloe and Thomas. Also survived by her sisters, Mary and Barbara, and her brother, Hugh. A funeral service was held on Wednesday, October 15 at the Lachute Baptist Church. If so desired, "in memoriam" donations may be made to the Canadian Cancer Society.

**In Memoriam**  
**Liliana Heid Ramos**  
August 4, 1975 - October 31, 2002  
Thought of daily and missed.



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- Learn how to take care of oneself to prevent the inevitable exhaustion that affects our physical and mental health;
- Answer to other needs...

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## Protecting Seniors

# Together Against Elder Abuse



Submitted by Christina Vincelli

A large forum on elder abuse organized by the FADOQ Laurentian, in partnership with the Laurentian Regional Elders Round Table, and the Agency for Health and Social Services of the Laurentians, will be held at Mont Gabriel, in Ste-Adèle, on November 25. The objective is to develop an inter-regional action plan for the prevention of elder abuse. All participants and volunteers who work with seniors are invited.

Elder abuse is of such concern, that the main agencies working with seniors have made it their priority. The Laurentian Regional Conference of Elected Officials (CRÉ) with their specific elders program, the Department of Families and Seniors, the Laurentian Regional Elders Round Table, the police's community services, and of course, the FADOQ Laurentian.

Marie Beaulieu, holder of a Canada Research Chair on elder abuse from Sherbrooke University, will open the forum with a lecture entitled, "All together fighting abuse." She will discuss the latest research in this area, and, in particular, an inter-sector working model against elder abuse.

Throughout the day, participants will attend workshops and presentations on various innovative and effective projects: abuse-movie, the Blainville police's prevention tool kit, response, individualized intervention plan for abuse cases, Elder Aware program, Elder Abuse Help Line, an intervention protocol and reference guide on abuse, managing abusive situations.

For this fight to succeed, it is essential we work together on all stages: prevention, detection, response and awareness. François Garon, trainer and winner of two awards for his outstanding performance in network coaching, will present in the afternoon. "My mission is to teach and inspire people to negotiate and collaborate in a climate of respect and trust."

Micheline Chalifour, president of Laurentian FADOQ, is concerned about the poor treatment of seniors. "We want to ensure that all Laurentian stakeholders are able to plan a common vision of effective measures for the prevention of elder abuse. We want to create a link between the various agencies for the benefit of seniors."

Cost: \$ 45 (including tax and dinner at Mont Gabriel). To register, or obtain information, call: 1 800 828-3344 ext 425 or 819 429-5858 ext 425. [renee@fadoqlaurentides.org](mailto:renee@fadoqlaurentides.org)

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## New Weight Restrictions For Dunany Bridge



Following an assessment of the weight capacity of the Pont Noir (on the way to Dunany) from Lachute, the Department of Transport has been obliged to impose new weight restrictions on the structure. Effective immediately the maximum load is 5 tons for every type of vehicle. The new load limits will protect some elements of the structure against premature degradation.

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# Main Street Money: Ladies' Investment and Financial Education

## The ABCs of ACBs for Investors

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

Knowing the adjusted cost base (ACB) of your non-registered investments, and how it's calculated, is part of good tax planning.

Canadian Tax Rules require an adjusted cost base (ACB) calculation of an investment's cost for tax purposes, to establish capital gains or losses on property you own, which includes your investments in non-registered accounts. Knowing the ABCs of ACBs can help you evaluate the tax consequences of your investment decisions.

When you invest in mutual funds, or segregated fund contracts, within a non-registered account, you receive capital gains or losses when all, or a portion, of the investment is sold. The capital gain or loss is the difference between your sale price and your ACB.

Investors often believe that their ACB is the amount paid for their investment. In simple terms, though, the ACB is the amount of the investment that has already been taxed. The price you pay for the investment, as well as any distributions and allocations you receive, can impact your ACB. Spousal transfers, special elections, superficial loss rules, and inherited or gifted assets, can also affect your ACB. It's difficult to get into the details of every provision in tax law that can impact your ACB, so we'll start with a closer look at three common ones.

### 1-Purchase price

You may buy the same investment, such as the same share class of a particular corporation, or units of a mutual fund, or a segregated fund contract, at different times.

Each time you buy more of the same investment (identical property) at a different price, an adjustment to the ACB of your total investment needs to be made, to come up with an average cost. The average cost is calculated as the total cost for all identical properties you purchased, divided by the total number of identical properties you own. The result is your new ACB per unit or share.

Let's look at how multiple purchases of the same investment affect your ACB. Let's assume you made two purchases of the same investment, each at a different price. The adjusted cost base (ACB) is calculated by dividing the total cost of your investments by the number of units owned.

Cost per	Total Units	Unit (\$)	cost (\$)
Purchase 1	800	10.00	8,000
Purchase 2	2,000	11.00	22,000
Total	2,800	10.71 (ACB)	30,000

If, later, you decide to sell a small portion, your ACB will be used to calculate your capital gain. Your capital gain is calculated by subtracting your ACB per unit from the proceeds per unit on the sale of your investment, multiplied by the number of units sold.

Proceeds	Total Units sold	per unit (\$)	proceeds (\$)
	100	15.00	1,500

Capital gain  $(\$15.00 - 10.71) \times 100 \text{ units} = \$429.00$

### 2-Year-end distributions and allocations

If you invest in mutual funds, it's common to receive distributions and a corresponding tax slip at year-end. If you reinvest the distribution, the amount must be added to your

ACB. For segregated fund contracts, a distribution is known as an allocation. Insurance companies that provide segregated fund contracts do ACB tracking for you, so no further calculations are needed.

### 3-Return of capital

Some investment products available today make distributions to investors that include a return of capital, which means part of the money you invested is returned to you. In addition, some investors get some return of capital through systematic withdrawal plans (SWPs). The portion that is a return of your own capital reduces your ACB. When you sell the investment, you'll have a larger capital gain or smaller capital loss to report because of the reduced ACB.

### Good tax planning

Keeping track of your ACB is part of good tax planning. Be sure to keep in mind that if it's possible to increase your cost for tax purposes by making adjustments to your ACB, you'll decrease a capital gain or increase a capital loss, which, in turn, reduces the amount of tax you'll pay in the long run.

Talk with a tax professional if you have questions about the ACB of any asset you own and to ensure your ACB is calculated properly.

If you would like advice or want to discuss, you can reach me at 514 788-4883 or my cell at 514 949-9058.

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

The Argenteuil Hospital Foundation recently held a recognition dinner in collaboration with the owners of Restaurant Le Faimfino, located in Brownsburg Chatam. Thanks to a delicious 8-course, gastronomic meal provided by owners, Jacinthe Joly and Jean-Pol, and the participation of several patrons, the evening was a huge success and raised \$12,000 to benefit the Foundation.

Jacinthe Joly, owner of Faimfino, Gil Ayers, president of the board of the AHF, Jean-Pol, chef and owner of the Faimfino

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## I'm Just Saying Beyond Good and Evil

Ron Golfman - Main Street

In the wake of the tragic and maniacal events, which occurred in Saint Jean sur Richelieu and Ottawa, it is hard to anticipate what might take place in the remaining days leading up to the publication of the November edition of this fine newspaper. I am not Nostradamus, nor do I have a crystal ball, but one thing is certain; those horrific images will not soon leave our collective psyche.

As a citizen of the world, I try to rationalize, make sense of the senseless, and remain aghast at the combination of technology and terror as a cocktail. It is quite easy to be critical, even hateful, as a reaction to these events. It is one thing to say that, given there are people who live in areas of the world, barely evolved from the stone age, who can embrace this fanaticism, it is another matter entirely to understand how so many, who have been brought up in the West, with all its offerings, can become such barbarians. They cannot just be lost souls.

If one is shielded from the world, and only taught that black is white, over and over, eventually, black will be white, in the mind, forever. We have seen blind faith and indoctrination before. Most recently, Hitler managed to corrupt a failing post-WW1 economy in Germany and convince its citizens into accepting the notion that "if you can blame someone else for your misery, your actions are justified." That thinking, in itself, is a crime against humanity.

Time and time again, in our world history, we have seen the effects when the division of church and state has been absent. Zealots seize the minds of the collective and the results are both dramatic and devastating, always resulting in a mass of victims. I recall, after the horrible downing of a commercial jet over Lockerbie, Scotland, by Libyan madmen, and then the tragedy of 9/11, thinking that there remains no safe haven, anywhere. As the world shrinks due to advances in technology, I wonder why we tend to use the media to sensationalize, rather than to educate and expose evil.

As a proud Canadian, I listen to others speak of our loss of innocence after the recent murders of two young soldiers. I cannot share these sentiments in good faith, when I remember the massacres at the University of Montreal and the Quebec Assembly, not so long ago, as examples. We lost our innocence a while ago, but still remained quintessentially Canadian. While outraged, and feeling personal hurt, for the recent horror, and I'm just saying, I also fear that these events may turn the "open arms" that we, Canadians, are famous for world wide, into clenched fists.

In closing, I give you these words my late father instilled in me, as food for thought; "Only look down upon other human beings, if your intention is to help them back to their feet, as we are better and stronger than the forces, which try to destroy us immorally."

## LRHS Student Plays in the Big Leagues It Started With a Rugby Practice at LRHS

Sarah Titgemeyer - Special to Main Street

In 2012, I flew from Frankfurt, Germany to Montreal. I was going to spend a year as an exchange student, and the school I was going to attend was LRHS.

After I arrived, and survived the first few days of being a total stranger, I slowly started to gain confidence. Students, as well as teachers, were very welcoming, and soon I made some really good friends. And just like good friends do, they started to invite me to all kinds of events. One day, some girls asked me, "Hey, wanna come and see a rugby game?" To be honest, I wasn't sure what to expect, because I had absolutely no clue about rugby. It is not well known in Germany, and there aren't many clubs, and almost no schools, that have rugby teams. I was quite sceptical in the beginning, but after I learned the rules, I became very impressed by this sport.

In February, the school rugby season started, and since I had promised to at least try it out once, I attended a practice session. I was immediately fascinated by the team spirit and the girls' positive attitudes. Practice was so much fun that I decided to join the team. After buying a pair of cleats, a mouth-guard and rugby shorts, I was ready for the first game of the season. I was incredibly thrilled! Till today, I still vividly remember my first tackle ever, which took place on the pitch at LRHS. Throughout the season, our team grew even closer and we won many of our games. I fell in love with the spirit and the sport.

I was very sad when the season ended. After graduating from LRHS, I had to leave Canada and go back home to Germany. Nevertheless, I would be taking this great experience with me. Those memories of my first tackle, my first try, my first team and my first award as Rookie of the Year 2013, will stay with me forever.

Back to Germany, I managed to find a women's team to join. I was delighted! I had learned to love the game so much that I couldn't imagine not playing rugby anymore. I was only going to play sevens though, firstly because of the size of my team, and secondly, because Germany promotes it more, since it became an Olympic discipline. Always aiming for improvement, I practiced a lot but often missed the practice at LRHS. Nothing beats practicing with about 25 girls my age!

One day, I received an email from the U18 coach of North Rhine- Westphalia, which is similar to a provincial coach. He asked me to try out for the team, which I did successfully. Among other tournaments, we went to Austria and played in an international tournament. It was a really great experience, but more was yet to come: I was asked to try out for the national U18 Seven's team. Working out and practicing paid off, and I was chosen to play for Germany during the European Championship in September 2014!

So, it all began with one rugby practice at LRHS, and that led me to representing Germany at an international tournament. I want to say a huge thank you to everybody in Canada who supported me, and to send a special thank you to my coaches and the team at LRHS. You made it possible for me to dream big and to turn my dream into reality!



## Making It Work In The Laurentians Entrepreneurship

Jaime-Lynn Robinson - Special to Main Street



Have you ever thought about starting your own business? As a sideline, or a full-time endeavour, the life of an entrepreneur is not for everyone - but it could be the right choice for you. I sat down with Elizabeth Araujo, a local eCommerce entrepreneur and YES business coach, who shared her perspective on making your business work in the Laurentians.

Entrepreneurship takes many forms, from starting a home business online, to opening a store, franchising, or purchasing an existing business. It might be your second career, or additional income for your retirement, or your first venture. Elizabeth emphasises that following your passion is essential to maintaining the drive that you'll need to get your business going. Knowing a bit about the market is a must as well, so do your research!

What are some of the key trends that Elizabeth has noticed living in the Laurentians? "I see more baby boomers relocating to the villages to be closer to services," so services in the villages could be a growth opportunity. Tourism, and specifically sports (or, for the more adventurous, extreme sports) are also growth industries.

If you are looking to reach beyond the Laurentians, an eCommerce business could be a good option, especially if you are considering a home-based business to augment your income. Infrastructure for telecommunications in the area has greatly improved, which makes running an online business possible. "That was an important criterion for us, since we can't afford spotty connections," Elizabeth noted. Being an eCommerce entrepreneur also allows for flexibility and, for Elizabeth, this meant having a healthier work-life balance, and broadening her employment options at the same time. "I was able to return to working in the non-profit sector because of the income stream from my business."

Her own success as an entrepreneur, enables her to share her invaluable experience and knowledge with budding entrepreneurs of all ages, as a business coach at YES. Prior to starting her own business, Elizabeth consulted a business coach herself, who helped her to put together a business plan and get comfortable with unfamiliar terrain - like certain financial statements. Learning business fundamentals up front will not only keep profits up, but also help keep your stress level down. That's where a business coach comes in; the coach will help you identify and fill in skill gaps, while keeping the big picture in mind.

While entrepreneurship appeals to the individualist and self-starter, remember, "it takes a village" to build a business. Having advisors is essential for getting the perspective, advice and support that you need to make the right decisions. You don't need to go it alone.

Have you ever considered starting a business? Why or why not?

Share your experience with us. Join us on Facebook, or contact us with questions or comments, at [info@yesmontreal.ca](mailto:info@yesmontreal.ca) - or by phone, 514 878-9788 / 1 888 614-9788 and visit us at [www.yesmontreal.ca](http://www.yesmontreal.ca)

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# Viking Canoe & Kayak Club

The 2014 racing season for the Viking Canoe & Kayak Club was filled with many firsts. In August, two athletes from the Club, Elizabeth Labonté and Madison LeGallee, and former Viking Club member, Marine Thuin, represented the Laurentian region at the Jeux de Quebec. The girls placed in the top eight in all five of their races, with an outstanding fourth place for Elizabeth and Marine in the K2 1000m, fifth place for Elizabeth in K1 200m, and sixth place for Madison in the K1 1000m.

The Viking Canoe & Kayak Club started as a "club for Masters" thirteen years ago, but is now developing some promising young athletes. Head coach, Karen Lukanovich is impressed by the Atom and Peewee groups, which this summer competed in 3 local regattas; Lachine, Cartierville, and Cascades. Three top spots were won, including a gold medal for Tye Whitehouse (Peewee K1), Jeremy Gagnon (Peewee K2) and Kelly Beverly (Peewee C4).

They also competed at the Quebec Provincials (U15) in Lac Beauport, and for the first time in Club history two medals were won at the Provincials. Charlotte Brais (Girls Atom K1) won a gold medal, and Tye Whitehouse (Boys Atom K1) won bronze. Going into the finals, he had the fastest time out of 44 racers.

This year, under coach Vincent Gagnon, the canoeists emerged. Emma Cartier-Watchorn, Gabrielle Brais, Megan Beverly and Juliette Charbonneau-Morin started perfecting their technique and showed great results in competition by finishing 12th in both the C2 and C4 races at Lac Beauport Provincials. It's the first time the Club has had youth competitors in C1, C2 and C4 canoe races.

This was the inauguration year for the Quebec Masters Championships, which was spearheaded by Lou Lukanovich, and organized by the Viking Club. It was held on the same day, at the same venue, as the Quebec Provincial 16+ Championships in Shawinigan, at the beginning of August, and 6 Quebec clubs competed. The Quebec Masters Championship was held with the same age and gender classes that are used at the Canadian Masters Championships. Viking was well represented and won the regatta with over 600 points.

Under the direction of Brian Norris, who has coached the canoe team since 2010, our club was particularly strong in the women's canoe races. Since 2003, Viking has won six "Can-Mas" regattas and is now established as one of the best clubs in Canada. This year, only five competitors represented our Club at the CanMas Championships, which were held in Regina, Sk. This small team tied for 6th place out of 28 teams. Edward Clark, part-time resident of Montfort, won the annual award for the Male Canoe Master athlete.

The season finished with the Club's Annual Autumn Classic Long Distance Regatta, held



at the Club site in Wentworth-North (Montfort) on September 13. There were 115 athletes from 5 different clubs in attendance. The Viking Club had 7 youth paddlers that raced the distance of 2km for the first time and won multiple medals. The Masters also performed well, winning multiple medals despite the cold and wet weather. This was a well-supported event by the Municipality of Wentworth-North with Mayor, Mr. Andre Genest, and counselor, Mr. Andre Soucy, in attendance for the medal awards for the youth racers. The Lake Association of Lac Francois Xavier was also very supportive. The Mayor of Morin Heights, Tim Watchorn, also attended, as the proud father of one of the youth paddlers and gave a helping hand wherever needed.

Our Club is small, but growing quickly. Funding and outside support are necessary to continue developing young athletes and to support the coaching team. Viking Canoe & Kayak Club is looking for corporate sponsors. Please contact info@canoekayakviking.ca for more information - new members are always welcome. This is the only canoe and kayak club in the Laurentians, and we need your support!

## David Suzuki's Blue Dot Tour comes to the Laurentians

On October 13, residents of Sainte-Lucie-des-Laurentides, and their supporters in the campaign to save Mont Kaaikop from being clear-cut, had an extra reason to celebrate Thanksgiving.

Dr. David Suzuki, the world-renowned environmentalist, brought his Blue Dot Tour to present the Coalition to Preserve Mont Kaaikop with the prize in the David Suzuki Charm contest for the best community-based environmental action in the province of Quebec.



Agence Maëva | Sophie Harvey

Before a crowd estimated at 500 people, Dr. Suzuki was greeted by everyone singing a song composed for the occasion by Annie Dufort. There were speeches from the spokesman for the Coalition, Claude-Alexandre Carpentier, Mayor Serge Chénier of Sainte-Lucie, and Chief Gina Deer of Kahnawake, who described how pleased the Mohawk community was to have been approached right at the beginning, to work together to build the Coalition.

Dr. Suzuki spoke about the need to respect and protect the natural world and the lessons that can be learned from Canada's Native Peoples. He presented the award cheque, sponsored by the Caisse Populaire, and then announced that he and his wife would match it personally. He is a powerful speaker, with a message that everyone should listen to, and the audience greatly appreciated his sharing of his experience and wisdom. The event drew out several local politicians, including mayors Serge Chenier (Sainte-Lucie) and Kenneth Hague (Ivry) and numerous town councillors, as well as the new Federal Liberal candidate, David Graham.



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## Healthy Channels Preventing and Fighting Winter Colds

Christopher Garbrecht, Ac. – Main Street

Ah yes, winter is quickly approaching. The air is getting cooler, the snow will soon be falling, and, unfortunately, colds and infections will become more common. Luckily, there are many ways to help protect ourselves from these viruses and bacteria.

The virus for colds, the flu, and sinusitis, is transmitted from person to person. This occurs through the air that we breathe, or by touch. When someone with a cold coughs or sneezes, the air can become full of very fine droplets carrying this virus. When another person breathes in this air, the virus can quickly infect that person, as it penetrates into the body and attaches itself to the respiratory cells. It then re-programs these cells and multiplies.

The best medicine is prevention. A few simple hygiene rules can help to keep these infections away. Eating well, exercising regularly, keeping your immune system strong and washing your hands regularly, are the pillars of prevention during the winter months.

Acupuncture is very effective in building and maintaining a strong immune system. If the immune system is strong, one's own body will easily take care of any virus or bacteria that tries to invade the organism. For the best effects, a couple of acupuncture appointments in November and early December are suggested. This way, the body has time to adapt and strengthen before the usual cold and flu season begins. People who regularly catch a few colds or sinus infections during the winter are the best candidates for this approach, but anyone who is looking to prevent infections, rather than deal with them as they arise, can also benefit.

Another interesting way to help prevent infections is the use of aromatherapy. First, it is important to choose essential oils that are antiviral, antibacterial and have expectorant and mucolytic agents. Expectorant and mucolytic agents promote the drainage of mucus from the lungs. A few essential oils to consider are clove, eucalyptus, lavender, peppermint and pine Sylvester oils. The essential oils can be diffused in the air with a diffuser, which also helps to purify the air. The oils can be added to a vegetable oil and rubbed directly onto the skin. It is important to use oils of good quality, preferably with an organic certification, and consult with a professional, knowledgeable in essential oils, before using them.

From personal experience, I would highly recommend organic oregano oil. This oil is ingested by diluting a few drops in water. I had the start of an itchy throat in September (after my daughter's return to school), and was able successfully to stop the symptoms from worsening, thanks to an acupuncture treatment and oregano oil.

Consulting with a doctor or other health-care professional is very important as well, as they can help to evaluate the gravity and evolution of the illness.

If you have any questions about acupuncture or would like to schedule an appointment in Val- David or St. Jovite, you can call me at: 819 219-0048. Be well!



## Fresh fish every two days!?!



Order what you want in advance, fresh whole fish and shellfish\*. Always fresh salmon on Tuesday and on Thursday, organic salmon, white fish, fresh scallops, shrimps, calamaris, and oysters. Don't miss our "salad dresser," the hot smoked salmon with maple syrup on Saturday. Ask us about our Finnan Haddie! (Cold-smoked Haddock)

\* Call Wednesday for the week-end



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## Fit Tip #92 Up the Ante!

Lisa McLellan - Main Street

Did you know that our brains shrink over time?

The good news? Brains grow. Multi-sensory stimulation, novelty, enriched environments and brainteasers promote neural plasticity by challenging the brain to work in new ways. Exercise seems to have the biggest impact on maintaining brain health. If Sudoku is the shovel, exercise is the bulldozer. The hippocampus in particular, the part of the brain responsible for memory, grows most significantly from the challenge of exercise. So, if you want to hang onto your marbles ... EXERCISE!

Exercise halts brain damage. It regenerates and stems cognitive decline. Exercise stimulates all aspects of cognition; improved reasoning, spatial functioning, processing speed, learning of balance, as well as several kinds of memory and decision-making. It helps to eliminate stress, as well as renovate the part of the brain that manages stress. Exercise makes us relaxed and happy in a deep and lasting way. Exercise bolsters the parts of us that normal aging erodes and adds life to our years! So, here it is from Bruce Grierson's, What makes Olga Run?

### Aerobic exercise:

1. Boosts our central command functions (think critically & deal with ambiguity)
2. Re-insulates the axons of the brain cells, boosting processing speed & making connections more reliable.
3. Cognitive multiplier effect – sparks production of neurotransmitters and creates more receptors for them in key areas of the brain.
4. Turns on genes, which keep that positive cycle spinning

### Resistance training:

1. Produces brain building proteins (neurotrophins), which signal the brain to survive and reproduce
2. Improves executive control – scheduling, planning & dealing with ambiguity
3. Pumps the heart, and enables one to perform more skilful, more complex movements = superpower boost
4. Combines spatial orientation + variety + explosive heart pump in short blasts = best results

### Sweat equity - intensity and rigour count:

1. Hippocampus grows quantitatively in relation to intensity
2. Intensity concentrates the physiological benefits of exercise
3. Level of effort is what promotes astounding recovery
4. 10 minutes of high intensity is more beneficial than 120 minutes of light exercise
5. Intensity is in relation to an individual's activity level and ability - try for 80% of your maximum heart rate for short bursts, alternate between intensity and rest (recuperation).
6. There is an intensity threshold where exercise becomes really beneficial - you need to sweat to provoke an adaptation response. Harder is better up to a point. There is a limit. Over-exercising can damage the heart.

Exercise buys us a chance at a long life, by lowering the risk of a variety of ailments, including heart disease. It reverses the effects of genetic susceptibilities (ie. switches off genes which pre-dispose us to obesity) and promotes the growth of stem cells in muscles. Younger every step of the way! When you add exercise to anything, you get the "synergy effect." Exercise makes every good habit more potent. You can introduce exercise at any point, right up into very old age and reverse decline!

So, Up the Ante on your exercise regime. That is this month's challenge. Go for it!



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# Garden Talk Taking Care of Garden Tools

June Angus - Main Street

While the preoccupation these days may be prepping snow tires, shovels, snow blowers, generators and de-icing salt or sand, the fall season is also the best time to properly maintain and store your growing-season garden tools. So, before hanging up your leaf rake or spade for the season, here are some things you can do now to save yourself potential trouble next spring.

To winterize devices with gasoline engines, including lawn mowers and leaf blowers, run them until they are empty, or fill the tank with gas and add fuel stabilizer. If the machine needs some professional maintenance, take it to the shop now and beat the spring rush.

Drain your garden hoses and sprinklers and store them indoors, away from the elements. Water will expand when it freezes, and can crack a hose or any enclosed portion of a sprinkler that's not properly drained and left outside to freeze. Remember to turn off the valves to your outdoor water faucets and drain those lines too. Frozen pipes in January are not fun.

Clean all metal tools, by removing rust and oiling blades. Before stowing away cultivators, shovels and rakes, remove all dirt and debris. Scrape off dirt with a putty knife, remove rust and mud with a wire brush. This is extremely important; there are oxidizers in soils that can corrode metal. In an ideal world, you would clean your tools after each use, but if you are like me, that almost never happens. So, at the very least, make certain they are clean before retiring them for the winter.

Clean and preserve all the wooden handles on your various tools. Any soil clinging to the wood can dry it out, leaving splinters and making the wood susceptible to cracking. Wash the wood with water, followed by a light rubbing of medium to fine sand paper. Finally, apply a liberal application of linseed oil.

Sharpen the edges of spades, shovels, axes, hoes and digging forks. A proper cutting edge on a spade can cut through thick roots in one step, while a blunt tool can be just downright frustrating, if not dangerous. Whether using a file, whetstone or electric grinder, always remember to give the unsharpened side a quick pass too, to remove any residual metal filings that may develop during sharpening.

Sharpen and lubricate cutting tools. Loppers and pruning shears need to have their blades sharpened and pivot points oiled. Try to make all sharpening strokes in one continuous motion; this will ensure that a uniform bevel is established. Apply a drop or two of oil to the pivot points, to ensure good motion and to reduce sticking. Dull blades and sticky pivots not only do a bad job, but they are also hard on your hands when doing the work.

All tools should be stored over the winter in a dry place, such as a garage, shed or basement.

An ounce or two of preventive care now will mean your tools are ready to go to work when you need them next spring. Happy cleaning and sharpening!

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