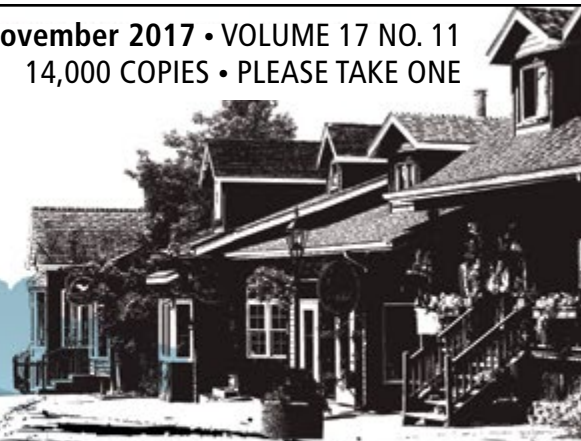


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What's On My Mind...

November is an active month for the community

Susan MacDonald, Editor

Often considered a blah month, November is buzzing with a multitude of upcoming activities as everyone starts thinking of the holidays. More than at any other time of the year, this is when "community" shines and personal participation is most important.



The holiday season places an additional burden on us all but, most particularly, on lower-income families, who struggle financially on a daily basis. Over the next month, food drives, street collections, and fundraisers, will peak as community members donate their time to help ensure everyone enjoys holiday meals and have gifts under the trees for their little ones. This is the time of the year to open our hearts, and give generously to help others, in the true spirit of Christmas.

November also brings opportunities to pick up unique, handmade holiday gifts at the many craft fairs, bazaars and church sales. Talent abounds in our region and these opportunities enable our gift choices to be personalized easily, in addition to being sources for gifts for those hard-to-shop-for people on your lists. Please check the community page for upcoming dates and locations.

Shopping locally is a perfect way to support our local businesses, and most retail stores have many holiday gift items on special. Shopping near home also eliminates the dreaded prospect of visiting the major malls, fighting the crowds and finding parking spaces.

Many of our local restaurants offer perfect venues for hosting family get-togethers and office parties, so if you don't have the time or energy to entertain at home, be sure to check out what they have to offer, and book early. There are also several catering services available, and some of the smaller, unique enterprises, such as La Croute et le Fromage, in Lachute, are hidden jewels, offering a range of high-quality choices at reasonable prices. Be sure to drop by and check out their catering and take-out menus.

November 5 was voting day for our local municipalities, and I sincerely hope you all participated at the polls. Regardless of your personal opinions on the results, we now have councils, elected by the majority of voters. Over the next four years, they will manage our municipalities to the extent of their abilities. They will succeed only if they have your support.

Remembrance Day - the 11th hour of the 11th day of the 11th month. This is a day to remember, reflect upon, and humbly show our respect, for those who fought and gave their lives, to give us the freedom we enjoy today. No greater respect is deserved and no further words should be needed...

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Observations On the outside, looking In

David MacFairlane - MainStreet

Last month, I suggested that political correctness was the poisoned chalice of Western society, causing governments to behave in ways that defy our

natural instincts and which are designed to appease threats to our way of life, rather than confront them. On the international scene, Canada is being bullied by the American administration and has meekly joined in on sanctions against Russia, which, to me, is very foolish indeed, because we have not recognised where the real political and economic power is concentrated. Now, I do like Justin, our Prime Minister, but really, is there any other choice for a national political leader? Would you rather have Jagmeet, the flamboyant wannabe, with no agenda, or Scheer, the insipid, ultra-conservative, anti-gay, anti-abortion nonentity, who is simply a clone of past PM Harper? I didn't think so! So, Justin is almost guaranteed a second term as PM, but his job will be fraught with the many dangers associated with making bad choices and affiliations. We can only hope that, with time, he will realise that the winds of change are blowing from the East, where all the economic and political strength is accumulating, and that the West is dying but, like a headless chicken, doesn't know its time has ended.

Unfortunately, America, led by Trump, is heading down a highway to hell, and I am sorry to have to say this, because I still think he is that country's last, best hope for avoiding the ignominy of political irrelevance. However, his opposition, the "Deep State," is accustomed to running the show, and, therefore, Trump is being opposed at every turn, fiercely and violently. His survival will be crucial to changing the course of American politics, and if he prevails, it is very likely he will have a 2nd term, because there are simply no politicians with any public appeal - at least not yet, anyway. However, the current prognosis is very bleak indeed, due to the political and economic crises now engulfing America.

If you are interested in knowing where the future lies, study the map below, which shows the direction the world is going and how the lives of our children and grandchildren will be changed.



The New Chinese Silk Road, referred to as "The One Belt, One Road", or OBOR, is a truly massive international infrastructure project that will link 65 countries and 4.4 billion people in an economic and trade union, binding together over 60% of the world's population into a peaceful, trading behemoth, with China at one end, Russia in the middle, and Europe and Africa at the other ends. In 2016, China signed 8158 contracts with 61 countries, worth \$150 billion. In 2016, China's trade with OBOR countries totalled \$953 billion. Over the next 10 years, China will spend over \$2 trillion on the OBOR infrastructure, and, incredibly, China will not require those funds to be repaid. Instead, over 80% of the money will be held as perpetual bonds with the recipient countries, requiring only the interest to be paid. The principal amounts will never be repaid.

Due to aggressive opposition by the Americans, and their need for supremacy in the world, China has decided to concentrate on land-based routes, leaving the Americans to strut around inconsequentially, with their make-believe idea of hegemony. With high-speed rail and air cargo links, and with peaceful, mutually-beneficial trade agreements, China and

Russia are at the heart of this initiative to unite the world through trade and mutual support. While sea traffic will also be involved to African destinations, the Americans are fully aware that both the Russians and Chinese have formidable armed forces and navies to counteract any aggressive behaviour by them. Within the next 5 years, when this project is over one-third complete, its impact will be felt globally.

Any suggestion that China will run out of money, or be unable to complete this project, would be wrong. The OBOR will happen, and will place China back at the head of the global economy, exactly where they were in the early 1800s, before the British and French intentionally destroyed the country, and its endogenous society, with the Opium Wars. Until then, China was the world's only super power and the world's largest economy. This 21st century initiative will restore China's place in the world order, and Russia will be the

guarantor of China's safety. Together, they will be the world's most powerful guardians, without seeking hegemony or control of specific regions. Trade will unite this world, not war and subjugation, as is the American way of operating globally. (ZeroHedge/Daily Coin)

Unless the Americans experience a profound "come to Jesus" moment, and realise that they are outside, looking in at something formidable in the making, and from which they are excluded, by their arrogance and unmitigated stupidity, the West will subside into insignificance, while the East will dominate civilisation for generations to come.

Please, Justin, skate to where the puck is going, and don't simply follow Uncle Sam around, like a little puppy. Canada needs a leader with chutzpah, vision and the courage to forge new alliances and chart a new course.

**"In waking a tiger, use a long stick."
- Mao Zedong, 1893-1976 - Founding Father of The Peoples Republic of China.**

Map shows the intended new Chinese Silk Road

Legend: Brown lines - Land routes / Dotted blue lines: current sea routes



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Simply Words on Paper Who will remember them?

Jim Warbanks - Main Street

I can recall attending Remembrance Day ceremonies with family members since early childhood. My uncle Wilfrid was killed fighting in Holland during World War II. There is a picture of me as a baby sitting in one of his Army boots. Many years ago, we visited the immaculately maintained cemetery near Arnhem and on a later visit toured a cemetery in Italy led by an elderly guide who had been a starving child at the time of the Allied invasion.

I have not missed a single Remembrance Day ceremony at the local Cenotaph since moving to Lachute four decades ago. I have often also been present at the Brownsburg ceremony. During my brief stint in the Royal Canadian Air Force, I became acquainted with many who had served our country and who shared their experiences.

Boer War

With the inevitable passing of World War II veterans, and those of subsequent conflicts across the globe, how will their sacrifices be remembered? While I attended McGill University, I frequently passed a peeling old wooden door along one of the streets (possibly Mountain) bearing a Boer War Veterans Association sign. About 175 Canadians served in South Africa (1899-1902). I fully intended to visit that office some day, but other priorities always intervened. Then, one day I noticed that the door and the sign had both disappeared. I'm sorry to have missed that opportunity. Who remembers them now?

At the local Remembrance Day ceremony, those in attendance who have served in the Canadian Forces during various conflicts is declining. With advancing age, they are more fragile. There is always the gratifying presence of some Canadian Forces members, and of Cadets, Scouts and Guides who attend with their adult leaders, but the interest and commitment expressed by the general public is underwhelming, to say the least. A couple of years ago, I overheard an SQ officer, who was controlling traffic, admit that he had no idea what the fuss was all about. Passers-by have also, on more than one occasion, queried the purpose of this "parade." They are not among those who "will remember them."

Poppy

Of course, we do have most politicians, media personalities and sports officials wearing a poppy prominently, even beginning prior to Halloween, but too frequently, it appears to be a less than well-informed case of "me-too-ism." Then, who will remember them?

If you do not, or can not, attend the Remembrance Day ceremony you, as parents, relatives, friends or neighbors, can help introduce elementary and high school youngsters in your entourage to excellent Veterans Week Learning Resources from www.canada.com/rememberthem. These bilingual kits are age-appropriate, and contain suitable messages for their intended audience.

Passchendaele

The primary item, which could be circulated to family members and friends is a postcard with a graphic reminder of destruction and desolation titled PASSCHENDAELE 1917-2017. In addition to adding a personal message, the sender

can choose to tick one or more of the suggested actions: "I will" thank a veteran, visit a Cenotaph, wear a poppy, attend a ceremony, observe a moment of silence or even remember on Facebook.

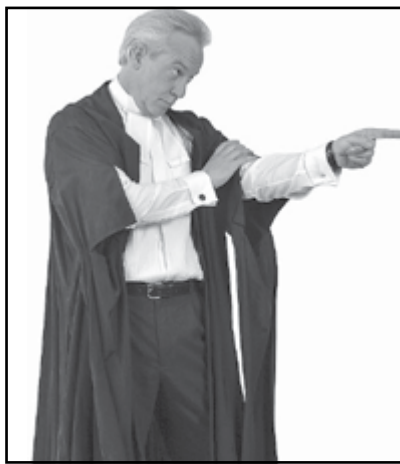
The colorful Take Time to Remember booklet, intended for the younger students, includes a maze with a reference to Vimy Ridge, featuring a teddy bear given to her father by a 10-year-old, a drawing to color with suggested activities, including writing "a postcard for peace." The message that Remembrance Day is on the 11th hour, on the 11th day of the 11th month, is reinforced using a clock and calendars. Also included is a Word Search game and cut-out cards featuring familiar animals that played a role in wartime.

Tales of Animals in War is the focus of the newspaper format presentation for older children. Dogs, horses, teddy bears, messenger pigeons, even elephants all play a role. Newspaper game activities, including "true or false" statements ensure that the intended messages in the material have been learned.

Larry Vaincourt

For adults, I would suggest visiting former award-winning Main Street contributor Larry Vaincourt's website, www.vaincourt.homestead.com/ which features his internationally-acclaimed poem, Just a Common Soldier (A Soldier Died Today).

If we, young and older, all do our part, we will be able to stand proudly in spirit with our veterans when they proclaim: "They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them."



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In Flanders Fields

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

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

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



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About Sainte-Adèle

Chris Lance - Main Street

The Sports Complex controversy continues over the location for the building and land ownership. It will be built beside the high school in Sainte-Adèle. The Minister responsible for the Laurentians, Christine St-Pierre, emphasises that the students must be at the center of the sports complex, not the political egos of some local, elected officials, and it is time to start construction as

soon as possible in order to reach a completion date of March 2021. Six of the 10 mayors in the MRC: St-Sauveur, Ste-Adèle, Ésterel, Wentworth-North, Morin Heights and St-Adolfe-d'Howard want to end the controversy and get on with the project in the best interests of the students (over 1000 in Sainte-Adèle alone) and the local population in the MRC.

Plein-Air-Sainte-Adèle has announced additional snowshoe trails at Chantecler, and over in Deauville, where volunteers have re-designed 3 trails available for fat bikes and snowshoeing: la Colvert, la Heron Bleu and la Topnot. You can go to the website pleinairsteadele.com and check out the length of each trail, the new configurations and the accessibility for parking.

La Fondation de l'athlète d'excellence du Quebec has awarded acrobatic skier, Valerie Gilbert of Sainte-Adèle, an award of \$4000 for academics and sports. This local skier now studies at the Cegep de St-Jérôme. She finished ranked 4th on the North American circuit, and placed 5th as the Canadian championship senior 2017. Wishing her continued success in 2018.

If you are planning to burn leaves, you will need a permit. It's free and valid until December 31. You can download the form at ville.sainte-adele.qc.ca/upload/documents/permis-de-brulage-2017.pdf. Fax it to 450-229-8085, email to ssi@ville.sainte-adele.qc.ca or take the form to our fire station on 100 rue des Cantonniers. Opening hours: Monday to Thursday from 8 am to noon and 1 pm to 4:15 pm; Friday 8 am to noon.

It is time to install the "tempo" abris automobile. You can put them up from October 15 until May 1, 2018.

We had such a nice summer during September and October. Tennis and golf clubs enjoyed better participation during the fall than through the rainy, tourist summer season. We are lucky to have had the great weather surrounded by the turning of the leaves. Cool nights and warm days, our fall seasons are what living up here in the boondocks is all about - great sports, great views, long walks, barbeques and good times. The tennis club in Sainte-Adèle is closed, but Inter-Club indoor season is an ongoing possibility before you head off to play down south.

Enjoy yourselves and hope the CSN (syndicated workers of Sainte-Adèle) get a contract before the snow hits the streets.



Village of Weir Newswire

Claudette Smith-Pilon

BLAH NOVEMBER DAYS

Hoping everyone is happy with the results of the municipal elections. If all stand for integrity, honesty, kept promises, hard work, respect of the laws, and, last but not least, remember they are working for the

tax-payers then everyone will be happy.

NEWS FROM CITY HALL

Upcoming community luncheons will be on **November 24 and December 15 (Christmas dinner)**. We would appreciate if you reserve no later than November 10. Please call Jolaine Craig at 819 687-9508 and specify name and how many will attend.

Fridays: 7 pm - Dance night at the community hall in Weir Monday afternoons: Painting sessions - enjoyable time with up-coming artists

November 10: Appreciation evening for volunteers who gave their time to the municipality over the past year.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Fall is upon us and our diligent ladies are hard at work. If you would like to see what we do, you are more than welcome to attend one of our work sessions. You will realize what goes into the making of a quilt. Our next sessions will held on Fridays, Nov 10 & 24 and Friday, December 15 - with our Christmas Luncheon.

A closing anecdote: A Gentleman's Code
Being male is a matter of birth
Being a man is a matter of age
Being a gentleman is a matter of choice.

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



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

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

CONTEMPORARY FICTION

Burke, James Lee - The Jealous Kind

We have read other work from this prolific and polished mystery writer. Burke is a son of Texas who reels you in with an atmospheric, coming-of-age tale set in mid-20th century Houston. Young Holland can't keep his mouth shut at the most inopportune times and soon finds himself facing far more violence than he bargained for, yet still manages to find a poignant first love.

HISTORICAL FICTION

Dunant, Sarah - In the Name of the Family

It is 1502, during the time of shifting fortunes and wars, between the powerful Italian city-states, and the Pope. The Borgia family has become the personification of utterly ruthless and towering ambition. Rodrigo has finally become Pope Alexander VI, and his son, Cesare, a brilliant general suffering the ravages of syphilis, is bringing more land and riches to the Papacy. Sister Lucrezia, already three times married by the age of twenty-two, is used as a pawn for forging alliances. Cesare Borgia is the inspiration for Niccolo Machiavelli's, *The Prince*.

CRIME FICTION

Indridason, Arnaldur - The Shadow District

This is the first title in a new series by the Icelandic crime writer. The story moves back and forth between the present, and Iceland during World War II, when British and American forces occupied that country. Konrad, a retired detective, discovers a link between a 90 year-old man found murdered, and the violent death, in 1944, of a young girl found strangled behind the National Theatre, a dangerous neighbourhood known as the "the shadow district."

Perry, Anne - Murder on the Serpentine

Commander of Special Branch, Thomas Pitt is given a royal summons to appear before Her Majesty Queen Victoria concerning the body of her confidante, Sir John Hallard, showing clear signs of a violent end. Aided by his wife, Charlotte, Pitt must discreetly investigate the murder of Hallard, as it would seem someone in the upper classes is guilty.

ROMANTIC SUSPENSE

Garwood, Julie - Wired

Beautiful and brilliant Allison Trent models on the side when she is not working on her college degree. Trent's real talent is computers, writing and hacking codes. Her dream is to write a new security program. Meanwhile, FBI agent Liam Scott approaches the lovely Allison to hack into the FBI system to find out who is leaking information. But Allison is not interested.

TEEN CONTEMPORARY

Palacio, R. J. - Wonder

August Pullman has spent a lifetime being treated to the horrified stares by strangers shocked at his congenital facial and cranial deformities. He has also undergone multiple surgeries in his young life. Part of the story is told by ten-year old August who is facing school for the first time as his parents home-schooled him until grade 5. But we also learn how Via, his older sister, and his friends are feeling. This is a good children's novel about kindness and courage in the face of rejection and bullying.

TEEN FANTASY

Riordan, Rick - The Trials of Apollo:

Book One: The Hidden Oracle

As a teacher and an author, Rick introduces youngsters to the ancient Greek and Roman mythological characters who people the imaginations of Western society. In this series, Apollo has been blamed for some pretty disastrous conflicts, and his father Zeus, has punished him by turning him into a mortal 16-year-old boy in New York City.

Arundel News

Janet Thomas

Introducing Studio Nash

Do you dream of developing your artistic talent? Joanna Nash, career professional artist and experienced art teacher, has set up her house to share her expertise with artists of every level. Studio Nash is a large, well-equipped studio, with a good library and examples of art. In a relaxed, non-competitive atmosphere, students are guided through serious instruction at their individual pace, in English or French. Courses available for all levels. For information please contact Joanna at 819-687-1335 / joannanash@yahoo.ca / joannanash.com.

Sat, Nov 18
1:30 - 3 pm

Grace Church: Christmas Bazaar and Tea
Handicrafts, bake sale, mini raffle
Refreshments \$5

Sun, Nov. 26
2 pm

Win! Win! Loisirs Bingo at the Legion
10 games \$20; jackpot \$100.

Fridays
7 pm

Library Lecture Series
Arundel Municipal Office - free admission.
Meet-the-Speaker and refreshments following.

Nov 17

Julia Stuart: Travels in South Africa
Julia describes the people she met and sights she saw.
The highlight was volunteering at an elephant orphanage.

Nov 24

Sylvie Hebert: A Love Story with Loons
Since 2013, Sylvie has helped loons to nest. She will share her observations and describe their family life.

Dec. 1

Elizabeth Vezina: The Raging Grannies
The 'Grannies' is an activist organization working for social justice, global peace and protection of the environment. Elizabeth recounts her experiences, and answers what they are; why, and how they "rage."





A first bariatric surgery at the Saint-Jérôme Regional Hospital

The first bariatric surgery in the Laurentians took place on October 17, at the Saint-Jérôme Regional Hospital of the Laurentians Integrated Health and Social Services Center (CISSS). This type of surgery aims to reduce the size of the stomach, in order to offer a solution to obesity.

Surgeons, Dr. Yves Semerjian and Dr. Nicolas Gaudreault, performed this first intervention. By next spring, Dr. Semerjian's team plans to conduct about 20 such operations. Then, gradually, the numbers of this type of surgery will increase until reaching 200 operations annually.

Dr. Nicolas Gaudreault, former head of the General Surgery Department of the Saint-Jérôme Regional Hospital, was the instigator of this project. He and Dr. Semerjian worked with CISSS des Laurentides management to make this happen.

For CISSS Laurentides President and CEO, Jean-François Foisy, this is a significant step forward in providing services to the public. He said, "This first bariatric surgery demonstrates our desire to improve accessibility to specialized services in our region. I would like to congratulate Drs. Semerjian and Gaudreault and all the people who have been involved with this project."

TACL improves services

The Board of Directors of Transport adapté et collectif des Laurentides has maximized access to its premises, located at 16, rue St-Paul Est, Sainte-Agathe-des-Monts. People, with reduced mobility, now have the possibility to access it entirely independently. Concerned about accessibility, the team is happy to welcome all customers, who can now go to the office and the box office, regardless of his/her mobility situation. The installation of two automated doors was completed this summer. Mr. Robert Bergeron, Chairman of the Board of TACL, said, "this is an investment that is part of a constant desire to improve services."

Val-David, soon to celebrate 100th anniversary

The year 2021 will be marked by the festivities of the centenary of the Municipality of the Village of Val-David. A municipal working committee, initiated by the Val-David Historical and Heritage Society, is currently working to provide the public and visitors with a 100th anniversary, highlighting the important social, cultural and sporting history of Val-David.

The committee wishes to involve the community in the visual identity of the centenary of Val-David by launching a competition to create the official logo of the event. To participate, consult the contest rules and regulations on the website: valdavid.com/publications/patrimoine.

In synergy with the community, the committee wishes to set up a program of activities as permanent legacies to the future success of Val-David and its residents. To do this, the committee is particularly interested in partnerships with local businesses and organizations.

To Citizens, Organizations and Companies: To submit your ideas, contact Ms. Daphnée Cyr at culture@valdavid.com.

Yves St-Denis visits local business

As part of his tour of local businesses, Yves Saint-Denis, Member of Parliament for Argenteuil, recently paid a visit to Les Clôtures Oasis in Lachute. Well established in the region for 35 years, the company specializes in the field of ornamental products. The director of the company, Luc Bélisle, welcomed the guests and led the visit, during which everyone was able to see the expertise and professionalism of the team in place.

Financial assistance for community agriculture project

Yves Saint-Denis, Member of Parliament for Argenteuil, recently announced financial assistance to the MRC d'Argenteuil, following the announcement made by his colleague and Minister of Employment and Social Solidarity, François Blais, concerning the extension of the Quebec Social Initiatives Fund for a six-month period. The MRC d'Argenteuil will receive an additional \$23,750 in financial support, which will be used to continue its community farming project on Montée Robert, in Brownsburg-Chatham.

This mobilizing and unifying project was launched in 2015, and was implemented in order to improve the supply of fresh, locally-grown food to citizens in need, through food aid services. In the spring of 2013, the MRC d'Argenteuil was awarded \$95,000 in financial assistance by the Quebec government to start this project of great importance to the community. Since then, more than 50 tons of fresh vegetables have been grown and distributed in the nine municipalities of the MRC d'Argenteuil, in close collaboration with the Argenteuil Service Center, Québec en Forme Argenteuil, the Carrefour Jeunesse-Emploi de Argenteuil and other organizations in the community.

"I am pleased with the additional assistance allocated to the MRC d'Argenteuil for the continuation of this innovative and avant-garde project. I salute all the work done by the MRC team to improve the quality of life of citizens. Through this project, over 500 families benefit from fresh vegetables, cultivated here, in Argenteuil!" said Mr. St-Denis.

Congratulations to:

Young notaries **Jean-Philippe Boileau**, **Catherine St-Cyr** and **Timothée Vallée** who recently opened **VSB Notaires**, 835 rue de Saint-Jovite, Mont-Tremblant. Jean-Philippe's specialties: real estate development and co-ownership; Catherine's specialties: wills, mandates, power of attorney and real estate; Timothée's specialties: real estate and business law. Best of luck to you! 819 425-4217 / www.vsbnotaires.co.



Jean-Sébastien Gillet, new General Manager of **Lachute Ford**, 400 rue Béthany, Lachute. Jean-Sébastien has lots of experience and expertise to guide you to purchase the right vehicle. Whether it be a small car, sedan, convertible, SUV or other choice, you can rely on Jean-Sébastien to assist you. The Ford F-150 truck is the best-selling vehicle in Canada. 450 562-2454 / www.lachuteford.com.



Ritchie Philibert and **Marie-Claude Émard**, owners of **La Folia**, 3 ave. de la Gare, St. Sauveur who celebrate the store's 12th anniversary. La Folia features unique, colourful clothing, exotic and silver jewellery and other fun items. Wishing you many more successful years! 450 227-8252 / www.lafolia.ca / Facebook: La Folia.



Welcome to:

Amine Zemmour and family who opened **L'Oeufrier**, 275 rue Principale, St. Sauveur. Everything your heart desires for breakfast/brunch: homemade waffles or pancakes, bacon and eggs, fluffy omelettes... They have a large menu with an amazing selection. Best of luck! 450 227-3315 / www.loeufrier.ca.



Did you know that:

If you love **fresh honey**, you can purchase some from beekeeper **Steven Matthews**, 245 Rte. des Seigneurs, St. André d'Argenteuil? There is summer honey (mild), fall honey (stronger) and buckwheat honey (strong). You can also purchase honeycomb, bee's wax to make soap/candles, and bee pollen (nutritional supplement). 514 512-9135 / Facebook: Matthew's Honey.



St. Anne des Lacs church, 1 rue Fournel has a lovely new facelift and is now a community center? It's available for weddings, funeral services, events, meetings, etc. Rental for residents is \$400/day and non-residents, \$600/day. The 10th annual La Foire du Cadeau selling artisanal items will be on Saturday, November 18, 10 am to 5 pm and Sunday, November 19, 10 am to 4 pm. Info: 450 224-2675, ext. 262.



Le Chalet Bellevue, 27 Belleveue, Morin Heights is now officially open? It provides a wonderful venue for theatre presentations, classes, musical shows, artwork displays and more. They have 1 room for theatre, 2 conference rooms, 2 exercise rooms. Open to public. Purchase tickets for cross-country skiing, fat biking and snowshoeing. Prices for residents and non-residents. Catherine Bergeron, 450 226-3232, ext. 111, www.morinheights.com.



If you are looking for that odd piece of furniture, a decorative lamp, paintings and other bric-a-brac, visit Mitch Coté at his two shops Baz.Arts Antiques, 431 and 434 rue Principale (across from each other), St. Sauveur. Mitch is passionate about collectibles and memorabilia. He is ready to barter for items you have. Don't forget to bring your Baz.Arts \$ to save money! 450 712-3663.



If you would like to have your cat/dog groomed, call Helen Metsos 450 560-0706. She has a travelling caravan with required equipment inside to bathe or groom your pet. Small dogs \$40-\$45, large dogs \$65 - \$80. What a pleasure to have this service available at your home.



Laurentian Club Report

By Mary Mitchell

Linda Schwey presented "Canada at 150", her fascinating impressions of where we were 50 years ago, where we are now, and how we got here. Living in Denmark for 25 years, Linda returned to Canada with new vision. She used the analogy of gelatine powder, which was popular in the 1960s: Canada has been mixed and stirred, and is finally starting to gel.



Here is a sampling of her thoughts: We are not the U.S., not Europe, and not formed out of revolution. A dysfunctional family, born of two groups who never really got along, we shouldn't have succeeded as we did. We are a capitalist, Western-style democracy and the fourth happiest country in the world. People make fun of our brand; politeness. Our Constitution is not finalized, so how do we function? We are still arguing over the same files, but how much better to discuss and resist the temptation to rush, which are so helpful in international disputes. We are a "work in progress" and, although we are not perfect and still trying to right our past wrongs with native peoples, other countries are looking to us for inspiration.

Join us November 28, to hear Julie Cobb of Correctional Services Canada.

Say *yes* to Launching Your Business

1 Jump-Start Your Business and Financing Options
FREE | Wednesdays: 2:00 PM – 3:30 PM
 Get the information you need to launch your business.

2 Business Bootcamp: 4-Part Series
FREE | Begins November 30: 1:00 PM – 2:30 PM
 This four-week intensive training will motivate your entrepreneurial spirit and show you how to build a strong and resilient business based on a solid foundation.

3 Registering Your Business
FREE | December 8: 10:00 AM – 11:00 AM
 Our Legal Information Officer will provide the legal framework to show you how to register your business with the Quebec government.



PLUS, ACCESS ONE-ON-ONE BUSINESS COACHING ONLINE

4 Business Coaching Available Across Quebec
 Our professional coaches can provide private business coaching via phone or web camera to help you start, grow or expand your business.

AND ARTISTS, GET BUSINESS SKILLS FOR YOUR CREATIVE SOUL

5 How to Diversify Your Revenue with YouTube
\$20 | November 29: 6:30 PM – 8:30 PM
 Learn how you can diversify your revenue as a YouTube "influencer" to bring in additional income or even turn it into a full-time career.

For free* business support: www.yesmontreal.ca | 1-888-614-9788

*For a one-time \$20 entrepreneurship file activation fee, you will have access to specialized services including coaching, business bootcamp, legal and accounting clinics.

Program Funded by: **YES** is a not-for-profit organization

The Canadian Government to invest \$100,000 to protect the lakes of the Laurentians

David Graham, MP for Laurentides-Labelle confirms that the project to fight against Eurasian watermilfoil in the lakes of the Laurentians is to receive federal help. The Conseil régional de l'environnement des Laurentides (CRE Laurentides) has been retained within the Ecoaction Community Funding Program of the Department of the Environment and Climate Change Canada. This program, which has existed since 1995, offers financial support to non-profit community organizations that initiate projects whose effects on the environment are both positive and measurable. It supports projects focused on four specific themes: climate change, quality of air, quality of water, and natural environment.

The project by the CRE Laurentians, with a total value of nearly \$340,000, fits in the theme of quality of water and its goal is to limit the spread of exotic aquatic plant invasive species, and specifically against Eurasian watermilfoil, and to prevent their introduction in waterways in the region. The federal government expects to contribute \$100,000 over three years.

The project has two main objectives. The first is to carry out a public awareness campaign at more than 100 lakes, and to inform and guide the lake users of the importance of inspecting and cleaning their vessels and equipment. According to Mélissa Laniel, the project director, "new lakes are colonized by Eurasian Watermilfoil mainly due to the lack awareness by users that carry the plant, often without even knowing." The second objective is to train volunteer patrollers in these hundred lakes so that they are able to detect invasive species and report the presence of suspicious new plants. These patrol boats will also be able to educate users on the importance of adopting good practices to avoid the spread of invasive species from one lake to another.

November is Canada Career Month!

Over the next 30 days, Canadians will be challenged to discover "what's next?" for their careers and their lives as Canada Career Month activities take place from coast-to-coast. The Canadian Council for Career Development, its educational partners, and businesses large and small have put together an impressive program that will showcase careers of the future and necessary educational pathways that will help people grow and succeed in our rapidly changing labour force.

Experts in career development will be available for comment throughout the month, and a wide array of events will be taking place across regions. For more information on events near you visit our calendar of events at <http://careermonth.ca/events/>



Essential Oils Advantages for men



Susan Rich

Essential oils are not just for women. Men, too, can benefit greatly from these plant essences.

Most cosmetic products are loaded with toxic chemicals. Those smelly aftershaves and colognes are being absorbed directly into your body and wreak havoc on it. They affect the hormones, liver function, and are known carcinogens. So why not use essential oils to clean up your life? Any combination of essential oils can be used to eliminate the toxins from your life and leave you smelling wonderful.

With all the physical work you guys do, sore muscles are often an issue. Lemongrass is fantastic for reducing lactic acid build up (the reason you feel sore). Diluting some lemongrass, along with peppermint, and rubbing down the tender spots will soothe those tired muscles quickly.

Why not turn your grooming kits into all-natural, healthy alternatives, using just a few simple ingredients that can be found at most health food stores, or on-line?

Here are a couple of easy recipes.

Shaving cream

| | |
|---------------------|--------------------|
| 2/3 cup coconut oil | 10 drops lavender |
| 2/3 cup shea butter | 5 drops peppermint |
| 1/4 cup olive oil | 2 tsp baking soda |

- Melt the coconut oil and shea butter in a double boiler.
- Remove from heat and add olive oil.
- Place in fridge and let cool.
- When it has solidified take a hand mixer, add the baking soda and essential oils and whip until light and fluffy.
- Transfer to a glass jar, store in a cool, dry place.
- Use fingers or a shaving brush.

After shave

| | |
|---|--------------------|
| 4 oz Vodka | 3 drops tea tree |
| 2 tbsp Jamaican Rum | 3 drops eucalyptus |
| 2 oz fractionated coconut oil (liquid form) | 3 drops geranium |
| 5 drops lavender | 1 drop clove |

- Combine Vodka, rum and coconut oil in a sealed container and shake to combine.
- Add essential oils.
- Place in a cool, dark place for 4 days, allowing oils and alcohols to combine.
- Use a small amount after each shave.

Remember, if you're not keen on flowery scents, there are alternatives, such as the woody ones: Cedar wood, sandalwood, firs, birches etc... There is also petitgrain, which is termed as the men's lavender. Petitgrain has similar chemical constituents to lavender, with the same calming benefits. So play with the oils and find what works for you.

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

It's time to fill up those shoeboxes again!

Help us deliver gifts of "little luxuries" to local women in need



Last year, the Laurentians' Chapter of the Shoebox Project for Shelters had a modest goal of collecting and delivering 40 shoeboxes to four women's shelters. The Local Coordinators were incredibly moved by the response from community members, who helped fill, and ultimately deliver, 120 shoeboxes to five women's shelters in the region! This year, they would like to match those numbers.

From November 1 to December 1, the Local Shoebox Project will be collecting donations for their Shoebox gift drive, benefitting local women who are homeless or at risk.

The idea is simple: pack a shoebox full of gift items (approximate value \$50) that would help any woman feel special, drop it off before December 1, and The Shoebox Project will deliver it to a local women's shelter in time for the holidays.

Why it Matters:

For women who have been displaced from their homes and estranged from their families, the holidays can be a particularly challenging time. Often, women feel disconnected from society, invisible and alone. Reducing the feelings of isolation and loneliness faced by women living in shelters is one of the most important outcomes of The Shoebox Project. A Shoebox gift is a powerful reminder for a woman that she has not been forgotten and that she remains a valued and respected member of her community.

For those giving gifts, The Shoebox Project is an opportunity to give back to someone in your community. It's a small gesture of kindness that has an immediate and positive impact on the woman who receives it. The act of creating Shoeboxes tends to bring people together and works to give a human face to the broad issues of poverty and homelessness. When a person makes the effort to assemble a gift for a woman living in a shelter, it brings to mind the challenges she may be facing and the many obstacles to overcome.

CAN YOU HELP?

If you are interested in donating a filled Shoebox or participating in other ways, such as hosting a Shoebox-filling party amongst friends or colleagues, or coordinating a drop-off location in your town, please email the Local Coordinators, Katja Leccisi and Linda Biron at mont-tremblant@shooboxproject.com.

The Golden Years Loving them longer

Susan MacDonald



Did you know that our animal companions, on average, are considered seniors at the age of seven years old? Pets, like people are living longer and the new challenge is to help them live long, healthy, active lives. While many don't seem to show their ages, and still display plenty of youthful exuberance, this is the time when veterinarians start to see age-related problems. Clinical signs can be subtle, or chronic, depending on many factors, but the signs are there, and should be addressed before they escalate into serious health concerns. November is Geriatric Pet month – is it time to schedule an appointment for your companion?

Pets experience most of the same age-related symptoms as humans do. These include degenerative joint disease, dental issues, loss of hearing and sight, and progressive organ failure. Early detection is the key to addressing these issues, and will help to ensure your pet has the best possible chance of living out her/his golden years in comfort and good health. Your veterinarian will be happy to explain the ongoing changes of advancing age, and support you with advice on how best to deal with them. The best place to start is with a thorough check-up and routine blood test.

Dental disease is one of the most common ailments diagnosed by veterinarians. Signs include bad breath, lack of appetite and poor digestion. Untreated, this could lead to serious health issues including tooth loss, gum disease and systemic diseases such as kidney, and possibly even heart disease. Oral hygiene is so important to your pet's overall health, and is a good starting point towards preventing or aggravating other health issues.

Obesity is another common, yet serious health issue veterinarians see everyday. This is a nutritional disease, defined as an excess of body fat brought on by an imbalance between energy intake and its usage and which has a huge impact on other problems such as arthritis and heart disease. As pets age, their caloric requirements change. Generally speaking, older pets require fewer calories, but adequate amounts of protein, fat and fiber, although breed, size, and lifestyle also play important roles in determining individual nutritional requirements. It is easier to prevent weight problems than to solve them, so proper diet for your pet is another important issue to discuss with your veterinarian.

Dental and nutrition concerns are good starting points, but to get a clear picture of your pet's true health status, a simple blood sample is in order. Even if your pet is not exhibiting any physical symptoms, this will help to determine the status of what's going on internally, and flag any potential health issues. Following an early prevention program, rather than waiting to detect serious problems, is always the best solution in avoiding or lessening the effects of many preventable ailments. And, once again, early detection is the key to early intervention.

Having survived the challenges of the puppy and kitten growth stages, and enjoyed the prime, adult years, now, thanks to the advances in veterinary care and practices, we can look forward to sharing many golden years with our treasured animal companions.

Fashion Fundraiser a huge success



The Argenteuil Hospital Foundation (FHA) presented its Fall-Winter 2017 Fashion Show at Top Shot Resto Bar on Wednesday, November 1. Honorary President Johanne Dumouchel, and FHA Executive Director Marie-Josée Condrain hosted the evening.

Participating boutiques included JB Dixon, Christiane Raymond Dance and Arts Boutique, TriCycle Workshop, several designers from the Argenteuil region (Patsy, FrouFrou, Sublime Coco, BAM Jewelry, Mamie Mouton and Création M. La Boutique Frimousse) and Grimard Optique.

The Fashion Show brought over \$5,000 to the FHA. The Argenteuil Hospital Foundation would like to thank its generous partners: Caisse Desjardins d'Argenteuil, Member of Parliament for Argenteuil Yves St-Denis, Boucher Lamoureux Chartered Professional Accountants, DD Création, Tigre Géant and the boutiques, and acknowledge the support of Resto Bar Top Shot in the realization of the evening. The collaboration of Top Shot employees, many volunteers and the City of Lachute also greatly helped in the success of the event.

About FHA; The Argenteuil Hospital Foundation is dedicated to the development and development of means to collect donations to support the Argentinian SSHSC of Argenteuil from CISSS des Laurentides in its projects. The latter groups together the missions of the hospital center, community services (CLSC) and people with loss of autonomy (CHSLD).



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Previous sales experience
Independent contractor with vehicle
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NOVEMBRE EST LE MOIS DES ANIMAUX GÉRIATRIQUES
La prévention et la détection précoce des maladies gériatriques sont la clé pour améliorer et prolonger la vie de votre animal de compagnie.
Contactez-nous pour organiser une évaluation gériatrique pour votre animal de compagnie vieillissant.

NOVEMBER IS GERIATRIC PET MONTH
Prevention and early detection of geriatric diseases are the keys to improving and prolonging your pet's life.
Contact us to arrange a geriatric assessment for your aging pet.

431 Rue Principale, Lachute (Qc) J8H 1Y4
895, Bethany, Lachute (Qc) J8H 2C5
(450) 562-2434
Email: info@hvlachute.ca Website: www.hvlachute.ca

CHRISTMAS BAZAAR

Morin Heights Elementary School
647 chemin du Village, Morin-Heights
Saturday, December 2nd, 2017
9:30 am – 3:30 pm

- Over 60 tables of artisans
- Fun activities: kids' corner, book & toy sale, Santa & Mama Claus and performances by the Village Noise Choir!
- Ski & Skate Exchange: We are accepting all winter sports equipment in good condition. Contact Natalie*
- MH Scouts will be selling Grade 1 & Premium Christmas trees from Hadley tree farm. Contact Natalie* to pre-order yours now!
- Christmas Plants from Les Serres Laan in Lachute – pre-order by contacting Tania (450-712-0018) or Natalie*

NEW THIS YEAR
"Making Spirits Bright":
Book your mini photo session today with Karyn from Creative Compositions 514-622-2796

***Natalie can be reached at 450-226-2017 x 6217 or by email mhesppo@gmail.com**

All profits go to "Friends of Morin Heights" to enrich our children's school experience at MHES

Some sponsors include:









Pizza Salades Mets italiens Casse-Croûte



Crabtree

PIZZÉRIA

St-Sauveur

Dining room | Terrasse | Counter | Alcohol license

450 227-4449

158 Principale, Saint-Sauveur

Delivery on orders of \$10 (before tax)

OPENING HOURS: Monday 11 am - 9 pm | Wednesday 11 am - 9 pm | Friday 11 am - 9 pm | Sunday 11 am - 9 pm
Tuesday 11 am - 9 pm | Thursday 11 am - 10 pm | Saturday 11 am - 10 pm



Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

Village Church, 1829, chemin du Village / 819 425-8614 ext. 2500 / villede-monttreblant.qc.ca

Fri, Nov 17 - Fred Fortin and his musicians play folk and rock from his fifth album "Ultramar." \$30.

Fri, Dec 1: 8pm - Singer/songwriter Ian Perreau. This year marks his 10-year career on Quebec stages. \$30.

Sat, Dec 9: 8 pm - Nicolas Pellerin & Les Grands Hurleurs. These three musicians play a varied array of musical instruments. \$30.



Nicolas Pellerin & Les Grands Hurleurs

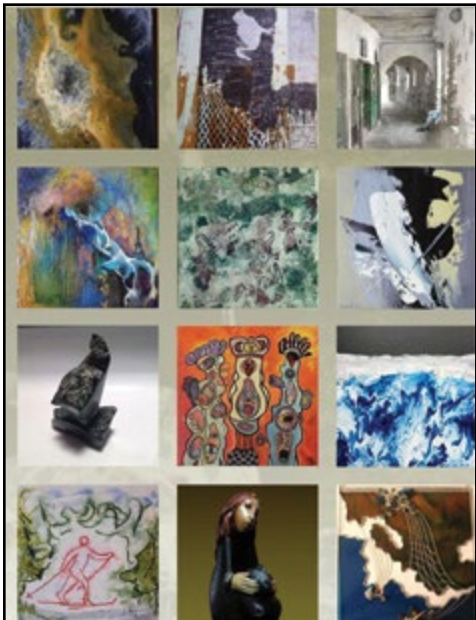
ST FAUSTIN

Maison des Arts et de la Culture

1122, rue de la Pisciculture, 819 688-

2676. Open Wed - Sun: 11 am - 5 pm

Sat, Nov 11 - Sat, Jan 13, 2018: Accessible Art - over 300 pieces at \$100 each! Vernissage Sat, Nov 19: 2 pm - 4 pm.



Accessible Art

STE-AGATHE

Théâtre Le Patriote

258, Rue Saint-Venant / 819 326-3655 /

<http://theatrepatroite.com>

Sat, Nov 18: 8 pm - Annie Villeneuve, accompanied by her musicians, presents her new album of 2017. \$39.

Sat, Nov 25: 8 pm - Orchestra - The Beatles Story Band. Don't miss this concert with sixteen musicians on stage paying tribute to the Beatles. \$54.



The Beatles Story Band

Fri, Dec 15: 8 pm - Gregory Charles with talented youth aged 9 - 17 yrs.

These classical musicians will perform with their mentor, Gregory Charles (on piano).

Sat, Dec 16: 8 pm - Éric Lapointe - 25 years! A Quebec Rock icon! \$50.

Boite a Chanson

Wed & Thurs, Nov 15 & 16: 8 pm -

Michel Rivard celebrates forty years on stage by giving an intimate solo concert. \$38.

Fri, Nov 17: 8 pm - Karen Young & Coral Egan (mother & daughter). They are accompanied by Éveline Grégoire-Rousseau (electric harp) and Pierre Érizias (electric bass). Coral plays guitar and synth, and Karen plays percussions. \$34.



Karen Young & Coral Egan (mother & daughter)

Thurs, Nov 23: 8 pm - Caroline Savoie with her powerful, yet warm voice enchants her audiences.

VAL DAVID

Val David Exhibition Centre

(2495, rue de l'Église. 819 322-7474 /

www.culture.val-david.qc.ca

Until Jan 8: Richard Purdy's exhibition "Exultation" and Stella Pace "Autrement dit" installations, collage, paintings and sculptures

VAL MORIN

Théâtre du Marais, 1201 10^e Ave,

819-322-1414 / www.theatredumarais.com

Sat, Nov 18: 8 pm - Musicians François Larouche, Mathieu Groulx and Marc Girard create "The Best of Rush - New World Men." \$35.

Thurs, Nov 23: 8 pm - A new album is out - "Blue Ceilings," by The Franklin Electric. Opening act: Merryn Jeann. \$38.

Sun, Nov 26: 2 pm - Vocal Ensemble Neptune - eight singers perform musical arrangements by Ward Swingle.

The program includes Jean-Sébastien Bach, Claude Debussy, the Beatles and jazz of the 1930-1940 Era. \$30.

Fri, Dec 1: 8 pm - Betty Bonifassi brings to the stage her recent album, "Lomax," a project paying tribute to the songs created by the Afro-American slaves of the Southern States of the USA in the 1920s. \$38.

Fri, Dec 8: 8 pm - The 2nd album of 'Hay Babies' is called The 4th Dimension (long edition). It is rock from the 60s & 70s, and some ballads of the 80s. \$30.



Hay Babies

Sat, Dec 9: 8 pm - Harry Manx, a unique musician plays a variety of instruments including sitar, banjo, harmonica, guitar and more. \$45.

ST. ADOLPHE D'HOWARD

L'Ange Vagabond:

1818 Chemin du Village. Reservations: 819 714-0213 / www.facebook.com/langevagabond

Exhibitions

7th Salon d'artisans will be held at the Recreation Centre on **Sat & Sun, Nov 11 & 12: 10 am - 4 pm**. Artisans and local food producers will be on location. www.stadolpheedhoward.qc.ca

STE. ADÈLE

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

Fri, Nov 10: 8 pm - Tribute to Adèle with Audrey Gagnon. \$15.

Sun, Nov 26: 10:30 am - Christopher Hall & The Comic Quartet with music by Mozart, Brahms and Weber. \$15.

Thurs, Nov 16 - Sun, Nov 26 - Exhibition: François Perras and others.

PIEDMONT

Park Gilbert, 685, boul. des Laurentides (across from the Piedmont Town Hall).

Sat, Nov 25: 10 am - 5 pm & Sun, Nov 26:

10 am - 4 pm: Thirty-five artisans exhibit, including Rosita Labrie of Main Street who will be presenting her photographs.

SAINT-SAUVEUR

Saint-SAU Pub 236, rue Principale, St-

Sauveur / 450 227-0218 / www.lesaintsau.com
Live music Thurs, Fri & Sat - reservations required

Sat, Nov 11: Flying Joes; **Mon, Nov 13:**

Good Hearted Women; **Thurs, Nov 18:**

DM Zone; **Fri, Nov 17:** Valectra; **Sat,**

Nov 18: Stephan McNicoll & GCR; **Mon,**

Nov 20: Gilbert Charlebois & Bruce

Cameron; **Thurs & Fri, Nov 23 & 24:**

Valectra; **Fri, Nov 25:** Steve G'S; **Mon,**

Nov 27: Good Hearted Women; **Thurs,**

Nov 30: Remember.



Good Hearted Women

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. info@artsmorinheights.com.

ARTS Morin Heights - The project,

"Street Scenes" started **Sat, Sept 30** as

part of the Journées de la culture.

450 226-3832.

Morin Heights Legion

127, Watchorn / 450-226-2213 / <https://www.legion171.com>

Wed, Dec 6: 7 pm - Guitar ace Dwane

Dixon & Friends - also known as Double D

and the Good Times Band. \$10.



Guitar ace Dwane Dixon & Friends

LACHUTE

Jean Marc Belzile Library - 378, rue Principale Lachute / 450-562-4578 / www.ville.lachute.qc.ca/biblio

Sun, Nov 5 - Nov 23: Photography and mixed techniques by Marcel Labelle & Suzanne Saindon.

HAWKESBURY

Centre Culturel le Chenail, 2, rue St. John / 613 632-9555 / www.lechenail1975.ca

Until Nov 30: Exhibition of art on paper by Guy Vidal.

PRÉVOST

Diffusion Amal'Gamme - Salle Saint François Xavier, 994, rue Principale / 450 436-3037 / www.diffusionsamalgamme.com. Tickets and subscriptions to the new season are available online.

Sat, Nov 11: 8 pm - Trio Nomad's Land. Mysterious and surprising music derived from the Arab Berber. Saïd Mesnaoui plays the hajhouj, typical to the Gnawa music of south Morocco and is accompanied by Guy Pelletier (flute) and Bertil Schulrabe (percussion). \$36.50.

Sat, Dec 2: 8 pm - Quartom presents a Christmas concert singing A-Capella. \$36.50

ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle)

450 432-7171 / www.museelaurentides.ca.

Open Tues - Sun: noon - 5 pm

Sun, Nov 12: 2 pm - Annual Art Auction.

\$30 - catalogue, wine & cheese included.

Thurs, Nov 23 - Sun, Jan 28, 2018 - Exhibition featuring Rober Racine and Carl Trahan.

Vernissage **Wed, Nov 22.**

En Scène : Salle André Prévost,

535, rue Filion, 450 432-0660, enscene.ca

Sat, Nov 11: 8 pm - Brigitte Boisjoli &

David Thibault sing popular songs. \$43.

Fri, Nov 17: 8 pm - Travis Cormier;

finalist of season 4 of La Voix. \$37.

Fri, Nov 24: 8 pm - Martha Wainwright

with songs from her album,

"Goodnight City." Her rich voice and

range are amazing. \$39.

Salle Antony-Lessard

101, Place du Curé Labelle

Thurs, Nov 16: 8 pm - Gabrielle Shonk

presents her first album. \$30.

Sat, Nov 25: 8 pm - Greenland's 2nd

album, "A Wider Space," with the powerful

voice of Sabrina Halde. \$30.

Wed, Nov 29: 7:30 pm - Kilo Pelgag

presents a 2nd album entitled "L'Étoile

thoracique." \$28.

THE NEW THEATRE OF ST. JÉRÔME IS

OPEN!

Théâtre Gilles-Vigneault, 118, rue de la

Gare, Saint-Jérôme / 450-432-0660 / <http://theatregillesvigneault.com>

Sat, Dec 2: 8 pm - Vincent Vaillières presents

his 7th album, "Le temps des vivants." \$38.

Sun, Dec 3: 3 pm - Edith Butler performs a

show of Acadian music. \$44

Fri, Dec 8: 8 pm - Daniel Bélanger, singer/

songwriter presents "Paloma en spectacle." \$49.

Sat, Dec 16: 8 pm - The Lost Fingers

- Christmas Caravan. For this unique

concert, there are invited guests, including

John Jorgenson. \$36.

Fri, Dec 15: 8 pm - Ensemble Caprice - J.S.

Bach Christmas Oratorio-Cantatas 1,3,4, &

6. This is a Baroque music concert for the

holiday season performed by an orchestra

and its choir. \$45.



Ensemble Caprice - J.S. Bach Christmas Oratorio-Cantatas 1,3,4, & 6

Thurs, Dec 21 - Le Vent du Nord / De Temps Antan "Solo." Two troupes of traditional Quebec music share the stage for this concert. \$36.

PLEASE NOTE: All materials for this column must be received six weeks prior to publishing. Please send to ilania@ilaniaabileah.com 450 226-3889 or 450 602-4073.

Mont Habitant
SEASON PASS
2017
2018

3 EVENINGS \$69
+ TAXES
This pass is valid every Wednesday, Thursday and Friday evenings of the season including holidays and spring break.

5 DAYS 5 EVENINGS \$130
+ TAXES
This pass is valid from Monday to Friday during the day. Valid from Wednesday to Sunday evening inclusively. Not valid during the day from December 26th, 2017 to January 8, 2018.
Valid all evenings including holidays from December 26th to January 8th, 2018.

450.227.2637
www.monthabitant.com

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YouTube Honda ATVs & Power Equipment Canada Instagram @HondaATVPECA

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NADON *SPORT* LACHUTE

280 BETHANY, LACHUTE
450 562-2272
www.nadonportlachute.com

KEEP YOUR DISTANCE FROM THE FLU

GET VACCINATED IF YOU LIVE WITH A CHRONIC ILLNESS
like diabetes, an immune disorder or a cardiovascular, respiratory or kidney disease.

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

Vaccination is available free to the following people:

- Children from 6 to 23 month old;
- People with chronic diseases;
- Pregnant women with certain chronic conditions, throughout their pregnancy;
- Pregnant women in good health in the 2nd and 3rd trimesters of their pregnancy;
- Individuals aged 60 and over;
- People surrounding those already mentioned;
- Families of children under 6 months old;
- Healthcare workers.

Free vaccine for some people. For more information, visit:
sante.gouv.qc.ca

Vaccination,
the best protection

ENSEMBLE **on fait avancer le Québec**

Québec

The flu vaccination clinics are started in various locations in the Laurentians. All details are indicated below. You can also visit www.santelaurentides.qc.ca.

NEW THIS YEAR!

For the first time, this year you can **MAKE AN APPOINTMENT** for your flu vaccination in the following municipalities: **Lachute (November 15, November 24 and December 13); Mont-Tremblant (November 19 and 20); Saint-Sauveur (December 8); and Val-Morin (November 29).** Just go to www.clicsante.ca.

You can also show up **WITHOUT AN APPOINTMENT** at the following places and time (bring your medicare card and wear a short-sleeved shirt):

Gore
Salle communautaire (Community Hall)
2 chemin Cambria
November 22 from 9:00 am to 3:00 pm

Grenville
Salle communautaire (Community Hall)
21 rue Tri-Jean
November 29 from 1:30 to 7:30 pm

Huberdeau
Town Hall
101 rue du Pont
November 22 from 9:00 am to 3:00 pm

Lachute
Carrefour d'Argenteuil
505 avenue Béthany
November 10 from 1:00 to 8:00 pm
November 16 from 1:00 to 8:00 pm
November 18 from 9:00 am to 4:00 pm
December 1st from 1:00 to 8:00 pm
December 6 from 9:00 am to 4:00 pm

Lac-Supérieur
Salle communautaire (Community Hall)
1281 chemin du Lac Supérieur
November 28 from 9:00 am to 3:00 pm

Lantier
Salle municipale (Town Hall)
118 Croissant Des Trois-Lacs
November 15 from 9:00 am to 3:00 pm

Montcalm
Centre communautaire (Community Center)
33 route du Lac-Rond Nord
November 30 from 9:00 am to 12:00 noon

Mont-Tremblant
Saint-Jovite church (room Mgr Mercure)
940 rue de Saint-Jovite
November 21 from 9:00 am to 4:00 pm

Morin-Heights
Chalet Bellevue (room polyvalente 1)
27 rue Bellevue
November 10 from 9:00 am to 3:00 pm

Saint-Adolphe-d'Howard
110 rue du Collège
November 22 from 1:30 to 4:45 pm

Sainte-Adèle
Place des citoyens (room Rousseau-Vermette)
999 boul. Sainte-Adèle
November 20 from 9:30 am to 3:30 pm

Sainte-Anne-des-Lacs
Centre communautaire (Community Centre)
1 chemin Fournel
November 30 from 9:00 am to 12:00 noon

Saint-Faustin-Lac-Carré
Chalet de la mairie (Town Hall Chalet)
120 de la Mairie
November 23 from 9:00 am to 3:00 pm

Saint-Sauveur
Chalet Pauline-Vanier
33 rue de l'Église
November 18 from 9:30 am to 15:30 pm

Val-David
Val-David church
2490 rue de l'Église
November 14 from 9:00 am to 3:00 pm

Val-des-Lacs
Hôtel de ville (Town Hall)
349 chemin Val-des-Lacs
November 13 from 9:00 am to 3:00 pm

Vendée
Centre communautaire Cyrille-Garnier (Community Centre)
1814 chemin Du Village
November 16 from 9:00 am to 3:00 pm

Wentworth-Nord
Club Étoile du Nord
3199 chemin Millette
November 15 from 9:00 am to 12:00 noon

autumn delight

NEW! FREE WiFi

Brûlerie Des Monts

CAFÉ-BISTRO
197, RUE PRINCIPALE, SAINT-SAUVEUR 450 227 6157
WWW.BRULERIEDESMONTS.COM

7/7
From 6 a.m. Mon. to Sat. 7 a.m. Sun.

FABULOUS COFFEE · MOUTH-WATERING BREAKFASTS AND LUNCHESS · DECADENT DESSERTS



Lori's Lookout - Laurentian Personality

Dancing their way to happiness and well-being

Lori Leonard - Main Street

Recently, I attended a special event, held at the tiny lakeside church in Ste. Adèle. I was pleasantly surprised to have the experience of watching several women, who call themselves the "Dancing Muses," perform. The women are all over 50 years old, have different physical appearances and come from diverse backgrounds. It was so much fun to watch the sheer joyfulness and absolute amusement on their faces as they sashayed playfully down the church hall and up onto the stage. It was obvious that they were passionate about dancing, and enjoyed performing for others. Not only do they dance well, but are dressed in beautiful, colourful costumes, including veils and decorative jewelry.



With much ease, grace and light humor, the Dancing Muses perform at various festivals, events and churches, because they enjoy inspiring others with their dancing talent and boundless energy. Their incredible teacher is Hélène Sanschagrin, who is also a comedienne, and who teaches 55-60 women each year in dance workshops across the Lower Laurentians. Hélène starting teaching dancing in 2010 and says, "It's wonderful to watch women see how other women can move their bodies." She adds, with a smile, "in belly dancing, the more belly you have, the more you have to move." For some of the women, dancing serves as a therapy after an illness, loss of a spouse, or some other difficulty. Dance styles that are taught include middle-eastern, oriental, baladi and gypsy. Francine, one of the Muses, said, "Dancing has always been a part of my life." When she encountered a difficult period in her life, she joined the Dancing Muses and felt much better about herself, and was glad to dance again. She says, "Being over 50, and still being able to move my body to dance pleases me."

Diane, another Dancing Muse, says she started off initially with Flamenco dancing. She enjoyed it because expression of hands is an important part of this dance. At one of her performances, she was particularly proud when her two cousins exclaimed to her son that, "He had the sexiest mother in the world."

Hats off to these Dancing Muses who, in their simplicity, demonstrate that no matter their ages, sizes or shapes, they can have fun. Middle-Eastern dancing is an art that these women are keeping alive. They hope to impart this joy to their audiences. Info: 450 227-4019 / www.raksbohemia.ca.

Villa  *Notre-Dame*

Private Residence for Senior Citizens

Our mission is to provide semi-independent seniors with a safe, family environment, helping to maintain autonomy.







COME MEET US!

**30 rue Laurier,
Sainte-Agathe-des- Monts
819 326-3482
villanotredame.ca**

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Garden Talk

Caring for Cyclamen

June Angus - Main Street

As we head towards shorter daylight hours and winter, flowering houseplants are a great way to brighten up our indoor living spaces, and cyclamen are one of the best winter blooming plants. The popularity of cyclamen is due, in large part, to their gorgeous variegated heart-shaped leaves and flowers that last a long time.

Cyclamen are available in a wide variety of colours, ranging from white, to many shades of pink, peach and red. With the right care, you can keep your cyclamen for many years, getting it to bloom over and over again.

Caring for cyclamen isn't difficult, but it's different than other houseplants as they have an opposite growing season. Cyclamen grow and bloom during the cooler, winter months, and go dormant during the heat of summer.

These houseplants are very fussy about temperature, which ideally, should be kept between 10-20C. The cooler they are kept, the longer the flowers will last. But they are very sensitive to drafts. Avoid hot or cold air blowing from vents, doorways or windows.

As with African violets, cyclamen don't like getting their leaves and stems wet. So water a cyclamen plant from the bottom rather than the top. Add water to the plant tray, or cache-pot, and allow the plant to soak up the water through the holes in the bottom of the pot. Once the soil is wet, dump out any excess water. Keep the soil evenly moist during the active growing period and allow your cyclamen to dry out slightly between waterings.

Cyclamen love humidity, especially during their prime winter growing season, when our houses tend to become dry. To help increase the humidity level around your cyclamen, put it on a pebble tray filled with water (don't allow the plant to sit in the water).

These plants like bright light, but direct sunlight is too intense for them. Cyclamen do best in a bright room, or near an east or west-facing window.

Always trim off faded flowers to encourage the growth of new blooms. Unfortunately, most people throw their cyclamen away, once it's done blooming completely, because the plant appears to be dying. It's actually just going into a normal dormancy phase, which is essential to the plant's long-term survival. So don't try to make it bloom year round.

When the cyclamen flowers are finished, the leaves start to turn yellow and die. This is a sign that the plant is ready to go dormant. Stop watering the plant and allow all of the leaves to die back. Remove the dead leaves and place the pot in a cool, dark location for 2-3 months. Allow the soil to dry out completely and don't water the plant during its dormancy. To bring the plant back out to "life," give it a good drink of water. Make sure to soak the soil but allow all excess water to drain away. Once you start to see new leaves growing on the plant, resume normal watering patterns. Shortly after the leaves grow, the plant will start to bloom. Hurrah!

By caring for these plants according to their natural rhythm, they will bloom, year after year, during the late fall and winter. This makes them very popular gift plants around the holidays!



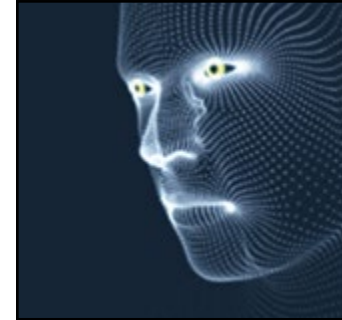
Terryble Tymes

Find your virtual identity - part two

Terry Cutler

All right, let's fire up a browser again. Last time out, we did a Google search for Terry Cutler and pulled up about 600,000 hits. Then, we limited our search, using quotation marks, and knocked it down to about 33,000 hits.

You'd be surprised how your name ends up on the Internet. Say you belong to a soccer team, or you like to drive your kids to school. You'll want to type something about yourself that you think would be in the public domain. For example, sports or soccer. I've seen situations where you might be a soccer dad, and another parent decided to build a website that included your name, along with all the other coaches and their contact details. The contact number that was posted there was your private cell-phone number. So, I just want you to be aware of how your identity can be broadcasted.



In my case, because I teach security, I'll just type in the word "hacker," as an example. My hits now drop down to under 6,500. Now, of course, because I do a lot of stuff in the media, I don't want to see TerryCutler.com, because I already know about me. I only want to see information that some other people are posting about me. So, I'll start by removing search results using minus (-) TerryCutler.com. This is going to remove Terry Cutler from the search results, while continuing to remove more web pages as I go along. I'll remove Security Week, where I have many articles. Then I can just continue eliminating, as I progress. Here's what my personal Google search command looks like: "terry cutler" hacker -"dr terry cutler" -terrycutler.com -securityweek.com -www.facebook.com/terrycutler -www.linkedin.com -digital-locksmiths.ca -symantec -facebook.com/terrycutlerfan.

This is how you would actually start looking for your personal information online. Maybe type in your phone number, what school you belong to, what your workplace is, or any specific information that you think could be posted about yourself online.

In a live workshop earlier this year, most of the kids didn't find much information about themselves online, other than some photos and some information found in local newspapers because they belonged to soccer teams. But the point is that those students didn't know that the information was there because a third party, or someone else, had posted that information about them. By doing these searches, they were able to find this information. It's very important that you look for personal identifiable information about yourself, such as your phone numbers, schools, home address, etc.

I hope you found this information useful. Please visit TerryCutler.com and InternetSafetyUniversity.com and subscribe to more free tips and valuable information.

Terry Cutler is the creator of the family-based Internet Safety University, and a government cleared cybersecurity expert (a Certified Ethical Hacker). He was awarded the 2017 Cybersecurity Educator of the Year award: the Cybersecurity Excellence awards recognize companies, products and individuals that demonstrate excellence, innovation and leadership in information security. You can contact him at Terry@terrycutler.com or 1-844-CYOLOGY

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ON SALE
from November 22 to December 3, 2017

Valid from November 22 to December 3

- 25% off all Christmas garlands
- 40% off all tulles (netted fabric)
- 25% off all Christmas lights
- 20% off all tablecloths

Sunday, November 26
ARRIVING AT NOON
Visit with Santa surprises, lucky draws



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

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

Branch 171 Filiale Morin Heights

Fri, Nov 17: 6 pm - Smoked Meat Dinner
Sun, Nov 26: Grey Cup Party at the legion (hamburgers, etc)
Wed, Dec 6: 7 pm - Special show with Dwane Dixon Band
Sat, Dec 9: 6 pm - Traditional Québec Dinner
Fri, Dec 15: 6 pm - TGIF Smoked Meat
Thursdays: 3 pm - Darts - new players welcome!
Military Whist: 1st & 3rd Monday of the month at 1pm.
Volunteers needed for the Poppy Campaign
Info: <https://www.legion171.com>

Branch 70 Filiale Lachute

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

Branch 71 Filiale Brownsburg

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

Branch 192 Filiale Rouge River

Nov 11: Remembrance Day Service
Nov 12: 2 pm - Legion Bazaar
Nov 25: 1 pm - Bowling
Nov 25: 5 pm - Painting Social (contact Erin)
Nov 26: 2 pm - Loisir Bingo
Dec 3: 3 pm - Yoga Nidra
Dec 9: 2 pm - Children's Christmas Party
YOGA: for dates & times Contact Marlene: 819-687-8566
Tuesdays: 7:30 pm - cribbage:
For further info: 819 687-9143 / arundellegion@gmail.com

RELIGIOUS SERVICES

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

MORIN HEIGHTS HILLSIDE CHAPEL
755 du Village, Morin Heights

SAINT EUGENE CHURCH
148, Watchorn, Morin Heights
Please call Johanne at 450 226-2844 for information.

CHABAD OF SAUVEUR
Jewish educational & social events.
Rabbi Ezagui 514 703-1770, chabadsauveur.com

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am: Regular worship service. Everyone welcome.

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

**MILLE ISLES
PRESBYTERIAN CHURCH**
Mille Isles Rd.

**ST. FRANCIS OF THE
BIRDS ANGLICAN CHURCH**
94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.
Dec 10: 9:30 am - Lessons and Carols, Morning Prayer
Dec 17: 9:30 am - Holy Communion
Dec 24: 8 pm - Candlelight service and Holy Communion

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Rev Josée Lemoine
Sunday service: 9 am
Fellowship in the church hall afterwards
Christians of all denominations welcome.
Parking and elevator for handicapped

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

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

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

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

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

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Services are held at 11 am every week, followed by refreshments served in the Parish Hall.
Everyone is welcome.

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

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

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

**THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH**
Huberdeau 10:30 am • Laurel 9:30 am
Morin Hts 10:30 am • Montfort 9:30 am
16 - Island Lake 9:30 am • Weir 9 am

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

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Nov 19: 11 am - Holy Communion
Dec 17: 11 am - Lessons & Carols
Dec 24: 7 pm - Christmas service
Dec 31: 11 am - Morning Prayer
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Dec 3: 4 pm - E.P
Family Food Drive Service
Dec 24: 4 pm - Family Christmas Service
Dec 24: 8 pm - Lessons & Carols
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Nov 26: 11 am - Holy Communion
Dec 24: 4 pm - Christmas Service & Holy Communion
Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Nov 12: 11 am - Morning Prayer
Dec 24: 11 am - Christmas Service & Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Rev. Nick Pang - Team Leader of the Laurentian Regional Ministry
Rev. Josee Lemoine - Associate Priest
Jane Bell - Assistant Curate
The second Sunday of each month is a Family Service.
Dec 3: 9:15 am - Church service
Dec 10: 9:15 am - Christmas Pageant
Dec 17: 9:15 am - Service of Lessons & Carols
Dec 24: 4 pm - Christmas Eve Family Service
Dec 24: 9:30 pm - Christmas Eve Service
Dec 31: 9:15 am - Holy Communion
All are welcome to enjoy the service and following refreshments.



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LAURENTIAN CLUB NOTICE

Holy Trinity Church, 12, Préfontaine Ouest
(corner of Tour du Lac)

Ste-Agathe-des-Monts, Québec J8C 1C3
Guest speaker: Julie Cobb

Julie Cobb is the warden of a penitentiary in Sainte-Anne-des-Pleines, Québec. She will be speaking about the work being done by Correctional Service Canada's employees, inside and outside of the institution. Julie, a graduate of McGill University, began her career in 1988 as a correctional officer and has since had the opportunity to work in a number of positions in different penitentiaries and sectors of the CSC.

Monday, November 28: 1:30 pm

Cost: Annual membership \$25

Guests: \$10 per event

For information/
reservations please visit:
www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA



Laurentian Region Cancer Support Group

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



Next meeting for cancer patients,
families and caregivers is

**SATURDAY AFTERNOON
November 18, 2017 - 1 pm**

****NEW MEETING LOCATION****

Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights


Group Discussion

Upcoming meeting: Dec 9 - 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 or mail PO Box 2645, Morin Heights QC J0R 1H0

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COMMUNITY NEWS

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intellectual disability. Places available
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Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

St. Adolphe d'Howard Community
Centre, rue du College
Mondays: 9:15 am / Fridays: 10:15 am
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Info: Betty Reymond: 450 226-6491 /
Robin Bradley: 819 327-2176

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Eva: 450 451-0930.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
**BREAKFAST WITH SANTA
& BAKE SALE**
Sun, Dec 3: 9 am - noon Santa arrives at
11 am. All children are welcome.
Please pre-register children 12 & under
with Ruth: 819 687-3733
Bring nonperishable
food items for a chance to win
the Basket. All items will be donated to the
Lachute Food Bank

Tues, Dec 19: noon - 3 pm:
Christmas Social
**Internet Café: Daily access from
7 am - 10 pm.**
Residents can pick up their key (\$5) at
administration desk.
Computer Support
Tues: 9:30 am - 11:30 am at the
Internet café.
Info: Brigitte Dubuc: 819-687-2122 ext.
3203 Like LRCC on Facebook at
LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Bingo Due to a recent unfortunate incident
at the Golden Age facilities please
note that all events and activities are
postponed or have been relocated until
further notice.

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org /
mhha98@
hotmail.com

2nd ANNUAL HERITAGE AWARDS GALA & DINNER

Restaurant La Grange
**Sat, Nov 18: Cocktails: 6 pm /
dinner: 7pm.**
The award for Lifetime Achievement
goes to Sandra Stock, founder of the
Morin Heights Historical Association
in 1997, 20 years ago. The Heritage
Preservation honour will be presented
to Réjean and France Belisle for their
efforts to maintain their heritage family
farm on Rang 4. Tickets: \$50 (includes
taxes & tips). Must be purchased in
advance – available at Vaillancourt's or
from any Association director.

THEATRE MORIN HEIGHTS PLAY READING

Royal Canadian Legion,
127 Watchorn, Morin Heights
Nov 23: 7 pm
Come, relax and enjoy!
Info: 514 865-5356 /
theatremorinheights@gmail.com
Facebook.com/principal.
theatremorinheights

ALCOHOLICS ANONYMOUS MEETINGS

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

COMMUNITY FACEBOOK GROUPS

Community Readers may be interested
in joining one of these local Facebook
public groups:
Lachute as we Remember
Brownsburg QC memories
Descendants of Pioneer Families of
Mille-Isles - Morin Heights
Morin Heights Historical Association
Royal Canadian Legion Branch 171 –
Morin Heights

COMMUNITY KITCHEN

L'Ami-e du Quartier -655, rue Filion
Saint-Jérôme
Tuesdays: 8:30 am to 2 pm.
Open to all age groups - \$2.
Info Marie-Anne :450 431-1424

JOYFUL NOISE CHOIR

Chalet Bellevue (27 rue Bellevue,
Morin Heights)
Dec 7: Christmas Show
Penny Rose: 450 226-2746
pennyrose@jenanson.com

CHRISTMAS BAZAAR

Morin Heights Elementary School
Sat, Dec 2: 9:30 am - 3:30 pm
Vendor tables: \$35. Looking for local
business sponsors.
Info / table rental/Donation: Natalie:
450 – 226-6217 / mhessppo@gmail.com

SEEKING VOLUNTEERS

Les Bons déjeuners d'Argenteuil
is looking for volunteers to serve
students on Tuesday and Thursday
mornings for the school year 2017-2018.
An urgent need is felt mainly at
Dansereau and St-Martin schools in
Grenville, and at L'Oasis, St-André,
and St-Julien schools.
Info: 450-562-2474 ext. 2300

CHRISTMAS BAZAAR

Hosted by the Royal Canadian Legion
127, Watchorn, Morin Heights
Sat, Nov 25: 9 am - 3 pm
Bake sale and lunch available (soup,
sandwiches, coffee)
Info: Joanne Williams: 450 226-5664 /
williamsj@bell.net

BAZAAR

St Simeon's Anglican Church
445, rue Principale, Lachute
Sat, Nov 11: 11:30 am - 1:30 pm
Baked goods, books & treasures.
Sandwiches & squares
Everyone welcome

HUBERDEAU EXPO – SALE

Hôtel de ville
101, rue du Pont, Salle Louis Laurier
Sat, Dec 2: 10 am - 5 pm
Sun, Dec 3: 10 am - 4 pm
Fundraiser for the cultural committee
and the Arc-en-Ciel school.
Arts & crafts exhibit and sale.
Info: Sylvie Hebert: 819-421-2113

CHRISTMAS TEA & BAKE SALE

Margaret Rodger Presbyterian Church
463, Principale, Lachute
Sat, Nov 18: 11:30 am - 2:30 pm
Bake table, candy, Christmas boutique,
handmade crafts
Trinkets & treasures, silent auction
Come join the fun!

MUSICAL EVENING

Shawbridge United Church
1264, rue Principal, Prévost
Sat, Nov 25: 7 pm
Featuring Shawbridge 5 and invited
guests, Lambert and Shirleen & Friends
Come and start your Christmas
season with us!
All proceeds raised will benefit the
Shawbridge United Church
Food Basket Ministry.
Tickets: \$15 Info: Sandra: 450 224-5188

COMEDY NIGHT & DINNER

Harrington Valley Community Centre
Sat, Nov 25
Doors open at 5 pm; dinner: 6 pm
4-comedian show starts at 8 pm.
Tickets \$25pp. Advance Tickets only
Info/tickets: 819 2427622

LAURENTIAN LITERACY CENTRE FUNDRAISER SUPPER

Resto Bar Top Shot
Mon, Nov 13
Anytime between 5 pm & 7 pm
BBQ chicken & dessert \$12
50 / 50 and Raffle
Please purchase tickets in advance:
450-562-3719

SILENT AUCTION

Chalet Bellevue
(27, Bellevue, Morin Heights)
Sat, Nov 19: 7 pm – 10 pm
Light buffet & cash bar
Cheques or cash only
Proceeds to benefit Club de
Canoë-Kayak Viking

CHRISTMAS SALE – STE-AGATHE

Holy Trinity Church (12 Préfontaine West)
Sat, Nov 25: 10 am - 2 pm
Bake table / silent auction/ handmade
wreaths and centerpieces
Frozen meals from "Simply Wonderful,"
artisans, crafters,
attic treasures and more.
Info: John Richard: 819-326-2146

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Communities eat up 4 Korner's Lunch N Learn Series!

Back in the Fall of 2016, 4 Korner's Family Resource Center's Lachute branch kicked off a new program appropriately titled Lunch N Learn. The idea was to offer free food and camaraderie while providing interesting and informative English-language sessions that could benefit lots of people in the area.

The program has proven to be very popular with impressive regular attendance at each event. Topics that have been covered have included: Demystifying Alzheimer's, Recognizing Fraud, Facts about Funeral Arrangements, Info on Nutrition, Emergency 911 Procedures, and Understanding Wills & Testaments.

Some of the comments made by those taking part in Lunch N Learn sessions have helped to encourage the continuation of this successful program: "Really a good way to learn things and socialize with our community in our language," "A great friendly atmosphere to get information," and "Helpful information that is important!"

Continuing this fall and going through the winter of 2018, the monthly program will be hitting the road, heading to locations such as Harrington, Grenville-sur-la-Rouge (Avoca) and Gore.

Upcoming dates are November 29 from 10 am to 1 pm, with the exact location still to be determined (either Avoca or Harrington), and December 6 from noon to 3 pm in Gore. Topics will be announced as soon as they are confirmed.

For more information, please contact the 4 Korner's Family Resource Center office at 450-562-3553 or 1-888-974-3940.



4 Korner's Family Resource Center's September 2017 Lunch N Learn event, What Does Healthy Eating Mean to You? with Katja Leccisi.



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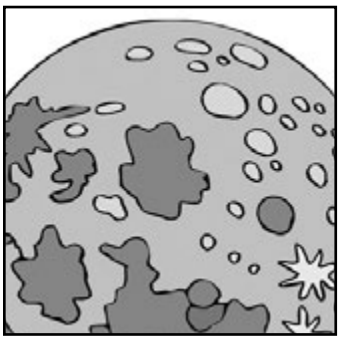
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Zach Factor The strange life of Dorothy Eady

Lys Chisholm & Marcus Nerenberg - Main Street

Dorothy Louise Eady was born in London, England in 1904, to humble parents; her father was a tailor.

When she was 3 years old, she fell down steep stairs, and her lifeless body was pronounced dead when examined by the local doctor. An hour later, when the doctor returned to the house with the death certificate, the body was running around the house playing!

But life would never again be normal for Dorothy. Shortly after the accident she began to have vivid recurring dreams (only later in life was she able to identify what she saw). When she woke, she would cry bitterly and beg her parents to take her "home." This became a joke to her family.

This displaced feeling intensified. Dorothy was convinced she belonged to another time. At four years old, on a family outing to the British Museum she went berserk when they entered the Egyptian Galleries. She says, "I began to run and kiss the feet of all the statues I could reach." Her mother, pulling her away to leave, cringed as Dorothy screamed to be left with "her people."

At six, Dorothy discovered a picture, in a magazine, of the Temple of Seti 1. She let her father know it was here she wanted to return to. Her father explained that this was an old temple, in a place called Egypt, and she had never been there before in her life. Eventually, she began skipping school and loitering around the Egyptian galleries in the British Museum. She was spotted by none other than the famous Egyptologist and hieroglyphic expert, Sir Ernest Budge. Amused, he took her under his wing and taught her how to read the hieroglyphs that fascinated her.

Eady's attraction to Egypt never waned. In 1933, working for a London paper, she met and married an Egyptian native and followed him to Cairo. "We stayed married for two years and he couldn't stand me anymore, poor chap, and he divorced me and married his cousin. She could cook and clean and she couldn't stand monuments. He was happy, and I was happy."

She took a job with the Egyptian Antiquities Service and trained with Egyptologist Professor Selim Hassan in field excavations. In 1956, Eady was assigned to help with the excavation and restoration of the Temple dedicated to Osiris, in Abydos village, 300 miles south of Cairo. She immediately recognized it as her much longed for "home, where she took up permanent residence until her death. In 1959, the Antiquities department forced her into retirement, but rehired Eady to guide tourists, due to her profound knowledge of the entire Abydos complex. During this time, she deciphered and transcribed hieroglyphics and pointed the archaeologists to places she thought they would find something significant. She was always right.

One discovery she is credited with is the location of the Abydos temple gardens. She brought archeologists to the ancient garden's precise location in the sandy and barren surroundings. When asked how she had so much undiscovered knowledge, her story grew strange.

Eady had a son in 1934 named Seti and was given the honorific Om Seti (meaning mother of Seti), which eventually perfectly fit her life in Abydos. She was able to recall in detail her previous life in the time of Seti 1. She told Dr. Hassam, years earlier, that she was visited at night by the Pharaoh Seti 1, who reminded her of her previous life as a temple priestess. This would sound like mental illness to most, except that others also witnessed the nighttime apparition of the spirit-King standing at the foot of her bed.

Over time, and with a parade of interested visitors, Om Seti shared the entirety of her earlier life in Abydos. Om Seti, as she recounts, was a girl named Bentreshyt, whose lowly-placed mother died young, and whose father brought her to the temple to be cared for, quite a common practice. As a temple initiate, her training was rigorous, a part of which was hours of meditation and contemplation in the gardens she knew so well. The Pharaoh Seti 1 found her there, and smitten, developed a relationship that led eventually to her pregnancy. This was a serious violation for a temple priestess. Tragically, she ended her life.

Om Seti lived out her present life in Abydos and died in April of 1981 just days after filming a National Geographic documentary on her life. Her past-life recall remains documented evidence of one of the most intriguing and credible cases of a previous incarnation.



Photo Caption: Dorothy Eady 1904-1981, aka Om Seti. She was able to remember vividly her past-life. Photo credit: Historicmysteries.com



The Story Behind The Ouananiche

Joseph Graham - Main Street
joseph@ballyhoo.ca

Many of the small headwater lakes feeding the North River were named for fish, mostly varieties of trout. There are a limited number of varieties, and therefore it is reasonable to assume that they travelled through the river system to colonize different lakes. They must have scaled rapids, climbing natural fish ladders, eventually filling a lot of lakes with just a few different types of trout. Their goal, sparkling clear water, bubbled out of the rocks as though it were being created underground, and the lakes, rivers and even the streams were eventually teeming with trout.

We have degraded their environment for two centuries, each successive generation adjusting to new norms of reduced numbers of fish, as though stepping down our own staircase or fish ladder of degradation one generation at a time.

Long before the Bible was written, the huge Laurentide Ice Sheet finally retreated northward leaving behind, stamped into the Canadian Shield, the rock formations, lakes and valleys that are our heritage. As the ice sheet receded, the forests, the animals, the fish and the earliest human settlers slowly moved in, living in a harsh but balanced relationship. Throughout the millennia, this balance would be maintained, complete with its unforgiving winters and hot summers, and people adapted, dependent upon the woodlands and the bounty in the life-giving, pure waters.

It is very hard to estimate how many people lived in the Laurentian river valleys and along the Ottawa during these ancient times, because they had such a light environmental footprint that their tracks are hard to follow. To try to get a perspective, though, the Americas were settled – and shared in trade and commerce – long before the Europeans arrived, and according to Charles Mann in his book 1491, the human population of our continents prior to the arrival of the Europeans was greater than Europe's at that time. He describes not just settlement but two established civilizations complete with their own written records. While the northern peoples who lived here were on the periphery, they knew how to produce goods to use in trade and acquired essential products from their southern neighbours in exchange. The Huron, for instance, traded cornmeal for dried fish with the Weskerinis (Petite Nation) Algonquin of our region.

Measuring the time since humans moved into the ecosystem that had slowly replaced the receding glacier, the earliest settlements in the Laurentian river valleys occurred around the same time as Abraham left Ur, as related in the Book of Genesis. On that measure, humans have lived in these valleys for perhaps 4000 years, and for the first 3800 years, they maintained a balance with our rivers, flora and fauna, living with forests dominated by enormous white and red pines, trees that rose in places as high as 20 storeys, broken only by lakes, rivers and Iroquoian farms, from the Great Lakes to the Atlantic coast. The other two hundred years began with the felling of these giant trees during the wars with Napoleon and with the construction of the first mill in St Andrew's East in 1805. As the trees disappeared, rivers would float logs, be channelled, and lake levels would be adjusted in an effort to harness the simple energy of flowing water with little regard for the bounty it contained. Surviving 'la drave,' and struggling to maintain themselves as the river's shores became degraded, the fish would remain a significant resource throughout the 1800s.

We know today how destructive our management has been; in fact, we have known there are problems with our practices for almost half the time since that first mill was installed. In his History of Argenteuil, published just over a hundred years ago, Cyrus Thomas recounts a story in which a Mr. Clark drowned. While the teller, E.S. Orr, does not give precise dates, the event happened before the 1830s when Clark brought grist to the Lachute mill to have it ground. While the miller was processing it, Clark "went to fish for salmon, which were then to be had below the dam, and was drowned." Salmon? In Lachute? Two-hundred-foot high trees? This is not British Columbia but our own Ottawa River Valley and the basins of its tributaries. Records do not suggest an awareness of rapid degradation, but dwell instead on economic successes and setbacks. Beside the simple word 'mills' in the index of Cyrus Thomas's book, there are 23 references. The same index does not contain the words Algonquin, salmon, or even pine. Degradation, it seems, was normal. In fact, it was progress.

In his 1912 history of Ste. Agathe, Dr. Edmond Grignon mentions fishing for ouananiche, a land-locked salmon that is thought to occur where trout and salmon meet. He rails against the sawmills and dams, and blames them in part for the disappearance of the abundant fish population. He warns that Ste. Agathe was losing its status as the fisherman's paradise. He mentions also that the introduction of southern minnows, used as bait, were destroying the trout eggs and calls on the authorities to monitor and correct the problems. That was 105 ago, 117 years after the first mill was installed in St. Andrew's, and he was sounding the alarm about degradation.

The ouananiche were present and may have been the salmon that Mr. Clark hoped to catch, but they are gone, extinguished from the North River, without even a place-name to commemorate them. The trout are struggling to survive and the salmon may never make it back. Different groups have come forward to try to clean things up, but each generation is like a single step of that staircase, each one wanting the river to be put back to the way it was when they were younger. The very top of the steps is too far back for anyone to remember. Today, though, the mills are gone, the dams serve no economic purpose and the forests are coming back. Today, we can dare to dream that we can put things back the way they were, the way the Weskerinis Algonquin people knew them. We can imagine and encourage gigantic pine forests and a river teeming with trout. Is it a dream beyond our reach? Perhaps. But maybe we can encourage our children to look back up the staircase to the top. Maybe we can achieve the goal of returning our river basins to the state they were in as recently as 3800 years after Abraham left Ur.

Obituaries

CHUPRUN, Taras (Terry)

Died Wednesday, November 1, 2017 at seventy-nine years. Beloved husband of Mary Belbin and proud father of Ian (Karen Borrmann), John (Krystel Beauce) and Keith (Arianne Wright). Loving Gido of Ivan (Victoria), Lizzie (Lucas), Anna, Kyle, Thomas John, James, Benjamin, Charles, Annika and Logan. Funeral service will be held on Saturday, November 11, 2017 at 2 pm at the Margaret Rodger Memorial Presbyterian Church, 463 rue Principale, Lachute, Qc. Visitation at the church from 12 pm until time of service. In lieu of flowers the family would appreciate donations to the "Lachute United Church, 232 Hamford St., Lachute, Qc. J8H 3N6 or the charity of your choice. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

MCGILL, David Andrew

MAY 21, 1946 - OCTOBER 22, 2017

David Andrew McGill passed away in Thompson, Manitoba, after a brief illness. Beloved son of the late Jim and Ailsa McGill of Pointe Claire, Quebec and beloved brother to John (Peggy); Jeff, and Marion (Grif).



He was very proud of nieces Sandy, Erin, Heather, Shannon (Jason), Catherine (David) and Emily (Kouros) and nephew, the late Michael McGill. Dave also welcomed great-nieces and nephews Kim, Megan, Joshua, Elizabeth and Malcolm to his family gallery. He found companionship and inspiration in St. Andrew's Presbyterian church donating

much of his time to helping others as well as supporting various wildlife conservation efforts. During his last year, despite failing health, Dave took it upon himself to portray, in watercolours, all the churches in Thompson.

PREVILLE, Ross

Peacefully at the Lachute Hospital on Sunday, October 29, 2017 at the age of eighty-eight. Beloved husband for sixty-five years of Lorraine Alary. Dear father of Ken (Lucy), Jane (John), Gerry (Charlotte) and Mary (Peter).

Loving grandfather of eleven grandchildren and seven great-grandchildren. Also survived by his brothers Paul and Tom and his brother-in-law Vince. Predeceased by his son Peter and his brother Phil. A Memorial Service was held on Saturday, November 4, 2017 at Ste. Anastasie Church, in Lachute.

In lieu of flowers donations to "The Argensteuil Hospital Foundation," 145 av. de la Providence, Lachute, Qc., J8H 4C7, would be appreciated by the family. The family would like to thank the doctors and caring staff for the loving care given to Ross. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

In Memoriam

Walter, James
November 2009

In loving memory of a dear husband, father and grandfather.

Time may pass and fade away
But silent thoughts and memories stay.

Always loved, never forgotten...
Kathleen, Brian, Bobby, Holly,
Haleigh and Emma



The English Link Doctor-patient communication: A major component of health care

By Jill Grumbache-Boileau

Having a good relationship with your doctor is about more than liking each other's personality or your doctor having great bedside manner.

The diagnosis you receive, your mental, emotional and physical health, likelihood of following prescribed treatment, ability to tolerate pain, and even your potential for a satisfactory recovery are all tied to good, effective communications between you and your physician. A myriad of medical reports and studies prove it.

Physicians aren't always the best communicators (some studies show that doctors tend to overestimate their communication abilities). There are several understandable reasons. First, they are human; they get tired, are often over-worked and time-constrained, and they have their own emotions and hang-ups. All these things can suppress talking, as well as empathy.

It's not easy to change doctors if you're unsatisfied with their information sharing or listening skills. So, what can you do to improve information exchange? Here are some tips to help you do just that!

- Ensure that your expectations of your doctor and treatment are realistic
- Provide your doctor with accurate and complete information; being embarrassed to share something could be costly to your health
- Respect your doctor's time constraints; be thorough, yet succinct:
 - Keep a health journal—take it to all medical appointments
 - Prepare. Write thorough notes in your journal before entering your doctor's office; list symptoms and how they are affecting your life
 - Prioritize your concerns in case there isn't time to cover everything
 - Decide on and write down the main things you want to know when you leave your appointment
- Listen attentively when your doctor speaks
 - Take notes or take someone with you who can
- Inform your physician about major life changes and stressors: i.e.; job loss, financial hardships, divorce, etc.
- Pose questions to your physician in a friendly, concerned manner.
- Don't let a physician's negative behavior negatively influence yours; stay calm and stick to your notes and goals

Don't be intimidated by a physician's 'power'; gone are the days of patients being passive recipients of monologues. A 2008 survey commissioned by the Quebec Medical Association and performed by Léger Marketing revealed that almost all physicians in Quebec believe that having patients participate in developing their treatment plans and monitoring their state of health is a winning approach that will result in higher quality care. The survey also revealed that improving communication between physician and patient is central among physicians' concerns; 96% of physicians polled believe that it is important for their patients to contribute to a dialogue.

Remember, the goal is collaborative communication which is a 2-way exchange of information. Being an active participant in your own health care has never been more important.

jill@4kornerscenter.org for the English Communities Committee of the CISSS des Laurentides and 4 Korners Family Resource Center: 1-888-974-3940 or 450-974-3940.

"The art of medicine is intricately tied to the art of communication."

~ Carol Teutsch,
UCLA Health Care
Institute



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support, accompaniment & respite care

Palliaccio offers support at home to those suffering with cancer, end-of-life patients and caregivers living in municipalities of the MRC des Laurentides

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Info: 819 717-9646 / 1 855 717-9646

Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2

Upcoming Activities

Personal Sessions to Relieve Stress

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

Comforting Tea

Mon, Nov 13: 10 am - 11:30 am
(Mont-Tremblant)

Mon, Dec 11: 10 am - 11:30 am
(Mont-Tremblant)

Fri, Nov 24: 10:30 am - noon (Ste-Agathe)

Coffee Meeting for the Bereaved

Tue, Nov 14: 7 pm - 8:30 pm
(Mont-Tremblant)

Tue, Dec 12: 7 pm - 8:30 pm
(Mont-Tremblant)

Thurs, Nov 16: 1:30 pm - 3 pm
(Ste-Agathe)

Thurs, Dec 21: 1:30 pm - 3 pm
(Ste-Agathe)

Regenerative Yoga

For caregivers, people with cancer and the bereaved

Mondays until Dec 11: 4:30 pm - 5:45 pm
(Mont Tremblant)

Wednesdays until Dec 13: 10 am - 11 am
(Ste-Agathe)

Relaxation Group

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Fridays until Nov 17: 10:30 am - 11:30 am
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The Saint-Sauveur cemetery in photos (1853-2017)

Launch on November 19 at Saint-Sauveur Church after 9.30 am and 11 am Masses

The Pays-d'en-Haut Society of History and Genealogy (SHGPH) is proud to present the tombstones of the Saint-Sauveur cemetery.

This digital file includes nearly 1,500 photographs of gravestones donated by Mr. Raymond Lareau, Prévost photographer, and Mr. Fernand Bélanger, a member of the SHGPH.

We would like to thank the Pays-d'en-Haut RCM for the grant awarded, which allowed us to complete this project. It's more than 160 years of journey through the people here and those who have chosen to make the last journey to eternity.

Thanks to this file, the Society will be able to answer more concretely to anyone looking for the burial place of a loved one.

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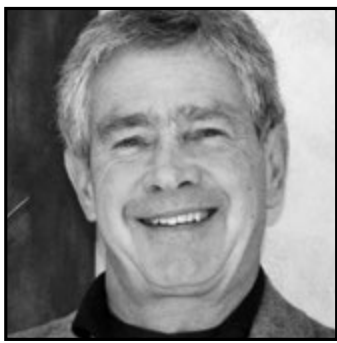


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Main Street Money: Ladies' Investment and Financial Education

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

Dear Reader,

Challenges in the quarter

This past quarter exemplifies what you as an investor should consider regarding your portfolio. We've seen tensions increase in the Korean Peninsula and the Middle East and ongoing drama from the United States. You'd be forgiven if you thought the increased drama had negatively affected global equity markets. Equity markets can move up or down each day for many reasons but over the long term, market valuations tend to return to their fundamentals—and the fundamentals during the past three quarters have justified markets moving higher.

Canada

Oil prices advanced throughout the quarter by nearly twelve per cent to US\$51.70 per barrel. A strong economy and a rebound in commodity prices helped S&P/TSX Composite earnings grow at nearly 32 per cent. Nine of ten sectors saw positive earnings growth in the third quarter, which helped the S&P/TSX Composite Index gain 2.9 per cent. The U.S. is expected to produce 10 million barrels of oil a day by next year, which will offset recent increases in global oil demand. As a result, oil will likely average in the high US\$40 range for the rest of the year.

The United States

U.S. corporations are reporting better year-over-year sales and earnings results. Employment continues to improve with a falling unemployment rate, recently at 4.4 per cent as of the end of August. This implies wage growth in the second half of 2017. Higher wage growth coupled with low gasoline prices means U.S. consumption is in a strong fundamental position. Since U.S. consumption accounts for three quarters of U.S. economic output, the U.S. economy is on the right track. As a result, prospects for equities should be good for the rest of the year. The benchmark S&P 500 Index gained 4.0 per cent in the second quarter, in U.S. dollar terms, or slightly negative at -0.1 per cent in Canadian dollar terms, reflecting improved company results.

Overseas

In overseas markets, international equities rose 0.7 per cent in Canadian dollar terms as measured by the MSCI EAFE Index. Brexit considerations aside, the European economic outlook has improved. Asia is showing improvement in its regional economies and stock markets—suggesting the growth we see is truly global in nature.

Central Bank Policy

In the second quarter, the U.S. Federal Reserve did not tighten interest rates after raising them twice by increments of 0.25 per cent to 1.25 percent in 2017. However, they announced they will begin to reduce the \$4.5 trillion balance sheet starting in October. The U.S. Federal Reserve is expected to continue to raise its benchmark rate another time by the end of the year.

The Bank of Canada began tightening its interest rate policy to 1.0 per cent by announcing two rate increases of 25 basis points each in July and September. As a result, the Canadian dollar rallied nearly four per cent versus the U.S. dollar. It's expected rates will increase very gradually going forward. The recent increases were significant changes considering Canada hasn't seen a rate increase since September 2010.

Looking forward

We continue to believe the U.S., Canadian, and international economic environment will improve over what it was a year ago but it bears repeating that a positive economic environment doesn't necessarily mean better returns. While we may be confident equity markets will deliver another year of positive returns, market volatility is likely to remain through the rest of 2017, driven mainly by headline news and politics.

As always, if you have any questions about the markets or your investments, I'm here to talk.

Regards,

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

If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

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I'm Just Saying Me too - all of us

Ron Golfman - Main Street

I find it quite apt that my subject matter for the month of "NOVember" will deal with sexual harassment and sexual aggression, although, to me, they are the same. In discussing this contemptible social phenomenon, as vile as such behaviour is, I am heartened that there is recognition that this ugliness happens to both women and men, because it is true!

First off, let us get through the obvious, which is to appropriately punish and demonize people like Harvey Weinstein and others who, because of high profiles, draw attention to what is dreadfully wrong. What is untenable, and speaks to the malaise and ignorance of people, is that the United States has a President who is equally as responsible for the denigration of women as any of the others, yet his behaviour is whitewashed (I use the term intentionally).



I can tell you, without shame, but rather disgust and lingering feelings of apprehension, is that this conduct can happen to anyone. As a teenager, living in Montreal, I often hitch-hiked to get around. On one occasion, I was picked up hitching, around 11 at night, by a man who seemed okay. Soon into the drive, he began asking personal questions about me, if I had a girlfriend, were we intimate and such, and while I found it odd at first, I let it go, answering briefly, as I wanted the lift. Within minutes, I noticed that while driving, he was touching himself, and I demanded to get out of the car. Back then, this was new and unfamiliar territory to me.

About a year later, I was hitching again at night, on the same corner at Decarie and Van Horne, and was picked up. After about five minutes, the conversation became the same, and I realized I was in the car with the same predator as the year before. I instantly became verbally aggressive, demanded that he let me out or face my fury in a physical manner, which he, in typical cowardly fashion, did. A day later, I went to my local police to report the event, gave a description of car and licence plate, and was told that I shouldn't hitch as it can be dangerous, but more importantly, to the officer, it was illegal. This was the mid-seventies, and responses have not changed much in over 40 years. I have never forgotten the events.

Change comes from within. Thus, we must teach our boys at an early age, as I was, always to treat women respectfully, and never to be mentally or physically abusive, and that we all have equal rights to our personal spaces and to safety. I taught my son and daughter, by stretching my arms out, that the two feet of space around them belong to them, and them alone. Respect!

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Making it Work in the Laurentians

How to develop and cultivate your professional network

Rachel Morgenstern-Clarre

Whether you're entering the work force for the first time, looking to advance your career, or hoping to increase your profile, developing and cultivating your professional network is incredibly important. Your network can refer to anyone connected to you: family, friends, co-workers (past and present), former professors and classmates, members of your professional associations, and so on. Over the years, a strong network will help you get your foot in the door, guide and support you, expose you to exciting new opportunities, and take your career to the next level.



Networking online

When it comes to online networking, there are two kinds: professional and social. Professional networking involves keeping an active profile on platforms like LinkedIn, that allow you to research companies and individuals who work in fields and positions that interest you, or on job search sites like Ziprecruiter and Glassdoor that let employers contact you themselves. Social networks, like Facebook and Instagram, are a less formal way to stay in touch with former colleagues and classmates, and to keep abreast of what they're doing professionally. They also allow you to advertise your brand, skills and abilities.

Networking in person

While having a strong online presence is crucial, when it comes to your career, nothing beats that person-to-person connection. Contacts are more likely to vouch for you, and to throw work your way, when they know you personally. The easiest place to start is with your own friends and family; talk to them about their employment history to see how their experiences might apply to your own professional development, and to find out if they have any useful contacts.

Another important way to network is by showing up at events where you can connect with other people who share your interests and skill sets, such as fundraisers, company open houses, and events sponsored through meetup.com. Join professional trade organizations and attend their gatherings. Participate in alumni association activities and school department activities. Volunteer with an agency you want to work with, or set up an informational interview with them and connect with them on Facebook or LinkedIn to learn more about their work and connect with their employees on a personal level.

When you meet potential contacts in a professional setting, make sure to engage them in light and polite conversation that you can steer towards your own goals. It takes time to perfect the art of small talk, but practice makes perfect! Hand out your business card, if you have one, and connect with them on LinkedIn to keep the conversation going.

Keeping in touch

Remember to nurture your professional network. These are mutually supportive relationships—don't just expect your contacts to help you with job leads and career advancement, you should look for ways to help them in return. Most opportunities you encounter will be a result of your connections, so although it can take a while to build them up, trust that they will serve you for the rest of your life!



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Remembering a Canadian icon

Erin McCarthy - Main Street

Hi everyone.

I'm kind of going off script this month, but I would be remiss not to take the opportunity to honour the memory of a Canadian legend, social activist, rock poet extraordinaire, and chief of

The Tragically Hip - Mr. Gord Downie. Although a native of Ontario, Gord and The Hip had a special relationship with Montreal, and even spent time in the Laurentians, recording at the famed Le Studio, in Morin Heights, as well as performing at Bourbon Street North, in St-Adele.

When news broke of Gord's passing on the morning of Wednesday October 18, a wave of sadness came over our nation. Following the announcement, an outpouring of posts on various social media platforms ensued, as well as emotional tribute specials on CBC Radio 1 and CHOM 97.7 FM, public sing-along memorials across the country, and a nationally broadcasted message from the Prime Minister, who wept as he spoke. Like many other Canadians, I grew up listening to The Hip, and I know I don't speak only for myself when I say that The Tragically Hip were the soundtrack to our summers - to our lives.

The first time I saw The Hip was in 1999; it was the Phantom Power Tour, at the Bell Centre, and I was in my graduating year of high school. I was with my childhood best friend, and when we got to our seats, ironically enough, we happened to be sitting right next to the owner of the deli across the park from

our school, where we ate lunch nearly everyday. We were sixteen years old, and he was in his thirties, but it didn't matter, we had the music in common, and we sang our hearts out, together.

The second (2002) and third (2006) times that I saw the Hip, were both at the one-time institution for outdoor summer concerts - Bourbon Street North. Going to a Hip concert, one was always guaranteed to bump into someone familiar, but going to a Hip concert at Bourbon Street North, especially when you grew up in Montreal's West Island, where the sister location "Bourbon Street West" was located, and you had spent all your summers in the Laurentians, where all your "up north" friends lived, well that was like everyone you knew was at the same party, and The Tragically Hip was the entertainment. EPIC.

The fourth and final time I saw The Hip, was in February 2015, on their "Fully and Completely" tour. It was my first big night out since having my daughter the previous October, and I was beyond excited to be there. As expected, I bumped into a bunch of fellow fans, from different shows and stages of my life, and as I sat in my seat, back at the Bell Centre, sixteen years after my first Hip experience, I realized that, this time, I was the one in her thirties! What was even more surreal was that, not only was I sitting beside an older generation of fans, now in their fifties, but also their 16 year-old kids, experiencing The Hip for their first time.... And we all sang our hearts out, together.

Gord Downie and The Tragically Hip had a way of bringing people, generations, and a Nation together, and he and they will be greatly missed.

Thanks for the memories, boys.



By Sarah Naegels from Ottawa, Canada (Flickr.com - image description page) [CC BY 2.0 (<http://creativecommons.org/licenses/by/2.0/>)], via Wikimedia Commons

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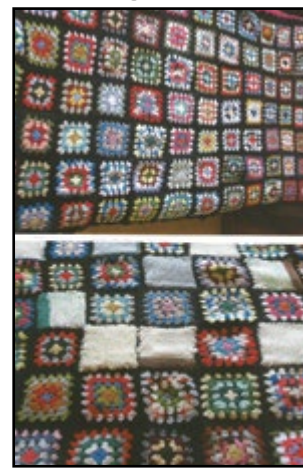
One way of celebrating Canada's 150th birthday

There was a lovely lady named Millie who lived at the Lachute Residence. One day, she took it upon herself to knit an afghan with the intention of donating it to the local women's shelter.

A woman of 104 years, with limited eyesight, this spunky lady managed to knit sixteen 5" x 5" white squares.

With the help of my friend Renate, we crocheted and assembled 63 Granny squares to make an afghan. When the project was completed, we added Millie's squares to one side. We feel that she would be very happy that her wish was granted.

Colleen Gillespie
Renate Guilbault



Health care COOP

The internationally renowned Italian soprano singer Gorgia Fumanti has gracefully accepted to stand as spokesperson for the St-Adolphe-d'Howard and Morin-Heights health care COOP. Continuously accumulating honors over the past 12 years, singing in the most distinguished concert halls all over the world, gifted with an angelic voice, Ms. Fumanti has risen to the rank of Megastar on the Asian continent. World ambassador for the Quebec Cerebral Palsy Association and spokesperson for the Multi-ethnic Association for Integration of the Handicapped, this sensitive and caring woman bonds with the mission of our health care COOP, whose main goal is to offer proximity health care services to the surrounding population.

You can meet Ms. Fumanti at the St-Adolphe-d'Howard and Morin-Heights benefit dinner, which will be held on November 16 at Steak Frites St-Paul restaurant in St-Sauveur. For your pleasure, a fundraising Christmas concert will take place on December 9 at the St-Sauveur church.

For ticket purchase and information for both events, please call the St-Adolphe-d'Howard and Morin-Heights health care COOP at (819) 327-3534 or visit our website <http://www.coopsante.org/>

34th Annual Laurentian Ski Hall of Fame Banquet

The 34th Annual Banquet of the Laurentian Ski Hall of Fame was, again this year, a great success! The main benefit event of the Laurentian Ski Museum, held at the Morin-Heights Summit Chalet, brought together nearly 225 people. This was the occasion to award this year's Jacques G. Hébert Prize to Jérémy Laniel and to honor the inductees of 2017.

Under the honorary presidency of Mrs. Lucile Wheeler, first inducted into the Hall of Fame in 1982, the were inducted this year: Messrs. Ross Cole (posthumous), Gilles Daze, Ghislain de Bassecourt (posthumous), Eddy Eustace, Moise Paquette (posthumous) and Philou Poirier.

During the induction banquet, the Ski Museum presented the Jacques G. Hébert annual award to Jérémy Laniel, a young athlete with outstanding athletic and academic performances.

The annual banquet and the Hall of Fame Awards were followed by a silent auction to benefit the Laurentian Ski Museum. The Museum thanks all of its donors as well as the people present during the evening.

The Laurentian Ski Museum wishes to thank its main partners: Caisse Desjardins des Pays-d'en-Haut-de-Saint-Sauveur Valley, Les Sommets and King Communications.



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