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## What's On My Mind... Shop local

Susan MacDonald, Editor



Most of us have become disenchanted with the commercialism which now surrounds the holidays, yet we still feel the need to participate in the "spirit of giving." So, with tight budgets and busy schedules, we opt for the easiest (?) solutions possible and head out to the big box stores, prepared to brave the battle for parking spots, and the pushing, shoving, masses of people, in order to get the shopping done in one-stop-shopping centres. Of course, this never happens. Frustrated and exhausted, we return home and, sickened at the thought of a repeat performance, we turn to the trusted Internet for online, impersonal shopping. Is it any wonder why shopping has become such a drudgery? It's time for a change - of holiday spirit.

Farther along in these pages, you will find listings of venues where you can find unique treasures and special gifts for everyone on your list, including those who "have everything." Here, you can shop at ease, thoroughly enjoy yourself and discover new gift ideas that you might never have considered before. Curious?

I'm talking about the many Christmas markets, church and legion bazaars, and craft fairs, taking place across the Laurentians. For months, local artisans have been busy handcrafting beautiful items for the holiday season - the variety of their creations make the perfect gifts. If you are looking for something unique, here is your chance. The bazaars and fairs are already underway, so there is plenty of time to check out a few each weekend, at your leisure.

Choosing gifts in this way adds a personal touch that is always deeply appreciated by the recipients, and also give you the perfect opportunity to meet some of the local producers who create wines, cheeses, preserves, honey, maple syrup, dried herbs, soaps and beauty products in your neighbourhoods... the list is endless and available right in your backyard.

Rounding out shopping possibilities are our own local businesses. Many offer special deals and gift certificates, and will also do the wrapping for you as well. Small businesses are important members of our communities and many depend on the revenues from the holiday season. Let's show them our support!

The holiday season should be just that - a holiday filled with joy and shared with family and friends. Let's take back the spirit of the season and, this year, start early and Shop Local.

Enjoy the read...

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# Observations The Invasion Of Europe

David MacFairlane - Main Street

In case you have been distracted by the euphoria over Harper's rejection by Canadian voters and this wonderful fall weather we have been enjoying, may I point out that the rest of the world is rapidly falling apart, and we will not be spared the consequences.

Apart from China covering up its dreadful economic situation, and the US deliberately fudging its statistics to hide the fact that it is in a serious recession, Europe is already in a state of complete disarray. Everywhere you look, the economy, politics, society, demographics, there is turmoil and very serious problems with no simple solutions in sight. Due to rapidly declining industrial output in all member states, the EU now has the highest youth unemployment rate in all Western nations, which leaves the region facing a demographic bombshell of an aging population and too few young workers to continue contributions to their generous social welfare systems.

Europeans have been so desperate for new blood that, for the past three decades, they have taken in virtually anybody able to work, and showered newcomers with benefits, while not requiring them to integrate into their societies. The heavy price of this miscalculation is being paid now. The EU is facing a gigantic crisis of immigration, and is helpless to stop the relentless flow of migrants (also called asylum seekers) now pouring in. Contrary to popular thinking, according to the German newspaper, Die Welt, only 1 in 5 refugees entering Germany in 2015 is from Syria. The majority of migrants are, mostly, young, displaced men seeking better lives. Why wouldn't they flock to Germany, when Chancellor Merkel is generously doling out taxpayers money and inviting them in? Whether they will find jobs in this fast shrinking economy is doubtful, but already they have become a huge social cost to German society, and Madam Merkel is feeling the dismay and hostility of her citizens over this invasion. In the face of this severe pushback by German citizens, Merkel had to act fast. First, she tried to impose quotas on all member states, demanding that each country in the EU accept, house and feed various numbers of migrants. This did not work and some countries flatly refused, while others sealed their borders. Then she went begging to Turkey, to ask for the border with Syria to be closed and the flow stopped. In return, President Erdogan demanded billions of dollars and a guarantee of membership in the EU, which, of course, she could not grant without consensus and ratifying votes. The latest plan is to give welfare benefits only to Syrians, while the others will languish in camps awaiting a decision.

Already these camps are being set up around Europe, and the future is bleak indeed for these unfortunate people. Xenophobia is rising all over Europe, particularly in Germany. Many incidents of rage and hostility are being under-reported, as well as many cases of gang-rapes by migrants are being hushed-up for fear of inciting violent acts of revenge. Authorities are very worried. Estimates of migrants in Germany have snowballed from 400,000 to 800,000 and now to 1.5 million, and the security risks are staggering. Rather than choosing to protect its borders, Merkel has risked colossal damage to the economy, culture, social fabric and safety of her fellow citizens. What will they do with over a million unemployed, alienated, young, foreign men roaming around their country, while receiving welfare benefits? Why won't she do it? Merkel envisions a single EU state, without borders and one central government. However, there can never be a shared sense of European identity amongst so many different cultures, languages and countries that have squabbled and warred with each other for two thousand years. The basic idea of the EU was flawed, its currency is terminal, its parliament is riddled with corruption and complacency, with no vision, no plan, other than ruling. It cannot survive another decade in this form.

The greatest weakness in Europe (as with all Western nations) is the appeasement of radical cultures and the need to be politically correct. The West's greatest danger is the rise of political Islam and the likelihood of European cultures being subsumed into their fast-growing Islamic populations. This is already very evident in France, Holland and Sweden, where the demographic picture is shifting too rapidly. France confronts the certainty that in the next 15 years it will have a majority Muslim population, and the danger of such an imminent cultural shock to its society is not lost on its citizens. Hence the fast rise of Marine Le Pen and her Front Nationale, right-wing, political party. She is so popular among voters that she has a good chance of being France's next President. The right-wing is waking up all over Europe, and xenophobia is back on the menu du jour. Holland is a tiny country whose generosity has also reached its limit. There, too, is a growing political movement to stop immigration from Africa and the Middle East, and to find drastic solutions to the country's cultural and demographic dangers. Sweden, too, is realising its own significant problem of too many migrants from cultures that refuse to, or cannot, integrate and yet demand equal benefits, but live as disconnected sub-cultures.

Greece - poor Greece - is bearing the brunt of all this migration pressure, because it is on the preferred route, chosen by the hordes that pour relentlessly onto their shores. Over 240,000 arrived in October, sometimes 50,000 in a single day. They come through Turkey, and from Africa too. Many do not survive the trip. Over 5,000 are supposed to have drowned in the past few months, while others die from hunger, illness or other causes.

"Those who sowed winds, are reaping whirlwinds."  
Alexis Tsipras, Prime Minister of Greece in October 2015.

Inter-migrant hostility amongst the different cultures in the holding camps is rampant, and little can be done to ease their discomfort, due to lack of interest and funds. Mostly, this is seen as a problem to be passed on down the road to the next destination.

It is extremely difficult to watch what is happening in Europe right now, due to their weak leadership and the inability, or reluctance, to confront such enormous existential threats, but they cannot be denied any longer. Nouriel Roubini, Economist and Professor at NYU Stern School of Business, has described the EU as being overcome by the politics of dystopia, the consequences of which produce nationalism, protectionism, social conservatism, all trademarks of right-wing politics. Not surprisingly, this is the consequence of economic stagnation, high unemployment, poverty, rising inequalities, and fears over migrants and minorities "stealing" jobs from those more entitled to them. What follows is a backlash against globalisation of trade. This economic malaise guarantees the rise of right-wing politics and this consequence is already self-evident in Greece, Spain, Portugal, Italy, Poland, Hungary, France, Holland and even Sweden today. As the economic decline intensifies, as it will, the situation will become even more volatile and dangerous. This is a humanitarian disaster, caused entirely by our wars of aggression.

The US is already trapped in a recession, which it cannot admit, for fear of destroying its capital markets, and Canada is now in a recession of its own admission, that will soon grow into something much worse. Here is Jeff Thomas of Sprott Money: "The coming (financial) storm promises to be the largest of our lifetime. We shall all be affected by it. A few will profit from it. A few will be mildly negatively impacted, (but) most will be hit hard due to being unprepared."

Our fledgling government will have a difficult time in the coming months. They will find themselves caught between a rock and a hard place when it comes to revenue and spending decisions as markets become increasingly unstable and the future unpredictable.

Let's hope good judgement will prevail.

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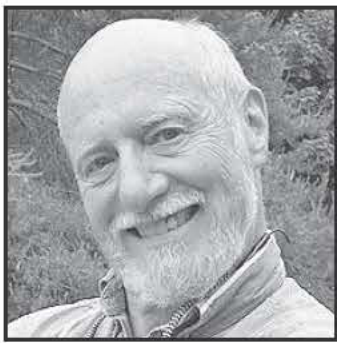
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## Simply Words on Paper If You're Happy and You Know It, Clap Your Hands!

Jim Warbanks - Main Street

Are you happy? Do you believe Canadians are a generally happy people? Which countries' residents might be judged as being more or less happy? Living conditions and economic prospects certainly play a significant role. Security and the absence of conflict may be paramount to most.

Marketing strategist Tom LeDuc has mandated a broad range of studies, including charting the causes of death in countries around the world. He will soon be releasing a series of videos highlighting "The Predictability Principle" which suggests applying accepted marketing principles to better your life.

One of the more innovative reports he has produced is the World Happiness Map. One hundred and fifty countries are ranked with assigned scores ranging from Switzerland (7.59) to Togo (2.84).

### Top rankings

Not surprisingly, the higher rankings appear in almost all North American and South American countries, Western Europe, and Australia/New Zealand. The second group is composed of most Eastern European countries, the remaining South American nations and several South Asian countries.

The third category is headed by the highly-populated countries, China and India, along with many of the central African nations. Assigned to the lowest rankings, we find the remainder of the African continent and a few other isolated, disadvantaged countries.

There are some predictable results, and certain surprises. The Scandinavian countries place second to eighth, with Canada (7.43) taking the fifth spot and Netherlands seventh. New Zealand and Australia round out the top ten, with near-identical scores (7.29 / 7.28).

### Unexpected

Israel (11th) and Costa Rica (12th) are somewhat unexpected placings. Ranking 15th, the United States (7.12) falls just below Mexico (7.19) and just ahead of Brazil (6.98). Take that, presidential hopeful Donald Trump! The United Kingdom (6.87) placed 21st, improbably sandwiched between the United Arab Emirates and Oman (6.85).

Venezuela (6.81) managed a respectable 23rd ranking, despite well-documented economic and political problems, ahead of Germany (6.75) in 26th, France (6.58) close behind in 29th, with Spain (6.33) in 36th position, a few places ahead of Japan (5.99) in 45th, followed by economically-thriving South Korea (5.98), ranking 46th. Bolivia (5.89) completes the top 50 countries on the happiness scale, just below is Italy (5.95) which is struggling politically.

The first island nation, where living is considered by many as laid-back and idyllic, is Trinidad and Tobago, just out-ranking troubled El Salvador (6.13) which is definitely not a highly-rated destination.

### Top fifty

The top fifty countries, ranked by happiness index, are all within 1.70 points (7.59 - 5.89) of the leader, Switzerland. Most of the popular travel destinations, with a few marked exceptions, are included.

In the middle-third of the rankings, Poland (5.79) rates only 59th in the standings, followed by a truly dismal list: Malaysia, Croatia, Libya (happy in Libya? - what a concept).

Several countries experiencing complex problems are grouped in descending order: among them, Russia (5.72), Turkey (5.33), populous Pakistan (5.19) and China (5.14), and, surely an anomaly, sunny, but currently currency-challenged, Greece (4.86), in rather sad company with drug and murder capital Honduras (4.79), which is tied with Tajikistan, to round out the top 100.

### Second tier

This second tier obviously includes some very troubled nations. Poland, due to its strategic location, has the potential to improve. Never dismiss Russia, this vast and varied land has many assets, but its leaders, including the current cretin, Putin, have never been warm and fuzzy. The burgeoning economy in China has slowed, but there must be optimism in the major East Coast cities, which are flourishing financial centres, with despair more likely in poor, rural areas. Perhaps the lifting of the one-child policy, which has led to a damaging gender gap, will produce a sunnier attitude.

Tunisia, Bangladesh, Iran, Ukraine and Iraq are top-ranked in the lower tier, giving a clear indication of the inhabitants' pessimistic state of mind. It is sad to see South Africa (4.64) placing 106th, mere steps ahead of India (4.57), Haiti (4.52), the Democratic (ahem!) Republic of Congo. It is also somewhat confusing to see Bulgaria (4.22) and Egypt (4.19) listed this low.

### Lowest rankings

The lower reaches of the happiness mapping exercise should rather be characterized as a World Depression Map. It is sufficient to list Afghanistan (3.58) in 145th, Rwanda next in line, and Syria (3.01) in 148th position. Imagine, if you will, how the remaining countries, not included on this map, might rate on a world happiness scale.

It is indeed comforting to consider how privileged we are to live in Canada. If our newly-minted Prime Minister, Justin Trudeau, succeeds in making good on his "sunny, sunny ways" campaign promise, we will maintain, or even improve, our 5th place happiness ranking in the next survey.

## Coming up On Facebook this month

Each month we bring you highlights in local news, entertainment and community events plus so much more. Look for road closures and detours, contests and important health and social service announcements as they happen. Visit us often and become part of our social networking family.



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## Workshops to increase financial literacy



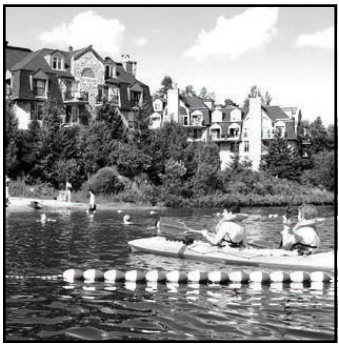
Workshops to increase financial literacy for adults and children are now being offered to community organizations, municipalities, and primary and secondary schools in the Laurentians.

The workshops are being organized by Donna Salvati, CPA, CA who is part of a team of volunteers trained by CPA Canada (Chartered Professional Accountants of Canada) to promote financial literacy across Canada.

The objective of the program is to give all Canadians from school-age to retirees the knowledge needed to make the best possible financial choices and increase the overall financial literacy in Canada. The program provides unbiased, functional and clear information to the general public.

If you are a community organization, a municipality or a school and would like to offer the workshops, please contact Donna Salvati, CPA, CA at 819-322-7041 or by email: donna @osinc.ca.

Donna Salvati, CPA, CA, is organizing and presenting personal finance workshops through community organizations, municipalities and schools in the area as a volunteer for CPA Canada.



## About Sainte-Adèle Politics

Chris Lance - Main Street

Historic federal election results changed the face of Canadian politics this past month. Now, we (Sainte-Adèle and region) have a governing MP representing us in Ottawa: David Graham. David is the son of Main Street writers, Sheila Eskenazi, a long-time volunteer and English-language activist, and her husband, Joe

Graham, local historical author and contributor to Main Street. To say David worked hard is an understatement; he also beat out a resurging Bloc party member, helping to deny the separatist movement party recognition in Ottawa.

I bumped into town councillor Lise Gendron a few weeks ago in the shopping center. She has been acting Mayor ever since our Mayor Charbonneau, (honk and wave) has been on medical leave. It's not an easy job but, perhaps, a position she would covet in the electoral future of our town.

### A LOUER OU A VENDRE

The MRC des Pays-d'en-haut is selling the tourist information building, situated near the autoroute and Rte. 117, across the bridge, in the Mt-Rolland sector of Sainte-Adèle. The asking price is \$300,000.00.

Availability of Sainte-Adèle's commercial space is growing; there are hotels, restaurants and empty buildings in the shopping centre, for example, which once housed the Taverak, not to mention other parts of the centre's retail space. There is also a huge hole where the restaurant, Memosa, was located. Space can be had in the shopping area where Video Zone closed up years ago. There is a huge space where the SAQ existed a few years back, not to mention other buildings along Rte. 117 that lie empty and forlorn. They are an eyesore, and demonstrate the flagging and failing retail scene here in our town.

I listened to Tom, owner of the Pine Theatre, explain how difficult it has become to run a business here due to the rules-based, town administration. Official red tape over repairs and building improvements have exasperated Tom, whose family has had an English and French movie entertainment venue in town for as long as I can remember. The only bright hope on the horizon, as Tom sees it, is the proposed tourist development project in Mont-Rolland, by Maalouf International. If it interests you, look up the Maalouf name on the Internet and see the proposal and what the site would look like in the future. This tourist attraction might lead to new business development and fill up the empty commercial spaces in Sainte-Adèle.

### BUSINESS

Nice to see L'Hotel du Manoir Cardy (old Alpine Inn), pushing and advertising, to get locals to spend on entertainment. The hotel is organizing a Supper-Dance event on Nov 19 & Dec 3, 10, and 17; a Brunch special Nov 8, Dec 13 & 20, a Mardi gras on Dec 27,28, and 29, and Noel d'automne- 25, 26, 27 & Dec 4, 5, and 6. You can check it out online at lhoteldumanoir.com or just call to reserve at 450 745-0266.

The dinner-movie special is going again. You can get tickets at Spago.

The project to have an indoor ice arena, pool and football/soccer field, beside the local polyvalent in Sainte-Adèle, is still a possibility. Wouldn't it be great to get a few projects going to help employment and rebuilding the vitality of Sainte-Adèle...new residents, new doctors, and new life?

Long-time resident, Steve Mezei, at 91-years-old, still practises his tennis shots at Mt. Gabriel and swims every day (whenever he can) in Lac Deauville. He also still skis every winter. He drives, he walks and talks. It's great to see him thriving. year after year, and he also enjoys reading this column every month, which means I have at least one reader, other than the administration of Sainte-Adèle, which rarely encourage my efforts to engage readers in our town. Chapeau to you, Steve!

Bundle up, fall is here: the snow will soon be flying and things will begin to ice up. Find the mitts, hats, scarves, winter boots, winter tires, flu shots and road maps to Florida. It's time to book a Mexico or Cuba vacation, or you might prefer to stoke the fire, read a book and enjoy your apple pie and tea. See you at Xmas, before the mad gift rush takes up all your attention.



## Village of Weir Newswire Glorious Fall

Claudette Smith-Pilon - Main Street

### NEWS FROM CITY HALL

The administration is considering purchasing a generator for the Community Hall. The estimated cost is \$23,000 plus taxes and installation. This is for emergency situations such as major power outages when the entire

community would be out of electricity. Very good idea for all residents.

### Program of Activities at the Community Hall in the Village of Weir

- Mon: 1 - 4 pm: Art created in various mediums. Open to everyone.
- Tues: 1 - 4 pm: Bilingual Bridge- Beginners to experts. Info 819-687-3888.
- Wed: 1 - 3 pm: Courses in country line dancing. Info - 819-687-3767
- Dec 3: 9 am - noon: Flu shot clinic

### HERITAGE RECIPES:

Within the organization of the "Heritage Days" held recently at the Community Hall of Montcalm a memorable cookbook, which includes recipes from the past, from people who have spent many years in the area, was introduced. Mme. Maryse Matte devised the project of the recipes and joined with Mrs. Jolaine Craig who ran to all areas in search of recipes (a huge job). Mrs. Maida Rivest did the layout of the book. What a reception! Their first edition sold out on the day it was launched. It is a gem of a book. A second edition is being printed and copies will be available for \$10 at the Town Hall, the Library & from the 3 members of the committee.

### VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Next Victoria's Quilts Laurentian Branch workday will be on Mon, Nov 23: 9 am. Everyone is welcome to our workday. Come see how everyone takes part in the making of quilts. We have completed over 500 quilts since our beginning and will continue until a cure for cancer is found. The ambiance is such a rewarding example of "giving of oneself" for a much needed cause.

Please forward any comments, news or topic to: mmcs40@gmail.ca



## A Library Addict's Choice...

Grif Hodge - Main Street

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

### NON-FICTION

**Aldrich, Margret - The Little Free Library Book "Take a Book - Return a Book"**

What started as a simple idea to promote literacy and encourage community has become a movement. Little Free Libraries, front-yard book exchanges, now number more than 25,000 in 70 countries. Author, Margret Aldrich, tells the history of these charming libraries, gathers quirky and poignant stories from owners, provides a resource guide and presents readers with colour images of the most creative and inspired LFLs around. Let's start several LFLs in our region featuring different genres. They are snow-worthy! For more information go to [www.littlefreelibrary.org](http://www.littlefreelibrary.org)

**Field, Rick; Courchesne, Rebecca; Atwood, Lisa - The Art of Preserving**  
We are still very much in the season of canning and preserving the wonderful fare from our gardens. This is a very well-organized cookbook, served up with lavish images, tips from the experts, and sweet and savory recipes.

**Jacoby, Dr. Richard P. - Sugar Crush**

This book is a must-read for anyone who has a typical North American diet loaded with sugar. Easy to follow information links the development of inflammatory processes and nerve damage to sugar in processed foods, etc. Included in the book is advice on dietary changes that can perhaps prevent nerve damage.

### FICTION

**Dave, Laura - Eight Hundred Grapes**

Set in the Sonoma Valley, Eight Hundred Grapes is about the tangled and contentious ways that families interact, the pros and cons of romantic love and the importance of finding one's home.

**Gage, Eleni N. - The Ladies of Managua**

With the tumultuous history of Nicaragua over the past sixty-odd years as a background, we are drawn into the lives of three women, grandmother, mother and daughter, as they struggle with the personal choices they have made, and discover how love can shape their futures.

**Gruen, Sara - At the Water's Edge**

This tale is from the author of Water for Elephants that became a very popular movie. We meet the three main characters: Maddie, her drunken husband, Ellis, and his socialite friend, Hank, on New Year's Eve in Philadelphia, in 1942. The trio makes fools of themselves at a high society party, and Ellis's father cuts his allowance. Much to Maddie's horror, her husband decides to go to Scotland to find the Loch Ness monster and redeem both himself and his father. Maddie quickly evolves into a better person and finds true love.

**Hunter, Stephen - I, Ripper**

In the fall of 1888, Jack the Ripper murdered five prostitutes in a particularly vicious manner. Though never caught, the murderer has fueled our imaginations of the quintessential psychotic killer. In the fictionalized account, an Irish journalist closes in on the killer. But who is stalking whom?

**King, Stephen - Keepers**

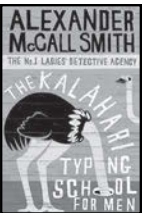
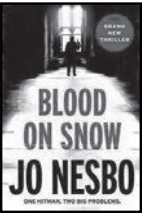
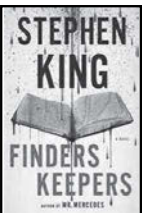
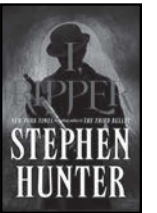
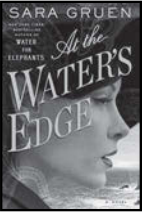
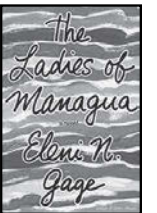
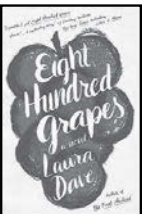
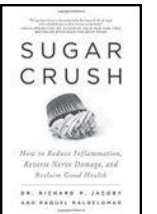
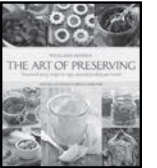
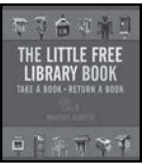
What happens when a reader becomes so obsessed with a writer that he becomes lethal? This is a finely tuned suspense thriller that spans decades, following the murder of writer, John Rothstein, by an obsessed youth, furious that the main character in the novel has sold out for a career in advertising.

**Nesbo, Jo - Blood on Snow**

What is it about Scandinavia that makes their writers so good at producing noir fiction? Written in a spare, direct style, this is a fine example of "Nordic noir." The protagonist, Olav, is both a victim of his own brutalizing childhood and the perpetrator: a fixer who takes care of his boss's problems with a gun.

**Smith, Alexander McCall - The Kalahari Typing School for Men**

If you need a break from your hurried and harried life, here's what the doctor, in this case, also the author, prescribes: some of his gentle humour and affection for Botswana that is found in this fourth volume of a very popular series - The No.1 Ladies' Detective Agency, the ever-popular, Precious Ramotswe, Botswana's leading, and only, female private detective, faces a new and unwanted problem: competition.



## GOOD NEWS FOR CENTRAIDE!

During our recent sale, Centraide raised more than \$950 from the sale of scarves, baked goods and other delicious products. This was \$500 more than we raised last year, bringing our total to \$1600 and surpassing our goal of \$1200.

A big thank you to our cooks and to all who contributed by buying products and gifts.

Thank you so much for your participation and your GENEROSITY, there is much to be proud of us all!





## David Graham welcomes Luc Lefebvre to the team

One week after his election, the member of Laurentides-Labelle, Mr. David Graham, was in Ottawa to attend an orientation day for parliamentarians. He was accompanied by his new county assistant, Luc Lefebvre.

“Luc will be my right arm in the district. We are working quickly to recruit an enthusiastic and competent team,” said Mr. Graham proudly. “I am very pleased that Mr. Lefebvre has agreed to work for the welfare of citizens in the Laurentians, taking charge of our team. We look forward to starting our work on several issues.”



David Graham welcomes Luc Lefebvre

The former journalist of L'information du Nord, Luc Lefebvre previously occupied a job at Canada Post. He has been a resident of La Conception for 19 years, and is well known in the community.

The addresses, phone and fax numbers of the new constituency offices will be available soon. Meanwhile, Mr. Graham's office can be reached at david.graham@parl.gc.ca

## Yves St-Denis supports Argenteuil-based organizations

The MNA for Argenteuil met and discussed with nearly 20 representatives of organizations from the region various ways to provide financial support, in order to help them carry out their respective missions.

The government's Support Volunteer Work Program gives the MNA a yearly budget, which allows him to support non-profit organizations in the riding. Through this second distribution for 2015-2016, Mr. St-Denis gave more than \$10,000 to 19 organizations from various backgrounds.

## QESBA elects new President

The Quebec English School Boards Association (QESBA) is pleased to announce that Jennifer Maccarone, Chairperson of the Sir Wilfrid Laurier School Board, was elected President of the QESBA on Saturday, October 17.

## Mont-Tremblant announces Josée Courville's appointment as commissioner for Economic Development



Josée Courville

Ms. Courville is a professional, specializing in business development strategy, who has worked with several economic entities, both in the Laurentians and abroad.

Working in the field of economic development over the past thirty years, Ms. Courville was, until recently, the head of Innovomax Consultation, a company she founded, which offers advisory services, innovation and marketing plans, as well as business planning in the greater region of the Laurentians.

Previously, she was associated with the firm, Zins Beauchesne and Associates, a member of the Secor Group, where she was responsible for issues affecting the practices of the technology sector.

Josée Courville's office will be located at the Town Hall in Mont Tremblant. She can be reached at 819 681-6433 or by email at dem@villedemont-tremblant.qc.ca.

## Drive safe with clear windshields

The Police Service of the City of Mont-Tremblant invites citizens, vacationers and visitors to take a few minutes in the morning to defrost their windshields before hitting the road.

When the mercury drops below 0 ° C overnight, it causes frost to build up on the windows of vehicles. The police are initiating warnings to drivers whose windshields are coated in ice, thereby obstructing their fields of vision and putting their safety, and that of other road users, at risk.

An offense of this kind is designated under the Code for Road Safety (CSR). Article 281.1 of CSR indicates that driving a vehicle whose windshield and windows are not free from material that can impair the driver's visibility, may be liable for a \$ 160 fine.

## MRC d'Argenteuil contributes \$4000 to Centraide Laurentides

Once again, the MRC d'Argenteuil is delighted to partner with the vast mobilization operation of Centraide Laurentides, in the spirit of solidarity and sharing. To help individuals and families facing difficulties, and to alleviate the effects of poverty, the MRC d'Argenteuil has generously donated \$4000 to the 2015 fundraising campaign, under the theme “\$1 more”, whose goal, based on the results from 2014, amounts to \$2,395,001.

The MRC d'Argenteuil invites the entire population to demonstrate generosity and compassion, by donating to this 2015 Centraide Laurentides fund-raising campaign.

## Special lottery to support the Argenteuil Hospital Foundation

The Argenteuil Hospital Foundation (AHF), in partnership with Yves Ladouceur, will be holding their annual lottery draw on November 15. All proceeds will be added to the AHF's “Opt for Health” campaign, which targets three main areas. Proceeds from the lottery will be used to renew medical imaging equipment.

Tickets are \$20 and are still available for purchase at the Boutique Au coin du Cadeau (main entrance at the hospital) and the Foundation office on the 2nd floor. For information call 450 562-3761, ext. 72127.

## Walk-in health clinic in St. Adolphe

A walk-in clinic, without appointments, is being offered by the health Coop in St. Adolphe. The clinic will be open Mondays and Thursdays from 8:30 am to noon, as well as on the first Friday of the month, between 5 pm and 7 pm.

People wishing to use this service must present themselves at the clinic on the same day, from 8 am on Mondays and Thursdays, and at 4:30 pm on the appropriate Fridays, in order to be put on the reservation list for that day. Patients will be seen on a first come, first served basis. These services are available to members and non-members of the Coop. The Board of the Coop santé asks citizens to support this health initiative by joining the Coop and financially supporting this community activity. For full details, please consult [www.coopsante.org](http://www.coopsante.org).

## Refurbishment works for Maison Mélaric

The MNA for Argenteuil recently announced that \$15,000 in financial support will be provided to the Maison Mélaric from Lucie Charlebois, the provincial minister of Re-adaptation, Youth and Public Health Protection. The funding will allow for the building of a new wing, exclusively reserved for patients in social reintegration programs, by offering this relief service to those who need it on weekends. Other upgrades will also be implemented.

## Jacques C. Grégoire receives the Dollard-Morin Award

On October 23, the 2015 winner for the Laurentian region, Jacques C. Grégoire, of Lorraine, was awarded the Dollard-Morin award by the Minister of Education, François Blais. Mr. Grégoire received this award, at a ceremony held at the National Assembly of Quebec, for his 35 years of volunteer involvement in the development of minor hockey, especially within the hockey organization of Laurentides-Lanaudière. He was accompanied by the Deputy for Blainville, Mario Laframboise, his wife, Nicole Grégoire, his sister, Louise C. Grégoire, his son, Jean-Sébastien Grégoire, and the President of Loisirs Laurentides, Louis Lauzon.

## The government helps Le Passeur Ferry to modernize

The MNA for Argenteuil, Mr. Yves St-Denis, is proud to announce a \$23 855 government financial assistance to Le Passeur Ferry, provided by the minister responsible for Transportation and Implementing the Maritime Strategy, Mr. Jean D'Amour. The president of the company, Mr. Normand Lavallée, mentioned that this investment will allow the launching later this fall of a study on the Carillon ferry's technological and environmental modernization.

This financial support is part of the provincial government's program aiming at the reduction, or the avoidance of greenhouse gas emissions, by the development of intermodal transportation. This project, which will cost a total of \$36 700, is the first step towards the adoption of liquefied natural gas or electricity to power the ferry.

The ferry, which links Carillon and Pointe-Fortune together, has been in service since 1833, and has gone through many modernizations through its existence. The owners decided to seek partnership with the government in order to go even further with today's technological and environmental context. This project could even bring back the Le Passeur ship – which served from 1945 to 1993 – with a new motor powered by liquefied natural gas or electricity.

## Education System Receives Poor Grades

I write this post with a heart filled with sadness, my mind full of opinions and my shoulders heavy, all caused by frustration. Sadness is for the children of this beautiful province of Quebec, where they will never be bilingual because of a law that prohibits them to be educated in both languages. I'm sad, because the Quebec government chooses continuously to cut funding for education, compromising field trips, arts, physical and health education, and also leaving children with special needs without the necessary support. These children's needs range from highly-gifted children to physical and mental handicaps. My shoulders are heavy because I feel like I have not done enough to help my children and their friends in the battle for a better education system; guilty because I feel like I haven't done enough to support the teachers either. I don't know what to do, and I don't think the pressure tactics suggested to parents will produce the changes we need. I am frustrated because I believe we can do better. I am tired of these battles, which are a waste of time and energy and take away from our fundamental right to an education. I love my province and I love my country. We are very fortunate to have been born here and to live in Canada - to experience safety, opportunity, fortunes and riches that people in other parts of the world have no concept of and never will. We have greater matters that need our attention, such as the aboriginal cultural genocide, providing potable water to our northern communities and welcoming the masses of people fleeing from Syria, desperately seeking the security we have, but take for granted. I'm not claiming to have a solution, however, I can offer my opinion: as human beings we have the capacity to help, to open our minds and our hearts, to listen to one another and to be compassionate, all without judgment. Let's work together, educate our children and teach them through example.

Danielle Desrosiers,  
Saint Adolphe d'Howard, QC.

## A Community Thank You

On the weekend of Sept. 25 -27, Arundel celebrated its version of Les Journées de la Culture. Backed by the MRC des Laurentides, developed through the active participation/collaboration of neighboring Municipalities, it hosted a number of culturally rich presentations that citizens, including elders and artists, worked hard, with passion and conviction, to create.

I would like to thank, from the bottom of my heart, all those who contributed their time, energy and resources in order to make the weekend the resounding success it was.

Thanks to my co-workers, Danielle Hebert from Huberdeau, and Huguette Drouin from Montcalm and to Victor Courte, who acted as Master of Ceremonies on the opening night, while giving his usual heartwarming and energizing performances. Thanks to Stephane Legault from Arundel and Paul Cassavant from Montcalm who joined him.

Thank you to the artists/artisans who participated throughout the weekend: Christian Lafortune (cabinet maker), David Carruthers (paper maker) and Susan MacDonald (artist in wool craftsmanship), all of whom demonstrated their skills while providing insightful, stimulating workshops for the public.

Thank you to Helene Brunet, Joanna Nash, and Freda Pemberton Smith (Harriet Smith) for exhibiting their unique works of Art.

Finally, a big Thank You to all the people who helped in creating the Follow the River Exhibition: the Arundel Elementary School, the Arundel Municipality, the Argenteuil Museum, citizens (Dawn Bennett, Liliars Carlsaw, Joan Evans, Gavin Graham, Norman Graham, Kris Graham, Kathy Graham, Denis Cuillerier, Allan Ogston, Morris Rathwell, Jane Wilson, Marilyn Zanth), Main Street, Dany Maltais (surveyor), Jean-Guy Paquin (author), Helene St. Denis (translator) and last but not least, La Domaine St. Bernard, who loaned us their panels.

Sincerely, with gratitude,

Julia Stuart

## Yves St-Denis greets Steve O'Brien in Quebec City

The MNA for Argenteuil, Yves St-Denis, greeted local athlete, Steve O'Brien, at the National Assembly, while in Québec City during his tour across Canada to promote school attendance nationwide. For the occasion, Mr. St-Denis paid tribute to Steve O'Brien in the Salon Bleu, and awarded him the Medal of the National Assembly, along with a \$5000 donation to his foundation.

For his part, local athlete from Argenteuil, Steve O'Brien, was touched by his MNA's warm welcome, and thanked all those who were attending for their great solidarity.

### About Steve O'Brien

Steve O'Brien has crossed Canada to promote school attendance from coast to coast since April 2014. On September 9, the MNA for Argenteuil publicly invited the athlete to Parliament to receive the medal of the National Assembly, while he was being greeted in Lachute by nearly a thousand students from Laurentian Regional High School and Polyvalente Lavigne.



# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

Owners of **Unik Soins Clinique Médico Esthétique**, Mélie Prévile, Jill Anderson and Nicole Massie, who opened shop at their new location - 393 boul. Ste. Adèle, Ste. Adèle, in late September. The Clinic offers a variety of excellent services, including treatment for varicose veins, hair removal, micro-dermabrasion, eyelash extensions, chemical peeling, massage and much more... They also sell quality skin care products. For more info, call 450 745-0662, or check it out at [www.uniksoins.com](http://www.uniksoins.com).

Happy 60th anniversary to owners of **Quincaillerie Théoret**, Véronique Théoret and her son, Alexandre Charbonneau, as well as all the employees. This hardware store has remained in the same building since the company's inception. Alexandre represents the 4th generation of family members who have run this store. They are located at 1365 boul. Ste. Adèle, Ste. Adèle. 450 229-4722 / Facebook: Quincaillerie Théoret.

Alexandre Campeau, who was recently appointed as the new Director of **Carrosserie ProColor**, 156 Rte. 117 in Piedmont. This shop looks after car dents, complete paint jobs, insurance claims and light mechanics. Drop by to see Alexandre and his team who offer excellent services. 450 227-3666 / [www.carrossierprocolor.com](http://www.carrossierprocolor.com).

### Did you know that...

**Station du Verre**, 985 Rte. 117 in Val David, has been open for 13 years now? They offer everything related to stained glass work: private courses, repairs, materials, beautiful gift ideas, unique stained-glass lamps, sun catchers, etc... You can purchase gift certificates for a family member or friend. 819 323-1177 / [www.stationduverre.com](http://www.stationduverre.com).

**Premium Outlets Montreal**, located in Mirabel, has just opened several new stores, including Little Burgundy (shoes), K-way (sports clothing), Bath and Body Works (beauty products) and La Senza (lingerie)? For more info check [www.premiumoutlets.com](http://www.premiumoutlets.com). Have fun shopping!

There is a new clinic, called **Coop Santé**, located at 1937 Chemin du Village, Suite 206, in St. Adolphe d'Howard? Anne-Marie Gagnon is the Director of the clinic, where there are 5 physicians on-site. The clinic is open on Monday and Thursday from 8:30 am to noon and on the first Friday of each month, from 5 pm to 7 pm. People who require an appointment on Monday or Thursday should arrive at 8 am on these days, or, at 4:30 pm on the first Friday of the month. First come, first served! 819 327-3531 / [www.coopsante.com](http://www.coopsante.com).

A Google Summit is open to everyone, and is being offered by the Sir Wilfrid Laurier Schoolboard, on December 5 and 6, at the Rosemere High School? Attendees will have access to a variety of informative and hands-on concurrent sessions, led by experienced and knowledgeable presenters. Learn about Google Glass, Chromebooks, Google Docs, Google Sites, Google Calendar, Gmail power tips, and much more... For more info, see <https://qc.gafesummit.com/2015/>

The new Skatepark project, officially opened in St. Sauveur on Saturday, September 12, at Molson Park? This will offer great new challenges to our local, enthusiastic skateboarders. Congratulations to Stéphane Cardi, street worker with l'Écluse des Laurentides, who is responsible for this major undertaking. Way to go Stéphane! For more info, call Stéphane at 450 569-7197.

**Clinique Santé Voyage Évasion**, and **Clinique Dermaveda**, have recently moved to 35 rue de l'Église in St. Sauveur? Marie-Claude Thouin is the owner, and also a nurse. Clinique Santé Voyage Évasion offers travellers blood tests, necessary vaccinations, flu shots (\$25) and more. There are 3 nurses available on site to help you. Please call a day in advance to make an appointment. Dermaveda offers botox treatments, medico-esthetics, sclerotherapy (vein treatments), etc... Memberships to the Coop are available. 450 227-6555.



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## Garden Talk Knocking off fungus gnats

June Angus - Main Street

Sudden wilting, loss of vigor, poor growth, and yellowing leaves, combined with little mosquito-like pests flying around your houseplants, are all signs you may have a fungus gnat problem.

While harmless to people, fungus gnats can do a lot of damage, including killing an entire plant. Many plants are susceptible, however geraniums, African violets, carnations, poinsettias and Christmas cactus are especially prone to infestation.

Most of the damage is caused by the larval stage of these pests. They look like tiny white or clear worms with black heads and appear on foliage, or near the surface of the soil. They infest the soil or potting mix, feeding primarily on fungi and organic matter, as well as chewing on roots. This stage lasts up to two weeks – plenty of time to wreak havoc.

The adults resemble small brown or grayish-yellow mosquitos, about two to five millimeters long, with spindly legs and long wings. They only live for about a week, but that's long enough to lay hundreds of eggs to keep the cycle of destruction going. The adults are also notorious for transporting and spreading other nasty plant diseases on their feet.

Prevention is the always the best cure: Do not over-water your plants. Warm, moist soil is a prime breeding ground for fungus gnats. Remove dead leaves and other organic debris. When you introduce new plants to your collection, or bring plants indoors, quarantine them for 7 to 10 days before placing them near your other plants. Use only "pasteurized" or "sterile" potting mix for growing your houseplants.

If your plants are infested with these pests, you need to take action on several fronts. First step is to isolate a problem plant. Adult gnats are weak flyers, so generally they can only reach nearby plants. Sticky paper insect traps placed near the soil or foliage will attract and capture adults. A shallow dish of soapy water placed next to your houseplants will also attract fungus gnats and they will drown themselves in it.

To eradicate the larvae, let the plant soil dry out. This will kill off the fungus upon which these little critters feed. Cinnamon also acts as a natural fungicide, so try sprinkling some on the surface of the soil, or add some to your watering solution. Be aware that if cinnamon gets directly on the leaves, it can burn them. Watering plants with peppermint tea-infused water (one tea bag per liter of water) will help keep fungus gnats away, since they are repelled by the scent. A flowerpot of mint growing among your houseplants can also act as a repellent.

If these measures fail, you can always resort to an insecticide designed to attack fungus gnats. Check with your local garden center. Finally, if the problem persists, or is simply too big, you may want to get rid of the plant.

Fungus gnats are resilient little creatures; so until you are sure the problem is gone, keep a sharp look out.

## New Toy Store in St Sauveur

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# Out & About

Ilania Abileah - Main Street



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

## MONT TREMBLANT

### Premiere Scene

Eglise du Village, 1829 chemin du Village  
Fri, Nov 13: 8 pm: Bruno Pelletier & Guy St-Onge: vocals and piano combined, to present music from films. \$40  
Fri, Nov 20: 8 pm - Mara Tremblay sings Rock, Pop and Folk styles. \$34.  
Thurs, Dec 3: 8 pm - Soleil d'Espagne - The life and poetry of Lorca. Alexandre Da Costa, Richard Desjardins and Alexandre Ethier; music by Spanish composers, Albeniz, Manuel de Falla, Gaspar Sanz and Pable Sarasate. \$40

### Albert Ouiment Hall

1147, rue de Saint-Jovite - Mont Tremblant  
Until Nov 29: Dominique Normand - a solo exhibition of works inspired by the tracks left on land, spirits met along the way, and the imprint they left on the artist herself. Vernissage - Nov 13: 5 pm.



Dominique Normand  
A shift in the river acrylic

## STE. AGATHE

### Théâtre Le Patriote

258, rue Saint-Venant  
819 326-3655 / http://theatrepatriote.com.

Sat, Nov 14: 8 pm:

Giorgia Fumanti - Italian-Quebecois soprano, Giorgia Fumanti, continues to enchant audiences around the world. \$44.



Giorgia Fumanti

### La Boîte à

Chansons (doors open at 6:30 pm, first come...)

Thurs, Nov 19: 8

pm - Jérôme Charlebois brings a new show, "Meme pour les matantes," and will be accompanied by four musicians. \$20.



Dominique Normand  
A shift in the river acrylic

Sat, Nov 21: 8 pm -

Damien Robitaille - a new solo show, "Piece par piece." \$38.

Thurs, Nov 26: 8 pm - Edgar Bori presents "La dernière répétition," accompanied by musicians, Jear-Francois Groulx, Christian Frappier and Mr. Bob (Luc Tremblay). \$33.

Thurs, Dec 3: 8 pm - Celine Faucher pays tribute to Quebec singer, Pauline Julien. Marc-Andre Cuierrier (piano & vocals) accompanies her. \$25.

## VAL DAVID

### Val David Exhibition Centre

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

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

Until Nov 22: Making Prints in Duo by Richard Purdy and Paul Ballard. Plus, Artists' Books, by members of the Atelier de l'Île, Val David.

## VAL MORIN

### Théâtre du Marais

1201, 10è Ave. 819 322-1414 / www.theatredumarais.com

Wed, Nov 18: 8 pm - Soleil d'Espagne (see Mont-Tremblant, Nov 3). \$55.

Sun, Dec 6: 2 pm - "Blanc" - Angèle Dubeau and La Pietà. This is an afternoon classical concert plus music from great films. \$50.

Sat, Dec 12: 8 pm - Mother Tongue Blues with Angel Forrest, singer / songwriter, accompanied by Paul Deslauriers and Denis Coulombe. \$35.

## ST. ADOLPHE D'HOWARD

### Atelier Culturel

1889, chemin du Village / 819 323-1878

Open until Dec 31 - During November, the atelier features an exhibition of paintings by Karen Savage. Karen studied art at the Beauc-arts de Montreal and Concordia University, and has resided in St. Adolphe d'Howard since 1968.



Karen Savage 2015 Snowy day

### L'Ange Vagabond

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

Sat, Nov 14: 8 pm: Sara Dufour performs country-folk music with a hint of bluegrass.

## STE. ADÈLE

### Place des Citoyens

999 boul. Ste. Adele 450 229-2921 #300 / http://ville.sainte-adele.qc.ca/achatentligne-placedescitoyens.

Open: Thurs & Fri: 1 to 4 pm; Sat: 10 am to 5 pm; Sun: noon to 5 pm.

Concerts:

Fri, Nov 13: 8 pm: Les croches chantent Dassin et ses cousins - a humoristic cabaret show including songs by Dassin, Fugain, Beaud, Lenorman, Sardou and others. \$15.  
Sun, Nov 29: 1:30 pm - Ensemble Viriditas. Music from the middle-ages played on a variety of instruments including the nyckel-harp, an amazing string instrument. \$15.



Ensemble Viriditas

Sat, Dec 12: 1:30 pm - Musical theatre for children aged 6 - 12 yrs. This is a big Christmas Ball - children are invited to participate in song creation. \$8.

### Exhibitions:

Until 29: Diane Desjardins exhibits "Recreation," a reflective new collection of paintings done in her unique technique.



Diane Desjardins

## Salle Augustin-Norbert-Morin

258, boul. de Sainte Adele.  
450 240-6220, ext.0 / www.salleanm.com  
Sat, Nov 28: 8 pm - Louis-Jean Cormier, Indie-rock singer / songwriter and coach on the TV show La Voix, performs songs from his recent album, "Les grandes arthères." \$45.

## ST. SAUVEUR

### St. Sauveur Church -

205, rue Principale.  
Sat, Nov 28: 8 pm - Christmas concert - Marie-Élaine Thibert. Tickets \$40 - available at the church office or by calling 450 227-2423. Credit cards accepted. http://www.paroisse-st-sauveur.org

## MORIN HEIGHTS

### Morin Heights Legion

127, Watchorn / 450 226-2213  
Fri, Nov 20: 8 pm - Stephen Barry Band

### Morin Heights Library

823, Village Rd.  
Until Dec 5: Arts Morin Heights presents a new exhibition, "Disappeared Buildings of Morin Heights." www.artsmorinheights.com  
From Dec 5 - Mar 30, there will be a new exhibition, "CIRCUS." Vernissage: Dec 5: 1:30 pm. www.artsmorinheights.com

## PRÉVOST

### Salle Saint François Xavier

994, rue Principale 450 436-3037 / www.diffusionsamalgamme.com Tickets: \$31.50  
Sat, Nov 21: 8 pm - Virtuoso pianist, Lucille Chung, of New York, returns to Prevost for the fourth time. The program includes music by Schumann, Prokofiev, György Liget and improvisations (Poulenc). \$35.

## ST. JÉRÔME

### Laurentian Museum of Contemporary Art

101, place du Curé Labelle  
450 432-7171 / www.museelaurentides.ca  
Open: Tue - Sun: noon to 5 pm  
Sun, Nov 15: 2 pm - Annual Art Auction. The items to be auctioned off will be called out. Prices range from \$100 to \$3000. Call to reserve your seat.

Each first Sunday of the month, there is a breakfast at the museum at 10 am with an artist who will be speaking about his/her work. The first Wednesday of each month, from 5 pm - 8 pm, the bar is open, with music and "meet an artist." Free admission, please reserve in advance: 450 432-7171, ext. 7.

### Salle André-Prévost

535, rue Filion / 450 432-0660 / enscene.ca.  
Sun, Nov 15: 8 pm: Piaf a 100 ans. Vive la Môme! Fifty years after her death, a few Quebec singers share the stage for a cabaret-style show. \$59.

Sat, Nov 21: 8 pm - Bruno Pelletier & Guy St. Onge - "Musique et cinema, une rencontre" - an album including songs from the cinema, with orchestration. The program includes Calling You (Bagdad Café), Somewhere (West Side Story), Your Song (Moulin Rouge) and others. \$42.

Sun, Nov 22: 3 pm - "Dans le noir, les yeux s'ouvrent." For children over 6 yrs. This is a show combining circus art, juggling and theatre. It inspires curiosity and makes the audience laugh. \$16.

Dec 6: 11 am - Nicholas Noël - la magie de la poussière d'étoiles." This show features songs and stories about how Christmas gifts arrive on time. For the whole family! \$19.

Fri, Nov 27: 8 pm - Jerome Couture is a finalist on the TV program, La Voix, coached by Marc Dupré. He performs songs from his first album. Opening act - Amélie Laroque. \$35.

Sun, Nov 29: 3 pm - QW4RTZ - these are four "a capella" singers who make you dance and laugh with their energy and charm. Their songs are drawn from different music styles.



QW4RTZ

Thurs, Nov 26: 8 pm - Jesse Cook has been performing for the past twenty years. He has received the Juno and three Canadian Smooth Jazz awards in the category "Guitarist of the Year." \$46.



Jesse Cook

Sun, Dec 13: 3 pm - Tocadéo Noël - the four singers perform holiday seasonal songs in nostalgic harmonies. \$40.

### Salle Anthony Lessard

101, Place du Curé Labelle  
450 432-0660 / enscene.ca.  
Sat, Nov 21: 8 pm - David Jalbert sings contemporary folk from his album "De l'amour proper" accompanied by his musicians. \$32.  
Sat, Dec 12: 8 pm - Christian Marc (Gendron) is a composer / singer / songwriter / pianist and multi-instrumentalist who will perform songs from his new album, "Irreversible." \$36.

### Cinema Carrefour du nord

900 Boulevard Gringo, St. Jérôme  
450 436-5944 / www.cinemastjerome.com/horaire

Sun, Dec 13: 12:55 pm - Opera - direct from the Metropolitan. Special 10-year anniversary - The Magic Flute, by Mozart. 112 minutes. \$28.



The Magic Flute, by Mozart

### Dance from the Royal Opera House

Sun, Nov 15: 12:55 pm - The Royal Ballet. "Viscera / l'Après midi d'un faune. Tchaikovsky Pas de deux / Carmen. 150 minutes. \$20.  
Mon, Nov 30: 12:55 pm - The Bolshoi Ballet: "Jewels," by George Balanchine - inspired by his visit to the Van Cleef & Arpels jewelry store in New York. 125 minutes. \$20.



The Bolshoi Ballet: "Jewels," by George Balanchine

Sun, Dec 6: 12:55 pm - The Bolshoi Ballet performs The Lady of the Camellias - inspired by Alexander Duma's book, music by Chopin and choreography by John Neumeier. 185 minutes. \$20.

Sun, Dec 20: 12:55 pm - The Royal Ballet performs The Nutcracker with music by Tchaikovsky. 185 minutes. \$20.

### St. Antoine's Church

705, boul Laurentides  
Nov 14: 8 pm - Candlelight Christmas Concert with the music of Chopin, Vivaldi and from the films Tango, Piaf and Bizet. Tickets available at Fleuriste Ste-Rose (across from the St. Jerome hospital) and at the door as of 7:15 pm (cash only). 514 774-9148 / www.concertchandelle.com

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# Christmas markets, bazaars & fairs

**LEGION CHRISTMAS BAZAAR – MONTCALM / ARUNDEL**  
Royal Canadian Legion – Branch 192  
Nov 14

**SALON DES MÉTIERS D'ART – PIED-MONT**  
146, chemin de la Gare, Piedmont  
Sat, Nov 14: 10 am – 5 pm & Sun, Nov 15: 10 am – 4pm

**ARTS & CRAFT FAIR - ST. ADOLPHE D'HOWARD**  
Centre récréatif, 110, rue du Collège  
Sat, Nov 21 & Sun, Nov 22: 10 am – 5 pm

**The 20th Salon des Artistes & Artisans at École Val-des-Monts**  
872, rue de l'École, Prévost  
Sat Nov 28 & Sun, Nov 29: 10 am - 4:30 pm.

**CHRISTMAS FAIR – ARTS & DELIGHTS OF ARGENTEUIL**  
Lavigne High School – 452, ave Argenteuil  
Fri, Nov 27, Sat, Nov 28 & – Nov 29.  
Fri: 4 pm – 9 pm; Sat & Sun: 10 am – 5 pm

**ST. COLOMBAN GIFTS & CRAFTSMEN SHOW**  
323, Montée de l'Église  
Sat, Nov 28 & Sun, Nov 29: 10 am – 4 pm

**ARTISANS AND AGRIFOOD FAIR – MONT-LAURIER**  
Couer Immaculé de Marie Church, 570, rue Parent  
Sat, Nov 28: 10 am – 5 pm & Sun, Nov 29: 10 am – 4 pm

**ARTS AND CRAFTS FAIR – VAL DAVID**  
2490, rue de l'Église & 1350, rue de l'Académie  
Sat, Nov 28: 9:30 am – 5 pm

**LE NOEL DES MÉTIERS D'ART – STE AGATHE-DES-MONTS**  
Place Lagny, 2, rue Saint-Louis  
Fri, Dec 4: 5 pm – 9 pm & Sat / Sun: 10 am – 5 pm

**MAGIE DE NOEL – ST. SAUVEUR**  
33, avenue de l'Église (Chalet Pauline-Vanier)  
Sat, Dec 5 & Sun, Dec 6: 10 am – 4 pm

**CHRISTMAS MARKET – SAINTE-ADÈLE**  
999, boul. de Saint-Adèle (Place des citoyens)  
Sat, Dec 5 & Sun, Dec 6: 9:30 am – 4 pm

**ARTS AND CRAFTS EXPO-SALE – MT-TREMBLANT**  
City Hall, 1145, rue de Saint-Jovite  
Fri, Dec 11 & Sat, Dec 12: 10 am – 5 pm

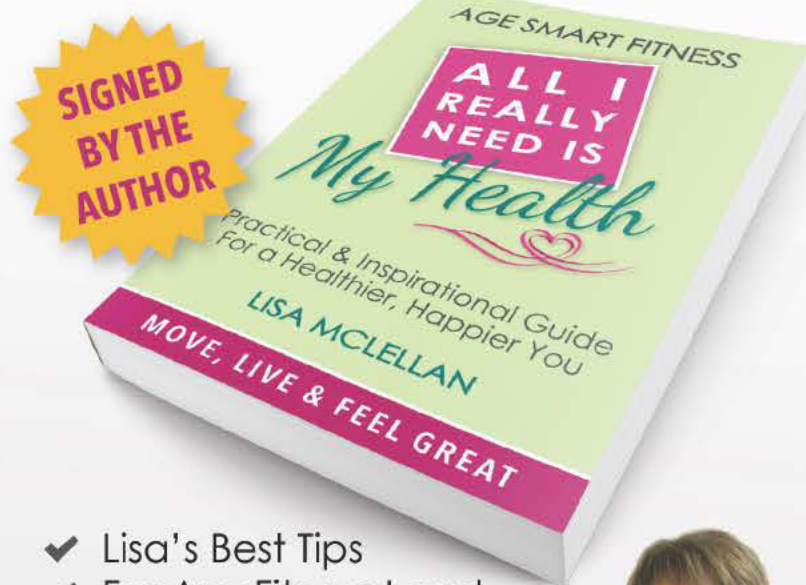
**MONT TREMLANT CHRISTMAS MARKET**  
City Hall – 1145, rue de Saint-Jovite  
Sat, Dec 12: 10 am – 5 pm

**VAL DAVID CHRISTMAS MARKET**  
2580, rue de l'Église  
Sat, Dec 12 & Sun, Dec 13: 10 am – 2:30 pm



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HB SE model shown



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Lease and purchase financing provided by Toyota Canada Inc. upon credit approval by Toyota Financial Services. Registration, insurance, taxes and tire levy are extra. Subject to applicable conditions, the offers apply to individuals who lease or purchase a vehicle from November 3 to 30, 2015, at participating Quebec dealers, where you can obtain additional details. The dealer may lease or sell for less. Offers may change without prior notice. \*Offers apply to new, in-stock 2016 Corolla CE (BURCEM A) / 2015 RAV4 2WD LE (ZFREVT AA) / 2015 Yaris HB CE (JTUD3M A) base models. MSRP of \$17,720/\$26,360 /\$16,295 before taxes, dealer fees of \$165 before taxes (applicable at some dealerships), transportation and preparation charges and air conditioner tax (if applicable) included. The total monthly payment is subject to a 1.49%/1.49%/0.49% annual lease rate and includes dealer fees, \$0/\$0/\$855 dealer contribution, transportation and preparation charges, air conditioner tax (if applicable) and Lease Assist of \$800/\$0/\$0 (including applicable taxes on Lease Assist, required upon delivery). A 22,500 km per year restriction and \$0.07/\$0.15/\$0.07 per additional kilometre apply. The amount required at delivery is \$17,165/\$26,112/\$15,653 before taxes (equivalent to the first monthly payment) as well as the tire levy and applicable taxes. The MSRP of the 2016 Corolla S (BURSEM A) / 2015 RAV4 4RM Limited (DFREVT AA) / 2015 Yaris HB SE (KTUS3P A) models shown is \$21,605/\$35,705/\$19,515. †The \$2,000 cash purchase incentive applies to all 2015 RAV4 models, except for the 2015 RAV4 2WD, for which the cash purchase incentive is \$750. Taxes apply to the total selling price before deduction of the cash purchase incentive.



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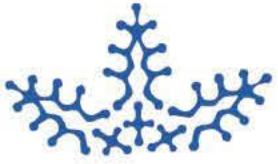
**TOYOTA SCION LACHUTE, 275, Av Bethany, Lachute, QC JE8 2N1**

**NOW OPEN SATURDAYS**

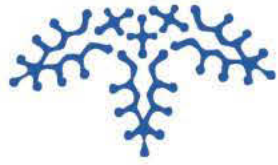
A winter recreational festival  
for 50 year olds...  
and over!

January 29<sup>th</sup> through February 7<sup>th</sup> 2016  
In the heart of the Laurentians

Organised by  
the Laurentians  
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Come participate in this unique  
event in Quebec. A perfect  
occasion to enjoy winter sports  
with friends

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Curling tournament

Bowling tournament

Palliacco fund raising walk under the stars

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Three day x-country or snowshoe vacation

Recreational family outdoors' activities day



Register as a participant or volunteer:  
1 877 429-5858 #450 | 50pluswintergames.org



## Lori's Lookout - Laurentian Personality Marlene Dagenais Dedicated to Community Support

Lori Leonard - Main Street



Marlene Dagenais has worked at the Laurentian Literacy Center in Lachute for the past 7 years. Marlene is one of those rare individuals who works "like a fiend" behind the scenes, never demanding any recognition which she so rightfully deserves. Simultaneously, Marlene is always ready to "sing the praises" of others with whom she works. Her pride of, and respect for, volunteers at the center is obvious. She is always ready to lend a helping hand, and is the first one in line when it comes to volunteering at fundraising events, including Relay for Life and many others.

Marlene has always been dedicated to helping others. It is what she does best. At the Literacy Center, Marlene and the volunteers help people to improve themselves by providing tools to help them to read and write. Sometimes it may be an entire family, or at other times, children who require assistance. The vision of this non-profit organization is to help community members to become proficient in reading, speaking, listening, numeracy and life skills, all taught in a respectful manner.

Did you know that, on average, it takes an illiterate person 3 years to build up the courage to actually reach out for help? The reason being that he, or she, might feel too shy, or lack sufficient self-esteem. Often, people are unable to identify others who are illiterate because they have become expert at hiding this fact, by using various devices to avoid discovery.

Marlene helps individuals by being patient and lending a kind ear. She walks a fine line, because she must be patient, respectful and non-judgemental. It is not an easy task. Every day is unique: on some days, she may help others with reading skills, while on other days, she might help to complete forms, or assists others with basic computer skills. Marlene turns learning into a fun, interesting experience, especially for children. She and the volunteers adapt their assistance to the learning capacity of each individual and determine various ways to help, based on each particular profile.

Marlene spends many volunteer hours during evenings or weekends. She also works 20 hours per week as a mental health counsellor at the Centre aux Sources d'Argenteuil, Lachute. She supports members by bringing them out of their isolated environments by including them in important activities.

In the little spare time that Marlene has, she enjoys her 4 children, and loves "hangin' out" with her 2 dachshunds, Wayne and Grover, who are always by her side.

Thank you Marlene for all that you do for the community!

For further information please call 450-562-3719 or email [literacycentre@bellnet.ca](mailto:literacycentre@bellnet.ca)

## CHRISTMAS BAZAAR

Morin Heights Elementary School  
647 Village Rd. in Morin Heights

Saturday, December 5th, 2015  
9:00-16:00

- Over 45 tables of artisans
- Fun activities: book fair, raffle, silent auction, Kids' corner, face painting, bake sale, plus a visit from Santa.
- Ski and Skate Exchange: We are accepting all winter sports equipment in good condition.
- MH Scouts will be selling Grade 1 & Premium Christmas trees from Hadley tree farm. Pre-order yours now: 450-229-1234

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

Have a chance to win 2 student ski passes valid at 4 local ski hills



NEW!  
Traditional  
Christmas lunch  
Two sittings:  
11:30 & 12:00  
Please call 226-2017  
to reserve  
a table.

NEW!  
On sale  
Christmas Plants  
Pick up at Bazaar



## Yves St-Denis supports Argenteuil Scouts

The Deputy for Argenteuil, Yves St-Denis, recently visited the new local of the Scouts d'Argenteuil, 232 rue Béthanie (facing McDonald's) in Lachute, where he announced a financial aid of \$1500 will be given to the organization to help them continue their activities. It was to an appeal made by Scouts President, Mathieu Trudel that Mr. St-Denis and others, namely the Ville de Lachute the MRC d'Argenteuil and Québec en forme responded.



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\$69<sup>+tx</sup>  
/each

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Until Dec. 13, 2015

Regular price \$79 + tx / each

The Advantage Card is an exclusive offer. A proof of residency and a picture I.D. will be required to activate your card at Customer Service. The Advantage Card is valid during the 2015-2016 season, subject to Ski Morin Heights' operating hours. Card holders must present themselves at the ticket booth to receive a valid ticket to ski before Dec. 25, 2015 and after March 21, 2016.

Ski Morin Heights, 231 rue Bennett Morin-Heights, Québec J0R 1H0

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from January 8, 2016 (after 3 pm)
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- Gore
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- Grenville sur la Rouge
- Harrington
- Lac-des-Seizez-Îles
- Lachute
- Montcalm
- Milles-Isles
- Morin-Heights
- Saint-Adolphe-d'Howard
- Saint-André d'Argenteuil
- Saint-Colomban
- Wentworth
- Wentworth-Nord



## Zarkovica Shelter, Dubrovnik, Croatia

### My week volunteering in a shelter with 350 dogs and a woman fighting for life.

Rachel Leclerc - Main Street

Returning to Dubrovnik, Croatia, was a dream I had cherished since my husband and I visited in September 2014. Not for the beauty of the city, but for the chance to volunteer at the Zarkovica Shelter where 350 abandoned dogs from Dubrovnik, and a woman, Sandra Sambrailo, are fighting for their survival.



Hidden from sight, and away from the crowds of tourists of Dubrovnik, high upon the Zarkovica heights, where not so long ago the Serbian Army aimed its weapons at Dubrovnik, sits the animal shelter, seemingly having inherited all the bad memories from this unforgotten war. As the shelter is located on the top of a hill, in the ruins of an ancient fortress, without much cover, no running water and electricity, the conditions of life are extremely difficult.

Day after day, there is hard work to be done. Despite scarce resources, an enormous amount of work goes into helping these 350 unwanted dogs. Cleanup is difficult because the place is rocky, dangerous and full of holes. The dogs need care every day - feeding, watering, medications, and, of course, walks. Affection is also shared daily with these lost and unwanted souls. Yet, despite their hardships, these dogs are filled with love, always happy and only needing new, life-long, loving homes.

Zarkovica's 350 dogs live in different packs, each with a very specific territory. One pack has claimed the entrance to the shelter, another down the aisle, one in a fortress etc... It's a difficult life, but they manage.

One day, a storm came out of the sea, with severe lightning and thunder, the worst I had ever experienced! Completely wet, with all the dogs, we took refuge in a small fortress of stone, where the dogs clung to each other for reassurance and sought comfort from us. Another day, a miracle happened: one of the dogs, seriously ill with leishmaniosis, a parasitic disease, was adopted by a couple from Poland and went to live with his new family. With great sadness, I recently learned that the dog later died from anemia, but at least his final days were happy ones.

Shelter Zarkovica is a balm on the heart of the 350 abandoned furry friends who have found refuge and love from Sandra. Thank you, Sandra, for making that difference.

There are so many dogs, right here at home, who are also seeking forever homes. Please, Opt to Adopt, not shop, and visit a local shelter or rescue organization if you are considering sharing your home with a new 4-legged companion.

# Mont Habitant

## PASSES 2015-2016

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Pass valid Monday and Tuesday evenings from 3 pm to closing. (including holidays and school breaks)

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Pass valid every Monday and Tuesday of the season, from 9:00 am to closing and every Wednesday and Thursday of the season, from 3:00 pm to closing. (including holidays and school breaks)

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819 321-0265

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Route and schedule available  
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[www.transportlaurentides.ca](http://www.transportlaurentides.ca)  
819.774-0485 • 1.877.604.3377

## SUDOKU

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

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



Answers for  
the October  
edition sudoku



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

Le  
**Fumoir  
des Lacs**  
Fumoir & poissonnerie  
Smokehouse & fish shop



Once again, it's time to think  
about making your reservation!

Christmas tree-shaped smoked salmon mousse  
Salmon Bellevue  
Coulibiac  
Coquille St-Jacques  
Smoked salmon platter  
Sea food  
Smoked salmon tartare  
Hot smoked salmon with maple syrup  
Whole salmon filet  
Special fish orders available  
Please order prior to December 20th



Daniel Dubé & Michèle Deschênes  
the smoke master and the chef

7, Avenue de l'Église,  
St-Sauveur, Qc

450 744-0471



## The Arts and delights OF ARGENTEUIL

Christmas  
**FAIR**  
2015

Polyvalente  
Lavigne  
in Lachute  
452, avenue Argenteuil



FRIDAY NOVEMBRE 27  
4 p.m. to 9 p.m.  
SATURDAY and SUNDAY  
NOVEMBRE 28 and 29  
10 a.m. to 5 p.m.



Meet our artists,  
artisans and local producers.  
A wonderful opportunity  
to find ORIGINAL gifts!



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Desjardins  
Caisse d'Argenteuil



Yves St-Denis  
Député d'Argenteuil  
M.A. Levesque

Villa  Notre-Dame

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- November 21 Fire building Seminar\*
- November 20-22 Wilderness Rescue Camp
- December 12 Survival Skills (Winter focus) Seminar\*
- December 28-Jan 1 New Year's Camp



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**MORIN HEIGHTS**  
**December 4-5-6 & December 12-13**

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Friday Dec. 4th 1pm-8pm • Saturday Dec. 5th 10am-5pm • Sunday Dec. 6th 10am-5pm Saturday Dec. 12th 10am-5pm • Sunday Dec. 13th 10am-5pm

539 Village, Morin Heights J0R 1H0 [www.gourmetduvillage.com](http://www.gourmetduvillage.com)

**RELIGIOUS SERVICES**



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 20: 6 pm - TGIF Smoked Meat  
Sun, Nov 29: 5 pm - Grey Cup Party (hamburgers, etc.)

Tues, Dec 1: 7 pm - The Route 50 Band  
Fri, Dec 11: 6 pm - TGIF Smoked Meat  
Fri, Jan 22: 6 pm - TGIF Smoked Meat

1st & 3rd Monday of the month: Military Whist  
Wed: 7 pm - Darts

For information on any event call 450 226-2213 (after noon)

**Branch 70 Filiale Lachute**

Nov 27: 5 pm - Smoked Meat Supper  
Dec 7: 9 am - Casino Bus Trip

Tues, Dec 8: 7 pm - Election of Officers  
Sat, Dec 19 - Saturday Children's Christmas  
Tues: 1 pm: Euchre

Alternating Thursdays: cribbage & shuffleboard  
Sat afternoon: 1:30 pm: Darts  
For information call: 450 562-2952 after 2 pm!

**Branch 71 Filiale Brownsburg**

New members are always welcome. Please drop by on open nights if you are interested. Membership cards are available at a cost of \$45.

For information on upcoming events please call Sheila or Trevor Holmes 450 562-8728.

**Branch 192 Filiale Rouge River**

Another month - another beautiful season  
Nov 13: 6 pm - TGIF

Nov 14 - Legion Christmas Bazaar  
Nov 18: 6 pm - Executive meeting

Nov 27: 6 pm - TGIF  
Dec 11: 6 pm - TGIF

Dec 12: 2 pm - Children's Christmas Party  
Weds; 1 pm - Bridge

Cribbage every Tuesday night at 7:30 pm  
Yoga classes Mon, Tue & Wed, Sat  
Info: Marlene: 819-687-8665

For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com

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

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

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

**HOUSE OF ISRAEL CONGREGATION**  
227 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/mrmpp  
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  
Sunday School: 10 am  
Worship service: 10:45 am  
Hymn Sing: 4th Sunday each month - 7 pm

**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.  
Nov 29: 11 am - Sunday service  
Sun, Dec 13: 6 pm: Christmas Service with light refreshments to follow. Please come and celebrate Christmas in the country  
Everyone welcome

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

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

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

**ST. MUNGO'S CHURCH, CUSHING**

**LACHUTE UNITED CHURCH**  
Hamford Chapel, 232 Hamford Street, Lachute  
Sundays: 10:30 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.

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

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

**ANGLICAN PARISH OF ARUNDEL & WEIR**  
Grace Church  
Services will be held at 11 am every week, followed by coffee & fellowship.  
Everyone is welcome.

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

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

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

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

**VICTORY HARVEST CHURCH**  
351 des Erables, Brownsburg-Chatham  
Pastor Steve Roach 450 533-9161  
Sunday: 10 am - Bilingual Service  
Bienvenue à tous - All welcome

**PARISHES OF THE LOWER LAURENTIANS**  
Everyone welcome and we look forward to seeing you and your family.  
December 27 - NO SERVICES

**ST. AIDAN'S WENTWORTH**  
86, Louisa Rd - Louisa  
Nov 15: 11 am - Holy Communion  
Dec 6: 11 am - Lessons & Carols  
Dec 24: 7 pm - Holy Communion  
Services with gospel/bluegrass music

**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
Dec 24: 4 pm - Family Christmas  
Dec 24: 8 pm - Lessons & Carols  
Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
Nov 22: 11 am - Morning Prayer  
Dec 13: 11 am - Morning Prayer  
Dec 24: 4 pm - Holy Communion  
Bilingual services with gospel/bluegrass music

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

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
Nov 29: 11 am - COMBINED SERVICE  
Dec 20: 11 am - Holy Communion

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
with Rev. Paul Tidman: 450 562-2917  
Nov 15: 9:15 am - Morning Prayer  
Nov 22: 9:15 am - Communion  
Nov 29: 9:15 am - Morning Prayer  
Dec 6: 9:15 am - Communion  
Dec 13: 9:15 am - Family Service  
Everyone welcome! Refreshments follow most services

**ÉGLISE LAC MAROIS UNION CHURCH**  
802, Ch. Sainte Anne-des-Lacs (SADL)  
No further dates at this time.  
All are welcome / Bienvenue à tous.



Holy Trinity Church, Gore

\* If your church is not mentioned, please check with them directly for services. \*

**ENGLISH COMMUNITY NEWS**

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

**Laurentian Club Notice**  
**Simply Sprouts**

Author, radio and television personality, Linda Frees, has been helping people transition to a healthy lifestyle for the past 30 years. Join us as Linda demonstrates easy sprouting techniques for sprouts and micro-greens that can be grown indoors for pennies, and harvested in as little as 48 hours.

**Mon, Nov 23: 1:30 pm**

For more information:  
[www.laurentianclub.ca](http://www.laurentianclub.ca)



**LAURENTIAN CLUB OF CANADA**

**Laurentian Region Cancer Support Group**

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



Meeting for cancer patients, families and caregivers is **SATURDAY AFTERNOON November 14, 2015 - 1 pm**  
St. Eugene Hall (rear entrance)  
148 Watchorn, Morin Heights

**Speaker: Debbie Sarjeant, Art Therapist**  
**Art Therapy Part 2**

**Pot Luck Christmas luncheon**  
Saturday, December 12 at noon

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

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

Resource library available. Bring a friend or family member.

**COMMUNITY NEWS**

**AMI-QUEBEC PROGRAMS  
ACROSS QUEBEC**

Tele-workshops/Webinars  
Info: 1 877 303-0264 (514 486-1448 in Montreal) info@amiquebec.org www.amiquebec.org

**SOUPE POPULAIRE**

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

**VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE**

351, des Érables, Brownsburg – Chatham **Saturday /samedi: 11 am – 1 pm / 11h – 13h**  
Corner /coin - des Érables & McVicar

**BAZAAR MPDA LACHUTE**

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

**BADMINTON – WHO'S UP NEXT?**

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

**WILLKOMMEN**

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

**ASSOCIATION ALPHA LAURENTIDES**

Offering FREE French lessons!  
**Sept – June (on-going registration) 16 yrs. and over**  
Info: Rejeanne 819 507-0005  
ALPHA: 1 866 887-7335

**SEEKING MEMORABILIA OF ARUNDEL**

Looking for information on the earliest period of colonization (1850's era) First Nations peoples and settlers. Original documents, letters, bills, artifacts etc.  
Call Julia Stuart: 819 687-2382 or email juliamstuart@yahoo.ca

**COMMUNITY EVENTS**

**LOST RIVER COMMUNITY CENTRE**

2811 RTE. 327  
**Sun, Dec 6: 9 am – noon:**  
Breakfast with Santa  
Santa arrives at 11 am.  
All children are welcome.  
Bring non-perishable food items for a chance to win the Basket. All items will be donated to the Lachute Food Bank  
Like LRCC on Facebook at LRCC-Lost River Community Centre

**HARRINGTON GOLDEN AGE CLUB**

(259 Harrington Rd)  
**Nov 15: 1:30 pm - Bingo**  
**Nov 21: 1:30 pm -**  
Special Christmas Bingo  
**Nov 28: 5:30 pm - Christmas Dinner.** Please call Ann: 819 242-4791 or Deedy: 819 242-8939 for tickets  
**Dec 3 & 17: 1:30 pm - Café Partage**  
**Dec 4: 5:30 pm - Cook's Night Out**  
**Dec 6: 1:30 pm - Bingo**  
\*\*We are looking for volunteers for our community kitchen project.  
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.  
Info: Deedy: 819-242-8939

**SCOUTS MORIN HEIGHTS**

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

**LAURENTIAN CARE**

CPR / FIRST AID CLASS  
Mont Tremblant **Sat, Nov 14**  
Half day: CPR / full day CPR plus first aid class.  
Info & registration: 1 855-522-7372

**HARRINGTON VALLY & DISTRICT FIDDLE CLUB**

Margaret Rodger Memorial Presbyterian Church **Nov 28: 1 pm**  
Club meeting – if you play an instrument, bring it along!  
If not, come and enjoy an afternoon of music, dancing and fellowship.

**ANNUAL CHRISTMAS TEA & BAZAAR**

Margaret Rodger Memorial Presbyterian Church (Lachute)  
**Sat, Nov 21: 11:30 am - 2:30 pm**  
Home-baking, candy table, handmade crafts, White Elephant Table, This & That  
Everyone welcome.

**CHRISTMAS BAZAAR**

St. Simeon's Church  
445, Principale Lachute  
**Sat, Nov 14: 11:30 – 2 pm**  
Home-baking, treasures and so much more.  
Sandwiches, tea, coffee and squares will be served.  
Everyone welcome!

**TRADITIONAL CHRISTMAS LUNCH**

Morin Heights Elementary School  
**Sat, Dec 5**  
2 sittings: **11:30 am & 12:30 pm**  
Soup, turkey with all the fixings & dessert  
Reservations: 450 226-2017, ext. 6217  
Adults: \$8 / children under 6 yrs. \$5

**ANNUAL CHANUKAH CELEBRATION**

Manoir Saint Sauveur Hotel  
**Sun, Dec 6: 4 pm**  
Buffet dinner and entertainment. Children's activities, grand raffle and Lighting of the Menorah. MP David Graham will be the guest of honor.  
Suggested entry donation: \$18 pp (includes 1 raffle ticket)  
RSVP or info: 514 703-1770 or info@chabadsauveur.co

**HISTORY OF SKIING**

Morin Heights Historical Association  
148, Watchorn  
**Sun, Nov 15: 1:30 pm**  
James Jackson tells the story of cross-country skiing

**CHRISTMAS BAZAAR**

Trinity Anglican Church  
631, chemin du Village, Morin Heights  
**Sat, Nov 21: noon – 2 pm**  
Bake & gift table, lucky draw, luncheon served.  
Adults: \$8 / children \$3.  
Everyone welcome. Info: 450 226-3845

**STUDENT FUNDRAISING**

Lachute Masonic Hall  
Country / Square Dance  
**Sat, Nov 21: 8 pm**  
Brianna Elliott and Bobbi Heatlie, two

Lachute 4-H members, will be hosting this fundraiser to help finance their class trip to Europe next spring. This excursion is part of the annual course of the enriched English program, Fact and Fiction.

**PALLIACCO FUNDRAISER NOW UNDERWAY**

A Trek Under the Stars  
**Sat, Jan 30, 2016: 5 pm - 9 pm**  
Participate /Donate/Support  
For full details visit [www.palliacco.org/randonee](http://www.palliacco.org/randonee)

**UPCOMING CHRISTMAS CONCERTS**

**JOYFUL NOISE CHOIR CONCERT**  
United Church, 831, rue du Village, Morin Heights  
**Thurs, Dec 10: 7 pm**  
Info/Tickets: 450 226-2746

**THE CHOEUR TREMBLANT**

Saint-Jovite Church  
**Sun, Dec 13: 3 pm**  
Led by Maestro Michel Brousseau, the choir will sing Glorias, by Jenkins and Poulenc. Tickets: 819 687-8841, through choir members or [www.choeurtremblant.com](http://www.choeurtremblant.com)

**ST. DONAT ORCHESTRA**

At the church  
**Sun, Nov 28: 7 pm**  
Free Admission  
Info: 819 424-2833 / <http://www.saint-donat.ca/>



**Mille Isles Presbyterian Church** is looking for an organist to lead and accompany congregational singing. Services are every Sunday in July and August, as well as periodic Sundays throughout the year. Please contact **John Reeves at 450-226-8174**

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

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# Laurentian Club Report Planning Your Financial Future

Sheila Eskenazi with Dave Merrett

The Laurentian Club welcomed financial planner Peter McLeod at the October meeting. His presentation covered the wide variety of investment tools available to us all to maximize our wealth, to look after ourselves in our retirement and to enable us to leave a financial legacy for our loved ones.

McLeod had an easy way about him, explaining all the options in layman's terms and demystifying the field of personal financial management. He demonstrated the many ways in which engaging a Certified Financial Advisor, authorized by Quebec's Autorité des marchés financiers (AMF), can help to navigate the maze of financial options available to us and legitimately reduce the taxes we pay. He underlined that this is one way to help ensure that we are not taken in by unethical dealers.

Very specific examples were offered on subjects such as life insurance, RRSPs, TFSA's and disability coverage. After the presentation, the members of the audience engaged in a lively questions-and-answer period, delving deeper into the subjects raised. Peter McLeod graciously continued to answer questions over coffee and cookies during the post-meeting social mixer. The consensus was that everyone left the meeting better armed to approach the management of their personal financial affairs, regardless of their ages or where they stand in terms of personal wealth.

Join us on November 23, when Linda Frees will present "Simply Sprouts." For more information, see our ad on page 20.



# Healthy Channels Ear Infections and Acupuncture

Christopher Garbrecht, Ac. - Main Street

As winter is approaching, along with the cold and flu season, I thought I would write about a common ailment that results from either a bacteria or a virus - the common ear infection.

Otitis media is an ear infection of the middle ear, the area just behind the eardrum. It happens when the Eustachian tubes, which connect the middle ear to the nose, get blocked with fluid. Mucus, pus, and bacteria can also pool behind the eardrum, causing pressure and pain.

Ear infections usually start with a cold. Adults can get ear infections, but they are most common in infants and young children. This is because a child's Eustachian tubes are narrower and shorter than an adult's. It used to be common for doctors to treat children with ear infections with antibiotics, but now they tend to take a wait-and-see approach for the first 72 hours.

There are two main types of ear infections: acute otitis media, and otitis media with effusion, where fluid remains trapped in the ear, even after the infection is gone. Acute otitis media causes pain, fever, and difficulty hearing. If a child is too young to talk, signs of an ear infection can include crying, irritability, trouble sleeping and pulling on the ears. Other symptoms may include sore throat, neck pain, nasal congestion, headache and ringing, buzzing, or other noise in the ear.

Ear infections happen when the Eustachian tubes are blocked. Blockages can be caused by a cold or flu, allergies, exposure to cigarette smoke, infected or overgrown adenoids. They happen most often in the winter. They are not contagious, but a cold may spread among a group of children and cause some of them to get ear infections.


Here are some tips to reduce your child's risk of ear infection. Don't expose your child to second-hand smoke. Keep your child away from other children who are sick. Breastfeeding, for at least 6 months, can make a child less prone to ear infections. Don't use a pacifier.

Applying a warm, moist cloth over the affected ear may help relieve pain. Another remedy is to crush garlic in olive oil and rub the garlic-infused oil with a Q-tip into the ear (be careful not to get any of the garlic on the Q-tip and to not rupture the eardrum).

Acupuncture is very effective in treating both children and adults who suffer from a persistent ear infection or chronic ear infections. It helps by unblocking the Eustachian tubes and draining the excess accumulation of fluid that builds up in the ear. It also helps increase the body's own natural immune system response.

If you have any questions about acupuncture or would like to schedule an appointment in Val-David, you can call me at: 819 322-3081 #2.

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**Fit Tip #100  
How Resilient  
are You?**

Lisa Mclellan - Main Street



It's amazing, the resilience of the human spirit, isn't it? Think back on your own life, on the challenges you have had to face, or those of others you know. Challenges come in varying degrees of difficulty and intensity. Resilience is the ability to become strong, healthy, or successful again, after something bad has happened. How resilient are you? New scientific research shows that there are four types of resilience we can work on, and develop our strength in. They are Physical, Mental, Emotional and Social Resilience. We can actually build our resilience by doing some very simple things. Let me tell you what they are:

**Physical Resilience:** Never sit still for more than one hour at a time. You don't have to be a super-star athlete. Just get up and move around. It creates momentum. Once you get your energy moving, it keeps you moving.

**Mental Resilience:** Tackle tiny goals regularly to boost your will power. Why tiny? Because you know you can be successful. Try puzzles, games, new hobbies, read books, travel. Keep your mind stimulated.

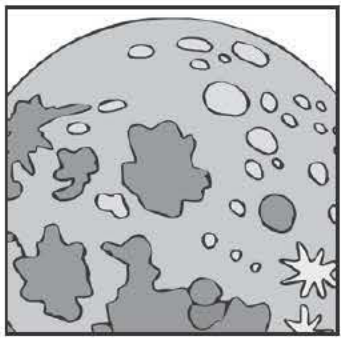
**Emotional Resilience:** 3:1 positive emotion ratio. Experiencing three positive emotions for every negative emotion will dramatically improve your health, and your ability to undertake successfully any problem you are facing.

**Social Resilience:** Every day, reach out to one person you care about. This is the way we get strength from our families, our neighbours, our friends and our community. Another great way is through gratitude and touch.

Science shows that people, who boost their Physical, Mental, Emotional and Social resilience regularly, live 10 years longer than those who don't! It is remarkable how small accomplishments, simple, easy, little feats, can so profoundly impact what you feel and how you live. I guess the key in this life is to understand that the power lies within you. The power is in your own hands to create the life that you want to live, simply by doing little things on a regular basis. It has been proven to add years to your life.

So, what's it going to take to make the difference in your own life? What's it going to take for you to accept being the master of your life? The first place to start is to make a commitment to yourself. You can do it. You can give that love to your self. You can be courageous. You can do the simple little things, like to reach out, every day, to one person you care about, to share a kind word or give a hug - a few seconds is all it takes to raise your level of oxytocin, the trust hormone. There is no room for judgement here, only room for encouragement; to encourage you to use the tools, as many of them as possible, to change your life for the better. I believe in you. Yes I do!

I have good news. I have completed writing my book. Please see my ad on page 13 for my book launch. I am so excited!



## Zach Factor Ich Fargesn: How Soon We Forget

Lys Chisholm & Marcus Nerenberg -  
Main Street

Shortly after the beginning of the twentieth century, a huge migration took place. Immigrants from most Eastern European countries were streaming to the ports of Western Europe to embark upon the greatest adventure of their lives. Europe had a very rigid class system and the poorest of citizens were experiencing desperate times. Property ownership was highly restricted to the moneyed classes and everyone else found themselves blocked from ever improving their lots. Across the Atlantic, the United States and Canada appeared to be the Promised Land; an entire continent was being offered to those who had the will and stamina to settle woods and prairies, with vast forests to exploit and endless grasslands to farm. Our predecessors arrived by the hundreds of thousands, fleeing poverty, violence and oppression.

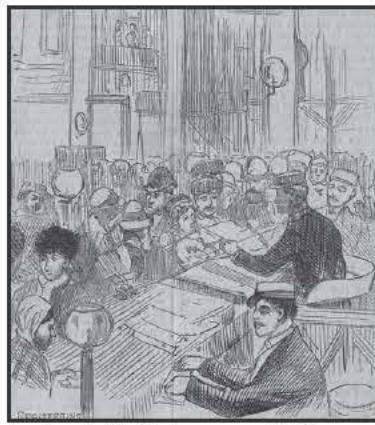
Amongst these multitudes, came Jews from several Eastern European countries. Life for Polish, Ukrainian, Romanian, Lithuanian, Russian, Latvian and Estonian Jews was especially harsh. Most were forbidden to own land, or to take part in numerous professions that were reserved exclusively for Christians. In some countries, Jews were restricted to their own villages, where they eked out impoverished existences, facing constant harassment and misery. They dreamed of the Americas as the land of milk and honey. Families scraped together enough money for one member to book passage on a ship, and once in North America, that person would work and send money for the next to come, and so-on. Over time, these families adapted to their new countries and became part of the great Canadian or US mosaic. The story played out thousands of times, between the late 1800s and World War I.

These poor Jews on the immigrant ships knew little English or French. Most European Jews spoke Yiddish, a dialect of Low German. They knew little of what awaited them on the docks of Halifax, Quebec City or Montreal. They knew that the first Canadians they would face would be immigration officers. They practiced English answers to the questions they were going to encounter such as- What is your name?- Where do you come from?- or -What is your occupation? One nervous young man stepped up to the immigration table and when the question came- What is your name- The young refugee didn't remember which answer went with which question and stammered in Yiddish -Ich fargesn. (I forget.) The officer deftly wrote down the name Ferguson, a traditional Irish name, and in the stroke of a pen his own family name was changed forever and his assimilation into Canadian society began. Sixty years later my sister would attend Montreal High School with her Jewish classmate named Ferguson.

Another participant in the great immigration in Montreal proceeded through the line to the immigration desk. When questioned by the officer, he was quite sure of himself. He had his answers. The man at the desk asked- What is your name? The young man confidently supplied the answer to his occupation. Either this young merchant had been coached in French or perhaps the official was French or the newcomer's accent was so thick, in any case, his name was recorded as- Marchand. Later in the 1970s that clerical error gave this immigrant's grandson, a sharp young corporate lawyer, a fitting membership in the Quebec Bar Association as Maître Marchand.

In the early 1600s the French arrived and conquered the indigenous people who had lived here for 10,000 years. 150 years later, the English vanquished the French, who then numbered a sparse 25,000 souls. The English invited the hungry Scots and the landless Irish Catholics. By the late 1800s an influx of immigrants and refugees disembarked from almost every country in Europe. For the past 100 years, waves of migration flowed from South America, Africa, Asia, the Caribbean and the Pacific Rim, and we have grown to a population of 36 million people, with cold noses and warm hearts.

Each day, as we learn to live side-by-side, in cooperation that is mutually beneficial, and worthy of our humanity, we sometimes suffer the "ich fargesn" syndrome. We forget that all of us, even our aboriginal populations, trace our ancestries back to a part of Africa. Soon, we will welcome 25,000 Syrians to our Canadian family. Let us help them where we can, in spirit and memory of our own ancestors, who once tore themselves away from their homelands, and struggled to get here, to give us life in this free and rich land.



Immigrants Registering upon arrival-Harpers Weekly, May 29,1880.  
From the collection of Maggie Land Blanck



Ukrainian Jewish immigrants to Canada, 1900  
Photo credit, Jewish Immigration in Canada, FasttrackTeaching.com



Canadian ad for German Immigrants in 1910...reading Canada, the Land of Opportunity (Gelegenheit)



## The Story Behind Taking Our Place

Joseph Graham - Main Street  
joseph@ballyhoo.ca

A very long election campaign has just ended, and the Harper government has ended with it. Mr. Harper has resigned, the parties are broke and exhausted, and we are all pretty well fed up with the subject. Does that sum it up? Well, not for me because, against all odds, my son, David, is now the MP for Laurentides - Labelle. What is going on here?

A commentator on CFLO radio, in Mont Laurier, described David's win as an accident. David is an Anglais, a Liberal and a politician - three strikes and you're out - yet he scored a homerun. The easy conclusion is that it was because he was a Liberal, and that turned out to be more important than that he was an Anglais and a politician. The truth is that none were strikes against him. As a politician, he knew how to campaign, and that helped enormously. As a Liberal, his little campaign boat caught the rising tide, and as an Anglais, he was treated with the same kind of open respect that we have always seen from most of our French-speaking neighbours. We belong here as much as anyone else, and it is time for us to understand what we, the large, English-speaking family of the Laurentian countryside, have accomplished in our time.

Our most important accomplishments are that we stayed here and that we learned to speak and engage in French. More and more of us enjoy Laurentian French community events, yet we, six percent of the permanent population in Laurentides - Labelle, also maintain our own small community and its culture.

If you look beyond the few unpleasant exceptions, arrogant, often uneducated, or terribly doctrinaire people, who distrust anyone who is not the same as them, you realize quickly that the majority community around us is open and embracing. They see us as a cultural facet of the jewel that we call the Laurentians. We are as much a part of it as anyone, and it is high time that we lose our fear of making waves or offending. On the contrary, we must speak our minds, we must stay involved, and we must continue to engage. The broad community is healthy and growing. It has demonstrated that it is good in business and that it values health care and education. It is proud of the community accomplishments of Quebec, including Hydro Quebec, the Caisse Populaire movement (started before World War One), and the Caisse de Dépôt et Placement, established in 1965, by the Lesage government. Pride in these community-owned institutions reflects a fundamental trust of government and civil society - strengths that were once associated with all Canadians.

### What did we get rid of, by voting the Harper government out?

Most people are convinced that politicians are corrupt and self-interested. In fact, most of us become suspicious as soon as we learn that someone is a politician. Even among politicians, many declare themselves as being from some other field, and to have decided to go into politics for altruistic reasons. The Harper government played on these convictions and insecurities, encouraging people to stay home, to not get involved. It was a government that floated itself upon our disillusion and doubts.

Of course, it's all nonsense. While there are, and have been, many corrupt and egotistical people in politics, if you make a list of them and compare it to a list of the really good people in politics, the list of the latter group will be many times longer. Even so, corruption, egotism and self-delusion have been a part of politics since the first king held court. When we empower someone, we create a hierarchy that encourages us to defer to the person we have empowered. The deference does not come through fear, but through a sense of order. It is not the person we defer to so much as the whole system, the whole hierarchy, and the structure that causes that deference, in turn, gives those who defer a secure place in the hierarchy. The problem that arises is, the higher up the hierarchy, the fewer people there are who treat you without that deference. Inevitably, well-meaning people can lose touch and risk going wrong.

### What is the cure?

We are. We must get involved sincerely in the system, really involved, join a party, interest groups, clubs and committees, share our concerns with our MPs, worry actively and positively about our democracy - then those who go into politics will never be alone. We will be there with them.

As a minority community, getting involved is our strength. Most of us come from small Protestant, or non-Christian congregations, where the overarching ethos was volunteerism. These communities worked because everyone got involved. We know how to do that - it's in our cultural heritage. It is something valuable that we can give to our majority community. Compared to these disparate congregations, the historic Catholic community had a different structure. For generations, the Catholic Church accepted into its ranks individuals who wanted to give, who became priests, nuns, teachers and nurses. They gave Quebec its healthcare, social services and schools. In the 15 years after World War Two, the governments, wealthy with taxes that had been raised to high levels during the war, effectively put the Catholic Church out of business by supplying all of those services. The Catholic society transferred its dependence from the Church to the government. On the one hand, this habit of dependency gave them a greater tolerance for government and community-run institutions, like Hydro Quebec and the Caisse Populaires, but on the other hand, volunteerism has been slow to develop.

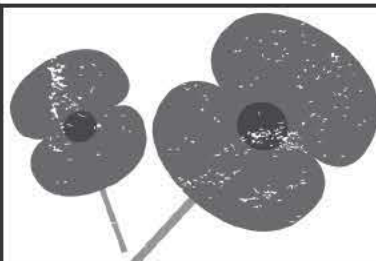
By getting involved, in politics, in community organizations, in special-interest groups, things we generally know how to do, we can make a huge difference, way beyond what our numbers would indicate. We know how to do it and we are needed.



### FAMILY EVENING: CREATE AND DRAW A CONSTELLATION

Velan Astronomy Pavilion Domaine Saint-Bernard  
Sat, Nov21: 8 pm: fun activity for the whole family.

Info / reservation: 819 425-3588 /email: info@domainesaintbernard.org.



*Lest we forget*

# Obituaries

**GOLDUP, Annie Clarke (nee: McGibbon)**  
Suddenly, on Sept. 29, 2015 in her 95th year, at Hotel Dieu Hospital, St. Jérôme, Qc. Survived by her daughter Mary-Ellen Kolkman, grand daughter Cathy (Mike) and great-grandsons, Matthew and Curtis. Beloved wife of the late Arthur Sydney Clarke Goldup for over 36 years. Special thanks to cousin and caregiver, Ralph Atkins. She will also be sadly missed by cousins Ken and Wilda Tomalty. We also wish to thank Jim and Shirley MacDonald for their ongoing kindness. Her passion for life was her interest in politics and the love of her life was her little dog "Pictou." A funeral service was held on Oct 7 in the chapel of J.P. MacKimmie Funeral home followed by interment at the Dalesville Cemetery. In lieu of flowers donations to the SPCA or a charity of your choice would be appreciated.

**PALMER, Geraldine Carpenter**  
After a life well lived, Gerry passed away peacefully in Ottawa on October 23, 2015. Pre-deceased by her husband Peter, lovingly remembered by her daughters Lynn (Lowe), Robin (Tomalty), her son Peter, her grandchildren, Jean-David, Jennifer, Mike, Ryan, Rourke, her great grandchildren Lea, Eliot and Aveya, her sons-in-law Tom, Glenn, Peter's partner Marie-Claude, and countless friends. Gerry was a professional photographer in Montreal in the 40's and 50's, was an avid gardener, golfer, curler, singer and organizer and will be remembered for the energy and passion she brought to everything she did. Special thanks to Bev Ladouceur, her caregiver for 5 years, and to



the caring staff at Longfield Manor where she lived her final years. A celebration of her life will be held in Dunany in the summer of 2016. In her remembrance, donations to the Dunany Country Club - Centennial Fund at <http://www.dunanycountryclub.com/> or Dunany Country Club, c/o Diana Minty, 2053 Dunany Road, Wentworth, Qc J8H 0B5 would be appreciated.

**STEPHENS, Phyllis (nee: Campbell)**  
Peacefully at the Residence of Lachute, Lachute, Qc. on Wednesday, September 16, 2015, in her one hundred and fifth year. Beloved wife of the late Charles Stephens. Dear mother of the late Campbell, Madeleine Jenkins (the late Ernest) and Kathryn Farrelly (Ross). Loving grandmother of Stewart (Lisa), Eddie, Larry, Stephanie (Wilbert Zavitz), Vanessa (Graham Mezzaroba) and Stephen (Dominika). Great-grandmother of Sarah, Chris, Fraser, Ruby-Anne, Logan, Owen and Clara, and dear aunt of Myrna MacKenzie and her son Jay. Also survived by her sister Enid Mosher. Pre-deceased by her sisters, Ruth and Eleanor. A funeral service was held on September 19, 2015 at the Lachute Baptist Church. In lieu of flowers donations to the Lachute Baptist Church, The Ladies Committee of the Residence of Lachute or the charity of your choice would be appreciated by the family.

**TITCOMBE, Margaret**  
October 22, 1914 - October 6, 2015  
A long time resident of Lakeview, Lake MacDonald, Qc. passed away peacefully at Maison Herron, Dorval, Qc. A family service was held on October 9 in Lachute. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

### In Memoriam - Walter James

In loving memory of a dear husband, father and grandfather who passed away  
November 25, 2009

Our thoughts are always with you  
Your place no one can fill  
In life we loved you dearly  
Away from us, we love you still.

Always loved, always remembered,  
Kathleen, Brian, Bobby, Holly, Haleigh and Emma

### 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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For caregivers, cancer patients and  
the bereaved  
Mon, Nov 16, 23 & 30: 4 pm - 5 pm

Stress Reduction Program (Ste-Agathe)  
For caregivers and cancer patients  
Weds & Thurs: 3:30 pm - 4:30 pm

Coffee Meeting for the Bereaved  
Wed, Nov 18: 1:30 pm - 3 pm (Ste-Agathe)

Comforting Tea  
For cancer patients or those in remission  
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- Get information on the evolution of the disease, touching on: memory, judgement, reasoning, insecurity, loss of skills...
- Find ways to understand beyond words and to be understood;
- Know more about the disease in order to develop new attitudes and new communication skills;
- Learn how to take care of oneself to prevent the inevitable exhaustion that affects our physical and mental health;
- Answer to other needs...

**English group meeting**  
Residence Lachute,  
377, rue Principale, Lachute  
Tuesday, Nov 17: 1 pm - 3 pm

**French group meeting**  
CSSS S'Argenteuil  
145, Avenue de la Providence  
Monday, Nov 23: 10 am - noon

These meetings are totally free for caregivers.

MEETINGS CAN ALSO BE ARRANGED AT YOUR HOME BY APPOINTMENT.

Société Alzheimer des Laurentides (819) 326-7136 or toll free 1-800-978-7881  
Web site: [www.alzheimerlaurentides.com](http://www.alzheimerlaurentides.com) E-mail: [communications@salaurentides.ca](mailto:communications@salaurentides.ca)

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## I'm Just Saying "Go ahead, make my day"

Ron Golfman - Main Street

Back in the 70's, Clint Eastwood (playing Dirty Harry) made this phrase famous, and it became a part of our lexicon long before the kids' game of Cowboys and Indians became politically incorrect. I am old enough to remember playing that game, and not wanting to be one of the Indians, because they usually lost. Today, our misguided search for accommodation has fostered the movement to change the name of the Washington Redskins and to replace the little Indian boy on Yum Yum potato-chip bags, in order to show respect to members of other communities.

While I don't disagree with the demand for these changes, they are a mere spit in the ocean when it comes to what we could and should be doing regarding the issues of tolerance, and protecting and respecting each other. The unwillingness of America to address the slaughter of so many innocents, by not enacting strict gun-control laws, is a perfect example of disregarding history, which makes them doomed to repeat these tragedies over and over again. I won't join the rhetoric of responses such as, "guns don't kill people, people do," and "if only the teachers were all armed, less lives would be lost in the torrent of school shootings." Give me a break! Even a doctor will refute the logic of treating just the symptom, and not the root of an illness.



I am well aware that the NRA is one of the most powerful lobby groups in America, and that most of their members quote the Second Amendment of the US Constitution with greater ease than chewing a wad of tobacco. However, that clause was included during a time when America was uncertain whether Britain might attempt to retake the colonies. It was also a time when the colonists and Native people were fighting each other over the settlement of the land. It's almost funny that the colonists created the word "savages" to describe indigenous people, while they themselves were slaughtering them with GUNS and the gifts of blankets infected with imported deadly diseases. Guns were needed during those times for personal protection and to protect cattle herds against predators and rustlers.

Now, 239 years later, although the same logic and reasoning for appropriateness of the Second Amendment does not apply, it is still at the forefront of the debate. While North American governments still treat indigenous peoples like third-class citizens, the notion that we need to protect ourselves from each other with automatic weapons capable of shooting 50 rounds with a force that can bring down a wall, is madness. I have friends who are hunters, and while it's not my cup of tea to stalk and kill an animal for sport, even some of them will concede that having a high-powered weapon, with the ability to obliterate a deer is, and pardon the expression, overkill.

We, as a North American society, supposedly the most advanced and civilized, continue to deny the fact that we must do something. I wonder if the Native people had vast discussions about their fair treatment when the white men came across the ocean and began to take over their country? Sounds a bit like what we are afraid of these days, doesn't it?

As a society, we are clearly not responsible enough to play with guns, and yet there is a tacit acceptance of (ironic statement from the NRA) "isolated incidents" IN THE HUNDREDS, every year. As long as it's not our child, brother, sister, parent or spouse who is shot in one of these events, then it's all good the way it is.

Perhaps, and I'm just saying, we should go back to the misguided game of Cowboys and Indians, played the old-fashioned way, with stick guns, bows and rubber-tipped arrows. If we made the playing field even, then things might turn out differently, and one side wouldn't always be the winner.



## The English Link Let your Voice be Heard with the Help of CAAP

By Kim Nymark - Main Street

Founded in 1994, the CAAP - Laurentides (Centre d'assistance et d'accompagnement aux plaints Laurentides) is a regional, independent, community organization, that offers assistance and support to individuals who wish to file a complaint in the Laurentians. The complaint can be concerning one of many different establishments: a community organization, a certified private residence for the elderly, ambulance transport service, rehabilitation center or any service that is provided by the Integrated Health and Social Services Center (CISSS). They are an independent agency that serves as the directorate for the quality of services to the Ministry of Health and Social Services of Quebec.

If you feel like you have not received the services or the quality of services to which you are entitled, you should file a complaint. However, the process can be long, tedious and sometimes rather complicated. The CAAP - Laurentides can help you through every step of the process. Their services are confidential, free of charge and bilingual. They will inform you of your rights as a health care user, help prepare the necessary documents and also follow up with the proper channels. The role of the CAAP - Laurentides is not to process the complaint for you, but to help you take the necessary steps to ensure your rights are respected.

User's rights:

- To be informed of existing services and available resources;
- To be informed on your state of health;
- To be informed of the consequences of the various treatments offered, their outcome and alternatives;
- To participate in decisions;
- To benefit from adequate care and services in a continuous and personalized manner;
- To give or refuse consent concerning treatment and services;
- To receive emergency care;
- To have access to your medical record;
- To choose the professional and the institution of your choice;
- To exercise recourse;
- To be accompanied and assisted when seeking services or information;
- TO RECEIVE SERVICES IN ENGLISH.

Why would you file a complaint? A formal complaint can improve services by pinpointing and resolving problems that the various establishments may not even be aware of. Since a complaint is confidential, it will not be reflected in your medical records.

Unfortunately, the CAAP - Laurentides' website is only available in French at : <http://www.caaplaurentides.org>. For invaluable English information on the complaint process, visit [educaloi's website at: http://bit.ly/1X9lmYt](http://bit.ly/1X9lmYt). You can also reach a Complaint Consultant at CAAP - Laurentides by phone at 450-565-9111 or 800-563-6261. Given the number of calls they receive, you may have to leave a message and a Complaint Consultant will return your call within the next 3 business days. The CAAP is a free and democratic way to improve the overall health and social services system.

Remember... You have rights!

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



## Making it Work in the Laurentians Pump up Your Productivity

Liz Ulin, MBA - Main Street

Whether you're an entrepreneur, an office worker, or a company executive, you know how important productivity is. High productivity leads to healthier profits, and employees also benefit, with enhanced pay packages and improved job security. A productive workplace also allows more time for creativity and innovation. Once the core tasks have been completed, pet projects can be explored. Of course, this has to be a part of the organizational culture. On a personal level, we all know how good it feels to look back on a workday with a sense of accomplishment. So, how can we pump up our productivity to reap these rewards?

### Analyze Your Workday

For a few days, write down everything you do, and when you do it. Be honest! Are you checking your personal Facebook account 10 times a day? Are you on the phone for 30 minutes to schedule a 60 minute meeting? I guarantee you'll be surprised by what you find.

### Prepare a To Do List

Start the day with a prioritized To Do list. It's fine to have a couple of items left over each day - unless they are your high-priority items. Try to accomplish your top three tasks, and if those same items keep getting put off, you'll seriously need to re-analyze your priorities.

### Tackle Big Tasks When Your Energy Level is Highest

Most of us start to fade after 3pm, so that's generally not the best time to tackle major projects. Prioritize the most important, challenging tasks, and get them done during your peak hours. Leave "busy work" for your lower energy periods. Return phone calls all at once, not throughout the day. And, evidently, if you use the phone while standing up it reduces the temptation to chat.

### Limit Email Checks

Incessant emailing may be the #1 time waster. Check and respond ONLY two or three times daily. Incoming messages are often just chatter about some insignificant detail, or a Reply to All saying, "thanks!!!" Don't get caught up in that. Just weigh in after the dust settles.

### Avoid Social Media During Peak Energy Periods

Facebook, and other social media, are fine to surf during a coffee break, but never in your peak energy period unless it is a part of your marketing campaign. That being said, social media breaks can work as a mood enhancer, so indulge in a quick surf after a big task fully completed (if it is in compliance with organization's policies).

### Run Tight Meetings

We've all been in those talk-until-you-drop meetings. They're frustrating and incredibly unproductive. So, have an agenda and don't worry about being a strict chairperson. Sometimes you just have to cut off the "long-winders" and "hijackers". Keep the group on time and on track. People will thank you for it.

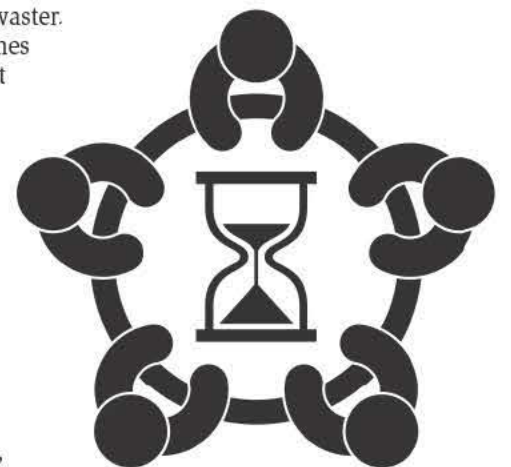
### Take Breaks

Get up from your desk. Go for walks, get fresh air. Taking health breaks makes you more productive, just like re-booting your computer helps it run efficiently.

### Learn to Say No

There's nothing wrong with helping out a colleague, but don't get taken advantage of. And don't get thrown off your own priorities. If you're asked to help on a project that you don't have time for, don't be afraid to say no.

Try out a few of these tips this week and see how much you can accomplish with a little re-tooling of your routine. For more advice and support on time management and how to launch or run your business effectively, visit [www.yesmontreal.ca](http://www.yesmontreal.ca)



is  
your

## Improving Access to English Language Services

LESAN (Laurentian English Services Advisory Network) is a network of English-speaking people and their organizations and associations that has as its mission to improve access to services and, in particular, health and social services for the English-speaking population of the Laurentian region. It enables the English-speaking community to establish common goals and be in a position to speak with one voice to promote improved access to services in English.

The English-speaking minority population often falls through the cracks of Quebec's Health and Social Services System. LESAN's goal is to create committees in the Health and Social Service Center (CISSS) territory of the Laurentian region. The committees work closely with partners at different health and social services institutions, as well as, with other community organizations to identify existing local needs. Local priorities for English language services can then be initiated.

Ideally, each committee should be composed of English-speaking community representatives, municipal officials, religious leaders, educators and local service providers. In short: people interested in working together towards better access to health and social services in English.

LESAN is the umbrella group for five English Committees, which are located throughout the Laurentians. Over 40 community organizations, many volunteers and representation from the CISSS des Laurentides make up each committee.

The LESAN groups are organized as follows:

- English Communities Committee (ECC) in the MRC des Laurentides;
- LESAN des Pays-d'en-Haut in the MRC des Pays-d'en-Haut;
- LESANA in the MRC d'Argenteuil;
- Health Center Partnership Committee in Kanesatake;
- LESAN Deux-Montagnes in the MRC Deux-Montagnes.

LESAN is sponsored by 4 Korner's Family Resource Center and financed by the Community Health and Social Services Network (CHSSN), as well as, by Health Canada. 4 Korner's facilitates, supports and coordinates the efforts of each LESAN group throughout the Laurentians.

For more information or to become involved with this important network that connects English-speaking communities please call the 4 Korner's Family Resource Center at 1-888-974-3940 or email us at [info@4kornerscenter.org](mailto:info@4kornerscenter.org)

LESAN: Informing, linking and supporting the English-speaking community of the Laurentians.



### Seniors and Families at the Heart of Argenteuil

## The Safety of Seniors is Our Priority!

Evelyn Bergeron - Main Street

Argenteuil's Senior Safety is a project of the Parole aux Aînés d'Argenteuil's working group to improve the living conditions of seniors.

This project has several objectives, including: educating the general population in the different types of abuse; creating a vigilance network and establishing a link between available resources and seniors; preventing, detecting, and countering abuse.

Senior abuse exists; it remains a social issue considered taboo, and suffers from a lack of awareness. Few people dare to ask for help and witnesses of such abuse often feel helpless. As a community, more than ever, it is important to properly equip ourselves to support seniors in vulnerable situations.

Several resources are available and are conveniently gathered in the senior's directory distributed in the nine municipalities of the MRC d'Argenteuil, as well as on the website, Aînés Argenteuil ([www.ainesargenteuil.ca](http://www.ainesargenteuil.ca)) - quick and effective ways

to direct any senior or caregiver to organizations and services available to assist them.

#### Out In the Field

The first outreach activities have commenced, more specifically, November 3 in Grenville, and November 13 in Lachute, at immunization clinics. There will be screenings of short videos to inform people about the different types of abuse. Organizations will be on hand to answer questions. Take advantage of the mandatory 15-minute wait after the vaccine to attend the first ever "Ciné 50+ Informé" film. Free popcorn!

For any questions or suggestions, please contact Evelyn Bergeron at 450 566-0530 or by email at [ebergeron@argenteuil.qc.ca](mailto:ebergeron@argenteuil.qc.ca)



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### The Laurentian Caregivers Association Annual General Meeting

- Friday November 27
- 1:00pm
- Place Lagny  
2 Rue St Louis  
St Agathe des Monts J8C 3C6

### A Celebration for the New Action Plan 2016...2018

- Welcome the New Board of Directors
- Meet the New Administrative Committee
- Presentation of the Laurentian Care New Website
- Information on up-coming bilingual workshops
- Come and enjoy the sweet table and beverages and join the celebration



### CPR and First Aid in Morin Heights

148 Chemin Watchorn Rd. Morin Heights, QC J0R 1H0

Sunday December 6th from 9 am to 5 pm

CPR/AED Certification \$55 (small mask included)

First aid and Epinephrine \$50

Alain Leduc Facilitator

Please bring a box lunch for the full day clinic

Contact Laurentian Care: 855-522-7372

## Share the Beauty



### Le Noël des Métiers d'art

Sainte-Agathe-des-Monts  
Laurentians

10<sup>th</sup> edition

Place Lagny:  
2, rue Saint-Louis

December 4: 4pm to 8pm  
December 5: 10am to 5pm  
December 6: 10am to 5pm



## Nature's Gift

# Moles

Rose Labrie- Main Street

This year, I have dealt with creatures that are more of a nuisance than a joy. First, I spent the entire summer with a wasp nest above my back door. I still have to get rid of the nest before winter, so that the queen will not reproduce next summer.

The next aggravating critter was a skunk. Not because of its unpleasant odor, but because she has dug holes all over my lawn, while searching, at night, for worms to eat. I looked up a few ways to get rid of skunks, but it seems it is not an easy task! For now, I am hoping that it will move away, so that I will not have to deal with it next summer.

The latest problem is molehills decorating the front lawn. Every time I tap them down they reappear, double in size. I have only ever seen a star-nosed mole, which is quite an intriguing looking animal. This I need to deal with, so I have decided to share my findings on moles in this column.

### MOLES

Moles are insectivores, related to shrews and bats. They range from 5 to 7 inches long, and weigh as little as 5 or 6 ounces. Moles may have pointed, hairless snouts, or snouts with small "tentacles", such as the Star-nosed mole. They have no external ears, and their claws are paddle-like, which helps them dig. They can dig with a force 32 times their body weight, and create tunnels at a rate of 18 feet per hour, through which they can travel up to 80 feet per minute. Since they have very poor eyesight, they rely on their senses of touch and smell, in order to feed on bugs and larva. Moles are solitary creatures.

No matter how many mounds one may see, there are possibly no more than 2 moles creating all the burrows. They are ravenous insect eaters, and must consume between 70 to 100 percent of their body weight every day.

Because they make surface tunnels for feeding, plant roots and other vegetation may be damaged.

### GETTING RID OF MOLES

A few methods to get rid of moles are strong smells, noise and mole traps. It is suggested to put something down the tunnel that smells bad, but is preferably biodegradable, such as very old cheese, or pieces of grass soaked in sour milk.

Moles also do not like noise, so putting a radio between the runs could possibly make them move to another area. Trapping moles and moving them away is another solution, and there are many humane traps available on the market. Traps can be disguised with the scent of freshly-mown grass, and placed between the runs of raised tunnels. Once caught, the moles must be transported far enough away to prevent their return. Personally, I always choose a solution which will not hurt the critter, no matter how small or annoying.



# Adopt, Don't Shop!

By Christopher Paré, Humane Society International/Canada

"How much is that doggy in the window?" Great song, but buying an animal from a pet store is a terrible strategy for bringing a companion into your life, especially when so many dogs and cats are available for adoption. Simply put, pet stores are primary channels of distribution for unethical

breeders, contributing to pet overpopulation, and consequently, the high euthanasia rate in shelters.

Most people are unaware that when they buy a puppy from a pet store, they are often supporting the inhumane and cruel puppy-mill industry, which mass-produces animals in miserable conditions, to supply the endless demand for puppies in the pet industry. Ethical breeders do not sell their puppies to pet stores, and the Code of Ethics of the Canadian Kennel Club asks its members to not sell or donate dogs to pet stores. An ethical breeder wants to meet potential buyers, in person, to determine if he or she is suitable. Pet store employees, on the other hand, will rarely screen buyers since the primary motivation for selling a dog in a pet store is profit.



Impulsive purchases are common in pet stores and are contributors to the problem of overpopulation. In such cases, no planning goes into buying a pet, greatly increasing the risk of an owner not being properly equipped and ready to welcome a dog or cat into the family. Pets bought on impulse are later at risk of being abandoned in shelters, and euthanized eventually, if they can't be adopted out.

Another important consideration is that pet stores do not sterilize the animals they are selling, nor do they strongly promote sterilization, leading to unwanted litters and abandoned animals. Shelters and rescues often subsidize the cost of spaying and neutering and build the cost into (reasonable) adoption fees, that are usually much lower than the sale price of an animal purchased from a pet store.

An animal should never be perceived simply as an object to be bought or sold, and ethical pet supply stores, who choose not to sell live animals, are increasingly recognizing this. Hundreds of pet stores across the country have committed to not selling puppies by signing HSI/Canada's 'Puppy-Friendly Pet Store' Pledge. Additionally, Canadian municipalities, like Toronto and Richmond, have adopted by-laws prohibiting the sale of dogs and cats in pet stores.

Remember: pet ownership is a privilege! Make sure you're not contributing to the cycle of neglect and exploitation.

Want to become an All Animals Defender? Visit [hsicanada.ca](http://hsicanada.ca)

'Puppy-Friendly Pet Store' Pledge: [http://www.hsi.org/assets/pdfs/puppy\\_friendly\\_store\\_packet.pdf](http://www.hsi.org/assets/pdfs/puppy_friendly_store_packet.pdf)

# A Passion for Spinning

Ilania Abileah - Main Street

A woman sitting by a spinning wheel is an image that has inspired painters such as Diego Velasquez, Jean-François Millet and Bouguereau, musicians such as Schubert, Saint-Saëns and Wagner. It also is the context of many folk songs. Spinning is an old, traditional way to prepare yarn from animal fleeces or plant fibres. It began with a distaff to hold the un-spun fibre, and a spindle, used to twist and wind the yarn. The spinning wheel with a foot treadle gradually replaced hand spinning, and by the 14th century, the spinning wheel took over.

Susan was introduced to the art of spinning in 2011, after watching a friend spinning on the wheel. Hooked, she bought some fibre and a wheel of her own, and taught herself this age-old tradition. Susan also started a herd of fleece animals in the summer of 2011, when she bought her first sheep. Angora goats and Shetland sheep soon followed, and by 2014, her little troupe numbered thirteen. The sheep and goats are professionally sheared twice a year. After shearing, Susan washes the fleeces separately and dries them. The work is all done by hand, using no chemicals or harsh detergents. Until their wool grows back, Susan has sewn little coats for her animals to keep them warm. In 2013, she added Angora rabbits, and now also has beautiful Angora wool, which she collects, by hand combing and careful shearing. All these animals are her friends; the sheep and goats all know their names and follow her on evening walks during the summer.



The Spinner  
William-Adolphe Bouguereau

With time, patience and lots of practice, Susan's skills have improved and now she combines various types of fibre to make beautiful blends of hand-spun yarn. Most of her yarn comes from her own animals; however, she does purchase some naturally-coloured mohair (Angora goat fibre) to broaden her colour spectrum. She has a small loom with which she weaves scarves, and another to make hats and other woollen garments. She is keeping an old tradition alive, saying, "There is something special about producing homespun wool with a blends that carry the names of the animals that have provided the wool, as opposed to "commercial lot numbers."

Susan is our own Main Street editor, Susan MacDonald, who says that her animals and spinning are "the perfect balance to the hours spent at the computer." Susan usually spends her winter evenings sitting in front of the fireplace, with her spinning wheel and rovings of carded wool, surrounded by soft lights and, always, a cat or two nearby. "It's the perfect way to end a busy day."

# Save the Route Verte

On October 26, Mr. Clément Cardin, president of the Corporation of the linear park, Le P'tit Train du Nord, met Madame Isabelle Leblond, political attaché of the Minister responsible for the Laurentian region, Ms. Christine St-Pierre. During their meeting, Mr. Clément shared concerns about the future of the Route Verte in the region and presented a copy of the petition, Let's Save our Route Verte. This petition was launched by Équiterre on August 21, and collected 48,000 signatures.

In November 2014, at the signing of the fiscal pact between the Government of Quebec and the municipalities, the government abolished the \$2.8 million budget set aside to assist with the maintenance of the Route Verte, thus affecting nearly 55% of the network, including the Le P'tit Train du Nord segment.

When delivering the petition, stakeholders in the region have asked Ms. St-Pierre, to make the necessary representations to the Quebec government to restore funding for the maintenance program of the Route Verte, and to consider the proposals filed by Vélo Québec in July, about the sustainability of this economic and social development tool for the region.

Government disengagement concerning the sustainability of the Route Verte sparked the mobilization of thousands of the Route Verte partners across Québec, including the cycling community, bikeways managers, municipalities (160 resolutions), the business community, environment organizations, tourism, etc.

# Arundel Loisirs - Upcoming Events



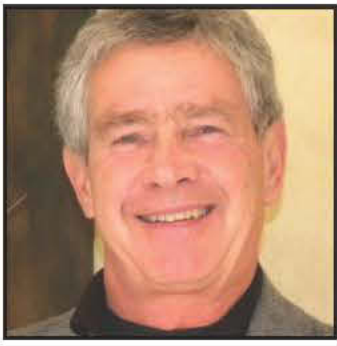
### BINGO

Arundel Legion, 79 ch. du Village  
Fri, Nov 27: 7 pm  
10 games for \$10 with three chances to win per game!!!

\*\*\*\*\*

### Christmas Wheelbarrow Parade, Food Drive and Christmas Tree Decorating

Les Serres, Arundel  
Sun, Dec 13: 1:30  
Decorate your wheelbarrow and parade through the centre of the village while collecting non-perishable food items and donations on behalf of Les Guignolees. Music, treats and good cheer for the whole family will follow as we decorate the Community Christmas Tree!



## 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.

### HELPFUL STEPS AFTER A LOSS

A checklist can help ensure that nothing gets forgotten during a difficult time.



AFTER A LOSS, IT CAN BE DIFFICULT to focus on handling a loved one's financial affairs. Yet, with the passing of someone close to you, you may find yourself helping to manage the estate. If you are an executor, your role is more defined. If not, you may still be able to assist with this and other important steps.

#### 1. Order copies of the death certificate

A death certificate is often required to settle the estate, collect insurance benefits or stop certain government benefits, such as pension payments. The executor will need several copies. You can apply for the death certificate through the funeral home or from the appropriate provincial/territorial office. There is a cost, but it may still be worth ordering a number of copies so they will be available when needed.

#### 2. Locate the will and other key documents

The executor (liquidator in Quebec) may need to apply for probate and is responsible for administering the estate. He (or she) may also need copies of the deceased's identification and other documents, such as:

- Birth certificate
- Marriage certificate(s) and divorce records
- Passport(s)
- Health card
- Driver's licence
- Social insurance number

The liquidator will also need a list of assets (including real estate, investments and insurance policies) and debts, as well as the previous year's income tax forms and notice of assessment. Locating these documents is much simpler if your loved one left directions about where to find them (a good practice for everyone).

#### 3. Make a list of important contacts

The liquidator will need contact information for the loved one's beneficiaries, guardians (for children), advisors, accountants, lawyers, and benefits plans. Having this information in one convenient list can help make the executor's job easier.

#### 4. Collect correspondence and passwords

Provide the liquidator with any mail that deals with your loved one's financial affairs. Part of a liquidator's work is to ensure that this paperwork is handled

properly and confidentially. If you have any bank account or computer passwords, you should give them to the liquidator to facilitate access to records and management of the estate.

#### 5. Protect against financial fraud

Details that are published in obituaries, or on social media, can be used to commit fraud. To protect against this, it's important for family members and friends to keep certain information confidential and secure, such as the deceased's birth date, address, and mother's maiden name.

If you have questions about your financial situation following a death in the family, speak with your advisor. He or she can help you manage cash flow and other concerns during a difficult time.

If you would like to talk to me about what I can do for you, please call me at 514-788-4883 or 514-949-9058 or email at Christopher.collyer@manulifesecurities.ca

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

## New Bridge in St-Michel

Recently, the MNA for Argenteuil, Yves St-Denis, attended the official inauguration of the new bridge located on chemin St-Michel. In the presence of nearly ten local entrepreneurs and municipal representatives, the MNA seized the opportunity to give a state of the situation for other bridges located in the area and confirm that the other bridges are still part of his priorities.



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**LAKEFRONT @ 2440005** A very modest exterior hides a very spacious open concept home with 3 bedrooms & 2 baths. Cathedral ceiling, wood stove, sky lights, thermopump, solarium & finished basement. The flat, landscaped lot is complimented by a sandy beach front, large shed, paved driveway & custom-made, detachable carport. Truly turn-key! New solarium and septic tank! **MLS 22027048**

**LAKE BARRON:** Beautiful 1995 country home w/ 4 bedrooms, incredible views & notarized access to a dream beach & private dock on Lake Barron. Calm & private area, shed, several balconies, gallery & screened-in veranda. Charming home w/ abundant windows & panoramic views from many rooms. 10 min. to ski hill & 15 min. from St-Sauveur. **MLS 22753460**

**MILLE ISLES @ 1690005** Home of 2 bedrooms on the main floor with easy possibility of a 3rd on basement. Main floor with open concept, veranda in front, balcony in the back, landscaped lot, full size basement w/ family room and oil stove. Access to Lake Fiddler. Parce & activity area 5 min walk away. Less than 1 hr to Mtl & 10 min. to ski hill. **MLS 11743247**

**MORIN HEIGHTS @ 2350005!!!** Beautiful charming Canadian style home situated on a dead-end road with immense rooms & 4 bedrooms (possibility of 5). Private 16155 sf lot w/ gallery & shed. 2 baths, separate laundry room, 2 living rooms & a family room in the basement. Previously a 2plex converted into a single dwelling. 2 min. from the ski hill, aerobic corridor & services. **MLS 21261992**

# CLASSIFIED ADS

Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to [msw\\_sue@yahoo.ca](mailto:msw_sue@yahoo.ca). Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment is due prior to publication

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- We work hand in hand with the other excellent restaurants of the region to promote our Gourmand Destination: we are a Gourmet Pub in the heart of a Gourmet village!
- We have our own garden and produce a large amount of natural vegetables and fine herbs during the summer for our kitchen!
- Our cuts of fresh meat and fish is done on site and we receive several deliveries each week
- Almost everything we serve is home-made
- We prepare a new lunch menu every week and a new evening table d'hôte every month for our guests.
- All our table d'hôte menus offer a vegetarian option and several others are available on our regular menu
- We change our menu regularly depending on the seasons
- Our meats of both beef and bison are chopped and seasoned on site to make our delicious burgers.
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- We offer one dozen beers on tap and numerous micro-brasseries beers.
- We offer more than 100 varieties of wine, several of which are private imports. Some of these are coming from friends of ours that are wine producers.
- Le Saint-Sau Pub Gourmand is a proud partner of numerous activities and committees; Le Festival des Arts de Saint-Sauveur, Les Nuits Blues Laurentides, L'Autentica Fiesta Cubana, Le Festival du Film International de Saint-Sauveur, la Paroisse de Saint-Sauveur, la Chambre de Commerce et de Tourisme de la Vallée de Saint-Sauveur et la Ville de Saint-Sauveur.

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