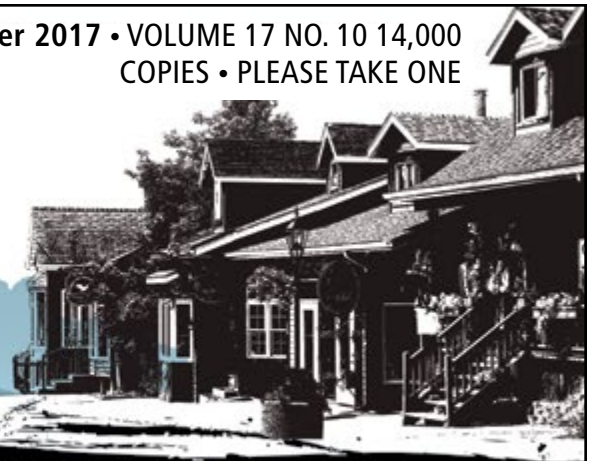


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## What's On My Mind...

# Make your vote count on November 5

Susan MacDonald, Editor

The municipal elections will be held on November 5 and, between now and then, citizens will have opportunities to meet with candidates, learn about their platforms, and decide who to vote for. This is a crucial time for all communities across the Laurentians, as the elected candidates will determine the future of their municipalities for the next four years.

In the time before Election Day, candidates will be openly canvassing door-to-door, holding public "meet and greets," encouraging citizens to contact them directly, and campaigning actively through the media to reach the citizens they hope to serve. It is up to you to listen attentively to each candidate to be able to make an informed decision.

Most likely, you already know the candidates canvassing in your municipalities. Unlike urban boroughs with larger populations, rural candidates are our friends, neighbours and community members, who are engaged actively in community groups, or who attend the same social functions as everyone else. They are familiar faces about town who have chosen to undertake, or continue, the responsibilities of serving their communities, as members of their local municipal councils. It's a challenging endeavor, but it's one they feel passionate about. Let's show them the respect they deserve by listening to what they have to say.

Following the previous elections, I heard several complaints concerning locations of polling stations and the difficulties of available transport on Election Day. This, I was told, was one of the reasons people were not able to get out and vote. Unfortunately, this is the case in some very rural municipalities, where populations are wide-spread. It is also a problem for our seniors in all municipalities. For those who experienced that frustration, NOW is the time to organize your transportation to your voting station on November 5. Contact your municipality to see if transport can be reserved, or make arrangements with friends or neighbours to accompany you. It's also a good idea to have a secondary back-up plan in case of need.

On November 5, I urge everyone to take this opportunity to head out to the polls, speak up and vote for whom you feel is the best candidate to serve your municipality. It is your right, privilege and responsibility.

*Note: We would like to commend Mrs. Davidson for her devotion to the Municipality of Val David over the past eight years. Unfortunately, she is retiring from politics due to health reasons, and will not be running for a third term as mayor of Val David. We wish her the best of luck in the future.*



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# Observations Slipping Into The Abyss

David MacFairlane - MainStreet

As Canadians, living at the top of the world, in relative peace, security, financial stability, and political equanimity, we bear witness to the United

States as it unravels in chaos, mass murder, political corruption, and denial of their cultural and societal failure. At the same time, the European Union also accelerates its own demise with futile attempts to keep their restive citizens under control, although the entire political structure that holds it together is being shredded and gutted from within, due to the impossibility of melding so many disparate cultures into a single political union, and the serious threat to Europe's demographic composition by immigrant invasion.

Since the unfolding of events in the US is well known to us who follow this tragicomedy of US decline into irrelevance, the ultimate fate of all past empires, this article will focus on the terrible tragedy of the European Union's slide into fascism and cultural deterioration, due to the sickness of political correctness and the shameful cover up of the problems concerning immigrants.

The Islamic invasion of the EU by refugees and asylum seekers began with the US-sponsored wars in Afghanistan, Iraq, Syria, Libya and Yemen. This wave of humanity seeking safe harbour was enhanced by refugees from North Africa also fleeing the corruption and brutality of life under totalitarian governments. This influx of poor, uneducated people, numbering into the millions, has completely disrupted the social order of European culture, previously based on societal rules of good behaviour and shared values. It is important to note that the European continent is a mosaic of many different countries, each with a distinct culture and language, but with shared values of independent expression and a common Christian background. The EU experiment was the attempt to bring these disparate cultures and languages into a single union, in the hope that the result would be one political entity; the United States of Europe. This agenda has struggled to succeed, but is doomed to failure eventually.

Today, in 2017, the refugee population of Europe is so large that it equals the populations of some of the smaller members of the EU. Over 2.5 million asylum seekers have flooded into Europe since 2015, half of whom are still waiting for acceptance status. This is an unprecedented wave of dispossessed humanity, and almost all are Muslim, young, male, single, and many have been radicalised. The majority are from Syria, Afghanistan and Iraq. For many countries in the EU, this huge influx has changed their historic demographics and caused major cultural stresses. These refugees are making huge claims on EU countries' social services, by requiring housing, financial support, education and medical services, while contributing nothing to the economic systems of their host countries. In addition, their cultural and religious differences are causing huge problems with the ability of the host countries to accept them, as they are colliding violently with traditional European norms of behaviour.

The European Council has demanded that that all member nations accept these refugees proportionately. However, Hungary, Poland and other Eastern European countries have refused, risking heavy fines and sanctions for defying EU rulings. Hungary's PM expressed their objections clearly. "We don't want a mixed population ... we want other solutions ... the Christian element (in the EU) is constantly decreasing ... We accept that some (members) have become immigrant states. We don't want to be like that, ... but they want us to become like them..." said Viktor Orban, PM of Hungary, on 22nd September. Poland's PM, Beata Szydlo, agreed; "The path our governments chose ... turned out to be right ... the basis of our actions has to be the security of our citizens" she said.

Since these refugees are from highly repressive countries, where women are kept apart and hidden under long robes and hijabs and burkas, and lacking any family connectedness, the young men arriving in these liberal, Western countries have misinterpreted these more permissive cultures and responded violently towards both European women and girls, and also flaunted, openly, all rules for good behaviour. The governments, wishing to be politically correct and appear unbiased, have demanded that police treat refugee crime more tolerantly than others, and the media reporting on these incidents of rape and violence has been suppressed. No country in the EU has been spared these indignities, including the UK, Sweden and Finland. According to Frontpage Mags, Dawn Perlmutter, Sweden has become the rape capital of the Western world, followed closely by Finland, Denmark and Germany. Migrants repaid Germany's generosity by committing 142,500 crimes in the first six months of 2016, including several high-profile sexual assaults.

As a consequence of the incompetence of the EU as a governing body, many right wing political parties have been formed recently protesting against the failing political structure. In Spain, Italy, Germany, France, Holland and Greece, right wing parties have become extremely influential and threaten to overturn the es-

tablished political order. European citizens are very worried about the future of their countries, both politically and demographically, due this massive influx of asylum seekers who seem unable to integrate into their host cultures, but rather intend to change them into some dystopian version of the repressive societies they came from. Political leaders seem unable to act decisively due to their insistence on political correctness and fear of appearing prejudiced towards the newcomers.

The popular Israeli news website, Ynetnews.com, clarified this unfortunate situation in a recent Op-ed article. Author Noah Klieger concluded that if the EU fails to wake up soon, Europeans may find out, in a couple of generations, that Muslims have become a majority in their populations. He stated that the ultimate goal is the Islamisation of Europe. Not only is the birth rate among Muslims significantly higher than Europeans, but the huge waves of immigration from Islamic countries in the Middle East and Africa continue to flood the region. If it continues, the "occupation of Europe" will become a reality. In the UK today, Islam is the second biggest religion and every 3rd child born there is named "Mohammed." Muslim communities in the main cities are growing rapidly, and many have Muslim areas that are run as autonomies and are "no go" zones. Cities in Sweden, Holland, France and Denmark also have "no go" zones where outsiders risk being confronted violently, and even the police are afraid to enter.

In Canada, we have avoided many of these problems because we have accepted only families with children, after comprehensive background checks, and careful selection at points of origin. Nonetheless, we are not without the problems associated with successfully integrating these new immigrants into our communities, but we have not been overwhelmed by such

vast numbers as is occurring in the EU, where entire cultures are threatened with extinction.

The prognosis for Europe seems dismal indeed, and political correctness is its poisoned chalice.

**"If a politician found out that he had cannibals among his constituents, he would promise them missionaries for dinner."  
- H.L. Menken. 1880-1956.  
The "Sage of Baltimore".  
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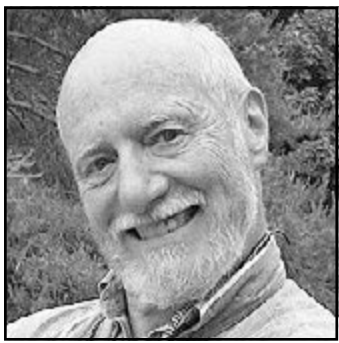
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## Simply Words on Paper

# Expanding vocabulary by incorporating "foreign" words

Jim Warbanks - Main Street

The English language has attained a status nearing that of 'world language' as it is the dominant language in science, technology and in Internet use. It would have seemed a most unlikely candidate before the battle of Hastings in 1066. At that time, English comprised a very paltry vocabulary.

After William the Conqueror defeated the English forces and became King of England, the French ruling class used French terms while the English subjects retained the traditional English ones. Thus, the peasant still referred to his animals as cow, calf, pig sheep, chicken. But the farm product, the meat purchased by the French overlords, became known as boeuf (beef), veau (veal), porc (pork), mouton (mutton) and poulet (poultry). As English-speakers, we owe a great deal of gratitude to the conquerors because the vocabulary virtually doubled in size and has kept on growing.

### Colonies

Fast forward a couple of centuries. Both England and France became great colonial powers. They both imposed their language and culture in countries across the globe. But, while the French insisted on keeping their language pure, the English adopted local terms when their existing vocabulary seemed limited or inadequate. The English language expanded, integrating different terms, which were useful in a particular country or region, while French, though very precise and descriptive, therefore useful in spheres such as diplomacy, evolved much more slowly.

Now fast forward to the present day. Depending on the source and allowing for obsolete terms present, English has more than double the words used in French. For a word to enter the Oxford English Dictionary (OED) there need only be a significant number of citations found in written or spoken media. There is no English equivalent to the French Académie française whose elderly committee members meet sporadically to pontificate on the proper words and accepted usage in France.

### Facsimile

When the technology became widely available to send a copy of a document from one location to another electronically over a telephone line, the received document was not an original, but a facsimile. The short and fast-sounding term 'fax' evolved and was accepted in very short order.

I have kept a copy of the "Politics and Procedures" document from the Argenteuil Hospital, dated 1990-05-22, which outlines the elaborate protocol to be followed when communicating by bélinographe, the term mandated by the French language authorities, as a nod to Édouard Bélin who had developed a means of transmitting photos by telephone or radio in 1908. Few would know, or care, where the awkward term originated. It certainly does not convey a sense of speed or convenience. It never gained acceptance and was discarded, to be replaced by télécopieur, a more elegant term. But fax remains in common usage.

### Anglicisms

The Office québécois de la langue française (OQLF) has recently advised that certain anglicisms, such as grilled cheese, cocktail and smash are acceptable for use in French. Not surprisingly, Le Devoir published a comment on this more flexible policy. It cited Jacques Maurais, a former OQLF Research Coordinator, who insisted that "the OQLF had a mandate to francize Quebec and determine which English words are acceptable in the official language. It was surely not the legislator's intention in 1977 to have it open the floodgates to anglicisms."

If the OQLF mandate were to concentrate on the improvement in the quality of French exhibited in public places in Quebec, rather than consistently attacking the use of English, this would have a beneficial benefit for all Quebecers. I take pride in writing and speaking French to the best of my ability and I enjoy the subtleties I can express in French, particularly when no suitable English equivalent is available. But I shudder at the very poor quality of French that I see in the media, in signage and in advertising. The quality of French spoken and written by many recently graduated students is abominable. The graduation rate at French high schools is markedly lower than at the struggling English-language schools, where declining enrolment threatens their continued existence.

### Prominent names

The responsibility for the current and continued health of the French language rests with the Ministry of Education with adequate power and resources to implement needed improvements. The roster of Ministers occupying this pivotal portfolio since its inception in 1964 includes many prominent, proud defenders of the French language, among them: Paul Gérin-Lajoie, Jean-Jacques Bertrand, Jérôme Choquette, Raymond Garneau, Jacques-Yvan Morin, Camille Laurin, Yves Bérubé, François Gendron, (Argenteuil MNA) Claude Ryan, Lucienne Robillard, Jacques Chagnon, Jean Garon, Pauline Marois, François Legault, Jean-Marc Fournier, Marie Malavoy, Yves Bolduc and the current office holder, Sébastien Proulx.

It might be instructive to examine the impact of their tenure, instead of demonizing those who use another language that has been enriched, and continues to evolve, by the adoption and use of French vocabulary.





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# Trans Canada Ltd. abandons its east energy pipeline project!

The MRC of Argenteuil is very satisfied and reassured that TransCanada Pipelines Ltd is abandoning its East Energy Pipeline project, which has caused many concerns among the population of the province of Quebec. Concerns included risks to public health and safety, anticipated adverse impacts related to the protection of surface and ground water, wetlands, soils and woodlands, low expected economic benefits to local and regional communities etc.

In November 2014, the MRC of Argenteuil was one of the first municipal authorities to oppose the Énergie Est project, whose objective was to transport 1.1 million barrels of oil daily from the oil sands of Alberta to Saint John, New Brunswick, through a 4,600 kilometer pipeline that was to cross, in Argenteuil, the municipality of Saint-André-d'Argenteuil and the town of Lachute. The council of the MRC of Argenteuil also denounced the lack of coherence, transparency and attitude of the promoter. The MRC d'Argenteuil had tried repeatedly to obtain satisfactory answers to its concerns from TransCanada, but without success.

In its public positions, the MRC of Argenteuil is reminiscent of the fact that an energy transition to renewable energies is necessary in order to reduce our dependence on oil in the context of climate change.



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## About Sainte-Adèle

Chris Lance - Main Street

The soft, summer sun is shrinking, less daylight, less heat, shorter days and longer nights. Kids have been back to school for a month, and Halloween is approaching, while Oktoberfest in Sainte-Adèle has come and gone, with just a hangover memory remaining. The grass has finally stopped growing, and the lawnmowers are resting now, after a

summer nightmare of cutting, due to all the rain we enjoyed. The tennis courts, golf courses and trails are all winding down.

You might catch the end of the leaves at Doncaster River Park. The hours change for Park use: from October 30 to April 20 it is open weekends only, from 9 am to 4 pm. So get out there and enjoy the vistas while it's open during the week.

Le P'tit Train du Nord is also open. It's a great time of year to bike or walk, as it is bugless and the weather is cooler. Just remember to leave Fido at home.

Un chapeau to Louis Desjardins and Angela Klein of Spago, on the 18th edition of their fundraiser. Their summer golfing event was held at Club du Golf Val Morin. Dinner afterwards, at Resto Spago, was animated by Gilles Caplan, and the gang of golfers raised \$6000.

You might want to check out 'Ma difference en couleurs', an expression of artwork at the Place des Citoyens, from October 12 to 26. The event, formed in 1993, is called l'Echelon, and raises money to assist adults with mental health issues who reside in the MRC des Pays-d'en-Haut. Seventy pieces of art will be on display at the Place des citoyens.

Sainte-Adèle municipal election is heating up. Seems the current administration, led by our Mayor Milot, is on the defense. The Mayor is facing ongoing battles with the Directeur general des elections du Quebec. The battles involved monetary contributions, and most recently, expenses involving the last election in November 2016. If Milot is found guilty of the charges, our Mayor would have to resign his position as Mayor of Sainte-Adèle. So if he is re-elected in November, and found guilty, we will have another election, the third in three years - ahhh, politics and money are not much fun for us citizens. Who do we believe?

Sitting counsellor, Nadine Briere, has thrown a challenge to Mayor Milot. Ms Briere and 2 other counsellors, Rock Bedard and John Butler, have put together l'equipe Nadine Briere as an alternative to the incumbent Mayor Milot and his team.

When all is said and done in this election, hopefully we can get on with the future of Sainte-Adèle, with some sense of leadership for our town.

Whatever happened to the Mont-Rolland project? Will there be a large voter turnout? Will there be a workers' strike when it snows in November? Do politics matter in Sainte-Adèle? Will any administration lower our taxes? Questions needing answers.

Enjoy the colorful leaves before you rake them into a pile.



## A Library Addict's Choice...

Grif and Marion Hodge - Main Street

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

### ADULT NON-FICTION

**Bryson, Bill - The Road to Little Dribbling**

American-born Bryson wrote a travelogue *Notes from a Small Island* twenty years ago, describing his adopted UK. This account is a revisiting of old pathways to see what has changed. Not usually drawn to travel books, this is a wonderful exception.

### ADULT FICTION

**Cussler, Clive - The Bootlegger**

Clive Cussler is a very interesting person, because so many of the details from the lengthy list of more than fifty novels are from Cussler's own life, as a wealthy adventurer who has searched for lost ships of historical significance. This yarn takes place on land, during the heady days of the Prohibition, when bootlegging was a riptide.

**Dionne, Karen - The Marsh King's Daughter**

Only one person can find the homicidal maniac who knows the northern marshes of Michigan's Upper Peninsula - the Marsh King's daughter, born of a kidnapped teenager. Helena cannot keep her dark secrets hidden any longer.

**Towles, Amor - A Gentleman in Moscow**

The narrative opens with the revolving doors of the grand Metropol Hotel in Moscow. Count Alexander Rostov is about to begin his house arrest that will last 32 years. Set in 1922, he is sentenced for being an aristocrat refusing to embrace the Bolshevik revolution. Confined to an attic room, he is shielded from the sweeping changes engulfing Russia, but his solitude opens him to emotional and psychological discovery.

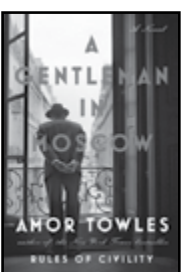
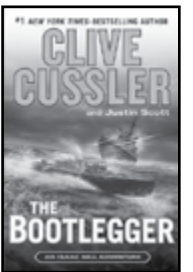
### YOUNG ADULT

**Atwood, Margaret - Trio of Tolerable Tales**

This publication is described as being a trio of riotously funny stories written as tongue-twisters. I rather think Atwood banged out these tales in an hour or so, as a challenge to see how many alliterative words she could build into a sentence. The tales aren't funny or even witty. The plot and characters are contrived and fall far short of Atwood's talents. However, if I was still teaching, I would keep a copy handy for my gifted grade 6 students looking for a vocabulary challenge.

**Laikin, Patricia - Made By Hand: Bicycles**

Laikin is a former elementary school teacher who has created a wonderful series of *Made By Hand* information books for middle-school aged children. They are very well designed, and *Bicycles* presents Aaron Dykstra, a craftsman who makes one bicycle at a time. This is sure to appeal to many young people who thrive when given creative, engineering challenges. The featured craftsman, Dykstra, has started a foundation called The Making Foundation ([www.makingfoundation.org](http://www.makingfoundation.org)) encouraging learning through hands-on experience.



## Village of Weir Newswire

Claudette Smith-Pilon

### AUTUMN GLORY ALL IN A WORD...

**T** - for time together, talk, turkey and tangy weather  
**H** - harvest, home, hearth and holiday  
**A** - abundance, apple picking, autumn's glorious foliage  
**N** - nature, nearness, nectar, Northern lights  
**K** - kitchen, kettle croon, kiln, kin  
**S** - sizzles, sights & sounds and something special.

*That spells Thanks for joy in living and a Jolly good THANKSGIVING to all*

### NEWS FROM CITY HALL

October 27: Community luncheon. Please reserve by October 20 with Jolaine Craig: 819-687-9508.

**PROJECT WALK-A-WAY:** The walk-a-way from Les Habitations Jake Beaven to the Community Hall in the Village of Weir has been completed. This will allow residents to walk safely down to the Hall. Included in this project is a gazebo for the pleasure of the residents.

**LIBRARY HOURS:** Wed: noon - 5 pm / Thurs: 5 pm - 8 pm / Sat: 9 am - noon  
If you are interested in volunteering time in order to offer more opening hours please come to the library on Saturday morning and speak to Pierre Nadeau.

**WORK OF ART:** A native of the Laurentians, Jean Bisson Bicorneret has worked with unique stones for thirty years. His current project, *Pierres de mémoire*, touches on a fundamental quest for man: that of leaving behind (in the environment) traces of our brief passage on this earth. This project was realized with the help of the Quebec government, the MRC des Laurentides in collaboration with the Municipality of Montcalm in accord with the cultural development 2017. The artwork is situated along Rte. du Lac Rond nord on the Aérobie Corridor.

### Victoria's Quilts Canada Laurentian Branch

Next work days will be on Monday, October 16 & 30, and Friday, November 10. We have an ongoing raffle until December 15, the day of the draw for 3 prizes.

1st Quilt: "Windmills at Night"

2nd Quilt: "Église Tremblant"

3rd Quilt: Gift card of \$100 for "L'Escalope"

Come and see the fabulous work these ladies accomplish in a day's work. You can also purchase your tickets for the draw! All are welcome.

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

## Arundel News

Janet Thomas

### Contemplating the Future of the Arundel United Church

Many churches face a grim future as congregations age, and young families opt out. Some churches have closed or been sold, while others have transitioned to become centres for community activities. The latter option is what the members of the Arundel United Church are seeking. They want to expand the use of their church building to include community activities, while continuing to host church service on Sundays and for special events. Two discussion meetings have been held already, out of which three, compatible, overlapping visions have sprung: to use the church as a cultural centre, hosting music, drama, art, and more; to use it as a family centre, hosting services for children, parents and seniors; and to use it as a social centre where we can gather to chat with friends over a cup of coffee and a muffin.

Stay tuned for the date of the next meeting. Everyone is welcome. Come and help us develop a plan that meets the needs of our community. For more information, contact Rev. Cathy Hamilton at [CathyAHamilton@hotmail.com](mailto:CathyAHamilton@hotmail.com)

Oct 14: 5:30 pm - 7 pm: Grace Church Casserole Supper featuring an excellent selection of casseroles, followed by yummy desserts. Who can resist? Suggested donations: Adults: \$13 / Children 5 - 11 yrs.: \$13 / under 5 yrs.: free.

Nov 4: noon - 1:30 pm - Arundel United Church Christmas Lunch and Bazaar - Stock up for your Christmas festivities with home-baked goods. Check out the Handicrafts table for a selection of surprising gifts. A light lunch will be served (donation \$8)





## Laurentian Youth Protection

The Director of Youth Protection for the Laurentians, Mr. Denis Baraby, is pleased to announce that there are no longer any waiting times for the evaluation of alerts regarding young people in the region. This means that all situations brought to his attention are now processed within the prescribed time limits; that is, within a maximum of 10 days, depending on the urgency of each situation.

In recent months, it should be noted that the Directorate of Youth Protection (DPJ) has experienced a marked increase in the number of reports concerning children experiencing various difficulties. In these circumstances, efforts were made to adjust to this reality by offering more services to deal with alerts, and by adding various support services to help and equip families who need them.

“The ‘zero expectation’ goal has become a priority for us. To do this, we reorganized our practices, and added staff. Thus, we can now proceed faster to assess the situations of children and adolescents targeted by reports, and implement measures to ensure their health and safety,” said Mr. Baraby.

The actions put in place have proved to be successful, because they have reduced the number of files exceeding the waiting time to obtain evaluations, from 576 to 0, in three months! “It goes without saying that the achievement of this goal was made possible by the tremendous work of our teams. I must underscore the implications and hard work of the staff dedicated to youth services in the region,” stated Baraby.

The role of the Director of Youth Protection is to ensure the application of the Youth Protection Act in each designated region. This Act applies to persons, under the age of 18, who are living in situations that compromise, or may jeopardize, their safety or development.



## The MRC of Argenteuil proudly joins the Electrical Circuit

Thanks to a grant from the Government of Québec Workplace for Work program, electro-mobile operators will soon be able to take advantage of two standard charging stations located in the parking lot adjacent to the centennial building at 430, Grace Street in Lachute. In 2018, there will be two additional terminals installed at the historic train station, at 540 rue Berry, in downtown Lachute, one of which will recharge rapidly, as a result of a partnership between the MRC and Hydro-Québec.

It was with great pride that the MRC of Argenteuil decided to join the Hydro-Québec Electrical Circuit. As a member of the Laurentian Regional Energy and Climate Change Table since 2011, it seemed natural for the MRC to take an active part in the expansion of Québec’s network of public charging stations. This concrete measure to combat climate change is also in line with the MRC’s 2013-2017 strategic planning agenda, titled “Together, Shaping the Future.”

## About the Electrical Circuit

The Electrical Circuit is the largest public charging network in Québec. It remains a major initiative in deploying the infrastructure needed to support the arrival of rechargeable electric vehicles in Quebec. The network has nearly 1,000 public charging stations, including nearly 100 high-speed bollards, deployed in several regions of Quebec. Since its inauguration in March 2012, more than 200 private and institutional partners have joined the Circuit Electric, and the network now has more than 15,000 members.

## Argenteuil community groups receive financial assistance

The Deputy of Argenteuil, Yves St-Denis, recently met with several organizations in the Argenteuil region to discuss their activities and present them with financial support from his volunteer support program for 2017-2018.

55 non-profit organizations shared more than \$37,000 for the continuation of their activities and the implementation of new initiatives. Last year, the Deputy distributed more than \$85,000 to more than 115 community groups and organizations. Only non-profit organizations are eligible to apply for this funding.

“I am pleased to be able to participate in the realization of beautiful projects for our community, and to support the hundreds of volunteers who work passionately for the improvement of our daily lives. Thank you again for your involvement,” said Yves St-Denis, Member of Parliament for Argenteuil.



### Congratulations to:

**Millie Demitro**, who celebrates the 7th anniversary of **AARC (Austin’s Awareness Resource Center)**, a non-profit organization that assists people of all ages. Millie provides work sessions, counselling for individuals, couples and families who suffer from grieving, marital and family problems, every day stress, etc... She also helps people to follow through with their goals and objectives by using the right communication tools. Millie teaches you how to be the best that you can be using self-motivation and self-empowerment. For more information: 450 563-1004, austinsarc@gmail.com / www.austinsarc.org.



**André Paquette**, owner of **Le Fumet restaurant**. This family restaurant recently moved to beautiful new premises at 550, rue Principale, Ste. Agathe des Monts. They also celebrate their 42nd anniversary in business this year. André’s sons Maxime and Jonathan are also implicated at this popular eatery. Although they are well-known for smoked meat, they offer a wide variety of other delicious items on their menu. Their new premise features a reception hall. 819 326-5565 / www.lefumet.ca



### Welcome to:

**Laurent Tomasi**, owner of **Le Salon St. Sauveur**, a new hairdressing salon located at 220 chemin du Lac Millette (Trois Villages Shopping Center), St. Sauveur. Laurent is originally from France. Their team consists of 4 hairdressers who offer hair colouring, cutting and styling for men, women and children. Open Tuesday through Saturday. 450 227-2275 / www.lesalonsstsauteur.ca / Facebook - Le Salon St. Sauveur.

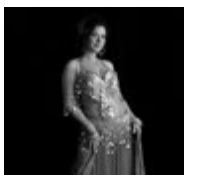


**Allan Rohar** and his sister, **Jo-Ann Rohar** who recently opened **Crabtree Pizzeria**, 158 Principale, St. Sauveur. They offer an amazing variety of pizzas, with the deluxe one being their special Crabtree pizza. As well, they offer tasty pasta dishes, club sandwiches, salads, hamburger steak and hot dogs, hamburgers and poutine. Open 7 days a week. Sunday, Monday, Tuesday and Wednesday: 11 am - 9 pm and Thursday, Friday and Saturday: 11 am - 10 pm. Free delivery (within certain radius). Best of luck! 450 227-4449 / Facebook: Crabtree Pizzeria.



### Did you know that:

If you enjoy dancing, there is an amazing **baladi/oriental dance class** open to women of all ages, backgrounds, shapes and sizes? Gypsy and fusion dancing courses are also offered. Beginner, intermediate and advanced courses are available. Classes will take place in various centers across the Lower Laurentians. So, if you want to be in touch with your feminine, creative side and like to have fun, check it out. The charming, talented teacher is **Hélène Sanschagrín**. Information: raksbohemia@gmail.com / www.raksbohemia.ca.



If you are seeking out excellent foot care, that **Rolande Morlon** owner of **Le Pied d’Estale**, 36A Filion St., St. Sauveur is a great place to go? Rolande offers a variety of wonderful foot care solutions for cracked heels, toe nail problems, corns, bunions, etc... Gift certificates are available and tax receipts are provided. 514 910-3046 / www.soindespieds.ca.



**Spa Le Scandinave Mont-Tremblant** (4280 Montée Ryan) has enlarged their facilities recently? For those who enjoy relaxing, hydrotherapy will now be available. A new dry sauna and steam bath are featured. A focal point will be a cold pond with Nordic falls. New chaise lounges will feature heat lamps and a large stone fireplace welcomes visitors to the forest section. Scandinavian baths, massages and hydrotherapy. Gift certificates are available and make wonderful Christmas or birthday gifts. 888 537-2263 / www.scandinave.com / Facebook: Spa Le Scandinave Mont-Tremblant.



If you want to learn more about your community that you can watch a program called **Community Connections**, which features many interesting people from our fair Laurentians? For more info check out details at www.tvcl.ca.

## TaCL Youth security campaign

L’inter des Laurentides is currently launching a safety campaign for its users in transition between school transportation and L’inter. The campaign aims to remind young people that an urban bus does not have the same priority on the road as school buses. This, mainly due to the fact that motorists are not obliged to stop, as they do for a school bus.

A simple rule for safety when disembarking  
When an urban bus makes a stop, the driver of a vehicle and the driver of the bus may not see a young user passing by the bus. It is important to remind young people who are used to school transport that the safety rule for urban transport is different: let the bus leave and then move.

L’Inter is pro-active  
An illustrated poster was designed to raise awareness among young people. It will be visible in vehicles and distributed in vocational training centers, Cegep, Carrefour jeunesse emploi and polyvalentes in the region. Finally, the L’inter team will actively promote it, during its tour of secondary schools in October.

You can also view the campaign on the L’inter website at www.linter.ca (notice section) and on the Facebook page.



## Essential Oils The aromas of autumn

Susan Rich

Autumn is in the air and that means cooler days and spectacular fall colours to paint our landscapes. It also means that Thanksgiving is just around the corner, so I thought I would share some cooking ideas, and diffuser blends, to give a warm, cozy experience to our homes. Please be sure that when cooking with essential oils, they are 100% pure therapeutic grade, and are recommended for internal use.

As the weather gets colder, our supplies of fresh herbs start drying up, but with essential oils we can easily get those amazing tastes all year round, helping our dishes to pop with flavour. Think about all the dried herbs you use and replace them with fresh, aromatic essential oils. At only pennies a drop, I guarantee that you won't be disappointed!

Try adding a drop of basil to your tomato-based dishes. Thyme and rosemary are great for savouries and meats. Add a drop of cinnamon to your pumpkin pie recipe.

The possibilities are endless, so have fun and play around, but remember that less is more! When making large batches of food, add one drop and taste before adding another. It doesn't take much to become overwhelming. If you're only doing a small portion, a great tip is to take a toothpick and pick up some of the oil by running it around the reducer cap of your oil bottle. Then swirl the toothpick in the food and taste. Remember that it's easy to add, but impossible to take away.

Walking into a house that smells like autumn is so warming to the soul. Having a diffuser in the house is the perfect way to get that feeling. Never use a diffuser that heats up the oils. My preference is an Ultra Sonic type. This is a type of diffuser in which you put water and then add a few drops of your favorite oils. The vapour comes out of the top, and disperses throughout the room, leaving the heavenly, non-toxic scent in the air.

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

These are some of my favorite diffuser blends.

### Orange Spice

2 dr cinnamon  
2 dr clove  
2 dr cardamom  
4 dr wild orange

### Autumn Retreat

3 dr Wild Orange  
2 dr Frankincense  
2 dr Cassia

### Apple Pie

2 dr. clove  
2 dr. cinnamon  
4 dr. ginger



## 10th anniversary of the 50 + Bouger Day

The 50+ Bouger committee and its partners, the Argenteuil Health and Social Services Center, the MRC d'Argenteuil, the Ville de Lachute, the FADOQ des Laurentides, and the Table de concertation Parole aux aînes d'Argenteuil, are proud to announce that 50+ Bouger Day will be back for a tenth consecutive year on **Saturday, November 4, from 9 am to 1:30 pm**, at the Laurentian Regional High School.

For those 50 years of age or older, this day of activities, offered for a nominal fee of \$10, will allow participants to learn different sports in a friendly and non-competitive atmosphere. During the day, participants will have the chance to learn about two different sports, among the twelve presented.

A delicious meal will be served and, to close the day in style, a draw will take place among the people present. The honorary president of the event is an inspiring man for the region's seniors, coach, and former boxer, Deano Clavet.

Registration day: **Wednesday, November 1: 10 am to 4 pm**, at the historic railway station located at 540 rue Berry, in Lachute or at city hall.

## Inauguration of the new premises for Weightlifting Club:

## An investment of more than \$55,000 from the MRC and the community

Recently, the MRC d'Argenteuil and its community partners took part in the official inauguration of the new premises for the Northern Weightlifting Club, located at the Laurentian Regional High School (LRHS) in Lachute. This is an important project for the school and sports community, for which the MRC has invested \$52,000. Additional contributions to this amount came from local partners, including the Richelieu Club de Lachute (\$2,500) and the Deputy of Argenteuil, Yves St-Denis, who will soon confirm financial assistance.

Since its inception in 1975, the Northern Weightlifting Club has occupied many premises, often on a temporary basis. Encountering certain difficulties in terms of limited access on evenings and weekends, it became imperative for the Club to benefit from a permanent room with an independent entrance. Thanks to the sensitivity of Laurentian Regional High School and the Sir Wilfrid Laurier School Board, the President of the Club, Guy Marineau, will now have a stable location at LRHS for the Club.

The council of the MRC d'Argenteuil has agreed to give substantial financial assistance for the realization of the improvements, in light of the positive influence the practice of weightlifting has on the perseverance of school children. The work mainly involves the construction of an exterior door, the installation of toilets and the installation of an air conditioning system.



## Fit Tip #119 Exercise is medicine

Lisa Mclellan - Main Street

Exercise is medicine. This is the new buzz in the Fitness Industry. There are two movements in Canada; one is EIMC (Exercise is Medicine Canada) and the second is Prescription Fitness (Alberta & Ontario) that address the idea of connecting doctors and health care providers with vetted gyms, studio's, recreation centres, and exercise professionals. The objective is to prescribe exercise/physical activity as a cure, in part, or in whole, for certain kinds of ills, ranging from pain, to chronic disease issues, to weight loss, and the overall improvement in health. I say, duh! No kidding, it's about time. Let's get the ball rolling here in our Laurentian communities.

Researchers have stated that exercise is the "best preventive drug" known. The right exercise is a potent medicine, and can replace many pills, if done with discipline and consistency. Exercise strengthens the entire human machine - the heart, the brain, the blood vessels, the bones, the muscles and the organs. Cardiovascular exercise, strength, and flexibility training, can help to prevent and treat almost every chronic disease. Exercise has been shown to prevent, or lessen, the impact of certain cancers, cardiovascular disease, type 2 diabetes, metabolic syndrome, muscle atrophy from aging, osteoporosis, depression, Alzheimer's disease, Parkinson's and more. Exercise helps normalize your glucose, insulin, and leptin levels, and helps to optimize overall health. One of the largest, recurrent benefits of regular exercise is that it reduces stress and improves mood. Leading an active life is simply vital for long-term health and happiness.

Let me recap for you some of the parameters, which will ensure the best results:

1. Commit 100% - make fitness and exercise a priority.
2. Be consistent - a minimum of 30 min of physical activity every day. Go for 10,000 steps a day. More is better.
3. Include endurance, strength and flexibility training for balanced results.
4. Get outside, into nature, breathe fresh air. Enjoy your life.
5. Incorporate hills, steps, trails in the woods, and a variety of activities, to keep your body challenged, both physically and mentally.
6. Do interval training for more effective results; alternate between intensity (push yourself; walk faster, work harder, lift heavier, do more repetitions) and rest (allow your heart rate to come back to resting rate- recuperation phase) in timed intervals (1 min intensity 1.5 - 2 min rest, 30 sec intensity, 1 min rest, 20 sec intensity 10 sec rest) for 10 minutes total of intensity.
7. For best results: light, aerobic exercise, work at 60 - 65% of your maximum heart rate, for longer periods of time. This is the metabolic zone, where your body and brain heal and grow. For greater fitness, work up to 70 - 85% of your heart rate for bursts of time. Combine both.

**Helpful tools:** Heart-rate monitor, a pedometer, walking sticks (improves upper-body fitness while walking), sports equipment (bike, kayak, x-country skis, skates, etc.).

Live your life to the fullest, and kick out the "old" ways, with exercise and a positive mindset. Exercise is medicine. Don't you forget that!

## The War Amps Key Tag Service

The War Amps helps Champs like Étienne.



It works! Nearly 13,000 sets of lost keys are returned every year.

"Thank you for the safe return of my keys! My car fob would have cost \$265 to replace, so I am especially happy to have it back." - Joffre

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# The importance of voting on November 5

The last municipal elections had a very low turnout. That's unacceptable.

We live within a democratic system that is based on every citizen having a say about who they wish to represent them, and their views, on council. That's important because the people who are elected, will serve the citizens of their towns for four years. Four years is a long time. In four years, the priorities of a municipality that have been established for generations could be effectively changed. These priorities give a town its identity and its vocation.



Frequently, I hear many reasons why people do not vote: they are too busy, or are not interested, or they claim their votes won't change anything, or that council wouldn't listen anyway...etc. I can guarantee you one thing; if you don't vote, your voice, and opinion, definitely will not be heard!

You vote has weight in all the important decisions that are made in council. Councils deal with issues and services that affect your daily lives directly, such as infrastructure projects, roads, snow removal, garbage disposal and recycling of residual materials, fire protection, police services, permits and urbanism by-laws, services for seniors, children's activities and sports, cultural activities, support of community organisations and volunteers, parks, libraries, community centers and, most importantly, levels of taxation.

In all these matters concerning the daily activities of our towns, the wisdom and experience of your mayors and councillors is vital to ensure the future progress of our regions during the difficult times we are now facing. Therefore, citizens must choose their representatives very carefully, selecting candidates who are able to ensure the continuity of their towns' municipal priorities, and navigate successfully into an uncertain future.

We are privileged to live in Canada, where voting is the right and the privilege of all citizens. Our next municipal election will be on November 5, 2017. I urge everyone to get involved, and make a difference, by exercising your right to vote!

Tim Watchorn  
Mayor of Morin-Heights

## Fire-safety tips

The cold weather signals its time to check to ensure you are well-prepared to prevent or deal with a fire in your home. Take a few moments to follow a few simple guidelines.

- Have your chimney cleaned by a professional
- Install new fire alarms or change the batteries in your old ones. Double-check to see they are working properly.
- Keep fire extinguishers handy in appropriate places (kitchen, basement, garage)
- Check all electrical cords for damage. Use tape rather than staples to secure them to walls and floors and do not run them under carpets where they can wear easily and short out
- Check all electrical outlets and switches for heat
- Use appropriate wattage light bulbs in ceiling fixtures and recessed lights
- Extinguish fires in wood stoves and fireplaces before going to bed or leaving the house
- Do not tuck in the sides of an electric blanket as it may overheat.
- Prepare and practice an exit strategy

*To make a dry fire extinguisher, mix 6 pounds of fine sand and 2 pounds of baking soda in a large container. Mix thoroughly and keep container in workshop, garage or kitchen. This mixture can be used successfully on small oil, grease and petroleum fires.*

Pizza Salades Mets italiens Casse-Croûte

## Crabtree

### PIZZÉRIA

St-Sauveur

Dining room | Terrasse | Counter | Alcohol license

450 227-4449

158 Principale, Saint-Sauveur

**Delivery on orders of \$10 (before tax)**

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

## ENSEMBLE, ALLONS PLUS LOIN TOGETHER, WE GO FURTHER



TIM  
WATCHORN

À LA MAIRIE  
DE MORIN-HIGHTS  
FOR MAYOR OF  
MORIN-HIGHTS

**ÉLECTION  
MUNICIPALE  
MUNICIPAL ELECTION**  
5 NOVEMBRE  
NOVEMBER, 5

**VOTE PAR  
ANTICIPATION  
ADVANCE VOTING**  
28 OCTOBRE  
OCTOBER, 28

## IN THE MRC DES PAYS-D'EN-HAUT

On November 5, when you vote for your City Council and Mayor, you will also vote for the Warden of the County Regional Municipality (MRC).

Your MRC is one of very few in Quebec where the Warden is elected by the people instead of by the Mayors' Council, so

USE YOUR VOTE! Choose  
the best possible candidate for Warden!

My  
Warden  
is  
**ANDRÉ  
GENEST**



André Genest has been Wentworth-Nord Mayor for 25 years and Deputy Warden for 15 years (2001-2016).

- ✔ Born here, he's lived here almost all of his life.
- ✔ He knows the territory and it's people.
- ✔ He has experience and knows what matters and the issues at hand.

✔ He has already proven that:

He listens • He has vision • He is a man of action  
• His commitment is solid

On November 5,  
make André Genest YOUR Warden.

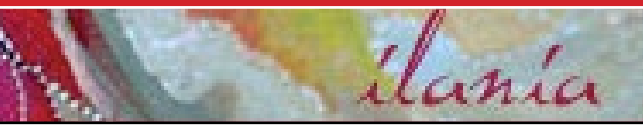
Advance Poll date : October 29  
Your municipality might add other dates and might allow voting by mail.

androgenest.net  
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Official agent: Lyse Zakrevsky



# Out & About

Ilania Abileah - Main Street



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

## MONT LAURIER

**Mont Laurier Exhibition Centre**, 385, rue du Pont. 819 623-2441 / expomont-laurier.ca

**Until Oct 14:** Marie José Gustave – exhibits her paper threads knitted, crocheted or woven.

**Oct 26 - Dec 20:** Sylvie Tisserand presents her collection of silent bells “Les cloches silencieuses.” Vernissage **Thurs, Oct. 26: 5 pm.**



Sylvie Tisserand

**Oct 20: 8 pm** - Robert Charlebois “Rock’oustic”- this audacious artist is back, accompanied by his musicians. \$49.

**Double-Défi - 8th International Theatre Festival.** Show times: **10 am, 1:30 pm, 4:30 pm & 8 pm**

**Espace Theatre**, 543, rue du Pont / 819 623-1222 / info@espacetheatre.com. / www.doubledefi.org

This festival was amazing and beautiful, with an inimitable atmosphere of respect, admiration, encouragement and love amongst the different nations represented. The troupe that won the public vote came from Russia. Students of a school for deaf children gave a wonderful, heart-warming show, “Wings of Clowns” that captivated us all. The festival will be back in two years and I do hope the public will participate in this best kept secret of the Upper Laurentians.



Double-Défi

## MONT TREMBLANT

**Salle Alphonse Desjardins**, 1145, rue de Saint-Jovite. Downstairs of the Samuel-Ouimet Library. 819 425-8614, ext 2500 / villedemont-tremblant.qc.ca

**Village Church**, 1829, chemin du Village / 819 425-8614 ext. 2500 / villedemont-tremblant.qc.ca

**Sat, Oct 14: 8 pm** - Paul Daraïche - country singer. \$38

## ST FAUSTIN

**Maison des Arts et de la Culture**

1122, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm **Until Oct 21** - the annual Place de la Sculpture: Pierre Beauregard, Edith Béland, Lise-Anne Bernatchez, Luc Bouchard, Doris Bouffard, Jean Pierre Busque, Daniel Carbray, Michel Charpentier, Camilla Clarizio, Jean Yves Côte, André Derouin, Armand Destroismaisons, Michele Dubuc, Johanne Fontaine, Christine Gagné, Martine C. Gagnon, Richard D. Gagnon, Alain Gervais, Guy Gervais, Myriam Grégoire,

Michel Lajeunesse, Céline Landry, Jean Bernard Lavoie, Chantal McNeil, Gérard Poirier, Juan Carlos Prada, Josiane Saucier, Pierrette St-Germain, Normand St-Vincent and Alain Thibault.

**Until Oct 28** - an exhibition of works by thirteen local artists.

## STE-AGATHE

**Théâtre Le Patriote**

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

**Salle Percival-Broomfield**

**Sat, Oct 21: 8 pm** - Magician, Alain Choquette. \$35.

**Fri, Oct 27: 8 pm** - Singer, Patrice Michaud. \$34.

**Boite a Chanson**

**Wed, Nov 1: 8 pm** - Magneto Trio: Rick Haworth (guitar), Mario Légaré (bass) and Sylvain Clavette

(drums). \$33

**Thurs, Nov 2: 8 pm** - Kevin Parent:

an award-winning singer who also sings in English. \$37.

**Thurs, Nov 9: 8 pm** - Stephen Faulkner (also known as Cassonade) - country music. \$33



Magneto Trio

## VAL DAVID

**Val David Exhibition Centre**

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

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

## VAL MORIN

**Theatre du Marais**, 1201 10è Ave, 819-322-1414 / www.theatredumarais.com

**Sat, Oct 28: 8 pm** - Dawn Tyler Watson (vocals) and Ben Racine (guitar & vocals) present an evening of Blues. \$35.



Dawn Tyler Watson and Ben Racine

**Fri, Oct 27: 8 pm** - Jorane plays cello & harp and sings with her rich and powerful, yet soft voice. She plays in duo with guitarist, Simon Godin. \$40



Jorane

**Galeri d'Art Espace Rhizomes** (6140 Rue Morin / Christiane de Carufel: 450 745-4125 / cdecaru@cgocable.ca).

**Oct 14 - Oct 22:** Rose-Marie Fournier exhibits a collection entitled “Waharmonie.”

## ST. ADOLPHE D'HOWARD

**L'Ange Vagabond:**

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

**Exhibitions**

7th Salon d'artistes will be held at the Recreation Centre on **Sat & Sun, Nov 11 & 12: 10 am - 4 pm.** Artisans and local food producers will be on location. Artisans who wish to participate should register online, attaching photos of five of your creations. www.stadolpheedhoward.qc.ca

## STE. ADÈLE

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

**Thurs, Oct 12 - Oct 26:** an exhibition entitled “Ma difference en couleurs.” 75 pieces of artwork by professional artists and members of L'Échelon des Pays d'en-haut. At the end of the show there will be an auction, which will help finance the visual arts activities at the centre. L'Échelon has been helping residents with mental challenges since 1993. **Open: Thurs & Fri: 1 - 4 pm; Sat: 10 am - 5 pm; Sun: noon - 5 pm.** **Closing event and auction will take place Thurs, Oct 26: 5 pm.**

## SAINT-SAUVEUR

**Saint-SAU Pub** 236, rue Principale, St-Sauveur / 450 227-0218 / www.lesaintsau.com

**Mon, Oct 16: 8 pm** - Good Hearted Woman



Good Hearted Woman

**Thurs, Oct 19: 7:30 pm** - Mylestone

**Fri, Oct 20:** Valérie Jalbert

**Sat, Oct 21: 8 pm** - Gilbert Charlebois & Bruce Cameron

**Thurs, Oct 26: 7:30 pm** - Valectra

**Fri, Oct 27** - Valerie Jalbert

**Sat, Oct 28: 8 pm** - Stephan McNicoll & GCR – this is real Saturday night fun!

**Mon, Oct 30: 8 pm** - Good Hearted Women (Roxanne Garceau & Louise Selby).

**St. Sauveur Church**, 205 rue Principale. Tickets are available at the Church office. 450 227-2423 / http://www.paroisse-st-sauveur.org. Credit cards accepted.

**Sat, Oct 28: 8 pm** - Richard Abel is a pianist who plays romantic music and will present pieces from his new album, “Autour du Monde.” A wide variety of music from country to Viennese, Cuban to Italian Tarantellas and even the Beatles. \$45.



Richard Abel

## MORIN HEIGHTS

**Morin Heights Library**

823, Village Rd. info@artsmorinheights.com.

**ARTS Morin Heights** - The project, “Street Scenes” started **Sat, Sept 30** as part of the Journées de la culture. 450 226-3832.

## WENTWORTH NORTH

**Pavillon Montfort**, 160, rue Principale, Wentworth-Nord (Montfort)

**Sept 9 - Oct 15:** An exhibition of artwork by twelve local artists.

## LACHUTE

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

**Oct 8 - 26:** Marie Lauzon exhibits acrylic and mixed techniques.

## HAWKESBURY

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

**Oct 2 - Nov 30:** Exhibition of art on paper by Guy Vidal.



Guy Vidal.

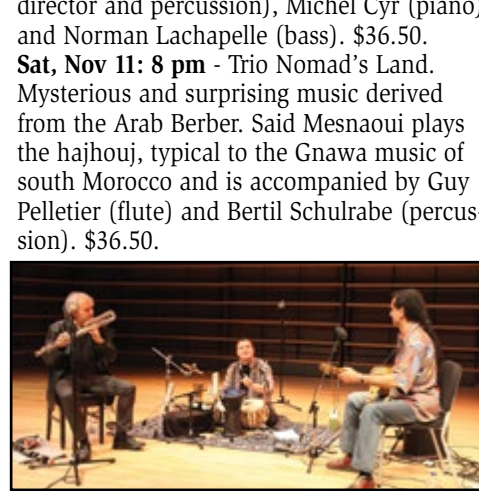
## PRÉVOST

**Diffusion Amal'Gamme** - Salle Saint François Xavier, 994, rue Principale / 450 436-3037 / www.diffusionsamalgamme.com.

Tickets and subscriptions to the new season are available online.

**Sat, Oct 21: 8 pm** - Luc Boivin Trio. This group combines Jazz with world music. The three musicians played together years ago, met up again at the Jazz Festival of Mont Tremblant in 2016 and decided to become a trio. Musicians are: Luc Boivin (musical director and percussion), Michel Cyr (piano) and Norman Lachapelle (bass). \$36.50.

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



Luc Boivin Trio

## ST. JÉRÔME

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

450 432-7171 / www.museelaurentides.ca. Open Tues - Sun: noon - 5 pm

**Until Nov 5:** “Une Place Idéale,” an exhibition by Alexandre David.

**Until Apr 1:** the Museum's permanent collection will be exhibited.



Une Place Idéale

**En Scène : Salle André Prévost**,

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

**Thurs, Oct 19: 8 pm** - Magic and Illusion by Alain Choquette. \$41.

**Sat, Oct 21: 8 pm** - Robert Charlebois, “Rock’oustic” - The voice of an icon is back, accompanied by his musicians. \$49.

**Sat, Nov 11: 8 pm** - Brigitte Boisjoli & David Thibault sing popular songs. \$43

**Salle Antony-Lessard**

101, Place du Curé Labelle

**Sun, Oct 15: 3 pm** - Pierre Létourneau; writer / singer. \$26.

**Fri, Oct 20: 8 pm** - Philippe B, songwriter / singer. \$35.

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



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**November 5<sup>th</sup>**

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**2017**

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**Thursday/Jeudi: October 12 from 5pm to 8pm**  
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**Saturday/Samedi: October 14 from 10am to 3pm**

*a breath of fresh air!*

**TEAM BOISVERT**  
 Municipal Elections 2017

**Notice To Citizens of Val-David**  
**Municipal Election - November 5th**  
**Vote For Team Boisvert**

I am pleased to introduce myself, Rene Boisvert, as a candidate for mayor, and to inform you that members of Team Boisvert will be campaigning actively in order to meet the citizens of Val-David before Election Day on November 5.

Teamwork is a crucial element for our success, and will be an important factor in our intention to provide citizens with an open and honest administration of our village.

As a career manager, I have assumed leadership positions, managed projects and negotiated domestic and international contracts, advised (mentored) senior management, and served as the chief executive officer of a management-consulting organisation. I have always worked closely with employees and management staff in a spirit of close cooperation with all parties. Formulating achievable action plans, and submitting well-documented objectives have always ensured my success in reaching my goals. I am proud to present today, the objectives our team hopes to achieve in our plans for the future of Val-David.

- We realise that our future is in the hands of our growing younger generation.
- We are committed to understanding and preserving nature and our wildlife.
- We will ensure that citizens, including seniors, can live in security and dignity in Val-David.
- Arts and Culture are at the heart of our Laurentian community of Val-David.
- Our local economy is a shared concern of both the citizens and the business community.

Our motto; "WITH AND FOR YOU" affirms our intention to serve all residents of our beautiful village with respect and diligence. Our team will be motivated by five major projects that we will work to realize during our upcoming mandate.

- Water play areas for children to be installed in the center of the village, and in Park Lac Paquin.
- Cycling corridors to link many sectors in the middle of the village, without adversely impacting traffic on Rue de l'Église.
- Undertake the development of a Seniors Residence in the village center.
- Create opportunities for the success of our cultural community.
- Create a business think-tank to study and propose ways by which our village can thrive and grow successfully in the future.

Affordability of these projects will be an issue. Therefore, we will always ensure that we conduct ourselves with good governance and transparency, keeping in mind the limits of our income and tax base. You are welcome to communicate directly with me, or the members of Team Boisvert, at 819-322-5676, or by selecting our Facebook site "equipe boisvert," or by email to: [boisvert@hotmail.com](mailto:boisvert@hotmail.com)



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## BROWNSBURG-CHATHAM ELECTIONS 2017

"I am pleased that two independent candidates are supporting me for the position of mayor of Brownsburg-Chatham. These two highly accomplished individuals have been following municipal politics for years and will bring a wealth of experience to our city. They recognize that I have a real action plan for our city with 88 specific proposals. I look forward to working together to building a better city for all residents of Brownsburg-Chatham." – **Martin Charron**

**Mr. Richard Vincent** – retired at the rank of Lieutenant-Colonel of the Canadian Forces after 29 years of service as a Logistician responsible for managing the resources of troops at home and abroad, holding a multidisciplinary BAC, a certificate in political science and an organizational management certificate. He has a wealth of experience, is focused on service to the people and will be a thoughtful gentleman **for seat number 2.**

"I want to work with Mr. Charron because he has a real realistic plan for the city. Since Mr. Charron's arrival on the council, we feel that the wind can turn in favour of the citizens." – **Richard Vincent**

**Mr. Stephen Rowland** is a mechanical engineer, inventor (many patents) and MBA (Master in Business Administration). He is a graduate of both McGill and École Polytechnique. For much of his career he was Vice-President of a large machinery manufacturer responsible for 100 engineers and technicians. Currently semi-retired, he is a member of the Disciplinary Committee of the Order of Engineers of Quebec. A gentleman who is serious about his responsibilities. **For seat number 6.**

"I support Mr. Charron because I have seen him working in the district and during council meetings, especially when he was acting mayor. He knows his files and has worked very hard for the residents of Brownsburg – Chatham." – **Stephen Rowland**

Paid and approved advertising by Martin Charron, official agent; approved by Stephen Rowland, official agent and approved by Richard Vincent, official agent.

*Villa* *Notre-Dame*

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## Garden Talk

# Notes from my garden 2017

June Angus - Main Street

Every year is different, but some growing seasons pose more challenges than others. This past spring seemed to get off to a slow start in the Laurentians, and then there were long stretches of too much rain and not enough sun. Wildlife, ranging from deer and groundhogs, to forest tent caterpillars, also kept gardeners in my area on alert.

How did the weather affect your garden this year? What did work, and what didn't work so well? What do you want to do differently next year? Think about these questions, and keep track of your observations and ideas in a gardening journal. This past season has certainly left me with plenty of food for thought.

First, my wonderful straw-bale garden, that held so much promise, turned out to be very disappointing. I placed the bales last fall and did the necessary watering and fertilizing prep in the spring. With great anticipation, I planted seeds to grow beans, peas and carrots, along with seedlings for squash, tomatoes and sweet peppers. While everything seemed to do fine at the start, it turned out I was simply growing a nice buffet for a doe and two fawns that inhabited our neighbourhood this year. They are still enjoying fallen apples, scattered under old fruit trees on my property. As a small consolation, they didn't eat all of my hostas and phlox. According to my neighbours, I am not alone with deer woes this year.



Next year, I plan to fence in the area around the bales and install a motion-activated sprinkler. I have already started the process of intermingling Bruneria (Jack Frost), in the shady areas, where I like to plant hostas. Deer are not very fond of their slightly furry foliage.

There is a standing joke that all homes in the Laurentians come equipped with their own groundhog. Unfortunately, when a groundhog gets busy in your garden, it's no laughing matter. When I placed my carefully-cultivated seedlings on my elevated back deck to harden off last spring, my new resident groundhog pair easily climbed the deck steps and chowed down on more than half of my nasturtium, cleome and squash seedlings, along with some herbs, before I came to the rescue. Then they polished off my sunflower shoots, bush beans and scarlet runners that were already planted. Placing my seedlings higher up, on a table or bench, next spring will keep them safe during hardening off, but I will have to research some new solutions to protect my plants once they are in the ground.

While the abundance of rain, with just enough sun, was great for crops such as peas and strawberries, as well as for wild roses (rosa rugosa), those conditions delayed other plants, or created conditions that made it easy for disease and pests to flourish. A few of my dahlia bulbs rotted in the wet ground and those that made it to maturity only managed to bloom by late September.

Fortunately, we didn't get an early killing frost this year and the warm sunny weather that arrived in late August, and lasted through September, has given the end of our growing season a final boost. Many of my late green tomatoes, growing in containers on my deck, and in a bed near the house (away from the deer), finally ripened to perfection on the vine.

The long-range forecast calls for slightly warmer temperatures and more rain than usual for the rest of October and November. This is good news, as we get busy cutting back perennials, clearing up leaves, planting spring bulbs and battenning our gardening hatches for winter.

As for next year, we'll have to wait and see.

## Chalet Bellevue inauguration in Morin-Heights

The first municipal community centre, the Bellevue Chalet, was inaugurated in the presence of the Council, municipal employees and volunteers from all local community organizations. About 300 people attended the opening night on September 15.



27, Bellevue Street was acquired by the Municipality in the summer of 2015, when the Plamondon family decided to close down the seniors' residence, Château des aînés. The building has since been completely renovated and updated. The Municipality has received support from the Canada 150 Program in the form of a federal grant of \$500,000 for this project.

The Bellevue Chalet will complement the outdoor services offered at Basler Park, (acquired in 2005), and the Aerobic Corridor, both of which are strategically located adjacent to the building. In addition to providing services for outdoor activities, the chalet has an additional two floors to host conferences, plays, concerts, meetings and exercise classes offered to its citizens. Activities will officially begin in the building in early October.

The acquisition, transformation and preservation of this historic building ensure that it will continue to be a central element of the Morin-Heights community and will be appreciated by all for many years to come.



## Terryble Tymes

# Find your virtual identity

Terry Cutler

I'd like to answer a question I get asked often whether it be in radio or TV interviews, or at live events in your community, and that is, "How can I stay safe online."

Let me give you a basic idea of what I'm dealing with every hour of my day, which affects you as well. Virus, Worms, Trojan Horses, Logic Bombs, Phishing attacks, Social Engineering attacks, Rootkits, botnets and Zombies. Most people don't have a clue what most of these are, but I can tell you that once they're installed, they can spy on you 24/7 and steal your personal data. Also, a lot of people would tell me, "Well I don't have important information on my PC anyway." People don't realize that what happens in the virtual world, affects them in the physical world such as identity theft and credit card fraud.

Let's try an exercise together... When I give seminars, I love to ask the question of how many in the audience know how to use Google. All the hands get raised. Then I ask them again, "How many of you really know how to use Google?" I'd like to show you a quick trick on how you can limit your searches to specific information that you didn't know existed.

All right, let's fire up a browser and let's go to [www.google.com](http://www.google.com). This is where people do all their searches. Go into your settings (bottom right) and change the search settings. Most people have the setting "filter explicate results" set to on. This means that if there's any search content that's not appropriate it will not appear. Because we want to find information about ourselves online, we want to turn this off to no filtering so we'll be able to really see what's going on.

For this example, let's use my name and then later you can try with yours. If you do a search for Terry Cutler and click search, you'll end up with about 600,000 hits. That's just way too much information to find out about somebody. In order to start limiting the search we'll need to use quotation marks. So if we put quotes around "terry cutler," this will actually tell Google to "Look exactly for what's in between these quotes." Even if it's spelled wrong or whatever, it's going to be searching exactly for that. If we hit enter now, you'll notice you're down to about 72,000 hits. So that's getting interesting now.

I hope you found this information useful. Next month, we will continue with how to limit your searches. Please visit [TerryCutler.com](http://TerryCutler.com) and [InternetSafetyUniversity.com](http://InternetSafetyUniversity.com) and subscribe to more free tips and valuable information.

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

## TVCL's our Community Connections thanks supporters

Hosts of the community television station TVCL's English language program, Our Community Connections (OCC), Nadine Cuccaro, Jennifer Pearson-Miller, and Elaine St. Pierre thank the community for their support. Our Community Connections has been chosen as one of two TVCL programs the most viewed on the website, [www.tvcl.ca](http://www.tvcl.ca).

The new season is now available on Cogeco channels 4 and 555 every other week: times change, so check the times via the website, or watch at your convenience on your computer. Simply click on the OCC icon on the website [www.tvcl.ca](http://www.tvcl.ca).

Elaine, Jenny, and Nadine are pleased to invite Penny Rose from Morin Heights as a new host for the fall 2017 season. Our Community Connections tries to include the varied areas of the Laurentians and Penny will help us to accomplish that.

The fall OCC line-up further includes, painted churches, Palliaco English services, lively library, artists, and the Mont-Tremblant choir. Welcome to Our Community Connections, season three.

## Concrete actions to improve seniors' quality of life

Yves St-Denis, Member of Parliament for Argenteuil, welcomes the announcement made last week by his colleague, and Minister of Health and Social Services, Gaëtan Barrette, during which he announced an additional investment of \$36 million to increase the hygiene of residents in CHSLDs. This will allow for the hiring of additional staff, as well as optimization of the work organization of the staff offering the hygiene care to residents.

This additional support will allow the CHSLDs to review and optimize the work organization of hygiene staff to the residents in order to meet their needs even more adequately. In this way, all residents who are willing, and able to do so, will receive a second bath or shower per week, in addition to daily hygiene.

It should be noted that following the CHSLD Best Practices Forum, the government committed to improving the care and services offered to seniors living in CHSLDs. From this meeting, a major investment of \$65M was announced, which in Argenteuil represented the addition of 12 jobs (nurses and attendants to beneficiaries) among the three CHSLDs on the territory. This new investment will bring, once again, new jobs to us!



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

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

**Branch 171 Filiale  
Morin Heights**

**Sat, Oct 14: 6 pm** – Oktoberfest Supper  
**Fri, Oct 20: 6 pm** - Smoked Meat Dinner  
**Wed, Nov 1: 7 pm** - Paul Arthur & Raising Cain  
**Sun, Nov 4:** Remembrance Day Parade Lunch.  
Donation \$10.  
**Fri, Nov 17: 6 pm** - Smoked Meat Dinner  
**Sun, Nov 26:** Grey Cup Party at the legion  
(hamburgers, etc)  
**Thursdays: 3 pm** - Darts - new players welcome!  
**Military Whist:** 1st & 3rd Monday of  
the month at 1pm.  
**Volunteers needed** for the Poppy Campaign  
Info: <https://www.legion171.com>

**Branch 70 Filiale  
Lachute**

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

**Branch 71 Filiale  
Brownsburg**

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

**Branch 192 Filiale  
Rouge River**

**Oct 15: 3:30 pm** - Yoga Spa  
**Oct 29: 2pm** - Loisir Bingo  
**Nov 11:** Remembrance Day Service  
**YOGA:** Mon: 9 am - 10 am | Tues & Fri: 9 am -  
10:30 am | Wed: 4 pm - 5 pm | Thurs: 6:30 pm - 7:  
Info Marlene: 819 687-8566  
**Tuesdays: 7:30 pm** – cribbage:  
For further info: 819 687-9143 /  
arundellegion@gmail.com

**RELIGIOUS SERVICES**

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

**MORIN HEIGHTS HILLSIDE CHAPEL**  
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**SAINT EUGENE CHURCH**  
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worship service. Everyone welcome.

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

**BROOKDALE UNITED CHURCH, BOILEAU**  
Info: 819 687-2752

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

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

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

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

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

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

**ST. MUNGO'S CHURCH, CUSHING**  
**LACHUTE UNITED CHURCH**  
Hamford Chapel, 232 Hamford Street, Lachute  
**Sundays: 11 am** - Weekly Sunday Worship

**HARRINGTON UNITED CHURCH**  
Last Sunday of each month: 1 pm  
**ST ANDREWS CHURCH, AVOCA**  
Please call Rev. Cathy Hamilton for dates

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

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

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

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

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

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

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

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

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

**PARISHES OF THE LOWER  
LAURENTIANS**

Everyone welcome and we look forward  
to seeing you and your family.

**ST. AIDAN'S WENTWORTH**  
86, Louisa Rd - Louisa  
**Oct 15: 11 am** - Holy Communion  
**Nov 19: 11 am** - Holy Communion  
**Dec 17: 11 am** - Lessons & Carols  
**Dec 31: 11 am** - Morning Prayer  
Services with gospel/bluegrass music

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

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
**Oct 22: 11 am** - Holy Communion  
**Oct 29: 11 am** - COMBINED PLL - Holy  
Communion  
**Nov 26: 11 am** - Holy Communion  
**Dec 24: 4 pm** - Christmas Service & Holy  
Communion  
Bilingual services with gospel/  
bluegrass music

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

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
Rev. Nick Pang – Team Leader of the Laurentian  
Regional Ministry  
Rev. Josee Lemoine – Associate Priest  
Jane Bell – Assistant Curate  
Until November, our services will begin at 9:15 am.  
The second Sunday of each month is a Family Service.  
All are welcome to enjoy the service and  
following refreshments.

**ADVANCE NOTICES**

**SOUP LUNCHEON**  
St. Simeon's Anglican Church  
445 rue Principale, Lachute  
**Fri, Oct 20: 11:30 am - 1 pm**  
Enjoy homemade soup, bread, dessert  
& coffee. Everyone welcome!

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

**FAUBOURG  
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PREVENTION  
CENTRE**

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Intervention and help for all  
Laurentian residents.

For info and full services visit  
[www.cps-le-faubourg.org](http://www.cps-le-faubourg.org)



**LAURENTIAN CLUB NOTICE**

Holy Trinity Church, 12, Préfontaine Ouest  
(corner of Tour du Lac)  
Ste-Agathe-des-Monts, Québec J8C 1C3  
**Guest speaker: Linda Schwey**  
Canada at 150 – the Canada we experience/  
live in today was not always like this.

For a long time we were just a nerdy, western-  
style country living in the shadow of our super-  
strong, rich and powerful neighbour. Today, we  
have arrived! Linda, who has lived in Canada and  
abroad, thinks she might know how we got here  
and would like to share her thoughts with us.

**Monday, October 23: 1:30 pm**  
**Cost:** Annual membership \$25  
**Guests:** \$10 per event

For information/  
reservations please visit:  
[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*



Next meeting for cancer patients,  
families and caregivers is

**SATURDAY AFTERNOON  
October 21, 2017 - 1 pm**

**\*\*NEW MEETING LOCATION\*\***  
Chalet Bellevue (main entrance)  
27 Bellevue, Morin Heights

**Speaker: Sue Rich**  
**Health Care & Essential Oils**

Upcoming meetings: Nov 18 & Dec 9

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

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

**REGISTERED CHARITY - DONATIONS APPRECIATED**

### COMMUNITY NEWS

#### AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

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

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

#### BAZAAR MPDA LACHUTMOUVEMENT PERSONNE D'ABORD LACHUTE

Bazar MPDA Lachute  
(177 Rue Bethany, Lachute).  
Used clothing, shoes, books and  
more for the whole family.  
**Tues - Thurs: 10 am - 3:30 pm**  
**Fri: 10 am - 2:30 pm**

We accept donations of clothes,  
toys and books for our bazaar.  
Mouvement Personne d'Abord de La-  
chute is a non-profit organization  
for people with intellectual disabilities.  
The Movement offers an annual  
program with dancing, bowling, coffee  
meeting etc. for all people aged 17  
and older who are living with an  
intellectual disability. Places available  
for new 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.

### COMMUNITY EVENTS

#### LOST RIVER COMMUNITY CENTRE

2811 RTE. 327  
**Sat, Oct 28: 6 pm - Eat, Drink & Be Scary**  
Tickets: \$12  
Contact Ruth: 819-687-3733 or Joan:  
819-687-8159  
**Sun, Nov 5: 9 am - noon: November**  
Breakfast  
Adults: \$7 / children (6-12): \$3.50 /  
under 6 - free

Basket draw proceeds will be donated to  
Parkinson's Disease Research  
**Falls Prevention Program**  
Mon & Thurs mornings: 10 am - 11:30 am  
Classes until Nov 27.

Registration: Isabelle Ambeault :  
450-562-3761, ext. 72302

**Internet Café: Daily access from**  
**7 am - 10 pm.**

Residents can pick up their key (\$5) at  
administration desk.

#### Computer Support

**Tues: 9:30 am - 11:30 am** at the  
Internet café.

Info: Brigitte Dubuc: 819-687-2122 ext.  
3203Like LRCC on Facebook at  
LRCC-Lost River Community Centre

#### HARRINGTON GOLDEN AGE CLUB

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

#### HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

#### SCOUTS MORIN HEIGHTS

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

#### ARGENTEUIL GIRL GUIDES

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

#### MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn  
Official opening of the Bunny Basler His-  
torical Centre  
Basler Park, 75 chemin Lac Echo  
Sat, Oct 14: 3 pm - 5 pm.  
Wine & cheese. Come help us celebrate  
this historic and long-awaited occasion.  
www.morinheightshistory.org / mhha98@  
hotmail.com

#### 2nd ANNUAL HERITAGE AWARDS GALA & DINNER

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

#### THEATRE MORIN HEIGHTS

Info: 450 226-5354 /  
theatremorinheights@gmail.com

#### THEATER MORIN HEIGHTS PRESENENTS

"I'll Be Back Before Midnight"  
A thriller by Peter Colley  
Bellevue Chalet, Morin Heights  
**Oct 26, 27, 28: 8 pm & Oct 29: 2 pm**  
\$20 in advance / \$25 at the door  
Info: 514 865-5356  
www.theatremorinheights.ca

#### ALCOHOLICS ANONYMOUS MEET- INGS

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

#### COMMUNITY FACEBOOK GROUPS

Community Readers may be interested  
in joining one of these local Facebook  
public groups:

Lachute as we Remember  
Brownsburg QC memories  
Descendants of Pioneer Families of  
Mille-Isles  
Morin Heights  
Morin Heights Historical Association  
Royal Canadian Legion Branch 171 –  
Morin Heights

#### RICKK'S ROOM -HOUSE CONCERTS

Hosts: Celia & Rick - Wentworth North  
**Oct 22 - Joey Landreth**  
**Nov 5 - Jason Bajada**  
Info / tickets: www.rickksroom.ca /  
RickksRoom@gmail.ca

#### COMMUNITY KITCHEN

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

#### JOYFUL NOISE CHOIR

Chalet Bellevue (27 rue Bellevue, Morin  
Heights)

Tuesdays: 7 pm

JNC invites you to come and sing.  
Please let me know if you  
are interested.

**Ends Dec 5 / Christmas show: Dec 7**

Cost: \$130

Penny Rose: 450 226-2746  
pennyrose@jenanson.com

#### CHRISTMAS BAZAAR

St. Francis of the Birds  
94, rue St. Denis, St. Sauveur  
**Sat, Nov 4: 10 am - 3 pm**  
Hidden treasures, baked & frozen foods.  
Lunch \$7.  
Info: 450-227-2189

#### DANCERCISE

Gore Community Centre, (2 Cambria)

**Mon & Thurs: 1:15 - 3 pm**

A fun way for ladies of all ages and  
fitness levels to get in shape, listen to  
great music and meet new friends.  
Bring an exercise mat, hand weight  
and stretch band.

**Classes are FREE** - donations to the  
Christmas Basket Fund appreciated.  
Info: Lynne: 450 676-7868

#### MORIN HEIGHTS ELEMENTARY SCHOOL

65th Anniversary of MHES –  
calling all alumni!

**Sat, Oct 14: Open House and  
Comedy Night**

Limited space – get your tickets at  
http://mhesppo.wixsite.com/mhesppo/  
comedy-night

Info: Natalie: 450-226-2017 ext. 6217 /  
mhesppo@gmail.com

Facebook: www.facebook.com/groups/  
MHESalumni/

\*\*\*

#### CHRISTMAS BAZAAR

Morin Heights Elementary School  
**Sat, Dec 2: 9:30 am - 3:30 pm**

Vendor tables: \$35. Looking for local  
business sponsors.

Info / table rental/Donation: Natalie:  
450 – 226-6217 / mhesppo@gmail.com

#### BROWNSBURG CURLING CLUB OPEN HOUSE

241, Rue des Érables,  
Brownsburg QC, J8G 3C4

**Sat. Oct 21: 11 am - 4 pm.**

Do you want to be physically active,  
socialize and make new friends?

Please join us to learn about the game  
of curling and what our club has to offer.

Info: 514 533-6723 / rthibault6@gmail.com  
See you there!

#### LOOKING FOR NEW CHORISTS

L'Ensemble vocal Cantivo is preparing  
for the 2017 season. They will be pre-  
senting a new repertoire for the Dec 17  
Christmas concert.

Rehearsals are held in St Sauveur every  
second Thursday from 7 pm - 9 pm.  
Info: Louise Boisvert: 450 224-7258

#### SEEKING VOLUNTEERS

Les Bons déjeuners d'Argenteuil  
is looking for volunteers to serve  
students on Tuesday and Thursday  
mornings for the school year 2017-2018.

An urgent need is felt mainly at  
Dansereau and St-Martin schools in  
Grenville, and at L'Oasis, St-André,  
and St-Julien schools.  
Info: 450-562-2474 ext. 2300

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A Cornerstone of the Community

819 324.4000  
(ex: 34330)

888 974.3940

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL  
info@4kornerscenter.org 4kornerscenter.org



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www.organismepeaix.ca



**Alcoholics Anonymous**  
Helpline:  
1 877 790-2526



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gamblers  
514 484.6666  
866 484.6664  
gam-anon.org



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**450 566-0660**



## Lori's Lookout - Laurentian Personality

### L'OUVROIR - Raising funds to help others

Lori Leonard - Main Street

Forty years ago the St. Vincent de Paul community organization operated at 382 rue Principale in St. Sauveur. In 2000, the organization was renamed l'Ouvroir by Mrs. Gilberte Campeau, founder of this non-profit organization whose goal is to raise funds to help organizations and those in need.

Funds at l'Ouvroir are raised by selling lightly used clothing, footwear, toys, furniture, home appliances and decorative items. In 2003, \$56,000 (start-up) was raised and in 2016, an amazing amount of \$187,890.

There are many volunteers who help at l'Ouvroir, but two main hard-working ladies behind the scenes are Irène Thérout and Marguérite Paquette. Irène has been Director since 2003. She says "being involved with l'Ouvroir keeps me healthy and youthful. I enjoy meeting people; I need them and they need me. Working with various volunteers helps me keep up with what's going on the world."

Marguérite has been implicated for 19 years (St. Vincent de Paul and l'Ouvroir combined). She says, "The women create strong bonds and friendships. It's like therapy, a place to forget problems and exchange recipes. It feels like family." Both Irène and Marguérite have received an award from the Governor General of Canada for their implication in volunteer work within their region. They are proud of this honour and will never forget the experience.

Four to eight men are involved with the outdoor furniture/appliance sale, which takes place every two weeks. Ten to fourteen volunteers open and sort through bags and separate the various donated items weekly.

Organizations helped by their donations include Maison des Jeunes, Moisson Laurentides, CLSC's, Centraide, schools in St. Sauveur and Ste. Adèle. Hospitals include Hôtel Dieu St. Jérôme and Hôpital Laurentien - Ste. Agathe, Ste. Justine's Hospital and the Montreal Children's Hospital. Sometimes families in need receive a gift certificate for a local food store.

Furniture/store sales take place every second Thursday. Furniture sale is open 7:30 am - 12:30 pm. Store is open 8:30 am - 4 pm. There is always a long line of people eagerly waiting at the door. All sales are cash only.

If you have clothing / shoes you no longer use, there is a drop-off section behind the store. Beds, tables, chairs, shelves, sofas, chairs, appliances, mattresses and bed springs are accepted. If you need large items picked up, it can be arranged. Monetary donations are always appreciated.

L'Ouvroir, 382 rue Principale, St. Sauveur, 450 227-1445.



L-R: Marguérite Paquette and Irène Thérout



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- Furniture restoration, seamstress
- Property management
- Renos, painting, decor, plumbing
- Electrician, Structural Engineer
- Tree cutting, yard work
- Limo service to airport or Montreal

Anyone or anything...


**Lake Front Cottage For Sale**      **Asking \$159,000**



Situated in the Lakefield, Gore area, 60 min from Montreal, 20 mins from Lachute, 20 mins from Morin-Heights/St. Sauveur. The cottage is natural pine and is a 3 season / 3 bedroom on 29000 sq feet. It has electric heat and a wood stove on a no-motor lake. The cottage comes fully furnished and includes a wall oven and island cook top in the kitchen. Other amenities include a dock, pool deck with 21ft pool, and hot tub. Roof and septic tank were replaced in OCT2016. Come and enjoy the Laurentians. Hurry before it goes. **514-697-4105**

**FUNDRAISER DINNER**

**Kevin Lowe-Pierre Pagé Arena, Lachute**  
**Monday, October 16: 11:30 am - 1:30 pm**



The member for Argenteuil, Yves St-Denis, and the president of the FADOQ, the Vaillant Hearts of Lachute, Marcel Laliberté, invite the citizens to participate in a large benefit dinner. All proceeds will be used to ensure the continuation of activities at the Club Les Coeurs Vaillants, the Cercle de fermières in Lachute, and the Leisure Committee of the Médaillon d'Or.

Tickets: \$15 are available from Marcel Laliberté of FADOQ Les Coeurs Vaillant at 450 562-5694, Lucie Rossignol, President of the Lachute Farmers' Circle at 514-264-5537 and Simon -Pierre Mandez of the Leisure Committee of the Médaillon d'Or at 450 562-0775.

**5<sup>th</sup> Edition of the Night of the Homeless**  
**In more than 40 cities in Quebec**

Place Lagny, 2 rue St-Louis, Ste-Agathe-des-Monts

**OCTOBER 20: 5 pm**

Comforting hot meals, entertainment and musical performances  
Collection of sleeping bags and tents.  
We all have a role to play, which one?  
Info: 819-323-6759

## David Graham shares citizen concerns with the Federal Liberal caucuses

The Member of Parliament for Laurentides - Labelle, David Graham, brought with him the citizen's concerns to the caucus meetings of the Liberal Party of Canada. "Meeting the residents of our riding throughout the summer has updated my knowledge of regional and local issues. I shared this information with my colleagues at the Party caucus meetings that were held from August 27th to September 8th," MP Graham said.

Graham was convened to three separate Liberal caucus meetings at the end of August/early September. The first meeting was the National Liberal Rural Caucus held near Fredericton, New Brunswick, August 27 to 29. The second meeting, the federal Quebec Liberal Caucus, was held in Alma on August 30 and 31. And the third meeting, the National Liberal Caucus, took place in Kelowna, British Columbia, from September 5th to 8th.

MP David Graham is the founder and treasurer of the National Liberal Rural Caucus, which has 54 members. Important regional issues include high-speed Internet access and cell phone service, lake management, employment insurance for seasonal workers, challenges facing the agricultural, forestry and tourism communities, the exodus of young people and the aging of the population, the necessary reinvestment in infrastructure and the economic and social realities of small municipalities. "The Rural Caucus provides an important forum for bringing rural issues and concerns to the attention of our government," David Graham said.

"Caucus meetings prior to the House of Common sitting allow us to share the concerns of our respective ridings with all MPs of our Party and prepare us for a productive parliamentary session," said the Member of Parliament for Laurentides - Labelle.



Following a presentation at the National Liberal Caucus last year, David Graham offers eggs from his family farm to Prime Minister Justin Trudeau.

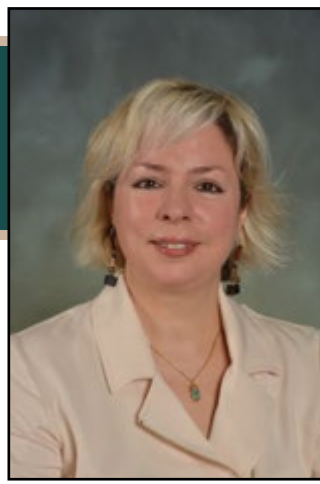


# A wave of shock over political life in Val-David

After an unexpected diagnosis, Mrs. Davidson informed the Municipality of Val-David that she must unfortunately suspend her political activities and devote herself to preserving her health. After a term of more than 8 years as Mayor of Val-David, she recently confirmed the withdrawal of her candidacy from the race to the mayor. Ms. Davidson will hold office until the end of her current term. "It was with a great surge of emotion and great pain that I had to make this heartbreaking decision," says Davidson.

It was the preservation of the natural spaces and the added value of Val-David's "I would like to thank all the citizens of Val-David who have given me their confidence during all these years. It was an honor for me to serve such an exceptional community," added Davidson.

During her tenure, the Mayor served on several boards, including the Municipal Let us salute her many years of involvement and her dedication to make the municipality radiate and wish good luck to this great lady at the heart of ValDavidian politics.



## Prefect of the MRC Pays-d'en-Haut – new candidate in the race!

Marie-Claire Vachon has been a municipal councilor responsible for environmental issues for the Municipality of Piedmont since 2013. On November 5, she is presenting herself as a candidate for **Prefect of the MRC des Pays-d'en-Haut**.

A citizen very involved in her community, Marie-Claire Vachon holds a Bachelor of Science degree from the Université de Montréal; she graduated in Psychology and Law. She has been a manager in the field of education at the university level for many years, which has led her to work within an academic framework, particularly in kinesiology. With extensive experience in education, she serves on various academic and management committees. Education is at the heart of her values.

Ms. Vachon has lived in Piedmont for nearly 20 years. Because of her extensive knowledge of the 10 municipalities that make up the MRC, she is well aware of the region's current affairs and the socio-economic specificities, challenges and needs that characterize the MRC. In her view, having elected experience is essential; it allows the Prefect to have an inclusive vision of public administration.

With her experience of the past four years as a municipal councilor, she wishes to democratize the role of the Prefect, in addition to publicizing her main functions and the qualities needed to represent the region well.

Ms. Marie-Claire Vachon possesses the necessary determination, knowledge and personal qualities to assume the position of Prefect. She is a person with a great ability to listen, to be open-minded and to bring people together with positive leadership.

You can visit her Facebook page, Marie-Claire Vachon, to learn more. You can also contact her by e-mail at [MarieclairevachonPDH@hotmail.com](mailto:MarieclairevachonPDH@hotmail.com).

Marie-Claire Vachon, official agent

**David Graham**  
MP • Laurentides-Labelle

**FROM HERE, FOR HERE**

80A Norbert-Morin Blvd (route 117),  
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**ÉQUIPE JACQUES GARIÉPY**

**ECONOMY  
FAMILY  
ENVIRONMENT  
CULTURE**

Caroline Vinet | Judith Gagnon | Normand Leroux | Jacques Gariépy | Véronique Martino | Rosa Borreggine | Daniel Cantin

**ECONOMY** Because tourism is the underpinning of our local economy, **Jacques Gariépy and his team** will continue to work with various stakeholders to promote the city's outreach and vitality.

**FAMILY AND SENIORS** **Jacques Gariépy and his team** strongly believe that family is the cornerstone of society. Our goal is to continue to offer a variety of activities to family members and address the needs of seniors and youth in particular.

**ENVIRONMENT** **Jacques Gariépy and his team** intend to take steps to preserve Saint-Sauveur's built heritage and enchanting natural decor.

**CULTURE** **Jacques Gariépy and his team** will focus on supporting culture as a vector of fulfilment for our community, banking on the recognition and assertion of our identity, traditions and values.

Pierre Doucet, Official Agent

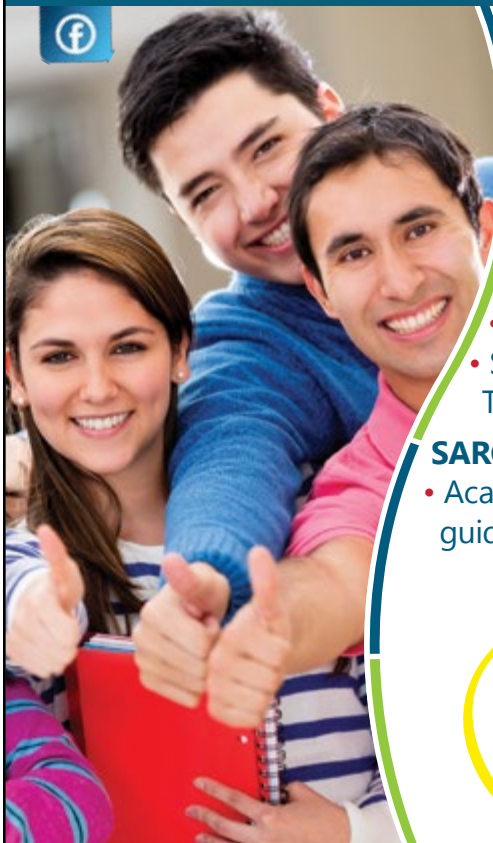
**Saint-Sauveur, LET'S CONTINUE TOGETHER!**

**VOTE** : October 29 (advanced polling) and November 5 | 49, ave. de la Gare, Saint-Sauveur | 514-704-6222 | [equipejacquesgariépy.com](http://equipejacquesgariépy.com)

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## “Complaints get results”

Complaining is not a four-letter word and you are not whining or carping if you are looking to improve a situation. Through a formal complaint, you can inform an organization of a problem and ask for a solution. For example, a decision maker may not know that an automated voice response system stops offering options in English. As a customer or user, you need to inform them of this. With that in mind, how can you bring about change? Follow these four guiding principles to have an impact.

Talk to the right people. Explaining a problem to your neighbour, spouse or work colleague may help relieve tension but it won't inform an organization that a problem exists and must be solved. A customer service agent, a nurse or a receptionist can help you identify the right person to speak with but they typically do not have the authority to deal with the issue. The right person can be a manager, a member of a users' committee, an employee mandated to handle complaints, or a professional association. If at first you don't achieve results, the ombudsman becomes the “right person.”

Focus on facts rather than emotions. “The care provided here is terrible, can't you see that?” Maybe you are justifiably angry or indignant. However, if you let your emotions take over, the person handling your complaint will have to deal with that first, taking time away from understanding the problem and finding a solution.

Have clear and realistic expectations. You take issue with the wait time before you can speak with an agent in customer service. When you finally reach someone, you want to say there should be no wait time at all, but that is not realistic. Asking that wait times average 2 minutes, with a maximum of 4 minutes, is clear and opens the road towards resolution.

Get help. Complaining effectively is both an art and a science and not everyone can master it. Most organizations have processes to handle complaints: they are highways to improvement. They spell out your rights, what you need to do to if you feel they are not respected, whom to speak with, who can help you, who must respond to you, etc. There are also many resources available outside the organization to support the complaint process. It can become overwhelming. 4 Korner's can help you make sense of it all. Please give us a call or send us an email. We will listen to you attentively and identify the best course to follow. Of course, our help is free, confidential and best of all, in English.

Éducaloi is another resource that is dedicated to helping citizens of Québec. It is “an independent non-profit organization founded in 2000. It is a leader in the movement to improve access to justice in Quebec.” (<https://www.educaloi.qc.ca/en>). On their website you can find resources and information about filing a formal complaint about health or social services. (<https://www.educaloi.qc.ca/en/capsules/filing-complaint-about-health-or-social-services>)

You can reach 4 Korner's at 1-888-974-3940 or [info@4kornerscenter.org](mailto:info@4kornerscenter.org).



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## Nature for bird lovers What is Feederwatch?

Project FeederWatch is a winter-long survey of birds that visit feeders at backyards, nature centers, community areas, and other locales in North America. FeederWatchers periodically count the birds they see at their feeders from November through early April and send their counts to Project FeederWatch. FeederWatch data help scientists track broad-scale movements of winter bird populations and long-term trends in bird distribution and abundance.

Anyone interested in birds can participate. FeederWatch is conducted by people of all skill levels and backgrounds, including children, families, individuals, classrooms, retired persons, youth groups, nature centers, and bird clubs. You can count birds as often as every week, or as infrequently as you like: the schedule is completely flexible. All you need is a bird feeder, bird bath, or plantings that attract birds.

New participants are sent a Research Kit with complete instructions for participating, as well as a bird identification poster and more. You provide the feeder(s) and seed. Then each fall participants receive our 16-page, year-end report, Winter Bird Highlights. Participants also receive access to the digital version of Living Bird, the Cornell Lab's award-winning, quarterly magazine.

There is an \$18 annual participation fee for U.S. residents (\$15 for Cornell Lab members). Canadians can participate by joining Bird Studies Canada for CAN\$35. The participation fee covers materials, staff support, web design, data analysis, and the year-end report (Winter Bird Highlights). Project FeederWatch is supported almost entirely by participation fees. Without the support of our participants, this project wouldn't be possible.

**Why are Feederwatch data important?**

With each season, FeederWatch increases in importance as a unique monitoring tool for more than 100 bird species that winter in North America.

What sets FeederWatch apart from other monitoring programs is the detailed picture that FeederWatch data provide about weekly changes in bird distribution and abundance across the United States and Canada. Importantly, FeederWatch data tell us where birds are as well as where they are not. This crucial information enables scientists to piece together the most accurate population maps.

Because FeederWatchers count the number of individuals of each species they see several times throughout the winter, FeederWatch data are extremely powerful for detecting and explaining gradual changes in the wintering ranges of many species. In short, FeederWatch data are important because they provide information about bird population biology that cannot be detected by any other available method.

For further information on how you can participate visit [www.feederwatch.org](http://www.feederwatch.org) Project FeederWatch is operated by the Cornell Lab of Ornithology and Bird Studies Canada.

# Theatre Morin Heights Presents Thrills and Chills Oct 26-29

Just in time for Halloween, Theatre Morin Heights (TMH) will present Peter Colley's "I'll Be Back Before Midnight," October 26 to 29 in a brand new performance space at Chalet Bellevue, Morin Heights.

This Hitchcock-style, psychological thriller has kept both professional and community theatre audiences laughing, gasping and sitting on the edge of their seats for more than three decades. It is one of the most widely performed plays across Canada and has been performed in more than 30 countries.

The TMH cast, directed by Noel Burton, includes stage veterans Carolynn Roberts, Peter Cook and Corina Lupu, and introducing Robert Rankin. The ensemble promises to bring the play's dysfunctional characters to life in a plot full of twists and turns that will keep you guessing right till the final curtain.

TMH is delighted to make "I'll Be Back Before Midnight" its debut production in the newly renovated Chalet Bellevue. The municipality of Morin Heights acquired this local historic landmark in 2015 and has since transformed the building into the town's new Community Centre destined to host a variety of sporting, arts and cultural activities.

Over the decades, TMH has staged its productions in a variety of facilities including church halls and the Ski Morin Heights Pavillion. "We are excited to finally have a new home for our main stage productions," said TMH President Carolynn Roberts.

"I'll Be Back Before Midnight" offers three evening performances October 26, 27 and 28 at 8 pm with a Sunday matinee October 29 at 2 pm. Advance tickets are \$20 on sale at Marché Vaillancourt, Morin Heights, and online at [www.theatremorinheights.ca](http://www.theatremorinheights.ca). \$25 at the door. For information call 514-865-5356 or email [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com)



TMH members Peter Cook, Rob Rankin and Carolynn Roberts in rehearsal

## History excursion in Gore Saturday, October 28: 3 pm

To celebrate the 48th anniversary of the publication of the historical novel Land Possessed, Jean-François Hamilton, member of Les Sentiers de Gore, invites the public to retrace the steps of the story written by local author Margaret Cook. The population is invited on a bus tour, which will stop at various locations that inspired the author. Stops at two cemeteries on the territory are on the agenda. Children are welcome and some surprises have been planned for them along the way. Mr. Don Stewart will present a mini-conference after the tour. Departure is from the Gore Municipal Park, 45 Cambria at 3 pm with an expected return at 5 pm. For info and to register consult the web site [lessentiersdegore.com](http://lessentiersdegore.com).



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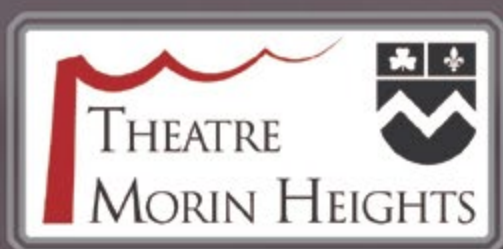


Laurie Kerr, candidate with Luc Leblanc at Saint-Sauveur.

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# I'll be Back Before Midnight

by Peter Colley

October 2017

26 • 27 • 28 @ 8pm

29 @ 2pm

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27 Bellevue, Morin-Heights

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Photo by Cale Best

Info: 514-865-5352

"I'll Be Back Before Midnight" is presented by special agreement with Samuel French Inc.

## DUBÉ COOKE PEDICELLI CRÉNEAU

A competitive advantage  
thanks to Mont-Tremblant

Fifty-two years after its inception, Mont-Tremblant based insurance brokerage Dubé Cooke Pedicelli Inc. is proud to announce the launch of a new division aimed to service the needs of those requiring specialized insurance products and services. "Demographic shifts, changes in social behavior, and technological advancements are transforming the property and casualty insurance landscape, and shaping client expectations" states Mark Pedicelli president. "Being based out of Mont-Tremblant has allowed us to develop an expertise in certain products and services, helping us expand into specialized markets to meet these expectations".

Condominiums (condotels), resort operators, non-residents, and high value residences, are all examples of clients that will be served through the new division, Dubé Cooke Pedicelli Créneau. With its new specialized division comes the advantage of offering clients full 360-degree access to all their insurance needs, including niche products and services. "The more complex the need, the more likely our specialized division will be handling the account", states Mr. Pedicelli. "Our clients will now have direct access to products and services not commonly available through conventional insurance brokerage firms."

The new division is also expected to create jobs and career opportunities that will benefit the Mont-Tremblant area.

In the meantime, Dubé Cooke Pedicelli and Dubé Cooke Pedicelli Créneau will continue servicing the community. "We look forward to having the complete website up and running later this fall, however the specialized products and services are already available" states Mr. Pedicelli.



1-844-425-5811 • 1-819-425-5811  
dcpacreneau.ca

## More citizens have access to family physician

Last spring, the Hon. Member announced the arrival of four new physicians in the region. This was made possible by the granting of new licenses for medical practice. As announced at a recent press conference, these new recruits will accept an average of 500 patients during the first year, thus greatly relieving the waiting list for a family doctor.

At the Salon des Aînés, the member was approached by two citizens who wanted to thank him for working on improving the medical services offered in Argenteuil. As a result of the arrival of these new doctors this summer, hundreds of citizens have already been contacted, including Jean-Paul Paquin and Céline Lemay, who now have a family doctor.

"Again, this is a positive and tangible impact of our actions to improve health services. It is not just about investments, but about concrete actions. I am pleased with the ongoing work we are doing together in government to improve the well-being of our citizens," said Mr. St-Denis.



Yves St-Denis, Deputy for Argenteuil with Jean-Paul Paquin and Céline Lemay, residents of Lachute.

## News from Sainte-Agathe

### Ste-Agathe bicycle path officially inaugurated

Recently, the Town of Sainte-Agathe-des-Monts officially inaugurated the opening of the 12 km. bike path around Lac des Sables. Major renovations have been carried out, and this shared road offers everyone a safe place in a truly exceptional environment. "This course will allow citizens and visitors to discover, or rediscover, the Lac des Sables, and also to learn more about the rich history of the town of Sainte-Agathe-des-Monts, thanks to the newly installed historical panels from the Heritage Committee," said the Mayor of Sainte-Agathe-des-Monts, Denis Chalifoux.

A family celebration was organized on the sidelines of the inauguration with music, animation, corn, a bicycle-conditioning workshop, and mini-bike course for toddlers. The Sainte-Agathe-des-Monts Heritage Committee, the Vélo Club des Somets, Champoux ski cycle, the Optimist Club of Sainte-Agathe-des-Monts, Club Richelieu and City employees helped to make this inauguration a great success.

### City of Sainte-Agathe des-Monts joins the Electrical Circuit

At the October 3 public meeting, City Council passed a resolution to enter into agreements with the Hydro-Québec Electric Circuit department, and the Department of Energy and Natural Resources, in order to acquire a charging station. "The public charging infrastructure allows motorists to enjoy peace of mind by offering them the opportunity to re-charge when necessary," said Denis Chalifoux, Mayor of Sainte-Agathe-des-Monts. "This initiative is also another way to demonstrate that our City is committed to helping reduce air pollution for the benefit of the public," he added.



A new charging station will be installed in the heart of downtown Sainte-Agathe-des-Monts, in the municipal parking lot near the Notre-Dame de la Sagesse School. It will be added to the one currently in place in the Rôtisserie Saint-Hubert parking lot. "Downtown Sainte-Agathe-des-Monts will thus be on the official circuit map, which will encourage owners of electric vehicles to visit us and support our merchants," concludes Mr. Chalifoux.

### Development concept for Place Lagny

The Town has released its layout concept for Place Lagny, and two new signs to present this concept will soon be installed on the shores of Lac des Sables.

The project will be done in different stages, starting with the wharf, which will gain added facilities, such as new deckchairs, a lookout point for the Alouette Cruises, and landscaping. A new waterfront promenade, and improved facilities to host activities and events for Lac des Sables, are also in the plan of the development project.

To learn more about the City of Sainte-Agathe-des-Monts' strategic plan, watch the video, Destination 2030: [www.destination2030.ca](http://www.destination2030.ca)

## New tennis courts for Mont Tremblant

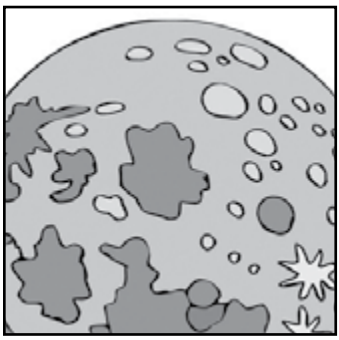
Members of the municipal council, along with the contractor, the Public Works Department and guests, inaugurated the four new tennis courts located in the Erik Guay Sports Islet on Thursday, October 5.

The four synthetic-surface tennis courts are in addition to the arena, the Aquatic Complex, the synthetic-surface multi-sport field bordered by an athletic track, the recreational bicycle park, the American petanque and puck fields, as well as the cycling path giving access to the linear park.

The grounds can be used freely and free of charge, every day until 11 pm, when the lights go out. To play, the users will have to write their name on the reservation table and will be able to reserve a ground for one hour at a time.

The contract for this project had been awarded to Lavallée & Frères for the cost of \$428,613, on March 13, 2017.





## Zach Factor The Third Man Factor

Lys Chisholm & Marcus Nerenberg - Main Street

A driving rain pelted our car, as we came around a bend on highway 329, a few kilometers south of Lakefield. It was early autumn 1988, and the time was about 10 pm. The total darkness seemed to suck the headlights right into the black asphalt. The wipers, on high-speed, desperately cleared the incessant rain from the windshield. With no warning a huge bull moose, sporting a massive rack of antlers, humped his way up out of the ditch to the right of the car. The headlights illuminated his dark, glistening rain-soaked flank, as the head loomed right before the passenger side windshield. If I'd had time to think, I would have contemplated my good-byes. In the driver's seat, Lys felt an unseen presence use her arms to whip the wheel to the left and, just as quickly, to the right and, in an instant, the moose's head flashed past the swerving windshield and side window, scant inches from my startled face. I had almost kissed a moose. A benevolent, or angelic, presence had guided mortal flesh and bones out of the path of disaster.

The Third Man Factor, where a non-corporeal entity intervenes to help rescue individuals in life-threatening situations, is replete with numerous extraordinary stories. Persecuted sages, mountaineers, explorers, divers, soldiers and ordinary people, like us, report a guiding entity assisting someone through an otherwise hopeless situation. In 1916, when Sir Ernest Shackleton's ill-fated Antarctic expedition was reduced to himself and two other men facing a certain death, they set out on a thirty-six hour trek over mountains and glaciers to reach a whaling station and survival. Years later he told a journalist "it seemed to me that we were four, not three." The other two also admitted that they felt "there was another person with us." T.S. Eliot immortalized the march in his poem, The Waste Land "Who is the third who walks always beside you?"

A submarine commander, Henry Stoker, along with two other men, escaped from a Turkish prisoner-of-war camp with no map or compass and little food. They covered 350 miles to the coast. Each man, at the time, unbeknownst to the others, sensed the comforting presence of a fourth being; a fact, which they shared with each other only after their adventure was over.

Stephanie Schwabe was cave diving off South Bahama Island in August 1997. She lost her guide line, which led back to the surface. She panicked, convinced that she was going to die. Desperate and saddened, "I suddenly felt flushed, and it seemed like my field of vision had become brighter." She believed that the presence of her dead husband, Rob, mentally communicated with her, calming and convincing her that she would survive. Steadied, and with her confidence renewed, she methodically scanned the cave and, when she spotted the white flash of the guide line, the presence left her.

The above experiences and others are found in the book, The Third Man Factor: True Stories Of Survival In Extreme Environments by John Geiger. He and other researchers postulate that in moments of extreme exhaustion, danger, hunger, thirst and fear, the brain is subjected to hallucinations in an attempt to find comfort, and that the brain chemistry of highly-stressed people creates imaginary friends to guide them out of potentially fatal crises. Unseen forces always require a healthy stretch of the imagination or, at the other extreme, a leap of faith. In her book, Heaven's Open Door, Patricia Pearson, Lester B. Pearson's granddaughter, writes about her cancer-afflicted sister. For two hours, while her father was dying in another city, the sister felt the sensation of her dad's gentle hands giving her soothing relief as he was passing over. When her sister died two months later, Patricia claimed that she was assisted by deceased loved ones. We here suppose that most people are happy with either explanation, and have provided accommodation for divergent opinions.

Alan Maitland, the co-host of CBC's "As It Happens" from 1974 to 1993, read holiday stories on-air as each Christmas approached. An eerie favorite was The Shepherd, written by Frederick Forsyth, in which a 1950's fighter pilot is guided to safety by a deceased WWII pilot. Fireside Al, dead since 1999, retells the tale every Christmas Eve from the other side, or at any time on YouTube. As for Lys, those arms that swerved our car left and then right, did so without her actually seeing the moose.



Daniel 3:16-28. Illustration of an angel with a halo leading Shadrach, Meshach, and Abed-nego out of a smoking furnace. The angel holds the hand of one of the men. Another one of the three has his hands raised to the sky. Nebuchadnezzar stands and watches the men in awe (right). Ink etching from A Compendium of Church History, Benziger Brothers, 1904



## The Story Behind Rue Préfontaine, Ste Agathe des Monts

Joseph Graham - Main Street  
joseph@ballyhoo.ca

The name Préfontaine has long been associated with Ste. Agathe, not just with the street, but also the area where Mount Sinai Hospital once stood. Like many others in our region, the Préfontaines were Montrealers who chose to vacation in Ste. Agathe and in the process, became involved in the community.

Joseph Raymond Fournier Préfontaine was born into a farming family in Lower Canada, or Canada East, in 1850. He attended Collège Ste-Marie and later studied law at McGill College. At 23, he was elected Mayor of Hochelaga, and two years later, in 1875, he ran for and won a seat in the provincial Legislative Assembly for Chambly. Ambitious and active in many different areas, it is hard to imagine that he could adapt to the slow pace of the countryside.

Préfontaine married Hermantine Rolland in 1876, and they suffered the loss of several children at birth. Only three of their children survived into adulthood. Driven by hard work, perhaps in part by these tragedies, he won a seat in the House of Commons in 1886 while maintaining an active law practice and serving the town of Hochelaga. Once Hochelaga was annexed, he served on the Montreal municipal council, and subsequently became Mayor of Montreal in 1898. He also maintained seats in each federal election until 1905. He was a very popular federal politician and one of the favoured sons of French Canada.

From 1900 to 1902, Raymond Préfontaine, the Mayor of Montreal, was also the Member of Parliament for both Terrebonne and Maisonneuve ridings. He simultaneously held three political posts, any one of which would be perceived as a full-time responsibility today. Running for two or more seats in the House of Commons was not illegal until 1919. There was a House rule that said if a member won more than one seat, he should resign the extra seat or seats. But there was also a law that stated if your seat was being contested after the election, you could not resign until the challenge was resolved. In this way, MPs sometimes found themselves forbidden from resigning the seat that they did not want to keep. While it made a certain amount of sense for the party leader to run in more than one riding, any candidate could do it.

In 1893, the year after the train first arrived in Ste. Agathe, Préfontaine's brother-in-law, Octavien Rolland, purchased the property known for the next 25 years as Rolland's Point but now as Greenshields Point. Rolland, whose father founded Rolland Paper, and for whom Mont Rolland was named, must have received his sister and brother-in-law as houseguests many times. By 1899, Mr. Préfontaine had acquired a parcel of the Chalifoux farm and built a lovely summer house on Lac des Sables. It featured a tower and eyebrow dormers and was accessed through an ornate gate sporting the words 'Les Sapins' in a light arch of woven sticks above the entry. Located at 182 Tour du Lac, it has been renovated and restored many times and has always been the home of influential Montrealers. It evoked ease and relaxation, belying the lives of its occupants.

It did not take long for the Préfontaine family to get involved in the life of their adopted town. A year after the house was built, Rolland Préfontaine, an engineering student and the eldest son of Raymond and Hermantine, helped the Compagnie d'Aqueduc et de la force motrice des Laurentides build a hydroelectric facility on the North River. A year after that, around the time Préfontaine became the MP for Terrebonne, the village council decided to name various streets and install proper road signs. For the main entrance to the village, the road that ran from the railroad station up to Tour du Lac, they chose the name Rue Préfontaine. Virtually everyone coming to Ste. Agathe had to arrive by train, and their action served to remind all visitors of their affection for the honourable J.R.F. Préfontaine.

Aside from his legal practice and political responsibilities, Préfontaine sat on both the Catholic School Commission and the Harbour Commission of Montreal, was a director of the Société Saint-Jean-Baptiste, and a member of the Chamber of Commerce, the St. James Club and the Canadian Club of Montreal.

In 1902, he resigned both Terrebonne and Maisonneuve seats, as well as his post as Mayor of Montreal, and assumed the role of Minister of Marine and Fisheries. He was subsequently re-elected in Maisonneuve in a by-election and named to the Privy Council. In his role as minister, he travelled to France to negotiate a marine agreement. He also undertook the delicate mission of acquiring a wedding ring for his eldest son, Rolland, to bestow upon his future bride. Sadly, he suffered a heart attack in early December and died in Paris on Christmas Day, 1905. He was fifty-five. His funeral, held in Montreal late in January after his remains were returned on Queen Victoria's private yacht, was one of the largest funerals Montreal had seen.

Special thanks to Monique Préfontaine DeSerres and her family.

### SAFETY TIPS FOR HALLOWEEN

In a couple weeks, hundreds of mini ghosts and little goblins will be haunting the streets in their annual search for sweets and goodies. It's a spooky fun time for children and parents and with a few precautions, the day should go off without a hitch. Here are a few tips to keep in mind for the eerie celebration!

- Keep costumes visible with reflective tape or glow lights and use make-up rather than masks.
- Accompany young children at all times and have older youngsters travel in groups
- Visit the homes of friends and people you know and avoid strangers
- Check all candy carefully before consuming.
- Have supervised Halloween parties and play safe games
- Place all pets in a closed and safe room during trick or treat time
- Keep pets away from treats and lit candles or jack-o-lanterns
- Be extra vigilant while driving

Enjoy, have fun and stay safe - Happy Halloween!



## Obituaries

**MACLEAN, Bruce**  
1932 – 2017

Passed away suddenly on Friday, September 15, 2017 at the age of sixty-four. Beloved husband of the late Louise Pariseau. Dear father of Mark (Brianna) and Melissa (Chris). Loving grandfather of Harris and Charlotte. Dear brother of Donna (Doug) and Kenda (Gerald). A funeral service was held on Saturday, September 23, 2017 at 2 pm at the Margaret Rodger Memorial Presbyterian Church, 463 rue Principale, Lachute, Qc. In lieu of flowers donations to the Canadian Cancer Society, or the Heart and Stroke Foundation would be appreciated by the family.

Arrangements entrusted to J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

**IN MEMORIAM**  
**CLAUDE FORGET**  
1929-2007

Now, 10 years after Claude Forget of Val David passed away, he is still sadly and deeply missed by his wife of 35 years, Betty Keith-Forget, his stepdaughter, Patricia Desrosiers (Michael), grandchildren Danielle Desrosiers (Joel Hay), Francois Desrosiers (Andrea), Philippe Desrosiers (Emma), great grandchildren Carly, Juliette and Rocco, as well as his three children from his first marriage.

Claude would be happy to know that as founder and first president of the Laurentian Region Cancer Support Group, which he launched in 2003, his legacy lives on. The group continues to help and support Anglophones in the Laurentians as they live their own personal journeys with cancer. Dear Claude, the years go by, but you live on in our memories and in the work you started helping others touched by cancer.



### IN MEMORIAM

**Liliana Heid Ramos**  
August 4, 1975 -  
October 31, 2002  
15 anos sin tigo!



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

Mont Tremblant: 2280, rue Labelle / 99, rue St-Vincent, Ste Agathe

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

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

### Upcoming Activities

#### Personal Sessions to Relieve Stress

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

#### Comforting Tea

**Mon, Nov 13: 10 am - 11:30 am**

(Mont-Tremblant)

**Fri, Oct 27: 10:30 am - noon** (Ste-Agathe)

#### Coffee Meeting for the Bereaved

**Tue, Nov 14: 7 pm - 8:30 pm**

(Mont-Tremblant)

**Thurs, Oct 19: 1:30 pm - 3 pm**

(Ste-Agathe)

**Thurs, Nov 16: 1:30 pm - 3 pm**

(Ste-Agathe)

#### Regenerative Yoga

For caregivers, people with cancer and the bereaved

**Mondays until Nov 13: 4:30 pm - 4:45 pm**

(Mont Tremblant)

**Wednesdays until Nov15: 10 am - 11 am**

(Ste-Agathe)

**Wed, Oct 4 & 11: 10 am - 11 am**

(Ste-Agathe)

#### Relaxation Group

Exercises to relax, promote calm and serenity. Available to caregivers, cancer patients and the bereaved.

**Fridays until Nov 17: 10:30 am - 11:30 am**

(Ste-Agathe)

#### Bereavement Group

For those who have lost a loved one and feel lonely. Palliaccio offers 10 meetings on the stages of mourning with the possibility of sharing with others.

**Mon, Oct 23 - Dec 18: 7 pm - 9 pm**

(Mont-Tremblant)

**Mon, Oct 16 - Dec 18: 1:30 pm - 3:30 pm**

(Ste-Agathe)

#### Accompanying services

Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers.

**Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)**

For information: 819 717-9646 and toll free 1 855 717-9646

## Lachute Regional Residence Foundation

The Board of Directors of La Fondation de la Résidence Régionale de Lachute / The Lachute Regional Residence Foundation is very proud to announce its first project at the Lachute Residence.

We have chosen a project that is intended to help the residents with advanced memory problems identify in which of the four wings their room is located. It will also improve the home-like atmosphere in the foyer at the Residence.

We will be providing the funds to hire Artist / Painter / Muralist Marie-Andrée Tardif to design and paint a mural on the wall adjacent to the entrance to each of the four corridors. Each mural will have a different theme and colour scheme to aid the elderly individual to identify their own corridor.

Marie-Andrée Tardif will commence painting the murals during the first week of October.

## West Nile Virus still a risk

The Laurentian Public Health Department would like to remind you that mosquitoes will be present during the autumn period until the first frosts and that you should continue to follow the same preventative measures against insect bites as you did throughout the summer.



## The English Link Children's annual eye exams: as important as pediatrician visits

By Jill Grumbache-Boileau

When it comes to keeping your children healthy, ensuring they see a pediatrician is important. But most parents don't realize taking your children for annual eye exams is equally important.

Approximately 80% of learning is visual, so healthy vision is essential to your child's ability to learn, achieve full academic potential, and engage in other activities.

"Our eyesight as a population is deteriorating at a much younger age," states Dr. Mike Yang, a lead investigator and clinical scientist with the Centre for Contact Lens Research (CCLR), Waterloo. "Historically, myopia (nearsightedness) started at age 12 or 13, now it is showing up more often in kids six or seven years old." This, according to a press release from the University of Waterloo issued October 25, 2016.

The release continued, "A landmark research study from the University of Waterloo's School of Optometry and Vision Science and CNIB ([www.cnib.ca](http://www.cnib.ca)) "Myopia Prevalence in Canadian School Children," found myopia in children increases drastically from age 6 to age 13. Startlingly, almost a third of the cases go undiagnosed and myopia typically worsens until age 21.

The Canadian Association of Optometrists stresses the importance of annual eye exams for school-aged children. In addition, Dr. Keith Gordon, Vice-President Research, CNIB, states, "Even with annual check-ups, parents need to ensure their children spend less time in front of screens and more time outside."

According to the 2011 Vision Loss in Canada report, six out of ten children experiencing reading difficulties have uncorrected or undetected vision problems, and almost 25% of school-age children have vision problems. Certain eye conditions such as lazy eye and crossed eyes can lead to visual impairment and blindness if not identified and corrected before age 10. Yet fewer than 14 per cent of children in Canada under age six have eye exams.

In young children, vision problems often aren't obvious. With gradual deterioration, kids don't realize they can't see the blackboard clearly. The best way to catch issues early is through vision screenings, and for parents and teachers to watch for warning signs including eye rubbing, swelling, redness, crusting, bulging or jiggly eyes, droopy eyelids, white, yellow, or gray-white material, losing their place or using a finger to guide eyes when reading, sensitivity to light and/or excessive tearing, closing one eye to read or watch TV, declining grades, avoiding using a computer because it "hurts their eyes," squinting, or tilting the head to see the blackboard.

Remember, the first eye exam should be at six months. Other exams should be at 3 to 4 years old - and a pre-kindergarten exam is a must (don't assume school-offered vision screenings are enough). After that, eye exams should be an annual ritual.

Understand coverage for optometric services in Quebec: Régie de l'assurance maladie Quebec <http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/healthcare/Pages/optometric-services.aspx>

Find an optometrist near you: <https://geteyewise.com/>

[jill@4kornerscenter.org](mailto:jill@4kornerscenter.org) for the English Communities Committee of the CISSS Laurentides (des Sommets region) and 4 Korners Family Resource Center.



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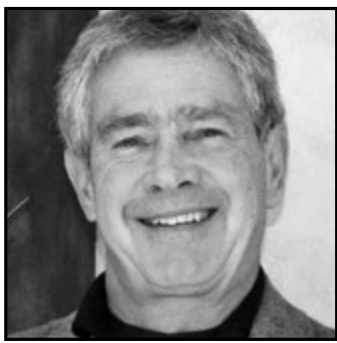


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Investment Advisor, Manulife Securities  
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### CENTS AND SENSIBILITY

A loonie here, a few toonies there, and before you know it, your savings start to dry up as you stretch to meet monthly expenses.

Have you ever asked yourself, at the end of the month, "Where did all the money go?" If you said "yes", consider these five sensible strategies to help you stop overspending and direct more cash into your savings.

#### 1. Say the B word

Budget. It's a word many people loathe. But establishing a household budget – and tracking where your dollars go – can help you see where to make adjustments so you can spend less and save more.

#### 2. I need that!

You need groceries for dinner. Do you need the \$45 bottle of Pinot your friend Sally raved about today? You need a car. Do you need the shiny showroom version, or will the cheaper two-year-old model serve the purpose? Recognize the difference between needs and wants. It's key to making sure you don't spend beyond your means.

The next time you're about to buy something you know is off budget, ask yourself:

- Do I really need that?
- Can I survive without it?
- Is there a less expensive alternative?

#### 3. Step away, please

You stop by the mall on your way home to get a key cut. You walk out with a "fantastic buy" on a new, bigger TV, plus several hundred dollars more on your credit card. Impulse shopping can be a budget crusher. Before you hand over your money, step away for 24 hours. Be honest with yourself, and consider whether or not you can afford it. More often than not, a clearer head will prevail. And avoid shopping when you've had a bad day. Retail therapy's glow fades quickly.

TIP: For one week give yourself a cash allowance, and leave your debit and credit cards at home. If you survive, try it for another week, and then another...

#### 4. Stop the monthly madness

You may have the crème-de-la-crème of satellite, cable, phone and/or cell phone plans, magazines that look great on the coffee table, and an elite gym membership. But do you actually have the time to take advantage of everything you're paying for on a monthly basis? If you don't use it, lose it, and get online, or on the phone today to:

- Explore cheaper streaming options
- Instead of satellite or cable TV
- Look for "all-in" fixed-rate cell phone and internet plans
- Negotiate with your current phone, internet and cable providers for better rates – it costs nothing to talk, but the conversation can save you a bundle

TIP: Consider consolidating your phone, Internet and television services with one provider for a potential monthly discount.

#### 5. Bite back

The daily bagel, coffee(s) and lunch, and the twice-a-week "I'm-too-tired-to-cook" dinner outings are simply the cost of earning a pay-cheque, right? Food takes a big bite out of budgets, and biting back can save you a lot of money. For example, eliminate just one \$2 coffee each day for five days and save \$10. That's \$40-plus a month and \$520 a year. You do the math on the daily \$3 bagels, \$10 lunches and 20-plus take-out or dine-in dinners.

Are you ready to take back your pay-cheque and stop overspending?



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

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## I'm Just Saying Weather or not

Ron Golfman - Main Street

As I write this month's article, we are in the midst of a warm

and sun-filled stretch of late summer, the one we had longed for, but did not experience in June, July and August. In the same premature manner in which media begins to promote Halloween and Christmas way too early, meteorologists have begun to espouse their annual hypothetical predictions about how dire the coming winter will be. I prefer to propose the notion that yes, winter is coming, but not just yet.

The subject of weather gives us much to think about, and can be useful as well. It can be utilized to provide subject matter when conversations enter the abyss, it allows us to refute, or support, Al Gore's Inconvenient Truth theory, and, above all, the weather allows us northerners to spend months dressed in layers of clothing, much like human club sandwiches. No country has mastered the art of peeling off layers of clothing as well as us Canadians.

We've even romanticized the weather in order to soften its fickle nature. The imagery of sitting around the fireplace on a blustery night, would be a way of modulating the prospect of winter's frequent wrath. However, this idea can be somewhat inappropriate at times. Take, for example, the devastating hurricanes, which have just wreaked havoc on the Caribbean and the south-eastern United States. I cannot fathom why they are not named Medusa, or Lucifer, as opposed to quaint names, such as Harvey or Irma. Those names are reminiscent of uncles and aunts, not destructive gales of endless rain and fury.

As we observed these tragic events, we have witnessed incredible acts of selflessness, bravery and unity in the rescue and recovery efforts that brought out the best in people during those desperate times. Yet, not all of us learn from these situations. While the American President wishes to deport 800,000 children of illegal Mexican immigrants, he ignores the aid that Mexico has given to Texas, by sending thousands of Hydro workers, and other types of assistance, in response to hurricane Harvey. I see this contradiction, and can't get Bob Dylan's iconic lyric, "you don't need a weatherman to know which way the wind blows," out of my head.

In the end, we, as Canadians, tolerate whatever weather we encounter, and we show resolve in making our days work for us, regardless. With this in mind, I ask for the same tolerance to be applied in our daily lives. The next time, in the midst of a harsh February storm, when we might find ourselves stuck in a snow bank, and another soul unconditionally comes to our aid, and I'm just saying, we wouldn't first ask for identification before accepting that helping hand. It may be covered in snow and ice, but it is, after all, one human hand being given to another, in kindness.



## Making it Work in the Laurentians

## Making the leap from artist to entrepreneur

Rachel Morgenstern-Clarren

What artist hasn't dreamed about quitting a day job? Whether you're a musician, illustrator, jewelry designer, or woodworker, self-employment means having the freedom and independence to make your own schedule and call your own shots. It also means putting your heart, soul, time and money into creating and promoting your work. Although it may seem like a daunting transition to move from artist to entrepreneur, with talent, drive, and smart planning, you'll be able to turn your passion into a thriving business!

### Do you have what it takes?

An artist-entrepreneur has to be his, or her, own best promoter. To succeed, you need to have high levels of self-awareness, discipline and resiliency. You should have a significant body of quality work, and the ability to define your identity clearly, as an artist, in order to be successful at making a living from your art. Then, you must use this information to build a coherent message around your artistic practice that can be communicated, consistently, across different social media platforms, on your personal website, and in person. Each of these channels will allow you to reach new customers and maintain a relationship with long-time ones.

### Preparation is everything

Just like you perfected your craft, through study and practice, business skills must also be acquired and developed. Before setting off on your own, make sure that you're prepared to manage your time, finances, and expectations well. You'll want to have some money available, to invest in launching your production and, afterwards, to keep as a safety net, while you're building up your reputation and client base. Even after you've found your bearings, managing your own business will generate a certain degree of uncertainty when it comes to revenue and cash flow. Prepare for the unexpected by putting aside money whenever you can. It can be also be a good idea to keep a part-time job.

### Getting the word out

Business is all about who you know and, as an artist-entrepreneur, it's up to you to network with the right people. Even before you begin, you should have a clientele that reaches beyond your close circle of friends and family. Dedicate time to meet, on a regular basis, peer artists and fans of your work. You'll also want to be in touch with potential collaborators, agents, buyers, collectors and mentors.

### Being your own boss

On a micro level, structure your day-to-day life, as an artist-entrepreneur, the same way you would if you had a more traditional job: wake up in the morning, book meetings, answer emails, and do financial and administrative tasks. On a macro level, make sure you have a strong knowledge of your artistic milieu and industry. Research trends, sources of funding, opportunities, resources, and support agencies. Stay focused on your goals and make daily/weekly/monthly decisions that are aligned with them. With a solid action plan, you'll be able to set markers and objectives along the way that will lead you, step by step, to success!



*Want to learn how to make a living from your creativity and talent? Attend the "Jump-Start Your Art & Financing Options" workshop at YES, either in person or online. For more information, visit [www.yesmontreal.ca](http://www.yesmontreal.ca) or call 1-888-614-9788 ext.316.*



## Spotlight Mont-Tremblant

Erin McCarthy - Main Street

As the month of October gently falls over us, like a warm, colourful quilt, Mont-Tremblant, from foothill to summit, offers a few last opportunities to stimulate the senses, fill our internal oxygen tanks with fresh mountain air, and charge our

epidermal batteries full of delicious vitamin D before the arrival of "greyville" November. People from all over the world come to Tremblant to experience the profusion of colour at the top of the highest peak in the Laurentians, while taking in the spectacular views. Primetime for the colours lasts until mid October, and whereas weekdays are pretty quiet, with not a lot of tourists (maybe preferred by some of you locals, but if so, call and check to make sure the gondola is running!!), weekends are still quite bustling at the mountain.

**Free concerts** are offered in the pedestrian village (Place St-Bernard) at 1pm and 2:30 pm: Saturday, October 7 (Michael Dozier), Sunday, October 8 (Sule), Monday, October 9 (John McGale), Saturday, October 14 (Sule), and Sunday, October 15 (Denis Ducharme).

On October 21, check out the 4th edition of the **Salomon Classic**. This trail running race is an event accessible to all running levels, and features a 1-km, 3-km, 5-km and 10-km course. Runners test their speed and agility, among the roots and rocks of the forest floor, while enjoying the beautiful sights and sounds of the slowly-falling Tremblant canopy of leaves. The day kicks off at 9:30 am

with the 10k start, followed by the 5k start at 10 am, 10:15 am - 3k, and 11:20 am - the 1k start for 12 yrs. and under.

On October 28, Tremblant is celebrating **Halloween!!!** Starting at 10 am, and ending "when there is no more candy," children, accompanied by their parents, are invited to trick-or-treat, from door to door, (or store to store) in the pedestrian village! There will also be a makeup artist on site, from 10 am - 2 pm, in case you forget your costume ;)

If going all the way to the mountain is not your thing, or you want to get a second dose of the sweet stuff, on October 31, the City of Mont-Tremblant will be honouring their annual tradition of trick-or-treating down Main Street, starting from city hall at 3 pm!

**Domaine St-Bernard** also has some really cool **workshops** going on this month... Saturday, October 14, check out a photography workshop and receive guidance from photo pro Jean Ladouceur. The first part of the workshop will entail some theory and pointers on how to take great photos, and then participants will put their new knowledge into practice while snapping their own photos in the beautiful domaine setting.

Saturday, October 21, attend a presentation about what it's like for an astronaut to eat in space! Discuss the details of what you can and cannot eat on shuttle, the reasons why, and then do a tasting of real astronaut food!

Saturday, November 4, learn how to improve blood circulation and the quality of your sleep, harmonize your nervous system, and increase the oxygen levels in your muscles, by taking part in a workshop on reflexology and self-massage with Denise Guerra of the Armonia Centre.

For times, prices, and to book your spot, go to [info@domainsaintbernard.org](mailto:info@domainsaintbernard.org) or call 819-425-3588.

Enjoy!





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**WENTWORTH HOBBY FARM, NEW!**  
Nice bungalow situated on 7.7 acres of land with enclosure, 3 sheds and abri. Very quiet area, 3 bedrooms, open concept, slow burning wood stove, all floors are wood, floating and ceramic. 20 mins. to Lachute & 1 h 15 mins. to MTL. Possibility to have animals (must verify with town authorities).

**WATERFRONT @ \$239900**  
A very modest exterior hides a spacious open concept home with 3 bedrooms & 2 baths. Boasts cathedral ceiling, wood stove, skylights, thermo-pump, 4 season solarium & finished basement. The flat, landscaped lot is complimented by a sandy beach front, large shed, paved driveway & attached carport. Truly turn-key! Must visit to appreciate!

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## 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. 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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**MAIN STREET is seeking dynamic people to join our sales team**  
See page 16 for details



**FOR RENT**  
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## Parkinson's Journey: Successful first edition in Saint-Sauveur



Parkinson Québec held its first edition of Parkinson's Journey on September 10 at Molson Park in Saint-Sauveur.

Parkinson's Journey is the most important annual fund-raising event for Parkinson Québec. It mobilizes thousands of people who take up the challenge of moving together in support of the 25,000 Quebecers who live with Parkinson's disease. At the heart of this event, a global objective of 8,000 km of physical activity: walk, run, dance, etc. take place in a festive family atmosphere.

The initial objective of this first edition was to assemble 80 participants to collect \$7,000 and compile 300km as a launch pad for activities in Saint-Sauveur. The team at Parkinson Québec, Heart of Laurentians was thrilled to welcome more than 150 participants; amassing \$11,250 and compiling 600km. Donations will go toward offering services to those affected by the disease and their caregivers in the region.

Present at the event, Luc Bourgeois, actor, writer and provincial spokesperson for Parkinson's Journey, Jacques Gariépy, mayor of Saint-Sauveur, André Genest, mayor of Wentworth Nord, Diane Dufour Flynn, municipal counsellor of Saint-Sauveur and Nicole Charpentier, General Director of Parkinson Québec.

The Laurentian population living with Parkinson's disease 'took on the power to act' contributing to the ultimate success of this event.

There are over 3,250 people living with Parkinson's disease in the Laurentians and following a growing demand from the population, Parkinson Québec, Heart of Laurentians recently moved into the region.

Info: 450-630-4122 / coeurdeslaurentides@parkinsonquebec.ca



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