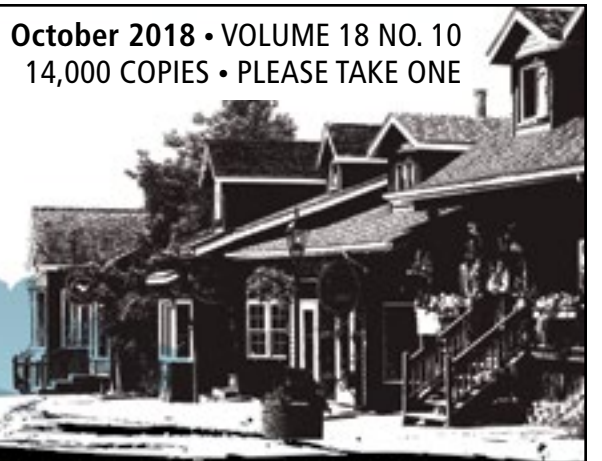


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What's On My Mind...

Have you ever wondered?

Susan MacDonald, Editor

I watched a movie recently that had a lasting impact on me and left me pondering the effect words had on others. The story, *Wonder*, was not a major blockbuster; it was a heart-warming story of a family that could be living in any one of our communities. The story revolved around the challenges and struggles of a young boy with facial differences entering fifth grade for the first time, in a mainstream elementary school. Based on the 2012 novel of the same name, written by R.J. Palacio, this screenplay was directed by Stephen Chbosky, and written by Steven Conrad and Stephen Chbosky. The cast included Julia Roberts (mother), Owen Wilson (father), Jacob Tremblay (the boy, Auggie Pullman), Izabela Vidovic (sister, Via) and Noah Jupe (Auggie's friend, Jack Will). Their performances were outstanding.



The movie portrayed how emotionally traumatizing it is for someone living with a difference to function successfully in society, and the challenges and heartaches it presents to both that person and the family. How gripping it was to watch young Auggie look forward so much to Halloween, as his most favourite day of the year because, on that day, everyone wore disguising costumes and, for one day, he could walk among his peers, happy and un-rejected, albeit due to the costume he also wore with a mask that covered his face.

Bullying and ostracization of others are familiar to us all and, most likely, everyone has experienced one form or another during a lifetime. It is hoped that with maturity, comes understanding and a cessation of hurtful behaviour to others, but unfortunately this is not the case. I can remember vividly as a child being deeply embarrassed by my peers and, even today, I still experience occasional deliberate exclusion from conversations, or subtle, insinuating comments from others. No matter what age one might be, bullying hurts.

Social media has opened the floodgates to awareness of youth bullying, and its effects are many times more damaging than before its public exposure. As a result, in just a few years, cases of suicide and depression in children and adolescents have risen exponentially, and despite general awareness of the problem, it continues to be a serious calamity. This tragedy applies to adults as well.

Admitting that the problem exists will not solve this social dilemma. An accusation of the perpetrators, and blaming them for the consequences, even in the most obvious cases, is not a solution, because bullying is often done in very subtle ways. To solve this problem, all levels and variations of this aberrant behavior need to be examined and addressed. If bullying has become part of your life, then dig deep and find your courage to speak up and identify it. If it is hurting someone you know, then help that person to do the same.

As for the rest of my readers, have you ever wondered what damage your ill-considered words and actions have on others?

Enjoy the read...

autumn delight

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Observations

The death of an empire

David MacFairlane - MainStreet

The end of WW2 gave rise to the greatest period of prosperity and freedom that the world has ever known. This war marked the apogee of what was

described as “total war”, when powerful countries savaged one another, and hostilities spread around the world. Almost every sector of society was mobilised, and the death toll of armed forces and civilians worldwide was staggering. Over 60 million people were killed – about 3% of the 1940 world population. Another 30 million died from war-related diseases and famine. A central strategy of the Anglo-American allies was the terror bombing of civilian populations, and the devastation was catastrophic almost everywhere except in the United States, which emerged unmatched in power and influence.

Following that success, the Americans began to exercise their power by funding brutal revolutions, proxy wars and the nuclear terror of the Cold War. Their military playbook involved brute force along with supporting non-state terrorism, counter-insurgencies, clandestine operations and a vast web of overseas military bases, a strategy that was hugely successful for over 70 years. Around 1990, the Americans began to leverage their awesome military and financial power with the goal of total world hegemony.

Now, to put this arrogant attempt at conquest into perspective, consider some facts. Earth is a modestly-sized planet, about 25,000 miles (40,000 km.) in circumference, with a surface area of 197 million square miles (512 million sq.km.) of which three-quarters is water. Its population has grown from 2.5 billion in 1940 to over 7.5 billion in 2018. So, the success of American influence spawned this aberrant idea of “American Exceptionalism” – the belief that the US occupies a special position in history and on the global stage, by virtue of its unique characteristics and transcendent power. Therefore, it was not hard for them to conclude that, as a truly great nation, the sole super-power, with enormous financial resources and an unmatched high-tech military, they were destined to control the entire world.

By 1990, the Soviet Union, the other super-power, unbelievably had imploded, its economy collapsed, and its empire, from Eastern Europe to Central Asia broke free from 70 years of domination. It had been a one-party socialist federation, ruled by the Communist Party, and included some 14 countries, a population of 300 million, who spoke over 22 languages and comprised over 100 distinct national ethnicities, within an area of 8.5 million square miles (22 million sq.km.) with 11 time zones. The Soviet Union’s final dissolution, in 1991, came as a total shock to the world. After 50 years of the Cold War it was impossible to know that this behemoth was so unstable and would collapse so suddenly. Politicians in Washington were remarkably unprepared for it all to end, as it had seemed that this struggle between two opposing ideologies would last forever.

This new world without an existential struggle between hostile powers was unimaginable but, after the shock wore off, the Americans were euphoric that since they were now the only remaining super-power, the planet was theirs for the taking. However, Russia survived as an independent country, with its nuclear arsenal intact, but the economy and political system were dysfunctional, and it was a shadow of its former imperial self. At the same time, China was just emerging from the chaos of the Maoist era, its economy and political control were weak, and its leaders were in no position to challenge the US. However, it was beginning its rise as a nascent economic and military power, and intent on becoming a vital part of the global trading system as a manufacturer of essential consumer goods for world markets. In Russia, President Vladimir Putin had asserted himself as the dominant political leader and firmly set the country on the path to economic recovery by becoming the largest supplier of oil and gas to the world, particularly the EU and Asia. Its territory also contained millions of acres of the most fertile agricultural land with the prospect of also becoming a leading food producer and surpassing American dominance in the grain markets.

The early results of American global pre-eminence had provided spectacular results, and US corporations conquered markets across the world, while the military ruthlessly kept all countries singing from the American songbook. All, except Russia and China, who refused to kowtow to American hegemony and played a long-game of strengthening their economies and militaries and staying ahead of all technological advancements while remaining discrete about their ultimate goals. Along the way, Russia and China formed a mutual defence pact, and made massive trade deals for energy supplies via pipelines and food, water, technology and weapons systems. They also decided to avoid trading in US dollars and formed a separate international system for inter-bank transfers of money, completely by-passing the US-controlled banking system, and invited all their trading partners to join.

The Americans, in their impetuous quest to impose their sense of manifest destiny on unwilling partners, made many enemies resulting in unexpected negative consequences. They were attempting to establish a “Pax Americana”, first through war

in the Middle East, and then on a planetary scale, but had badly miscalculated the stubborn opposition of countries that felt culturally and territorially threatened by this insensitivity and arrogance. The military, which former President Bush, described as “the greatest force for human liberation the world has ever known” was still fighting and losing wars since Vietnam. This great power, at the zenith of its strength and glory, was totally unable to impose its will despite the brutality and destructive force employed. Today, Iran and North Korea are stronger than before, Iraq has splintered and is a never-ending disaster, Libya is a nest of terrorists and rebels without a functioning government, the Taliban rules most of Afghanistan, al-Qaeda is more powerful, and ISIS, another violent terror group, has a network of franchises across the world, Yemen is an utter tragedy that is ignored, Somalia a failed state, and the list goes on.

The obvious conclusion to this awful litany of failed attempts to achieve the impossible, described by Albert Einstein as an indication of insanity, is that Planet

Earth, although small, is still too big for a single power to control, despite its overwhelming economic and militarily dominance. In a 2013 WIN/Gallup poll, respondents in 65 countries believed the US is the greatest threat to world peace. In a 2017 Pew Research poll of 30 countries, the US was again identified as a major threat. The “land of the free” is only the 58th freest country in the world. (Freedom House report)

Readers must know as well as I do that something is rotten in America. Despite their false bravado, the country and its corporations are drowning in debt and the population fearful, confused and divided. The political system is corrupt, markets are supported clandestinely by Central Banks acting as a cartel, the dollar has no tangible value, alliances are fracturing, and the world has rejected globalism. America’s enemies are legion.

Welcome to this most dangerous and unpredictable situation; the frantic schemes of a dying empire. The consequences will be dreadful. It’s my guess there will be no mourners at this funeral.

“I do not like to get the news, because there has never been an era when so many things were going so right for so many of the wrong persons.” – Ogden Nash, 1902-1971 – American poet.

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Simply Words on Paper Maude Abbott, a pioneer and role model then and now

Jim Warbanks - Main Street

The Maude Abbott Medical Museum at McGill University in Montreal recently began actively publicizing its activities and inviting the general public to view the collections, exhibits and artifacts on display.

Maude Abbott was born in Saint Andrews East in 1869. Orphaned as a child, she was adopted and raised by her maternal grandmother. After graduating high school in 1885, she was granted a scholarship to attend McGill. She was one of the first women to obtain a Bachelor of Arts degree from that institution.

She applied to McGill's Faculty of Medicine but was turned down. The determined young woman then applied, and was accepted, at Bishop's College. The only woman in her class, she graduated with high honors in 1894.

Heart disease research

After post-graduate studies in Europe, she returned to Montreal to open her practice, where she began congenital heart disease research. She gained world-wide recognition in this specialized field. In 1898, the McGill University Chair of Pathology, Dr. George Adami appointed her Assistant Curator of the Medical Museum. Two years later, she became Curator, a post she held until retirement in 1936. On a trip to Washington to study methods of the Army Medical Museum, she met the great medical pioneer and teacher, Dr. William Osler, who became her mentor and subsequently asked her to contribute a section to his text on congenital heart disease. He praised her dedication in organizing the world-class collections of the Medical Museum.

Maude Abbott began teaching at the Medical Museum in 1901, and three years later her museum demonstration became a formal part of the medical school curriculum. In addition to her work at the McGill Museum, Abbott was a founder of the International Association of Medical Museums (now known as the International Academy of Pathology) in 1906 and of the Federation of Medical Women of Canada (FMWC) in 1924.

Honorary degrees

During her illustrious career, Abbott published over 100 papers and books and delivered many lectures. McGill University awarded her an honorary MDCM in 1910, and, at her retirement in 1936, awarded her an honorary degree, which recognized her as "a stimulating teacher, an indefatigable investigator and a champion of higher education." Abbott died in Montreal, at age 71 on September 2, 1940. In 1994, she was inducted into the Canadian Medical Hall of Fame.

The Museum exhibits cover a very broad range. *War, Bones and Books* includes a small collection of skeletal specimens from American Civil War soldiers donated to the McGill Medical Museum by the United States Army Medical Museum in 1907.

Dr. William Osler

The William Osler collection comprises 59 fluid-preserved, glass jar mounted specimens, most of which were derived from autopsies performed by the famous physician during his time as pathologist at the Montreal General Hospital. Osler used these specimens for medical student teaching, as well as for presentations to colleagues. Between 1876 and 1884, he performed approximately 800 post-mortem examinations, most in an inhospitable environment.

In the *Development Gone Awry* segment describing the process by which a single cell - the fertilized ovum - becomes a fully formed and functional infant we are presented with a glimpse of one of the marvels of life. This exhibit also illustrates some of the anomalies that occur when this process goes awry. Many of the cardiac specimens come from the personal collection of Maude Abbott, who was the author of the groundbreaking *Atlas of Congenital Cardiac Disease*.

Challenges

Imagine the daunting challenges faced by a young woman, born almost 150 years ago, determined to enter a strictly male-dominated profession. Yet she persevered and not only achieved her goal but returned to work for most of her career at the very institution that had initially excluded her from entering medical school.

If she had achieved this lofty goal, then returned to her native village to practice in a rural setting, she would have significantly exceeded most expectations. That she did pioneering work in an emerging field like congenital heart disease and achieved world-wide recognition from her peers placed her at the very pinnacle of her chosen profession.


Today, there are more women than men enrolled in medical schools across Canada. Though facing somewhat different challenges, they can draw inspiration from an exemplary role model, Dr. Maude Abbott.

Closer to home, you can view a very comprehensive exhibit, dedicated to Maude Abbott and her family at the Argenteuil Regional Museum, located along the Ottawa River, 44 route du Long-Sault, Saint-André-d'Argenteuil Qc.




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New doctor joins the Health Coop

Good news continues for the Health Coop and the Pays-d'en-Haut region. The Board of Directors is pleased to announce that a 7th doctor has joined the medical team of St-Adolphe and Morin-Heights: Dr. Eveline Gagné commenced her practice in the Morin-Heights clinic on September 17. It is hoped there will be other new doctors joining the team soon.



This year, in addition to relying on a dynamic team of 7 physicians, the Health Coop recruited two nurse-practitioners specialized in primary care (IPSPL). These allow incredible accessibility to front-line services for the people of the region.

It is very important to highlight the financial support of the 1750 members who, year after year, participate by paying an annual contribution to the maintenance of front-line services in our region.

Without the support of members, many citizens would be in hospital emergency rooms, or waiting for service at medical clinics. The Health Coop is a good example of how cooperation can be the strength of a community.

To have a family doctor in the Coop Health clinics, please follow this procedure:

- Register at www.gamf.gouv.qc.ca or call 1-844-834-4263
- register on the Coop Santé's waiting list at 819-327-3534 or 450-644-0522
- encourage the efforts of the Health Coop by becoming a member of www.coop-sante.org

Note that the medical services offered at the Health Coop are accessible to everyone, regardless of whether they are members or not.

Better access to the Sommets Sainte-Agathe-des-Monts blood-sampling clinic

The blood sampling centre, located at 118, rue Principale Est in Sainte-Agathe-des-Monts, is now open from Monday to Friday from 7 am to 2:30 pm except on holidays. This revision of the opening hours makes it possible to offer better access to the service for the benefit of users. Users requiring the services of the sampling centre must present themselves during opening hours with their request for collection duly completed by their physician.





DAYLIGHT SAVING TIME

November 4: 2 AM

Before going to bed on the eve of November 3, be sure to turn back your clocks one hour. Enjoy the subsequent sleep-in the next morning



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About Sainte-Adèle

Chris Lance - Main Street

The Carcajous football club of École Secondaire A.N. Morin played their first home game on the new synthetic grass field on Friday, September 14.

If you like football games, the team has 4 home games this season; you might want to support the local high school team - 'go Carcajous go'!

Give a high five to Louis Desjardins and his team at Spago. They raised \$8,000 at their annual golf tournament at Val Morin on the 12th of September. The proceeds of the event go to supporting Club des Petits Dejeuners de Ste-Adèle, la Maison des Jeunes and Téléthon des Étoiles.

Chez Milot has a special Table d'Hôte, from 5 to 7, Sunday to Thursday. You can choose from 4 entrées and 4 meals, with soup and dessert for \$23; check their website, chezmilot.com for their specials.

Don't forget Plaisir à 2 at Spago and movie at Cinema Pine for \$55 for 2. You can pre-buy tickets at the Tabagie Le Calumet Ste-Adèle or at Photocopies Illico in Ste-Agathe or Mont-Tremblant.

La Fondation medicale des Laurentides et des Pays-d'en-Haut has acquired la Clinique médicale de Ste-Adèle. The hope of this venture is to keep and attract family doctors in our town. This is a first in Quebec and you might want to check-out more info at www.fondationmedicale.com

Mayor Nadine Briere also has hopes and ideas that our town will get provincial support for medical assistance for the ageing population (forever young) of Sainte-Adèle. At a recent townhall meeting, the mayor stressed the importance of encouraging doctors to settle in Sainte-Adèle, improve transportation services, better provincial police presence and help with the Parc du Mont Loup-Garou. There is an initiative to get citizens out for 'La Grande marche de Sainte-Adele' at Mont Loup-Garou on October 20. Sainte-Adèle, and 74 other Quebec communities, are encouraging their citizens to walk as is prescribed by our medical community. To get us out, Sainte-Adèle will ferry you to the starting point at Loup-Garou from the Place des citoyens. From there you will have a 7 km walk to lookouts and a pit stop for refreshments and a souvenir scarf. Those interested are encouraged to go to Facebook @villede Sainte-Adèle and register online. The date is October 20 at 9:15 at Place des citoyens. Remember, it is a walk - so get out and enjoy the colors of October.

There is now a guide to mountain biking for sale at inscriptions.lespaysdenhaut.com for the region of MRC des Pays-d'en-Haut. You and your biker gang can go to various areas and enjoy your sport.

Sainte-Adèle has 3 ideas for your kids to celebrate Halloween - Sunday, October 21: Horror Films for 5 to 13-year-olds, at Place des citoyens, visit stedele.tuxedobillet.com. On October 27: 'Affreux Tête à Tête' and 'Trouille et Citrouille', and October 31: Grande Fête de l'Halloween Freak Show - you can go to the Internet site of Sainte-Adèle to get more details.

We have a new retail outlet in Sainte-Adèle called So-Fine Boutique and Atelier, at 1001 rue Valiquette. Items sold include clothing accessories for ladies of all ages and sizes. Tip of the hat to owner Karen Ann Sadegursky.

Enjoy the Fall Colors, get out and golf, play tennis, walk and run - it's time to get ready for the ski season.



Village of Weir Newswire

Claudette Smith-Pilon

AUTUMN HAS ARRIVED

Enjoy Hallowe'en and all its creatures and surprises

Municipal News

Our municipality was fortunate enough to receive grants from the Federal and Provincial governments that will contribute to its continued success. Both grants are to be used for the seniors of our municipality and include a park, and grounds for lawn bowling. The senior's park is completed and is simply gorgeous. Work on the pétanque alleys is being completed. Congratulations, and thanks to everyone involved with these two projects.

.....
An 'Expo-Artisans' will be held on November 17 at the Community Hall. Great opportunity to pick up some unique Christmas gifts! For information call Maida Rivest at 819-687-9938.

.....
Community Luncheon: The luncheons are back in full swing and the next one will be held on Friday, October 26 at 11:30 am. Cost is \$8 and reservations are required. Please call 819-681-3383 ext. 5811.

.....
Ça Bouge!! On Tuesday mornings at 9 am, move to the sound of music and try to keep fit with light-weights or a ball. Share experiences with others to help motivate you. Music is the perfect tool for this new activity. Come and see what this group accomplishes and don't forget to bring your water bottle.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

We would like to extend an invitation to all men with sewing talents and an eye for patterns and colours. Come in and see what we can do together. Our upcoming workdays are scheduled for Monday, October 15, Friday, November 2 and Friday, November 16. All days start at 9 am.

Do not forget to pick up your Raffle tickets for the draw to be held at the Christmas luncheon in December.

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



Let's Talk About It

Erin McCarthy - Main Street

I recently co-taught a workshop on yoga & art (me be-

ing the art part) that focused on the chakras (the seven circles of psycho-spiritual essence in the physical body) and how they relate to meditation and the art of mandala making. It prompted me to think about how this practice could be altered to make it fun and insightful for the whole family. Rooted in ancient Buddhism, mandalas have become associated with contemporary culture, with the rise of wellness practices, alternative healing, meditation, and yoga.

Mandala art combines geometric patterns and creative design, to create layers of symbolism that act as a focus, a prayer, a meditation exercise - all in one. The name, mandala, comes from the Sanskrit word for circle and refers to the sense of wholeness created by circular forms.

The act of creating a mandala represents transformation, with the centre acting as the beginning of each person's journey toward knowledge, wisdom, wellness, peace, and enlightenment, and then radiating outward as the pattern grows larger. While a finished mandala bears importance as a focus for meditative practice, the creation process of mandala artwork remains equally important. So, how do we connect the practice of mandala making to the yogic chakras? Through the psychology and emotional meaning of colours.

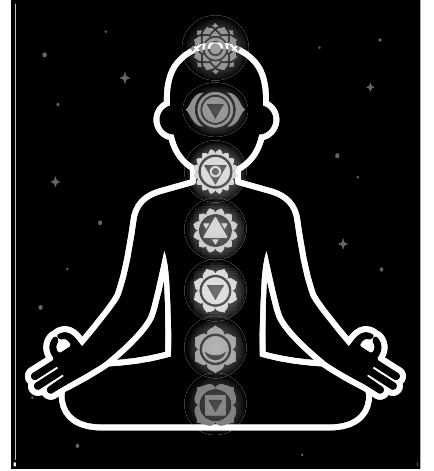
For instance, what is it about the rainbow that gives most people a sense of happiness? Sure, it signifies the calm after a storm, but the colours themselves influence our minds. Colours stimulate our brains and, from ancient times, have proven to be useful, alternative psychotherapy. The Egyptians and Chinese used colours to heal; a process known as chromotherapy. Colours were used to help bodies to function better.

We feel colours. How, or what, we feel about them varies from person to person. Some colours give us a sense of serenity and calm, and these usually lie within the blue side of the spectrum, which includes also purple and green and is known as the cool side. Others induce rage and make us uncomfortable or signify passion. These colours lie within the red spectrum, which includes orange and yellow, and is known as the warm side. There are reasons why people prefer certain colours over others. This preference says volumes about our personalities, because each colour, when internalized, has an association with a reaction in our brains.

How do we relate this to our children? Through teaching them about the meditative art of mandala, the colours of the chakras and their meaning, and asking them how each of these colours make them feel, as well as where they would place the colours in their own mandalas, and why. For free, printable mandalas for kids/adults check out Pinterst, or go to www.bestcoloringpagesforkids.com/free-printable-mandalas-kids.html.

There's also a great book for kids called I Am Yoga by SusanVerde.

Namaste



Arundel News

Janet Thomas

THERE'S NO DOUBTING THOMAS

Rugby is Tom Morrissey's life-passion. To top a long list of achievements, he has just left Arundel to take up the place he was awarded at the prestigious Shawinigan Lake School on Vancouver Island where he will complete Grades 10 - 12. This is no small accomplishment: placements are offered on the grounds of strong character, scholarship, and athleticism. Tom has all three. Shawinigan is north of Victoria, the home of Rugby Canada and the Team Canada Centre of Excellence. Some of the national rugby coaches are Shawinigan staff members.

Tom started playing at the Arundel Municipal Field when he was only 5 years-old and continued his training in Mont Tremblant. Now, at the age of 15, his resumé boasts numerous accomplishments. Earlier this year, he captained the Ste.-Anne-de-Bellevue team through an undefeated season. In the same year, he also co-captained the Canadian Misfits to a silver medal in Orlando. Last May, he was invited to participate in the Welsh Exiles Camp in Wales, where he was chosen their starting Fly-Half.

Tom is aiming high but will always consider Arundel his home. We all wish him well.

ACW CASSEROLE SUPPER

Saturday, Oct. 20: 5:30 pm - 7 pm
Grace Anglican Church

LIBRARY LECTURE SERIES: Walking the Emerald Isle

Friday, Oct 26: 7 pm

Arundel Municipal Garage

Having just returned from her latest walking trip in Ireland, Patti Flanagan will describe her experiences and share pictures of the people and places she visited. This talk is a follow-up to her popular presentation on Walking Tours of Ireland.





David Graham congratulates newly elected provincial counterparts and offers them federal co-operation

The day after the provincial elections, David Graham, MP for Laurentides – Labelle, congratulated the four women elected to the Quebec National Assembly. In addition to expressing his best wishes, Graham reiterated his willingness to work with them for the benefit of their constituents. The riding of Laurentide – Labelle includes part or all of four provincial ridings.

“I would like to offer my co-operation on federal and community issues that affect the residents of our beautiful region. I look forward to working with Marguerite Blais, MNA for Prévost; Nadine Girault, MNA for Bertrand; Agnès Grondin, MNA for Argenteuil; and Chantal Jeannotte, MNA for Labelle, who I have already congratulated. In addition, I would like to thank all the candidates for the social engagement and willingness to serve they demonstrated in running an election campaign. Hats off as well to Claude Cousineau and Sylvain Pagé, the outgoing MNAs for Bertrand and Labelle, for their decades of service to the community,” said Graham.



Among the issues the region’s elected officials will have to address together is the over \$7.5 billion in federal infrastructure funding heading to Quebec over the next decade, noted the MP. He also mentioned the preservation of bodies of water and joint efforts needed to tie responsible navigation to environment protection. Finally, Graham said he plans to continue his work to bring equal and affordable Internet access to the region. He pointed out that all the parties in the provincial election made campaign promises to that effect. Graham cited the recent CRTC announcement that the terms and conditions for the Broadband Fund will be unveiled soon. This fund will provide \$750 million over five years, and projects can be submitted for consideration starting in 2019.¹

“Climate change and international trade are major issues that will affect our region, and every elected official has a role to play in addressing these challenges. That said, our primary goal must be to do whatever we can to improve the daily lives of seniors, youth, workers, entrepreneurs, families and everyone else in our region. We have to work together for the residents, organizations and businesses of the 43 municipalities of Laurentides – Labelle. I am very optimistic about our region’s future, so I am excited to offer my full co-operation to my newly elected counterparts,” concluded Graham.

Public consultation meeting regarding Chronic Wasting Disease

On October 5, 2018, The Ministry of Forests, Wildlife and Parks reported that it has completed one-third of its Wilderness Sampling Operation following the detection of a first case of chronic wasting disease (CWD) in a community deer-breeding farm. Good news; all test results received so far were negative. In other words, no case of CWD had been detected in the wild in Quebec to date. The work continues in the field.



In addition, two new public information sessions are planned over the next two weeks: on October 9, in the municipality of Boileau, and on October 16, in the municipality of Harrington. The goal is to inform citizens as much as possible of this situation and to answer their questions.

Representatives from the Department of Agriculture, Fisheries and Food and the Canadian Food Inspection Agency will also be present. At this time, the meeting in Boileau has already been held and the meeting in Harrington will take place at the Community Centre on October 16, at 7 pm.

The Young Bar of Montreal (YBM) offers free legal advice

The Young Bar of Montreal (YBM), in partnership with the Young Bar of Quebec (YBQ), the Barreau du Québec, and the Centre d'accès à l'information Juridique (CAIJ), will hold its annual Legal Helpline on October 13 and October 14, 2018. From 9 am to 4:30 pm, volunteer lawyers and notaries will provide free legal advice by telephone to all citizens of Quebec.

The 31st. edition of the YBM's Legal Helpline is the opportunity for citizens to learn about their rights and obligations, in matters related to family law, good-neighborliness, consumer goods, labor, estate management and beyond.

To participate: Call 1-844-779-6232 on October 13 and 14, between 9 am and 4:30 pm.



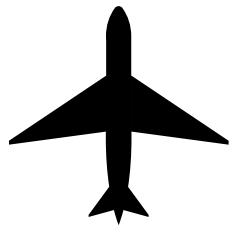
By Lori Leonard - Main Street

Welcome to:

Fannie Lambert, owner of the new **Complexe Canin Psycho Pattes**, 4100 boul. Ste. Adèle, Ste. Adèle. Fannie is a certified dog trainer who has years of expertise in dog training. As well, Fannie offers dog boarding facilities, natural skin products, collars, and coats to keep our furry friends warm for the winter. Open Monday to Sunday from 9 am to 1 pm. Please call if you would like to book an appointment for training in the afternoon. 438 998-5852 / Facebook: Complexe Canin Psycho Pattes / www.complexecaninpp.com.



Sylvie Joncas, owner of **Contact Amérique Voyage** and her team who have recently moved to new premises at 230 rue Principale, Suite 202, St. Sauveur. Whether you are travelling alone, with a partner or planning a group trip, they will find the right travel package for you. Specialists in all-inclusive last-minute travel, business-travel planning or wedding planning. Their qualified staff will guide you to choose the individual or group trip of your dreams. 450 227-7207/ cavoyage.ca.



Lili-Ann De Francesco who recently starred in the popular Quebec film, *La Chute de Sparte*. As well, Lili-Ann released her first single pop hit as an adult artist called *Au Travers des Ombres*. Her first EP will be out in Spring 2019. Congratulations also to her proud parents Sebastien De Francesco (Motel 72 and Woody fame) and Marie-Chantal. More info: lilianndefrancesco.ca / Facebook: Lili-Ann De Francesco.



Did you know that:

Lauren Gurman Roberts and husband **Ryan Roberts** have taken over the helm as owners of **Le Rio Restaurant** from Lauren's well-known Dad Mitchell Gurman (who passed away a couple of years ago)? Le Rio is located at 352, rue Principale, St. Sauveur. They are known for their famous mouth-watering BBQ ribs and chicken, although their menu includes many other delicious items such as Filet Mignon, Rib Steak and Fish. They also feature delicious desserts and fancy coffees. Open 7 nights per week for dinner. 450 240-0864 / info@riorestaurant.ca / riorestaurant.ca.



If you are looking for an honest, reliable, efficient, bilingual person to close your pool, that you can call **Frédéric Bernier**, owner of **Services FB**? Frédéric completes above ground and in-ground pool and spa openings and closings. He also excels at pool and spa repairs and carries a wide array of parts. His prices are reasonable, and he is friendly. 514 250-6009 / servicesfb.ca.



If you are seeking out a life coach that **Huguette Saulnier**, from Ste. Anne des Lacs, is there to provide a helping hand? Huguette has been a coach who has worked on personal development for more than 20 years. She offers these workshops: Ho'oponopono, Living in Joy and The Secrets to Attracting Money. Huguette is a member of the International Coach Association. JADE Coaching: 450 224-4157 / huguettesaulnier@cgocable.ca / www.jadecoaching.com.



Change to Mont-Tremblant fire regulations

The protection of the quality of the air and the water bodies was a strong argument for the Council, which adopted, at the municipal meeting of September 17, a regulation with more restrictive measures regarding outdoor fires. As of immediately, only fires in outdoor fireplaces and campfires, up to one cubic meter in size, are allowed on the territory without the need for a permit.

Since the adoption of the Regulation (2018) -163 concerning outdoor fires, it is therefore forbidden to light an outdoor fire of more than one cubic meter and to burn waste, building materials, renovation and demolition, toxic materials, household hazardous waste and deforestation residues during construction, etc. It is also forbidden to make campfires within 15 meters of any lake, pond, watercourse or wetland or when the weather is unfavorable (drought and strong wind).

"We promote a healthy lifestyle and this is one of our actions to provide better air quality and reduce the risk to health. In addition, this action is consistent with the commitments of the City, which adopted in December 2012 the Action Plan for the Reduction of Greenhouse Gas (GHG) Emissions," said Mayor Luc Brisebois.

The authorized campfires, one cubic meter, must be supervised at all times by a responsible person who must ensure the presence of a garden hose, fire extinguisher or any other means intended to control or extinguish the fire. In addition, before leaving the premises, the responsible person must ensure that the fire is completely extinguished.

For larger fires made during festivities and special events, a permit is required. The permit application must be made to the Fire Safety Department at least thirty (30) days before the event.

To read the complete Outdoor Fire Regulations (2018) -163, visit the City's website at villedemont-tremblant.qc.ca /Citizens/Regulations



Fit Tip #129 The relaxation response

Lisa Mclellan – Main Street

Stress is a state of mental or emotional strain, or tension, resulting from adverse or demanding circumstances. Interestingly, a real, or an imagined threat, will produce the same biochemical metabolic response. More often than not we cause our own stress by the way we think, react, and handle our lives.

The body reacts automatically to stress by secreting hormones, such as adrenaline and cortisol. This is called the stress response. Scientific research links high levels of cortisol with premature aging, heart disease and diabetes. Stress tends to increase the risk of disease and exacerbate chronic disease symptoms. In the case of burnout, stress causes the system to shut down completely, requiring rest and a change in lifestyle.

Our bodies are designed for balance and harmony. The mind affects the body; the body affects the mind. Due to this brilliant design, we can counter the stress response by engaging the relaxation response. Control your mind by changing the body. Since the body prefers the state of relaxation to that of stress, it will readily embrace the relaxation response and allow it to take over.

Engaging the Relaxation Response:

Breathe. Stop what you are doing and thinking for five minutes and concentrate on your breath. Inhale for 3 counts; exhale for 4 counts. Count them. Continue until you feel a quieting in your system. Slowly lengthen your exhale to 6 counts.

Practice meditation, sitting or actively by doing Yoga, Tai Chi or Qi Gong.

- Try progressive muscle relaxation. Contract your face - hold, relax; shoulders and neck - hold, relax; arms and hands - hold, relax; stomach and butt - hold, relax; legs and feet - hold, relax; the whole body - hold, relax. You will feel the flooding of blood back into the muscles and a sense of calm and relief.
- Do exercises to burn off stress. Take saunas, steam baths, and hot baths. Get a massage.
- Make love, or engage in other creative projects.
- Practice rest and relaxation every day. Listen to music, sing, paint or dance.
- Get out into the sunlight. Take a walk in nature. Admire the sunset.
- Do the things that relax you and that give you pleasure.
- Love your family. Spend time with friends. Enjoy your life.

These are a few simple suggestions, which you can easily use to engage the relaxation response and counter the effects of stress on your life. If you practise them regularly you will transform your stressful, nervous wreck of a self into a calm and peaceful person. At first it requires effort, then it becomes habit, and finally you will integrate the relaxation response into your way of being.

Namaste and peace be with you my friends.

To learn more about actively engaging the relaxation response go to www.agesmartfitness.com under class schedule



Essential Oils Let's not be lizards

Sue Rich

It had to come sooner or later. We can't get away from the changing seasons forever. We close the windows and turn up the heat and, without a doubt, our skin gets dry, itchy and cracked.

Attempting to get hydrated, we slather our bodies with lotions and potions. The problem is that most of those lotions contain nasty chemicals that have direct access to our blood stream and create havoc in our many delicate body systems. Reading labels is not an easy task as they've managed to fool us with terms like fragrance and aroma, to name just a few. Words like that are a clear sign that you're about to cover your body with toxins.

With all the products that we're exposed to daily, it's no wonder there's a health crisis happening. So, what's a person to do? Go clean and simple. Some face creams cost a staggering amount of money but don't have nearly the power to hydrate us as an all-natural oil, such as coconut, shea butter, sesame oil etc. Now granted, we all have different skin types, but with a quick google search, you can easily find the best organic oil for your skin. Here's the best part; not one of them will break the bank.

Once you have your preferred oil, which might change depending on the season, you can add essential oils to it, and produce a fragrance as lovely as those costly lotions, but it won't be toxic. The essential oils will smell awesome but will also help with a myriad of skin issues.

The general rule goes like this: Florals are good for the surface of the skin and wood oils are good for deeper in the tissues. So, for instance, lavender, geranium, clary sage, ylang ylang, and helichrysum would be wonderful for hydrating and soothing our complexions, while for deep tissue concerns, frankincense, cedar wood, sandalwood, or arborvitae would be excellent for working on blemishes, fine lines, and wrinkles.

You really can't go wrong when you use 100% pure, therapeutic grade oils. You simply need to figure out which scents you like best for which issue and, before long, your skin will be silky soft and glowing, even on the wickedest winter days.

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



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Terryble Tymes Dangers of contest giveaways and quizzes

Terry Cutler

Let's discuss a topic that fascinates a lot of people, which is online quizzes and contest giveaways.

Some folks want to know which Disney horse resembles them, while others fill out forms hoping to win free cruises. While the quizzes are cute on the surface, there's a hidden agenda behind them. Many are set up to harvest personal information and preferences from you. Things like your name, your birthdate, phone number, address and whatever else you've published in your profile. Be very wary of quizzes that require you to sign into before you can start. When people login to a quiz app, almost nobody reads the fine print that allows the app to access and contact everyone on their lists of friends, see their profiles, and send advertising to them about the quiz. This could include getting access to everyone's phone number.

Let me give you an example: You could be on a social media site, and a friend shared a link to a quiz to win a large discount on a product that has no affiliation to the quiz or brand. Upon doing the quiz, one question could be "how many corners are in this image?" So, you type in your answer, and next question could be something like, "what city were you born in?" Hmmm ... doesn't that sound a lot like the type of question your bank asks you when you are required to verify your login?

This information is then subsequently sold to other marketing companies and used to target you with unsolicited marketing information, meaning lots of spam to your phone and your email address.

Your personal information could also be sold to crooks who would then be armed with your name, address and other information that you recently unwittingly gave them access to, and which could be used to launch a targeted scam against you.

The fake marketing websites that these links lead to will also usually ask you to share them on your own Facebook timeline, thus spreading them to your friends too. This means, not only do you put your own personal information at risk, but you're also leading your friends into the same schemes and putting their information at risk too.

I always hear the comment, "I only click on links from people I know and trust." Unfortunately, this is just one of the reasons why there's so much fraud today.

If you would like to learn how to avoid being scammed or hacked, be sure to visit www.InternetSafetyUniversity.com for more tips.

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



Laurentian Personality Ritchie Philibert adding colour and rhythm to the village

Lori Leonard – Main Street

Ritchie Philibert has been an important part of the Laurentian scene for many years. He lived in Ste. Adèle from 2003 to 2006, moved to Morin Heights in 2006 and lived there until 2009. He finally purchased a home in Ste. Adèle in 2010 and currently resides there. Ritchie's family consists of his lovely life/business partner Marie-Claude, their two daughters Léann 8, Kali 6, and their son Cyril-Auguste 4.

Ritchie opened the doors of La Folia Boutique in St. Sauveur in 2005. La Folia offers unique jewelry, scarves, clothing, alternative music, beads and much more. Marie-Claude and Ritchie recently opened their new boutique LOKA in April 2018. LOKA offers Boho-chic colourful clothing, jewelry and beads. Ritchie has always had a keen interest in retail, saw that there was a niche to accessible fair-trade fashion in St. Sauveur and now has two successful ongoing boutiques, the rest is history in the making.

Ritchie and Marie-Claude travel afar to Thailand to ethically source the collections they design and manufacture under the FOLIA brand. They purchase various handmade clothing, jewelry and accessories from local artisans and have a network of friends and suppliers in Guatemala, Nepal, India and Indonesia. Their FOLIA collection is available in more than 12 shops from Winnipeg to Québec City.

Although Ritchie and Marie-Claude enjoy a successful business life, they always sponsored events and participated in community and school fundraising events. They are always willing to contribute to worthy causes and care about others. They value the importance of buying locally and support many local businesses. Their belief is "Feed the circle and the circle will feed you."

Aside from being owner of two boutiques and being a Dad, Ritchie has a keen interest in music and has been DJing as BOOGGEE for various bars, lounges and clubs since 1997. He has an extensive, eclectic collection of CD's and vinyl records. He personally composed the playlists for both La Folia and LOKA boutiques. La Folia is more world music and LOKA is a more contemporary, modern lounge feel.

Ritchie says "We all have a part to play in making our town the greatest, whether by decorating for different themes or being open at appropriate hours to offer customers the best possible experience." Ritchie and Marie-Claude run their famous "5 cent sale" twice a year. One item is purchased for 5 cents when you buy another item at regular price. It is their way of saying thank you to their customers.

Thanks Ritchie and Marie-Claude for playing such an important role in our community.



Temporary car shelters

Most municipalities allow residents to install temporary car shelters between October 15 of one year and April 15 of the following year. Certain restrictions do apply and vary from one region to the next so it is important to check with your Municipality in advance.



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1 This offer is applicable to the lease of a base model Atlas Trendline 2018 3.0L (V6) with 2018 2.0L turbo engine and not registered with automatic / manual transmission. It is a 3-year lease with 1.6¢/km. A security deposit of \$800 / \$270 and the first weekly payment are required upon signing. An additional charge of \$0.75 per kilometer is required after 64,000 km / 40,000 mi. Expenses related to registration at the RCPM of \$40.00 (for right drive), license, insurance, registration, options and applicable taxes are extra. 208,200 weekly payments will be required. SAC by Volkswagen Finance. The \$1,000 shipping and pre-delivery inspection fee and the \$100 at conditioner's excise tax are included in the weekly payment amount. Contract of 72 months at 0% APR. The cost of borrowing is \$48 for a total obligation of \$33,916.

2 This offer is applicable to financing a new and unregistered Tiguan Trendline 2018 model with 2.0L turbo engine, front-wheel drive and 8-speed automatic transmission. No deposit is required upon signing. Expenses related to registration at the RCPM of \$40.00 (for right drive), license, insurance, registration, options and applicable taxes are extra. 212 weekly payments will be required. SAC by Volkswagen Finance. The \$1,000 shipping and pre-delivery inspection fee and the \$100 at conditioner's excise tax are included in the weekly payment amount. Contract of 72 months at 0% APR. The cost of borrowing is \$48 for a total obligation of \$15,916.

The retail value shown is the cash purchase price of the vehicle. The concessionary can sell or rent at a lower price. An order or exchange between concessionaries may be required. Offer ends October 31, 2018 and may be changed or canceled without notice. Visit offer.vw.ca or your Volkswagen dealer for details. Volkswagen, Volkswagen logo, Volkswagen, Tiguan, Tiguan, SUV, Trendline, Golf, Golf GTI, Golf R are registered trademarks of Volkswagen AG. "Volk" is a trademark of Volkswagen AG. © Volkswagen Canada 2018.

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2018

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Thursday/Jedi: October 25 from 5pm to 8pm
Friday/Vendredi: October 26 from 12pm to 8pm
Saturday/Samedi: October 27 from 10am to 3pm



Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

Music: Premier Scene, 1829, chemin du Village (Facing Lac Mercier). 819-425-8614 ext. 2500 / villedemont-tremblant.qc.ca.

Fri, Oct 12: 8 pm - Singer / songwriter Vincent Vallières. \$35.

Sat, Nov 10: 8 pm - "Mon Livre Vert" Guylain Tanguay sings country music. \$38

Exhibitions: Salle Alphonse-Desjardins, 1145, rue Saint-Jovite / 819-425-8614, ext. 2500. Opening hours: Wed: 1 pm - 4 pm / Thurs & Fri: 1 pm - 7 pm / Sat: 10 am - 3 pm / Sun: 1 pm - 5 pm.

Until Oct 21: Suminagashi on silk; textile art by Guylaine Brière



Vincent Vallières

ST FAUSTIN

Maison des Arts et de la Culture 1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm / <http://maisondesartsaint-fautin.ca>
Until Oct 20 - "Place à la sculpture" sculptures done by twenty-three artists in bronze, marble, metal, exotic wood, granite and more. The sculptures will be displayed indoors and outside, spread across the lawn. There will also be an exhibition entitled Mini-Solo until **Oct 26**.

STE-AGATHE

Théâtre Le Patriote 258, Rue Saint-Venant / 819 326-3655 / <http://theatrepatriote.com>
Salle Percival-Broomfield

Fri, Oct 12: 8 pm - Paul Piché and invitees will get together to mark his forty-year career on stage! \$52.
Sat, Oct 27: 8 pm - Brigitte Boisjoli in a new show entitled "Signé Plamondon." Brigitte Boisjoli and Luc Plamondon come together to create this concert of songs of Luc Plamondon, performed by the popular Brigitte Boisjoli. \$42.



Brigitte Boisjoli

Sun, Nov 11: 3 pm - Danielle Oddera "Mes plus Belles Histoires." With over fifty-five years on stage, this Marseille born singer has a lot to tell. \$30.

La Boite a Chanson - doors open at 6:30 pm - no reserved seats
Thurs, Oct 18: 8 pm - David Myles presents his 10th album "Real Love." He is accompanied by Alan Jeffries (guitar) and Kyle Cunjak (contrabass). The music is Rock'n Roll... feel like dancing? \$28.

Thurs, Nov 1: 8 pm - Elisapie is the ambassador of the Inuit culture and the beauty of the north. Her album, "The Ballad of the Runaway Girl" tells her story; she was placed for adoption as a baby. Now, she sings in Inuktitut, English and French, and talks about returning to her roots. \$35.

Thurs, Nov 9: 8 pm - Daniel Boucher - this time he sings with his deep, warm voice in the intimacy of the smaller hall. \$35.

ST ADOLPHE D'HOWARD

Atelier Culturel 1920 Chemin du Village. 819 323-1878 / Open: Wed - Sun: 11 am - 5 pm

L'Ange Vagabond, 1818 Chemin du Village / 819 714-0213 / www.facebook.com/langevagabond

VAL DAVID

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

Open 11 am - 5 pm daily.
Until Jan 6, 2019: Two artists: Sophie Castonguay presents "Déchets" and Laurent Lamarche exhibits "La Nuée ex vivo."



Laurent Lamarche

VAL MORIN

Theatre du Marais, 1201 10è Ave, 819-322-1414 / www.theatredumarais.com
Sat, Nov 3: 8 pm - Jordan Officer will perform music from his fourth album of blues, jazz, country and R&B. His music is inspired by New Orleans and Gospel music. He is accompanied on stage by Sage Reynolds (bass) and Alain Bergé (drums). The three musicians play together with good chemistry. \$35.

SAINTE ADÈLE

Place de citoyens, 999 boul. de Ste Adèle, 450-229-2921, ext. 300 / www.ville.sainte-adele.qc.ca

MUSIC

Sun, Oct 14: 1:30 pm - Duo Le Cordes à Danser: the program includes music composed by Paganini, Falla, Piazzolla and Bartók. Guitarist Hughes Gagnon and violinist Natalia Kononova create unique rhythms and sounds together.

SAINT-SAUVEUR

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

Live music Thurs, Fri & Sat - reservations required. Here are a few highlights from the upcoming fall program.

Sat, Oct 13: Stephan McNicoll & GCR: these musicians rock the hall!

Fri, Oct 19: Stevey G's Band

Sat, Oct 20: Evolution

Sat, Oct 27: Jim Zeller with his harmonicas

Fri, Nov 2: Valerie Jalbert who makes the audience dance

Fri, Nov 9: Les Jacks

For full program check the website www.lesaintsau.com

ST. SAUVEUR CHURCH

(205, rue Principale / 450-227-2423 / paroisse-st-sauveur.ca

Sat, Oct 20: 8 pm - Gino Quillco presents "Nostalgia." \$45.

PIEDMONT

Salle Polyvalente of the Piedmont Station

MORIN HEIGHTS

Morin Heights Library 823, Village Rd. info@artsmorin-heights.com

ARTS Morin Heights

In concert with the Journées de la culture, Arts Morin Heights will present their next theme show "Words"

Morin Heights Legion: 127 Watchorn, Morin Heights / 450 226-2213

For upcoming live music nights see legion events on page 14 or visit the website <https://www.facebook.com/pg/legion171/events>.

GORE

Holy Trinity Church, 4 Cambria Rd., Gore-Lakefield. Info: 450-562-9620
Sat, Oct 20: 8 pm - Honey mead Brewers: This group plays bluegrass and Celtic music: Kevin McNeilly (banjo, vocals), Jon Bates (mandolin, vocals), Shelly Downing (violin, vocals) and Mike Downing (guitar, backup vocals). Reservation: \$20 / at the door \$25.

BROWNSBURG-CHATHAM

St. Louis de France Church (354, rue Principale / 450-495-8022)

Sat, Oct 13: 8 pm - Cabaret Style in the basement (bring your own drinks). On stage: Big Time Lew and the Screamin' Rockets. This band will play the music of Ray Charles, Jerry Lee Lewis, Little Richard, Elvis Presley and Fats Domino. The six musicians are: Big Time Lew (piano, vocals), Kevin Mark (guitar, vocals), Mark LeClerc (tenor saxophone), Patrice Luneau (baritone saxophone), Sylvain "Red" Renaud (contrabass) and Francis "Kid" Verdon (drums). Tickets (cash only) at the city hall library. Members \$20 / non-members \$25.



Big Time Lew

PRÉVOST

Diffusion Amal'Gamme, salle Saint François Xavier, 994, rue Principale / 450-335-3037 / www.diffusionsamal-gamme.com

Sat, Oct 13: 8 pm - Cordâme: 2018 marks one hundred years of Dubussy's music; contrabassist, Jean Félix Mailloux created arrangements of Dubussy's music to be played by strings, harp, piano and percussions with a touch of jazz and world rhythms.

Sat, Nov 3: 8 pm - Duo Bednarz-Hiratsuka - violinist Frederic Dednarz won several competitions, played as a soloist with a few orchestras and plays chamber music as well. The Japanese-American pianist, Natsuki Hiratsuka, studied music in Boston and completed her Masters degree in San Francisco and the Manhattan School of Music. She was invited to give recitals in Japan, the United States and England, and teaches at Brown University, Rhode Island. \$30.



Duo Bednarz-Hiratsuka

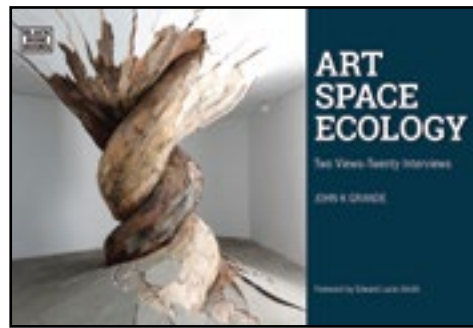
ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle) 450 432-7171 / www.museelaurentides.ca. Open **Tues - Sun: noon - 5 pm**
Until Nov 4 - exhibition entitled Par la forêt: works by artists Frances Adair McKenzie, Jean-Pierre Aubé, Domingo Cisneros, Anne-Renée Hotte and David Lafrance. Curator - Aseman Sabet. The Laurentian forest has the most ancient ecosystems on the planet, over 10,000 years. The artists created a Laurentian mythology with imaginary creatures.



Anne-Renée Hotte

John K. Grande, who resides in the Laurentians, is launching his new book Art, Space, Ecology: Two Views - Twenty Interviews, distributed by Black Rose / U of Chicago. In this book, curator and critic John K. Grande interviews twenty major contemporary artists whose works engage with the natural environment.



Art, Space, Ecology: Two Views - Twenty Interviews

Théâtre Gilles-Vigneault, 118, rue de la Gare, Saint-Jérôme / 450-432-0660 / <http://theatregillesvigneault.com>

Sat, Oct 13: 8 pm - Tire le coyote songwriter/composer, Benoit Pinette, is back with his new album entitled "Désherbage." \$35

Sun, Oct 14: 3 pm - Rita Tabbakh sings some of the most popular love songs of the 20th century in a musical presentation, "Sous le ciel de Paris." \$28.

Thurs, Oct 25: 8 pm - QW4RTZ - four male singers with great voices take up the entire stage! \$40.



QW4RTZ

SALLE ANTONY-LESSARD (101, place du Curé-Labelle / 450-432-0660 / theatregillesvigneault.com

Fri, Oct 12: 8 pm - Pierre Kwenders: Makanda - at the End of Space, the Beginning of Time.



Pierre Kwenders

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

Rachelle Béry Wholesome shopping for a healthier you

Susan MacDonald

My first impression upon entering Rachelle Béry in St. Sauveur was that it truly did resemble a traditional grocery outlet, but on a smaller scale. All the usual items, from fresh produce to household cleaning products lined the shelves, and there was a tantalizing bistro offering quick lunches to hungry customers. Carry baskets and push carts, lined-up and waiting at the door, further suggested that this venue was prepared to provide a full-service shopping experience, or a quick stop-in for just a few items. The only difference between here and the larger box stores was the nature and quality of ALL its available products: 100% certified organic, or natural, in accordance with their own stringent guidelines. No need to check ingredient lists, it's already been done for you!

Welcome to Rachelle Béry.

Freshness is the mantra of this unique store, from the 100% certified organic produce to the fresh cuts of organic or naturally raised meat, poultry and fish. Several familiar logos of local farms and producers are easily recognizable on many of these products. A varied selection of prepared hot and cold dishes, cooked 'in house' and prepared from in-store ingredients is also available, either to eat in the dining area or as take-out meals.

Complementing the produce and meat departments are dairy, frozen food and beverage sections, including wine and artisan beers, plus a full array of grocery items, all selectively chosen for their high-quality ingredients. A limited supply of bulk items, coffees and teas are also available.

A popular feature of the store is the Bistro, which offers a daily menu with a choice of four meals: two with meat and two vegetarian selections. All dishes are prepared on site from certified organic or natural ingredients available in the store, and prices are very reasonable.

In addition to their food sections, Rachelle Béry also stocks a vast selection of natural health and beauty products, supplements and vitamins. Two naturopaths are available for consultations, or to offer personal advice, on the various choices and uses of these beneficial products that help to promote health and wellness.

Originally a corporately owned store (Sobeys), located in the Factoreries Saint Sauveur, the store re-located to 377, rue Principale, Saint Sauveur, in 2013, and subsequently was bought as a franchise by proprietor, Mr. Daniel Dubé in 2016. With nearly 20 years of experience in the food industry, and a strong belief in the link between wellness and a healthy diet, Mr. Dubé has dedicated himself and his enterprise to providing fresh, healthy choices to his clients. Along with his team of knowledgeable and equally committed employees, he invites you to drop by and enjoy the Rachelle Béry experience, where you can shop, naturally, with confidence.

Open daily from 9 am to 8 pm and on Thursday and Friday from 9 am to 9 pm. Info: 450-227-3343



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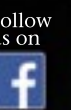
- Place your order in advance for whole fish or shellfish*
- Fresh salmon on Tuesdays & Thursdays
- Don't miss our famous 'Salad Dresser,' smoked salmon with maple syrup on Saturdays
- Northern shrimp, a selection of white fish, seafood & fish brochettes available on Thursdays just in time for the weekend

*Please call Wednesday for weekend orders



Daniel Dubé & Michèle Deschênes the smoke master and the chef

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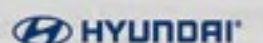
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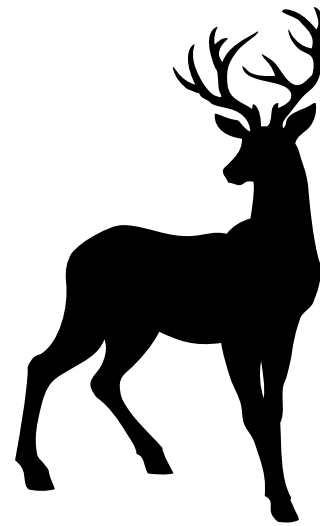
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monthabitant.com

Zombie Deer

A scary case of deer sickness in our area

By Mat Madison



Deer hunting season in our region is just around the corner and there is a disease that is threatening all our preparations. They call it 'Zombie deer' disease, but it is officially called chronic wasting disease (CWD).

First of all, CWD will not make your shot deer get up and start walking again, like you could imagine in a horror movie. CWD is a transmissible spongiform encephalopathy, which, in other words, means that the brain and/or nervous system of the animal is attacked by an infection. The infection destroys neurons (brain and nervous system cells) in a way that makes the brain tissue look like a sponge. You can imagine why this is not a good thing.

As the infection spreads in the nervous system, which can take several months, and even years, the normal system functions start falling apart. For deer, this means losing a lot of weight, major mucus and saliva secretions, loss of balance, shaking and troubles walking. Eventually, the disease kills the host altogether.

The 'Zombie deer' disease is the equivalent of 'Mad cow' disease, a wide spread epidemic in the 80s and 90s. Other forms also affect other species, such as minks, sheep and goats and even cats. In humans, Kuru disease (Papua New Guinea, 1960s) and Creutzfeldt-Jakob disease (still existing today) are also similar to CWD.

The scary part about this infection is that it can be transmitted from one animal to another, in the same way a disease would be transferred in your favorite zombie movie. A healthy animal that contacts contaminated fluids (feces, saliva or urine) or body tissue can get infected. That means eating infected deer meat could be a risky thing for us, humans. Although there is no scientific proof of this, it is worth being very careful with CWD.

In the US, CWD was first identified in the 1960s in captive deer in Colorado, and later in 1981 in wild deer. The disease is spread in free-ranging deer, elk and moose in 24 states in the US, as well as in Alberta and Saskatchewan.

A couple of weeks ago, a red deer in a deer farm in the Laurentians was identified as infected by CWD. The case is being studied by the Canadian Food Inspection Agency, the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation (MAPAQ) as well as the Ministère des Forêts, de la Faune et des Parcs (MFFP).

Judging by the maps provided, it seems the location of this case of CWD is in Harrington or Grenville-sur-la-Rouge. The MFFP has ruled that hunting and trapping will not be permitted in parts of hunting zones 9 West and 10 East, between September 21 and November 18. All harvested deer and moose within surrounding municipalities, outside the no-hunt zone, must be reported to local registration stations for systematic sampling of tissues for lab analysis. In addition, no meat or tissue of harvested deer or moose in these areas can leave a 45-km radius, meaning you would need to process your harvested animals locally and avoid bringing your antlers to your cousin outside this area. If this situation puts an end to your hunting season, you can get your hunting license refunded by the MFFP.

All these measures are to better understand the disease, and to avoid propagating it elsewhere in Quebec. If you witness any signs of CWD in wild deer, please make sure to inform the MFFP.

On that note, happy hunting to all hunters outside the no-hunt areas and be careful of 'Zombie deer' out there!

CanAfrica Blues Duo at Morin Heights Legion

Two extraordinarily talented performers, Doc MacLean, famed story teller/bluesman and Albert Frost, SAMA award winner/bluesman performed at the Morin Heights Legion September 8, 2018. Fabulous show, amazing talent! MacLean recalled unique new and old stories, Frost played electric guitar with a bow. A mixture of Delta and West Africa. The duo will perform at various small and large venues across 9 provinces in Canada as part of their CanAfrica Tour. They will roll across the Trans-Canada in style in an old Lincoln. For info: <http://canafriblues.blogspot.com>.




HÔPITAL VÉTÉRINAIRE LACHUTE

C'est avec enthousiasme que nous vous annonçons l'arrivée de Dre Gisèle Déry dans l'équipe de l'Hôpital Vétérinaire Lachute. Dre Déry compte plus de 28 ans d'expérience en pratique des petits animaux. Diplômée de la Faculté de médecine vétérinaire de l'Université de Montréal en 1990, elle a débuté sa carrière en pratique générale. Elle s'est ensuite dirigée au Centre Vétérinaire DMV afin de pratiquer en clinique d'urgence durant 25 ans. Ses champs d'intérêt sont, entre autres, la chirurgie et l'urgentologie. Nous sommes très fiers d'accueillir une autre vétérinaire chevronnée et expérimentée dans notre équipe de professionnels.

It is with enthusiasm that we announce the arrival Dr. Gisèle Déry to our team at Hôpital Vétérinaire Lachute. Dr. Déry has more than 28 years of experience in small animal practice. A graduate of the Faculté de médecine vétérinaire de l'Université de Montréal in 1990, she began her career in general practice. She then moved on to practice at Centre Vétérinaire DMV's emergency clinic for the next 25 years. Her areas of interest, among others, include surgery and emergency medicine. We are very proud to welcome another highly experienced veterinarian to our team of professionals.



431 Rue Principale, Lachute 450-562-2434



Garden Talk

Indoor houseplant pests

June Angus - Main Street

Houseplants that spent the summer outdoors basking on a balcony, deck or patio are all settled indoors for the winter by now. Unfortunately, some outdoor pests may have moved in too. Left unchecked these unwelcome guests not only threaten their host plants but have the potential to invade and destroy other indoor plants as well.

As a rule of thumb, segregate all plants that are brought into the home for up to two weeks. This applies to longstanding plants in your collection that are returning indoors after an outdoor summer retreat, as well as any new plants purchased or gifted to you. This period of quarantine allows time to inspect and treat any potential pest problems before they spread.

Diagnosing problems and figuring out the right course of action can be a challenge. Best to eliminate potential issues before they cause irreparable damage to your plants. Start by checking all stems and leaves – including the undersides – for any evidence of creepy crawlies. Some are very small so use a magnifying glass. If you suspect there are unwanted visitors flitting about but you can't see them, try placing yellow sticky papers near your plants (available at most garden centres). These are designed to attract and catch flying pests. While sticky traps won't eliminate problems, they will give you a closer look at what you are dealing with.

Here's an overview of some common pests and the damage they can cause:

Aphids: are tiny green, brown, or black insects, located on the undersides of leaves. By feeding on leaves they cause stunted plant growth and curled or distorted foliage.

Mealybugs: have a white cottony appearance on stems, undersides of foliage and on nodes (where the leaf or bud attaches to the plant's stems). They cause stunted plant growth.

Spider mites: are tiny, light-colored arachnids (not insects) that produce fine webbing on foliage and stems. They cause distorted foliage that turns yellow.

Thrips: are very tiny. The young appear white, while adults are light tan to dark brown. They feed on foliage and flowers, causing them to become distorted and discoloured.

Whiteflies: are small, white, gnat-like insects. Both the adults and young feed on leaves, causing them to turn pale yellow or white.

To treat plants infested with aphids, thrips or whiteflies, use a commercial insecticidal soap you can purchase at garden centres, or make your own by mixing a tablespoon of dish soap per litre of water. Add a few drops of cooking oil to emulsify the solution and help it stick to the plant surface. Apply using a plant spray bottle. For spider mites wiping leaves with an insecticidal soap may also be useful. For mealybugs, carefully dab them with a little rubbing alcohol applied using a cotton swab.

In general, I don't like chemical interventions, especially indoors. But if you feel it's necessary, check with your local garden centre for the safest solutions.

As an ounce of prevention, always keep plant leaves clean and free of dust. But if a problem arises and can't be resolved, just get rid of the plant. In the long run, this is best for you and your other houseplants.



Word Play

The cell

Louise Bloom

A couple of days ago the Muse (a noun) came knocking in the guise of word-play. I began to muse (a verb), thinking upon the word "cell" and its implications, at first as a reference to prison.

This week, I was affected by a character in a play who is unaware that she had committed a crime and is unexpectedly faced with the possibility of being imprisoned. She is being required, at a moment's notice, to leave the comforts of her lovely home, and the warmth of her large and loving family, to live in virtual isolation in an austere cinderblock cubicle with a small, unfriendly cot for a bed. She is facing controlled and limited social contact, minimal exercise, and probably very little Internet access. The vapors of my imagination went into overtime and I began cherishing my bed, my pillow and my creature comforts. I started to contemplate the reality of imprisonment as described, and the inevitable effects on the body, mind and spirit. The original intention of punishment by incarceration was to create an atmosphere of deprivation. The human being is meant to suffer and deteriorate.

While contemplating prison cells, I began to consider the realities of the human cell, the biological unit of human existence. From the standpoint of health, the human cell requires optimal conditions to ensure survival. It needs the proper food, rest, sunshine, fresh air, exercise and a reasonably consistent and harmonious relationship with all the other cells in its community. Contemporary threats to the homeostasis of our cells include an increased electromagnetic environment and cultural stressors, currently thought to be responsible for certain disease processes.

At this point, the cell-phone comes to mind.

It is known that mobile phones emit radio-frequency energy, a form of non-ionizing electromagnetic radiation, which can be absorbed by tissues close to the phone. Scientists have reported adverse health effects of using mobile phones, including changes in brain activity, reaction times, and sleep patterns. Further, the world of Facebook is charged with creating increased social stress, where we are challenged continually to compare our intimate lives and accomplishments with those of hundreds of others.

The current addiction to the use of cell-phones worldwide exercises a form of imprisonment, similar to an actual prison environment, as it influences our whole existence. It monitors our purchases, our social networks, our news flows, and consequently it controls the environment of our thoughts and emotions.

Siri and Google work overtime for everyone. We are gorged with stimulation. Further, this relationship with our little screens, and their radiation, is most probably a strong threat to our cell structures.

To what extent are we incarcerated, or held captive, by these aspects of cyberspace? What is the cost to our well-being? Of what then are we being deprived in this tiny, screen-based environment of constant stimulation? How many hours that we might spend otherwise in nature, in human intercourse, in creative endeavors are thus devoured? While these are questions for each of us individually, the universal dependence of people upon this apparatus is without question. The App "Find My Phone" echoes a desperate internal voice that arises from time to time in us all.

All this sent to you from the little word "cell".

Louise Bloom is a Visual Artist interested in the power of narrative through image or written word, to transform consciousness and awaken us to the source of well-being.



NOV 2018

1 • 2 • 3 8pm • 4 2pm

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**Branch 171 Filiale
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Sat, Oct 13: 6 pm - Oktoberfest Supper \$12
Fri, Oct 19: 6 pm - TGIF Smoked Meat \$10
Sat, Oct 20: 8 pm - The Keepers
Sat, Nov 10: Remembrance Day Parade & Lunch
POPPY CAMPAIGN - Volunteers needed -
please contact the Branch
Membership cards are in -
Early Bird fee special
General meetings: Last Sun of month at 2 pm
Darts: Thurs: 3 pm - new players welcome
Military Whist: 1 & 3 Mon at 1:30 pm
Check with the legion for daily bar hours
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<http://www.legion171.net/> / Facebook: legion 171

**Branch 70 Filiale
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**Branch 71 Filiale
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1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
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Contact Sheila: 450 562-8728 / 514 909-8885

**Branch 192 Filiale
Rouge River**

Fri, Oct 12: 6 pm - TGIF Spaghetti Dinner
Sun, Oct 14: 2 pm - Yoga - Nidra
Fri, Oct 26: 6 pm - TGIF Oktoberfest
Sat, Oct 27: 5 pm - Painting Social
Sat, Nov 3: 2 pm - 4 pm: Christmas Bazaar
Sun, Nov 4: Shoebox Project (donation box at bar)
Fri, Nov 9: 10 am - Arundel School Remem-
brance Service
Sun, Nov 11: 2 pm - Remembrance Day
Service at Cenotaph
POPPY CAMPAIGN - OCT 26 - NOV 10
Contact Marlene: 819 687-8566
Bar open daily at 3 pm
Tuesdays: 7:30 pm - cribbage:
For further info: 819 687-9143 /
arundellegion@gmail.com

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Sundays: 10:30 am - Weekly services
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OF CANADA**

450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH
13 Queen Street, Grenville

Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School Note: no service on July 15

ST MUNGO'S UNITED CHURCH
661 Rte. Des Outaouais, Cushing

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**

Holy Trinity, Calumet,
St. Matthew's, Grenville

Holy Trinity, Hawkesbury
Please call 613-632-9910 for
information about Sunday service times.

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

**ANGLICAN PARISH OF
ARUNDEL & WEIR**

Grace Church
Sunday services are held every Sunday at 11 am,
followed by tea / coffee, refreshments &
fellowship in the Church Hall.
All are most welcome to attend.

VALLEY GATE CHURCH
Pauline Vanier, 33,
de l'Église, St. Sauveur
Pastor Kevin Cullen: 450 229-5029
Please join us every **Sunday at 10 am**

**SHAWBRIDGE
UNITED CHURCH**

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

**ARUNDEL
UNITED CHURCH**

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

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

**PARISHES OF THE LOWER
LAURENTIANS**

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa

Oct 21: 11 am - Holy Communion
Nov 18: 11 am - Holy Communion
Dec 16: 11 am - Lessons & Carols

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

Nov 4: 4 pm - E.P. Food Drive

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore

Oct 28: 11 am - Holy Communion
Nov 25: 11 am - Holy Communion
Bilingual services with gospel/
bluegrass music

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

Oct 14: 11 am - Morning Prayer
Nov 11: 11 am - Morning Prayer
Dec 9: 11 am - Holy Communion

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

The Reverend Josée Lemoine - Priest in Charge
The Reverend Nick Brotherhood - Interim Priest
Tania Lesack - Curate
Services are held every
Sunday at 9:15 am.

The second Sunday of each month is a
fun Family Service

All are welcome to enjoy the service
and following refreshments.

ST. ANDREWS

EAST PRESBYTERIAN CHURCH
5, John Abbot St., St. André d'Argenteuil

Interim Moderator: Rev. Linda Robinson
Info: Sharon McOuat: 450-566-4549
All services at 11:15 am
Oct 14 & 21



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LAURENTIAN CLUB NOTICE

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

Guest speaker: **Mary Mitchell, Sandra Savery &
John Richard**

Habit for Humanity

Learn about the organization's history, its work around the world and
what it's like to take part in a "build." Three
volunteers will share their experiences through stories and photos

Tuesday, Oct 23: 1:30 pm

Refreshments following the discussion

Free entry for members

Annual membership \$25 Guests: \$10 per event

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



LAURENTIAN CLUB OF CANADA

**Laurentian Region
Cancer Support Group**

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



Next meeting for cancer patients,
families and caregivers is
**SATURDAY AFTERNOON
October 20, 2018 - 1 pm**

Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights

Speaker: Susan Campbell-Fournel
Cultivating a Clean Diet

Upcoming meeting: November 17

Meetings are conducted in English
ADMISSION IS FREE

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


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October 2018



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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

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

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, Oct 14: 9 am - noon:
Thanksgiving Breakfast (6-12 years) \$3.50 / under 5 yrs. free. Basket Draw tickets available at the door – proceeds to benefit Rosie Animal Adoption.
Sat, Oct 27: Eat, Drink and be Scary! Tickets required: Adults \$12 / children(6-12) \$6 age 5 and under – free
Info: Ruth: 819-687-3733 or Heather: 819-687-2627
Doors open at 5 pm - BYOB.
Sun, Nov 4: 9 am – noon –
Nov breakfast. Regular prices. Basket draw proceeds will be donated to Parkinson's Disease Research
FLU SHOTS AVAILABLE AT THE COMMUNITY CENTRE
Tues, Nov 6: 9 am - noon
Visit us on Facebook at LRCC-Lost River Community Center for more details.

HARRINGTON GOLDEN AGE CLUB

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

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org / mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Chalet Bellevue, Morin Heights
Nov 1 - 4: TMH presents Peter Quilter's "Glorious"
Tickets \$20 in advance available online now at www.theatremorinheights.ca or at Marché Vaillancourt starting Oct 1 \$25 at the door.
For more information visit the TMH website, email theatremorinheights@gmail.com or call 579-765-3999

ALCOHOLICS ANONYMOUS MEETINGS

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

ADVANCE NOTICE

UTA FALL COURSES

144 Rue du Couvent (Old Village, Mont-Tremblant)
Thurs, Oct 18 - Nov 22: 1:30 pm - 4 pm
India – Adventures in Spiritual Transformation with Dr. Howard Gontovnick
Registration online: www.USherbrooke.ca/uta/mont-tremblant (as of Aug 31)
Live registration on site:
Wed, Sept 12: 1:30 pm - 4 pm \$85

LACHUTE ARMY CADET CORPS

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

LAKEFIELD & MILLE ISLES WOMEN'S INSITUDES

Fundraising Bazaar and Soup Luncheon
Trinity Community Centre, 2 Cambria Rd, Gore
Sat, Oct 13: 10 am – 2 pm
Crafts, jewellery, homemade preserves & pickles, bake table.
Donation: \$7 - everyone welcome
Info: Jean Edwards: 450-562-2552

CASSEROLE SUPPER

Arundel Anglican Church
Sat, Oct 20: 5:30 pm - 7 pm.
The Arundel Anglican Church Women (ACW) are holding their annual casserole supper in the Church hall.
Adults: \$13 / children 5 yrs - 11: \$5 / under 5 yrs. free
Please join us for an enjoyable fall evening with family and friends

CHRISTMAS BAZAAR

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

CHRISTMAS BAZAAR

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

BROWNSBURG CURLING CLUB OPEN HOUSE

21, rue des Érables, Brownsburg-Chatham
Sun, Oct 14: 11 am – 4 pm
Come and see what the club and the sport of curling has to offer!
Info: rthibault6@gmail.com

MUSEUM AND ARCHEOLOGICAL DAY

Holy Trinity Church / community centre
4, Cambria Rd, Lakefield / Gore
Sat, Oct 20: Activities starting from 1 pm. Exhibitions, conferences, evening live entertainment.
Info: 450 565-2384 / lessentiersdegore@gmail.com / lessentiersdegore.com or on Facebook

4 KORNERS PAINT NITE FUNDRAISER

Chalet Bellevue (27, Bellevue, Morin Heights)
Thurs, Oct 18: 7 pm - 9 pm
No art experience necessary
Proceeds to benefit 4 Korner's Resource Centre
Info / registration: 1-888-974-3940
www.paintnite.com/events/seasons-ii-at-chalet-bellevue-10111210

JOURNALING FOR CAREGIVERS

18 powerful techniques to care for yourself and others 6-hour workshop held in 2 3-hour sessions
Oct 13 & 20: 9 am - noon: Morin Heights (Chalet Bellevue)
Oct 27 – Nov 3: 9 am - noon: Arundel Community Centre
Cost: \$10 (includes one-year 4K membership) / members: free
Info / registration: 1-888-974-3940 / jill@4korners.org

DETECTING LEARNING DISABILITIES & TAKING ACTION

Brebeuf Library
Fri, Oct 19: 6 pm
Presented by 4 Korner's and the Laurentian Literacy Centre - they will provide information on this topic.

MUSIC & BITES & OTHER DELIGHTS SHRINERS OF MORIN HEIGHTS FUNDRAISER

Restaurant Obodum (220-A ch. du Lac-Millette, St. Sauveur)
Featuring Shawna & Tim and guests
Fri, Oct 26: 6 pm
Proceeds to benefit the Shriners Patient Transport Services
Tickets: \$25 (before Oct 19) / \$30 at the door
Res: Carl: 514-771-8866 / Mike: 450-712-1463
Facebook: morinheights.shriners

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Read the Main Street online

www.themainstreet.org

Apple Harvest Chicken

Ingredients

- 1 tablespoon sunflower oil or butter
- 6 bone-in chicken thighs
- ¼ tsp. salt
- ¼ tsp. pepper
- 3 medium Gala apples, coarsely chopped
- 1 large onion sliced
- 1 large garlic clove, minced
- 1/3 cup BBQ sauce
- ½ cup apple cider or apple juice
- 2 tablespoons fresh honey
- chopped chives, parsley or thyme



Directions: Pre-heat oven to 300 degrees.

In a heavy skillet, heat oil over medium heat. Brown chicken thighs on both sides.

Sprinkle with salt and pepper and set aside.

In same skillet add sliced onions and stir over medium-low heat until tender. Add garlic and cook 1 minute longer.

Stir in barbecue sauce, apple cider (or juice) and honey. Increase heat to medium-high and cook 1 minute, stirring to loosen browned bit on bottom of skillet.

Return chicken to skillet and add apples. Bake on middle rack for 30 – 45 minutes until juices run clear and chicken is no longer pink inside.

Serve with rice and grilled seasonal vegetables.



Overcoming trepidation about meditation

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

One of the best and proven remedies for keeping the health-zapping gremlins of stress and anxiety at bay is meditation. Yet, many people either fear meditation or believe that it's simply not for them. Some think of meditation as some sort of transcendental act, devout religious reflection, or spiritual introspection. Some say, "I can't sit still long enough to meditate" or "I just could never quiet my mind enough for that." In fact, meditation does not have to be related to spirituality, nor does it always have to be still and quiet. There are many, many ways to meditate – a method exists to suit and benefit almost everyone.



Meditation can be quiet, loud talking or singing, quick movements or dancing, or remaining completely motionless. Different forms are practiced all over the world. It can be very active!

Walking meditation is growing in popularity and is a form which many people find easy. It's perfect for beginners. It's usually done much slower than normal walks and involves paying attention to your breath and body movements. You can simply notice, or focus, on your feet connecting with the surface you're walking on with each step. And, of course, walking brings many other health benefits, too.

Progress meditation, sometimes called body scan meditation, is another great form to practice. You simply, mentally, scan your body, focusing on feeling each part of your body, from head to toes, and consciously relaxing each area. This is a wonderful way to relax-meditate while trying to fall asleep.

Using your voice to hum, sing, or repeat a mantra, is a wonderful form of meditation. This involves simply repeating a sound, or rhythm, a sentence or word. The mind will naturally begin to focus on the sounds and their vibration and let go of any other unnecessary thoughts – providing you with mental relief & freeing you from stress or anxiety.

Cooking can be meditative! Simply focus on each step of your process. Listen to the click of your knife on the cutting board, notice the smells and the consistency of the food you're handling. Enjoy the colors of the vegetables you're preparing. Feel the utensils you are using and notice the muscles you need to maneuver them. Before you know it, all other thoughts, worries, and concerns will fade into the background.

Remember, meditation is flexible! It doesn't have to be taken so seriously. When you start out, laugh as much as you can and smile as wide as you can manage.

Take Note! Our 4 Korner Lachute Branch is offering Introduction to Meditation and Relaxation Techniques during Rouge Valley Days in Harrington, at 259, Chemin Harrington, on October 25.

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

Tracing the family tree

Citizens interested in tracing their family tree are invited to visit the Couvent Library located at 1875, Chemin du Village, to consult the genealogy document collection of the Drouin Genealogical Institute.

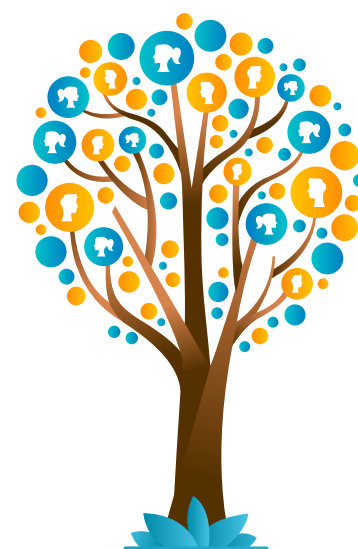
This collection includes 175 volumes listing, in alphabetical order, the marriages of French Canadians between 1760 and 1935. Searches can be done by order of the family name of men or women. The collection also features *Fiches acadiennes* and *Le Petit Drouin*, two complements from research to the basic collection.

In the fall of 2010, the City of Mont-Tremblant acquired this important collection of genealogy documents that was, until recently, available at the Samuel-Ouimet Library. They now are located in the Couvent Library, in the same building that houses the SOPABIC Heritage Society, which preserves our heritage.

In addition, on the mabibliotheque.ca website, a complete tab of electronic genealogy resources is available free of charge to public library subscribers. Those wishing to subscribe to the Mont-Tremblant libraries must present themselves at one of the loan counters during opening hours.

Located at 1875, chemin du Village, the library is open on Tuesdays from 2 to 5 pm, Thursdays from 9:30 am to 11:30 am, Fridays from noon to 4 pm, and Saturdays from 2 pm to 7 pm. Located at 1145 Saint-Jovite Street, the Samuel-Ouimet Library is open on Tuesdays from 9 am to 5 pm, Wednesdays from 1 pm to 5 pm, Thursdays and Fridays from 9 am to 9 pm, Saturdays from 9 am to 3 pm and Sundays from noon to 5 pm

Information: 819-425-8614, extension 2703 • villedemont-tremblant.qc.ca



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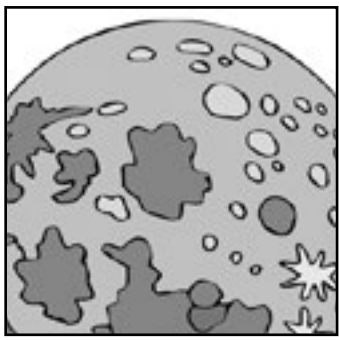
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Zach Factor Finding Nemesis

Lys Chisholm & Marcus Nerenberg - Main Street

Last year, the conservative astro-physical world finally endorsed the work of two Caltech scientists, Dr. Konstantin Batygen and Mike Brown. For years, astronomers have questioned why our

Sun is tilted, almost 6 degrees off vertical. As well, astronomers Scott Sheppard and Chad Trujillo, in 2014, questioned: “why, out in the Kuiper Belt, in the far reaches of our Solar System, are there six small objects that all tilt the same way?” – an impossible effect without the help of some external force beyond our Sun. Batygen and Brown presented the evidence of a 9th Planet, via calculations demonstrating its gravitational pull. They, as do many others, now believe that this mystery Planet 9, calculated at 10 times the size of Earth, is influencing other planets and objects like asteroids and comets that come hurtling through our system by gravitational and magnetic forces.

Our Solar System orbits on a plane like a flat pancake, the elliptic. While it is two years since the telescopes have been turned toward finding a visual image of the 9th Planet, astronomers have recently discovered another object beyond Neptune with a different orbit than the rest of our Solar System and gave it the name 2015BP519. What is unusual is that 2015BP519 juts out above the flat plane of our Solar System by a whopping 54 degrees. Julie Becker, a doctoral student from the University of Michigan, and her colleagues ran simulations of the Solar System backwards and forwards- over millions of years. Nothing worked to explain why it was jutting out above the plane until they added a hypothetical 9th planet and watched the simulations as 2015BP519, with its gravity altered, tilted into its journey around the Sun.

Walter Cruttenden, author of *Lost Star of Myth and Time*, and astronomer with the Binary Research Institute, claims that rather than a 9th planet, there is a greater force tugging at our solar system. Cruttenden says that given no other evidence, it would be easy to accept the idea of a 9th planet, but there is too much evidence indicating that our Sun, like most stars in our galaxy, has a companion, perhaps a distant, brown dwarf, with much greater mass.

A new 2017 study suggested that all stars, like our Sun, are born with companions. Astronomers have done detailed studies of young stars in the Perseus Cloud. Our hypothetical dual star was named Nemesis in the study, as it’s gravitational pull would have a potential effect that would drag other space debris along with it and may be related to the cyclical extinction events that have befallen Earth in the past.

This companion star theory was first proposed by Richard Mueller at U of C Berkeley in the 1980’s. Mueller believed that such a mass would be larger and easier to spot, but after years of searching, most astronomers dismissed the idea. Mueller’s later work proposed that a brown dwarf, or a white dwarf star, would have a low mass, only a few times more massive than Jupiter; that it would be dimly lit, and at perihelion (furthest point of orbit), extremely difficult to spot. With the development of more sensitive telescopes, astronomers have scoured the sky using 2MASS (Two Micron All Sky Survey) and successfully identified 173 brown dwarfs further away than our Solar System, but yet, no Nemesis. We are still looking.

Meanwhile, here on earth, stone calendars and stone star maps dot the globe with time frames of 5,000 -12,000 years. What are they telling us? The Mayan Calendar starts 3000 years before the Mayan civilization even existed. Stonehenge itself is said to be dated at 2,000 BC and may be much older. A recently unearthed stone Calendar of Gobekli Tepe in Turkey, and another in Egypt, date back over 10,000 years.

Gordon Freeman, an academic maverick, is challenging conventional wisdom of Canada’s prehistory by claiming an archeological site in southern Alberta is really a vast, open-air sun temple, with a precise 5,000-year-old calendar predating England’s Stonehenge and Egypt’s pyramids. He says it is, in fact, the center of a 26-square-kilometre stone “lacework” that marks the changing seasons, the phases of the moon and eclipses, with greater accuracy than our current calendar.

Clearly, if our ancestors wanted us to know how to expect the return of Nemesis, they have found a low-tech way to speak to us across time and space, to help us remember what we may have once known, but is now lost and forgotten.



An ancient Sumerian seal depicting our Solar System with 11 planets and one beyond human eyesight. Nearly 31,000 of these ancient clay tablets are now housed in the British Museum, most of which have yet to be translated. Photo credit: www.ancient-code.com



The Story Behind The Levines of Trout Lake (Part 1)

Joseph Graham - Main Street
joseph@ballyhoo.ca

Each family has a claim to a rich past, the knowledge of which often dies with the oldest members. This lost knowledge is more than a personal family recollection of little relevance to those outside the family. It is a perspective upon the past of our culture and a part of the history of Canada. There are rich rewards for those of us who take the time to talk with the elders and write down what we learn.



Alter and Sima Levine arrived in Montreal in 1903 along with their seven children. They met others here who, like them, had fled the pogroms in Russia. Their new country was full of hope and freedom. There was no dark authoritarian presence watching their moves. There were no pogroms, random massacres of Jews, and the immigrants could freely share their stories, hopes and fears. Almost drunk with a sense of freedom, a number of these new Canadians decided to establish a commune off in the countryside where they could farm and reorganise their world. In Russia, it was illegal for Jews to be farmers. Many lived in the Pale of Settlement, undefined rural territories where their security was always at risk from any powerful group that happened by looking for young men to serve in the military, or just to see what they could take.

What could challenge their vision in this new land where only hard work stood between them and their ideals? No society had yet experimented with the ideas of Karl Marx and intellectuals everywhere believed that we could achieve utopia simply with a social system.

The family names of these social pioneers are still with us today: Ofner, Giltitz, Corn, Shuldiner, Smith, and a family by the name of Levine who were too numerous to join the commune but managed to acquire a separate farm nearby. These communists believed that they could create a new society in Les Cantons du Nord, the great north, where functioning farms with open, grazed fields could be purchased reasonably. The purchase price of the farms in Ste. Agathe should have been warning enough that their project was ill starred. Unlike the French Canadians, who had walked through almost uncharted woodlands and hacked down and burned the forest, these new pioneers arrived by train and beheld rolling, green fields, fenced pastures and roads.

Bucolic and practically free, the stony fields soon revealed their dark secrets. The soil is generally nutrient-poor and very thin, sitting on glacially compacted rocky gravel leaving crops vulnerable to drought even while small lakes and brooks shimmer in the hot sun. The frost-free season is short: It is unlikely to freeze between the 12th of June and the 1st of September, a period of only 80 days, but it has. While they could not rely on the weather in summer, watching helplessly as crops baked in dry fields or froze before they could be harvested, they could count on being stranded for days at a time in the heavy snows of mid- to late winter and would watch the thaw turn to torrents in the spring, cutting through roads as the snows rushed away for the season. The commune lasted less than five years.

Sir Mortimer Davis, a successful Jewish tobacco magnate whose own family came from England and who had a large private estate in Sainte-Agathe, had extended credit to the commune. He ended up with the unpleasant task of taking the farm over when the young communists failed to pay their interest-free loan. Most of them had abandoned the commune, and Davis turned it over to a doctor, helping him set up the Mount Sinai Hospital for the treatment of tuberculosis. Alter Levine, who was older than the commune members, had acquired his own farm nearby. He could not leave so easily. While he had wanted to be near the commune, he had a whole family to feed. Now, with eight children, they must have practically formed a commune themselves. Alter and Sima had fled Russia to protect one of their children from the authorities. Either he was fleeing the death-sentence of military service or he had joined an illegal organisation that was protesting the Czar’s government. The latter could explain the family’s desire to live near the commune. Alter fell into a deep depression after its failure. Instead of heading the family and diligently farming, he became a suicidal burden. Sima, his wife, assigned her sixteen-year-old son Leo the task of checking up on his father to make sure that, in his depressed state, he did himself no harm. One day, Leo cut his father down from the rafters of the barn where the elder Levine had tried to hang himself. Another time he found his father bleeding in the woods and dragged him home, helping his mother nurse him back to health. Leo always remembered what his father told him while he was healing: “Next time you won’t find me.”

Sophie Levine Gross, the youngest and only child born in Canada, remembers the hardships of those early days. She has no memory of her father. He made good on his promise and his body was never found. Her mother, Sima Levine, was left with 8 children ranging in age from 25 to 2 who, with her, were learning the local languages. They had fifteen acres of field under cultivation, a barn, a horse, a small herd of cattle and 50 chickens. Sophie’s earliest memories include receiving a new birth certificate because the farmhouse burned down and all their papers were lost. Leo had been responsible for delivering the money to cover the fire insurance but when the fire happened, they were not covered. Leo had grown into a tough little man who stood little over five feet. Ornerly and independent, he broke with his family after the fire and struggled to farm separately.

To be continued...

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

In September’s story *The End of the Algonquin Forest*, the reference to Catherine Parr Traill’s book cited the wrong title. It should have read *The Backwoods of Canada*.

Obituaries

MITCHELL, Muriel
1935-2018

Passed away in Lachute, peacefully on Friday, October 5th, age 83. Devoted mother of Cathy (the late Danny Bastien), Anthony (Donna), Michael (Tammy), and beloved grandchildren, Christopher, Evan, Erica, Talya and Tianna. Muriel spent many days alone with her kids at the family cottage to ensure they had the best of childhoods running around the woods and playing in the lake rather than the streets in the city. She was very grateful for the simplest of things in life, like the greeting cards she cherished from her grandkids, especially the handmade ones. Although she struggled with Alzheimers, she always had a great smile and her eyes sparkled with excitement whenever she received a visit at the Lachute Residence.

Visitation will take place Saturday, October 13th, 2018 from 11.30 am -12.30 pm at Menard's Funeral Home, 395 Grace Street, Lachute, Qc J8H 1M3. The funeral service will be held on Saturday, October 13th at 1 pm at the Ste-Anastasia church, 174 Bethany Street, Lachute, Qc J8H 2M1.

Many thanks to the staff at Lachute Hospital and the Lachute Residence for the loving care they provided her.



WARD BROWN
Florence Shirley
1930-2018

Florence Shirley Ward Brown, 87, peacefully passed away, on Wednesday September 26th 2018, at the Lachute Residence.

Predeceased by her husband, Sydney John Brown, her son Michael and grandchildren, Timmy, Kerri and Christopher. Survived by her children, Stephen (Carol Ritchie), Christopher (Ann Marie Crispin), Rodney, Connie, Judy (Jacques Guay), Donald (Martine Moderie), her sister Ruby (Walter Farmer), 21 grandchildren, 23 great grandchildren and 1 great-great grandchild, nephew and nieces and many friends.

Visitation is on Friday, October 12 between 2 pm and 5 pm and 7 pm and 9 pm at Menards Funeral home, 395 Grace Street, Lachute, Qc J8H 1M3.

The Funeral Service will be held on Saturday October 13th at 2 pm at the St. Simeon's Anglican church, 445 Main Street, Lachute, Qc J8H 1Y4. Family members will be at the church Saturday at 1:30 pm to receive condolences.

Donations can be made to the Alzheimer Society of Canada.



The English Link

Carolynn Roberts

joins the Provincial Committee for the Provision of Health and Social Services in the English Language

By Jill Grumbache

On August 14, 2018, the Minister of Health and Social Services, Gaétan Barrette, and Kathleen Weil, the Minister responsible for Access to Information and the Reform of Democratic Institutions and Minister responsible for Relations with English-Speaking Quebecers, announced the composition of the new Provincial Committee for the Provision of Health and Social Services in the English Language.

To better represent the English-speaking communities in Quebec, the 11 positions on the new committee correspond to regional profiles that meet the following requirements: four members residing in the territories of Montreal and Laval, including at least three residents of Montreal; a member residing in Montérégie; a member residing in Estrie; a member residing in Outaouais; and four members from other regions of Quebec. The process for the selection of committee members was the responsibility of the English-language Quebec Community Groups Network and the Community Health and Social Services Network.

The Provincial Committee for the Provision of Health and Social Services in the English Language will represent the English-speaking population of all of Quebec and provide advice on the provision and quality of services offered in English.

All 11 members of the new committee serve in a personal capacity. They do not represent an organization or a social or political group. This is intended to prevent any conflicts of interest. Members are appointed for three years, and their mandate can be renewed only once.

The person selected for the committee to represent our Laurentian Region is Carolynn Roberts. Carolynn has extensive knowledge of the education and healthcare systems from her experiences as an administrator and educator with the Sir Wilfrid Laurier School Board. She also collaborates with health and social services and various community groups. She has diverse experience sitting on a wide variety of strategic planning, policy, and guideline committees. Carolynn is a member of the LESAN and other important tables in the region, is a Board Member of 4 Korner's Family Resource Center, President of Theatre Morin Heights, and currently serves as the Project Development Officer of Early Transitions for the Sir Wilfrid Laurier School Board.

"I was enthusiastic to apply and pleased to have been chosen to be a member of this committee. As a full-time resident and educator/administrator in the Laurentians for 14 years, I have witnessed systems that have been put in place that have not been user-friendly, and which have actually prolonged wait times and impeded access to services for much of the population, not only anglophones. These systems have been bureaucracy-heavy and do not seem to have been established after appropriate consultation with the population. This needs to change."

For information see <http://www.msss.gouv.qc.ca/en/ministere/saslacc/comite-provincial-langue-anglaise/> or the committee secretary, Mr. Iannick Martin at 514 873-2292.



In Memoriam
Liliana Heid Ramos
August 4, 1975 - October 31, 2002
16 anos sin tigo!

For Maurice Raymond

A long and torturous path for pain relief and rehab service

Jim Warbanks Main Street

Lachute resident Maurice Raymond is now residing at the long-term care facility in Saint-Philippe, where he receives physiotherapy treatment twice weekly. His mobility has improved and he estimates that his pain level has been reduced by 75%, according to his wife Grace, who spends time with him there on a daily basis. He is content with the good service from staff and enjoys the food served.

However, to reach that point, he has endured pain that brought him to tears, barely able to move, experienced lengthy delays awaiting surgery at the University of Montreal Health Centre (CHUM), a transfer home where he experienced a fall, after being released due to the imminent closing of the Le Bouclier intensive rehabilitation facility in Lachute.

Major surgery

He initially had surgery some ten years ago to relieve rheumatoid arthritis pain, then suffered a heart attack two years ago. He was scheduled for surgery this spring on his neck and spinal cord.

Though he was in dire pain, his surgery was postponed four times, primarily due to the lack of an available, staffed operating room, rather than the required medical team. The surgery, after a two-week delay, was successful. He was expecting to undergo a lengthy rehabilitation, which could extend over one year.

After his fall at home, and a 911 call that resulted in a long delay because the dispatcher considered the case less than urgent, he was re-assessed and transferred to Saint Philippe.

As her husband regains strength and mobility and his progress is re-evaluated, Grace Raymond looks forward to the day when Maurice can again return home.

How to write a condolence note

(NC) Expressing ourselves during difficult times can be challenging for most, especially when it comes to comforting friends, family or colleagues who have lost a loved one. No matter how difficult it may be, it's worth the time and effort to write a condolence note to show that you care.

Before you put the pen to paper, Arbor Memorial offers the following guidance:

Be timely and consider others. Send your note as soon as possible. Ideally, you'll want to reach out within the first two weeks to show your support and acknowledge the loss. If you know friends or relatives who were close to the deceased, offer your sympathy to them as well. There is no limit to how many notes you can send.

Write from the heart. Focus on the content of the message you're writing, rather than the length. "Express your sympathy in a few heartfelt sentences by acknowledging the loss, referring to the individual by name," says Genevieve Veilleux, branch manager at Arbor Memorial. "You can mention any special qualities of the person who has passed. End the note with a thoughtful word, hope, wish or expression of sympathy."

Offer help. Depending on your relationship to the bereaved, you may also want to offer help. Be specific instead of offering the vague promise of "if there's anything I can do let me know." You will feel more accountable if your planned action is more defined.

Trust yourself. When writing your note, remember to be yourself and go with your instincts. The words that come from your heart are the likeliest to comfort those in mourning.



All the services offered by Palliacco are free, from L'Ascension to St-Sauveur

Upcoming Activities

Personal Sessions to Relieve Stress

Personal sessions available to relieve stress for people with cancer and their close caregivers are available in Ste-Agathe. Mont Tremblant and Saint-Sauveur by appointment.

THEATRICAL READING

Mont-Tremblant Village Church (1829, chemin du Village)

Wed, Nov 7: 7pm: "Other Than a Great Fright."

A voluntary contribution to Palliacco would be welcome. Please confirm your attendance at 819-717-9646.

FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION

Comforting Tea

2nd Monday of the month: 10:30 am - noon (Mont-Tremblant)

Last Monday of the month: 10:30 am - noon (Ste-Agathe)

FOR PEOPLE WITH CANCER, CAREGIVERS AND BEREAVED PEOPLE

Group Relaxation - visual exercises and relaxation

Fridays: 10:30 am - 11:30 am (Ste-Agathe)

Fridays: 10:30 am - noon (Mont-Tremblant)

Regenerating Yoga: From September 20 to November 20

Thursdays: 1:30 pm - 2:45 pm (Mont-Tremblant)

Thursdays: 9:30 am - 11 am (Ste-Agathe)

Massage therapy

Free at home service - certain conditions apply

FOR PEOPLE IN MOURNING

Coffee Meeting for the Bereaved

2nd Tuesday of the month:

7 pm - 8:30 pm (Mont Tremblant)

3rd Thursday of the month:

1:30 pm - 3:30 pm (Ste-Agathe)

Group Grieving - meetings sharing the 10 steps of grieving

Sept 17 - Nov 19: Mondays from 7 pm - 9 pm (Mont-Tremblant)

Oct 15 - Dec 17: Mondays 1:30 pm - 3:30 pm (Ste-Agathe)

Oct 19 - Dec 21: Fridays (St-Sauveur)

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)

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

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



Main Street Money Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Ready to Retire? Ask your advisor these 9 questions.

YOU'VE BEEN WORKING and saving for this moment for most of your working life – now retirement is on the horizon. But you're not done planning yet. In fact, there's never been a more important time to talk to your advisor. Start with these nine questions:

1. CPP/QPP – now or later? The amount you receive from the Canada/Quebec Pension Plan partly depends on when you take it. At 60, you'll get less than if you wait until you're 65. Ask which option is right for you.
2. How should I withdraw from my RRSP? It's time to convert your Registered Retirement Savings Plan into an income stream. Ask when to make the jump, what assets you should hold and whether there are alternatives to a Registered Retirement Income Fund.
3. What about my pension? If you have a workplace pension, how much you get and how you draw on it depends on whether it's a defined contribution or defined benefit plan. Ask what you're entitled to and how it fits with your other sources of income.
4. Can income-splitting help? The tax paid on your retirement income can make a big difference in your cash flow. Ask about how income splitting can help make your savings go further. Strategies include spousal RRSPs, pension splitting and CPP/QPP splitting.
5. What's the right level of investment risk? After you retire, your nest egg can still generate returns. Ask what level of investment risk is right for you, and how to help manage that risk while growing your assets once you're no longer working.
6. What if my savings aren't enough? Do you have enough to retire, and if not, what are your options? Delaying retirement by a few years, taking on a part-time job after you retire or renting out part of your home can all help, boost your retirement income.
7. How do I handle debt in retirement? If you are approaching retirement with debt, ask your advisor about the best way to deal with it, whether it's through trimming expenses, downsizing your residence or streamlining your debt repayment plan.
8. Am I covered? Your current health and life insurance benefits may end once you leave your job. If so, find out what your options are for individual coverage.
9. What about my will? If you haven't reviewed your estate plan in a while, this could be a good time to do so. Make sure your will and power of attorney are up to date and ask your advisor or legal representative about ways to prepare your estate to maximize tax efficiency.

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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A first acquisition for Héritage Plein Air du Nord

Héritage Plein Air du Nord (HÉPAN) is pleased to announce the acquisition of a 29-hectare forest property, the centerpiece of what is now known as Heritage Forest. This first acquisition is located in an area of more than 200 hectares of undisturbed natural environments, between the municipality of Sainte-Anne-des-Lacs and the city of Prévost, in the Laurentians.



The natural environments of the Heritage Forest are home to a designated threatened flower in Quebec, the southern lister (*Neottia bifolia*), and the green snake (*Opheodrys vernalis*), which may be designated as threatened in Quebec. A network of trails already allows the discovery of this exceptional environment. Plans are currently underway to carry out development work in the coming months to improve visitor reception - kiosks, signs, parking, map at the entrance of the site and trail signage.

HÉPAN is delighted with the result of the first official fundraiser; more than \$200,000 was raised from members and users only! This contribution demonstrates the willingness of the local population to participate in the conservation of natural environments for recreational and environmental purposes. Nearly \$50,000 of this amount will be used to fund other acquisitions to further protect the sector.

Héritage Plein Air du Nord wishes to acknowledge the financial contribution of the following organizations to this project:

Environment and Climate Change Canada (ECCC) under the Natural Areas Conservation Program (PCZN), Municipality of Sainte-Anne-des-Lacs, Hydro Québec Foundation for the Environment, Écho Foundation, Quebec Wildlife Foundation, Boom Box, Caisse Desjardins de Valley of the Pays-d'en-Haut, Espresso Sport, Construction Alain Gaudreault and Valmont Wealth Management.

We also thank the Nature Conservancy of Canada (NCC) for its management of the PCZN. HÉPAN also wants to acknowledge the trust shown by the 20 or so owners who accept that the trails cross their property.

Tips for a safe 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!



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I'm Just Saying Come from away off-Broadway

Ron Golfman - Main Street

Being married to a Newfoundlander comes with many perks, and a few quirks, to say the least.

Their quick wit, a varied, unique dialect, and hearts of gold are the qualities one can always count on from people from the Rock. Another commonality seems to be large families, and my wife's clan is no exception. They are five girls and six brothers plus, due to circumstances, an additional stepbrother, resulting in the need to refer to two of them as Big Tom and Little Tom. I've often asked my wonderful mother-in-law, given the number of children she bore, why the idea of putting a TV in the bedroom didn't occur to her earlier on.

The current geographical locations for such a large clan span the country. Both Toms are in Alberta, one in Ontario, one in Quebec, one in P.E.I. and the rest spread throughout the Rock. Given this, and hopefully that we are somehow decent hosts, we have had the good fortune of being visited by all but the Alberta sons on numerous occasions most every year. The Toms express humorous resentment that the rest of the family thinks Canada only goes as far west as Quebec.

This time around, as I write, we are blessed with a visit from my 90-years-young mother-in law and one of my wife's sisters, Helen. In early October, my wife's brother Reg, who is the Arnie Hodge of St. John's, in that he is a master craftsman, a great fellow, and will help anyone with a problem at the drop of a hat, will be visiting with his lovely wife Bride, whom we oft say has no skin and bones as she's all heart. Most everyone we know in Morin Heights has come to know and hang out with the Norman family members when they visit, or as I refer to the guests lovingly, the Norman Invasion.

I must say that they come bearing gifts, such as fresh cod, salt beef, cod cheeks, moose and more, creating a Christmas atmosphere in our fridge and freezer. They also make homemade bread, Jig's Dinner and essentially live in our kitchen. It is all I can do to get near the tea kettle some days, while the results of this frenzy of activity can only be measured when I step on the scale after yet another great feed.

While we have three bathrooms, being the only male in the house with women who close the door after visiting the powder room has me often waiting in vain for someone to vacate the facility when it's often empty.

Another challenge, when any, or all, come from away, is to show them some new and exciting activity. Over time we have done Ottawa, Quebec City, and everything Montreal, including Saint Joseph's Orifice (as they refer to it). Locally, we brought them to the Legion, Comforts, all flea markets from Lachute to Morin Heights, the Buddhist Temple in Harrington, Tremblant and points in between.

At the end of the day, Newfoundlanders are as easy-going and easy to please as they are hospitable and charming. It has taken some time to realize that they are content to tip a jar at happy hour, have a gang join for a meal and simply swap stories, not needing to be entertained, or to be entertaining.

We visit the Rock often and love the people and the place, but having Newfies in our home, and I'm Just Saying, fills yer boots.

Rifle Club William Tell

Bericht über unser Schlachtfest vom
16. September 2018
Update about our
Thanksgiving Event of
September 16, 2018



Liebe Mitglieder & Freunde!

Bei herrlichem Wetter konnten wir heuer unser Schlachtfest bei guter Beteiligung feiern. Wir konnten sogar neue Besucher begrüßen.

Die Tombola war wieder sehr populaer und die Gewinner konnten sich ueber einige sehr schoene Preise freuen.

All das ist nur durch die grosszuegigen Spenden und Hilfe der freiwilligen Helfer moeglich.

Ein besonderes DANKESCHOEN moechten wir George Jaschke fuer eine Spende von \$ 200.- und Alfred und Anne Kluck fuer \$ 100.-, sowie Ruediger Beuk fuer das "ThanksgivingTurkey" und auch Carl und Erika fuer die Geschenkskorb Spende, sagen.

Bitte gleich das Advent "Kranzbinden"-Datum am 25. November vormerken. Auch wenn man kein Kranzbinden plant, ist es bei Gluehwein, Gulasch und Gebaeck ein gemuetliches Treffen.

Freundliche Gruesse

Das SWT Team.

Dear Members & Friends!

This year we celebrated our Thanksgiving event with some nice weather and great participation. We were also pleased to welcome some new visitors!

Once again, the Tombola was very popular and the winners took home some nice prizes, made possible through the generous donations and help of our volunteers.

A special THANK YOU to George Jaschke for a donation of \$200, Alfred and Anne Kluck for their donation of \$100, Ruediger Beuk for the "Thanksgiving Turkey" and Carl and Erika for the gift basket.

Please take note of the Advent "Wreath-Binding" date on November 25. Even if you have no plans to make your own wreath, join us for a pleasant get together and some mulled wine, Gulasch soup and desserts.

Best regards,

The SWT team



Making it Work in the Laurentians

'Traditional media' yips for the millennial artist

Rachel Morgenstern-Clarren

If you're an artist in 2018, you already understand the power of social media, but maybe you don't have as much experience with traditional media. Traditional media refers to anything that existed before the digital age, such as newspapers, TV and radio. While having a strong social media presence is undeniably important, traditional media can allow you to reach new audiences, gain credibility among your peers, milieu and industry, and get grants to support your future artistic endeavors.

Traditional media vs. social media

With digital media, nothing stands between you and your audience. However, social media campaigns require a lot of effort on the artist's part, and the results can be uneven. With traditional media, you must get the press to care about you and your work, so that they will want to feature you in an article or segment. However, if you can get that press coverage, especially in TV, you will quickly increase and broaden your audience.

So, who should you contact, and how?

Develop your media contact list by researching publications you'd like to be highlighted in and start gathering potential editor and writer contacts. Research the work of similar artists and find out where they've been featured. Submit listings of upcoming events to the local calendar-of-events editors. Develop relationships with assignment editors in TV and radio, so that when you pitch them a story, you can make sure it's relevant to their programming and audience.

How do you write a press release?

A press release announces something newsworthy, either right before, or right after, it happens, such as an upcoming show, exhibit, or collaboration, or an update about your art company/business. The first paragraph should cover the Who, What, When, Where and Why. The subsequent paragraphs should give background information or other relevant details. At the bottom, include a boilerplate section about yourself, followed by your media contact info. Send the press release to your developing contact list and, hopefully, you'll get the publicity you're seeking.

What should you include in a press kit?

A press kit, which often includes a press release, makes it easy for journalists to talk and write about you, and is also important when applying for grants. It generally includes your artist bio, an introduction to your work, including your main themes, including why and how you make art etc., an arts-focused CV that highlights your collaborations, education, exhibits, grants, etc., and promotional images and samples of your work in both digital (CD or USB) and hard-copy formats. You can even include a private link, with a password, to access past media coverage clippings/scans, and up-to-date contact information, such as email, phone, website and social media presence.

If you don't have strong design skills, it's worth investing in having a professional put your press kit together. Keep both electronic and paper versions on hand. Also, remember that your press kit, like your art, is a work-in-progress that should continue to evolve as your portfolio and career grow!

Develop a press kit that gets publicity with help from the YES Artists Coach. Call 1-888-614-9788 or visit www.yesmontreal.ca.

New bike path

The inauguration of the new Pumptrack recreational trail, located behind the town hall in Val David, took place on September 22, in the presence of bike enthusiasts, citizens and key stakeholders.

This pilot project is the result of collaboration with the Val David Outdoor Club that framed the layout of the track - design, development and coordination of work. The Club can now offer a sports infrastructure to the young people of Val David. The Municipality graciously offered the land and financed the project from the park fund, which is dedicated to the development of our parks, playgrounds and natural areas.





Real Wine for Real People Apple Cider

April Sirois - Sommelier - ISG

We are well into fall, here in the Laurentians, and that means it's apple season.

Now, I like apples, and I really like apple crisp, apple cookies, and apple sauce on my pork, but my favorite way to enjoy apples is in hard-cider form, especially all the delicious local ciders produced right here in Québec. If you have not had the chance to spend an afternoon at one of the local orchards, I highly recommend it. Pick one of these perfect, sunny, late-fall days, pack a picnic and take a drive.

I did a little digging on the subject of 'hard cider' and found a lot of information on it; it's history, how it's made, and discovered it was a very interesting read. Cider, it seems, is one of the most ancient forms of alcoholic beverages. It has been around since about 55 B.C., when the Romans conquered continental Europe and planted apple orchards for the production of hard cider that they called sicera.

Cider also seems to have a long history in northern France, where apples fared better than grapes during the harsh seasons of the Dark Ages (400 A.D.) and cider became much easier to produce and keep as an alternative to wine.

It is said that cider first arrived in Québec in 1535, with the explorer Jacques Cartier, who had several barrels of it, along with other rations, in his ship's hold. However, it was not until 1650 that the first cider house was built in what is now Québec City.

Cider was prohibited in the province in 1920, and it was only in 1970, half a century later, that the situation was corrected. However, it still took until 1988 for the government to issue the first cider craft licences, allowing Québec to become a world leader in cider making and production.

Even though it is packaged and sold in small bottles, more like beer than wine, cider is closer to wine than beer. The only way that the finished products (beer and cider) are comparable is in their similar alcohol content - between 5% and 8% - and that cider is often carbonated. In every other way it's exactly like wine. You ferment the juice from the fresh-picked apples, and you let the fruit express itself, unlike beer, which involves cooking and recipe development. Cider is more about the fermentation process, and the expression of the fruit itself, so you get more of a reflection of the type of apples that are used, and the location and climate where they have been grown. Just like grapes and wine.

Of course, you can enjoy hard cider all on its own, but I recommend it with a nice, roast pork dinner with an apple-cranberry chutney and garlic mashed potatoes, for the perfect comfort food for a cool, fall evening.

Cheers!

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How to choose the best apples for baking and eating



(NC) Whether you get them from your local pick-your-own farm, farmers' markets or in grocery stores, apple season is here. And with Ontario's apple farms in full swing, there's a bounty of varieties ready to be enjoyed. But with so many to choose from, how do you decide which to enjoy as a snack and which to bake into an apple pie? Here, Tom and Carol Chudleigh, founders of Chudleigh's, an Ontario pick-your-own apple farm, share their tips on fall's favourite fruit.

Best for school lunches. "Overall, Galas are one of the most popular apple varieties because of how sweet, crisp and juicy they are. They're a sure bet with kids," explains Tom. Another option available at pick-your-own farms is the Mini Kerr apple. This variety is just as crisp and delicious as the Gala, but much smaller - about the size of a golf ball - so you can toss a few into your child's lunchbox.

Best for fruit platters. Avoiding browning is key to a perfect platter, which makes the Cortland and Creston (a Canadian-bred apple) an excellent choice. "If you're cutting them up and serving to guests, I always recommend Cortland or Creston apples - they don't brown as quickly and keep their crisp and delicious look for longer," says Carol. Can't find them in your local grocery store? Honeycrisp apples are another great option.

Best for pies. There's more to look for in a dessert apples than sweetness. Carols says that good baking apples have a balance of sweet-tart flavour and texture. "We use Northern Spy apples to make our Apple Blossoms and pies because they stay crisp when baked, holding their shape without turning into mush." In case you can't make it out to your local pick-your-own farm or farmers markets where the Northern Spy apples are found, Carol also recommends Ambrosia or the more readily available Golden Delicious and Granny Smith.

Best for wine and cheese. Truth be told, plenty of apples pair deliciously with wine and cheese. "Farm fresh apples bring a natural twist to a cheese board," says Tom. "But it's about finding perfect pairings." Honeycrisp apples pair beautifully with Camembert and Cabernet Sauvignon. If you like a stronger cheese, Mutsu apples are a delicious option that pair with Gorgonzola and Merlot. Find more information at www.chudleighs.com.

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