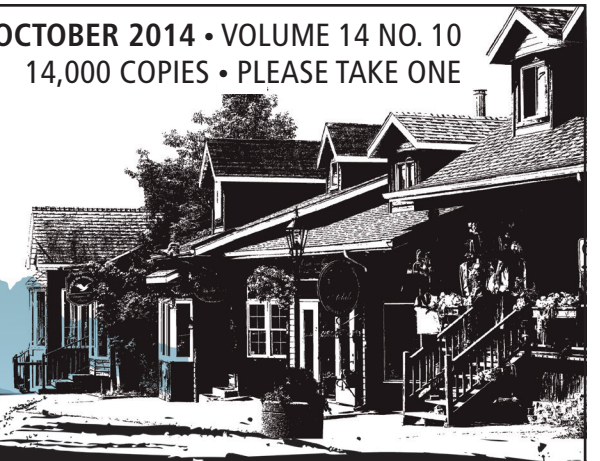


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What's On My Mind... Total Waste

Susan MacDonald, Editor

Well over five years ago, I visited the recycling plant, Tricentris (Lachute), and was completely aghast at the vast amount of non-recyclable materials they had received in their blue bins and, I was told, they continued to receive, with every truckload. Stuffed animals and furniture lined one wall, car batteries, gas tanks, paint cans and other hazardous material filled a large wired crate, and old clothing filled several over-sized garbage bags. To the disgust of the line workers was the frequent inclusion of dead animals and soiled diapers. There was nearly as much material to be discarded, as there was to recycle!



A recent conversation with two gentlemen responsible for collecting both household and recycled waste, told me not much has changed over the years, except for the dramatic increase in tonnage. When asked what was the most ridiculous item they had ever picked up for recycling, the reply was a toss-up between a dismantled car and the front half of a boat. Innocently, I couldn't help but wonder what new life the back half had found. With all the information available today, through our individual municipal newsletters and websites, as well as Internet access to the various recycling and eco-centres, how can this nonsense still be ongoing? There is no excuse for ignorance; even a ten-year-old can type, "recycle materials," in a Google or Yahoo search window on a computer.

Last year, the municipality of Ste. Adèle implemented strict new bylaws regarding waste disposal. A "garbage police inspector" was hired, to circulate the village and inspect the contents of the bins put out for collection. Residents were issued warnings for first-time infractions of improper materials choices, with promises of fines for continuing improper garbage disposal. While several people mocked the initiative, I have come to believe that this is the only way that indifferent people will be forced to wake up and take responsibility for what they are currently dumping, through their ignorance or negligence, into our landfills, or sending out improperly for recycling, only to pass their failure of responsibility on to others. "Out of sight, out of mind," should cost those who don't care big bucks.

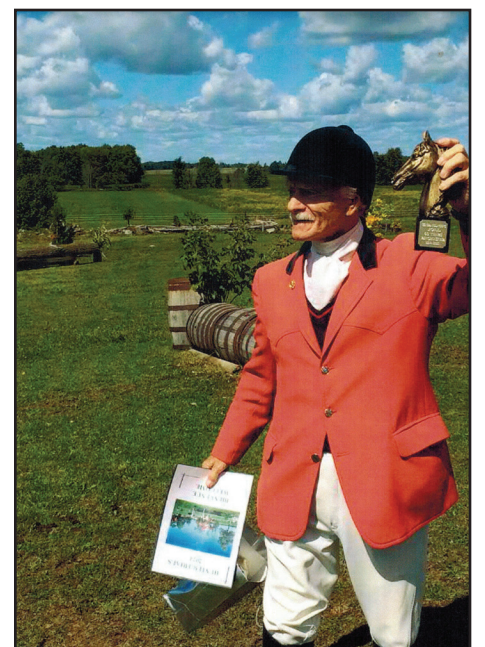
Equally disturbing, is when hazardous wastes are collected, and consequently contaminate the entire load, thereby rendering the full collection, as well as the efforts of the "conscientious recycling population," a total waste.

The concept of the 3 Rs (recycle, reduce and reuse) is a simple one, and was intended as a measure to protect the future of our environment. If you are unsure of what should, or should not, be placed in the big, blue bin, please make the effort to find out, and be proud of yourself for being part of the solution, rather than the problem.

A little respect goes a long way, and is always sincerely appreciated. Please remember that garbage, and materials for recycling, are handled and sorted by "real people." Surely, you can understand that their jobs are not pleasant, even at the best of times. You can help make their work a lot easier by acting courteously to them, and to the environment you live in.

"Line Up Please..."

At the Lake of Two Mountains Hunt Trials, held on September 7, 2014, Joel Ryshpan was acknowledged for his 60 years as ringmaster for equestrian events. In his honour, he was presented a prestigious award in front of a crowd of more than 400 spectators. Over the past six decades, Joel's familiar voice has boomed across countless rings, as he directed riders through their paces and presented ribbons to the winners. He has officiated as ringmaster and steward at several local and regional events, including The Lachute and the Royal Winter Fairs, and stood at the entry gate of the Olympic ring, as an official.



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Observations The Pharmaceutical Conundrum – No Cures (Part 2)

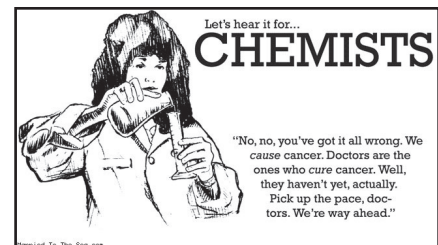
David MacFairlane - Main Street

While searching for material to follow up on my August 2014 "Observations," about sickness and the disturbing lack of cures, I came across a profoundly interesting essay on cancer titled, "The Inheritance Myth – Time To Talk Frankly About Cancer," by Dr. Kristine Mattis, PhD in Environmental Studies, University of Wisconsin-Madison, interdisciplinary scholar in Biology and Earth System Science, and published in September 2014.

Dr. Mattis points out that "conventional wisdom about cancer tends to end up promulgating misinformation and misinterpretations, not sound science." A major point is that cancer is NOT inheritable. It is a terrible disease, yes, but is not inherited, nor is it a single disease. There are some inherited diseases, such as cystic fibrosis, Tay-Sachs, Huntington's and Down's Syndrome, all inherited, degenerative, genetic disorders, affecting the lungs, nerve cells, musculature and growth/IQ of humans respectively, but these are relatively rare, because normally "the processes of evolution and natural selection promote the disappearance of genes that produce disease ..." Dr. Mattis also points out that the so-called breast cancer genes, BRCA1 and BRCA2, are mutant genes that confer only a greater risk for breast and ovarian cancer in women who have them, than in those who do not. These mutant genes, in themselves, do NOT cause cancer, they only make it more difficult for a body's cells to repair any damage done to its DNA by extrinsic carcinogens.

This researcher also affirms that when human cells are exposed to cancer-causing agents (i.e. carcinogens) "such as ionizing radiation, certain natural and synthetic compounds, certain viruses and some endocrine disrupting chemicals, ... they have mechanisms to repair the damage (those) agents cause to the DNA. But, if the damage is too severe or widespread, or the cells lack the mechanisms for repair, ... the risk of contracting cancer is increased." This would be the case, also, for women carrying the "breast-cancer" gene.

Dr. Mattis laments the fact that, although it is known scientifically that cancer is not inherited, the existence of mutant genes that increase susceptibility to cancer has caused much misunderstanding in the general population. So, with the focus on only 5-10% of cancer patients who carry inherited genetic susceptibility to cancer, researchers have generally excluded the remaining 90-95% of those with the disease. While the minority, 5-10%, with the mutant genes are at greater risk, they are NOT pre-disposed to cancer. The genes increase susceptibility to cancer, ONLY when exposed to carcinogens in the environment, but the majority, 90-95%, are also similarly susceptible, but only less so. She goes on to explain that in women, the incidence of breast and ovarian cancer is higher amongst women born more recently than those born in earlier generations. Other researchers have suggested this may be due to earlier puberty and later childbearing. Dr. Mattis, however, suggests that this is "due to increased exposure to estrogens, which can indirectly influence a cascade of cancer-causing cellular events" and that increasingly earlier puberty is the result of "our increased exposures to synthetic estrogens, not better nutrition, ... but passing off these two risk factors as primary causes of ... breast cancer ... is disingenuous"



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We are told that many of the over 80,000 synthetic chemicals produced during the last 100 years not only directly cause human DNA mutations that lead to cancer, but also mimic estrogen in our bodies which lead, indirectly, to cancer. Dr. Mattis goes on to say ... "These chemicals are in the food we eat, the air we breathe, the water we drink, and the endless industrial products we produce and consume." She points out that bio-accumulative radiation from X-rays, CT scans

and other radiological procedures also contribute to cancer and, therefore, caution should be shown by women when deciding about having frequent mammograms, since these procedures involve radiation. She suggests that MRIs and ultrasounds are harmless alternatives. Research is now indicating that non-ionising radiation (which is also bio-accumulative), such as from cell phones, cell towers, wireless Internet and smart electrical and water meters, is also a possible carcinogen, placed by the World Health Organization in the same carcinogen class as the human papillomavirus. She says, "The ubiquity of carcinogens and the ubiquity of our exposure to them, synergistically and cumulatively, is far more likely to be the cause of our plague of cancer diagnoses."

The lack of information about our exposure to carcinogens must lead a curious mind to enquire why this is so, if it is known that they exist and that they are extremely dangerous to hu-

man health. We are exposed, often unnecessarily, to tens of thousands of chemicals and pollutants that cause cancer, which are dismissed as being unproblematic at the levels at which we are exposed to them. However, this exposure is always bio-accumulative, as is radiation in all forms, so even a little is no good, if the exposure is constant. Dr. Mattis also laments that, "the plain and simple fact that exposure to carcinogens can and does lead to cancer is always absent in the medical discussion of cancer."



But, the largest reason for cancer's disavowal is that doctors, researchers and scientists who speak the truth are condemned, defamed and discredited by the very mega-corporations and pharmaceutical giants that produce these carcinogens and the patented medications that merely control their by-product diseases, rather than cure them. These corporations "have multi-billions of dollars worth of revenue to protect, as (they) maintain the businesses and industries that introduce so many of the carcinogenic products in our world."

She concludes, "Until we can have a frank conversation about cancer, that includes all of the primary elements contributing to the disease, ... (we will remain light-years away from being able to) ... combat this horrendous blight."

It ain't gonna happen. Frankly, we're screwed!

NOTE: This essay of Dr. Kristine Mattis, PhD, is licensed under a "Creative Commons Attribution 4.0 International Licence."

Any person or community health service organization interested enough to read, or may wish to circulate, the entire essay can find it at ...

<http://www.greenvillepost.com/2014/09/17/time-to-talk-frankly-about-cancer/>

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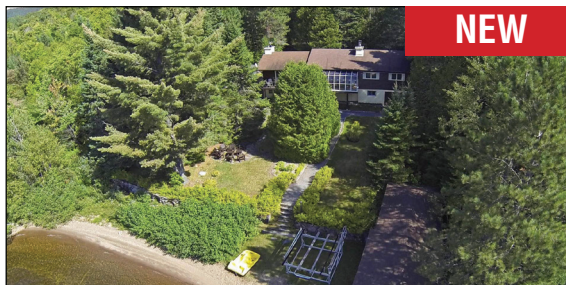
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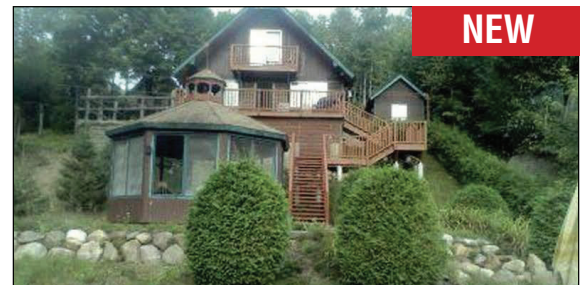


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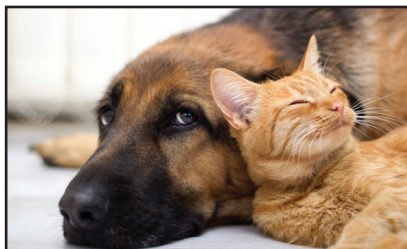
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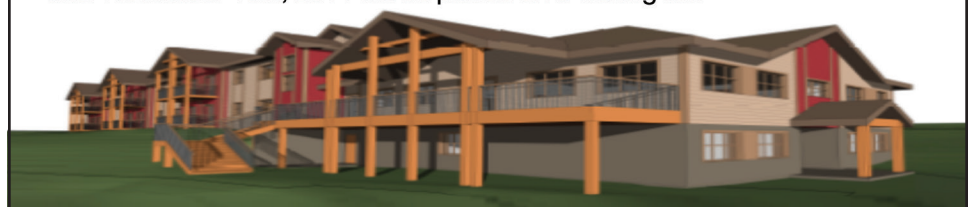
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NOTICE OF ELECTION & POLLING INFORMATION

PUBLIC NOTICE is hereby given that the following candidates have been nominated for the offices of school board chairperson and commissioner in the electoral divisions listed below and that an election will be held on Sunday, November 2nd, 2014. The advance poll will be held on Sunday, October 26th 2014.

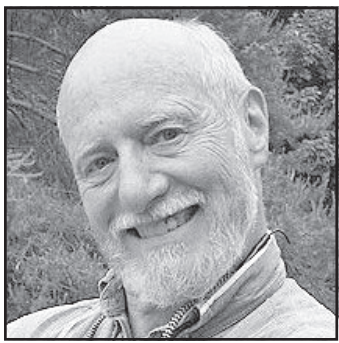
ELECTORAL DIVISION N°	CANDIDATE(S) FOR CHAIRPERSON	Address	Recognized Ticket	Polling Stations	Location
1-9	Steve Bletas	2299 Boul. Des Laurentides, Laval Qc. H7K 2J3	Students First	All Polling Stations	In all locations
1-9	Jennifer Maccarone	2557 Hemon, Laval, Qc H7T 2N8	EducACTION	All Polling Stations	In all locations
ELECTORAL DIVISION N°	COMMISSIONERS				
1	Georges Benoit	588 Labelle, St. Jerome, Qc, J7Z 5C5	EducACTION	October 26 1 2 3	October 26 1 – Grenville Elementary 2- Ste. Agathe Academy High School 3 – Morin Heights Elementary
1	Peter MacLaurin	279 Christievill Rd., Morin Heights, Qc. J0R 1H0	Independent	November 2 1 2 3,4,5, 6,7	November 2 1- Grenville Elementary 2 - Arundel Public Library 3,4,5 -Ste. Agathe Academy High School 6,7 – Morin Heights Elementary
2	Robert Dixon acclaimed Vote For Chairperson	159 Chemin Dunany, Lachute, Qc. J8H 3W8	Independent	October 26 4 5 November 2 8,9,10, 11,12,13	October 26 4 –Laurentia Elementary 5 –Laurentian Elementary November 2 8,9,10- Laurentia Elementary 11,12,13- Laurentian Elementary
3	Frank Baker	282 Grande Cote, Rosemere, Qc. J7A 1J6	Students First	October 26 6,7,8	October 26 6,7,8 – Lake of Two Mountains High School
3	Guy Gagnon	123 1 st Avenue, St. Eustache, Qc. J7P 2R1	EducACTION	November 2 14,15,16,17,18,19, 20	November 2 14,15, 16,17, 18, 19, 20 — Lake of Two Mountains High School
3	Jonathan Leggitt	416 21 st Avenue, Deux Montagnes, J7R 4M6	Independent		
4	Anne McMullon Panet-Raymond	361 Cardinal Street, Rosemere, Qc. J7A 2T9	EducACTION	October 26 9, 10, 11 November 2 21 22 ,23, 24, 25, 26, 27, 28	October 26 9,10 - McCaig Elementary School 11 – Ecole Primaire Trois Saisons November 2 21 22 ,23, 24, 25 -McCaig Elementary School 26, 27, 28- Ecole Primaire Trois Saisons
4	Steve Mitchell	356 Wolfe Street, Rosemere, Qc. J7A 3X2	Independent		
5	Dean Dugas Acclaimed Vote For Chairperson	45 des Jonquilles Avenue, Notre Dames des Prairies, J6E 9H7	EducACTION	October 26 12 13 14 15 November 2 29, 30, 31,33 32,	October 26 12- Pinewood Elementary 13-Franklin Hill Elementary 14-Joliette High School 15- Rawdon Elementary November 2 29- Pinewood Elementary 30- Franklin Hill Elementary 31,33- Joliette High School 32- Rawdon Elementary
6	Emilio Migliozi	3113 Pierre-Corneille, Laval, Qc. H7P 5Y9	EducACTION	October 26 16,17, 18,19. November 2 34, 35, 36, 37, 38, 39, 40.	October 26 16,17-Terry Fox Elementary School 18,19-Twin Oaks Elementary School November 2 34,35,36- Terry Fox Elementary School 37,38,39,40- Twin Oaks Elementary School
6	Grace Nesi	48 D'Edimbourg, Vimont, Laval Qc. H7M 1M9	Independent		
6	Mike Pizzola	4760 De Hauteville, Terrebonne, Qc. J6X 1S3	Students First		
7	Tracy Friedman	1014 Rue de la Verveine, Laval, Qc. H7Y 2E3	Students First	October 26 20, 21, 22. November 2 41, 42, 43, 44, 45, 46, 47, 48, 49	October 26 20, 21, 22- Crestview Elementary School November 2 41, 42, 43, 44, 45, 46, 47, 48, 49- Crestview Elementary School
7	Sollie Gliksman	264 de Colombier, Boisbriand, Qc. J7G 2L4	Independent		
7	Vicky Kaliozakis	1143 Rue Marquis, Chomedey, Laval Qc. H7W 1E9	EducACTION		
8	Dennis Konidis	4550 du Souvenir, Laval, Qc. H7W 1C3	Independent	October 26 23, 24, 25 November 2 50, 51, 52, 53, 54, 55, 56, 57	October 26 23, 24, 25- Mother Teresa/ Laval Junior High Schools November 2 50, 51, 52, 53, 54, 55, 56, 57 - Mother Teresa/ Laval Junior High Schools
8	Elio Lattanzio	685 Gougeon, Laval, Qc.H7X 4C5	EducACTION		
8	Ailsa Pehi	1810 Emilie Gadbois, Laval, Qc. H7W 0A3	Students First		
9	Nicolas Bianco	2245 Rue de Marbella, Laval, Qc. H7K 3P5	Students First	October 26 26, 27, 28. November 2 58, 59, 60, 61, 62, 63, 64, 65, 66,	October 26 26, 27, 28 -St. Paul Elementary School November 2 58,59,60 – Jules Verne Elementary School 61,62,63 64,65,66,- St. Paul Elementary School
9	Nazario Facchino	431 Antoine- Forestier, Vimont, Laval, Qc. H7M 4GI	Independent		
9	Paolo Galati	895 Suzanne Ave., Laval, Qc. H7C 2H9	EducACTION		

Ward 1	Ward 2	Ward 3	Ward 4
Grenville Elementary 184 Principale, Grenville, QC J0V 1J0	Laurentia Elementary 457, rue Filion, St-Jérôme, QC J7Z 1H7	Lake of Two Mountains High School 2105 Guy, Deux-Montagnes, QC J7R 1W6	McCaig Elementary 501 Northcote, Rosemere, QC J7A 1Y1
Arundel Public Library 2 du Village, Arundel, J0T 1A0	Laurentian Elementary 455 Court, Lachute, QC J8H 1T2		Ecole Primaire Trois Saisons 1658 boul des Seigneurs, Terrebonne, J6X 3J4
Sainte Agathe Academy 26 Napoleon, Ste-Agathe-des-Monts, J8C 1Z3			
Ward 5	Ward 6	Ward 7	Ward 9
Pinewood Elementary 412 Des Anglais, Mascouche, QC J7L 3R1	Terry Fox Elementary 900 Des Lacasse, Laval, QC H7K 3V9	Crestview Elementary 750 Devonshire, Chomedey, Laval, QC H7W 4C7	Saint Paul Elementary 2425 Honfleur, Duvernay, Laval, QC H7E 1Y3
Franklin Hill Elementary 1111 Basile-Routhier, Repentigny J5Y 4C8	Twin Oaks Elementary 700 Lisane, Fabreville, Laval, QC H7P 3T2		Jules Verne Elementary 1701 De l'École, Duvernay, Laval, QC H7G 1V5
Joliette High School 107 Delorimier, Joliette, QC J6E 6E8			
Rawdon Elementary 4121 Queen, Rawdon, QC J0K 1S0		Mother Teresa/ Laval Junior High Schools 2323 Daniel-Johnson, Laval, QC H7T 1H8	

The addition of the votes will take place on election night Sunday November 2, 2014 in the office of the returning officer at 235 montée Lesage, Rosemere at 8 p.m.

Given at Rosemere (Québec)
September 30, 2014

Linda Di Domenico, Returning Officer
450-621-5600 xt 1357



Simply Words on Paper Some Impressions of the Land "Down Under"

Jim Warbanks - Main Street

I have recently returned from my first, very enjoyable, visit to Australia. I have hitherto resisted making comments in this space about other trips, even those to more exotic destinations. This is perhaps due to lingering psychological trauma, induced in elementary / high school, when I was frequently compelled to write about what I did during my summer vacation.

Our planned itinerary was limited to stays in Sydney, Byron Bay, Surfers Paradise and Brisbane, so I cannot claim great expertise in evaluating life in Australia. In fairness, this would be somewhat comparable to an overseas visitor traveling from Montreal, to the Laurentians, then on to Toronto, claiming to have seen Canada.

Therefore, I will simply share some impressions of the similarities and differences I noted during my time "down under." Though we did not visit the less-favored areas of Sydney, a prosperous city approaching 5 million residents, public areas were gratifyingly trash-free and the presence of graffiti was minimal. The people we encountered were open, welcoming and invariably helpful.

Costly

Living expenditures are astronomical, by Canadian standards. Houses in a modest older suburb, located on postage-stamp size lots, were routinely valued at \$1 million +. An outgoing tour guide, indicating where he lived in a modest one-bedroom apartment, located a significant commute from downtown, pays \$400 rent...weekly! Other costs, such as restaurant meals, were significantly higher than at home. Consider a \$40 full breakfast for two. Gas prices were just above the Canadian equivalent.

To compensate, the basic minimum hourly wage is due to rise to \$16.87, or \$640.90 weekly. However, the elevated wage scales have severe effects on the economy, particularly manufacturing, resulting in the imminent closure of one of the main automobile assembly plants, with the remaining two likely to close within the next two years. All vehicles sold would then be imported from neighboring producing countries. Though major international companies, such as K-Mart and McDonald's are present, they do not have a dominant presence. Australian companies appear to have remained competitive in most economic fields.

Blue haze

An excursion to the nearby magnificent, magical Blue Mountains, comparable to our Laurentians, demonstrated how easily you can reach wilderness areas from an urban centre. Oil droplets from the eucalyptus forest, mixing with dust particles and water vapor, produces a blue haze in certain weather conditions.

After a flight to Brisbane, we travelled by car, driving on the other side of the road, (the left) which requires considerable focus and constant attention, to Byron Bay, a small town with a splendid beach. There, we enjoyed going to local farmers' markets, where expensive organic produce was featured. Environmental issues received prominent exposure. A significant number of the vendors and buyers could be described as advocates of the hippie lifestyle, including clothing choices and the ability to walk barefoot on a gravel surface. A charming time warp.

Ideal surfing

Surfers Paradise, on the Gold Coast, bears its name well. A spectacular beach is the main attraction, with waves suitable for surfing even on calm, early spring (seasons are reversed 'down under') days. Its proximity to Brisbane makes it an ideal tourist/vacation destination. A panoply of high-rise apartment buildings has been erected, with development still booming. A comfortable pied-à-terre will set you back at least \$300,000.

During our stay, the four-week National Rugby League playoffs were scheduled. The frenzy can be compared to National Hockey League playoffs involving the Canadiens. Rugby is a full-contact, physical sport, featuring sustained action, varied scoring opportunities and rabid fan loyalty. We viewed some key games, leading up to the Grand Final at a brew house and a sports bar. The atmosphere was electric; the commentary very partisan. I insist that this sport provides much better entertainment than soccer/football, which is marred by having minimal scoring opportunities and the dreadfully frequent faking of injuries.

Newspapers

I could not fail to mention here how prominent newspapers remain in Australia. The daily papers in each city appear to be thriving, and voluminous weekend editions of the national papers attract all manner of advertisers. The general tone of political, economic and sports coverage is less formal, and more reader-friendly, than in some of the more stodgy 'papers of record' in Canada. Newspaper commentators are sought-after guests on many of the prominent local television shows.

Thus ends my brief tour of Australia. I will spare patient, kindly readers the burden of viewing my vacation photos, even those of oh-so-cute koalas.

Coming Up On Facebook This Month



This month, catch the latest updates on Fukushima, the Crisis That Keeps On Giving. Look for upcoming cultural events, road closures due to construction zones plus timely local news. Stay tuned.....

Get the latest news and events
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About Saint-Adèle

Chris Lance - Main Street

People

In March 2011, Pierre Bedard, a sales rep for Lange Dynastar, was found murdered in his house in Sainte-Adèle. Since then, Denis Cantin, 49 years-old, was accused of murdering Mr. Bedard. The trial was continued at the Palais de Justice de Montreal, with Judge Terry Zigman proceeding in court, which started last September 29.

Saint-Adèle's Michel Robichaud was named the grand winner of the 46th edition of the Festival International de la chanson de Granby. The singer/songwriter won the equivalent of \$40,000, which includes \$25,000 in funds for career development from Le Festival and Rouge FM, and \$10,000 for La Bourse Rouge FM plus a chance to tour in Europe in March 2016 and a spot to perform this fall on TV's Belle et Bum. Congratulations Michel! If you want more information on Le Festival go to www.ficg.qc.ca.



Cinéma Pine (24 rue Morin) has been at the same address for over 65 years. Tom Fermanian, proprietor, has recently been honored for this accomplishment of continued success in the film business. The Cinéma Pine offers films in English and French at the original address and a second venue in Sainte-Adèle. Monday (and now Tuesday) night specials still happen, and Tom always keeps up with the latest films in different sized salons. On behalf of everyone at Main Street - "Chapeau Tom" - we wish you and your family continued success.

Business

The provincial government is encouraging renovation and tax incentives for home improvement until the 31st of October. Many of the local hardware outlets and home improvement retailers are now offering deals. If you need windows, you can check out Fenexco at www.fenexco.com.

Photocopies ILLICO is celebrating 10 years here in Sainte-Adèle. Visit them at 866 Boulevard Sainte-Adèle or online at www.photocopiesillico.com.

We have our fair share of osteopaths here in Sainte-Adèle. On rue Blondin, you can visit Catherine Langevin-Cusson at the Clinique Vitalite. Nicole St-Antoine has her osteopath clinic on Emile-Cochand (www.nicolestantoine.com).

Now that the tennis season is cooling down, our tennis pro, Greg Harmon, is thinking about Florida. The membership in Sainte-Adèle has grown over the past twelve years and that is all due to Greg and his tennis team. I look forward to next season with him, and hope he plans to keep working at our public courts.



News Wire From Weir News From City Hall

Claudette Smith-Pilon - Main Street

Habitation Stephen Jake Beaven is a go-ahead. Trees have come down and the foundation work is already underway. Finally, the residence will become a reality,

and people are looking forward to watching the construction of the building commence. Early spring is the plan.

COOP plans are also a topic this month, with a project by the citizens and for the citizens. Dominique Cadieux and his team have collected many questionnaires concerning this venture. More than 100 citizens are willing to become members; 88% are also in favour of having a COOP convenience store in the village. For info call Dominique: 819 681-3383 local 5804.

ACTIVITIES IN OUR AREA

Painting workshops are available at the community hall on Mondays: 1 pm - 4 pm. Anyone who enjoys painting in a social atmosphere is welcome to attend. This is a perfect opportunity to learn from each other. Come and join the fun, you will love the ambiance!

Bridge is scheduled on Tuesday afternoons at the community hall, from 1 pm - 4 pm.

The Laurentian Branch of Victoria's Quilts Canada will be having their next work day on **October 20 at 9 am** in Grace Church, Arundel. Anyone interested in seeing what these ladies are capable of doing in one day is welcome to join us for an uplifting experience. Bring your lunch, we will provide dessert.

A new garderie (nursery) has recently opened, and is a wonderful addition to the community. "Les Merveilles du Monde d'Audrey" is located at 76 rue Principale, Montcalm (Weir). For additional information, please call Audrey Query at 819-687-9040.

Nov 22: The Huberdeau & Montcalm Fireman's Spaghetti Dinner

Thurs, Dec 4: 9 am - noon - VACCINATION

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

MY SINCERE GRATITUDE FOR ALL YOUR COMMENTS



STRICTLY BUSINESS

By Lori Leonard - Main Street



Congratulations to:

Yvon Gilbert, owner of the new Mickey's Café (832 Village Rd., Morin Heights), which officially opened its doors on Saturday, September 27. Specialties include varieties of expresso, iced coffee, tea, hot chocolate and lemonade, as well as croissants, chokolatines and Danish. Open for breakfast and lunch; Monday to Thursday: 7 am - 5 pm, Friday: 7 am - 9 pm, Saturday: 8 am - 8 pm and Sunday: 8 am - 5 pm. A variety of delicious paninis will be served for lunch. Of special interest is wood from the original "Mickey's" building was used to create all the tables, chairs and counters inside. Nice to know that some history will remain! Besides having a passion for coffee, Yvon is also passionate about tennis and is a member of the Davis Cup Team. He has owned tennis shops for the past several years. 450 644-0060. www.mickeyscafe.ca.



Institut Isis (95 de l'Église, St. Sauveur) that celebrated its 1st anniversary. It now offers many types of excellent treatments, such as hair styling, coloring, gel varnish, massage, cellulite care, permanent make-up, eyelash extensions, foot care, weight loss and much more. Marie-Josée, Annie, Mélanie, Marie and Audrey are at your service. 450 744-0577.



Bernard Franke, of Franke Mercedes Benz (1751 rue Principale, Ste. Agathe) is enlarging the premises to include a new line of Sprinter vans and trucks. There will be a protected area where, upon arrival, clients can drive in their vehicles, a new preparation bay, a larger showroom and 3 service bays for the Sprinters. The Franke family has been in the European car business in Ste. Agathe since 1957. 819 326-9075, www.franke.mercedes-benz.ca.



Happy 15th Anniversary to the Jasmin Family, owners of IGA, Marché au Chalet (1300 boul. Ste. Adèle, Ste. Adèle). In 1999, their team consisted of 32 employees. Today, their team consists of 115 people. The store has also grown immensely. The Jasmin family strongly supports many community initiatives. 450 229-4256, www.iga.net.



Guylaine Beaudoin, owner of Le P'tit Bar (434 rue Principale, St. Sauveur) who re-opened her bar on August 18th. This building was reconstructed after a fire ravaged the premises. Guylaine has owned this bar for the past 11 years. Open 8 am - 3 am seven days/week. Their daily special includes 20 oz. of draft beer for only \$5. Shooters are available from 5 - 7 pm for only \$3. 450 744-1487.

Did you know that:

TV Cogeco has moved to their new premises, located on boulevard Ste. Adèle, between the SAQ and Grimard Optique? This new location will have a large studio with excellent lighting, showrooms and office space. A new kiosque will also be installed at the entrance. Congratulations to Director, Christian Fournier and the entire Cogeco team.

As of Sunday, October 5, Restaurant Marabou Saint-Sauveur (358 rue Principale, St. Sauveur) will offer a new "Marabrunch" every Sunday from 11 am to 3 pm? A choice of delicious breakfasts, coffee and mimosas are all on the menu. 450 744-1210, www.lemarabou.com.

1001 Faces Looking to Draw Crowds

The caricature event of the Laurentians will be entertaining crowds on October 11 and 12 in the community church hall in Val David.

Between ten and twelve exceptional caricature artists, including the guest of honor, Marc Beaudet of le journal de Montréal, will be back in Val-David for this year's event.

These talented artists from across Quebec (and beyond), some of the best in their genre, will entertain visitors, draw caricatures from live models and exhibit their work. With the ease and finesse of magicians, they will demonstrate their skills as they turn a blank sheet of paper into a masterpiece within minutes.



Anyone with an interest in cultural events, and in art in general, will enjoy watching these artists at work. Incredibly talented, being a caricaturist is not so much a matter of choice as it is a natural gift from birth. This year marks the 9th anniversary of this annual event, which has been repeatedly well-received year after year by the public.

Workshops, caricatures, music and entertainers; a lot will be going on over the weekend. Come and visit us and enjoy the show. It's free, it's fun, it's magic on paper. For full details please visit the website www.1001visages.com.



MRC LAURENTIDES - LABELLE

David Graham won the federal Liberal nomination in the riding of Laurentides - Labelle. Before a packed hall of more than 500 Liberals at the nomination meeting in Mont-Tremblant on Thursday, September 18, Graham addressed the significant challenges ahead. Citing his experience as a journalist, community organizer, and his years of work with some of Canada's best Members of Parliament, he addressed the problems of opportunity and out-migration of our youth head-on, and acknowledged the myriad of other challenges his riding faces. His campaign focused on a theme of working together, and he demonstrated it with his widespread support in the English, French and ethnic communities, in all corners of the riding. His opponents in the hotly contested nomination were Julie Tourangeau of Ste-Agathe, and Mylène Laframboise of Mont-Tremblant. David Graham will be on the ballot in Laurentides - Labelle in the next federal election, expected on October 19, 2015.

MRC PAYS D'EN HAUT



Cyclo Nord-Sud Helping To Beat Poverty Wheels For a Better Life

On October 18, Cyclo Nord-Sud will be collecting used bicycles (as well as bike parts, tools and accessories) to ship to poor communities in Southern countries. There, they will be used as a much-needed means of transportation that will help generate a new source of income for the recipients. This is a great initiative to help fight against poverty!

The event has been organized by the volunteers of the Environmental committee of the City of Sainte-Agathe-des-Monts, in collaboration with the Cyclo Nord-Sud organization. It will take place on Saturday, October 18 between 10 am and 1pm at Place Lagny, 2 rue St-Louis, Sainte-Agathe-des-Monts.

Please note that Cyclo Nord-Sud requests a minimum donation of \$15 per bicycle to cover shipping and storage costs. Tax receipts equal to the market value of the donated bicycle plus cash contributions will be issued.

For further information: Karine Courchesne 450 472-9162.
www.cyclonordsud.org

MRC ARGENTEUIL

Economic Recovery - The Liberal Government's Priority

Argenteuil M.N.A. Yves St-Denis attended the second opening of Parliament at the National Assembly on Tuesday, September 16. The house resumed its activities after its summer recess. "I had quite a busy summer attending to the riding's activities and meeting with local representatives. I join my colleagues with lots of projects on my mind" said Mr. St-Denis.

Economic recovery, public finances and revising government-funded programs, are only a few of the topics on which Mr. Couillard's government will focus. Quebec's premier aims to improve the management of government funding so that the economy can flourish on more solid ground and create jobs.

"There is a lot to do to reverse Quebec's decline. The Liberal team has the population's trust, a solid plan, and is determined to work with economic and political partners to offer the population a more prosperous Quebec," stated the M.N.A. The provincial government aims to achieve a balanced budget in the year 2015-2016. They are currently revising public programs. Since there is a lot of speculation on every possible action from the government, the M.N.A. wishes to reassure the population by saying every program is currently studied, and none is specifically targeted. They invite all citizens to express their views on the website, www.revisiondesprogrammes.com.



Yves St-Denis

Township of Gore response Contribution to Aid Centre d'entraide d'Argenteuil

Thanks to the efforts and generosity of the community, the Centre d'entraide d'Argenteuil was able to provide services to its clientele very quickly following the disastrous August 23 fire. This organization, whose mission is to support people in difficult and often precarious situations, is a fundamental resource for our area indicated Mayor of Gore and Argenteuil MRC Prefect Scott Pearce. He felt it very important that economic aid should continue to allow the Centre to fully restore operations after this terrible tragedy.

Encourage others

Pearce has announced that the Township of Gore has responded to the call by Lachute Mayor Carl Peloquin, and that the municipality would pay a sum of \$ 1,800 to the Centre for assistance, a financial contribution equal to \$ 1 per resident. In turn, he encourages other municipalities to follow suit and once again reminds the public that the need is great and any additional help would be appreciated.



SOPFEU Releases Assessment for 2014 Forest Fires: a remarkable year

The season of protecting forests against forest fires for 2014 has drawn to a close and the Society for the Protection of forests against fire (SOPFEU) recorded a very positive assessment of 239 fires having affected 401 hectares of forest.

This year featured a very late spring that recorded the lowest number of fires and the smallest total area affected since 1984 for the spring season; 82 fires / 131 acres of forest. Weather data shows that the fire season was generally hot, with the exception of July. Eastern Quebec recorded warmer temperatures and was drier than in normal seasonal periods.

Light winds, few storms, but also vigilance

SOPFEU attributes this positive record to light winds, and fewer thunderstorms during the most critical periods. The population also exercised responsibility, because the number of human-caused fires was well below average. During the past 30 years, 2014 is second only to the 2008 season as having the smallest number of fires.

Continue our good work

The fire season is over, but it is not complete. The dead leaves dry quickly and can surprise you, and it is advisable to avoid burning on hot, windy days. Working together, we hope to maintain this positive record and protect our beautiful forest landscapes.

Review of the 2014 season

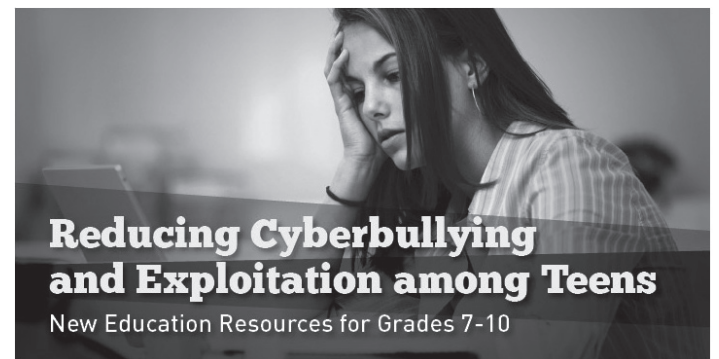
To date, the base of Maniwaki fought 68 wildfires, which destroyed an area of 66.5 hectares, while the regional average for the last 10 years on the same date is 163 fires, covering an area of 592.2 hectares. It should be noted that 82% of fires and 97% of the area burned in 2014 were due to human negligence. This is well above the average of human-caused fires, which is at 65% and 40%, respectively.

www.sopfeu.qc.ca

Mrs. Lauren Harper joins the Canadian Centre for Child Protection to launch new educational initiative to help stop cyber-bullying

Recently, the Canadian Centre for Child Protection launched two new educational modules for teachers to help address the growing issue of cyber-bullying among teens. Through its role operating Cyber-

tip.ca, Canada's tip-line for reporting the online sexual exploitation of children, the Canadian Centre has seen a large increase in reports from youth, as young as 12 years old, with regard to sexual images/videos being created and distributed via the Internet and /or electronic devices, often as a form of bullying.



<https://protectchildren.ca>

The modules are designed for Grades 7/8, and Grades 9/10. The Grades 7/8 educational unit focuses on reducing the incidence of adolescent sexual exploitation and the resulting tragedies involving Canadian youth. The Grades 9/10 module also addresses the growing concern of sexual violence among youth in dating relationships, and within peer groups, as well as elevated risk of sexual exploitation, whether online or by adults/older youth. Student activity books (What's the Deal and It is a BIG DEAL) were also created to complement the modules in an effort to engage youth and develop their critical thinking skills on the issue. As a part of this recent announcement, the Canadian Centre will be offering 100,000 complimentary copies of these activity books to middle and high schools across the country, as well as making the new modules available.

The development of the new modules was made possible in large part due to the generous gift of \$100,000 from the Government of Canada, to mark the birth of His Royal Highness Prince George of Cambridge, the first child of Their Royal Highnesses The Duke and Duchess of Cambridge.

More information about the modules can be found at www.protectchildren.ca.

About the Canadian Centre for Child Protection: The goal of the Canadian Centre for Child Protection is to reduce child victimization by providing programs and services to the Canadian public. Its four national programs include CyberTip.ca, MissingKids.ca, Kids in the Know and Commit to Kids.

Upcoming courses at Biathlon Laurentides

Biathlon Laurentides is a regional biathlon club, registered with the provincial biathlon association (ACBQ) and Biathlon Canada. This is the only Biathlon club between Gatineau and Quebec City.

The Club offers lessons provided by accredited coaches, and anyone wishing to participate must register and become a member of the club. There are two groups: Bears (9 - 14 years) and Grizzly (over 14 years).

Courses for the upcoming season commence on October 18, and inter-lessons as of January 10. No experience is necessary.

For information and registration, email: biathlonlaurentides@gmail.com, or visit their Facebook page at <https://www.facebook.com/biathlonlaurentides>, or the website www.biathlonlaurentides.org.



Open Letter :

Mr. Philippe Couillard, Premier of Quebec
 Mr. Carlos Leitão, Minister of Finance
 Mr. Yves Bolduc, Minister of Education
 Mr. Martin Coiteux, Minister of Government Administration and Ongoing Program Review
 Members of the National Assembly



Ladies and gentlemen:

On June the 4th, Mr. Carlos Leitão, Minister of Finance, presented the 2014-2015 Budget in these terms: "The government is giving itself the means to achieve its objectives and return to a balanced budget in 2015-2016. This is not an obsession. It is an obligation. We want to end the structural imbalance in public finances that puts us deeper into debt each year and increasingly limits our freedom of action. We will thus undertake the efforts required to reduce the growth in government spending and achieve the balance needed for Québec's prosperity."

Since then, austerity, as well as recovery measures are being announced and implemented. Each nook and cranny of expenditure on programs, services, contracts, etc., is screened. Corrective measures are implemented and reform proposals are already coming into sight. So far, the actions are in line with the speech.

In this context, would there be any single elected member who would approve a public "investment" of 20M to 40M dollars in a private corporation that has a chance to close its doors within a few years? Just to see if it will generate some interest? Then, why this "laissez-faire" attitude when it comes to a public institution?

It would be so much wiser to redirect the contentious 20M to 40M\$ overall school election costs. The APFQ offers a solution that will depend on all elected members' promptness to act and, on their level of determination, to follow and respect the back-bone of the June 4th budget speech:

- Immediate cancellation of the School election (planned for November 2nd);
- Current commissioners may remain in place;
- Commissioners who wish to withdraw are replaced by call for nomination;
- Calls for nominations are published in local newspapers and media;
- Remaining commissioners plus a specified number of parents (elected by parent's committees) will select candidates who have presented their nomination papers;

Not considering this cost-saving measure of slashing a so controversial 20 to 40M\$ expenditure, would be going against the spirit of the June 4th budget speech. Additionally, it would be an insult to taxpayers, who already assume reductions in support programs and all kinds of increases. Lastly, it would demonstrate an appalling mismanagement of public funds for an institution structure whose existence is being reconsidered as we speak.

We trust our Premier, his Ministers of Finance, Education and Government Administration and Ongoing Program Review, as well as our Members of the National Assembly, to seriously and positively consider the APFQ/REE proposal, and to hold this solution as a judicious economic measure in our context of austerity.

Louis Giasson
 President APFQ/REE

Seniors and Families at the Heart of Argenteuil Valuing the Opinion of Elders

Maude Marcaurette - Main Street

In 1990, the United Nations' General Assembly declared October 1st the *International Day of Older Persons*. This year's theme - "Valuing the Opinion of Elders!" works hand in hand with the ongoing *Municipalité Amie des Aînés* approach in the nine municipalities, which holds the ideas and needs of the elderly close to heart.

The aim of valuing the opinions of senior citizens is to become aware primarily of our own prejudices pertaining to our older generations, and to oppose the traditional frames of reference, promoted in the media, such as the cult of eternal youth, which focuses on performance, speed and consumption.

Unfortunately, in our contemporary occidental societies, we are, too often, confronted with the myth that elderly citizens have little to nothing to offer. Yet, their contributions are undeniable. Among many other examples, we can cite data from 2006 that suggests that, in Quebec, over 360,000 seniors spent 2.5 million hours a week collectively, in order to help people close to them. Additionally, 22% of the 60 - 69 age group was found to be caring for persons of limited autonomy, and nearly a third of seniors over 70 provided significant financial support to their grandchildren (Ipsos -Décarie. Survey of people aged 55 and older, commissioned by the Chamber of Notaries of Quebec and the Council of Elders. Research report, November 2006, p. 28).

We should take guidance from our many First Nations' cultures, in which seniors are recognized, and even revered, for their knowledge and experience, as well as their wisdom, born of their long struggles for survival, and for the essential roles they play in their communities as elders.

It is time for us to understand that regardless of our age or physical condition, we learn and think all through our lives. Therefore, we need to encourage the creation of collective spaces, in which people of different generations can influence one another positively.

Not To Be Missed This Month:

Discovery Walk: The 50 + "Bouger committee" invites you to its next walking event on Thurs, Oct 16, in the enchanting Belle- Rivière forest. For more information call 450 566-0530, ext. 2306.

Open Swim Schedule at Polyvalente Lavigne (452, ave d'Argenteuil, Lachute).

Mon, Wed, Fri and Sat: 7 pm - 8:30 pm; Sun: 2 pm - 4 pm.
 Swimming lanes: **Mon, Wed and Sat: 7:30 pm - 8:30 pm & Sun: 3 pm - 4 pm.**
 Adults: \$2, students: \$1.

Stroller Mom in Lachute: Come and get back into shape with a fitness class offered outdoors near you. Classes include stretching, cardio sessions with the stroller as well as weight training with the baby.

Tues & Thurs: 10 am, starting on Laurier Street in Lachute, near the park behind the hospital.
 Tues: **Trip to La Grotte** and Thurs: **Trip to Ayers Park.**
 Duration: 75 minutes - no charge.

For questions or suggestions, please contact Lucie Lafleur at llafleur@argenteuil.qc.ca or call 450 566-0530, ext. 2306. If you missed previous articles, you can find them at www.argenteuil.qc.ca

A Library Addict

Grif Hodge - Main Street



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

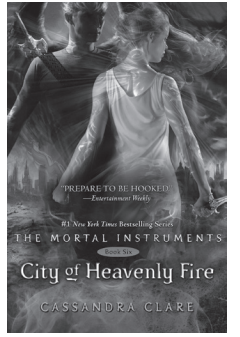
The Afterword Reading Society

We received our weekly email from the National Post Afterword Reading Society, which allowed us to feast our eyes on another tempting jewel - Juliet's Nurse, by Lois Leveen. Alas, we weren't one of the 25 readers to be chosen as official reviewers for last week's pick but it's a great way to discover new treasures to suggest to the Lachute library.

NEW FICTION

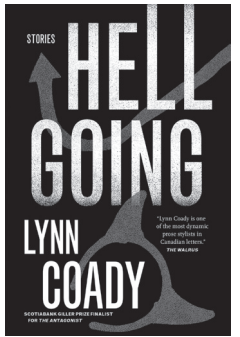
Clare, Cassandra - City of Heavenly Fire

This is the sixth and final novel in the Mortal Instruments series. In this long-awaited conclusion, Clary and her friends fight the greatest evil they have ever faced: Clary's own brother.



Coady, Lynn - Hellgoing Stories

Lynn Coady of Edmonton won the \$50,000 Scotiabank Giller Prize last April for her short story collection, Hellgoing. This is Coady's second stellar book of short stories, and her sixth book of fiction. These stories deal with women who are in various stages of despair. For example, there is an alcoholic writer, a woman whose mother has just died, a woman who has just lost her lover and an ambivalent nun. Well worth the read, however, and I highly recommend it to reading circles.

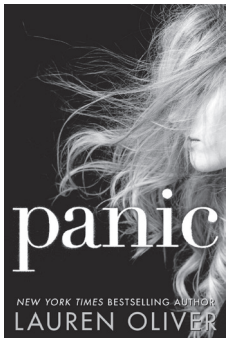


Evanovich, Janet - Top Secret Twenty-One

Trenton, New Jersey's favorite used-car dealer, Jimmy Poletti, was caught dealing a lot more than used cars out of his dealerships. Now, he's out on bail, has missed his date in court and bounty hunter, Stephanie Plum, is looking to bring him in. The library has most of the other twenty in the series. Number twenty features a giraffe wandering the streets and this one has a pack of feral Chihuahuas as the featured animal.

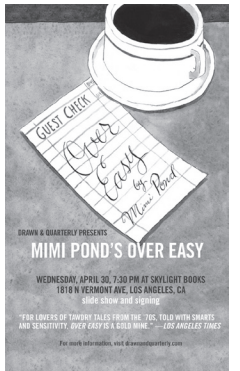
Oliver, Lauren - Panic

Summary: "In the poor town of Carp, New York, a group of teens enters a high-stakes psychological game that involves a series of secretive, possibly deadly, challenges throughout the summer, with the winner receiving more than \$50,000 - enough money to start a new life." - provided by the publisher.



O'Neill, Heather - The Girl Who Was Saturday Night

Nineteen years old, the Tremblay twins are trying to outrun the notoriety of their father, Etienne, a legendary Quebecois folksinger with a genius for the absurd and for winding up in prison. Now, the twins are making their own "almost grown-up" messes, with every mis-step landing them on the front pages of the tabloid, Allo Police. O'Neill brings the grubby, enchanted city of Montreal to light, and weaves a tale of vice and family. The author's previous book was the award-winning, Lullabies For Little Criminals. - (CBC's Canada Reads and the Hugh MacLennan Prize For Fiction).



Pond, Mimi - Over Easy

A fast-paced account of diners, drugs and California in the 1970's" . . . as funny and warm-hearted as a memoir about a bunch of punks, drug dealers, hippies and art school dropouts in the 70's can get." Mimi Pond's coming-of-age graphic novel, Over Easy, is a delicious charmer.

NON FICTION

Drayton, Joanne - The Search For Anne Perry

It turns out that Perry had a hidden life as a best-selling crime writer. It was tantalizing enough that she was a convicted murderer who went on to become a celebrated crime writer with worldwide sales of over 25 million books. But, careful analysis of her writing reveals that these were more than simple crime stories; Anne, was revealing more about herself in the characters she was creating.



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Laurentian Literacy Centre AGM Café Partage, a Valued Community Partner

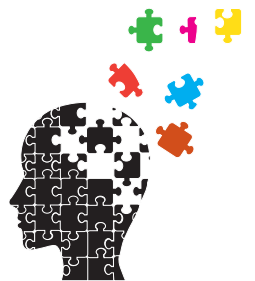


(L-R): Board members Heather Carpenter, Edith Clark, Secretary Barbara Moreash, Tammy Noble, Barbara Cruise, President Jim Warbanks, staff member / tutor Madelaine Labonté, Café Partage guest speaker Michel Pilote, and Executive Director Marlene Dagenais. Missing from photo: Treasurer Linda Marier.

The Annual General Meeting of the Laurentian Literacy Centre took place on October 4, at Laurentian Regional High School. The 2013-14 Activity Report, 2014-15 Action Plan and 2014-15 budget were presented to associate and regular members present. Additional tutors in certain fields, including high school math, would be most welcome to assist students. Eligible board members were returned to office for a two-year term. Guest speaker Michel Pilote outlined with great enthusiasm the role of Café Partage, a community group and LLC partner, which provides a range of services to the community, including food aid at advantageous prices, food baskets and support in developing healthy lifestyle habits.

Upcoming Conference

When Brain Cells Have Grey Hair! Actions for Maintaining Memory



Kevin Lowe & Pierre Page Arena
October 17: 11 am

Special presentation: Norma Gilbert, occupational therapist will do the presentation from the C.S.S.S. Cavendish - Montreal. Please come and join all of us for lunch and this very interesting program.

Tickets: \$5 available at 4Korners and Fonds d'emprunts des Laurentides - 508 Rue Principale - (1 888 974-3940)

OTHER INFORMATION

There is still time to join in the "Jog Your Mind" program. The program runs for 10 weeks, starting Oct 14: 10 am - noon and takes place once a week at 508, rue Principale. Fee is: \$25 for people who have 4Korners memberships and \$50 for those non-members. To register please email edury@bell.net or call 450-562-1701.

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For more information please contact:
450-420-0270 www.omnispec.ca



Out & About

Ilania Abileah - Main Street

Stéphane Tetreault - Prévost

This cellist plays a Stradivarius (1707). **Sat, Oct 18: 8 pm:** \$35. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusion-samalgamme.com.

Chamber Music Concert - Wentworth Nord

Judy Diez d'Aux: next concert features Jean-Pascal Hamelin (piano) and Judy (flute). **Sat, Nov 29, 8 pm,** \$55: Reservations required, seats are limited! Call Judy Diez d'Aux at 514 757-7002 or contact her at jkdflute@gmail.com. Upon reservation you will be given directions to the location of the concert.

Simon Beaudry, Renée Lavillante - Val David

A new exhibition started **Sept 27** and will continue until **Nov 16**. It features two artists, Simon Beaudry and Renée Lavillante. Simon Beaudry's collection, "Câliboire," deals with national identity, cultural and traditional references.



Simone Beaudry Val David

This is Simon Beaudry's first exhibition, which has traveled to various cultural centers in Quebec since 2011.

"Le Jardin de Gabrielle," is a collection of drawings by Renée Lavillante that was done at the Gabriele-Roy foundation house in Charlevoix, where a garden, that survived for years, created



Sandra Djina Ravalia - Museum

new types of hybrid vegetation. Another part of the show is a screening of a project the artist did in 2001. This show deals with the subject of identity, thus **Sandra Djina Ravalia**, was invited to present "Le laboratoire de l'identité," on **Oct 11: 3 pm**. Sandra graduated from Concordia University in 2001. Last month, her work was exhibited in the Place de Citoyens in Ste. Adèle and at the Mezzanine hall of the Laurentian Museum of Contemporary Art. Sandra is inspired by her heritage, which combines different cultural identities of the French La Réunion Island in the Indian Ocean. Centre d'exposition de Val David, 2495, rue de l'Église, Val David. www.culture.val-david.qc.ca. 819 322-7474.

Season's Colours s- Ste. Adèle

Forty Laurentian painters celebrate the season: **Oct 9-12**. Thérèse Joannette presents a pictorial dialogue **Nov 7- 30**. Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. <http://ville.sainte-adele.qc.ca>.

Arts Morin Heights at the Library

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

Laurentian Museum of Contemporary Art - St. Jérôme

During the 1970s, thirty Quebec artists created an eclectic collection of artwork depicting Quebec art in different techniques and media, including weaving, sculpture, painting, drawing and mixed media. Musée d'art contemporain des Laurentides, 101, place du Curé Labelle, St. Jérôme. Opening hours: Tue - Sun: noon to 5 pm. 450 432-7171. www.museelaurentides.ca.

Patrick Laporte - Brownsburg - Chatham

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

25th Grands Prix de la Culture - St. Jérôme

The 25th Grands prix de la culture des Laurentides will be held **Thurs, Nov 6**. This year, Visual and Fine Craft arts will be featured. Awards go to: Young Artist, Ambassador of Culture, Cultural Business, Artist or Volunteer in the Visual and Fine Craft World, a Municipality or MRC Project Benefiting the Community, and for Excellence. 450 432-2425. <http://www.culture-laurentides.com>.

Due date for next edition: Oct 24 - ilania@IlaniaAbileah.com - 450 226-3889.

Please Note: This column lists some shows - there is a complete listings of upcoming events on the website of each venue provided below.

Dance

Big Band Dance Music - Ste. Adèle

A "Big-Band" orchestra, led by Alain Gravel, provides dance music for the public in the church every **Thursday night, September to May**. Admission: \$3 per person! Bring your own drinks and dance away. **Thurs: 7:30 - 9:15 pm**. Ste. Adèle Church, 180, rue Lesage, Ste. Adèle (2nd basement door). Contact Alain Gravel- alaingravelmusique@hotmail.com.



Big Band Music - Alain Gravel

Music

Dan Livingstone & Guitares Nomades - Ste. Adèle

The group Guitares Nomades includes Alexandre Éthier, Dan Livingstone and Stéphane Tellier. **Sun, Oct 26: 1:30 pm**. Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. <http://ville.sainte-adele.qc.ca>

"Ça me dit" Concerts - Park Filion - St. Sauveur

The 4th Country Music Weekend: **Sat, Oct 11: various shows starting at 2 pm and Sun, Oct. 12 from 11 am. Mon, Oct. 13: 2 pm** - The Daraïche family and Michèle Richard. This year twelve different artists will perform. www.valleesaintsauveur.com.

Wonny Song - Prévost

This virtuoso pianist will play music by Schumann, Chopin and Mussorgsky. **Sat, Oct 11: 8 pm**. \$30. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.



Wonny Song

Maple Hill Bluegrass Band - Gore

Maple Hill is an award winning bluegrass band. Garry Greenland and Pat Moore will be joined by Sean Lundy (banjo) and Kevin Golka (mandolin). **Sat, Oct 18: 8 pm**. Tickets \$20 (pre-sale) or \$25 at the door. Holy Trinity Church, 4, chemin Cambria, near Route 329 between Lachute and Morin Heights. Tickets available from Jim Kyle: 450 432-9055, Hugh Mitchell: 450 562-9249, Jessie Dunn: 450 562-1721 and Linda Cass-Jones: 450 562-9620.



Maple Hill Bluegrass

L'Ange Vagabond - St. Adolphe d'Howard

Oktoberfest- **Sat, Oct 18: 4 pm**. Willows -Genevieve Toupin (free admission); **Sat, Oct. 25: 8 pm. \$20; Fri, Oct: 31** - Halloween Party (free admission). **Sat, Nov 1: 8 pm:** Dany Placard. \$20. L'Ange Vagabond, 1818 chemin du Village, St. Adolphe d'Howard. 819 714-0213. www.facebook.com/langevagabond.

Song of Songs Concert - Montreal

The musicians of the World Symphony Orchestra, under the direction of conductor, Joseph Milo, present a unique concert featuring classical, cantorial, ladino, klezmer & Israeli music, with Matt Haimovitz (cellist), Sharon Azrieli (soprano), Cantor David Bensoussan (tenor) and the Klez-tory group. **Thurs, Oct 23**. Tickets: \$100, \$50 and \$25. Synagogue The Chevra: 5237, Clanranald Ave, Montreal. 514 482-3366.

Claude Dubois - Ste. Agathe

Claude Dubois returns to Le Patriote celebrating his fifty-year career. **Fri, Oct. 24: 8 pm:** \$50. Théâtre Le Patriote, 258, rue Saint-Venant, Sainte-Agathe-des-Monts. 819 326-3655. <http://theatrepatriote.com/>.

"Concerts under the Bell" - St. Sauveur

Candlelight concert: a violin quartet playing the four-seasons of Vivaldi and popular music. **Sat, Oct. 25: 8 pm.** \$40. Tickets at the church office, 205 rue Principale, St. Sauveur or call 450 227-2423 (credit cards accepted Mon.-Fri. 9 am - 4:30 pm).

La Virevolte - Prévost

The Ensemble La Virevolte performs songs from France and Quebec. **Sat, Oct 25: 8 pm.** \$31.50. Salle Saint-François-Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.

Marc Hervieux - Ste. Agathe

Marc Hervieux performs French and Quebecois songs. **Sat, Nov 1: 8 pm:** \$49. Théâtre Le Patriote, 258, rue Saint-Venant, Ste-Agathe-des-Monts. 819 326-3655. <http://theatrepatriote.com/>.

The Beatles by Replay - St. Jérôme

The Beatles 1964 - 2014: a repeat performance of this popular concert. **Fri, Nov 7**. Dinner & show \$60 + tax (gratuities incl.). **Reservations required.** Show only: doors open 7:30. \$40. Reservation: 450 436-7500 # 1. Complexe Vieux Shack - Tapis-Rouge: 348 Saint-Georges, St. Jérôme. <http://www.tapis-rouge.ca>.

Pierre Jasmin - Prévost

Pianist, Pierre Jasmin, will play four sonatas by Beethoven. **Sat, Nov 8: 8 pm:** \$ 31.50. Salle Saint-François-Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.

Christine Tassan et les Impos-teures - Prévost

Jazz Manouche with Christine Tassan, Blanche Baillargeon, Lise-Anne Ross and Martine Gaumond. **Sat, Nov 15, 8 pm:** \$31.50. Salle Saint-François-Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.



Chamber Music - Jean-Pascal Hamelin

On Screen

Live from the Metropolitan Opera - Le Nozze di Figaro (Mozart) 232 min. **Sat, Oct 18: 12:55 pm**. Pine Cinéma: Phase 2, 1146, rue Valiquette, Ste. Adèle 855 739-7463; and Cinéma Carrefour du nord: 900 Boulevard Gringo, St. Jérôme. Adults \$27, seniors \$25. 450 436-5944. <http://www.cinemapine.com>. <http://www.cinemast-jerome.com/horaire>.

On Stage

ICI par les Arts - St. Jérôme

This is a special performance by the youth of ICI par les arts, who perform a play without words. **Thurs, Oct 30**. Everybody is welcome! Contributions will be appreciated! ICI par les arts, 712, rue St. Georges, St. Jérôme. 450 569-4000. www.iciparlesarts.com.

"You Say Tomatoes" - Morin Heights

Theatre Morin Heights presents "You Say Tomatoes," by Canadian playwright, Bernard Slade. Romantic, funny and entertaining! **Fri, Nov 7: 8 pm, Sat, Nov 8: 8 pm, Sun, Nov 9: 2 pm.** \$25. Ski Morin Heights: 231, Rue Allen, Morin-Heights. Info: 450 226-2746. Tickets: Marché Vaillancourt or online at www.wantickets.com.

Visual Art & Fine Crafts

Genevieve Mercure - Mont Tremblant

Geneviève Mercure exhibits **Nov 5 - 23**. Salle Alphonse Desjardins, 1147, rue de Saint Jovite. **Wed: 1-5 pm, Thurs & Fri: 1 - 9 pm, Sat: 10 am - 3 pm; Sun: noon - 5 pm.** Info: 819 425-8614 # 2500, villedemont-tremblant.qc.ca.

Sculptures - St. Faustin

The sculpture event continues until **Nov 9: Wed - Sun: 11 am to 5 pm**. Maison des arts, St- Faustin Lac Carré: 1171, rue de la Pisciculture, St. Faustin Lac Carré. 819 688-2676 maison.arts@cgocable.ca - www.maisondesarts.ca

1001 Caricature Faces - Val David

See internationally known caricature artists at work. **Sat, Oct 11 - Mon, Oct 13**. Val David Community Hall, 2490, rue de l'Église, Val-David. 1 888 322-7030 ext. 4235. www.1001visages.com.



English-Speaking Community Very Concerned About Barrette Reform Bill

The Quebec Community Groups Network and its community stakeholders are concerned about a massive reorganization of the health care sector. We are apprehensive about the impact these profound changes will have on our community's capacity to remain involved in institutions, which are essential to our vitality and identity.

While Dr. Barrette stated that linguistic status for bilingual "installations" - no longer institutions - will be maintained as stipulated in article 29.1 of Quebec's Charter of the French Language, hospitals will lose their Boards of Directors, which may or may not be replaced with advisory boards that have absolutely no power. As written, the law says advisory boards will be set up if professionals in installations request them. If the boards are set up, they will be named by the minister, not chosen by our community.

"We are shocked that the proposed law removes the community from the governance of Jeffery Hale - Saint Brigid's," said Taylor Ireland, president of Voice of English-speaking Quebec that represents Quebec City's English-speaking community. "For more than 150 years the English-speaking community has, and continues to be, at the heart of this institution which is directly tied to its vitality. Without this direct involvement at a decisional level our community will suffer as will services adapted to our cultural and linguistic reality."

"Quebec's English-speaking community has a long and proud history of building institutions that serve the needs of all Quebecers," said QCGN Director General Sylvia Martin-Laforge. "These institutions provide two functions. They ensure that services are available in our minority language, a critical need; especially for vulnerable populations like seniors. The governance of our institutions also gives us influence over how these services are provided and a sense of belonging and security. This control attracts volunteers and support, and extends the purpose of institutions beyond their day-to-day function to centres of community pride and identity. Appointed advisory boards without real power strip us of control over the health institutions our community has built over the span of Quebec's history."

Recently, the QCGN wrote to Premier Philippe Couillard to share our concerns about media leaks that forecast Barrette's announcement of massive mergers as the government looks to save some \$220 million a year in health care costs.

"Our institutions are important not just as places where services are provided, but also as anchors for our community," QCGN President Dan Lamoureux told the Premier, noting there are no English institutions in Quebec. "The institutions that were founded and supported by English-speaking Quebecers are bilingual institutions that provide sensitive services to all Quebecers. If English-speaking Quebecers are no longer able to actively participate in the governance of our institutions to meet the needs of our community, this will inevitably lead to a reduction in access and quality of services which are culturally and linguistically accessible to our community."

The Quebec Community Groups Network (www.qcgn.ca) is a not-for-profit organization bringing together 41 English-language community organizations across Quebec.



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Nature's Gift WATER (The Gift of Life)

Rose Labrie – Main Street

This article was prompted by the "Ice Bucket Challenge," which was started this summer to help raise funds for ALS and went viral within a short period of time.

Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Often referred to as "Lou Gehrig's Disease," the progressive degeneration of the motor neurons eventually leads to death.

The Ice Bucket Challenge was started in Sarasota, Florida, by a golfer who was nominated by a friend to participate in the challenge which, at the time, had nothing to do with ALS. His video was posted on July 15, 2014, nominating his wife's cousin, because her husband was suffering from ALS. This apparently was the first link of the Ice Bucket Challenge to ALS.

Originally, when one was nominated to do the Ice Bucket Challenge, a donation of \$100 was required to be given to a charity within 24 hours, or a video made of a bucket of ice water being dumped on that person's head. Then three others would be nominated to do the challenge also. In no time, this challenge went viral. People all over the world began to participate, and Facebook was filled with videos each day showing each individual's challenge.

I watched my family and friends as they poured ice water over their heads, and nominated three more people to continue the challenge. As the weeks went by, I began to feel disturbed by this continuing craziness, and at the end of August, after two videos which I found to be totally too much, I decided to declare my concern over what is still going on, as I write this article.

The first video was of a young man who filled his pick-up truck with ice water, then jumped in and, as a finishing touch, he sat behind his truck and let all the water pour out over himself. The other video was of a couple standing under a humungous tractor that let two full claws of water drop down on them. That made me sad.

An image of a child living in an underprivileged country, craving for a glass of water to drink, or a bucket of water to wash with, filled my mind. What a waste of water. Water is the gift of life, for without water to drink, we will die. Also, surely there are many causes to donate to without wasting water. Imagine, if every person who did the Ice Bucket Challenge would donate just one bottle of water to underprivileged children, how many lives could be saved.



The History of Clean Drinking Water

It is speculated that the pursuit for pure drinking water began in prehistoric times, but the earliest documentation of water treatment was found in writings and inscriptions in ancient Egyptian tombs. Many different water treatment methods are mentioned in the Sanskrit medical writings, which date back to about 2,000 B.C., and these include boiling water on fire, heating water under the sun, dipping a heated iron into water, filtering through gravel and sand, the use of the Strychnos potatorum seed, and a stone called Gomedaka.

Pictures of water clarifying apparatus were also found back in the 13th. and 15th. centuries. It was in the 19th. century that it became clear that water quality had a significant impact on health. In the middle of the 19th. century, town officials in London noticed that cholera had decreased after water treatment systems were installed. Soon after, the Metropolitan Water Act of 1852 was passed to ensure that all water supplied to the city would be filtered. After the Industrial Revolution in the 19th. century, water around the world became increasingly polluted, so new and more sophisticated water treatment systems were developed to ensure that everybody had safe water to drink.

Today's Water Supply

In our modern era, we have many options for acquiring drinking water; municipal tap water, artesian wells, fresh-water springs throughout the Laurentians, and many brands of bottled water which can be purchased at almost every retailer or vending machine. Canada's oldest and largest direct delivery drinking water company, is the Laurentian Water Company, established in Montreal in 1882. Some of their brands are Aqua Terra, Danone, Canadian Springs and Labrador Source. Their spring sources are in Newfoundland, Nova Scotia, BC, Ontario and Quebec, where they also have bottling plants.

Another source of water is rainwater. Most rainwater is safe to drink and is the water supply for much of the world's population. The levels of pollution, pollen, mold and other contaminants are possibly lower than your public drinking water supply, though you may want to treat rainwater by boiling it first before drinking it.

There are consequences of a lack of water. You can live several weeks without food, but only a few days without water. Every single function in your body from digestion, to nerve signaling, to the delivery of oxygen, relies on the presence of water. The consequences of a lack of it can range from uncomfortable to life-threatening. Hence the name, **Water of Life (L'eau de Vie)**.

As a final note, I would hope that our society could find an alternative way to support their causes, other than by wasting precious water.

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The English Link

Reform of the Health and Social Services System

By Kim Nymark – Main Street

The Minister of Health and Social Services, Gaétan Barrette, tabled Bill 10 in the National Assembly, with the aim of changing the organization and governance of the health and social services system by abolishing the existing regional agencies.

Bill 10 presents a solution based on a simple principle: integration of regional health and social services. Having a single institution per region aims to promote better circulation and distribution of clinical information, and to facilitate both the caregiver workflow and consultation efforts for patients, avoiding continuous repetition of the same information from one stakeholder to another.

“The changes proposed by the bill are designed to ensure effective integration of services, allowing easier and smoother patient care. It aims to streamline structures and bureaucracy in favour of a more rigorous and sound administration. Finally, there will be a clearer line of authority, governance and accountability. We want to break down the silos that are often obstacles in the course of patient care; to provide a more functional network of health and social services,” said Minister Barrette.

The bill proposes to achieve that optimization by the creation of an integrated health and social services centre (CISSS), and by abolishing the Agency for Health and Social Services and by merging the administration of all health and social service establishments in each region. Reporting to the Ministry directly, without any intermediary, the CISSS will ensure the delivery of care and services, including public health, to the population within its territory.

“In continuation of the many efforts that have been made in recent years to increase organizational efficiency, this proposal is another step in the process of our government to put the patient at the heart of our decisions. This bill is really a giant step towards a simplified and improved management of the health system in Quebec,” said Minister Barrette. He also stated that this optimization process could generate eventual savings of about \$220 million per year, primarily related to the reduction of administrative structures and bureaucracy. Specifically, these changes will significantly reduce management personnel and those jobs assigned purely for administrative tasks.

What does this all mean for the Laurentian region? Currently, the Laurentians is divided into 7 CSSSs: Antoine-Labelle, Laurentides, Pays-d'en-Haut, La Rivière-du-Nord/Mirabel-Nord, Argenteuil, Deux-Montagnes-Mirabel-Sud and Thérèse-de-Blainville. With the proposal in Bill 10, these 7 regions would become 1 mega CISSS (Centre intégré de santé et des services sociaux). The 11 establishments (7 CSSSs plus the Centre de réadaptation en dépendance des Laurentides, Centre du Florès, Lachute Residence, and Centre jeunesse des Laurentides) would have one management team, with one Board of Directors and one Annual Activity Report, instead of the existing 11 management teams, 11 Boards of Directors and 11 Annual Activity Reports. It is important to note that there are currently 72 points of service in the Laurentians, and that number would remain the same, guaranteeing the same direct services to the Laurentian population.

kim@4kornerscenter.org for the English Communities Committee of the CSSS des Sommets and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 4330

Laurentian Club Begins 20th Season

By Sheila Eskenazi

This is the 20th year that the Laurentian Club of Canada (originally founded as the Canadian Club of the Laurentians) has been presenting a program of stimulating speakers of interest to the English-speaking population of the Laurentians. With a dynamic Board of Directors, and members from across the whole region, it is a great occasion to meet your neighbours from near and far and to learn about the world around us in its many aspects.



On September 22, Aimee Beboso of the Philippine Migrants Society of Canada brought a different perspective to our understanding of the lives of temporary foreign workers and live-in caregivers, their families, the issues they face here and the society they left behind in the Philippines.

Beboso explained the work of the PMSC and its role in educating, organizing and mobilizing people to fight for their rights as well as providing assistance to workers who are exploited or mistreated. She also described their role in working to effect change in the Philippines where the economic model sees its exported workers, 25% of its workforce, as just another commodity. Subsequently, she showed how temporary foreign workers in Canada are often abused, how their skills are discounted and how they are forced to take menial jobs. She described how they are further victimized by a recent change in the rules that reduces their time here from four to two years and how that will result in an increase in undocumented, illegal workers similar to what is going on in the United States, as well as a wave of deportations that could start as early as next year.

It was an eye-opener for the audience and led to lots of questions and discussion. To learn more, go to <http://www.pmscottawa.com/>.

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Clément Cardin, mayor

A Word from the Mayor

Piedmont, a beautiful green garden! That seems to be the slogan that best represents our Municipality. Over the years, we have protected and reforested our river banks, we have implanted a septic tank cleaning program and a weed control program, we also pick-up and mulch branches and small trees, etc. This year, will see us “prettifying-up” la rue Principale and we will embark upon an improvement program

for Boulevard des Laurentides (Route 117). As well, we have signed a partnership with Conservation Nature to review the development of the Kelly Reserve, situated on chemin de la Rivière. So, go for a walk, get some fresh air and enjoy the wonderful green garden that is Piedmont, right at your doorstep.

A Short History of Piedmont

Piedmont is a small municipality, one of the ten, which makes up the MRC des Pays-d’en Haut. It is located along the North River, Autoroute 15 and Route 117, north of Montreal. It was founded in 1923, and its name derives from “the foot of the mountain.” The population is 2,914 permanent residents.

Early settlers

Finding the regions of Terrebonne and Two Mountains over-populated, the early settlers courageously moved north, travelling by canoe up the North River and settling along its shores. To survive, the newcomers to this wilderness area were forced to be self-sufficient, building their homes and outbuildings by any means possible. Life was hard, and it took years to carve out and expand their meager farms. Slowly, but surely, fields were plowed and barns erected to house their livestock.

Eking out a living on marginal land, the Piedmontese gradually opted for new occupations and looked towards the tourist industry. The Piedmont Station, due to its strategic geographical location, played an important role, as it was a very popular destination for tourists from Montreal, particularly with the new “snow trains” that were created in 1927. Skiing was soon introduced, thanks to the early pioneers of the sport, such as Herman “Jackrabbit” Smith Johannsen. Construction of Route 11 (now 117), and the Laurentian Autoroute (Highway 15), finally connected the region to the area of economic and cultural influence of Montreal, leading to the entire region becoming the playground of Montrealers.

Nowadays, there is more agriculture in Piedmont, though the tourism industry is still at the heart of economic activity in the region.



The Piedmont old train station

Piedmont Sights

Tourists flock to Piedmont to enjoy nature at its best. Breaking the skyline, Is Mont Olympia, a popular hill for alpine skiers. The local trail network is extensive in the area and is used year-round for skiing, snowshoeing, hiking and biking. There are plenty of picturesque spots for picnicking, lots of waterways for canoeing and in summer, a golf driving range to name just a few of the great local activities. And, there are always several amazing opportunities to photograph the local wildlife.

New to Piedmont is a bus stop, on the line running from St. Jérôme to St. Jovite. This is a wonderful and convenient way to visit the Laurentians while sitting back and enjoying the view.

Interesting Facts and Sites:

Gérard-Boisclair Bridge: The original Gaglièsi Bridge was built in 1936 to accommodate residents heading to Mont Olympia from the old train station. It was demolished in 2011 and replaced with this new one, named after a local resident who died in 2012 at the age of 100 years old.



Site of the old water park, now proposed to become a nature park.



The Trail Network – used extensively throughout the year



Municipalité de **PIEDMONT**

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The Rouge River Oven From Dough to Dollars

Susan MacDonald - Main Street

It's evening, and after Jaimie has finished tending to her three little ones, she starts preparing the dough, while her husband, Steve, builds up the wood fire in the outdoor stone oven. The temperature must rise to a whopping 900 F overnight, in order to have decreased sufficiently, to bread-baking temperatures, by morning. With the embers finally glowing red, he can retire for the night.

Morning finds Jaimie with the first of the loaves ready to pop into the oven. These would be the baguettes, which will soon be followed, sequentially, by the 7-seed and white loaves, focaccias and cinnamon-rum-raisin buns and loaves. There are also chocolate loaves, and cheese loaves made with St. Albert's famous old-cheddar. The baking order strictly follows the slow decrease in the oven's internal temperature. This is an almost daily, one-bake operation. On Wednesdays and Saturdays, a hand-painted sign is erected at the roadside, beside their gate. Up the driveway is a "tempo" with a makeshift wooden table inside, laden with that day's bread production. Neighbours, and those "in-the-know," flock to the house in eager anticipation. Timing is crucial; the table is usually nearly empty by early afternoon. On Fridays, throughout the summer, visitors to the Maxville Farmers' Market were treated to the delicious tastes of Jaimie and Steve's fresh-baked bread (see you again next year), and on Saturday mornings, the warm, fresh aroma of their artisanal treasures infuses the air at



the year-round market in Vankleek Hill. Along their routes, they drop off a few loaves at some local depanneurs and stores that also sell their home-baked products. The hours are long, but the rewards can run high, as this tightly-knit family, once facing financial ruin, can now look forward to a potentially bright and successful future.

BACK STORY -

In Jaimie and Steve's case, their new enterprise, which started only a few months ago, was born out of necessity. After suffering a serious health crisis that left Steve unable to work, this young, dynamic couple was forced to find an alternative source of income quickly, in order to meet their monthly expenses. In doing so, they also hoped to contribute positively to their community. Jaimie had previously baked bread regularly for her family and friends, and her efforts had always been greatly appreciated. With the need to work from home, she and Steve decided to channel her skill into a small business and begin making bread in a larger volume. Their dedication and hard work is now sustaining them, keeping their family together and revealing the way forward. Their path is not easy, but they can see daylight ahead.

What better way to contribute to your community and earn an income at the same time, than to offer wholesome, traditionally baked bread, made with no preservatives and only 5 basic ingredients (flour, salt, water and yeast - and a heaping tablespoon of love); words that everyone can pronounce and understand? Providing a source of healthy nutrition to friends and neighbours - now, you can't do better than that! As a result, the community adopted this family immediately, not only for their amazing bread, but for their positive attitudes, their initiative and their community spirit as well.

Best of luck to you both in your future endeavors - see you again on Sunday, when I will be dropping by for my usual, weekly order!

The Rouge River Oven: 819 242-6140 / email RROdelivery@gmail.com.



Scouts Enjoy a Seasonal Excursion

On September 21, "Les Tisserands D'Argenteuil" Scout group, along with their families, enjoyed an autumn day at the orchards of "La Magie de la Pomme," in St. Eustache, where they were warmly greeted by Princess Api and friends. Despite the inclement weather, everyone enjoyed singing on the tractor ride, apple picking, the petting zoo and viewing a video, "Do you plant pumpkins?" hosted by Princess Api. Thank you Princess, for your wonderful hospitality!

The Scouts' club now has two mixed groups: Beavers (7-8 years) and Cubs (9-11 years). Meetings take place weekly and excursions, such as this one, are planned once a month.

Recruiting for volunteer leaders, to complete the team and support our youngsters, is still open and training is offered to people who qualify for positions. Please note that the venue for the Scout meetings has changed, and they are now held every Friday night at the Lions' Hall, located at the Lachute arena (upstairs).



Baton Rouge Pumpkin contest

Baton Rouge St Sauveur will be holding a pumpkin carving competition on Wed, Oct 29. Pumpkins must be brought to Baton Rouge (120 Ch. du Lac Millette) between Monday, October 27 and Wednesday, October 29, between 11 am and 4 pm. Each pumpkin must be accompanied by a brief description of the pumpkin and the name and telephone number of the person who did the carving.

The pumpkins will be judged based on detail, originality etc., by a panel of 4 judges including one of the Baton Rouge owners and a member from the Main Street newspaper.

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WEEKLY

Rio5 SX shown² hwy / city 100km³: 5.3L/7.3L

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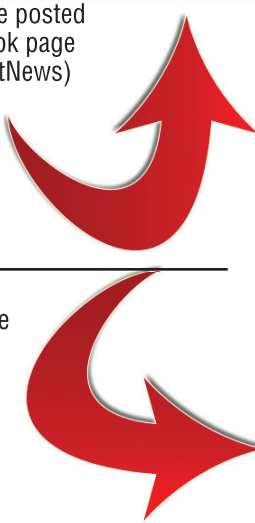
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Answers will be posted on our Facebook page (TheMainStreetNews) and published in our next month's issue



Answers for the September edition sudoku

7	3	4	8	6	2	5	1	9
2	9	1	3	5	4	7	6	8
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8	1	3	6	2	9	4	7	5
6	5	7	4	1	3	9	8	2
1	7	8	9	3	5	6	2	4
3	2	5	1	4	6	8	9	7
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						1
2	3	4 La Minerve Community Hall 91 des Fondateurs 9 a.m. to 3 p.m.	5	6	7 Arundel Anglican Church 7 Church Road 9 a.m. to 3 p.m.	8
9 Sainte-Agathe-des-Monts Salle du Bel-Âge 8 Albert-Bergeron 9 a.m. to 4 p.m.	10 Sainte-Agathe-des-Monts Salle du Bel-Âge 8 Albert-Bergeron 9 a.m. to 4 p.m.	11 Sainte-Agathe-des-Monts Salle du Bel-Âge 8 Albert-Bergeron 9 a.m. to 4 p.m.	12 Labelle Community Centre 20 du Couvent 9 a.m. to 3 p.m.	13 Vendée Centre Cyril Garnier 1814 ch. du Village 9 a.m. to 3 p.m.	14	15
16	17 Val-des-Lacs Cultural and community Center 350 ch. Val-des-Lacs 9 a.m. to 3 p.m.	18 Val-David Church 2490 rue de l'Église 9 a.m. to 3 p.m.	19 Lantier Town Hall 118 Cr. Trois-Lacs 9 a.m. to 3 p.m.	20 Sainte-Lucie-des-Laurentides Community Hall 2059 ch. des Hauteurs 9 a.m. to 3 p.m.	21	22
23 Mont-Tremblant Church Mgr. Mercure Hall 940 rue de St-Jovite 9 a.m. to 4 p.m.	24 Mont-Tremblant Church Mgr. Mercure Hall 940 rue de St-Jovite 9 a.m. to 4 p.m.	25 Mont-Tremblant Church Mgr. Mercure Hall 940 rue de St-Jovite 9 a.m. to 4 p.m.	26 Huberdeau Town Hall 101 du Pont 9 a.m. to 3 p.m.	27 Saint-Faustin-Lac-Carré Salle de la Mairie 120 de la Mairie 9 a.m. to 3 p.m.	28	29

DECEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2 Lac Supérieur Community Hall 1281 Lac Supérieur 9 a.m. to 3 p.m.	3 Val-Morin Town Hall 6120 rue Morin 9 a.m. to 3 p.m.	4 Montcalm Community Centre 33 Lac Rond Nord 9 a.m. to Noon	5	6

Vaccination is free for people at higher risk of developing complications due to either their age or health :

- Children aged 6 to 23 months;
- People with chronic diseases;
- Pregnant women with chronic diseases (regardless of the stage of pregnancy) and pregnant women in good health who are in their 2nd or 3rd trimester;
- People age 60 or older.

Those in close contact with people at risk or with children under six months old can also receive the vaccine at no charge.

Nurses from the CSSS des Sommets will travel to numerous municipalities to provide the vaccine free of charge to persons at risk. You may appear, with your **health insurance card**, at the location of your choice, with no appointment. No appointments will be given at the CLSC.

For further information

CLSC de Sainte-Agathe-des-Monts
819 326-3111

CLSC de Mont-Tremblant
819 425-3771

CLSC de Labelle
819 686-2117

www.csss-sommets.com



**Branch 171 Filiale
Morin Heights**

Sun, Oct 12: 9 am – 2pm – Thanksgiving Brunch
Fri, Oct 17: 6 pm – TGIF Smoked Meat
Sat, Oct 25: 6 pm – Oktoberfest Supper
Sat, Nov 8: Remembrance Day Parade
Fri, Nov 21: 6 pm – TGIF Smoked Meat
For information on any event call
450 226-2213 (after noon).

**Branch 70 Filiale
Lachute**

Oct 27: 8:45 am – Bus trip to Ottawa /Carlton
Casino. Phone to reserve your seat.
Oct 31: 5 pm – Smoked Meat Dinner
Euchre is back in play on Tuesdays at 1 pm and
cribbage & shuffleboard on
alternating Thursdays
Darts every Sat afternoon: 1 pm
Please check the legion for dates regarding bus
trips to the Casino.
For information call: 450 562-2952
after 2 pm.!

**Branch 71 Filiale
Brownsburg**

Oct 14: 7:30 pm – General Meeting
Oct 23: 7 pm – Card Party
Nov 1: Poppy Campaign
Nov 6: 11:30 – 1 pm – Soup luncheon
Nov 8: Remembrance Day Dinner
Nov 11: Remembrance Day Parade; starts at 10:30
am at the Legion.
Darts will be starting on Saturday afternoons in late
October – call for info.
Bar/Lounge is open on Fridays from 3 pm - 9 pm.
Membership cards are available at a cost of \$45.
For information, please call Sheila or Trevor Holmes
450 562-8728.

**Branch 192 Filiale
Rouge River**

Oct 10: 6 pm – T.G.I.F.
Oct 15: 6 pm – Meeting Executives only
Oct 18: 2 pm – General Meeting
Oct 25: 5:30 pm – Corned Beef Diner
Oct 31 – Nov 11: Poppy Campaign
Nov. 1: 2 pm: Christmas Bazaar
Nov 9: 2 pm – Remembrance Day Service
Tue nights: 7:30 pm – Cribbage /
Weds: 1 pm – Cards
Oct 10: 3:30 pm – Darts
For further details call 819 687-3148 / 819
687-9143 or email mmcp40@gmail.com

RELIGIOUS SERVICES

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

HILLSIDE CHAPEL
755 Village Road, Morin Heights
Terry Sheahan: 450 229-5650.
Hillside Chapel would like to thank Main Street
for supporting us throughout the summer by
announcing our services. We would also like to
thank all those who came out to support our
summer services. I hope to see you next year
starting on the May 24 weekend at 6:30 pm for
another season of singing and praising God.
God bless,
Terry Sheahan

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

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

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Regular worship services have resumed and will
take place on Sundays: 10:30 am
Everyone welcome.

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Sunday School: 10 am
Worship service: 10:45 am
Hymn Sing: 4th Sunday each month - 7 pm

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH
757, Village, Morin Heights (450 226-5307)
Sundays 11 am: Worship Service. "

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
Oct 26: 11 am - Worship service
Nov 30: 11 am - Worship service
Please join us.

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

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

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

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

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

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

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

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

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

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

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

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

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

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Rev. Georgia Copland
Sundays: 10 am - Worship service.

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

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

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

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd – Louisa
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Oct 12: 7 pm – Sunday service
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Oct 12: 10 am – Sunday service*
Bilingual services with gospel/
bluegrass music

*Special services: Soaking Time *
A time of quiet reflection and music
3:30 - 4:30 pm (traditional hymns)
7:30 - 8:30 pm (classical music)
These special times of quietude are offered
on Sundays in addition to regular services.

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Oct 12: 10 am – Sunday service

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
with Rev. Paul Tidman: 450 562-2917
Oct 12: 9:30 am - Thanksgiving and
Family Service
Oct 19: 10 am - Communion
Oct 26: 10 am - Communion
Nov 2: 8:30 am - Communion
10 am - Communion
Nov 9: 9:30 am - Family Service
Nov 16: 10 am - Communion
Nov 23: 10 am - Communion
Nov 30: 10 am - Communion
Everyone welcome!

**ENGLISH
COMMUNITY
NEWS**

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

Laurentian Club Notice

Appreciating Animal Therapy

A CBC producer for over three decades, Sarita Elman had
a second career providing pet therapy to patients in hospi-
tals and seniors' residences. A pioneer in the field in Mon-
treal, she will describe the benefits and the social response
to the concept in Canada and the US.

Monday, October 27: 1:30 pm

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

For more information call 819 326-6872, email The Lauren-
tianClub@gmail.com or visit [www.facebook.com/Lauren-
tianClubofCanada](http://www.facebook.com/LaurentianClubofCanada)

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



LAURENTIAN CLUB OF CANADA

**Laurentian Region
Cancer Support Group**

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



Next meeting for cancer patients,
families and caregivers is October 2014

SATURDAY AFTERNOON

October 18 - 1 pm

St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

**Upcoming meetings:
November 15, December 13**

**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
PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

COMMUNITY NEWS

SOUPE POPULAR

(205 rue Principale, St. Sauveur)
Lunch schedule: Mon, Tues and Thurs:
11:30 am - 12:45 pm.
Everyone is welcomed to enjoy a hot, homemade lunch and make new friends! Please note that we are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

BAZAAR MPDA LACHUTE

Welcome to the Bazar MPDA Lachute located at 177 Rue Bethany in Lachute. Used clothing, shoes, books and more for the whole family. Open Tues - Fri: 10 am - 3:30 pm. Mouvement Personne d'Abord de Lachute is a non-profit organization for people with intellectual disabilities. The Movement offers activities and friendly meetings 2 times a week for its members. Places are still available if you would like to join us. Everyone welcome! Info: 450 562-5846.

URGENT NEED FOR VOLUNTEER DRIVERS

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

JOYFUL NOISE CHOIR

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

BROWNSBURG CURLING CLUB

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

ST. EUGÈNE CHURCH

(148 ch. Watchorn, Morin Heights)

Anglophone Family Mass Celebrations Sun, Oct 19: 1 pm - 2 pm.

Monthly celebrations in English
The Gospel explained using today's language
Moment of reflection, time for discussion over coffee,
Moment of prayer - everyone welcome.

Lasagna Dinner and Dancing Sun, Oct 19: 6 pm - midnight (dancing only - 8 pm)

Tickets: Adults: \$25 for dinner and dance, dance only: \$10
Children: 12 yrs. and under \$15.
Info: 450 226-2844

COMMUNITY EVENTS

COMING UP AT THE LOST RIVER COMMUNITY CENTER

Oct 18: 6 pm - Autumn-fest Dinner - Dance - Music - B.Y.O.B.
Tickets: \$15 at the door - \$13 in advance.
Contact Ruth for advance tickets: 819 687-3733
Nov 2: Monthly breakfast - Basket draw proceeds will go to the SPCA
Everyone is welcome. For details contact mike.carroll@xplornet.ca

SHRINERS' PANCAKE BREAKFAST

Masonic Hall, 132 Providence Blvd Lachute
Sun, Oct 19: 8:30 am - 1 pm.
Donations: Adults \$7, children under 6 years free.
Proceeds to benefit the Lachute District Shrine Club activities.

SHRINER' HALLOWEEN COSTUME PARTY

Masonic Hall, 132, Providence Blvd. Lachute
Nov 1: 6 pm - 1 am
Music, refreshments, prizes.
Tickets at the door: \$10

MORIN HEIGHTS HISTORICAL ASSOCIATION PRESENTS:

A slide presentation of local historical scenes accompanied by discussion with local long-time residents
Sun, Nov 2: 2 pm - 4 pm.
Saint Eugene's Church (148 Watchorn, Morin Heights)
Admission is free. Donations to the MHHA would be welcome and greatly appreciated.

THEATRE MORIN HEIGHTS

Will present play readings at Restaurant La Grange, 2 Meadowbrook, Morin Heights, at 7 pm on Oct 15 and Nov 19.
For more information or to be added to the Theatre Morin Heights email list please call 450 226-2746. Visit the Morin Heights' website or consult your copy of Main Street for information for all our productions!

Theatre Morin Heights
Will present YOU SAY TOMATOES, by Bernard Slade, **Nov 7, 8 & 9.**
Penny Rose 450 226 2746

HARRINGTON GOLDEN AGE

(259 Harrington Rd.)
Fri, Nov 7: 5:30 pm - Cook's Night Out: Members \$10, non-members, \$12 and children (6-12 yrs.) \$5.
Nov 11: 10:45 am - Remembrance Day - Celebration and luncheon (donation) Meeting and Light Lunch: 3rd Wednesday of every month
Bingo: every 1st and 3rd Sunday of each month at 1:30 pm.
The Harrington Community Centre is looking for a donation of 2 adult wheelchairs in good condition.
Please call Deedy Shipton: 819-242-8939

FUNDRAISERS

The Lakefield/Mille Isles Women's Institutes...

Will be holding a fund raising bazaar at the Lakefield Community Hall, 2 Cambria Rd. Lakefield
Oct. 18: 10 am - 2 pm. White elephant table, crafts & home-baking.
Coffee & muffins at 10 am, luncheon at 11:30 am. Table rentals: Jean Edwards: 450 566-2552.

Fundraiser to Benefit Centre aux Sources d'Argenteuil Resto-Bar Top Shot

Tues, Oct 21: 5 pm - 8 pm
BBQ chicken plate for \$10.
For more info call 450 562-0673
Centre aux sources d'Argenteuil is a not-for-profit mental health organization for adults who have, or who are experiencing mental health issues.

ADVANCE NOTICES

Morin Heights Elementary School
Sat, Dec 6 - Christmas Bazaar: Vendors please call 450 226-2017 ext. 6217

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.

"Lachute as we Remember" Extends Thank You

The committee of "Lachute as we Remember" would like to thank everyone who participated in making this event one of the most successful of its kind in Argenteuil, which was held on the grounds at the Lachute Flea Market. This site proved to be well chosen, as some elderly folks attended due to the fact there was a large parking area, as well as there not being any steps they had to deal with.



The musicians, the folks who took the time to display their histories with pictures, whether it was family, organizations, area (Gore), or old businesses, such as the old Lachute Creamery, which was behind the elementary school, brought back many memories for people. The old winter school bus and trucks were of great interest. The Sunday morning church service was very successful as well.

Friends re-connecting with long-lost friends, and meeting new friends at the site, was the agenda of the week end.

This reunion started with Bob Noble and Brent Reilly connecting everyone in one place, and inviting them to have a wonderful week end. Everyone had smiles of contentment and plenty of hugs were passed around.

The committee is proud to announce that a cheque has been sent to the Children's Wish Foundation for just under \$5000. This amount will surely help many children to have many wishes fulfilled. Not all wishes are for large trips. One wee girl wanted a pink piano with butterflies painted on it, and a young boy wanted a sandbox.

Thank you to each and everyone of you who attended this event. Each one of your donations will help to make these wishes come true for sick children.



November 2 - Daylight Saving Time Ends

On November 2, when local daylight time is about to reach 2 am, time will fall back one hour to local standard time. This means we all get to sleep in a little later! Sunrise and sunset will be one hour earlier on November 2 than the day before.

TECHNO CONVERGENCE
Laurentides

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Systems convergence

Stéphane Couture

819-774-3335 514-945-3281

info@convergence-laurentides.com

**Cut your own Christmas Tree!
A Family Tradition!**

Select from thousands of beautiful Balsam and Fraser Fir trees
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**Arbres de Noël Hadley
Lachute 450 562 9726**

www.hadleyarbresdenoel.ca

Opening: Sat. Nov. 29

ESTATE AUCTION!

Oct 18 2014 at 10:00 am.
Preview at 9:30 am.
At 247 Route 329 Lachute QC

Antiques, Artworks, Paintings, Furniture, Furnishings, Household items, Tools, Lawnmower, Outboard motor and much more.

Checkout pictures and updates of the sale at:
www.markmacvicarauctions.com
Or contact Mark MacVicar, Auctioneer at:
Phone: 450-533-5103 email: markmacvicar@hotmail.com

Terms of sale: Cash or Approved Cheque All items are sold as is, Where is. Owner & Auctioneers not responsible for accident or injury. Canteen & washroom on site

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

Laurentian CAREGIVERS Association

Quality Home and Healthcare Management

providing personal support and resources for caregivers & families in need

Job opportunities for personal support workers available

4057 Ave des Lys, Val-Morin, QC J0T 2R0
1.855.522.7372 • cvlncelli@laurentiancare.com
www.laurentiancaregiversassociation.com

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PAIX: To fend off violence!

819-326-1400 / 1-800-267-3919
www.organismepaix.ca

4KORNERS
Family Resource Center

LACHUTE: 508 PRINCIPALE
SAINTE-AGATHE: 50 CORBEIL

819 324.4000 (ex: 4330)
888 974.3940

info@4kornerscenter.org
4kornerscenter.org

AA
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ALCOHOLICS ANONYMOUS
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Aide téléphonique • Helpline • Ayuda telefonica

1 877 790-2526
Internet: www.aa87.org

Gambling problem?

Help for parents and friends of compulsive gamblers.

514 484.6666
866 484.6664

gam-anon.org



Back to Home-cooking Reveillon Tourtière

Marie-France Beauchamp - Special To Main Street.

Bonjour, hello everyone!

Well, I'm back home in the Laurentians for now and, as promised, I'm going to share with you a recipe that's been in my family for over ten generations. The tourtière has been a traditional dish in Quebec since the early 1600s, and was served usually during the Christmas season. Often called a Reveillon Tourtière, it is basically a meat pie with spices baked in a pastry. Recipes have varied by regions and amongst families, and the one I give you now is easy, authentic and absolutely delicious. The recipe is for 2 tourtières, because one is simply not enough. The second one can be frozen, if not eaten right away. At home, I make a minimum of 4 each time. They are loved!

Ingredients: For 2 deep-dish 9" pies.

2 lbs.	- ground pork	1 tsp	- sage
1 lb	- ground beef, medium	1 tsp	- cloves, ground
2	- large potatoes	1 tsp	- cinnamon, ground
1 1/2	- cups beef stock	8 cloves	- garlic, chopped fine
2	- medium red onions, chopped fine	1 tsp	- fresh ginger (chop fine)
2/3	- cup fresh celery, chopped small	1 1/2 tsp	- salt
2/3	- cup carrots, shredded	1 1/2 tsp	- black pepper
1/2	- cup fresh parsley, chopped fine	2/3 cup	- bread crumbs
2 tsp	- thyme		

Method:

First, boil the potatoes, mash them, retaining the skins if not coarse. Allow to cool. In a frying pan, sauté the pork and beef together on medium heat for about 10 minutes. Strain and remove most of the fat and liquid, but not all. Transfer to a larger cook pot. Add the stock, onions and spices (thyme, sage, cloves, cinnamon, garlic, ginger, salt and pepper) bring to a slow boil, then reduce heat and simmer gently, uncovered, for about 30-40 minutes, or until the mixture has been reduced to a moist consistency. (If too dry, add a touch more stock.) Add the mashed potatoes and bread crumbs and mix well. Finally, while still hot, add the celery, carrots and parsley, and stir. Remove from heat immediately, cover, and allow to cool.

Pastry: Short Crust or Pâte Brisée

4 cups	- flour, all-purpose	1	- egg, beaten lightly,
1 1/2 cups	- vegetable shortening	1 tsp	- vinegar
2 tsp	- salt	1/2 cup	- cold water
2 tblsp	- cold butter		

Method:

In a mixing bowl, combine flour and salt with butter and shortening. Using two knives, cut the butter and shortening into the flour until reduced to small nuggets, the size of peas. Add the egg, vinegar and cold water and work mixture with your fingers, lightly, until the ingredients combine together into a dough. Divide the dough into two equal balls, wrap in plastic and refrigerate for one hour. On a smooth, floured surface, Cut each ball into two halves. Roll out one half into approx. an 11-inch circle, 1/8" thick, and place into a 9-inch pie dish, allowing the edges to overlap the sides of the dish. This crust will be larger than the top crust. Fill the pie dish with the cooled meat filling to the top and make smooth. Moisten edges of dough with water. Place the top crust on the dish, lift up the overhanging edges of the bottom crust, fold over the top one and crimp together, folding edges under, and making a raised border around the top of the pie. Brush the top surface generously with the beaten egg. Cut three 1/2-inch steam vents on top. Repeat the procedure for the 2nd pie. Preheat oven to 375 F, and bake for 45 minutes, until top is golden brown. Allow to cool slightly before cutting and serving. Re-heat, if necessary in oven only; the microwave will make the crust soggy and unattractive.

Tourtière is best accompanied by a salad, steamed and buttered peas, and a tasty chutney.

Grenville Women's Institute

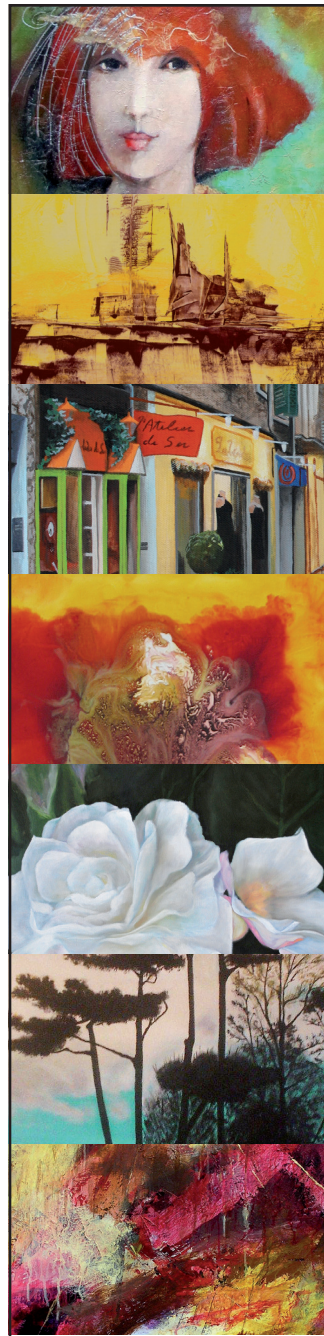
The Grenville Women's Institute visited the Grenville Municipal Library during the September meeting, and admired its new stained-glass window, crafted by local artist, Marcel Bouchard. Laurentian Libraries had presented the window to the library, in recognition of its recent renovations, pleasant surroundings and excellent service. In support of the Grenville Municipal Library, the Branch also presented a cheque to the librarian, Celine Joly, at this time.



Grenville Women's Institute president, Joyce Crooks presents cheque to Librarian, Celine Joly.



New stained-glass window at Grenville's Municipal Library



EXPOSITION

féerie des couleurs

FROM THE 10TH TO THE 12TH
OF OCTOBER 10AM TO 4PM
(10TH AND 11TH OF OCTOBER 10AM TO 7PM)

Place des citoyens

PARC CLAUDE-HENRI-GRIGNON
999 BOUL. DE SAINTE-ADELE,
SAINTE-ADELE

MORE THAN 400 PAINTINGS USING
DIFFERENT MEDIUMS WILL BE ON DISPLAY

Several artists
will paint on site
throughout the event



artistes
peintres
DE STE-ADELE

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Auberge Le Papillon Sauvage | Clinique Podiatrique des Monts | Restaurant Bâton Rouge St-Sauveur | Restaurant Feliciano | Coiffure Passion (St-Sauveur)

Jonathan Feres...a young champion in our midst!

In late August, it was too cold for Jonathan to take the plunge for his annual swim across Lake Tamaracouta, but, warmer weather returned, and on September 7, Jonathan jumped right in. Full of happy energy throughout the entire 1.3 kilometre swim, he would disappear under the water and resurface swimming backwards, with the biggest smile on his face.



Thanks to Alison Bentley, camp director of Camp Tamaracouta, Ryan James Erkin, Alessia Orsini, Bobby Louette, Matthew Melzer and our photographer, we had all we needed to do our crossing! Special thanks to Charissa, Jonathan's loving sister, who helped organize this special swim. The challenge was dedicated to Chanyse and Jezeriah, Jonathan and Charissa's younger siblings.

Jonathan has autism, Down's Syndrome and other serious health challenges, but his ability to shine and accomplish so much never lessens. He is an example to others when it comes to overcoming challenges. Jonathan began receiving recognition for his accomplishments as a young child; his first award, for his ability to read, was presented to him in Pierrefonds, Quebec, at 4 years of age!

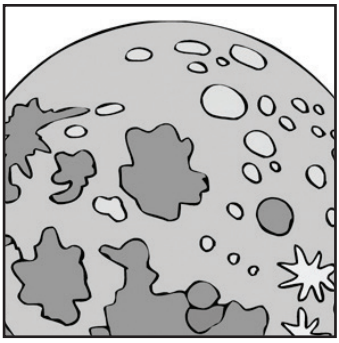
Today, Jonathan has been accepted, for his second year, into an adult art program as the only adult with special needs and he uses the computer at his local library also. These activities are supported by a special 1-1 support CCAC team that works with adults with medical challenges; they support Jonathan's positive inclusion into his community. Understanding Jonathan's needs keeps him healthy, happy and safe. A preventive approach is at the forefront of all his care, and what keeps him in shape!

We are so grateful to all those who give children and adults with special needs the chance for successful, inclusive experiences. Together, miracles happen when we all lend a loving hand to our fellow friends in the community, despite our differences.

My gratitude to Jonathan's grandparents who lend their loving support, providing me with a well-needed rest; the CCAC, Hawkesbury Library and Option Adult Ed, for believing in differences and to the medical teams that recognise how preventive care provides healthy and successful support for those with medical challenges!

Cheers to loving family, physical activity and preventive care!

With gratitude and continued hope,
Pamela, Jonathan, Charissa, Chanyse, and Jezeriah



Zach Factor The Blue Dot Tour

Lys Chisholm & Marcus Nerenberg -
Main Street

Canada is one of the few countries in the world that has not legislated our rights to breathe fresh air, drink clean water and eat healthy food. Because of this, Canada is allowing factories to emit excess carbon into the atmosphere, produce cars that increase atmospheric greenhouse gases, let municipalities supply drinking water that has high traces of synthetic hormones and residual traces of prescription medications. Our food producers are forced to use seed stock that is genetically engineered, leaving questionable links to growing epidemics of wheat and dairy allergies, all with the blessing of the Harper Conservative government.

As for the 50% decline in animal species worldwide since the 1970's, (WWF studies), Canada allocates more tax revenue per annum on promoting pipelines than it does on preserving essential wetland habitats.

According to Canada's lead environmental activist and scientist, David Suzuki, we need to make an immediate, radical and fundamental shift in the way we view our world. In his words, and in order to protect our future generations of children, we need to understand that everything on this small, blue planet is interconnected, and interdependent. In getting this message out to Canadians, Suzuki and the David Suzuki Foundation have launched the Blue Dot Tour, in a powerhouse movement by citizens everywhere, to have our rights to a healthy environment enshrined in our Charter of Rights and Freedoms.

In 1936, when he was born, the world population was 2.2 billion, compared to 7 billion today. As a boy, he could drink from streams and lakes without worrying about getting sick. His father took him fishing for halibut, sturgeon and salmon on the Vancouver waterfront. Most all food was organic. Now, we have degraded the planet to a level approaching system collapse. If all people on the planet ate and consumed energy the way Americans and Canadians do, it would take 4 planets of the same size to fulfill our needs.

Suzuki states that it is unacceptable, in a prosperous, resource-rich country like ours, to live without the same rights as half of the world's nations, whose rights to a healthy environment have been legislated. Suzuki explains that, too often, we are asked to choose between a healthy environment and a healthy economy, and between health care and environmental protection. But he makes it abundantly clear that these are false choices. He explains that long-term prosperity and good health depend absolutely on conserving and using resources wisely.

He asks Canadians to consider their own water sources. Suzuki points out that most of us take clean, abundant water for granted. But, according to the recent Ecojustice report - Waterproof Standards - Canadian drinking water lags far behind international standards. We have no national water policy, and this is why people in Walkerton died, why Grassy Narrows residents are being poisoned, and why residents of Sarnia, Ontario and Fort Chipewyan, Alberta are developing a variety of serious ailments and cancers.

The Blue Dot tour will take place over the next few months, from coast to coast, in Canada. Suzuki is planning to bring citizens and municipalities together, and to unite all the provinces together, in order to change our country. This tour will be a testament of hope for all of us, and it will bring together volunteer artists, musicians and dancers from Canada, including Shane Koyczan, Neil Young, Tanya Tagaq, Feist, Blue Rodeo members, Margaret Atwood, Hey Ocean, Bruce Cockburn, Joel Plaskett, Roy Henry Vickers, Whitehorse, Barenaked Ladies, Danny Michel, Kinnie Starr, Stephen Lewis, Ovide Mercredi, and many more. With 28 events on the tour, Suzuki will be in Montreal on October 12 and 15, St. Lucie des Laurentides on Oct. 13, and in Ottawa on October 17. They will then move westward, to finish up in Vancouver on November 7.

The goal: To inspire us, and to help us all to find a way to wake up from our stupor, thinking that everything is fine, when it is not; to be proactive and protect this land that has given us all so much, and ultimately, to keep this small blue dot fit and healthy. An elder once told us, "tread gently on the earth, because we are walking on our grandchildren."

Are you in?

For more info: <http://bluedot.ca/the-tour/>



Dr. David Suzuki, geneticist, environmentalist, elder and national treasure launches the Blue Dot Tour 2014.



The Story Behind Laurentian Roots

Joseph Graham - Main Street
joseph@ballyhoo.ca

It would be interesting to share how each of us came to be living in the Laurentians, to explore our original connections to here. I will start with my own story as well as that of my wife, Sheila Eskenazi, and encourage you

to send me yours. Keep it as short as you can and I promise to read any that are a reasonable length. We will choose one of your stories from time to time and work with you as we prepare it for publication in this column.

My story begins with a disturbing anecdote, an incident that took place in 1920 in Val Morin and continued in Montreal. My grandfather, Alphonse Paré, took the train up to Sainte Agathe to visit with his uncles and employers, the Timmins brothers. On the way home, he decided to make a stop in Val Morin where he visited a friend, Jack Rankin, who owned a cottage on the shore of Lac Raymond. In those days it was much simpler to take a canoe across the lake than it was to follow the roads and lanes that passed through farmers' fields, meandering over the countryside, until you arrived at your destination, so they reached the house by canoe. He enjoyed his visit with Rankin and told him how much he would like to own such a place where he could bring his five children to spend the summer.

"Well," said Jack Rankin, "one of the neighbours wants to sell. His is the big house set back from the road behind that large sandy beach over there," pointing beyond a bay to a long stretch of shoreline. It was a rambling old summer house on a flat field above both the beach and a farm road and my grandparents fell in love with it. The owner was happy to sell and they soon sat together to do a preliminary agreement. After that, my grandparents began to plan their future, awaiting the closing.



When I was young, I heard also that the vendor came to see my grandfather some time later asking him to cancel the deal because his children were upset with him. They wanted to keep it. "A deal is a deal," my grandfather is reported to have responded. It sounded harsh to me. What kind of person was Grandpa?

My grandfather was the son of a doctor who was a surgeon with the North-West Mounted Police. The year my grandfather arrived in the world, his father was treating the injured at Batoche and was himself injured in the rebellion, taking an arrow in the chest. He survived, and Louis Riel surrendered. That same year, 1885, Montreal was put under quarantine for smallpox because the Catholic Church convinced its parishioners that the vaccine was more dangerous than the illness. His mother, the sister of the Timmins brothers, died of tuberculosis a little after Alphonse was born and my grandfather went to live on a ranch on the Prairies with his father's brother, eventually doing his schooling in Winnipeg and living with his father and sister during the summer up in Whitehorse. He was an expert horseman, a skill learned on the ranch, and a canoeist, a skill he acquired during the summers in Whitehorse. He spoke French, Cree, Ojibwa and English. His closest childhood friend was a Cree named Johnny Sauvé.

Alphonse's horsemanship got him accepted at the Royal Military College in Kingston, and around that same time, his uncles acquired the Larose silver strike in Cobalt. They sold their general store in Mattawa, Ontario, and moved to Montreal, where they built a great big house and lived together with their wives, the sisters of Dr. Paré, and their many children. Alphonse worked for them in Cobalt to put himself through college, and when he graduated, he was offered a commission with the British cavalry if he would serve in India. He set off to Ottawa to enlist, but the porter forgot to wake him and he did not wake up until he was in Montreal. He decided to go off to see his uncles and aunts before heading back to Ottawa, but when he told them his good news, they scolded him, saying, "No nephew of ours is going to serve the British - in India or anywhere!" They sent him instead to McGill where he became a mining engineer.

In those days there were a lot of stories of successful mining stakes in northern Ontario and when he graduated in 1909, his uncles asked him to look into what was going on and to see if he could find anything interesting. He asked Johnny Sauvé to join him.

A newly-minted mining engineer, he canoed up and down rivers in northern Ontario, reconnoitring from time to time with Johnny at agreed spots, but one day Johnny was not at the boarding house where they had planned to meet. Unlike his friend Alphonse, Johnny Sauvé had barely learned to read and write, but the owner of the boarding house told Alphonse that Johnny had indeed been by and left him a note. Written on birch bark were the words I SIC. Alphonse canoed up the river to the last claim Johnny was investigating and found him there together with two young men, Benny Hollinger and Alex Gillies.

Alphonse recognized immediately the value of the gold claim Hollinger had staked. He contacted his uncles and employers, the Timmins brothers, right away. There was little bargaining they could do. After confirming with their banker, they committed themselves to the astounding price demanded by Benny Hollinger's manager, the local bartender Jack McMahon, and when all was in place, their banker got cold feet.

You might be wondering by now what this has to do with the deal my grandfather refused to break, or with the Laurentians, but before I get to that I have to tell you about my grandmother.

To be continued...

Obituaries

HAZEL, HEATHER PAMELA 6 April, 1944
– 2 September 2014

It is with great sadness that the family announces the passing of Heather after a 2 year and 6 month battle with lung cancer, in Victoria BC. Born in Montreal, she was predeceased by her mother Helen, and father Irwin. She is survived by her husband Keith Wyman Hazel, son Douglas, daughter Pamela Joy (Mark), four grandchildren, Cory, Amber Robertson, Keith, Chelsea Hazel and three step-grandchildren, Derek Loder (Sheena and Riley), Tara (Jono) Zurbrigg and Kyle Loder, and four cousins; Bryant, Karen, Joan and Kathy.



In lieu of flowers, donations to the Victoria Hospice Foundation would be appreciated, as their amazing care and support made her journey that much easier, or, a charity of your choice.

A memorial service was held on Oct 2 at the Gordon United Church, 935 Goldstream Avenue in Langford. Final service will be held at a later date in Lachute, Quebec at Complexe Funéraire Mozart Desforges, 331 Bethany Ave, Lachute.

MURRAY, William Giles (Bill)

Peacefully at the Lachute Residence on Thursday, September 11, 2014, in his eighty-sixth year. Now happily with his beloved wife, Helen, Bill will be dearly missed by family members Ted (Sandy), Andy (Debby) and Beth (Bill Christie), and his brothers Jim (Kay) and Hank (Eleanor), and nephews, nieces and respective families. Wonderful grandfather of Ben, Casey (Danielle), Carl, Drew (Vanessa), Sommer, Will (Claudia) and great grandfather to Maggie, Merrick Giles, Reed, Josie, Jet, Josh and Nina. A funeral service was held on Saturday, September 20, at the Margaret Rodger Memorial Presbyterian Church. In lieu of flowers, donations to the Margaret Rodger Memorial Presbyterian Church or the Lachute Residence Ladies Committee (where he was so well and lovingly cared for), would be appreciated.

WATCHORN, John Arthur

Passed away early Saturday morning, September 27, 2014 in the arms of his family. He is survived by his wife Lynda, his three children, Richard, Jennifer and Andrea, as well as his sister Judith, her husband Gary and their daughter, Christine. There are many relatives and friends who will surely miss him. A funeral was held on Saturday, October 4, 2014 at the Morin Heights United Church. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

SPUNT, Norma (nee Saltzman)

It was with great sadness that we learned of the passing of Norma Spunt who peacefully passed away on Monday, September 29, 2014. Her funeral took place in Montreal on October 2. She will be deeply missed and fondly remembered by her family and friends. Contributions in her memory may be made to a charity of your choice. Arrangements entrusted to Paperman & Sons, 3888, Jean Talon West, Montreal 514 733-7101. Main Street would like to extend its sincere sympathies and deepest condolences to her son, Dr. Ronald Spunt (Louise Bloom), and to the entire family.

Alzheimer Society

GROUP MEETING FOR INFORMATION AND SUPPORT

Group meetings, for those involved, with a counsellor and without appointment in order to:

- Exchange experience with other people living the same circumstances;
- Get information on the evolution of the disease, touching on: memory, judgement, reasoning, insecurity, loss of skills...
- Find ways to understand beyond words and to be understood;
- Know more about the disease in order to develop new attitudes and new communication skills;
- Learn how to take care of oneself to prevent the inevitable exhaustion that affects our physical and mental health;
- Answer to other needs...

Come meet Patrick Lavigne from 1 pm to 3:30 pm, for an English group meeting at United Church at 232 Hamford Street, Lachute
TUESDAY, October 21

These meetings are totally free for caregivers.



Laurentian Care Mental Health & Caregiving



Christina Vincelli – Main Street

Canadian caregivers today save the government \$3.9 billion by way of offering their own personal care to those suffering from mental health. The health care system is finally recognizing and providing access for proper treatment and support for those affected. This does not include support for the caregivers, who may be family members, friends or neighbours providing the care. At times, the caregivers do not recognize that they are compromising their own well-being, until a burn-out becomes evident. Most caregiver support is directed to the frail elderly. Those dealing with mental health care issues have had to fend for themselves in finding support, practical guidance and attention - UNTIL NOW.

The Canadian Mental Health Commission has developed a "National Guideline" including 41 recommendations, acknowledging the challenges family caregivers face. It also contains several ideas for support.

Today, 2% of 500,000 Canadians provide care to a family member suffering from mental health issues. The statistics report that 70% are women, 60% are employed and 47% have been providing care for over 5 years. This is a huge economic impact on the health care system, when looking at the costs caregivers are saving the government, as well as the rising numbers requiring mental health care.

Now, within the national guideline project, available at mentalhealthcommission.ca, you will find recognition of the family caregiver's unique needs, and recognition of the implementation for a call to action for caregiver service support, while implementing and evaluating what the government already offers.

AMI Quebec, a major player in support for those suffering from mental health, is available to those in need of information and guidance. Their executive director, Elle Amir, is the chairperson for the steering committee for the Mental Health Commission of Canada.

For more information on support from Action on Mental Illness, (AMI Quebec), call 514 486-1448 or visit www.amiquebec.ca. They are located at 6875 Boul. Decarie, Montreal. Reach out and help diminish the stigma associated with mental health and provide the support so many caregivers need.

NOTE: Autumn CPR/First Aid Clinics now taking registration for Morin Heights, St. Agathe and Mont Tremblant. Please contact the Laurentian Caregivers Association for cost, time and dates in your area. Phone: 855 522-7372.

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Christmas Church Bazaars



St. Francis of the Birds (94 St. Denis, St. Sauveur) Sat, Nov 8: 10 am – 3 pm.
The place to do your Christmas shopping! Great attic treasures, lucky draw tables, homemade bread, veggies & dips and squares, coffee and tea will be served (\$8).
Infor: 450 227-2180.

St. Simeon's Anglican Church (445 rue Principale, Lachute) Sat, Nov 8: 11:30 am – 2 pm.
Home Baking, jewelry, books, treasures. Tea, coffee, sandwiches and squares to be served. Welcome everyone!!

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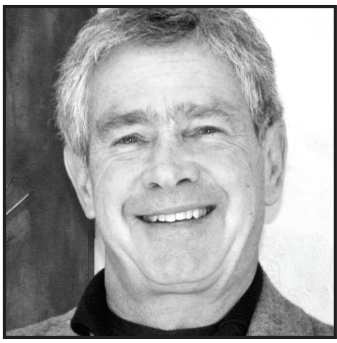
Judy Diez d'Aux

flûtiste, musicienne de chambre
flutist, chamber musician

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Main Street Money: Ladies' Investment and Financial Education

Get Your Money Working at Peak Performance

Developed by Christopher Collyer, BA, Certified Financial Planner, Investment Advisor, Manulife Securities Incorporated

In the same way that regular maintenance can give your car better mileage, a financial tune-up can make your dollars go further. Simple strategies can reduce interest charges, taxes and fees, protect your assets and keep

your credit ratings strong, empowering you to reach your financial goals more efficiently. Try these simple, pain-free money-moves to get your money working at peak performance, without cramping your lifestyle.

Pay less interest

You can pay less interest by reducing high-interest, non-deductible debt (such as credit card balances) with a lower interest line of credit. Consider an all-in-one account to help manage household debt. In addition, think about replacing high-interest credit cards with one lower-interest option that offers a cash-back feature. When it comes time to renew your mortgage, shop around. Your existing lender may reduce the rate or enhance the mortgage terms based on quotes from other lenders.

Save more and reap tax rewards

Saving for your child's education? Take advantage of a Registered Education Savings Plan (RESP) to tap into potential grant money available. For every dollar you deposit, the government adds a 20 percent grant: up to \$500 annually, or, \$7,200 total for each eligible beneficiary.

A Tax-Free Savings Account (TFSA) is a great option for tax-advantaged savings. The contribution limit is \$5,500 for 2014 and you can carry unused contribution room forward to future years. Contributions to TFSAs aren't tax deductible, but investment returns and withdrawals are tax-free.

Each year think about how much you should contribute to your Registered Retirement Savings Plan (RRSP) to maximize potential tax refunds. Depending on your circumstances, consider an RRSP loan. Borrowing to invest in an RRSP may not be appropriate for everyone. You will need the financial means to meet your loan obligations. In addition, investments held in an RRSP may fluctuate in value. You should be aware that regardless of the performance of value of any investments held in your RRSP you will be required to meet your loan obligations in full. Explore the benefits of a spousal RRSP if one of you earns significantly more than the other. Please note that a spouse or common law partner can benefit from this spousal RRSP arrangement as defined in the Canada Income Tax Act. If you're fortunate enough to receive an annual bonus, and have unused contribution room, consider contributing it to your RRSP. You lived without that extra money last year, so why not save it and reap the tax rewards?

Also, take advantage of every possible tax deduction and tax credit when you file your return. If you have more complicated income, business or investment matters to address, it's possible that paying a professional to complete your tax return will actually save you money.

Take a look at your bank account

Explore and compare options for a low-fee, high-interest savings account. Once in place, transfer your cash balances into it. Then take a few minutes to ask if there are ways to trim banking fees if you eliminate services you don't need or use - for example, paper records or overdraft protection.

Review your life and health insurance

It's important to regularly review your life and health insurance coverage so you, your family and your assets are appropriately protected. Keep in mind that healthy lifestyle choices, such as not smoking, can significantly reduce your insurance premiums.

Check in on your credit rating

Check your credit rating at least one a year for accuracy and for signs someone else might have used your identity to apply for credit. It happens. A good credit rating can make it easier to get a lower-interest mortgage or line of credit. A poor credit rating means you'll probably pay more, or be denied borrowing power altogether.

When it comes to managing your money, it's important to set both short and long-term financial goals. Your advisor is the best person to help you get a good plan in place and coach you on ways to get your money working at peak performance.

Take it slow

Still feeling overwhelmed? Don't try to do it all at once. Pick one or two money moves from this list and start there. Once you are more comfortable with those, build on your success and watch your money grow.

If you would like advice or want to discuss, call 514 788-4883 or my cell, 514 949-9058.

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



Lachute Chapter # 56 of The Order of the Eastern Star Helping a Worthy Initiative



Photo: Pictured above are Margaret Hourston (Worthy Matron of Lachute Chapter # 56), Joanne Macleod Mc Quat (representative of FOLEs) and Ryan Mc Quat.

Reporter - Freda Gordon

The Friends of Laurentian Elementary School (FOLES) is raising money by several means to purchase computers for the elementary school. The Lachute Chapter is very pleased to be able to make a donation to help this project. It is amazing what a group of dedicated people can do.

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I'm Just Saying As The Leaves Turn From Green To Brown

Ron Golfman - Main Street



With the first frost warning there comes a rite of passage, as we bid farewell to another all-too-short summer and wonder where did the time go in this neck of the woods. All around the continent, and in fact, all around the world, these past months have brought drought, floods, raging forest fires and even the odd, freak snowstorm. Fortunately for us, summer here could be considered boring, in that it stayed well within what is expected. This "normal" weather allowed me to take note of the highlights, which made up some of the summer of 2014 in Morin Heights.

There were highlights of the character of the people, starting with the mixed softball league rallying to collect money to help a community member and his family, as he bravely, and successfully, underwent a heart transplant. A miracle in itself, people from the community came out to offer support financially, or in any way they could. This "feel good" story brightened the skies all summer.

In a small town, anything new or different is always noticed and surely dissected. We used to say that when someone burped in Morin Heights, three people said "excuse me," suggesting an almost incestuous Mayberry flavour to there being no secrets in this hamlet. When Mickey's laundromat and dry goods store, one of the last original landmarks from yesteryear was leveled, speculation ran rampant as to what would replace it; rumors included everything from a Wendy's to a new stadium for the Expos.

While many folks were still discussing the pros and cons of the new bike lanes on "the old road to Sauveur," we woke up one day to witness the painting of bicycle images, seemingly on every ten feet of road through the town and beyond. Theories about their purpose filled our ears. Was this to promote the town's obsession with the corridor, or was it a practical joke by a bored farmer who had given up on making crop circles? Nobody was sure, but many remarked that while the whole speed limit issue was still being ignored, this route amplification seemed to contradict the whole notion of safety.

We had power outages on days when there were no storm clouds, many people experienced the recurring, yet unpredictable, invasion of lady bugs in their homes, and in a moment of nostalgia, when the municipality needed to shut the water-mains to do maintenance, an alerting truck with chiming bells drove through the streets; something I had not heard since the knife-sharpening guy announced his coming, when I was a boy.

There is so much more to mention about this past summer of 2014 in this town we love, but I will end this column with, and I'm Just Saying, that the best part was that so many people got outside to walk, play, talk and be with each other.

Quebec people are famous for talking about the weather; this year we seemed to frolic in it.



Lori's Lookout Laurentian Personality - Carol Lyng

Lori Leonard - Main Street

Carol Lyng resides in Lachute, in a lovely 1883 heritage home that she purchased in 2008. She sometimes wishes that the walls could talk, to relate historic tales of the past. It all began in 1970 when Carol's parents sought out a weekend cottage. The family was passionate about horses and took riding lessons at the Boesch Riding Academy, which is what brought the family to Lachute initially. The property they purchased is still considered their "family home" today.

Carol is the second oldest of 5 children, and has 4 children of her own, Monic, Luke, Jen and Tessa, all gifted artists, and one grandson, Caleb, who is eighteen months old. She has worked as graphic designer at Gourmet du Village in Morin Heights for 29 years.

Carol initiated a special project at a farmhouse in Lachute, called Witch Lyng, as she wanted children and adults to experience simple chores, such as candle dipping, soap making and spinning wool, that were part of everyday life 100 years ago. Farm animals included hens, horses and sheep. Carol also taught others about the healing properties of flowers and herbs. Busloads of 100 children arrived to experience these simple pleasures. However, Carol had other projects in mind and moved to her current home.

In 2010, Carol's son, Luke, recorded a CD with his band, "The Wellits." To help cover costs, Carol organized a backyard music festival. She also created a second "music-fest" to raise funds for a great cause; "Save the Tatas." Carol had hoped to raise \$500, but with the help of her musical friends, the backyard event in August raised over \$3000.

Carol is an artist, a free spirit and a warm, nurturing person. She enjoys cooking, gardening and teaching people of all ages about stained glass, painting, drawing and spinning wool. She always had a penchant for tarot reading and astrology, and enrolled in courses in Montreal. She has since confirmed that she does, indeed, have a sixth sense and psychic skills. Carol was recently approached by the Starlight Foundation to read cards to raise funds for sick children and was very moved by this special invitation.

I cannot wait to hear more about Carol's future projects ... perhaps art therapy, another Music Fest, photography, teaching tarot? Who knows? ... Only Witch Lyng can predict the future!



Making It Work In The Laurentians Making Your Job Search Work For You

Jamie-Lynn Robinson - Main Street



Are you out of work or looking to change jobs? Your job search may seem straight forward, but you want to make sure that you are doing everything you can to stand out from the crowd, especially in today's tough economy. Earlier this week, I sat down with the career counsellors from YES to talk about practical tips for taking your job search to the next level when jobs are limited.

Plan ahead: Picture yourself in your ideal job. Look at what unique benefits you can offer an employer; the real chance to stand out is to find an interesting angle. Ask yourself why you want the job and why you're keen to work in that industry. Does this type of job exist in your area? If not, you may need to look for freelance opportunities online, or other ways to secure an income.

Be ahead of the curve: Whatever industry you choose, do a quick summary of trends or cycles that may affect hiring. If you are looking for a job in hospitality, winter and summer are boom times but the hiring process may start in early spring.

Networking is essential: Tell everyone that you are looking for a job! Tools like LinkedIn can also help by connecting you with more people and opportunities. Career counsellors note that even employers who don't actively recruit through the site often refer to it during the hiring process. Not having a profile means you miss that opportunity to connect. So, put your best foot forward by creating a confident and engaging resume and profile.

Search plan: Job searching can be very frustrating and even the most proactive job searchers may find themselves looking for work longer than anticipated, and losing confidence as a result. A good job search plan can help. Breaking the process into small, achievable goals, and creating a task timeline, can help you stay motivated and confident.

The right fit: Interviews can be nerve wracking. Before an interview, take a moment to remind yourself what makes you unique by reviewing your skills and accomplishments; focus on specific, tangible experiences of success. Remember, that the interview is a chance for you both to see if the job is a good fit. Prepare questions that will help you determine if the job is right for you. Will it involve a lot of group work? What are the priorities of the position? Keep in mind that "if you don't connect when you meet, then it may not be the right fit," notes one YES counsellor.

And the right job is out there. Visiting employment service providers or accessing them online can help you learn the steps to finding the job you want, and help you to stay motivated and confident on your course.

What tips do you use to find a job or stay motivated and on track when you're feeling discouraged?

Let us know; join us on Facebook or contact us with questions, suggestions, or comments at 514 878-9788 or 1 888 614-9788; or info@yesmontreal.ca, or www.yesmontreal.ca for online employment services.



Youthful Perspective Sneak Peek into Adulthood

Yaneka McFarland - Main Street

College; it's the fruit of your labour, the ascending triumph of (finally) finishing high school, the absolute podium of pre-conceived glory of your collegiate life ahead. All of the excitement, hype and every other possible human emotion boiled down to one single day - the first one.

I thought I might be sick. The combination of nerves, excitement and the sheer terror of a whole new start in an enormous school, resulted simultaneously in me wanting to skip, laugh and cry and, potentially, needing a paper bag.

Every possible thing that could go wrong ran through my head like a broken disk, and if you divide the millions of situations that I imagined in my over-dramatic head, by the number of hours I had slept that night, you'd get zero. What if I missed my train? What bus do I take if the metro is down? What if I lose my money? My paranoia of losing or forgetting anything had me checking my bag every ten seconds like a complete lunatic.

In addition, the ride to the train station consisted of me looking at my schedules a useless number of times. I may have forgotten to breathe on several occasions, one of which times my dad even asked, "Are you going to have a heart attack or something?" Yes, yes I was.

The first day went by relatively smoothly. This resulted in me becoming overly optimistic at how easily things could go. Frankly, all of my worries had fluttered away, because I did not miss my train, nor did the metro break down, all of my belongings remained safely in my bag and I wasn't attacked by a hooded figure in a dark alley.

The following events were like a bucket of water to the face, as to how things can definitely and utterly not go your way. My chipper gain of confidence was promptly shot down by Tuesday. It was as if Lemony Snicket had written our Series of Unfortunate Events, as we pulled out of an underground parking lot at nine-thirty that Tuesday, and knew something was wrong with our car; a flat tire.

Our luck of smooth happenings dried up right about then and, of course, it was pouring rain, and all I could think of was how badly I wanted a bag of chips. Now, one flat tire can become an amusing event by the time you get home, but another flat tire, only two days later? Not funny at all.

Unequivocally, that whole week seemed to be a giant challenge from the universe, and finally when Friday came around, my mother and I kept our spirits up with the thought of jumping in our lake the second we arrived home. Of course, the rain came when we reached Morin-Heights, and the thunder too, for it couldn't just rain; no, no, a full-scale storm descended on us, as if the Gods wanted us to feel their wrath.

So far, I have had not one, but two, flat tires, I have chased my train through the metro system and I got lost, several times. The adventures, I am sure, have only just begun.

As for college, well, my seat belt is buckled, and I am ready for the ride!

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Fit Tip #91 Watch Your Thoughts!

Lisa McLellan - Main Street

Every thought we think creates our future! This is radical, life-changing information. How do we harness and channel this amazing power? That is this month's challenge: Watch Your Thoughts & be Mindful.

Every thought we have is coloured by our conscious and unconscious beliefs and feelings. How can we become aware of this potent, yet very subtle reality, when our minds are on auto-pilot or when we are reacting, rather than responding? Being mindful is the practice of intentionally focusing our attention on the present moment, and accepting whatever thought or feeling is there, without judgment. No good, no bad, just is. When we connect with the present moment and calmly observe our thoughts, feelings and sensations, we become more directly aware of them, and by extension, more aware of ourselves. The pace and stress of modern living often leaves us caught up in a stream of thoughts and feelings, trapped in past problems or overwhelmed by future anxieties. With practice, being mindful gives us a sense of mastery over our thoughts and feelings, instead of being pushed around by them; a victim of our thoughts, so to speak. The goal of being mindful is to achieve a state of alertness and focused relaxation, by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment; to focus on what is actually happening.

So how do you practice being mindful?

Become more aware of the world around you; notice and watch your thoughts and feelings and pay attention to your physical sensations.

Do one thing at a time and give it your full attention. Slow down the process and be fully present as it unfolds. Notice what you see, hear, smell, touch and taste. Involve all of your senses and discover the incredible beauty and joy that is available to you (for free!) in the present moment.

Set a daily time for formal practice. The techniques: sitting in a quiet place, doing deep-belly breathing, paying attention to your body and training your mind to observe, focus and filter. You could do this as your first-thing-in-the-morning meditation, after your cup of warm lemon water.

Make a promise to yourself to be vigilant of what you think, say and do. Be aware and mindful of your negative thoughts. You might be surprised how many subversive and self-defeating thoughts you actually have. Where do they come from? What are you protecting? Who are you trying to control? Where are you going with these thoughts? By being mindful we can change our behaviour and attitudes almost effortlessly. We are creating our lives with our thoughts. What wonderful life are you going to create for yourself?

I'll be watching my thoughts. How about you?



Healthy Channels Seasonal Affective Disorder and Acupuncture

By Christopher Garbrecht - Main Street

This month, I would like to write about seasonal affective disorder (SAD), a type of depression and debilitating problem that interferes with the quality of life of many people. This disorder particularly seems to affect people living in countries far from the equator.

Regular symptoms that reappear with the seasonal changes include lethargy, difficulty concentrating, depression, elevated cravings for carbohydrates, with corresponding overeating and weight gain, hypersomnia (excessive sleepiness), tiredness in the morning, diminished libido and decreased social interaction.

Seasonal affective disorder responds well to treatment with a combination of acupuncture and lifestyle modifications. Individualizing the treatment to treat each person's specific pattern seems to give the best results.

One of the most important points in acupuncture for SAD is yintang, which is located between the two eyebrows. Deeply beneath this point is the pineal gland, which responds to light and seasonal changes. When light levels are low, the pineal gland manufactures and secretes melatonin, which is involved in the regulation of sleep and mood disorders. By needling yintang, the pineal gland can be stimulated such that both lethargy and depression are decreased. The result of this stimulation is increased relaxation and feeling invigorated.

Along with acupuncture, lifestyle modifications are a very important way to help with SAD. Changing one's lifestyle is not always the easiest thing to do, but it often creates the most dramatic and long-lasting changes in one's health.

Here are a few suggestions to help

- 1) Beware of cravings for carbohydrates; consume breads, pastas, and pastries made of whole grains instead of white flour.
- 2) Add more protein to the diet such as Brazil nuts, pumpkin seeds, salted cod, lean meat, and small amounts of cheeses.
- 3) Beets are one of the best foods to counter depression. Parsley, asparagus, spinach, almonds, whole oatmeal, and avocados are also useful as they help in the secretion of the hormones dopamine and serotonin.
- 4) Avoid overeating or gaining weight, as both will make you more tired and more sensitive and depressed.
- 5) Exercise regularly by walking at least 20 minutes, 5-7 days per week, (in sunlight).
- 6) Work by windows that allow exposure to natural light.
- 7) Go to bed earlier and get up earlier, when there are more daylight hours. Avoid naps during the day, which can interfere with sleep in the evening.
- 8) Think positive; try not to worry, and enjoy the warmth of family and friends, or any activity that brings "fire" into your life.

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



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Garden Talk Preparing for Winter's Worst

June Angus - Main Street

Now that our splendid fall colours have faded, it's time to organize winter protection for the garden. Assuming you grow trees, shrubs and perennials designed for our climate zones ranging from 4 to 5, very little needs to be done; these plants will be hardy enough to withstand cold temperatures and plenty of snow. In some circumstances, however, extra care may be warranted. Wrapping, mulching and mounding are the three most common techniques used to prepare for winter's worst.

Wrapping

The best approach to protect needles, flower buds or evergreen leaves from drying winds or from road and sidewalk salt that blows or splashes onto plants is to create a barrier. Snow fencing available from hardware stores is ideal for stretches of hedging along roadsides.

Individual trees or shrubs can be enveloped in burlap. Even though you can wrap the material directly around the plant, it is recommended to build a teepee structure by pounding a few 1x2-inch stakes into the ground around the tree. Do this now before the ground freezes. Once the cold weather has settled, add the burlap by stapling it to the structure. Clothespins are handy to help hold things together as you work.

While regular snowfalls rarely cause permanent damage, heavy snow deposited by plowing or snow blowing along roads, driveways and walkways can create havoc. So can snow or ice that slides or is shoveled from roofs. If the goal is to support evergreen branches against heavy snow or ice, simply tie a piece of twine or cord to the base of the trunk and spiral your way up the plant, gently drawing the branches closer to the trunk. To finish, tie off the twine at the top or spiral back down the plant and tie it at the base again. This is particularly effective for globe cedars or conical junipers whose shape could be permanently damaged. This approach provides protection while still allowing you to enjoy the wonderful colours that evergreens bring to the landscape in winter.

Smaller perennials, such as hardy hibiscus, are better protected when covered with an inverted container. Almost anything can be used, but most hardware stores sell lightweight and sturdy Styrofoam pots designed for this purpose.

Mulching

Mulching is an effective way to protect the roots of plants that are marginally hardy. It also works well for plants transplanted after the start of September. They are vulnerable to frost heave caused by repeated freezing and thawing. This process pushes the crown or top of the root ball out of the ground and potentially can kill even hardy plants. Apply a loose layer of 4 to 6 inches of shredded bark mulch around the base of the plant, ideally after the ground has frozen. Straw is also a good insulator if piled about 8-in. deep, but avoid hay because it is full of seeds, which will be more than happy to germinate in your garden come spring.

Mounding

Mounding plants up for the winter is a technique often used to protect tender rose-canecan, but it can also be used for a range of delicate plants. The purpose is to protect the bottom 8-12 inches of the plant by piling soil onto the crown so that if the winter proves to be colder than the plant can tolerate, there will still be healthy stems and buds buried for the plant to grow back from.

An ounce of prevention now in the garden can save a lot of heartache and hard work next spring.



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Scores were tight with barely a point difference between all three winners and the judges had their work cut out for them in choosing a winner. Congratulations to the winners and to each participating contestant.



In the photo (L-R): Barry Young (judge) Laura Cuntrera (winner) Suzanne Albert (IGA proprietor).

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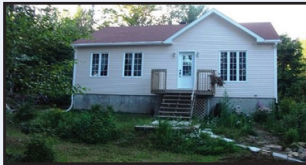
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