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What's On My Mind...

Susan MacDonald, Editor



After weeks of debates, interviews and more media releases to Main Street's inbox than I can count, the final pre-election days are now rapidly approaching the big day. On October 19, finally, we will all (or rather, most of us) cast our votes, and then sit back and wait for the results to roll in from across the country. Who will be our next leaders? Only time will tell, but at the moment, many Canadians still feel trapped between a rock and a hard place.

Recently, I have spoken to several people who, in this election, will be choosing to vote for individuals they have identified with, regardless of which party they represent. Given a choice between voting for a questionable party platform, and someone from within their communities, they seem to be willing to gamble on the best local candidates, who seem able to support the regions they also call "home." This is one train of thought, and perhaps, they are right, as we are not likely to see any of the party big-wigs back in our towns once the campaigns are over. These local candidates are here to stay, and what concerns us also concerns them. Hmm...

Those who were staunch supporters for generations of particular parties are now wavering between their past political loyalties and their current personal situations. Life changes between elections, and with the economy as weak as it is, everyone's priority is to look after Number One. Politicians can no longer depend on the colours of their flags and generational loyalties to win them votes; the people are restless.

I have also spoken with several people who have just given up, and who have no intentions of voting, since they see no candidates worthy of their votes. While I understand their despair, I disagree with their intended lack of action, since I believe we all have a responsibility to participate in the electoral process. Every vote is important! But, in order to make changes in a body politic, we must understand that voting is one sure-fire way to make changes happen.

After the last election, I received several complaints from rural residents, voicing their frustrations with the way their municipalities had organized the voting stations, forcing them to travel several kilometres to their designated polls, as they drove past ones that were much closer. The elderly population found this quite difficult. Some seniors could not find transport and were unable to get to their designated polling booths. I can find no justification for this, and appeal personally to all municipal councils to ensure that this does not happen again, by helping to organize non-partisan transportation for those citizens who require it.

For the next 10 days, we will be obliged to tolerate more polls and campaign propaganda, as the candidates make the final drive to convince us of their individual leadership merits.

As in carpentry, all I can say is measure twice, and cut once!

Please, cast your votes carefully.

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Observations Middle East Burning

David MacFairlane - Main Street

Well, dear readers, the Middle East is burning, and the conflagration is poised to spin out of control rapidly. This huge political, economic and humanitarian disaster has been caused entirely by the failed foreign policies of the United States, aided and abetted by its numerous lapdog allies, which include, unfortunately, our own country, thanks to Mr. Harper's imbecilic involvement with Barack O'Bomber's campaigns of murder and mayhem in the region.

According to Paul Craig Roberts, former editor of the Wall Street Journal, "by telling the truth at a time of universal deceit, Putin committed a revolutionary act." Putin pointed out to the UN the legality of Russia's intervention in Syria, which is at the request of the legitimate government, a long-time ally of Russia, (since the 1950s) in contrast to the illegal bombing and fomenting of insurrection by rebel factions, illegally armed and financed by the US, CIA and European allies. These factions include Al-Qaeda and ISIS which are both creations of the CIA and sponsored by clandestine US initiatives aimed at maintaining hegemony in this suffering region of the world.

The hypocrisy is breathtaking! The US, along with its allies, has destroyed Afghanistan, Iraq, Libya, Yemen and Syria in insane attempts to impose its controlling influence in the region, without just cause whatsoever. With sanctimonious self-righteousness it has imposed its values on regions of the world that have resulted in the deaths of millions of innocent civilians in those countries, all of them described as collateral damage, in their pursuit of the "bad guys". According to Lawrence Wilkerson, former Chief of Staff to General Colin Powell, "the rest of the world is awakening to the fact that the US is strategically inept, and not the power it used to be. History tells us, we're probably finished. Empires at the end go ethically and morally bankrupt ... they can't even govern themselves ... The odds of rapid collapse of the US ... is much greater than is recognised."

Over 14 years after the US invaded Afghanistan, weak and corrupt Afghan troops are still fighting the Taliban, and it is only the presence of 10,000 US soldiers propping up the government that prevents the triumphant return of the Taliban to power there. Over 12 years after George Bush (the joker) declared "mission accomplished" in Iraq, the country is destroyed and fragmented, and ISIS, a violent terrorist group, controls Mosul, its second city and its largest province, Anbar, including the capital, Ramadi, while the legitimate Iraqi government begins to align itself with Iran and Russia and turn away from the US. Over 4 years ago, after the US and its allies, including Canada, destroyed Libya for no reason at all, despite how the aggressors justified their actions, the country is completely torn apart, without a government and ruled by warring tribes intent on destroying each other. Libya's oil, the lightest, sweetest, most valuable on earth has practically disappeared from the market. Then, there is Yemen. Since early this year, after Houthi (Shiite) rebels deposed the incumbent (Sunni) government, the Saudis, with the blessing of the US, invaded, to prevent the Houthis from taking control of the country. The Saudi Royal Family cannot allow their iron grip over their neighbourhood to be threatened by any competing religious group. The US still has its fingers deep into this stinking pie too, because of their dependence on Saudi support for the continued domination of the petrodollar in world markets. The situation in Yemen is awful; many thousands dead and wounded, with 25 million dependent on food imports which have been cut-off by the Saudis. This is a situation described by the UN as a "humanitarian catastrophe,"

In Syria, the UN estimates over 220,000 have been killed since 2011. The US would have you believe these were civilians killed by the Syrian government. However, over 135,000 were Syrian soldiers killed by the US-backed rebels attempting to overthrow the government. Over 6 million citizens have been displaced, taking refuge and scattered within Syria. Over 3 million have fled the country and are in camps elsewhere. Almost 500,000 have sought asylum in Europe, causing a huge social and economic crisis in the EU. (European University Institute) The US declared that Syrian president Assad "has lost his legitimacy." What supreme legitimacy do US presidents possess that they can confer or remove it from another country's leader? The Syrian government is recognised internationally, has a seat at the UN, and has maintained peaceful relations with most countries. It is engaged in a life-and-death struggle against fanatics who enslave, crucify, behead, bury and burn alive those they target, and who seek to replace Syria's modern, secular government with a medieval, religious, intolerant one. (GaryLeupp/Counterpunch) These

bloodthirsty rebel factions are supported and armed by the US and its allies, including our Mr. Harper.

Professor Noam Chomsky once said, "since 1945, the US has attempted to overthrow more than 50 governments, has grossly interfered in democratic elections in at least 30 countries, and has dropped bombs on the people of more than 30 others." In war, the proportion of civilian deaths is as high as 90%, with 10 civilians dying for every combatant killed. The US excuse for war is that it is necessary to prevent something worse, called genocide. However, war causes genocide and the distinction between the two is tenuous,

at best. Annual US military spending exceeds \$1Trillion, over 50% of the world's total outlay. The US Department of Defence manages global property of over 555,000 facilities at over 5,000 sites, covering over 28 million acres. The US maintains over 700 bases in over 100 countries worldwide. (The exact details are classified). Not only is war bad for civilians, it is also bad for the economy and makes us poor. It is only the oligarchy that benefits. (American Journal of Public Health/washingtonsblog)

Does anyone remember Karl Rove's arrogant words? ... "We're an empire now, and when we act, we create our own reality."

Tick tock, the midnight hour approacheth.

"What is the meaning of state sovereignty, the term mentioned by our colleagues here? It basically means freedom, every person and every state being free to choose their future. ... We are all different and we should respect that. Nations shouldn't be forced to conform to the same development model that someone has declared the only appropriate one ... Just look at the situation in the Middle East and North Africa ... instead of bringing about reforms, aggressive interventions destroyed government institutions and the local way of life ... there is now violence, poverty, social disasters and total disregard for even ... the right to life ... I'm urged to ask those who created this situation, do you realise now what you've done? I'm afraid this will remain unanswered, because ... their policy is based on arrogance, exceptionalism and impunity ... We can no longer tolerate this state of affairs in the world."

President Putin of Russia - address to the United Nations on 28th September 2015

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Simply Words on Paper Are You Poor? It May Not Last Forever

Jim Warbanks - Main Street

Despite the Harper government's propensity for gutting statistical data banks, including the long-form census, statisticians who are adept at mining the remaining aggregations can still glean insights that are both intriguing and counter-intuitive. During the initial French-language debate, the statement that "there are 1.3 million more poor in Canada than ten years ago" went unchallenged.

The Montreal Economic Institute (MEI) outlined a more optimistic analysis in a recently released Economic Note that indicated how social mobility in Canada is high, when compared to other OECD countries. Canada ranks fourth, just behind the Scandinavian leaders (Denmark, Norway, Finland) in intergenerational earnings elasticity, rating significantly ahead of the United States and the United Kingdom. In effect, only 20% of a family's economic advantage (or disadvantage, as the case may be) is maintained in the next generation. A family living at a level \$10,000, below average, will see the members of the next generation fall short by only \$2,000.

Poverty not permanent

According to this study, poverty rather than being a perpetual condition for those unfortunately disadvantaged, actually affects different individuals from one decade to the next.

A key finding is that experiencing a low-income period as a young adult, or later in retirement, "does not (necessarily) imply a lack of goods and services." The availability of loans to pay for studies, or to purchase a first property in early-life stages, and the use of accumulated savings in later stages, compensate for employment income disparities.

Rather than focusing solely on the proportion of Canadians living below the poverty line, if we follow the same individuals over time, a more optimistic picture emerges. Intra-generational studies indicate that just 13% of those in the lowest income category in 1990 remained in that category by 2009. Those who earned \$6000 in 1990, recorded incomes of \$44,300 by 2009 in constant dollars, which represents a whopping 635% increase. Those at the top end, by comparison, earned an average of 23% more.

Optimistic outlook

There is further optimism in noting that the proportion of low-income Canadians is falling, and those who remain in this category do so for a shorter period of time. Between 1993 and 1998, Canadians who were in a low-income situation for at least a year amounted to 25%. In comparison, this proportion had dropped to 17% by 2005-2010.

In comparing the 1993-1998 statistics to the 2005-2010 period, the proportion of people who remained at a low-income level for a single year rose from 32% to 45%. Those who languished in this state for the full six years fell from 15% to 9%.

The persistence of low-income status over an extended period affects a surprisingly small minority of Canadians. Though 3.6% of Canadians remained below the low-income cutoff (LICO) for the full six years, extending from 1993-1998, that proportion had dropped significantly to only 1.5% for the 2005-2010 period.

Social mobility

This study demonstrates that relatively few are condemned to remain on the bottom rungs of the income ladder, and most importantly, their children can realistically aspire to economic success by developing their talents because of the commendable social mobility in Canada.

If, as this study seems to indicate, a significant proportion of Canadians who experience low-income levels at certain periods of their lives, manage by "pulling themselves up by their bootstraps", which James Joyce alluded to in *Ulysses*, (1922), the cost of further remediation of the situation should be relatively modest.

Unacceptable

Arguably, this proportion of people experiencing such financial hardship remains unacceptable in a country with such vast resources. Existing government programs fail to properly address these disparities.

Note that there remains a core of people experiencing physical, psychological or other disabilities. They, also, deserve appropriate assistance, through existing or enhanced measures or programs.

Judicious tweaking

Certain areas that might be targeted by judicious tweaking include literacy programs, training and re-training measures, timely provision of health care, early childhood education opportunities, measures to enhance geographical mobility, expansion of modern communication opportunities in rural and northern regions.

The above list is certainly not exhaustive. In the context of the long, ongoing election campaign, it would be more beneficial if candidates running for office could explore the means required to give disadvantaged Canadians equalized access to the opportunities that would allow them to move upscale and become more productive, rather than to hear them constantly repeating meaningless partisan generalities.

Coming up On Facebook this month

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About Sainte-Adèle

Chris Lance - Main Street

The September sunshine extended our summer season. What a nice surprise that included the following outdoor activities: petanque (Mont-Rolland), biking, golf (hard to get an early start time), jogging (city councillors, ho! ho!), walking (city councillors, ho! ho!) and barbecuing, highlighted the warmth of this past month. It was perfect weather to sit in the yard, knowing your days of hedge-trimming, gardening and lawn-cutting are coming to a

halt sometime this month. The leaves are tinged in red and gold, soon to fall and end up in the "bac brun." Next spring, citizens get free compost - the town will let us know when you will get all your garbage back in your yard. Personally, I'd rather get part of the \$394,000 tax surplus.

La Garde-Manger des Pays-d'en-Haut is looking for volunteers to prepare lunches for schools in Sainte-Adèle and Saint-Sauveur. If you want to help, call Manon Legris at 450 227-3757.

From October 10 - 12, there will be an art exhibit by Sainte-Adèle artists at La Place des citoyens.

TVCogeco has invested \$400,000 in a service center near the SAQ outlet. There is a studio involved in programming, and there is hope that local input from the citizens will improve our community television. You might want to drop by and see what this is all about and how you might improve local programming.

Sainte-Adèle's boxer, Ken Lavallee, was back in the ring this past September, training for a bout in Las Vegas on October 17. Keven has signed on with US promoter, Roy Jones Junior.

On the 31st of October, Sainte-Adèle is hosting free events for Halloween, from 4 pm to 7:30 pm. It will be L'Halloween sur la rue Valiquette that will include animation and candies for all. From 7 pm to 9:30 pm at town center: Bal de l'Horreur a la Place des Citoyens, which includes more candies, a DJ, a parade of costumes and lots of music.

Perhaps you will notice our mayor, Charbonneau, at the Halloween events. I heard he will be dressed as a tax collector.

That's it; enjoy October. It's time to set up your "abris d'auto," and you can start assembly as of October 15 and keep it up until the 1st of May next year. The colder weather will soon be upon us. Happy Halloween.



Village of Weir Newswire

Claudette Smith-Pilon - Main Street

NEWS FROM CITY HALL

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

- Mon: 1 - 4 pm: Art created in various mediums. Open to everyone.
- Tues: 1 - 4 pm: Bilingual Bridge- Beginners to experts. Info 819-687-3888.
- Wed: 1 - 3 pm: Courses in country line dancing. Info - 819-687-3767
- Sat, Nov 7: 1 pm: Art Project 2015, "I am a participant in our Cultural Heritage."

HERITAGE RECIPES: A memorable cookbook was introduced during the Heritage Days, recently held at the Community Hall of Montcalm. A second edition is being printed: copies available for \$10 at the Town Hall, the Library & from the 3 members of the committee.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Next Victoria's Quilts Laurentian Branch workday will be on Friday October 23: 9 am.

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Please forward any comments, news or topic to: mmcsp40@gmail.ca

Laurentian Club Report

Stevie Cameron: From Cordon Bleu to Blue Trust

Sheila Eskenazi

The Laurentian Club opened the season with prize-winning investigative journalist Stevie Cameron who described the path of her illustrious career.

Growing up in Belleville, she learned to love food and cooking from her grandmother, an accomplished cook who had travelled extensively with her own father, RJ Graham, the owner of a major food products company. Upon graduation from UBC, she was unwittingly recruited by Canadian intelligence services but found Russian and code-cracking not an ideal career.

In France with her husband, she enrolled in cooking schools including the prestigious Cordon Bleu, and worked in a variety of restaurants. On her return, she taught cooking and shared several engaging anecdotes about that experience. Teaching led to stints as Food Editor at the Toronto Star, Lifestyles Editor at the Ottawa Journal and Lifestyles and Travel Editor at the Ottawa Citizen, connecting her to people in service industries with a unique perspective on Ottawa's power brokers. When disillusioned, many were keen to share their inside stories, giving her additional background for On the Take: Corruption and Greed in the Mulroney Years. This brought forward more disillusioned Canadians including Mordecai Richler and Arthur Hailey and resulted in Blue Trust and The Last Amigo.

Cameron described her relief in writing subsequent books on murderers because for these works she and her publishers were not subject to the legal challenges threatened by politicians to hide stories of greed and corruption.



A Library Addict's Choice...

Grif Hodge - Main Street

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

NON-FICTION

Larson, Erik - Dead Wake

This is an excellent read. It is May 1915, and Erik Larson relates the events of one of the greatest disasters in history, the sinking of the Lusitania. Storyline includes perspectives from some of the passengers, the emotional turmoil of the talented and tormented US President Woodrow Wilson, the shift in the rules of war that Germany brought to WW1 and much more.

Somerville, Neil - Your Chinese Horoscope 2016

Neil Somerville has been writing Your Chinese Horoscope for 29 years and he believes that "much can be learned from the wisdom and insights of the East. Whether in discovering more about your animal sign, or trends for the various years, Chinese horoscopes are, I feel, immensely instructive." His author website is an extension of the book and is lots of fun to visit: <http://www.neilsomerville.com/>

Suzuki, David - Letters to my Grandchildren

David Suzuki's Letters To My Grandchildren offers grandfatherly advice combined with remarkable autobiographical stories. Drawing on his own experiences, he explores life's deep questions and offers up a lifetime of wisdom, inspiring us all to live with courage, conviction and passion, as we learn from the past and look confidently towards the future. Although not everyone agrees with Suzuki, <http://www.davidsuzuki.org/> is worth a visit.

FICTION

Smith, Alexander McCall - The Kalahari Typing School for Men

JUNIOR NON-FICTION

Gaiman, Neil - Graveyard Book

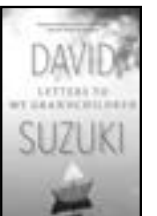
Neil Gaiman's latest novel for children, "The Graveyard Book," won a top literary honor, the 2009 Newbery Medal, for the most distinguished contribution to children's literature. The story opens with a ghastly murder of an entire family, except for a toddler, who apparently escaped notice. No gruesome details are given about the multiple murders, but we follow the toddler up the hill to a graveyard, where he is taken in by a ghostly host. This story is wonderfully imaginative and lovers of fantasy of all ages will enjoy this rich tale.

Sutherland, Robert - The Schooner's Revenge

This is a wonderful little piece of historical fiction about the War of 1812. Canadian children should read this as it gives such insight into this critical time in our history. It begins with a surprise attack on the tiny city of York (Toronto) by a flotilla of American navy ships. The story quickly develops - fourteen-year old Ben Random is sent on a desperate rescue mission to bring supplies to the British Fort Mackinac on Lake Erie, so that it does not fall into American hands. With excellent characterization, Sutherland weaves historical facts, with a light touch, as we join the men who brave cruel conditions on an overland route to reach the Fort.

Weinberg, Larry - Ghost Hotel

This is the first in a trilogy: Ghost Hotel, Return to Ghost Hotel, and Escape from Ghost Hotel. Paralyzed Anna, adopted by a family of history buffs, remembers nothing about her past. Caught in a heavy thunderstorm while on vacation, they take shelter in an old mansion. Anna feels that this setting is eerily familiar. This is more than a ghost story as several themes are explored.



New training center for firefighters in Brownsburg-Chatham

The City of Brownsburg-Chatham is pleased to announce that the new training centre, established on the land adjacent to the municipal garage, 541 Maple Street, is now complete. This establishment will reduce costs significantly and alleviate the necessity for firefighters to go elsewhere to earn their accreditations.

The multifunctional centre will be used to train firefighters to fight fire and practice rescue operations. The facility boasts several special features including an enclosed area designated for vertical rescue, and a synthetic smoke machine for perfecting ventilation techniques.

"Our firefighters train every month and this centre will be used in over 80% of all our training from now on. We will not have to find an abandoned house each year for live-training simulation. Now, we can do it more frequently, more safely, in the proximity of our own facilities," says the director of the Fire Department of the City of Brownsburg-Chatham, Marc Desforges. The centre, being the only one in the territory of the MRC Argenteuil, will be available for rental for training to other fire safety services in the region.

The City has been planning this project for at least three years. Mr. Desforges strongly wishes to thank the firefighters of Brownsburg-Chatham who helped find the financing to bring this project to fruition, and acknowledges the generosity of Orica Canada, that participated in this project, by providing modules for free.

An application for certification will be introduced to the center after it is officially recognized by l'École Nationale.

Mayor Scott Pearce elected as Vice-Chair of the Rural Forum at the FCM Board Meeting in Fredericton, New Brunswick

Scott Pearce, Mayor of the Municipality of the Township of Gore, was elected as the Vice-Chair of the FCM's Rural Forum at the FCM's Board Meeting in Fredericton, N.B., which took place from September 9 to the 12, 2015. The Rural Forum deals with issues regarding both small and rural municipalities across Canada. This position is very compatible with Mayor Pearce's other positions as Vice-Chair of the Environmental Issues and Sustainable Development Committee at the FCM, which deals with issues that concern us all, as well as Vice-Chair of the Quebec Caucus along with its President, Deputy-Mayor of Quebec City, Mrs. Michelle Morin-Doyle.

Board members also made great progress on FCM's federal election strategy. Federal parties are responding in an unprecedented fashion to the municipal offer of partnership on the biggest challenges facing the country. Parties are presenting historic commitments on infrastructure investment and proposing long term, dedicated funding for public transit. FCM anticipates that upcoming announcements will focus on housing, and other key local priorities.

During the week-long meeting, Mayor Pearce took steps to ensure municipal issues remain front and center in the remaining 5 weeks of the campaign. Through a massive Thunder-tweet, Mayor Pearce joined board members on social media to encourage local candidates to sign the #CDNmuni commitment. In a matter of minutes, more than a thousand tweets pushed the CDNmuni hashtag to Twitter's top trending position.

Board members were equipped with new tools that will enable them to continue to pressure local candidates to explain how each party will partner with local governments to solve national challenges.

The Federation of Canadian Municipalities (FCM) is the national voice of municipal government. In leading the municipal movement, FCM works to align federal and local priorities, recognizing that strong hometowns make for a strong Canada.

Cancellation of pilot project, Vendredi 50+

The transportation department of the MRC d'Argenteuil wishes to inform the population of the service shutdown of the Vendredi 50+ pilot project. This transport service, funded in part by the Fonds québécois d'initiatives sociales, and which has been in service since January 2015, made its last tour on Friday, October 2, 2015.

However, note that the recent improvement in the supply of public transit services, including Taxibus, will offer various mobility solutions to past users of Vendredi 50+.

The transportation department of the MRC d'Argenteuil generates over 40,000 transports annually. These trips are organized throughout all nine local municipalities of the MRC, and include a Taxibus service, a daily circuit between Argenteuil and Saint-Jérôme on weekdays, a carpool platform and the Carrefour Argenteuil circuit. More information about transportation services in the MRC d'Argenteuil are available by calling 450 562-5797 or at the following link www.argenteuil.qc.

Golf tournament raises \$35,000

The annual golf tournament to benefit the Fondations Médiacale des Laurentides and the Pays-d'en'Haut took place on Sept 24, 2015, at the Mont Gabriel Golf Course. This year marked the 25th anniversary!

The day was a huge success, raising \$35,000 that will go towards purchasing new medical equipment. This event also allowed the Foundation to demonstrate specifically, how donations are used, by announcing several new acquisitions and future projects.

A special thank you to the Honorary Chairman and Board of Directors and the Vice-president of hotel development, Martin Lavallée

The Commons Feeds The Kids

The spirit of The Commons Hotel was resurrected on August 1, 2015. A group of former patrons of the legendary establishment braved the elements to meet, reminisce and enjoy an evening of great music at Ski Morin Heights. The event had two purposes: to see old faces and to raise money for the breakfast programs at the Morin Heights and Laurentian elementary schools.

Trevor Leslie, the former owner of The Commons, and a fixture in the Morin Heights community, hatched the idea of the reunion. Together with Bob Stagg, music teacher at Laurentian Regional High School in Lachute, they organized an evening of music,

which included musicians who had once graced the stage at the Commons: Barb Harris (BarbandBarband) and Liz Harris (Ste. Agathe Flyers) were the headliners for the event. Also on the bill were the Brian Smith Blues Band and the opening band, Summit, comprised of students from Laurentian Regional High School.

With the combined generosity of Ski Morin Heights, IGA Morin Heights, David Riddell Excavation & Transport, Campbell Stewart Construction, CI Investments, MacKenzie Investments, and the town of

Morin Heights, the event managed to raise \$6000. Each elementary school received a cheque of \$3000. Grace Courey, principal of Morin Heights elementary, stated that the money would allow the school to add one additional day of nourishment for students in the school week.

The organizers are hoping that they can continue this fundraiser and are already planning for next summer's event.



Photo: R-L, Bob Stagg, Trevor Leslie, Barb Harris, and Tina Janzic

CLD Laurentides dedicated to the economic development of its territory

Chairman, Yvan G. Paradis, was satisfied with the decision of elected representatives who, on September 17, adopted an agreement authorizing CLD Laurentides to provide their expertise towards economic development within its territory.

Leader of economic development

"Last fall, elected officials had expressed their intention to maintain separate services. By adopting this agreement, the Council of Mayors sees us as leaders of economic development... With such control, the MRC will support economic initiatives and is working to expand business opportunities," stated Yvan G. Paradis.

Sustainability of services

The Council of Mayors, through this agreement, acknowledged in its intervention priorities, the importance of maintaining the CLD and its services. This includes services to the private or social entrepreneurship and the full range of personalized support such as hospitality to the investor, consulting services, research, financing, technical support, tracking enterprise, etc. The CLD is an immeasurable player in local development, working with municipalities to mobilize, plan, and ensure consultation projects.

New impetus!

"By perpetuating CLD services, our elected members support all our businesses and demonstrate their commitment to making our MRC a territory that prioritizes economic development," explained Paul Calce, CEO. "They also recognize the considerable contribution of business people who sit on our committees as volunteers. With this agreement signed, we have the wind in our sails and anticipate a positive outlook for 2016. We will work closely with the MRC to carry out its priorities for economic development, including the updating of the Strategic Planning, and sustainable economy and employment "concluded Paul Calce.

The CLD Laurentides

The purpose of the CLD des Laurentides is to promote local development and entrepreneurship, prosperity and sources of collective wealth for our region. This means supporting existing businesses and those who start, assisting in their fundraising, offering guidance and encouraging their sense of innovation to help them realize their ideas.

Reorganization in Laurentian health and social services

The management team of the Laurentian Integrated Health and Social Services Centre (CISSS) has identified a series of optimization measures to be implemented in the upcoming coming weeks, geared towards offering better services to the population.

The Laurentian CISSS was established on April 1, 2015, following the adoption of Bill 10. It brings together 12 institutions of public health and social services in the region; the former CSSS, the Laurentian Youth Centre, le Bouclier (physical disability rehabilitation center), the Centre Flores (rehabilitation center for intellectual disabilities), the Laurentian dependency rehabilitation center and the Residence of Lachute.

"As part of this regional grouping, a reorganization of our services was required. First, because we have a duty to do everything we can to ensure that the entire population has quick and easy access to health and social services that meet the highest quality standards, and also, because we have a responsibility to ensure that all public funds devoted to health are used optimally," said Daniel Corbeil, deputy CEO of Laurentian CISSS.

No reduction in services

All personnel of the institution have a duty to ensure that there is no impact on the standards of care and customer service, despite this context of major transformation. "Improving user satisfaction of CISSS Laurentian is among the main objectives we have set for our management team. The reorganization will result in no reduction in services to the population. In some cases, services could even be increased, if necessary," said Mr. Corbeil.

The staff appreciated

The management of CISSS Laurentian is aware that these changes will result in several changes within the administrative teams. Nevertheless, it wishes to emphasize the continued engagement of both employees and doctors who, despite this context, continue to provide care and quality services to the population. "We thank them for their exemplary cooperation," concluded Mr. Corbeil, indicating that all necessary measures will be taken to reduce the impact of this reorganization on staff and users.

Proportional Representation?

Proportional representation is a voting system that allows parties to appoint members who have not been elected to government – sort of like the Senate – except that, appointments are made by each political party. The concept, it is argued, allows the parties to have representation based on their percentage of the vote but the members that they appoint never have to be elected. Also, it gives priority to the parties over the MPs who were elected. The elected members, in fact, are very likely to be nothing but back-benchers, since the Parties will have already chosen their leaders, ministers, and so on.



There are other systems, ones that simply make sure every single MP has to win more than half of the vote in his or her riding. It is time for us to mandate our next government to explore and explain all of these different systems. The problem with strong parties is that all of the elected MPs have to do what they are told -- or get out. Proportional representation strengthens this defect. The discussion we have to have is: Should this system be strengthened? An MP who works for his or her riding and has to rely on what the riding wants would bring our system back to real democracy. The MPs would have to answer to the people who elected them. This is an important issue. We have a right to know what our candidates stand for and I urge every voter to meet the candidates, or at least learn everything you can about each one and vote based on what you learn. If he or she represents a party, great, but it's time for us to stop voting blindly for a party.

Joseph Graham (joseph@ballyhoo.ca)

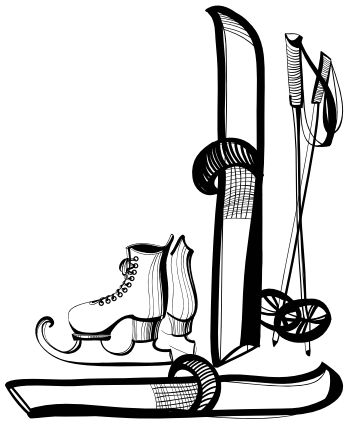
SKI & SKATE EXCHANGE AND SALE

Salle Mgr Mercure – Église de St. Jovite
940, rue de St-Jovite

- Sat, Nov 7
- Registration for sale items: 8 am - 10 am
- Sale: 10 am - 1 pm

Only items in good condition will be accepted.

Info: facebook.com/7th edition Ski'n Skate Exchange
Proceeds to benefit the Arundel Elementary School



STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Chantal Legault, who opened her new boutique, **Chez Moi Chez Toi** (75 de la Gare, Block B1) in St. Sauveur on September 9. The shop offers an eclectic array of unique, high-end, brand-name women's clothing, shoes, jewelry and lovely accessories. Drop by to say hi to Chantal, who will be pleased to welcome you and show you around. Best of luck Chantal! 514 713-5971 / www.chezmoicheztoichantal.com.



Déric Bonneville, Marc Lacroix and Kevin Van Hove who opened **BLVD Céramique et Robinetterie** (131 chemin du Lac Millette, St. Sauveur), in August. They offer everything you will need to renovate your bathroom or kitchen, including high-end faucets and hardware, a variety of ceramic tiles and granite, marble and quartz counter tops. 450 227-2722 / www.soligo.ca.



Congratulations to:

Tara-Lee Bell and Michel Lavallée, who recently opened a fantastic new boutique on September 12, called **Cochon Volant Antiques & Décor** (1325 chemin du la Sapinière, Val David). It offers an extremely diverse array of wooden antique furniture, beautiful, unique lamps, and customized, hand-painted décor items. So many reasonable, exciting treasures to be found!



Whether you are seeking vintage, rustic, shabby, cottage or recuperated items, Tara-Lee has that something special for your home. Tara-Lee also offers an excellent design and consultant service and can custom-paint your special items. Open daily, excluding Monday and Tuesday. 819 323-9129 / www.cochonvolantantiques.com or Facebook Cochon Volant Antiques.

Dominic Asselin, who is the new owner of "La Chèvre" bar (1510 chemin de l'Avalanche, St. Adolphe d'Howard) located at Montagne Attitude, an exterior climbing center. La Chèvre will feature 3 specialties: micro-brewed beer, a selection of private, imported wines and an impressive variety of Scotch Whisky. Tea and coffee will also be served. The pre-opening was held on September 4, and the official, grand opening will take place on October 10. The bar will soon offer a bistro menu and live music. Open Thursday, Friday and Saturday, from 4 pm until 1 am. 819 714-0101 / www.attitudemontagne.com/lachevre.



Pascale Tremblay who recently changed her career, after working for Tourisme Laurentides for 16 years, to become a real estate agent for **Sutton-Humania** in St. Sauveur. Pascale will start her new challenge in October. We wish you well Pascale. To contact Pascale: 450 822-1858.



Did you know that...

There is an amazing, mobile garage service called **Changement de Pneus Laurentides**, owned by François Bertrand-Lemay? This service offers changing your tires, wheel balancing and oil changes right in your own driveway on weekends and week nights. They also offer excellent general mechanic home services during the summer months. This is a wonderful idea for companies who have a fleet of vehicles, and also for those who prefer the convenience of home service. How? François has a heated, mobile "garage trailer" that has a self-sufficient generator and heater inside so they can provide mechanic services, even in inclement weather conditions. Bravo to François whose company also donates 1% of its revenue to The Breast Cancer Foundation of Canada. Info: 438 831-7638 / www.changementdepneuslaurentides.com.

Speaking of cars and driving, there is a new driving school, called **École de Conduite Labelle**, owned and operated by Anick Labelle, 3600 boul. Ste. Adèle, Suite 105, in Ste. Adèle? Anick offers excellent and dynamic driving lessons to students of all ages. Call Anick at 450 745-0289.

Owner of **Riopel Design and Communication**, Edith Riopel, can offer you suggestions for your publicity, graphics, signage, web design and marketing or corporate ideas? Her business is located at 261, rue Principale, Suite. 5, St. Sauveur. Contact Edith at 450 227-6237 / info@riopeldesign.ca.

Patrice Cloutier, owner of **Rampes et Balcons** St-Sauveur (since 2014) provides superior quality gazebos, fibreglass balconies, special glass railings and customized mosquito netting for your balcony, gazebo, etc? For more info 450 227-1869 / www.rampesetbalcons.com.

Federal election day is Monday



Are you ready to vote?

If you're a Canadian citizen, 18 or older, you can vote in the federal election.

Your voter information card tells you when and where to vote.

If you didn't receive your card, you can still register and vote at your polling place.

To find out where to vote, and what ID to bring, visit elections.ca or call 1-800-463-6868 (TTY 1-800-361-8935).

Elections Canada has all the information you need to be ready to vote.

Ready to vote
October 19, 2015



THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001



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Read us and like us on facebook at: [TheMainStreetNews](https://www.facebook.com/TheMainStreetNews)

Are you suffering from **TYPE 2 DIABETES?**



We are seeking participants for a 26-week clinical study involving an investigational medication for the treatment of type 2 diabetes.

You might be eligible if:

- You are 65 years or older
- Have been diagnosed with type 2 diabetes for at least 1 year
- Your glycemic control is not satisfying even though you are on a stable dose, for at least 8 weeks, of oral antidiabetic medications and/or a long-acting insulin

Qualified participants will receive at no cost investigational medication or comparator, medical care, diet and exercise counselling, glucose meter and its supplies and, transportation allowance during the course of their participation to the study.

For additional information, contact:

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THE 2015 C 300 4MATIC TOTAL PRICE: \$45,415*

Lease rate	Lease payment	Includes
3.9% ^{**}	\$398 ^{**}	\$1,000 [†]
39 months	\$5,995 Down	Cash credit

*Taxes extra.

THE 2015 GLK 250 BlueTEC 4MATIC TOTAL PRICE: \$51,015*

Lease rate	Lease payment	Includes
2.9% ^{**}	\$498 ^{**}	\$1,000 [†]
45 months	\$7,995 Down	Cash credit

*Taxes extra.

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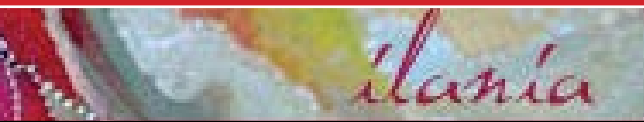
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© 2015 Mercedes-Benz Canada Inc. 2015 C 400 4MATIC with optional Sport package and optional Active LED High Performance Lighting System/2015 GLK 250 BlueTEC 4MATIC Avantgarde with optional Sport package and optional wheels shown above for a total price of \$57,815/\$52,615. Total price of advertised 2015 C 300 4MATIC/2015 GLK 250 BlueTEC 4MATIC is \$45,415/\$51,015, which includes an MSRP of \$43,000/\$48,600 plus transport & prep of \$2,245, air-conditioning levy of \$100, Tire Duty of \$15, and RDPFM Fee of \$55.49. Lease and finance offers based on the advertised vehicles are available only through Mercedes-Benz Financial Services on approved credit for a limited time. **Lease example based on a 39/45 month term, a lease APR of 3.9%/2.9%, and an MSRP of \$43,000/\$48,600. Monthly payment is \$398/\$498 with down payment or equivalent trade of \$5,995/\$7,995 plus security deposit of \$400/\$500 and applicable taxes due at lease inception. Total obligation is \$21,917/\$30,905. 18,000/18,000 km/year allowance (\$0.20/\$0.20/km for excess kilometers applied). †Cash credit of \$1,000/\$1,000 included in advertised lease payment and must be applied at time of sale. Vehicle license, insurance, registration, and taxes are extra. Dealer may lease for less. Offers may change without notice and cannot be combined with any other offers. Offers end October 31st, 2015.



Out & About

Ilania Abileah - Main Street

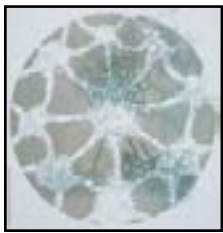


Note: Please visit the website of each venue provided below for complete listings.

MONT LAURIER

84, Rue du Pont
819 623-2441 / www.expomontlaurier.ca

Sandra Djina Ravalia exhibits a new collection of silk-screen prints displaying a micro-cosmos in three-dimensional installations, with added sound.



Amas poussières d'étoiles 2014

Espace Théâtre

543, Rue du Pont. 819 623-1222 ext 1.
Thurs, Nov 5: 8 pm: Ladies Night, in French! This is the story of a group of men who are out of work and decide to put on a "Striptease" show with the help of a dancer.

ST. DONAT

Municipal Library
510, rue Desrochers 819 424-3044 / biblio@saint-donat.ca

Until Nov 11: Exhibition of local artists

MONT TREMBLANT

Premiere Scene
Eglise du Village, 1829 chemin du Village
Sat, Oct 31: 8 pm: Jerome Couture, finalist of La Voix, 2013 will perform songs from his first album. \$34.

Wed, Nov 11 - Nov 29: Dominique Normand exhibits at the Albert Ouimet Hall, 1147, rue de Saint-Jovite.

Vernissage **Nov 13: 5 pm.**

Fri, Nov 13: 8 pm: Bruno Pelletier & Guy St-Onge: vocals and piano combined, to present music from films. \$40

STE. AGATHE

Théâtre Le Patriote
258, rue Saint-Venant
819 326-3655 / http://theatrepatriote.com.
Sat, Oct 17: 8 pm: Oliver Jones (jazz pianist) & Josee Aidand (violin soloist) share the stage. A unique musical voyage. \$45.
Sat, Nov 14: 8 pm: Giorgia Fumanti - Italian-Quebecois soprano, Georgia Fumanti, continues to enchant audiences around the world. \$44.

La Boîte à Chansons (doors open at 6:30 pm, first come...)
Thurs, Oct 15: 8 pm: Christopher Hall (clarinet) accompanied by a string quartet will enchant the audience with music by Mozart, Brahms and Weber. Christopher Hall's stand-up comedy will keep you laughing.
Thurs, Nov 12: 8 pm: Victor Wainwright - blues at its best by award winning (2013 & 2014) blues pianist, singer / composer. \$28.

VAL DAVID

Val David Exhibition Centre
2495, rue de l'Église
819 322-7474 / www.culture.val-david.qc.ca.
Open: **Wed - Sun: 11 am - 5 pm.**
Until Nov 22: Making Prints in Duo by Richard Purdy and Paul Ballard. Plus, Artists' Books, by members of the Atelier de l'Île, Val David.

VAL MORIN

Théâtre du Marais
1201, 10è Ave. 819 322-1414 / www.theatredumarais.com
Sat, Oct 24: 8 pm: Willows / Charles-Antoine Gosselin. Searching for her Manitoban heritage, singer, Genevieve Toupin cones

on stage as her alto ego, Willows. Charles-Antoine Gosselin, a multi-instrumental artist sings with deep feelings. \$25.

Fri, Oct 30: 8 pm: Acoustic Blues Summit - Guy Belanger Trio, Adam Karch and Cisco Herzhaft. The evening in two parts with Adam Karch and Cisco Herzhaft alternating, following Guy Belanger's harmonica and vocals. \$40.



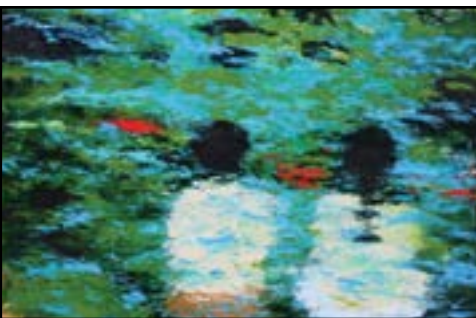
Guy Belanger Trio, Adam Karch and Cisco Herzhaft

Sat, Nov 7: 8 pm: Chole Sainte-Marie performs songs from her new album, "A la croisee des silences." \$40.

Sun, Nov 7: 8 pm: Collectif9 presents classical music, combining audacity and virtuosity, while creating dialog with the audience. \$35.

ST. ADOLPHE D'HOWARD

Atelier Culturel
1889, chemin du Village / 819 323-1878
Until Nov 1: Paintings by Fabienne Nozer and will be on display.



Fabienne Nozer, Attente

L'Ange Vagabond
1818 Chemin du Village
819 714-0213 / www.facebook.com/langevagabond. All shows \$20.
Fri, Oct 23: 5 - 7 pm. A short presentation by eleven young Philippine women of ensemble "Minstrels of Hope" followed by a concert at the village church at 8 pm.
Sat, Oct 24: 8 pm: Finaz & Fabrizio Pocci. Two seasoned Italian guitarists and singers who are on tour in Quebec.
Sat, Nov 7: 8 pm: Dimone - French singer / songwriter on tour in Quebec (Folk - Rock).
Sat, Nov 14: 8 pm: Sara Dufour performs country-folk music with a hint of bluegrass.

STE. ADÈLE

Place des Citoyens
999 boul. Ste. Adele
450 229-2921 #300 / http://ville.sainte-adele.qc.ca/achatenligneplacedescitoyens.
Open: **Thurs & Fri: 1 to 4 pm; Sat: 10 am to 5 pm; Sun: noon to 5 pm.**
Concerts:
Sun, Oct 18: 1:30 pm: Christine Tassan et les imposteurs. These ladies carved themselves a niche in the Jazz Manouche sector where they have remained for over ten years. \$15.
Fri, Nov 13: 8 pm: Les croches chantent Dassin et ses cousins - a humoristic cabaret show including songs by Dassin, Fugain, Becaud, Lenorman, Sardou and others. \$15.
Exhibitions:
Oct 10 - 12: Feerie des Couleurs, an exhibition of the Ste. Adele artists association.
Nov 6 - 29: Diane Desjardins exhibits

"Recreation," a reflective new collection of paintings done in her unique technique.

Salle Augustin-Norbert-Morin
258, boul. de Sainte Adele.
450 240-6220, ext.0 / www.salleanm.com
Sat, Oct 24: 8 pm: Klo-Pelgag is a singer / songwriter who has performed in Europe and China, and has participated in several prestigious festivals. \$30.

ST. SAUVEUR

Park Filion
Sat, Sun & Mon, Oct 10 - 12: Country Music Weekend - A dance floor will be set up next to the stage for line dancing enthusiasts. Info: toll-free: 1 877-528-2553.

MORIN HEIGHTS

Ski Morin Heights
Theatre Morin Heights presents "Welfare-well," by Cat Delaney
Nov 5, 6, 7 & 8: Thurs, Fri & Sat: 8 pm and Sun, 2 pm. Special family matinee on **Sat, Nov 7: 2 pm** (adult must be accompanied by teen 13+). Doors open one hour prior to show time.

The two-act social satire features an 80-year-old retired stage actor who must face the fact that her government pension is insufficient to support her minimal needs. She must now find new means to improve her lot in life. Tickets available at Marche Vailancourt or Penny Rose (450 226-2746). \$20.

Morin Heights Library
823, Village Rd.
Until Dec 5: Arts Morin Heights presents a new exhibition, "Disappeared Buildings of Morin Heights." www.artsmorinheights.com

WENTWORTH NORD

Montfort Art Gallery
Open Saturdays and Sundays: **noon - 4 pm**
Oct 10 - Nov 8: Exhibition of prints by three members of the Atelier de l'Île de Val David (Christine Rolland, Louise Bariteau and Michele Campeau). The collection includes etchings, silk-screens and collagraphie. Vernissage: **Oct 17: 4 pm.**

BROWNSBURG - CHATHAM

Restaurant Faim-Fino
338, rue des Erables / 450 407-0708
La Societe culturelle du Pavillon des Jardins (450 495-8022 scpj.wordpress.com)
Until Oct 25: Artist, Suzanne Danis exhibits her paintings.

MIRABEL (St. Agustin sector)

25th Expo-Concert of Mirabel
Oct 24: 11 am - 4:30 pm: Vernissage & concert 8 pm. Bet.e & Steff are two vocalists, singing romantic melodies in different languages, with a touch of Jazz and Bossa-Nova, and the sound of Steff's guitar. \$10.



Bet.e & Steff

ST. PLACIDE

St. Placide Church
Sat, Nov 7: 8 pm: A concert of jazz, blues and rock music by Smokin B3's. This trio performs with two HammondB3 organs. Marine Lacost and Michel Hains on organs, and Jimmy Bourgoing on drums. Tickets: www.artsetculturestplacide.com; Caisse Populaire Desjardins de Mirabel (St. Placide, St. Augustin, St. Benoit) or the municipality of St. Placide: 450 258-2305.



Fabienne Nozer, Attente

PRÉVOST

Salle Saint François Xavier
994, rue Principale
450 436-3037 / www.diffusionsamalgame.com Tickets: \$31.50
Sat, Oct 17: 8 pm: Duo Dyachkov-Saulnier - Yegor Dyachkov (cellist) and Jean Saulnier (pianist). The program includes music by Shostakovich, Schumann, Kapustin, Marinu, Piazzolla and Hatzis.
Sat, Oct 24: 8 pm: Serhiy Salov, virtuoso pianist, is coming back with a new program, which includes works by Chopin, Debussy, Mussorgsky and Ravel.
Sun, Nov 8: 2 pm: Consort Baroque Laurentia. Peggy Belanger (vocals) and Michel Angers (theorbo - string instrument) will play music by Barbara Strozzi, Santiago de Murcia, Alessandro Piccinini and Benedetto Ferrari.



Consort Baroque Laurentia

ST. JÉRÔME

Laurentian Museum of Contemporary Art
101, place du Curé Labelle
450 432-7171 / www.museelaurentides.ca
Open: **Tue - Sun: noon to 5 pm**
Until Thurs, Nov 8: An exhibition, "Vous êtes ici" (You Are Here), by Richard Purdy plus, the artwork of Guillaume Boudrias-Plouffe, winner of the 2015 young artists' competition.



Richard Purdy

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

Salle André-Prévost
535, rue Filion / 450 432-0660 / enscene.ca.
Fri, Oct 16: 8 pm: Coeur de Pirate - Roses - La tournée. \$38.
Sat, Oct 24: 8 pm: Marc Dupre is back on stage after a few years of absence. The opening part of this show will feature Renee Wilkin, who won the 2015 "La Voix" with her impressive voice. \$48.
Sun, Nov 17: 8 pm: Piaf a 100 ans. Vive la Môme! Fifty years after her death, a few Quebec singers share the stage for a cabaret-style show. \$59.

Salle Anthony Lessard
101, Place du Curé Labelle
450 432-0660 / enscene.ca.
Sat, Oct 10: 8 pm: Alfa Rococo - Justine Laberge and David Bussieres perform electro-pop. \$30.
Sun, Oct 18: 11 am: Les contes du vent \ storytelling and music for children 5 - 9 years-old. \$11.



Fabienne Nozer, Attente

Thurs, Nov 5: 4 pm: The 26th Les Grands Prix de la Culture des Laurentides. This year, History & Heritage will be recognized. Call 450 432-2425, ext 102 to reserve your seat.

Due date for next edition: **October 20**
-ilania@IlaniaAbileah.com
450 226-3889

What Happened to Theatre?



Theatre was indeed alive and well at the recent Mont Laurier's 7th bi-annual International Amateur Theatre Festival. This event gathers together passionate, amateur theatre groups who perform in their own language; sometimes using screen translations, and at other times, using movements and shadows to tell their stories.

We saw Chekhov, played by the local Mont Laurier Theatre group, where a small person in a nightdress and cap trotted onto the stage. Speaking to his master in a small voice, while his whole body was undergoing waves of trembling made me think of the Lee Strasberg acting school. What a performance! Later, I discovered it was Gilles Ouimet, the 2015 winner for best acting of the Quebec Association of Amateur Theatres.

The festival program included Shakespeare, Pushkin, Samuel Beckett, Comedia del arte, and much more. The Chinese and Philippine theatres came with colourful settings, costumes and martial arts. The Zapadnia Polish Theatre presented "The Stone of Patience," a play reminiscent of "The Handmaidens," by Margaret Atwood. It won the Jury Prize. Another play of universal interest was "The Mincer," from Egypt - a play depicting life under dictatorship, using body language, digital sound and impressive lighting.

The next highly anticipated "buzz in the hall" will take place in Morin Heights. Our own Theatre Morin Heights, which has been delighting audiences since the 80s, presents "Wellfarewell," by Cat Delaney. This play deals with the life of an elderly lady living on a government pension. Oh good! Theatre again!



2015

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Lori's Lookout - Laurentian Personality Myra Giberovitch - helping others to recover

Lori Leonard - Main Street

For the past 30 years, Myra Giberovitch, MSW, PSW, has devoted herself to helping others recover from genocidal trauma. Myra is an educator, author, speaker, social worker, a person with a unique calmness, who is an excellent listener. This calmness is what has helped others to trust Myra as they divulged their traumatic experiences. They knew that she understood their stories completely.

Myra was born in a displaced persons' camp in Germany after the war, the daughter of Holocaust survivors from the Lodz Ghetto and the Auschwitz concentration camp. She moved from Israel to Montreal in the early 1950's. Myra started the very first community-based social service program for Holocaust survivors in Canada, was employed for the last 18 years at the Cummings Centre in Montreal, and has just retired. She has expertise as a social worker, therapist, group worker, community organizer and researcher.

Myra is also an adjunct professor at the McGill University School of Social Work, where she is a sessional and guest lecturer, and field placement supervisor. Her expertise has brought her invitations to lecture at national/international conferences. In her spare time, Myra enjoys her 3 children and 5 grandchildren.

Myra is inspired by the tenacity of survivors, and by the human spirit that these individuals display, despite the terrible tragedies that they have endured.

Her book, *Recovering from Genocidal Trauma - An Information and Practice Guide for Working with Holocaust Survivors*, was published in 2014 by the University of Toronto Press, and is currently being used by university students and service providers around the world. She has dedicated her book to Holocaust survivors who have overcome the most severe forms of persecution, and have carried on to become productive members of society.

In her book, Myra uses a strength-based philosophy as she noticed that people respond to trauma in different ways. Some individuals exhibit strength and resilience in overcoming obstacles, while others are adversely affected and scarred for life. Others have periodic episodes of physical/psychological upsets, but manage to cope and live productively. Myra recognizes that their strengths and capabilities co-exist with their vulnerabilities, and she encourages and guides them gently, and listens intently.

Myra, you have helped thousands of people to find the strength to forge ahead successfully in their lives. This is a brilliant life-time achievement!



Healthy Channels Acupuncture is preventive medicine

Christopher Garbrecht, Ac. - Main Street

"The sages of antiquity did not treat those who were already sick, but those who were not sick... When a disease has already broken out and is only then treated, would that not be just as late as to wait for thirst before digging a well, or to wait to go into battle before casting weapons?" (Nei Jing)

This quote is proof that Chinese Medicine (CM) and acupuncture have long valued Preventive Medicine above emergency disease intervention. Historically in China, each village was under the care of one doctor in return for taking care of him. The traditional Chinese doctor's job was to keep the village from getting sick in the first place, because once they were sick, they would be unable to support him. Western Medicine, on the other hand, works the opposite way. It only treats people once they are sick.

This may explain why Chinese Medicine spent so much effort into the understanding of the causes of diseases. In Western Medicine, quite a lot of diseases are considered idiopathic, literally meaning 'of unknown causes'. There may be some understanding of the underlying pathomechanisms, (the ways the disease progresses from nothing to something), but for now there is much that Western Medicine does not understand about the causes of disease. This explains their lack of ability to deliver preventive care.

The advantage of Chinese Medicine's simplicity is its ability to explain, in its own terms, 99.999% of disease processes, and then to be able to suggest preventive solutions. Fortunately, CM contributes a great deal to our Western understanding of risk factors and behaviors. Because CM was practiced for over 4000 years without lab tests or visual studies, it developed other methods of disease detection. Subtle manifestations can be caught earlier, and imbalances reversed quickly, instead of allowing them to worsen over years into life-threatening illnesses. Once the nature of your imbalance is known, foods, habits, and exercises can be suggested that will stop the disease process in its tracks, or at least slow it down.

Living preventive health does come with changes in our lifestyles that, at first, might be difficult to put into place. Most of all, it calls us to re-examine every aspect of our lives, our choices, our values, and our plans.

The good news is that you don't have to change everything all at once. Don't even think about it. The goal is to make progress rather than attain perfection. If you choose to embrace Preventive Medicine you are joining a growing society of health-conscious people. Baby Boomers, in particular, have flocked to Alternative Medicine.

The first step is to make the all-important decision to start living a life of preventive health. No one can make that decision except you.

Best wishes in your journey of health!

If you have any questions about acupuncture or would like to schedule an appointment in Val-David, you can call me at: 819-322-3081 #3.

Annual Achievement Day for the 4-H Club

The Lachute 4-H Club held their annual Achievement Day on Saturday August 22. The members arrived early with their livestock, field crops, garden produce, as well as cooking and crafts projects, to await the judges' placements. In horse showmanship Emily McOuat and Amanda St-Denis placed first and second, and in horse conformation, Amanda St-Denis placed first and Russell Silverson second. Harrison and Erika Neil placed first and second with their Brown Swiss calves and Dylan Vaudry and Stacey Godin had the first and second place Ayrshires. In the Holstein classes Matthew McOuat and Joshua McOuat were first and second and Matthew McOuat won Interbreed champion. Dairy showmanship saw Emily McOuat and Amanda St-Denis winning first and second in the novice class, Hannah McOuat and Ryan McOuat first and second in the junior class, and Matthew McOuat in the senior class. Matthew McOuat and Hannah McOuat were champion and reserve show-persons. Erika Neil, Jason McOuat, and Harrison Neil placed first, second and third in the sheep class. Julia Silverson and Shawn McOuat won the Pee-Wee Rabbit Showmanship and Amanda St-Denis and Olivier Pilon placed first and second in the junior class. In the Pee Wee Showmanship class, Sadie Heatlie placed first (horse), Shawn McOuat second (calf), and Julia Silverson placed third (rabbit). The day wound up with a costume class with some very creative costumes as well as very cooperative animals. Russell Silverson, Hannah McOuat, Emily McOuat, Dylan Vaudry, Jane Heatlie and Oliver Pilon all placed first in this fun class.



The club greatly appreciates the involvement of the community who sponsor prizes, volunteer their time as judges and support the event by their participation.

On the Sunday of the same weekend the club members enjoyed a very pleasant "fun day" at the lakeside home of the Sassen family where they were treated to a BBQ lunch and lake activities.

The next event of note is the annual Lachute 4-H Club banquet, which will be held on Saturday, October 24, at the Cabane a Sucre du Coteau in St-Andre d'Argenteuil. Tickets are available in advance only from any 4-H member. All are welcome to attend this event during which, awards will be presented to deserving members.

LORTIE and MARTIN - celebrating 65 years

Lori Leonard - Main Street

On May 1, 1950, René Lortie and René Martin purchased a store that they renamed Lortie and Martin. At that time, there were 15 employees, and the store encompassed 1,000 square feet. Later, Mr. Martin passed away and, as he had a very young daughter, René Lortie bought out his share, but retained the name Lortie and Martin.

Afterwards, Lortie and Martin joined the Rona group. The store has been at its current location since 1989 and was expanded in 2007. A distribution center was also constructed that same year and was located at the crossing of highways Rte. 117 and Rte. 329.

In 1984, Normand, son of René Lortie, became owner of the store. In April 2015, Normand left RONA, to come full-circle to become an independent entity, once again, called Lortie and Martin. It is located at 20, St. Paul est in Ste-Agathe-des-Monts. Normand is still owner, and his two daughters work at the store. There are currently 87 employees and the area includes 41,600 square feet. That is quite an accomplishment!

Happy 65th anniversary! May you celebrate many more successful years!





Garden Talk

Leaves: Organic Gold

June Angus - Main Street

The glorious fall colours have faded and all those gorgeous deciduous leaves are now lying on the ground ready to be turned into one of the best sources of organic matter for the garden.

When added to garden beds, leaves feed earthworms and beneficial microbes. They lighten heavy soils and help sandy soils retain moisture. They can be turned into an attractive mulch for a flower garden or around shrubs and trees. They're a fabulous source of carbon to balance the nitrogen in your compost pile. And they can insulate tender plants from cold.



The secret to unleashing the organic power of leaves is to break them down by shredding them. While there are leaf shredders on the market, most of us can simply use our lawn mowers to do the job.

With just a thin covering of leaves scattered on your lawn, use your lawn mower to chop them up and let them stay where they land. They will decompose down through the grass to help rebuild nutrients in the soil creating a natural fertilizer for your lawn. If your lawn needs one final cut at this point, you'll get both jobs done at the same time. But if your lawn has stopped growing and doesn't need a final cut, raise the mower blade a bit and simply shred up the leaves.

If a heavy carpet of leaves is burying your lawn, there may be too many to shred and leave in place. Be aware that thick layers of fallen leaves left on a lawn will deprive your grass of crucial sunlight during the autumn months, which can lead to weak root systems. Worse yet, once these leaves are wet or buried in snow, they become the perfect breeding ground for destructive mold and pests. And by spring, not only will you have a sodden mess to clean up, but you'll have to repair your damaged lawn as well.

So if your leaves are too abundant to stay put, you can still shred them with a lawn mower and then move them elsewhere in the garden. Using the grass-clipping bag attachment of your lawn mower will make collecting and moving the shredded leaves easier.

Finally if you just need to get rid of the leaves, blow or rake them into the wild, bushy or wooded areas surrounding your property. They will then decompose and naturally fertilize the wilder areas of your property. If that is not possible, then create a leaf pile in the back corner of your garden. Over time, this pile will decompose and create leaf mold, which also makes great mulch. The pile will eventually compact and turn into a crumbled mixture resembling rich soil ready to be mixed into the garden.

You can also add handfuls of the shredded leaves to a kitchen composter barrel for kitchen scraps to improve the carbon content of the mix.

So, as you survey those fallen leaves this fall, think about all the possibilities you have for turning them into organic gold for your garden.

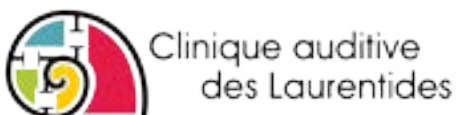
Cyclists raise \$23,000

The Argenteuil Hospital Foundation welcomed brave bikers for the 6th edition of Pédalons à fonds. The departure and arrival of cyclists took place at Baron Park in Lachute. Through the partnership program, sponsored riders and the community, an amount of \$23,000 was raised! The Foundation would like to extend their heartfelt thanks to all of the partners who were involved in the organization of this event, including the principal partner, Orica.



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

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



Answers for the September edition sudoku



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

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Branch 171 Filiale Morin Heights

Oct 11: 9 am - 2 pm: Thanksgiving Brunch
Sat, Oct 31: Halloween Costume Party
*Poppy Fund Drive from Oct 30 - Nov 11.
Tues, Nov 3: 7 pm - 10 pm - The Route 50 Band
Sat, Nov 7: 9 am - Remembrance Day Parade
1st & 3rd Monday of the month: Military Whist
Wed: 7 pm - Darts
For information on any event call
450 226-2213 (after noon)

Branch 70 Filiale Lachute

Oct 16: 6 pm - TGIF Dinner (Macaroni & cheese)
Tickets: \$8 - on sale at the bar
Oct 26: 9 am - Casino Bus Trip
Oct 30: 5 pm - Smoke Meat Supper (\$12)
Nov 7: 6 pm - Remembrance & Veterans' Dinner
Nov 8: Armistice Parade
Tues: 1 pm: Euchre
Alternating Thursdays: cribbage & shuffleboard
Sat afternoon: 1:30 pm: Darts
For information call: 450 562-2952 after 2 pm!

Branch 71 Filiale Brownsburg

New members are always welcome.
Please drop by on open nights if you are interested.
Membership cards are available at a cost of \$45.
For information on upcoming events
please call Sheila or Trevor Holmes
450 562-8728.

Branch 192 Filiale Rouge River

Another month - another beautiful season
Oct 14: 6 pm - Executive Meeting
Oct 16: 6 pm - T.G.I.F.
Oct 17: 2 pm - Members' meeting
Oct 24: 8 pm - Disco Night \$10
Oct 30: 6 pm - T.G.I.F.
Cribbage every Tuesday night at 7:30 pm
Yoga classes Mon, Tue & Wed, Sat
Info: Marlene: 819-687-8665
For further details call 819 687-3148 /
819 687-9143 or email mmcsp40@gmail.com

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

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

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

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

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

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS
757, Village, Morin Heights (450 226-5307)
Sundays 11 am: Worship service
Please join us - everyone is welcome
We are a member of the Laurentian Regional Ministry.
Parking available on Hillside along the cemetery wall.

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
Oct 25: 11 am - Sunday service
Nov 29: 11 am - Sunday service
Everyone welcome

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

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

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

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

HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm
ST. MUNGO'S CHURCH, CUSHING
Hosts joint worship for all churches
Sept 20 & Oct 18: 10 am
ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

ANGLICAN CHURCHES ALONG THE OTTAWA RIVER
Holy Trinity, Calumet, St. Matthew's, Grenville
Sundays 9:15 am - Holy Eucharist: alternating locations.
Holy Trinity, Hawkesbury
Holy Eucharist at 11 am every Sunday with Rev. Douglas Richards (613 632-2329).
Call parish office at 613 632-9910 for more info.

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

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Please note that as of Sunday, July 5, services will be held at 11 am every week, followed by coffee & fellowship.
Everyone is welcome.

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

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

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

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

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

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Oct 18: 11 am - Morning Prayer
Nov 15: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Oct 11: 4 pm - Holy Communion
Nov 1: 11 am - Morning Prayer
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Oct 11: 11 am - Morning Prayer
Oct 25: 11 am - Holy Communion
Nov 22: 11 am - Morning Prayer
Bilingual services with gospel/bluegrass music

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

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Oct 11: 11 am - Holy Communion
Nov 8: 11 am - Morning Prayer

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
with Rev. Paul Tidman: 450 562-2917
Oct 11: 9:15 am - Family Service
Oct 18: 9:15 am - Morning Prayer
Oct 25: 9:15 am - Communion
Nov 8: 9:15 am - Family service
Nov 15: 9:15 am - Morning Prayer
Everyone welcome! Refreshments follow most services

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

LAURENTIAN LITERACY CENTRE
505 Bethany, room 302
450 562-3719

UPCOMING EVENTS - please call the Centre to reserve for any event
Oct 15: 7:30 pm - Peter Gantous, M.A., explains "What is ADHD"?
Free conference. Reservations:
450 562-3719

FUNDRAISER SUPPER
Resto Bar Top Shot (Lachute)
Mon, Nov 23: 5 pm - 8 pm.
Advance tickets only.

COMPUTER TUESDAYS
Tutoring for computer or tablet
By appointment

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

ENGLISH COMMUNITY NEWS

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

Laurentian Club Notice

Holy Trinity Church Hall, 12 Préfontaine West, Sainte-Agathe-des-Monts
Monday, October 26: 1:30 pm

Everyone's goal: a secure and well-funded retirement. At, or close to retirement?

Financial security advisor, Peter McLeod, will share tips on how to improve your retirement income and maximize your estate.

Cost: Annual membership is \$25 per person. Guests pay \$10 per event.

www.laurentianclub.ca

To learn more, visit our Facebook page

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



Meeting for cancer patients, families and caregivers
SATURDAY AFTERNOON
October 17, 2015 - 1 pm
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

Speaker: Author Fred Levine
will do a reading from "Triple Trouble" followed by a Q&A session.

Next meeting Saturday, November 14

Meetings are conducted in English
ADMISSION IS FREE

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

Resource library available. Bring a friend or family member

COMMUNITY NEWS

**AMI-QUEBEC PROGRAMS
ACROSS QUEBEC**

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

SOUPE POPULAIRE

(205 rue Principale, St. Sauveur)
Lunch schedule: **Mon, Tues & Thurs: 11:30 am - 12:45 pm.**
Everyone is welcome!

We are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTE

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

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

ASSOCIATION ALPHA LAURENTIDES

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

SEEKING MEMORABILIA OF ARUNDEL

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sat, Oct 24: Eat, Drink & be Scary Pasta Dinner
Costumes encouraged (best costume prize)
Tickets: \$12. Info: Ruth Falle: 819 687-3733
Oct 25: 2 pm - Bingo
Sun, Nov 1: Monthly Breakfast. Basket proceeds to benefit the SPCA.
Basket draw tickets available at the door – proceeds to benefit the Arundel public school
Adults \$6 / children \$3
Everyone welcome
Info: Joan Field: 819 687-8159
Like LRCC on Facebook at LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Oct 18: 1:30 pm - Bingo
Oct 22: 1:30 pm - Café Partage
Oct 22: 7:30 pm - Bible Study
Oct 26: 10 am - Quilting
Nov 6: 5:30 pm - Cook's Night Out
Nov 8: 1:30 pm - Bingo
Nov 21: Christmas Bingo
Nov 28: Christmas Dinner
**We are looking for volunteers for our community kitchen project.
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.
Info: Deedy: 819-242-8939

HARRINGTON VALLEY COMMUNITY CENTRE

420 Harrington Rd.
Oct 17: 8 pm - Comedy Hypnotist Maxwell
Tickets: Advance \$20 / \$25 at the door.
Oct 30: 6:30 - 8 pm: Children's Halloween Party
Nov 7: 10 am - 3 pm: Craft & Bake Sale
Table \$15 / Booth \$30
Info: 819 242-3445
1st & 3rd Sunday of each month: **1:30 pm** - Bingo
*We are looking for a refrigerator for the community centre.
Info: Deedy: 819 242-8939

AVOCA COMMUNITY CENTRE

Oct 15: 10 am - noon: Jog Your Mind
Oct 17: 5 pm: Harvest Dinner / Pub Night. Adults \$12 / children: \$5
Oct 22 & 29: 10 am - noon: Jog Your Mind

SCOUTS MORIN HEIGHTS

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

SCOUTS BOTTLE DRIVE

Village of Morin Heights
Oct 17: 10 am - noon
The Scouts of Morin Heights will be circulating throughout the village Please save your bottles and cans for us. If you live outside the village, please contact 514 951-1234 and we'll be happy to arrange pickup. Thank you for your support!

THANKSGIVING DINNER

Morin Heights United Church
831, Rue du Village
Oct 10: 5 pm - 7 pm
Donations: Adults \$12 / children under 12 yrs \$5
Tickets at the door

LAURENTIAN CARE

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

FUNDRAISING BAZAAR

Lakefield / Mille Isles Women's Institutes Community Hall, 2 Cambria Rd, Lakefield
Oct 17: 10 am – 2 pm
Craft table & home-baked goods
Coffee & muffins: 10 am / luncheon: 11:30 am.
Anyone wanting to rent a table call Jean Edwards 450 566-2552

SHRINER'S PANCAKE BREAKFAST

Masonic Hall, Providence Blvd, Lachute
Sun, Oct 18: 8:30 am - 1 pm
Donation \$7 / children under 6 yrs. Free
To benefit the Lachute District Shrine Club Activities.

HARRINGTON VALLY & DISTRICT FIDDLE CLUB

Margaret Rodger Memorial Presbyterian Church
Oct 24 & Nov 28: 1 pm
Club meeting – if you play an instrument, bring it along!
If not, come and enjoy an afternoon of music, dancing and fellowship.

ADVANCE NOTICES

CHRISTMAS BAZAAR

St. Francis of the Birds Church
94, rue St. Denis, St. Sauveur
Sat, Nov 7: 10 am - 3 pm.
Baked goods, frozen foods and hidden treasures
Delicious lunch will be served (donation \$8)
Info: 450 227-2180

ANNUAL CHRISTMAS TEA & BAZAAR

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

CHRISTMAS BAZAAR

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

BIRTH ANNOUNCEMENT

Welcome to baby Olivia, who joined our family in June. Proud parents are Anna Marriott and Tom Schabetsberger. Grandparents Carl and Anita (Morin Heights) and Jane and Chris (Chelsea), are equally smitten.



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

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info@4kornerscenter.org 4kornerscenter.org

PAIX: To fend off violence!
819-326-1400 / 1-800-267-3919
www.organismepaix.ca

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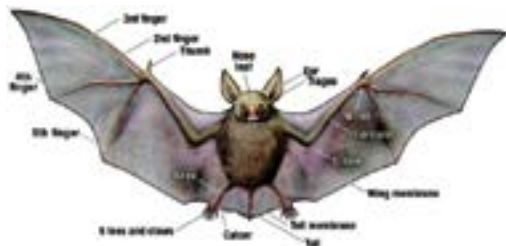
Nature's Gift Bats

Rose Labrie- Main Street

This past September I joined the volunteer team, Friends of the Alfred Kelly Reserve, a non-profit organization established to promote the protection of the reserve as well as discover activities within it. They are presently working on a project to build shelters for bats, which inspired me write about them in this month's column.

BATS

Bats are mammals of the order Chiroptera whose forelimbs form webbed wings, making them the only mammals naturally capable of true and sustained flight. The wing anatomically resembles the human hand. Bats make up a quarter of all mammal species on earth, and almost 1,000 species can be found worldwide.



Some bat populations number in the millions, others are dangerously low, or in decline. Bats can be found almost anywhere in the world, except the polar-regions and extreme deserts. About 70% of bats consume insects, contributing largely towards natural pest control. Others, specifically, eat fruit or nectar or are carnivorous, preying on small mammals, frogs and fish. The most famous are the blood-sucking vampire bats of South America.

Contrary to popular belief, bats are not blind, but have evolved a highly sophisticated sense of hearing, known as echolocation (the ability to send out sounds that "bounce" off whatever is in their path, and from the echoes that bounce back, instantly determine its size, distance and speed). They find shelter in caves, crevices, tree cavities and buildings. Some species are solitary, while others form colonies of more than a million individuals. To survive the winter, they migrate, hibernate or enter into regulated hypothermia that can last up to a few months. The gestation period varies between 40 days to 6 months and, usually, there is only one pup. At birth, a pup weighs up to 25 percent of its mother's weight. Offspring are cared for in maternity colonies, where females congregate to bear and raise their young. Male bats do not help to raise the pups.

We should not be afraid of bats, but rather their extinction. The Canadian Wildlife Federation has created HelpTheBats.ca to ensure that the Canadian bat populations are protected. The program engages schools and other groups in learning about Canadian bat species and the current threats to their survival, including habitat loss and white nose syndrome, which is decimating bat colonies across Eastern Canada and the U.S. The program has engaged over 2,000 schools and groups across the country, with a citizen science component that has distributed hundreds of bat boxes and educational materials, all designed to encourage people to monitor bats in their area and send back their data. The Alfred Kelly Reserve organization is helping by building shelters for the bats throughout the reserve.

These small mammals fulfill an important role in the ecosystem by eating crop-damaging insects, pollinating plants and spreading seeds. They are known to be carriers of rabies, as are several other mammalian species, so as a safety precaution, they should be viewed and respected from a distance, and should not be handled.

Anyone interested in the quest to save the bats can go to the site HelpTheBats.ca and to get involved with the Alfred Kelly Reserve group reservealfredkelly.org or their Facebook page.



Hoarding - when one more animal is too many

By Ewa Demianowicz, Humane Society International/Canada

Animal welfare is a hot topic right now in Quebec. And it looks like politicians are finally taking meaningful steps to make things better, in the form of Bill 54, an Act to improve the legal situation of animals. The proposed legislation would improve and strengthen existing animal welfare laws, but it won't be worth the paper it's typed on without proper law enforcement.



Humane Society International/Canada assists the Quebec government in major animal seizures, and has helped rescue more than a thousand animals from situations of neglect in the province. This includes hoarding. Often, the owner will try to fight for the custody of the animals, and during those proceedings, we have to help cover the costs of caring for those animals on a daily basis - sometimes, for months on end.

Animal hoarding is defined as having more than the typical number of companion animals, while failing to provide even the minimal standards of nutrition, sanitation, shelter and veterinary care. In extreme cases, this form of neglect can result in starvation, illness and death. Often, animal hoarders believe they are saving or rescuing the animals in question when, in reality, they're causing animals to suffer.

Our emergency shelter has housed hundreds of animals rescued from tragic hoarding situations. Dogs, cats, rabbits, chickens - we've even removed a horse from the property of a hoarder. Beyond a lack of food and/or veterinary care, it's not uncommon to find floors, furniture and counters covered with animal feces and urine, as well as insect and rodent infestations. Sometimes we find the carcasses of dead animals on the premises among the living animals.

This is what makes intervention so essential. But it's not cheap. Each animal rescue and seizure increases the strain on our already-overburdened emergency shelter, which struggles to contend with the influx of so many hoarding victims, many of whom are in dire need of medical attention.

After being rehabilitated, both physically and psychologically, we help to find new homes for these animals where they can begin new lives as beloved family pets. We expect to be involved in many more hoarding cases, as they are, unfortunately, very common in Quebec. That's why we urge lawmakers to pass Bill 54. A stronger animal welfare law, paired with adequate government funding for proper enforcement, will enable us to save even more desperate animals from these horrible situations, before it's too late.

To help us save animals from hoarding and situations of neglect, please donate now: hscanada.ca/rescueanimals

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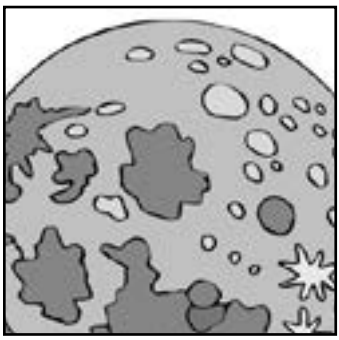
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Zach Factor A Catastrophic Failure

Lys Chisholm & Marcus Nerenberg -
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On an August day, in 2010, the owner of our local Volkswagen dealer squatted behind a shiny new Jetta TDI. The motor idled gently; he called out to me, as I sat in the driver's seat, to rev the engine. He held a piece of white cloth firmly against the end of the exhaust pipe. I pushed on the gas pedal several times and got out of the car. The dealer proudly held up the cloth, it was still snow white. We were buying the pinnacle of clean diesel technology. This turbo diesel was very fuel efficient, it met or exceeded all pollution standards. As car owners, we were doing the least possible harm to the environment.

Five years later, on a sunny September morning, this past month, we, along with about 15 million other Volkswagen diesel owners, became part of a monumental lie. Our "CLEAN DIESEL" has been spewing exhaust gas up to forty times over the legal limit of NOx (a generic term for nitric oxide and nitrogen dioxide) into the air we breathe. The global environmental impact of this deception is huge: prolonged ozone damage, intensified health service demands, more unnecessary deaths from pollution-related weather disasters.

In Europe, one third of the vehicles have diesel engines. A litre of diesel fuel has more energy than a litre of gasoline, and it will propel a car farther than an equal volume of gasoline. The downside is that diesel fuel can be more polluting. In recent years, technology seemed to resolve the issues of dirty diesel fuel. The modern diesel engine and exhaust system are controlled by a sophisticated computer system, wired to numerous sensors which constantly analyse the exhaust gases. The computer controls several functions in the engine and exhaust, which vary fuel-air mixtures, and recycle exhaust gases back through the combustion cycle. The primary objective of all this technology is to ensure that the final exhaust gases meet or exceed all environmental standards.

For Volkswagen, the downside of their anti-pollution technology occurs when the engine is running in full anti-pollution mode. The car burns more fuel and the snappy acceleration that owners' love, and is so very useful when merging with massive trucks on the highway, drops off considerably. The engine also runs hotter, which has a negative effect on engine life.

Whether it was a cost-cutting or just plain fraud, some smart-ass Volkswagen programmers and engineers came up with a "solution". Simply put, they introduced a special code into the computer software to disable the pollution control system under normal operating conditions, except when being officially tested for pollution emissions. For the duration of that test, the engine would operate flawlessly in full pollution-control mode and deliver perfect results.

Once off the test-bed, the pollution controls would be automatically shut off again, and the engine would revert to its normal operating mode. Off we would then go, flying down roads and highways, spewing slow death through the countryside. This criminal act could not have originated only amongst mid-level engineers and department heads; the trail must lead directly to the executive offices at the highest level of the company. Already, the now-resigned CEO, Martin Winterkorn, is under investigation for fraud by the German Federal police.

There are three types of pollutants in exhaust fumes. One is particulate emissions; tiny bits of unburned hydrocarbons. VW does a good job with those, hence the success of the white-cloth test. Two is carbon emissions in the form of carbon dioxide and carbon monoxide - these notorious greenhouse gases are easily detected if not well controlled. Third, and the nastiest, are the nitrogen oxides, known as NOx, resulting from combustion at high temperatures. Smog, or ground-level ozone, is formed when NOx gases and volatile organic compounds, (known as (VOCs) react in the presence of heat and sunlight. These compounds are extremely harmful to children and adults with respiratory problems, such as asthma, emphysema and bronchitis. People who work or exercise outside in urban areas, or near highways and autoroutes, are also susceptible to adverse effects, such as damage to lung tissue and reduction in lung function. Other impacts from ozone include damaged vegetation and reduced crop yields.

Government regulators and testing agencies should have caught VW long before now. However, here in Canada, in the past ten years, the Harper government has not only cut budgets to our environmental protection agencies, but has also given out a half-billion dollar, interest-free, loan to Volkswagen, in April of this year, much to the chagrin of autoparts producers in Canada. Mr. Harper and his cronies have become guilty of using our tax dollars to promote a dangerous, damaging, and harmful lie.

Vote well Zachians. Vote wisely.

"A technological society has two choices. First it can wait until catastrophic failures expose systemic deficiencies, distortion and self-deceptions...Secondly, a culture can provide social checks and balances to correct for systemic distortion prior to catastrophic failures."

- Mahatma Gandhi



Paris in March of 2014. Between 2009 and 2015, thousands of unknowing VW diesel drivers have been spewing vast amounts of nitrogen oxide gases (NOx) into the atmosphere, and causing great harm to an already fragile environment. How did company officials sleep at night? Image: Jacques Brinon/Associated Press



The Story Behind Salamis of Samos, Part III

Joseph Graham - Main Street
joseph@ballyhoo.ca

Following the end of the Second World War, Basil Salamis undertook to investigate the mineral potential of the lower Laurentians. Titanium, named for the Titans of Greek mythology, was present in the area between Ivry and Saint-Hippolyte. Viscount Ogier d'Ivry had tried to mine it before the Great War, but it wasn't economically viable because the techniques to separate it from its ore had not yet been developed. After World War II, though, the Soviets were said to be developing titanium for military applications, so of course the United States military did the same, encouraging its mining and development. Basil created the company Laurentian Titanium Mines. It was Con, in his early university years, who discovered the highest grade prospect in the Lac Pin Rouge area of Saint-Hippolyte. That event persuaded him to pursue Mining Engineering at McGill, graduating in 1956.

Some time after graduating, Con fell in love with another member of the Montreal Greek community, Katherine, the daughter of Constantine and Helen Schoolarinos. In her early years, Kathy, reputed for her beauty, worked the cash at the family business, the Diana Restaurant on St. Catherine Street. Her father was a great supporter of the Greek community and normally could not refuse a request from its spiritual leader, Basil's brother, Reverend Salamis. But one day, when he was sick in bed, the priest came to see him to ask that Katherine participate in a Greek community beauty contest. Her father's wishes were respected and she did not go. The Schoolarinos family owned two restaurants, the Diana and the Cadillac on Peel Street, and they were among the earliest Greek restaurateurs in the city.

Con and Kathy married in July 1960. By then, Con had moved to Val d'Or, where he was involved in a geophysical consulting partnership. A city girl, Kathy adapted, giving birth to their daughter in their new, rural community. Soon, though, Con was working on world-wide assignments that led to the discovery of two significant gold mines in Burkina Faso, Africa. How different could that be? Kathy prepared to adapt once more. Then, when they moved to Nicaragua in the mid-sixties, she had great difficulties living in its frontier environment. Political enemies of the Somoza regime disappeared with alarming frequency. The young Salamis family lived in what we would now call a gated community that included a guard at the entrance who was regularly beaten up even though he was heavily armed. Added to Kathy's concerns was the safety of their now three-year-old daughter, Alexandra. A young mother of twenty-three, it was not what she had anticipated when she imagined the bliss of married life. It was too colourful for her, and often for Con as well.

One midweek evening in Managua, Con went with a colleague to a steak house just outside of town. Parked outside the restaurant was a hefty looking station wagon adorned with the national flag and equipped with thick bulletproof glass. Clearly some important event was taking place inside. Upon entering they noted that only four tables were occupied and the patrons were nervous-looking, heavily armed young men. In the centre, General Somoza, the Nicaraguan dictator, sat with what appeared to be a young girlfriend. All the men, including the general, wore bulletproof vests. In retrospect, it mystifies Con why he and his colleague were even allowed into the restaurant. Somoza's father had been assassinated during the early thirties while lunching in a restaurant under similar circumstances. As Con and his colleague sat, they became aware that their every move startled the heavily armed youths protecting the general. If their hands dropped under the level of the table top, the tension became almost palpable. The quiet lunch they had imagined was turning into a nerve-wracking mistake. Suddenly, the general rose and his party fell into protective positions around him and his girlfriend as they walked out.

At another time, while looking for rock outcroppings in the rain forest in eastern Nicaragua, Con was struggling through an overgrown bush trail when he felt his right leg start moving to the right on its own. Glancing into the brush, he saw that his foot was firmly planted on the back of a large snake, a boa constrictor. Startled, he jumped back only to watch the huge snake continue on like a moving sidewalk, indifferent to the occasional preoccupied prospector. After that, Con determined to ensure that someone more familiar with the fauna walked ahead.

Kathy returned several times to Montreal, happy to get away from Nicaragua. On one of these vacations home, she discovered she was pregnant. It was early 1966, a few months before Con's two-year contract was due to expire, but Kathy was distressed to discover he had accepted a further, one-year assignment in Kenya, and she had difficulty imagining having her baby in a primitive maternity ward in Africa.

Close friends living in Nairobi, Kenya, did their best to reassure them that it was a much different place, one not to be missed, and in spite of all the previous hardships, Kathy consented to join Con there two months after his arrival in Kenya. When she arrived six months pregnant, his first words were "Welcome to paradise," as indeed it was at that time. George was delivered at the Queen Elizabeth Hospital with the help of a mid-wife, much to the surprise of family in Canada. They spent a delightful year in newly-independent Kenya, with its huge parks teeming with game, much of which has since disappeared.

Upon their return to Canada, Con worked in Quebec City and Montreal but had no desire to live and work in a metropolis and Kathy was comfortable with her capacity to adapt, so they looked outside the city. That was when Con's strong relationship with the Laurentians directed him to come and look here. Even though his father's dream of a titanium mine in the Laurentians ended with his death, and Baron Empain's Laurentian dream ended with his self-imposed exile from Canada and the Domaine d'Estérel, Con's connection to the Laurentians is a part of the legacy of both those men.

After a thorough search, Con and Kathy settled in Morin Heights where young George attended school before following in his father's career footsteps. Kathy threw herself into local projects, co-founding Theatre Morin Heights and, later, becoming an actress in it.

Today, George lives in Vancouver and works on a gold project in Val D'Or, and Alexandra works as an Ottawa-based management consultant, but both return regularly to visit their parents in Morin Heights.

Special thanks to Con and Kathy Salamis for their patience and encouragement.

Obituaries

DUFF, Judith Lynn (nee: Estabrooks)

Judith Duff passed away peacefully on September 4, 2015 at the Lachute Residence, at the age of seventy-five, after a lengthy illness. Born in Sackville, New Brunswick to the late Vaughan Estabrooks and the late Alice Smith. She is survived by her husband Jack of fifty-six years, her son Jim (Danièle), her grandson, John (Jenn), her brother, Doug (Marie) and her sisters Pat (the late Matt), Arlene (Lynn) and Sue (Terry). Predeceased by her brother, Bev (Judy). Prior to her retirement, Judy was an outstanding teacher at Chateauguay High School and H.S. Billings High School. An excellent athlete, she was an avid golfer, curler and bowler, and for many years, was an active member of the Beauchateau Country Club. As per her request cremation has taken place. Special thanks to Bob & Louise Luck, John & Barb Hill for their support. A special thank you to the staff at the Lachute Residence for their compassion and care during her stay at the Residence. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660, rue Principale, Lachute, Qc.



TITLEY, Helen (nee: McAndrew)

At the CISSS des Laurentides, Lachute, Quebec, on Tuesday, September 8, 2015, at the age of ninety-five. Beloved wife of the late Nelson Titley of Lachute, Qc. Dear mother of Allan (Margaret) of Virden, Manitoba, Earl (Debbie) of Lachute, Quebec, Marion Hudy (Simon) of Calgary, Alberta, and Garth (Lucie) of Alfred, Ontario. Loving grandmother of Heather, Lisa, Ian (Jessie), Andrea (Mahmoud), Kyla and Erin and great-grandmother of Samuel, Leo and Westin. Respecting Helen's wishes there will be no visitation or funeral service. A family graveside service will be held at the Dalesville Cemetery. In lieu of flowers donations to the charity of your choice would be appreciated by the family. The family would like to express their sincerest thanks to the doctors and staff at the Lachute Hospital who were integral in her care. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660, rue Principale, Lachute, Qc.



WARWICK, Glenn William

It is with great sadness that we announce the passing of Glenn William Warwick of Carp, ON, formerly of Lachute, QC, on September 30, 2015 in his 93rd year. Beloved husband of Mildred Smith for over 63 years. Loving father of Steven of Dalkeith, ON and Carol (Terry Weedmark) of Carp, ON. Dear brother of Harold (Joyce) and Eleanor (Howard Rodger) both of Lachute, QC, and brother-in-law of Keith Smith (Donna) of Winchester, ON. Also survived by many nieces and nephews. Pre-deceased by his parents Harlow & Alma Warwick & his brothers Ronald (late Shirley) and Keith (late Coreen). Glenn was a dedicated family man who loved social gatherings and was a lifelong dairy farmer who enjoyed working the land.



Visitation on Saturday, October 10, 2015 at the J.P. MacKimmie Funeral Home located at 660 Main Street, Lachute, QC from 12:00-1:30 pm followed by a memorial service in the Chapel. Memorial donations to the Lachute Protestant Cemetery, P.O.Box 174, Lachute, QC J8H 4G4 would be appreciated

MCRAE, Sarah Caroline (nee: Woods)

It is with great sadness that we announce Mom's passing after a courageous battle with Parkinson's on Monday, September 28, 2015 at The Residence in Lachute, Qc., her home for the last seven years. Beloved wife of the late Donald McRae. Loving mother to Joyce (Henry Massie) of Macoun, SK and Allan (Doreen Abdo). Proud nanny of Shane, Jennifer and Kyle. Predeceased by her two sons Peter and Bruce and brothers Victor (Freda), James, Willie and Gordon. A funeral service was held in the chapel of the J.P. MacKimmie Funeral Home on Saturday, October 3, 2015. Donations in her memory may be made to the Parkinson's Society of Canada or the Alzheimer's Society of Canada.

STARK, Robert

Peacefully at the CISSS des Laurentides, Ste. Agathe des Monts, Qc. on Wednesday, September 9, 2015 at the age of seventy-three. Beloved husband of Barbara. Dear father of Sandra (Nick) and loving grandfather of George-Dakota, Eryn and Nicholas. A Memorial Service was held on Tuesday, September 15, 2015 at the Arundel United Church, Arundel, followed by internment at the Arundel Cemetery. In lieu of flowers donations to the Royal Canadian Legion, Branch 192, 79 Village Rd., Arundel, Qc. J0T 1A0 would be appreciated by the family. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660, rue Principale, Lachute, Qc.

IN MEMORIAM
Lilanna Heid Ramos
August 4, 1975 - October 31, 2002
Forever in our hearts

BLAIR, Glenn Albert (1928 - 2015)

Sadly passed away on October 1, 2015, at the Lachute Hospital in his eighty-seventh year. Devoted husband of sixty-two years to Rowena. Loving father of son, Malcolm (Morin Heights) and daughters, Rowena Margaret (Pennsylvania) and Darlene (Hawkesbury). Grandfather of Suzanne and Judith and great-grandfather of Elliott. A quiet service will be held at a later date.



4 Korner's' Fall 2015 Calendar



4 Korner's Family Resource Center is very excited to offer an English Play Group in Sainte-Agathe for the fall 2015 session:

The English Play Group for children (less than 5 years of age) with their parents began on September 17 and will run through to December 17. The popular sessions are from 2-4 pm at the Holy Trinity Church (12, Préfontaine West) and will be animated by Johanne and Roemishiel. Each session is divided into two segments, with time for free play and also organized activities. No registration is necessary, just drop in and join the fun!

For more information please email: kim@4kornerscenter.org.

4 Korner's, in partnership with CHSSN (Community Health and Social Services Network), will be offering a series of Community Health Education Program (CHEP) video-conferences at Laurentian Regional High School at the CLC (Community Learning Center) in Lachute. The upcoming two videoconferences that are planned for this fall are:

- October 21, 2015 - Life after Stroke
- November 25, 2015 - Bowel Conditions & Diseases

For more information, visit CHEP online at: www.chssn.org/En/Health_Education_Program/index.html#VAcexk10wdV or for registration please call Edith Ury at 450-562-1701 or email edury@bell.net.



Alzheimer Society

GROUP MEETING FOR INFORMATION AND SUPPORT

Group meetings, for those involved, with a counselor 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...

English group meeting with Patrick Lavigne

Residence Lachute, 377, rue Principale, Lachute

OCTOBER 20: 1 PM - 3 PM

These meetings are totally free for caregivers.

MEETINGS CAN ALSO BE ARRANGED AT YOUR HOME BY APPOINTMENT.

Société Alzheimer des Laurentides

(819) 326-7136 or toll free 1-800-978-7881

Web site: www.alzheimerlaurentides.com E-mail: communications@salautentides.ca

The fall prevention program for seniors is back



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- Lac-des-Deux Montagnes: 450 472-0015 ext. 6221
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Fri, Oct 30: 10 am - 11:30 am (Ste-Agathe)

Regenerating Yoga (Mont-Tremblant)
For caregivers, cancer patients and the bereaved
Mon, Oct 12, 19 & 26: 3:30 pm - 4:30 pm
Tues, Oct 13: 7 pm - 8:30 pm (Mont-Tremblant)
Wed, Oct 21: 1:30 pm - 3 pm (Ste-Agathe)

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

Coffee Meeting for the Bereaved
Tues, Oct 13: 7 pm - 8:30 pm (Mont-Tremblant)
Wed, Oct 21: 1:30 pm - 3 pm (Ste-Agathe)

T'ai Chi / Qi Gong (Ste-Agathe)
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I'm Just Saying Saving Face

Ron Golfman - Main Street

I try my best not to get caught up in the opiate of social distraction that we, in Canada, seem to relish, be it putting our linguistic differences aside when the Habs are in the playoffs or, as I stated last month, listening to sidebar issues from the three major parties during a

long, and irrationally expensive, election campaign. But, this time, I have to chime in.

As a typical Canadian, whose stereotype is exemplified in the world by the ability to apologise and offer "sorry" on most occasions, this time our collective identity is in question. Both, on the world stage, and here at home, the problems of niqabs (face coverings) when taking the oath of citizenship and the Syrian refugee tragedy keep getting front-page prominence in our media and demand clear resolutions.

Allow me to preface this opinion by stating that I am stepping outside the real political issues of joblessness, the economy, and the crumbling infrastructure, from roads, to schools, to health care, subjects that our politicians pushed for almost three months, in order to take a look, Canadian style, at two other urgent, and sensitive, situations,

Boko Haram continues to steal children, kill and rape scores of innocents, while ISIS displays its bravado by beheading, raping and pillaging, and attempting to eradicate any form of history other than its own. Six of the wealthiest nations in the Middle East, from Saudi Arabia to Qatar, refuse to take in any of its Syrian refugee brothers or sisters because, like some Canadians, they don't want the potential problem of terrorists in their backyard. They believe that because terrorist groups have claimed that the refugees are a deliberate smokescreen to infiltrate more terrorists into Europe and North America, why should they open their borders and run the same risk?

Canada, in the world of Lester Pearson, was a model of peacekeeping and tolerance, having grown away from our WW2 policy of internment of Japanese Canadians, similar to the U.S., which also interned their Japanese American citizens. The world has continued to change since then, but not for the better. What is happening here is not only a genuine fear for our safety in the new world of uncontrollable terrorism, but that this terrorism could be coming to a town in which we live. Let's be real, 14 years later, 9/11 is still ringing in our souls.

Personally, I don't believe that we should be uncomfortable requiring visible identification of any person taking the Oath of Canadian Citizenship. It is the law, since June 19, 2015, although its constitutionality is currently being contested in the courts, and might end up requiring a decision by our Supreme Court. If I were permitted to travel safely in some Muslim countries, I would not scream intolerance because there were no bikini beaches. I would accept the conventions of that region.

I believe that Canadian foreign policy should be an extension of our domestic policy but, judging by how we treat First Nations people, the homeless, and our veterans, I suggest we've got much work to do on both fronts. I believe, also, that we need to help others who suffer unspeakable despair on the planet, but in this case as well, clearly, we do not have a solid and responsible plan that is characteristic of Canadian traditions. There has to be a better response other than either putting up walls around the country, or accepting others from around the world who have no intention of integrating into our society, but rather intend to change it.

I'm just saying, if we are asked, "As Canadians, how can you help"? we should do it in a Canadian way, through aid, peacekeeping, and with thoughtful collaboration with other helpers.



The English Link Do you know about Info-Santé: 8-1-1?

By Kim Nymark - Main Street

As the season begins to change, and the trees start to show their colors, we know that the flu and common cold period is just around the corner. Next, we will be complaining about the overcrowded health system. Before rushing to the doctor, remember to call 8-1-1 for Info-Santé service.



Info-Santé is the bilingual, province-wide telephone help line for answers to health questions. Since 2008 it has been accessible through a simple three-digit number, 811, which immediately provides the option to "Press 9" for service in English. If you have a non-urgent health question, your first thought should be to call Info-Santé. Health care professionals are on duty 24 hours a day, 7 days a week to answer your calls. Even though there is a single number for the whole province, questions of a local nature are transferred to someone familiar with the resources available in the area. While illness cannot be diagnosed over the phone, lots of concerns can be addressed and responded to with authority. Do you want to learn about the risks of immunization? About the symptoms of common illnesses? About how to protect yourself from infectious disease? Info-Santé can provide you with answers to these and many other questions.

The network is a fully-integrated web of services designed to help you maintain your health and well-being, both physical and mental. Too often, we complain that we are unable to find a doctor and resort to over-use of the emergency departments of the hospitals. While there is a recognized doctor shortage in Quebec, and elsewhere in Canada, there are many ways to access the help we need. Although knowing that this is a widespread problem doesn't help us in our search for a doctor, it should perhaps encourage us to look for alternatives in non-urgent situations, so that the doctors we do have can concentrate on the truly pressing medical needs of patients.

The overburdened system requires a complete "re-engineering," which is actually underway, at least in some respects. One of these is the Info-Santé line. By encouraging people to ask questions, and to get referrals to the agencies and services that they need, when they need them, the pressure on family practitioners and emergency services will be reduced. This will allow services to be more available in the circumstances when they are genuinely required, such as accidents and sudden events, like heart attacks and strokes. The health professionals at the other end of the telephone line can guide you through dealing with fevers, simple infections, or other daily health concerns and also tell you when a visit to a doctor or the hospital is really called for.

Don't hesitate to try out the Info-Santé line by calling 811, pressing 9 for service in English, and asking your questions. If your phone does not allow you to dial 811, dial: 514-521-2100. You are likely to be pleasantly surprised by the courtesy and efficiency of the person at the other end of the line.

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



Making it Work in the Laurentians Is it time to start your home-based business?

Liz Ulin, MBA - Main Street

Establishing your business from home can mean reduced start-up costs, greater flexibility, and a tailor-made work environment. Sounds perfect, right? But hold on, you'll need to first consider the nature of your business, your needs, and your character to determine if a **home-based model is for you. Start by asking yourself a few questions.**

Will working from home suit your personality?

Sure, you can save on overhead costs and work in your PJs, but the work home environment is full of distractions. Are you focused enough to keep the TV off, let the laundry sit unfolded, turn down your neighbour's invite for coffee? It takes real self-discipline to stay on track, especially during quiet business periods when some of the more mundane tasks should be attended to.

And ask yourself if the absence of colleagues will bother you. Some people flourish in a social work environment, some prefer solitude to concentrate.

Is your family supportive?

You may need to co-opt part of the house for your office or inventory. And while you'll be more flexible to deal with ad hoc family matters, it won't always be easy to explain why Mom's not available to chauffeur or Dad can't take a break to play Nintendo. You'll need your family's full cooperation for this model to succeed.

What physical environment will you require?

Where are you most productive? Personally, I need lots of natural light to do my best work. But you might prefer the isolation of a basement or the easy access of a garage. Is the space you need available in your home? If employees or clients will be coming to your business, will you want them traipsing through your kitchen to get to the office?

Also, you may need room for equipment and inventory, and might have particular power needs. If your home isn't suitable, calculate how much it will cost to renovate.



Have you considered the legal, insurance and tax implications?

Do your municipal by-laws allow you to operate a business from your home? Usually it's not a problem if there won't be a lot of clients, suppliers or employees going in and out, but you probably won't be able to operate heavy machinery, work with hazardous materials, or make noise. Check with your municipality.

Liability insurance is especially important if clients or employees will be entering your home. And if you have special equipment or inventory, you'll need to add coverage to your homeowner or renter's policy.

On the tax front, there's good news. You'll be able to deduct a portion of your property tax, mortgage or rent, utilities, repairs, and some other household expenses. But be sure to consult an accountant or experienced tax preparer to know what's allowable.

Do you have access to good advice?

Lots of people start home businesses by simply getting a bright idea and giving it a try. But a successful home business is like any other, it benefits immeasurably from good advice. You will need a good plan and if you need help creating one, YES is one place that can help you out. They have coaches and workshops designed for business start-ups. See how they can help at www.yesmontreal.ca.



HALLOWEEN Fun facts

- ✓ The first Jack O'Lanterns were actually made from turnips
- ✓ The largest pumpkin ever measured was grown by Norm Craven, who broke the world record in 1993 with a 836 lb. pumpkin
- ✓ Black cats were once believed to be witches "familiars" who protected their powers.
- ✓ The fear of Halloween is known as Samhainophobia.



Main Street Money: Ladies' Investment and Financial Education

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

Protect what matters most...

We are used to protecting our possessions with insurance. But how about protecting the people we love?

WHEN YOU WERE GROWING UP, your parents probably told you to look both ways before crossing the street, eat your vegetables and brush your teeth before bed. This was not to make your life less fun, but to help make sure you were safe and healthy. Now, as an adult, you want to make sure your family is safe and healthy – and protected.

Although you can't protect your loved ones from every bump and bruise, you can help to protect them financially, when accidents or illnesses happen. There are a number of different insurance options, no matter what your personal family situation is, either single, married and with, or without, kids. The table below shows what might be a good fit for you.

With a plan in place, you help to ensure your family will have funds available to cover any immediate, or long-term, financial needs, whether they be help with medical expenses, mortgage payments or final arrangements. You will be able to rest easy and continue with what matters most to you.

TYPES OF INSURANCE BY LIFE STAGE...

Just starting out

This includes new, financially independent graduates, singles, and those managing a first mortgage. You may need to protect your income via critical illness insurance and disability insurance. You may also need to cover your debts by term life insurance.

Establishing yourself

This category includes couples and young families, as well as people in mid-career with dependants. You may also need to protect your income with critical illness insurance and disability insurance. You may also need to cover your debts with term life insurance. In addition, you may also wish to consider leaving a legacy in the form of a permanent life insurance policy.

Building a business

This includes entrepreneurs with a responsibilities to protect their businesses and their families. You may need to protect your company with key-person insurance, such as term life insurance (for small businesses and start-ups) or permanent life insurance (for more established companies). You may also need to protect your home via critical illness insurance and disability insurance.

Approaching retirement

This group includes anyone who is preparing to transition out of the workforce in the next few years. You may need to leave a legacy, such as permanent life insurance. You may also need to protect your retirement lifestyle with long-term-care insurance.

Speak with your advisor

Your advisor can help you to determine which types of insurance would make sense for you and your family. Also, you can visit InsureRight.ca for a closer look at your insurance needs and the products that can help to protect you. When you're ready, your advisor can help you to select the right products.

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

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

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Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Forte Koup EX AT (F0722F) with a selling price of \$22,495 is based on monthly payments of \$262 for 84 months at 0% with a \$0 down payment and first monthly payment due at finance inception. Offer also includes \$500 cash discount. Other taxes, registration, insurance and licensing fees are excluded. **Cash Purchase Price** for the new 2015 Optima LX AT (OP742F)/2015 Optima Hybrid LX (OP74AF) is \$19,795/\$23,095 and includes a cash discount of \$5,000/\$7,000 including \$6,000 cash discount and \$1,000 ECO credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on new 2016 Rio LX MT (R0541G)/2015 Soul 1.6L LX MT (S0551F)/2016 Sorento 2.4L LX FWD (SR75AG) with a selling price of \$14,295/\$16,995/\$27,495 is based on monthly payments of \$84/\$135/\$268 for 36/60/60 months at 0%/0%/1.9%, \$1,525/\$0/\$1,800 down payment, \$1,500/\$500/\$0 lease credit and first monthly payment due at lease inception. Total lease obligation is \$3,038/\$8,076/\$16,061 with the option to purchase at the end of the term for \$7,433/\$7,648/\$10,723. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). [†]Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. *Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR751G)/2015 Soul SX Luxury (S0758F)/2015 Optima SX Turbo AT (OP748F)/2016 Rio4 SX with Navigation (R0749G) is \$42,095/\$27,295/\$34,895/\$22,595. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study[®]. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study[®]. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Rio/2015 Forte/2015 Rondo were awarded with the Clef d'or "Best in Class" by L'Annuel de l'Automobile 2015. Visit www.annuelauto.com for all the details. The 2016 Sorento/2015 Optima/2015 Sedona/2015 Soul were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016/2015/2015/2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. ALG is the industry benchmark for residual values and depreciation data. www.alg.com. The all-new 2016 Kia Sorento was awarded the "iF Design Award" for its outstanding design. The "iF Design Award" is one of the world's most important prizes for excellence in design. www.ifdesign.de. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

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