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What's On My Mind...

Hospital emergency services in desperate need of change

Susan MacDonald, Editor

In the August edition of Main Street, Ron Golfman, who writes "I'm Just Saying," (page 24) described his unsatisfactory experience of a trip to the emergency ward at a local hospital. Recently, I suffered an equal taste of the same low-quality response and lack of compassionate medical attention. While the two hospitals were in different Laurentian municipalities, the scenarios were nearly identical, confirming my belief that, in spite of all the political hyperbole and constant accolades of how the Canadian healthcare system is one of the best in the world, it still has a long way to go before living up to that reputation, certainly here, in Quebec.



My visit took place during the day. During the course of several hours sitting in the emergency waiting room, less than three names were called and moved from the common room to the secondary waiting rooms behind the closed doors. Another full hour passed before I approached the receptionist again, and was told the wait would be much longer as there was only one doctor on the floor, who was responsible for the emergency ward as well as any ambulance cases that happened to arrive.

Frustrated and despondent, and in need of medical care, I signed myself out, and headed over the provincial border to the Hawkesbury hospital, where I was treated courteously and promptly, provided with a prescription and was back home again, in slightly more time than it had taken me to get through triage at my local Hospital. The doctor even asked me to call him personally if I had any reaction to the medication prescribed, or wished further information.

The long wait and inability to receive prompt medical attention at my local hospital was a deep concern to me, and to everyone else sitting in the waiting room, which is located beyond visual surveillance from the nurses' station. More disconcerting, was that not one medical staff member so much as looked in on those waiting, to ensure that anyone was not in any distress.

Poor quality health care affects everyone, and it is essential that it becomes the number one priority for all levels of government. Our health care is not "free" - we pay for it. According to the Fraser Institute, on average, \$11,000 of our tax dollars, per family of four, goes to health care. Therefore, it is blatantly obvious that it is in dire need of a serious overhaul, directing more funds to primary care and less to administration. It's high time for action to replace the promises and excuses we are so familiar with.

We deserve better.



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Observations Water - The next strategic weapon

David MacFairlane - MainStreet

In late August, we witnessed the inundation of Houston, Texas, and the surrounding 50 counties by Hurricane Harvey, accompanied by an unprecedented rain storm that continued for days, and which, at this time of writing (31 August), has dumped over 6 feet (180 cms) of water on the area. The pictures are mind-boggling; highways become rivers, houses engulfed to their rooftops, cars totally submerged, dams overflowing. Up to August 28, this rain storm had dumped over 11 trillion gallons of water on Houston, and the National Weather Service calculated that as much as 25 trillion gallons could be the total by the time the storm subsided. This is unprecedented in US history. The estimated damage to buildings and infrastructure could be around \$180 billion, and it will be many years before full recovery is possible. The death toll is unknown yet, but exceeds 44 people. The storm has now passed to Louisiana, where severe flooding is occurring, and yet another hurricane is forming in the Atlantic Ocean at present. This next one, Irma, currently a category-3, is expected to reach category-5, with wind speeds of 180 mph (290 kph) and is heading directly towards the Caribbean islands and SE coast of the US.

The bill for the damage to Houston will far exceed the cost of Hurricane Katrina to New Orleans, exactly 12 years ago, on August 29, 2005. However, the strange similarity between these two events has led some experts in climate studies to claim that they are totally un-natural, due to their size and intensity. Insinuations have been made that these "weather events" are the result of geo-engineered "weather weapons" that are able to produce gigantic storms by influencing the behaviour of climate and weather. Suggestions have been made that Katrina was an experiment by Baby Bush, the retard, and Harvey is Russia's payback to the US for meddling in Syria, and supporting ISIS, in the war for control of that country. Who knows? In war, the truth is the first casualty, and in this case, water was the weapon.

However, the control of water, as a weapon of political domination, is a modern phenomenon of life in the 21st century. Today, in plain sight, China holds over one-quarter of this world's population hostage, without the use of its army and without occupation of the region. The weapon of subjugation is water and ... dams. China controls the Tibetan Plateau, which is the source of 10 major rivers that supply water to over 2 billion people living downstream in other countries. There are more than 87,000 dams on these rivers regulating the flow of these waters, also under the control of the Chinese government. With the flick of a switch, China could either flood countries, or cause shortages of essential water thousands of miles away. High in the Himalayan mountains, the continent's greatest rivers start their lives there. The Indus River serves India, Pakistan, Kashmir and Afghanistan. The Irrawaddy River flows through Myanmar (formerly Burma) and is that country's largest and most important commercial waterway. The Ganges River serves both India and Bangladesh. It is the most sacred river to Hindus and a lifeline to millions of Indians who depend on it for their daily needs. The Mekong River (meaning Mother of Water) runs through Myanmar, Laos, Cambodia, Thailand and Vietnam, and is absolutely essential to life in these countries as a source of irrigation and commercial transport. The Yangtze River is China's most important waterway, and the basin is home to one-third of the population. It plays a huge role in the history, culture and economy of the country. Agriculture, energy and transportation are entirely dependent on this major river system. The headwaters of all these rivers originate in the glaciers of the Himalayas, in the region of the Tibetan Plateau.

Although it is unlikely that China would use its control of the rivers as a weapon, the fact remains that it could, and therefore wields a huge influence in the region. These rivers are foundational to life in South Asia and, as a result, China has gained enormous power although it denies any intentions of using it as a bargaining chip. Despite this, and perhaps due to long-standing border disputes, China has refused to share vital hydrological information with India that is critical for planning during monsoon seasons. The best efforts of these Asian nations to partner with China in future planning for water regulation along these rivers have not succeeded, and whether intentional or not, water has become a de facto weapon that gives China enormous political leverage over its neighbours. By controlling the source waters of the Tibetan plateau, China is the undeniable ruler of the region.

Around 70% of the Earth's surface is ocean and only 30% land. Around 98% of

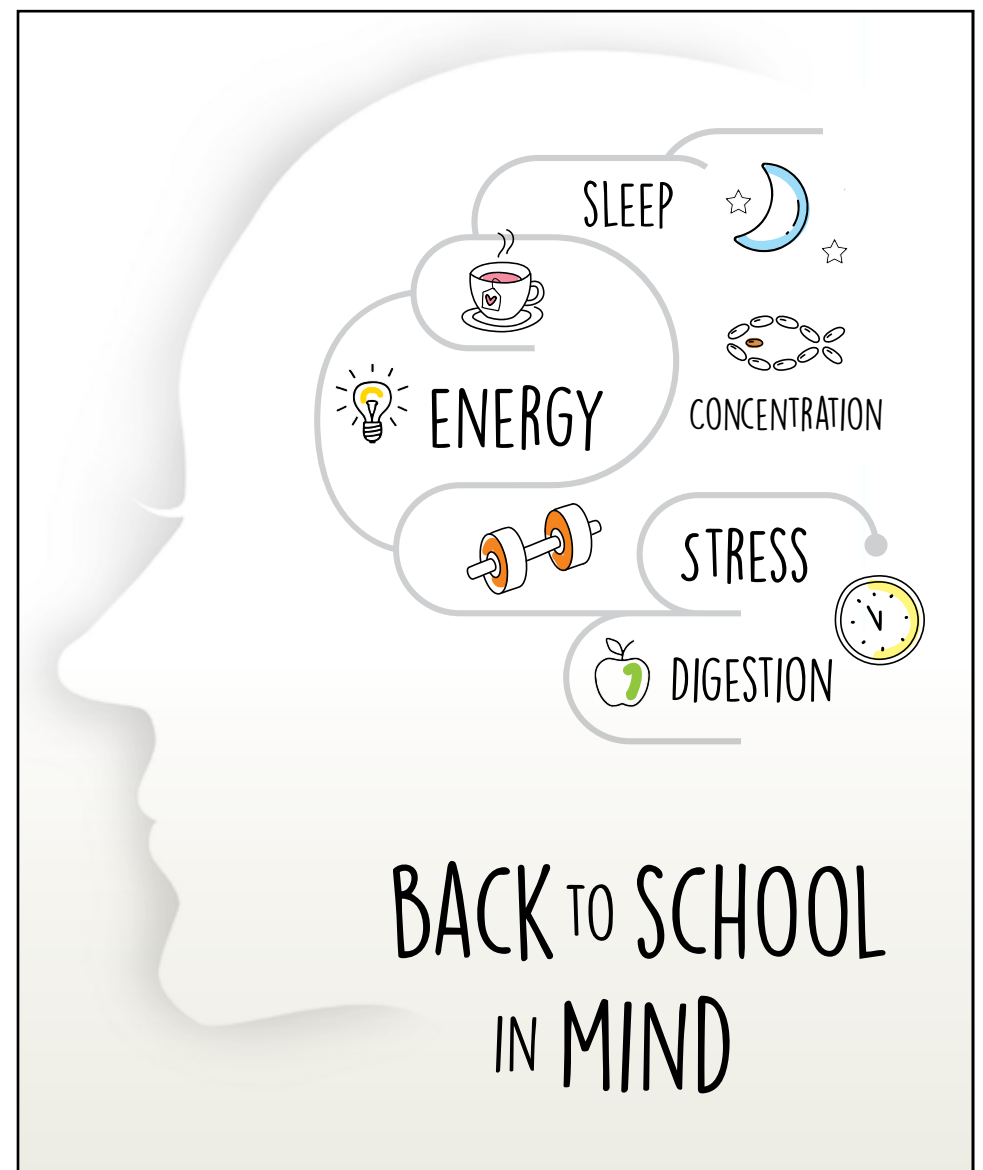
the world's water is in the oceans, which is saline and unfit for drinking or irrigation. Only 2% remains that is fresh, but most of that is locked up in the frozen ice-caps and glaciers of the polar regions, leaving only 0.36% of the world's fresh water available for use, contained in underground wells, aquifers, surface rivers and lakes. When the glaciers and ice caps melt, they become contaminated by running into the oceans, either directly, or through the river systems that end up flowing into the seas. Take good note of this fact; less than one-half of one percent of the world's water is available for use, and a large amount of that is unfit to drink, due to pollution from industry, agriculture and human activities. For example, consider how much human waste is flushed into our river systems worldwide as raw sewage. We have available to us only a very tiny and finite resource that is essential for life, although we behave as if it is vast, limitless, and infinitely available when required.

Precipitation and snow melt are no longer sufficient to supply the world's demand for water, and the gap has routinely been filled by drawing on mostly non-renewable ground-water supplies from the world's aquifers, most of which are at perilously low levels. At present, 7.4 billion people depend on the available fresh water reserves. By 2050, over 52% will live under severe water-stress conditions (M.I.T.) The biggest issue facing mankind is how we will share this tiny resource to feed our increasing population. The scarcity of water will have a profound effect on the world in the next decades.

Canadians have the luxury of seemingly endless supplies of fresh water, since 25% of the world's reserves is found in our lakes, streams and reservoirs. However, it will not be long before the world comes knocking on our door asking to share in what we have so abundantly, and that's when we will have to face some very serious existential and security issues of what to do.

The US will be the first in line, and we must be prepared.

The supreme art of war is to subdue the enemy without fighting."
Sun Tzu - Chinese general, strategist and philosopher, in ancient China of 6th century BC.



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Simply Words on Paper Converting Waste FOGs to Valuable Bio-diesel Fuel

Jim Warbanks - Main Street

Doom and gloom is almost always present in every analysis of environmental impact issues examined. We are either running out of a valued resource or its production has a very negative impact both at local landfill sites and / or world-wide climatic conditions. However, we do need to continue food production, move products to market, travel for business and even for pleasure.

We are advised of the need to reduce, reuse and recycle. There are some innovative techniques that can turn an undesirable, messy waste product into a valuable resource.

Over 4 billion gallons of waste grease is generated in the United States per year, a daunting challenge to wastewater treatment systems. It costs \$25 billion annually to maintain sewer systems. Around 360,000 tonnes of oil and grease flow through the UK's sewage system each year. Canada's waste fats, oils and greases (FOGs) problems are proportional. Stricter requirements on industries to resolve FOG issues before wastewater enters the sewer system make viable, efficient solutions more urgent.

Renewable fuel

Although, in principle, converting bio-waste into bio-fuel is an attractive source of renewable fuel, results have not been attainable using conventional technologies due to the contamination levels and complex chemical variety of wastewater grease sources. These include waste streams from animal renderers, industrial fryers, agricultural producers, paper producers, food manufacturers as well as household sources. The majority of waste greases are watery, very high in free fatty acid content, and badly contaminated, requiring an unconventional approach to synthesize fuel. To succeed, these FOGs, which are the product of an industrial process, must be treated as a resource, rather than just as a problem to be eliminated.

A National University of Singapore (NUS) research team has developed a single-step approach using specially engineered high-performance catalysts. An economic side benefit in this process is that the catalysts can be easily separated and reused.

The first method developed employs whole-cell *Escherichia coli* (*E. coli*) bacteria, which ironically can contaminate the water supply causing discomfort, illness and even death, as occurred in Walkerton, Ontario, a few years ago, and is currently a possible health concern for swimmers in the Verdun Natatorium area. This process produces a 97 percent biodiesel conversion yield in only 72 hours.

Methanol

The second process developed involves specially formulated magnetic, nano-sized solid acid particles when combined with methanol, which was formerly referred to as wood alcohol. It can be produced from natural gas, coal and renewable sources such as municipal waste, biomass and recycled carbon dioxide. Industrial methanol is produced in a catalytic process directly from carbon monoxide, carbon dioxide, and hydrogen. These solid acid particles then efficiently catalyze waste grease, yielding up to 98 percent biodiesel within 24 hours.

The third uses a recyclable magnetic nano-biocatalyst created using an enzyme derived from a fungus. This catalyzes waste grease, which is also laden with methanol, into biodiesel to achieve an extremely efficient yield of 99 percent biodiesel in only 12 hours.

Among these three techniques, the natural system of whole-cell *E. coli* shows the most potential, because the bio-catalyst used can be produced in large amounts at relatively low cost.

Bio-catalyst

At a time when biodiesel fuel is gaining in popularity because it is a renewable and cleaner fuel source for both transportation and use in industrial machinery, the NSU team is seeking industry partners to further develop this bio-catalysts technology beyond the pilot program stage. A Chinese company has expressed interest in adopting these technologies to recycle gutter oil, which is the term used there to describe illicit cooking oil, which has been recycled from waste oil collected from sources such as restaurant fryers, grease traps, slaughterhouse waste and sewage from sewer drains.

Whether these promising initiatives lead to the re-use of a problematic waste product as a valuable resource, which reduces our dependence on petroleum-based fuel, or if additional research is required to achieve an economically viable result, this orientation can be applied to the re-purposing of many other problematic waste products.

Harvesting fat from the sewer network to power vehicles may not be thinking far enough outside the box. I read, in a BBC Radio transcript, that at the University of Wolverhampton, microbiologist Dr. Iza Radecka is trying something even more ambitious - making a bio-plastic for implants or a scaffold for tissue repair from old cooking oil which, with the addition of the right microbes, fermentation and ultrasound, has a much higher yield of polymer than raw glucose and fructose. The waste cooking oil could then actually be more efficient than its raw ingredients. Now, that's creative thinking!





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Preparing your home for market

While you may have fond memories of your home, if you wish to sell it for the best possible price, you must step back and look at it again, this time, through the eyes of a buyer. Here are a few tips...

Make a good first impression: Ensure your exterior grounds are well-kept and the house and windows look clean and well-maintained.

Keep it neutral: Paint rooms in neutral colours and have as much natural light as possible. Keep furniture and personal belongings to a minimum. Designate each room with a "purpose" such as master bedroom, family room, office, etc. Closets should be neat and not over-crowded.

Bathrooms and kitchens: Make sure everything is in perfect working order and fixtures are appropriate. Spruce up the bathroom. In the kitchen, share the inviting aroma of home-baked bread or cookies.

Basements, garages and outbuildings: should be clutter-free, organized and not over-crowded.

It is difficult to maintain an impersonal perspective of the home you have lived in and loved for years, but remember, you don't want to impress on potential buyers how wonderful the house has been for you, but how suitable it will be for them.





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About Sainte-Adèle

Chris Lance - Main Street

Le Comité Parrainage Laurentides announced the expected arrival of a Syrian family to Ste-Adèle, on September 15, and a second family, on October 13. The Committee hopes to fund the families for a year. To gift some cash, you can contact the parish priest, André Daoust, or Mrs. Louise Jacques, at 450 229-4454 or by cell at 450 224-0571.

The syndicate of blue collar workers of Ste-Adèle and Mayor Rob Milot hope to reach some kind of agreement on the details of contract talks. The workers have been working without a contract since 2013. Best of luck Mr. Fecteau (president of the local syndicat), but considering it's an election year, maybe Mayor Milot might make things right for the union voters here in Ste-Adèle.

It's a go: the \$21 million multi-sport complex will be built next to our Augustin-Nobert-Morin high school. All those involved within the MRC hope to open the complex doors near the close of 2019.

Over in Mont-Rolland you will see the newly-renovated Place de la Gare along the parc linéaire Le P'tit Train du Nord. It took 7 months to finish, and our Mayor is calling it "Times Square des Pays-d'en-Haut." You should check out the old rail station and see what the Mayor considers our version of Times Square. I can't wait for New Year's Eve in Times Square - MRC style.

The dinner-movie at Spago and Pine Theatre has reopened. If you recall, it is called Plaisir a 2, and you can call for reservations at 450 229-0229, but first check out which cinema, and what time you want to go. Saturday or Sunday afternoons, theatre first, and then a meal are getting popular. I prefer mid-week evenings myself, with the meal first, then the cinema.

Every Monday lunchtime, Big Bob, Elusive Fred (I want healthy food), Computer Jackie, Chris, your writer, and Homer get together at local hamburger joints, from St-Jérôme to Ste-Adèle. Most recently, we have hit the locals: La Friterie (opposite the IGA), Burger Shop (opposite the Theatre de Ste-Adèle) and La Frite Mon Oncle over in Mt-Rolland.

Of the three restos, the most exotic burger menu is at Mon Oncle. Mon Oncle has 16 hamburger choices, and 18 different poutines. One of my favorites is Mon Oncle hamburger, a drippy burger with 2 cheese slices, mayo, relish, tomatoes, onions, pickles, hot peppers and lettuce. They also have clubs, hot dogs, and great frites, which you can enjoy with a Stewarts soft drink. The place got a Homer smile and thumps-up. Our Homer relishes his Monday outings, before his weekly duties as a newly-appointed chief bee-keeper over at the Tabahrosa estate.

We also enjoyed the Burger Shop. It has a daily special hamburger - you should ask about the daily special as there are lots of surprises to enjoy. Big Bob enjoyed this place because they offered a 10% discount for the crème next door, where we indulged in ice cream sugar cones. You should check out the ice cream with your next burger or hot dog.

Jackie gave a thumbs-up to our venture to "La Friterie" - a place with trios - burger or dog, frites or onion rings, with a Pepsi. Best fun was there were long line ups as we watched customers placing orders and rolling the dice. You are a winner with double sixes, awarding you a free meal. Well, we had a double six in our group - Homer rolled, there was a scream "WINNER" and the crowds cheered and our Homer was grinning ear to ear. "First time here - I never win...I like this place, and we're coming back."

That's it for this month. Drive carefully, the kids are back at school - and, by the way, give a wave to Times Square Milot if you ever see him hanging about our town. Enjoy the fall weather, winter is around the corner.



Village Of Weir Newswire

Claudette Smith-Pilon

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NEWS FROM CITY HALL

Reminder: DEFI NATURE will take place on **September 16**. This is a running event to inaugurate the Aerobic corridor. You can participate in this free event in either 1 km, 5 km or 8 km runs. To register online: www.evenbrite.ca If you have difficulties with the website, please check with the municipality for details.

Community luncheon resumes **Friday, September 29**. Please reserve your spot before September 22, with Jolaine Craig at 819 687-9508.

There is a fabulous day coming up on **September 30** - "La journée de la Culture." It will be an art event from 1 pm - 4 pm at the Community Hall in the Village of Weir. Wine and cheese will be served.

An exciting project is in the works! A 'walk-way' stretching from Les Habitations Jake Beaven to the Community Hall has been completed by a local contractor. This will allow residents to walk safely down to the Hall. Included in this project will be a gazebo for the pleasure of the residents.

Victoria's Quilts Canada Laurentian Branch

Come meet the busy bees who help to bring a smile and comfort to cancer patients by making beautiful quilts. Next workday is **Monday, October 16** at 9 am. Everyone is welcome.

CAT (LOST OR ABANDONED) HAS BEEN FOUND

A beautiful grey and white male cat: neutered and approximately 12 yrs. old has been found. If this seems like your cat please email the writer of this article at the email address below.

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



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

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

ADULT FICTION

Ashby, Madeline - Company Town

This is a futuristic, science fiction novel set off the coast of Newfoundland. New Arcadia is a gigantic oilrig upon which an entire town exists. The tone of this novel is dark and moves along rather jerkily, as we follow the main character fulfilling her role as a bodyguard to the biologically enhanced citizens. Hwa is a holdout from bioengineering, making her an outsider.



Cameron, Claire - The Last Neanderthal

Canadian author Claire Cameron set out to create a novel (I couldn't put it down) that would allow her to explore what it means to be human. Moreover, she wanted to imagine Girl, a Neanderthal, struggling and surviving in a harsh and dangerous environment. The novel shifts from 40,000 years ago to a character named Rose, an archeologist who discovers her remains, clearly Neanderthal, in the embrace of another person, who is clearly a Homo sapien. Rose is determined to change the world's perception of Neanderthal people. With the discovery that many Europeans and Asians share as much as 1-4% of Neanderthal DNA, Cameron wanted to represent the Neanderthals as 'beings' beyond grunting, knuckle-dragging creatures too stupid to live. She uses the Valdaro Lovers, a pair of human skeletons locked in an embrace, found in a tomb near Mantua, Italy in 2007, as her inspiration for this yarn. Cameron should write a narrative that directly builds upon these 6,000 year old Stone Age lovers.



Kinsella, Rachel - My (not so) Perfect Life

This British offering from the author who created the Shopohilic series gives a humorous peek into the life of a young, ambitious Somerset advertising grad, determined to shed her farming childhood background, and recreate herself anew as a chic and urbane Londoner. Garnished with mean girl characters, and a sizzling, dark and handsome guy complete the dish.

Hulin, Rachel - Hey Harry, Hey Matilda

This is a fun, quick read. Hulin uses an epistolary form of novel through the form of a series of emails between twins - a brother and a sister - oftentimes quite humorous as they wrestle with family ties, truths, lies and the big questions in life.

Robb, J.D. - Echoes in Death

There are 44 titles in the In Death Series. Echoes in Death opens with a young woman in shock, wondering if she is alive or dead. The scene shifts to another woman counting the minutes until she can shed her social obligations and retreat to her comfortable hearth. On the way home the lives of these two women suddenly collide.

YOUNG ADULT FICTION

Alex A. - Super Agent Jon LeBon! A Sheep in the Head

This is one in a series of secret agent graphic novels created by Montreal cartoonist Alex A. Young readers would probably enjoy art and the plot as well as visiting Alex's website alexbd.com

Arundel News

Janet Thomas

Introducing Terra Perma

Just along Chemin White, lies Terra Perma, a non-profit foundation run by a group of visionary young people whose main activities are the protection of the forest park, education, and support for the development of partnerships in permaculture. Together, on their 1,000 acres, they have built earth-friendly, off-the-grid lodges for guests, ranging from an "earthship," to a straw-bale house, to yurts. Visitors can enjoy hiking the forest trails, swimming in the pristine lake, and indulging in delicious meals of fresh produce from the gardens.



Sept 10

Iyengar Yoga for all levels

Sept 16 & 17

Power of Zen Training 1 & 2

Sept 23

Shiatzu of the 5 Movements

Sept 24

Self-care Shiatzu techniques

For more information: 438 831-3762 or zen@terraperma.ca

Sept 8

Library Lecture Series

7 pm

Willy Fournier explains The New Katimavik, which seeks to make youth the leaders in active reconciliation of indigenous peoples for future generations of Canadians.

Sept 16 & Oct 7

Marché de Récolte

10 am - 4 pm

Come and buy garden-fresh produce, eggs, honey, ect. Several different artisans will also participate each week.

Sept 16

Celebrate the opening of the Aerobic Corridor

8:30 am

Défi Nature: Join the Fun-Run from Montcalm to Arundel (1km, 5km or 8km).

To register: www.evenbrite.ca

10 am - 4 pm

Historical Tour by horse-drawn carriage

Mini-Farm

Kick-Bike Rentals

Historical Museum at new Municipal Garage

Antique Car Show at Gil's Beefeater



Conservation of religious heritage

The Honorable Yves St-Denis, Member of Parliament for Argenteuil and Parliamentary Assistant to the Minister responsible for Labor, recently announced financial assistance in the amount of \$ 168,750 will be provided to restore the roof of the Church of St. Anastasia.

This amount is part of the 2017-2018 envelope of the religious heritage restoration program recently announced by the Minister of Culture and Communications and Minister responsible for the Protection and Promotion of the French Language, Mr. Luc Fortin. This budget, which amounts to \$12 million for Québec as a whole, has been increased by 20% over the previous four years. The aid program can finance up to 85% of the costs of restoration projects.

New emergency alert system for St-Sauveur residents

The City of Saint-Sauveur is pleased to announce the launch of its Community Alert System. The SAC is an automated call service that allows municipal governments to communicate quickly with the public in the event of an emergency or issuance of a necessary water boil notice.

Whether by e-mail, cell phone or wire line at home, in the office, or by text messaging, all citizens enrolled in the SAC will be notified of a priority situation in the minutes following its activation.

To register, visit the Emergency Measures section of the City's website at www.ville.saint-sauveur.qc.ca and click on the Register to SAC button. All information provided through the SAC portal remains strictly confidential.

Financial support for 24 artistic and literary projects in the Laurentians

The Quebec Arts and Letters Council, the MRCs of Antoine-Labelle, Argenteuil, Deux-Montagnes, La Rivière-du-Nord, Laurentides, Pays-d'en-Haut, Thérèse-de-Blainville, the towns of Mirabel and Saint-Jérôme and the Laurentian Council for Culture recently announced the first projects supported by the partnership agreement with the Laurentian community.

Partners are pleased to announce that \$362,000 in support has been awarded to 16 artists and eight professional arts organizations as part of the 2017-2020 Laurentian Territorial Partnership Program.

Two further project calls are forthcoming under this agreement in 2018 and 2019.

Les bons déjeuners d'Argenteuil



The charity organization, Les bons déjeuners d'Argenteuil inc., recently announced the launch of its fundraising campaign – a \$10,000 IGA grocery draw.

The 2,500 tickets available will be sold at a cost of \$20 each. The unveiling of the three winners will take place on December 15, 2017, at 6:30 pm, at the IGA S. Albert de Lachute.

The three prizes are:

- \$10,000 in Sobey's Gift Card
- \$1,000 in cash
- \$500 gift card

Municipality of the Township of Harrington receives government assistance for local road repair

The Government of Quebec is providing up to \$953,037 in financial assistance to the Municipality of the Township of Harrington for road repairs to the Riviere-Rouge, Harrington and Lost River roads.

The member for Argenteuil, Yves St-Denis, recently made the announcement on behalf of Transport Minister, Laurent Lesard. The total cost of the project is \$1.2 M. The Municipality will participate in the financing of this project for an amount representing 25% of the total cost, which is \$317,679.



The most important work will be done on the Lost River Road, which serves as an east-west link between the village core of Lost River and the eastern municipalities. This road will receive reconstruction along its entire length, and will include drainage, structure and re-surfacing. Paving will also be carried out on Harrington and Riviere-Rouge Roads.

Construction is scheduled to begin in September 2017, and residents will be informed as to the forthcoming road closures. Mayor Jacques Parent wishes to thank residents and users for their patience in dealing with the upcoming inconveniences due to the repairs.

This major road project is part of the Local Roads Rehabilitation Program.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Peter Ma, and his wife **Channy**, who recently opened **Restaurant Piment Thai**, 401 rue Principale, St. Sauveur. Some of their tasty specialties include Tom Yum and Tom Kha soups, tasty curries, Seafood Piment Thai and Pad Kee Mao (a spicy noodle dish). Peter says that the "pièce de résistance" is their General Tao chicken. 450 227-3800 / www.lepimentthai.ca / Facebook: Le Piment Thai.



Brigitte Mezzetta, owner of **Confections Desserts**, 21 ave. de l'Église, St. Sauveur. Brigitte uses only the finest ingredients to make her delicious treats, which is the reason they taste so good! Her specialties include custom-made cakes for events, wedding cakes, cupcakes, delectable carrot cakes, and fresh homemade seasonal pies, such as pumpkin, apple and strawberry. Brigitte also offers delicious desserts for sweet tables. So, if you have a sweet tooth, drop by to see Brigitte. 450 227-0505 / www.confectionsdesserts.com / Facebook: Confections Desserts.



Stéphane Dupont and **France Lachapelle**, owners of **Papeterie St. Sauveur**, 407 rue Principale #201, St-Sauveur, who are celebrating their 5th anniversary. They sell office and school supplies, computer products, a wide array of pens, paper, lovely stationary and much more... May you have many more years of success! 450 227-5252 / www.papeteriestsauveur.com / Facebook: Papeteriestsauveur

Did you know that:

La Petite Boîte à Lunch, 7 ave. de l'Église, St. Sauveur has added an interesting boutique, which includes an organic fruit and veggie section, Agga coffee in bulk, fine spices, candies, healthy skin care products, kitchen gadgets, greeting cards and a special artisan corner, which includes interesting gift ideas? Owner **Rachel Fournier** also features grilled marshmallows as a special treat! 450 227-7557 / Facebook: La Petite Boîte à Lunch.

The original **Le Breadshop**, located at 707 Village Rd., Morin Heights has opened up a new branch of **Le Breadshop Boulangerie-Café**, 860 boul. Ste. Adèle, Ste. Adèle? They feature wonderful artisanal breads and fresh-roasted Nordic coffee, homemade pies, pizza, sandwiches and many other treats. There is seating for 20 people. Best of luck to owners **Marie-Ève Séguin** and **Dominic Cole**. Stop by to check out these shops. 450-543-2724 / lebreadshop@gmail.com / www.facebook.com/lebreadshop.

There is a new restaurant called **Le Grill Room**, 4-A rue Filion, St. Sauveur? So, if you feel like a juicy, grain-fed chicken, a sizzling steak, or veal and lamb, check it out. Congratulations to **David St-Germain** and **Marie-Claire Rémillard**. Best of luck with this amazing new venture! 450 227-0040 / www.grillroom.com / Facebook: Le Grill Room.

Jadi Kindred will offer some amazing courses for you to embrace your intuitive abilities, learn how to communicate with animals, and receive healing messages they want to share? Jadi is author of the book **Intuitive Animal Connections**, a heartwarming true story about the spiritual lessons that she has learned from abandoned dogs she rescued while living in Québec. For more information call 514 806-3647 / <http://www.intuitiveconnections.ca/workshops.html>

Letter to the Editor



Dear Mrs. Williams,

The Cooperative of Solidarity of the 4 Poles informed us that they urgently need additional funds to continue the function of washing boats until the end of the season. The Cooperative has applied to the Municipality of Wentworth North for funds for this purpose and no reply has been received so far that the Cooperative is now obliged to cease the ship washing work. However, the Co-operative says it has the money to continue its boat rental activities on weekends until the end of the season.

Although the washing equipment will be available to individual users until the end of the navigation season, there is insufficient signaling or instructions for users to ensure efficient use of the washing station. It is therefore most likely, if not certain, that boaters will not know how to use the equipment and launch their boats on Lake St. Francis Xavier without washing them.

We are sure you are aware of the risk of invasive species in our lakes. The Eurasian Watermilfoil is already in our neighborhood - at Lake Laurel and Lake of the Sixteen Islands. Due to this danger we ask the MRC to ensure that visitors are immediately prohibited from launching their boats on Lac Saint-François Xavier for the remainder of this season.

Non-motorized boats are launched on the lake from the MRC property (the Lake Association is able to control the launching of motor boats). In addition, the Coopérative des 4 Pôles, which is funded by the MRC, has promoted Lake St-François-Xavier as a tourism destination for boating. As the municipality no longer funds washing activities, the Cooperative is no longer able to do this work, and the risk is now far too great for invasive species. If Eurasian Watermilfoil arrives in Lake St-François-Xavier on an unwashed boat, the consequences will be disastrous for our community and will have a negative impact on the economy of the municipality and the profitability of the RCM. We urge the RCN to act immediately to prohibit the use of its property for the launching of boats.

We also ask that the RCM install supervisors on its property to ensure that visitors do not launch their boats on the lake. Visitors who want to walk on the lake can rent a boat from the Coopérative des 4 Pôles. According to the Cooperative, they will have staff available to rent boats.

By sending a separate mailing we notify the mayors of the MRC and the media to publish our frustrations about this worrying situation.

Regards,
Raymond Christmas
President, Lake Saint Francis Xavier Association



Essential Oils Back to school

Susan Rich

As summer comes to a close, many of you are gearing up for back to school. This can be a very stressful time of year for both kids and parents alike. Be it the stress of first-day jitters, to having to deal with all the bugs that get passed around in the classrooms, I'm sure you agree with me, that school equals colds, viruses and, for many, the dreaded head-lice epidemics. Essential oils can help combat these difficult times powerfully.

Emotions - Lavender, cedar wood, vetiver, frankincense and roman chamomile. Just rubbing one of these, diluted, under children's feet before the day begins, can help calm them. Ask your child, which one they like. A little boy might not enjoy going to school smelling like a lavender field, whereas a little girl might be thrilled with that idea.

Focus - peppermint, rosemary, cypress, bergamot and frankincense are just a few that can help enormously. You can make up a roller bottle, with just a few drops, topped up with fractionated coconut oil. Children can take it to school and use it when they are feeling distracted.

Head lice - Lavender or clove oil will deter them. Prepare a spray bottle with water and a few drops of either oil. Spray it on their clothes and in the hair to repel the lice.

Melaleuca for outbreaks. Adding a few drops to shampoo will kill the lice. You MUST still remove the nits and continue shampooing for the life cycle, but there is no danger, as Melaleuca is great for scalp health and it's just as effective as the toxic chemical treatments. Also, put it in the washing machine, as you are going to have to wash everything the children have come into contact with.

Immune support - Prepare an all-natural hand sanitizer to bring to school. In a small, glass spray bottle, add water, a teaspoon of a carrier oil, and 15 drops total of a combination of wild orange, clove bud, rosemary, eucalyptus and cinnamon. Shake the bottle before using. This blend will eliminate any bacteria they come into contact with, and also protect them from attracting more. This blend, without the carrier oil, can also be used to eliminate surface bacteria, as well as to help support the immune system.

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



Good News! Kids, Let's Talk is back!

4 Korner's Family Resource Center is again offering this highly-regarded workshop to families in the Sainte-Agathe area. Kids, Let's Talk is all about... talking! It focuses on developing communication and social skills in children aged 3 to 5 years old.

To stimulate communication, the program calls on the best resource children have: their parents! Over a period of 8 weeks, parents and children have a one-on-one activity to strengthen their bonds and develop strategies to help prepare the children for school and other social settings.

The workshops are led by Laura Young, a professional, well-loved by kids and adults alike. The program is based on structured play, singing and storytelling. Parents are given material to maintain the activities at home and develop long-lasting habits. To top it off, a snack is provided during the 2-hour sessions.

To make things easier for parents, 4 Korner's, in partnership with Cal en Bourg 0-5 Ans, provides a drop-in day care service for other children under age five. Best of all, Kids, Let's Talk is free, and in English, and was adapted from the French program, Son de Gamins.

The next session will start in October. Call or email us to be added to the waiting list for this fall's Kids, Let's Talk in Sainte-Agathe. Keep your eyes open for the program in Arundel in spring. You can reach 4 Korner's at 1 888 974-3940 or info@4kornerscenter.org.

You can also register for the 4 Korner's newsletter, on our website, at www.4kornerscenter.org. It will keep you informed about upcoming activities and the resources 4 Korner's offers to the community. We are also on Facebook, at www.facebook.com/4KornersCenter.

4 Korner's Family Resource Center is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English. These resources are available year-round: do not hesitate to contact us.



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1 Jump-Start Your Business and Financing Options
FREE | Wednesdays: 2:00 PM – 3:30 PM

Get the information you need to get your business off the ground.

2 The Essentials of E-commerce
\$20 | September 19: 6:30 PM – 8:30 PM
There are a lot of different components to a successful e-commerce initiative, but where do you start?

3 Maximizing Visibility On Search Engines Through Seo: 2-Part Series
\$35 | 6:30 PM – 8:30 PM
Part One: September 26
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Learn how to get the highest possible ranking and increase your business's visibility.

PLUS, GET ONE-ON-ONE BUSINESS COACHING ONLINE

4 Coaching Available Across Quebec

Our professional coaches can provide private business coaching via phone or web camera to help you start, grow or expand your business.

AND ARTISTS, GET BUSINESS SKILLS FOR YOUR CREATIVE SOUL

5 Jump-Start Your Art and Financing Options
FREE | September 11: 1:30 PM – 3:30 PM

If you are an artist seeking to make a living from your creativity and talent, but don't know how, then this workshop is for you.



For free* business support: www.yesmontreal.ca | 1-888-614-9788

*Business consultations are offered free of charge for a one-time only \$20 file activation fee for off-Montreal-island residents. Available by appointment only.

Program Funded by: Canada Economic Development for Quebec Regions / Développement économique Canada pour les régions du Québec



Strings & Things When sour turns to sweet - pt.2

Dale Beauchamp – Main Street

Last time, we discussed tuning problems with regard to bridge placement and saddle adjustments.

Some guitars (usually the mass-produced factory instruments) may have their bridges glued on in the wrong spot. Even Martin and Gibson have been guilty of this, at one time or another, for various reasons. We can sometimes remove the saddle, fill the slot with some matching wood, and cut a new slot for the saddle. If the guitar plays flat, the new saddle slot will be forward from the old one. If the guitar plays sharp, it would be moved back, towards the bridge pins. This is only possible if there is enough room to do so; if the saddle ends up too close to the bridge pins, you could wind up with excessive pressure, from too steep a string angle, where the strings come up over the saddle. That may give you more volume, but could potentially distort or even crack the top of the guitar.

If the saddle is too far forward (too close to the front edge of the bridge), the front of the bridge could crack, and/or break off. Since removing the bridge and repositioning it means a costly refinishing job, or living with an unfinished area in front of, or behind, the bridge, most people opt for either living with a less than perfect intonation, or replacing the bridge with a slightly wider one. The wider bridge will hide the bare wood on the guitar's top, but will also arguably compromise the tone, although a little bit is usually unnoticeable. I've made oversized replacement bridges and not heard any difference.

Another culprit, responsible for an instrument not playing in tune, is fret placement. If the fret slots are not cut very carefully, the frets end up improperly spaced, resulting in sour notes. Some people, like myself, can't hear the subtler flats and sharps, but it drives others, with "good" ears, crazy. Some players are so sensitive to this, that even a "perfectly" adjusted instrument sounds terrible to them. That's because our system of tuning is imperfect; a compromise. Some twenty-odd years back, an American guitarist, named Buzz Feiten, decided to tackle this age-old problem. He eventually came up with a patented system (the Buzz Feiten Tuning System) which involves retrofitting guitars with nuts that have staggered leading edges, or take-off-points for each string. He also removes about .020" off the fretboard length at the nut (peghead) end. I believe there are other adjustments to the frets and saddle as well. The result is perfect intonation on every string, at any fret. It's a costly operation, performed by licenced luthiers who've taken his course, and who pay a royalty on each job. Don't try this at home!

Things like old strings, or worn-out tuners that vibrate loose, can also cause tuning problems, so never overlook the obvious.

Happy pickin'!

New sports centre in Piedmont officially open



The new eco-sports centre officially opened on August 23. This Eco-Sports Complex is a unique outdoor sporting facility that was created through a public-private partnership between the Municipality of Piedmont and a private contractor. Both partners agreed that the entire project should respect the pillars of sustainable development, namely the

environment and social aspects. It is probably the first sports complex in North America that was designed according to these principals. Nearly 200 people attended the opening and enjoyed demonstrations of dek-hockey and pickleball, with some participating in the games. Already, several teams compete in the evening on the new dek-hockey surfaces in a recreational or competitive league, and the first members of the pickleball club are also enjoying the new venue.

In the coming months, events will be organized, such as a ball hockey game between local merchants and former NHL players. A medieval fighting tournament is in preparation for next spring.

The Piedmont Eco-Sports Complex is located in Parc des Sabliers (new Gilbert-Aubin Park) at 685, Boulevard des Laurentides, Piedmont.

For information: 514-224-7906 / www.ecosportspiedmont.com

The Option to Build

Susan MacDonald

The choices of houses for sale on the market these days are astounding, and it is not difficult to find exactly what you are looking for in a home. However, often, while the house may meet all your expectations, its location or price might fall outside your preferred parameters. Choosing a location first, and then building a house to your exact specifications is another option to consider.



Without a doubt, waterfront lots remain the preferred choice, but these can be extremely expensive and are becoming harder to find. A secondary choice could be to select a large lot with panoramic views, and access to a nearby lake. Once you have found a suitable location, you will have plenty of options on how to design your home, taking into consideration the topography of the land, its accessibility, your preferred exposure, and choice of building materials.

With today's growing trend of environmental awareness, many people who chose to build their own homes are consciously seeking out locations, and contractors, that conform to high ecological standards, particularly in rural areas. Having chosen to live in the country, their purpose would be to enjoy the wonders of nature, while leaving as small a footprint on the environment as possible. Many homes these days boast LEED certification (leadership in energy and environmental design) and incorporate features, such as geothermal energy systems, solar panels, and large windows oriented to maximum sunlight, as just a few examples.

Building materials, such as wood, stone, cement and steel, will provide good results and create a complementary blend between modern and country styles. Neutral tones, such as warm brown and grey, will further complement architectural designs, enhancing the natural connectivity of a house to its immediate surroundings. The advice of a professional architect can be helpful in obtaining excellent results, as they have experience in such designs, and can offer suggestions on how to best blend personal requirements with the topography of the land.

Many country developments offer a wide selection of property lots, ranging in size, topography, and proximity to nearby towns and local services. Thankfully, several also offer Internet and communications accessibility, providing homeowners with the luxury of living in nature but yet remaining connected and, therefore, able to work from home, if need be.

Like-minded people tend to have similar goals, so the chances are that your neighbours would also hold the same values, and would be looking forward to living the same dream as you, a peaceful existence in the heart of nature, yet discreetly connected to the world beyond the trees.

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*Please call Wednesday for weekend orders



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the smoke master and the chef

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St-Sauveur, Qc

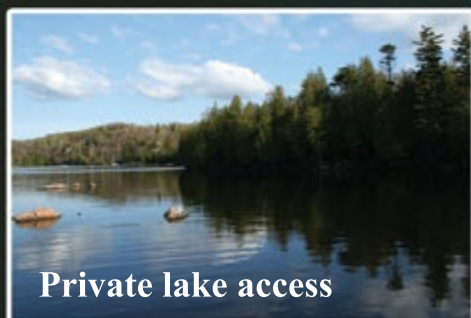


450 744-0471

AT THE HEART OF THE LAURENTIAN ECO-CORRIDORS LES SOMMETS ST-VICTOR Large mountain domains, panoramic views, one hour from Montreal

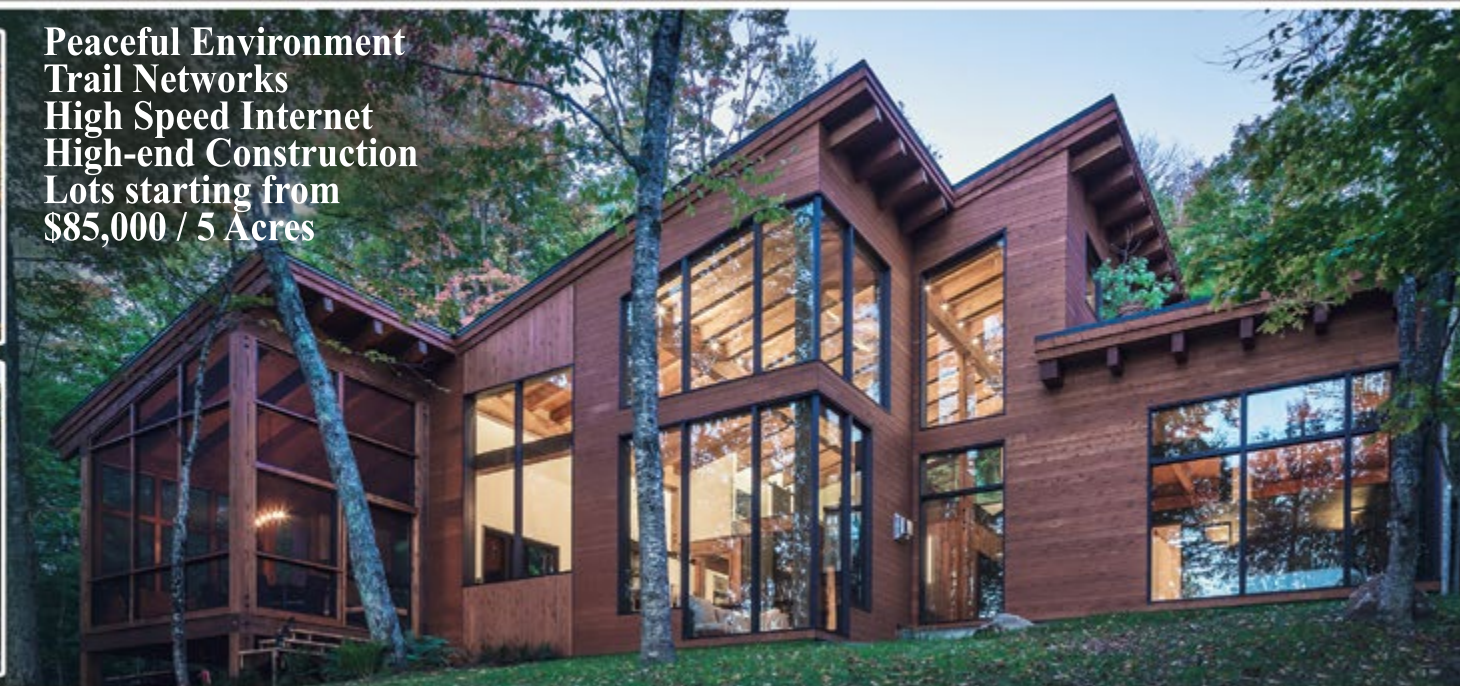


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sommestvictor.com



Out & About

Ilania Abileah - Main Street



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

MONT LAURIER

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

Until Oct 14: Marie José Gustave

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

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

Fri, Sept 8: Canada - "Stampede" (French); **Algeria** - Mere Courage au Coeur de la tempête (French); **Mexico** - Manuel de vol (Spanish). **Sat, Sept 9: Morocco** - Roméo & Juliette après la mort (Arabic); **Germany** - how to find Moby Dick (English); **France** - Je me suis fait tout petit (French); **Poland** - Odkolysanie (English); **Burkina Fasa** - Kiiba (orphan). **Sun, Sept 10: Canada** - Les Combustibles (French); **Russia** - Wings of Clowns; **Canada** - Les manuscrits du deluge (French); **Columbia** - Bogota, La Paz Perpetua (Spanish). **Mon, Sept 11: Algeria** - Divorce sans mariage (French); **Slovakia** - Le Procès de la Genèse (French); **Switzerland** - D'exil en exil (French); **France** - Vent divin (French). **Tues, Sept 12: Bangladesh** - Loko Nathadal (Bangla); **Belgium** - On n'est pas des Paons (French); **Egypt** - Le Rêve de Youssef (Arabic); **Spain** - Les Bachantes (Spanish); **Romania** - The Last Godot (Romanian). **Wed, Sept 13: Uruguay** - Pasos Largos (Catalan); **Spain** - La Celestina (Spanish). **6 pm** - closing dinner event plus announcements of winners.



Les Bachantes

MONT TREMBLANT

Salle Alphonse Desjardins, 1145, rue de Saint-Jovite. Downstairs of the Samuel-Ouimet Library. 819 425-8614, ext 2500 / villedemont-tremblant.qc.ca **Until Oct 1** - an exhibition of intriguing small artwork from the Loto-Quebec collection of Laurentian artists. Curator - Andrée Matte.

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

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

ST FAUSTIN

Maison des Arts et de la Culture 1122, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm **Until Oct 21** - the annual Place de la Sculpture.

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

STE-AGATHE

Théâtre Le Patriote

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

Salle Percival-Broomfield

Sat, Sept 23: 8 pm - the Musical Heritage of Harmonium performed by Premier Ciel, a band of 7 musicians. \$46

Sat, Sept 30: 8 pm - 2Freres. Two brothers, Erik & Sonny Caouette from Northern Quebec sing in beautiful harmony, with energy and humour. \$33.

10 main.street@xplornet.ca

Fri, Sept 29: This evening we dance to the music of the 20th century. Free admission.

Sat, Sept 30: 8 pm - Cabaret de l'Ange - Free admission!

Exhibitions

Atelier Culturel (old fire station) 1920, Chemin du Village, St. Adolphe d'Howard. 819 323-1878 / https://artsetculturesaintadolphe.wordpress.com **Until Sept 17** - Photographer Bernard Beauvais of St. Adolphe d'Howard presents an exhibition of photographs taken in South Africa in 2015.

STE. ADÈLE

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

Thurs, Oct 12 - 22: Exhibition by Audrey Leblanc entitled, "Transparence."



Harmonium

Boite a Chanson

Thurs, Sept 28: 8 pm - Jamil. \$32



Jamil

Thurs, Oct 5: 8 pm - Jérôme Charlebois and Marco Calliari perform together to enchant the audience. \$23.

Thurs, Oct 12: 8 pm - Emile Bilodeau sings folk/rock songs from his first album. \$26.

VAL DAVID

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

Sept 16 - Jan 8: Richard Purdy - "Exultation" installations and Stella Pace - "autrement dit" installations, collage, paintings and sculptures.



Richard Purdy

VAL MORIN

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

Fri, Oct 6: 8 pm - Martin Léon recounts the origin of his songs from the album "Les Atomes," written mostly during a trip to Asia. \$32.

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

Oct 14 - Oct 22: Rose-Marie Fournier exhibits a collection entitled "Wa-harmonie."

ST. ADOLPHE D'HOWARD

L'Ange Vagabond:

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



Audrey Leblanc

SAINT-SAUVEUR

Ça-me-dit Concerts at Park Filion

info@valleesaintsauveur.com / www.valleesaintsauveur.com

Sat, Sept 16: 3 pm - A tribute to Aznavour, Brel and Dalida

Sun, Sept 17: 3 pm - Sunday music and dance

Sun, Sept 24: 1:30 pm - Louise Fontaine sings Tony Bennett and Michael Bublé.

Sat - Mon, Oct 7 - 9: Country music weekend in the park.

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

Live music... reservations required

Fri, Sept 8: Hugo Laliberté; **Sat, Sept 9:** The Berry Shandy; **Thurs, Sept 14:** Dupré/Milard; **Fri, Sept 15:** Selby; **Sat, Sept 16:** Andrée Dupré All Star Band; **Thurs, Sept 21:** Good Hearted Women; **Fri, Sept 22:** Valectra; **Sat, Sept 23:** Stephan McNicoll & GCR; **Thurs, Sept 28:** Mylestone; **Fri, Sept 29:** Valérie Jalbert; **Sat, Sept 30:** Triple Rock.



Stephan McNicoll

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

Sat, Sept 23: 8 pm - A retro-music evening with Jean Nichol and his musicians. \$35.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. info@artsmorinheights.com. **June 17 - Sept 30** - ARTS Morin Heights presents a themed exhibition entitled "Beach." 450 226-3832

The next project is "Street Scenes" starting **Sat, Sept 30** as part of the Journées de la culture.

WENTWORTH NORTH

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

Sept 9 - Oct 15: An exhibition of artwork by twelve local artists. Vernissage - **Sat, Sept 9: 2 pm - 4 pm.** Exhibition will be open Saturdays and Sundays from noon to 4 pm.

GORE

Holy Trinity Church, 4 Cambria, Gore

Sat, Sept 16 : 8 pm - Concession 23. Tickets / info: Linda: 450-562-9620. \$25 with reservation / \$30 at the door

LACHUTE

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

Sept 10 - 28: Julie Dumont, acrylic painter presents an exhibition of her work. Vernissage: **Sun, Sept 10: 1 pm - 4:30 pm.**

Oct 8 - 26: Marie Lauzon exhibits acrylic and mixed techniques. Vernissage: **Sun, Oct 8: 1 pm - 4:30 pm.**

HAWKESBURY

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

Sat, Sept 9: 7:30 pm - Jessica Vigneault studied classical piano and later turned to Jazz and singing in clubs. This concert will include French songs by her father, Gilles Vigneault, and Jacques Brel **Thurs, Oct 13: 7:30 pm** - Vocalist Lorraine Klassen gives you a dose of great South African music.

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



Lorraine Klassen

PRÉVOST

Diffusion Amal'Gamme - Salle Saint François Xavier, 994, rue Principale / 450 436-3037 / www.diffusionsamalgamme.com. Tickets and subscriptions to the new season are available online.

Sat, Sept 16: 8 pm - The season starts with the RC Jazz Band (ten musicians) with Jessica Vigneault (piano and vocals).

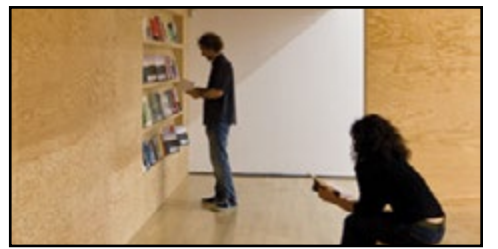
Sat, Sept 30: 8 pm - David Jalbert, classical pianist will play music by Schubert, Prokofiev, Schumann and Stravinsky. \$36.50

ST. JÉRÔME

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

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

Thurs, Sept 14 - Sun, Nov 5: Alexandre David. Vernissage: **Wed, Sept 13.**



Alexandre David

En Scène : Salle André Prévost,

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

Sat, Sept 23: 8 pm - The new season starts with Paul Piché, who celebrates a forty-year career singing his own compositions in traditional Quebecois rhythm. Invited artists are Ingrid St-Pierre, Marc Hervieux and Léo Piché. \$50

Wed, Sept 27: 7:30 pm - Julien Clerc delivers his most popular French songs in an intimate evening. \$70.

Sat, Sept 30: 8 pm - Louis-Jean Cormier performs an intimate solo concert. \$35.

Thurs, Oct 5: 8 pm - 2Freres; Erik and Sonny Caouette - a folk-pop duo hailing from Chapais in Northern Quebec. \$35.

Sat, Oct 7: 8 pm - Martin Léon performs songs from his album, "Les Atomes." \$35

Fri, Oct 6: 8 pm - Angele Dubeau accompanied by her orchestra, "La Pieta" performs popular pieces from her forty years in concert halls.



Angele Dubeau

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



JESSICA VIGNEAULT

UN PIANO - UNE VOIX / A PIANO - A VOICE
LE 9 SEPT. 2017 - 19 H 30 • SEPT. 9, 2017 - 7:30 PM
BILLET - TICKET: \$25

Pour cette soirée tout en intimité, elle vous offre un spectacle en solo, piano et voix, avec un répertoire varié, entre la chanson française et québécoise, le jazz et la musique brésilienne...

For this intimate evening, Jessica offers a solo piano and voice show, with a varied repertoire of French and Quebecois popular songs, jazz, and Brazilian music.

BILLETTERIE TICKETS
www.jessicavigneault.com
Info: 613-632-9555

le chenail
Centre culturel
Cultural Centre
2 rue John Street,
Riversbury, QB




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25th EDITION

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9 OCTOBER, 2017
10 AM TO 4 PM

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JORDAN DESJARDINS BAND September 29 @ 4:30 pm
DUO JÉRÔME CHARLEBOIS & PATRICK GEMME September 29 @ 7 pm
LA CHICANE (BOON DESJARDINS, DANY BÉDAR, MARTIN BÉDAR, YANIK BOVIN & ÉRIC HAREU) September 29 @ 8 pm

Ambassador of the event: Jérôme Charlebois

Media presenters: Accès Le Journal des Pays-d'en-Haut and CIME FM
Thank you to the Government of Quebec and Claude Cousineau, Deputy of Bertrand / Julie Boulet, Minister of Tourism / Dominique Anglade, Minister of Economy, Science and Innovation / Christine St-Pierre, Minister responsible for the Laurentian region.



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communications@cammac.ca



History Making Performance

A musical marathon at Ironman Mont Tremblant

Cathy Bergman

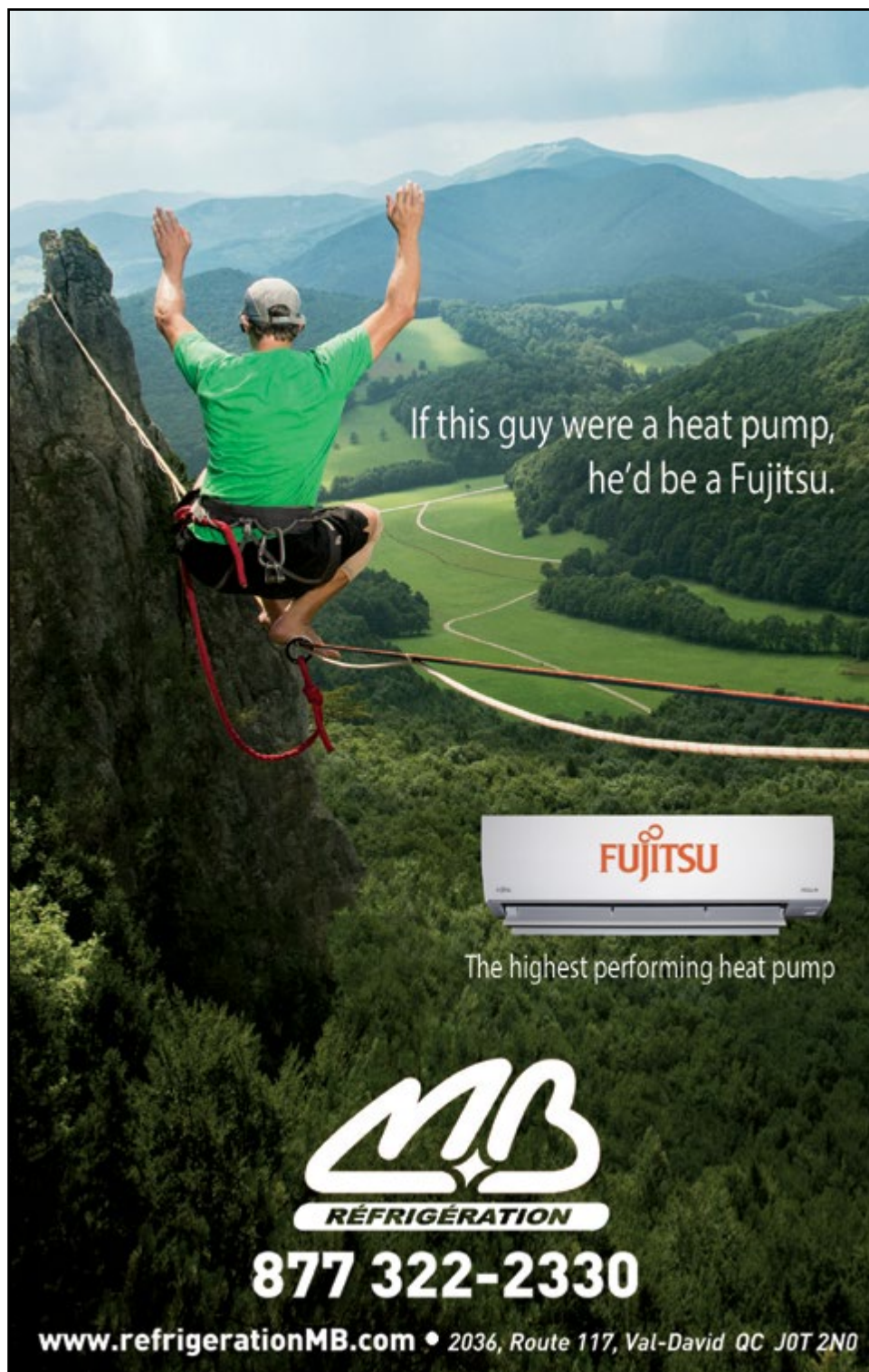
Athletes make headlines and history at Ironman events quite often, but rarely do musicians. Ironman Mont Tremblant changed that. While the Ironman athletes completed the marathon portion of the world-class triathlon event in Mont Tremblant on August 20, the musicians from the Mont Tremblant Ecole Polyvalente Cure Mercure stage band performed a history making musical marathon, playing for almost eleven hours at Aid Station #10 on the run course.




Under the direction and leadership of the school music director Jean-Michel Lemire, the band brought the run course to life from the moment the first pros hit the course just after 12H00, until the last runner passed the station just before 23H00. A superb rendition of "Greased Lightning" greeted Marino Vanhoenacker as he sped through the station on his way to a first place podium win, and sixteenth Ironman victory. "Don't Stop Believing", and "Footloose" were two of the athletes' favorite tunes throughout the day, and as if on cue, "Final Countdown" rang out as the last runner of the night made his way through the dark and into the foot stomping musical party awaiting him at Aid Station #10.

Ironman Mont Tremblant showcased tremendous feats of athletic skill, strength, speed and endurance, but it also showcased the remarkable talent, tenacity and spirit of the youth in our community.


Lake Front Cottage For Sale		Asking \$159,000
		
<p>Situated in the Lakefield, Gore area, 60 min from Montreal, 20 mins from Lachute, 20 mins from Morin-Heights/St. Sauveur. The cottage is natural pine and is a 3 season / 3 bedroom on 29000 sq feet. It has electric heat and a wood stove on a no-motor lake. The cottage comes fully furnished and includes a wall oven and island cook top in the kitchen. Other amenities include a dock, pool deck with 21ft pool, and hot tub. Roof and septic tank were replaced in OCT2016. Come and enjoy the Laurentians. Hurry before it goes. 514-697-4105</p>		



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Denis Chalifoux, Mayor



DESTINATION 2030, A MOBILIZING PROJECT

Last June, we launched the project **DESTINATION 2030**. To this end, we produced a video, which is available on the city's website and Facebook page.

We also produced a special edition of our municipal bulletin dealing exclusively with the subject, which was distributed by mail to all residences and business in the city. Since that time, I have met with several groups of people (board of directors of the Chamber of Commerce, real estate brokers, developers, economic development corporation of the Regional County Municipality of the Laurentides) who are very interested in this promising project, "The future of Sainte-Agathe-des-Monts." Several citizens also approached me to express their appreciation of the **DESTINATION 2030** project, their expectations and their confidence in such an elaborate undertaking. All these very encouraging and positive reactions for the municipal council must not make us forget that this is a unifying project that will ask for the contribution of everyone, which will be the key to our success. To be understood by all, I remain available to any citizen, or group of citizens, who want to know more about the project, and who also have suggestions on how to improve this unique project.

I want to take advantage of this municipal bulletin to remind you of the main features of **DESTINATION 2030**.

- To make Sainte-Agathe-des-Monts the place of preference in the Laurentians to reside, raise a family, work, do business, be entertained and live on a full-time basis.
- A vision of the downtown core based on the development of a vibrant, lively, friendly and safe urban neighborhood.
- A re-designed Lagny Square, which highlights a prominent showcase for the city: Lac des Sables will become a distinctive and attractive regional, cultural hub.
- A competitive and job-creating economy based on the development of business parks, and the consequent development of residential and commercial functions.
- Maintaining and re-launching both our natural and built heritage is at the heart of the future thinking and investment generated by **DESTINATION 2030**.

In closing, I emphasize that **DESTINATION 2030** must be done, and will be done, in the framework of sound financial management, and that the entire municipal organization will be devoted to the success of this project; ambitious certainly, but also realistic. We want to reinvent ourselves by imagining the Sainte-Agathe-des-Monts of tomorrow. We have all the assets to stand out, showcase, and realize the full potential of our city.

I AM COUNTING ON YOU.

Denis Chalifoux, mayor

Paving on more than 24 kilometers of roads and streets was carried out to improve the road network

Over the course of the summer months, the City carried out a significant number of paving works, which, following an external study, was considered a priority.

Estimated at \$3.5 million, the work was funded by the City's Streets and Roads Improvement Program (PARC). The work will greatly improve the road network and make up for chronic underinvestment that has significantly impacted the quality of life for citizens and the city's competitiveness for years.

This investment is in addition to the \$5 million of work, which has already been completed over the past seven years, and will not result in any increase in taxes in light of the annual PARC reserve.

The sections of streets or roads covered by Phase 1 of the project are as follows:

- Chemin Renaud, chemin Daoust and chemin Domaine-Guindon;
- The Route du Grand-Duc, the Chemin du Mont-Castor, Chemin des Grives, chemin Paradis, chemin des Hironnelles and chemin des Perdroles;
- Chemin du P'tit Bonheur and Chemin du Lac-Arpin;
- The unpaved portion of chemin du Mont-Catherine (formerly Labonne Street) and chemin du Château-Bleu;
- Chemin Brunet, chemin Mount Sinai and Chemin de la Riviere;
- Chemin Gascon, chemin des Pins, rue Nathaly and rue Dominyck;
- Chemin du Lac-Manitou;
- The streets of des Entreprises, Trudel, Leroux, Trudeau and Lorraine.

Phase 2, which is expected to take place during the fall, includes rue du Domaine, Montée Alouette, chemin du Mont-Arpin and chemin du Golf.

Paving of Tour du Lac des Sables soon to be completed

Work on Lac des Sables will soon be completed. It will better serve the population of Chemin Lac des Sables with drinking water, and provide better fire protection for residents of the Belvoir area through the construction of a booster station.

Requiring an investment of \$3 million, of which 83% was funded by the provincial and federal governments, the work involved the replacement of culverts, the correction of specific drainage problems, the installation of a water source station, and the replacement of the existing pavement surface with a top coating of bituminous concrete.

The work took place over two summers and will complete the bike lane project around Lac des Sables, a project expected by citizens, vacationers and visitors, which will become a must for all users of the linear part, Le P'tit Train du Nord. This will provide more fun and a safer experience for cyclists on this magnificent path along Lac des Sables.

The site has caused some inconvenience to the residents of the area for a long time, both in terms of traffic and drinking water supply, and the City would like to thank them for their patience and collaboration.



Garden Talk

Growing garlic

June Angus - Main Street

Whether you slice, dice, press, or roast it, garlic is a universal staple for chefs and home cooks. Today's best garlic is locally grown and organic; most

people swear that the premium price is worth it. So, this fall, as you prepare to plant spring flower bulbs, consider adding some garlic to season up your garden.

From mid-September to late October is the best time to plant garlic in a cold climate such as ours. The trick is to get the cloves into the ground, allowing enough time for them to put down roots without sprouting green top growth before the ground freezes for the winter. But don't worry if a few green shoots appear. They will die off with a hard frost, and the plant will produce new shoots again in spring.

While there are many garlic varieties available, it's best to choose one that is already acclimatized to our local growing region – especially if you're a beginner. A farmers' market or produce shop selling local garlic is a good place to source cloves for planting. Online seed companies specializing in garlic also offer good options.

Individual cloves contained in a garlic bud are the "seeds", so choose a garlic bulb that is very fresh with a nice shape containing plump cloves. When calculating how much to plant, bear in mind each clove will produce a new plant, or bulb.

To prepare for planting, carefully separate the cloves in a bulb. Try not to damage the cloves at their base, as this is the area where new roots will form. Plant the largest cloves and keep the smaller ones for immediate use in your cooking. Small cloves will produce small new buds, but will take up just as much growing space as their larger siblings.

Choose a sunny location, with well-drained soil containing lots of organic matter. Plant about two inches deep and about 8 inches apart, with the rounded (base) end pointing down, so the roots can start growing in the right direction. Cover with mulch in late fall for added protection over the winter. Once the ground freezes the garlic will go dormant until spring.

Remove the mulch as early as possible come spring. Then, watch for signs of growth, and keep an eye on your plants throughout the growing season to pinpoint any problems immediately. Weed regularly; garlic hates competition for nutrients and water.

Harvest time generally lands between mid-July and late August, but it will vary from year to year, depending on how early spring comes, and on how much moisture and sunshine we get in a season. One sign is the appearance of "scapes," which are stalks that grow tall and curl one or more times at the ends -- some garlic bulbs are ready to harvest two to four weeks following the appearance of scapes. When about two-thirds of the garlic plant leaves have died, but at least one-third is still green, is another pre-harvest signal. It's always a balancing act to allow the buds to reach maximum size before they start to deteriorate.

Carefully loosen the soil around the bulbs and gently pull them out. Brush off any soil, but leave the stalks and roots on while the bulbs dry, or cure, for three to four weeks in a well-ventilated room, or a dry, shady spot outside.

Then dig out your favourite recipes and get cooking. Enjoy!



Soccer in Val David

Congratulations to the Valerius team (right in the photo), winner of the Ginette Charbonneau Trophy at the first edition of Val-David's adult soccer tournament held on Saturday, August 26th at Parc Dion.



Bravo to the Gaillards, guided by Olivier Bouchard, for their second place!

This summer, more than 225 players, men, women and children played this wonderful sport on the pitch.

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LEGION**
**LA LÉGION
ROYALE CANADIENNE**

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

Branch 171 Filiale Morin Heights

Sept 9: Flea Market - rain date Sept 10
Sept 15: 6 pm - TGIF - Smoked Meat
Wed, Oct 4: 7 pm - 10 pm - Live entertainment:
Stormy Weather
Sun, Oct 8: 9 am - 1 pm - Thanksgiving Brunch
Sat, Oct 14: 6 pm - Oktoberfest Supper

Branch 70 Filiale Lachute

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

Branch 71 Filiale Brownsburg

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

Branch 192 Filiale Rouge River

Sept. 9: 8 am - 5 pm - Craft / Garage Sale
With breakfast, lunch, music and fun on the agenda.
Tables: Members: \$10 / non-members \$20.
Info / table reservation: Yves: 819 687-1283 / yro37@hotmail.com
Fri, Sept 15: 6 pm - BBQ
Sat, Sept 16: 2 pm - General Meeting
YOGA: Mon: 9 am - 10 am | Tues & Fri: 9 am - 10:30 am | Wed: 4 pm - 5 pm | Thurs: 6:30 pm - 7:30 pm
Info Marlène: 819 687-8566
Tuesdays: 7:30 pm - cribbage:
For further info: 819 687-9143 / arundellegion@gmail.com

RELIGIOUS SERVICES

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

MORIN HEIGHTS HILLSIDE CHAPEL
755 du Village, Morin Heights
May 21 - August
Sunday evenings: 6:30 pm
An evening of old-fashioned hymn sings.
Everyone welcome! Invite a friend.
Refreshments and fellowship following each Hymn Sing.

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

CHABAD OF SAUVEUR
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Rabbi Ezagui 514 703-1770,
chabadsauveur.com

HOUSE OF ISRAEL CONGREGATION
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819 326-4320
Spiritual Leader: Rabbi Emanuel Carlebach
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MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrmpc
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
Wed: 7 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 am - Worship Service
4th Sun of every month:
7 pm - Hymn Sing

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

**MILLE ISLES
PRESBYTERIAN CHURCH**
Mille Isles Rd.
Services will be re-starting on
June 25 at 9:30 am for the summer

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

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

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

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

ST. MUNGO'S CHURCH, CUSHING

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

HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm

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

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

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

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

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

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

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

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

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

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

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LAURENTIANS**
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ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Sept 17: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Sept 10: 11 am - Morning Prayer

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Rev. Nick Pang - Team Leader of the Laurentian Regional Ministry
Rev. Josee Lemoine - Associate Priest
Jane Bell - Assistant Curate
Services will continue every Sunday at 9:15 am during July and August

ADVANCE NOTICES

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

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

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Intervention and help for all
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For info and full services visit
www.cps-le-faubourg.org



LAURENTIAN CLUB OF CANADA

Would like to thank all its members for their continued support. And to all the Speakers from this past year, thank you very much for sharing your time, experiences and passion with your presentations.

We look forward to seeing you at our first meeting in the fall, the fourth Monday of September.

www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA



**Laurentian Region
Cancer Support Group**
*Groupe de Soutien du Cancer
de la Région des Laurentides*



Next meeting for cancer patients, families and caregivers is
SATURDAY AFTERNOON
September 16, 2017 - 1 pm
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights


Speaker: Ilona Fritsch
Building Our Immune System

Upcoming meetings:
October 21 - Essential Oils with Sue Rich

Meetings are conducted in English
ADMISSION IS FREE

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

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COMMUNITY NEWS

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amiquebec.org

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTMOUVEMENT PERSONNE D'ABORD LACHUTE

Bazar MPDA Lachute
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Used clothing, shoes, books and
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Tues - Thurs: 10 am - 3:30 pm
Fri: 10 am - 2:30 pm

We accept donations of clothes,
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program with dancing, bowling, coffee
meeting etc. for all people aged 17
and older who are living with an
intellectual disability. Places available
for new members. Everyone welcome!
Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

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

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Eva: 450 451-0930.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, Oct 1: 9 am - noon
October Breakfast
Adults: \$7 / children: \$3.50 /
under 5: free
Basket draw proceeds will be donated
to Rosie's Animal Adoption
Like LRCC on Facebook at
LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Bingo - **1st & 3rd Sunday - 1:30 pm**
Cook's Night Out - **1st Friday - 5:30 pm**
Quilting - **Mon: 10 am - noon**
Line Dancing - **Tues: 7 pm - 8:30 pm.** \$7
Cafe Partage - every **2nd Thurs: 1:30 pm**

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn
www.morinheightshistory.org /
mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Info: 450 226-5354 /
theatremorinheights@gmail.com
**THEATER MORIN HEIGHTS
PRESENENTS**

"I'll Be Back Before Midnight"

A thriller by Peter Colley
Bellevue Chalet, Morin Heights
Oct 26, 27: 8 pm & Oct 28: 2 pm
\$20 in advance / \$25 at the door
Info: 514 865-5356
www.theatremorinheights.ca

ALCOHOLICS ANONYMOUS MEETINGS

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

IMAGINE PREMIER PRODUCTIONS

Casting call for Beauty and the Beast
Parts available for men, women
and children Play to be presented at the
Village Church Playhouse in
Mont-Tremblant on **Dec 28 & 29.**
Contact: Beryl Puddifer at:
berylpuddifer@gmail.com

SAINTE-AGATHE-DES-MONTS

The City of Sainte-Agathe-des-Monts
has created a cultural, sporting and
festive program that will surely
delight you. Great events, concerts on
the lake, sports and culinary activities,
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ing program that will seduce both the

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tourists and excursionists! Dates
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To see the full calendar visit vsadm.ca.

COMMUNITY FACEBOOK GROUPS

Community Readers may be interested
in joining one of these local Facebook
public groups:
Lachute as we Remember
Brownsburg QC memories
Descendants of Pioneer Families of
Mille-Isles
Morin Heights
Morin Heights Historical Association
Royal Canadian Legion Branch 171 –
Morin Heights

SING FOR YOUR SUPPER FUNDRAISER

In collaboration with the Shriners
Children's Hospital Comfort's Bar
795, Ch. du Village, Morin Heights
Sept 3 & 17: 4 pm - 8 pm: Open Mic &
BBQ with various musical guests Info:
450 226-5719

This season's grand finale!
Daytime activities for the kids from
1 pm - 4 pm including face painting
and free hotdogs
Evening Raffle: prizes will be drawn.
All proceeds to benefit the Shriners
Hospital for Children Thank you to the
community for your tremendous support
last year!
Please come out and join us again!

RICKK'S ROOM - HOUSE CONCERTS

Hosts: Celia & Rick - Wentworth North
Sept 20 - Lynne Hanson
Oct 22 - Joey Landreth
Nov 5 - Jason Bajada
Info / tickets: www.rickksroom.ca /
RickksRoom@gmail.ca

COMMUNITY KITCHEN

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

JOYFUL NOISE CHOIR

St. Eugene's Church Hall
Tues, Sept 12: 7 pm –
Opening session
Following sessions on Tuesday
evenings at Chalet Bellevue,
27 rue Bellevue
JNC invites you to come and sing.
Please let me know if you
are interested.
Ends Dec 5 / Christmas show: Dec 7
Cost: \$130
Penny Rose: 450 226-2746
pennyrose@jenanson.com
See our Director Ian
Lebofshy's website at
http://www.thephysicalvoice.com

CELEBRATING CREATIVITY

La chapelle sur le Lac
(1300 chemin du Chantecler, Ste-Adèle)
Sun, Sept 10: 1 pm- 4pm
Arts festival featuring music &
dance performances, painting and
textile art exhibits and interactive
spiritual activities.
Corn on the cob
Free Admission
Sponsored by the Laurentian
Area Ministry of the
United Church of Canada

GOLF TOURNAMENT FUNDRAISER

Proceeds to benefit Palliaco
St. Eugene's Church Hall Golf de Maître de
Mont-Tremblant
Sept 14: 11 am - Tee off
Followed by a cocktail and dinner
at the club house
36 Foursomes are expected to participate
Fees: \$175 p/p includes golf, cart,
beverages on course, cocktail and
dinner \$45 p/p - cocktail and dinner
Info & registration: Tiffany / Michel
1-888-624-6097

4 KORERS LUNCH & LEARN

Trinity Community Centre,
Gore, 2 Cambria
Wed, Sept 13: noon - 3 pm
Nutritionist Katja Leccisis presents a
discussion on eating habits and how to
nourish ourselves at all ages and stages
of life.
A light lunch will be served
Info/reservations: 1 888 974-3940 /
info@4kornerscenter.org

CALL FOR APPLICATIONS

Biathlon Laurentides Club is looking to
recruit directors, one of whom will serve
as a representative of the Wentworth
North community. Meetings are held
on a monthly basis from September to
June via Skype or telephone.
Info: www.biathlonelaurentides.org

FUNDRAISING BAZAR

Lakefield Community Hall,
2 Cambria, Gore
Oct 14: 10 am - 2 pm
Craft table & home baking
Coffee & muffins at 10 am / luncheon
at 11:30 am
Table rental: Jean Edwards at 450 566-2552
**Hosted by the Lakefield / Mille Isles
Women's Institutes**

LOOKING FOR NEW CHORISTS

L'Ensemble vocal Cantivo is preparing
for the 2017 season. They will be pre-
sented a new repertoire for the Dec 17
Christmas concert.
Rehearsals are held in St Sauveur every
second Thursday from 7 pm - 9 pm.
Info: Louise Boisvert: 450 224-7258



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gam-anon.org

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MASTEREDITIONSANTIQUES.COM | INFO: 514-501-9072

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Lori's Lookout - Laurentian Personality

Hairdresser with a heart for seniors Stephanie Rolland

Lori Leonard - Main Street

Stephanie Rolland was born in Wisconsin, but has lived in Ste. Adèle for 45 years. Her children include Jessie-Rose 24, Maggie 18, and adopted daughter Catherine 25. Stephanie also had a son, Jaymie, who died last year at the young age of 20. Sadly, Jaymie had a depressive disorder and committed suicide. Other beloved members of her family include 3 cats and a dog, all rescues.

Stephanie knew her son loved helping others so when he died, she asked people to bring canned goods or money to Garde-Manger, Ste. Adèle, in his honour. Jaymie's brain was donated to the Douglas Hospital in the hope that this would help physicians to better understand people with mental illness.

Stephanie faced yet another monumental challenge when, on her 40th birthday, she was diagnosed with fibromyalgia. Stephanie changed her diet, which helps immensely and she feels better when she keeps active. She says, "Finding my passion in hairdressing for seniors helped a lot. When I'm working, I don't feel the pain."

Stephanie has been hairdressing since 19, and is passionate about hairdressing for seniors. She has 3 hair salons for seniors: one at Appartements Glen, Morin Heights, another at Manoir La Falaise, St. Sauveur, and one at La Maison Wilfrid Grignon, Ste. Adèle. Stephanie was close to her grandparents, great aunts and uncle (her grandmother and aunt had Alzheimer's). Many seniors whom she works with have dementia, or Alzheimer's, and Stephanie offers them compassion, understanding and encouragement, and helps break their isolation.

Ken Whitcombe, an 83 year-old customer from La Maison Wilfrid Grignon, says, "Stephanie treats everyone as a friend. We tease each other to make each other laugh."

Stephanie helps Ken do errands and calls him on weekends to ensure he is okay. Ken is a talented artist and has given some paintings to Stephanie, which are proudly displayed in her salon.

Stephanie says seniors give her so much love in return. They reveal their precious life stories and experiences, which have taught her not to put things off in her own life and not to judge anyone's quality of life.

Stephanie goes to seniors' homes or a hospital if required. She wants them to feel good about themselves, and enjoys sharing laughter on her visits. Stephanie says, "The seniors always leave my salon with a big smile!"

In her spare time, Stephanie enjoys painting old furniture, decorating, swimming and walking with her 9-year-old dog, Bo, in the woods.



Exciting Directions for Theatre Morin Heights

Theatre Morin Heights is a long-standing tradition in the community. There are currently almost 100 paying members who are proudly showing their support for local English community theatre. The group is exceptionally pleased that at the AGM this past June, Brigitte Simon joined the Board of Directors to handle Membership. In addition, this past year the group has actively sought out advertising revenue for their production program and many local businesses have shown tremendous financial support.



The most exciting new development is the group's partnership with the Municipality of Morin Heights regarding the creation of a multi-purpose performing arts space in the newly renovated Chalet Bellevue. The group now looks forward to their debut use of the space this fall. Many thanks go to municipal councillor and patron of the arts Peter MacLaurin and Mayor Tim Watchorn.

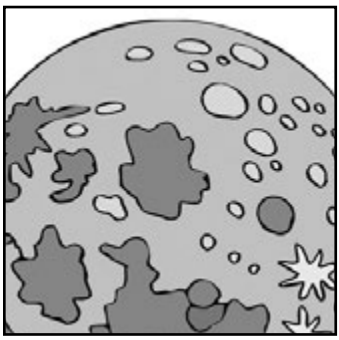
Rehearsals are now underway for the upcoming fall production of Peter Colley's, "I'll Be Back Before Midnight." Directed by Noel Burton, the cast of this Hitchcock-style psychological thriller are Carolynn Roberts, Peter Cook, Corina Lupu and Robert Rankin.

Don't miss out on your chance for fun, thrills and chills from October 26, 27, 28 at 8 pm and October 29 at 2 pm. Advance tickets will be available mid-September

for \$20 (\$25 at the door); on sale at Marché Vaillancourt (Morin Heights) and online at www.theatremorinheights.ca. For information call 514-865-5356 or email theatremorinheights@gmail.com.



Theatre Morin Heights Board of Directors (from L.): Carolynn Roberts, June Angus, Corina Lupu and Brigitte Simon.



Zach Factor

Ethics and robots 101

Lys Chisholm & Marcus Nerenberg - Main Street

Wanda Holbrooke worked as a maintenance technician in an auto parts factory in Iona, Michigan.

In July 2015, while performing routine adjustments to a robotic assembly machine that makes trailer hitches, an adjacent robot strayed from its normal cell, or station, and installed a trailer hitch in the same space that her head occupied, killing her instantly. Since the first industrial death by a robot in a Ford plant, on 25 January 1979, a small number of workers have died at the hands of robotic machinery.

These industrial accidents were not the acts of artificial intelligence (AI) gone rogue. The deaths were the results of machines that were not aware that those humans were in the path of their operating parameters. The robots were not equipped with optical or tactile sensors that could detect a human presence and stop accordingly, thus preventing a fatal injury. Essentially, stupid robotics was to blame, not malice.

Isaac Asimov's three laws of robotics stated in the 1950 novel, *I Robot*, are an oft-quoted example of how our approach to industrial robots, and robots in general, might have to change:

1. A robot may not injure a human being or, through inaction, allow a human being to come to harm.
2. A robot must obey orders given to it by human beings, except where such orders would conflict with the First Law.
3. A robot must protect its own existence as long as such protection does not conflict with the First or Second Law.

Presently, several nations, with large military budgets, have in service numerous types of robots or drones. Probably the best known are the pilot-less planes which deliver targeted smart bombs. Controlled remotely, by a pilot sitting at a console thousands of kilometers away, they ambush the target of, perhaps, a terrorist leader, and fire a missile to eliminate that target. Other drones carry out unarmed spy missions. On the modern battlefield, an army can launch a swarm of miniature spy-cams, no larger than a big dragonfly, to gain an overall picture of the tactical situation. There are also unmanned armored vehicles, boats and mini-submarines which can either spy or inflict great damage and casualties to a distant enemy. All these weapons are controlled by a human operator tucked safely away in a bunker somewhere else. We have been training these soldier/operators since early childhood at the controls of Gameboys or PlayStations. They are virtual experts, and they've become numb to the carnage and the collateral damage, through years of combat play.

We now find ourselves on the threshold of the next generation of warfare. First the paradigm was changed by gunpowder and the next shift was our world of nuclear weapons. The third revolution in warfare is the lethal, autonomous weapon system. In August, the International Joint Conference of Artificial Intelligence (IJ-CAI) held in Melbourne, Australia, called for the UN to ban autonomous weapons. Ahead of the conference, a group of 116 founders of AI companies wrote, "Once developed, lethal autonomous weapons will permit armed conflict to be fought on a scale greater than ever, and a time scale faster than humans can comprehend. These can be weapons of terror, weapons that despots and terrorists use against innocent populations, and weapons hacked to behave in undesirable ways. We do not have long to act. Once this Pandora's Box is opened, it will be hard to close." Tesla's Elon Musk and Alphabet's (Google) Mustafa Suleyman are leading this group of experts from twenty-six countries.

Other experts are warning that the deployment of autonomous systems is years away, not decades. Samsung has developed a sentry gun on behalf of the South Korean government, which is deployed along its border with North Korea. The SGR-A1 fixed place sentry gun is capable of surveillance, voice recognition and tracking or firing with machine gun or grenade launcher. It is a secret, at this time, whether it is deployed in the autonomous mode, but it has that capability. The Americans, Russians, British, Chinese, and God knows who else, are working on intelligent tanks, planes, ships and submarines that will make battlefield decisions about who lives or dies, all without direct human input.

Considering that war has got to be the least mature or moral way to settle a dispute, may we refer back to the three laws of robotics? The question arises as to whether it is moral, or ethical, to get robots to kill human beings on our behalf. Yet, today, machines imbued with intelligence are set to inflict our immaturity on an already tortured world.



The Method-2 robot's arms stretch wide with Amazon's billionaire founder, Jeff Bezos, at the controls. Massive robots are being created and imbued with AI to work in places humans are unable to go. (photo credit :Jeff Bezos via Twitter)



The Story Behind The Naming of Terrebonne

Joseph Graham - Main Street
joseph@ballyhoo.ca

An avid gardener living on the rocky terrain of Terrebonne, I cherish any good soil where I can find it. As a child, I was told that the names of our two counties, Argenteuil and Terrebonne, were chosen to induce unsuspecting farmers to homestead. Terrebonne suggested 'good soil,' and Argenteuil outdid Terrebonne with the word 'silver,' or 'money,' right in its name. Hard work, it promised, but there would be a silver lining. Further north, Val d'Or offered even greater rewards. There was gold in them thar hills.

When I learned that Argenteuil was a family name, I assumed that there must be a similar explanation for Terrebonne, dismissing the childhood explanation. Recently, though, I stumbled upon the origin of the name Terrebonne explained on the Toponymie Quebec website, confirming the story I had heard as a child. According to this source, André Daulier Deslandes, the first seigneur, chose the name because of the fertility of the soil. I sneered cynically but read on, discovering the original seigneurie bordered the Milles Iles River, and that it was rather fertile farmland. I also discovered that Deslandes, who had been accorded the seigneurie in the 1670s, had never even seen it and made no effort to develop or otherwise exploit the seigneurie, and two subsequent owners treated it as cavalierly. It wasn't until Louis Lepage, the parish priest of nearby Île-Jésus, acquired the seigneurie half a century later that it began to be developed. I suspected that there must have been another reason for it to be called Terrebonne and soon discovered a well-trodden path to the answer to this riddle.

When the Compagnie des Cent-Associés failed as a commercial venture in the 1660s, its assets in New France were acquired by the Compagnie des Habitants. The French king, Louis XIV, dissolved the original company and, under his new superintendent of finances, created and funded both the Compagnie des Indes Occidentales, to oversee development in Canada, Louisiana and St. Domingue, and the Compagnie des Indes Orientales to look after trade and colonisation from Persia to India. This was France's first commercial colonial empire, and it was a force to be reckoned with. Over time, the superintendent would set up other companies to look after the many holdings, commercial ventures and colonies in Africa and the Far East.

Deslandes was 42 when he joined Jean-Baptiste Tavernier on a trade mission for the Compagnie des Indes Orientales in 1663. Tavernier was one of the great traders of the epoch. A jeweller by training, he had connections in Persia and India, and was among the foremost diamond importers and the favoured supplier to Louis XIV. Deslandes hired on as one of his assistants. They travelled to Persia and traded throughout the Middle East. While Deslandes was disappointed with his weak position, as Tavernier traded without consulting the rest of his party, he never lost his admiration for Tavernier. He was 15 years younger than Tavernier, the senior member of the expedition. This trading mission would be the last of Tavernier's six recorded trips. Both men are remembered for their ability to document their travels. Today, their expeditions survive in *Les Beautés de la Perse* by Deslandes, and *Les Six Voyages de Jean-Baptiste Tavernier* by Tavernier. Both books are still treasured and available from book dealers.

When Tavernier returned to Paris in 1668, he was awarded a peerage, but being a Huguenot during a period of intolerance in France, he moved, acquiring the Barony of Aubonne in Switzerland. Some five years later, Louis XIV awarded Deslandes a seigneurie in Canada. The choice of location may have had to do with his having moved from the position as local manager of the Compagnie des Indes Orientales to become a secretary of the Compagnie des Indes Occidentales, whose mandate included Canada. It could have been a starting bonus or an incentive for this seasoned traveller to become implicated in the Americas, and while it failed to motivate Deslandes to visit his new holding, he named it Terbonne (sic).

In his book *La Seigneurie de Terrebonne*, Henri Masson suggests that Deslandes may have chosen the name Terbonne as a counterpoint to Tavernier's Aubonne, one coming from good soil, and the other from good water, (Eau-Bonne), misspelling Terre Bonne to be consistent with the presumed misspelling of Aubonne. The latter comes from the Aubonne River, which had previously been called the Alburna, and among many theories for its origin, one states that Aubonne may come from the Old French 'aube' for 'white' or from Latin 'albus' meaning 'white' or 'divine water.' The suffix 'onne' means 'spring' or 'river' in Gaulois. There is also a castle called Esbon in Aubonne that has a dedication quoting Psalm 31 in which the word 'bons' is used, and a modern interpreter has concluded that the phrase was chosen because 'bon' means fertile soil in some unidentified language.

The riddle may never be completely solved, but we unsuspecting farmers continue to turn our good Laurentian soil looking for a silver lining.

Laurentian CARE SOINS Laurentides Notice of Dissolution

Notice of dissolution The Laurentian Caregivers Association & Resource Centre. Notice has here by given that The Laurentian Caregivers Association & Resource Centre whose last main address was 4057 Avenue des Lys, Val Morin Qc. J0T 2R0 was dissolved effective as of Monday, August 21, 2017 in a special meeting unanimously resolved by its members in attendance to dissolve said organization. This posting will serve as public notice.

Obituaries

GRIFFITH, Rexford Allan 1932 – 2017

Rexford Griffith passed away peacefully on Sunday, August 6, 2017 at the age of 84 years and 11 months. Beloved husband of Joan (Oswald) Griffith. Loving father of Mark (Jeanne Embree) and Gordon (Nancy Bélanger) from Ottawa. Proud Grandpa of six grandchildren. Rexford is also survived by his two sisters, Marina Russell and Eunice Shortt, his brothers-in-law Stanley Shortt and John Oswald, his sister-in-law Eileen (Elder) Oswald and his nephews and nieces. Rexford retired from Mercury Marine Ltd. after a long successful career. Rexford was a long-time resident of Lachute: he volunteered as Treasurer of the United Church for over 40 years, was a member of the Board of Trustees of the Lachute Residence, was involved at the annual Expo Lachute Fair and was Treasurer of the Lachute Protestant Cemetery. A funeral service was held on Friday, August 11, 2017 at 2 PM at the Margaret Rodger Memorial Presbyterian Church, 463 rue Principale, Lachute, Qc. In lieu of flowers donations to the Lachute Residence, 377 rue Principale, Lachute, Qc. would be appreciated by the family. Arrangements entrusted to J.P. Mackimmie Funeral Home, 660 rue Principale, Lachute QC.



LAFLEUR, GERARD "JEFF"

Peacefully at the Hopital Hotel Dieu, Montreal, Quebec surrounded by his children and grandchildren on Thursday, August 10, 2017 at the age of seventy six. Beloved husband of the late Marilyn Wert. Dear father of Daniel, Dara-Lyn (Mario Montpetit) and Caroline (Jim MacDonald). Loving grandfather of Sheldon, Chad, Tanisha, Dakota and great-grandfather of Matteo, Carter, Avaya and Bella. Also survived by his brothers Edouard, Réjean and Albert, and his sisters Lucienne and Nicole. Predeceased by his sister Graziella and his brother Jean Guy. At Jeff's request there will be no visitation or funeral service. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

In Memoriam DUFF, JUDITH LYNN (NEE: ESTABROOKS)

In loving memory of our cherished Judy who left us on September 4, 2015. She is sorely missed and will be forever remembered by her husband Jack, her son Jim (Danièle), her grandson John (Jenn), her brother Doug (Marie) and her sisters Pat, Arlene (Lynn) and Sue (Terry).

Love you forever,
Jack & family



Memorial Service

BOOMHAUER, Joan (Knox)

A memorial service will be held on Saturday, September 9, 2017 at 2 pm at the Kingdom Hall of Jehovah's Witnesses (700 chemin Belisle).

Our thoughts are with you...

Extending sincere thoughts and best wishes to all those who have suffered personal loss and damage from the wrath of Hurricane Harvey and other recent natural disasters, afar and at home. Wishing you the strength and courage to carry on.



Palliacco offers support at home to those suffering with cancer, end-of-life patients and caregivers living in municipalities of the MRC des Laurentides
Mont Tremblant: 2280, rue Labelle / 99, rue St-Vincent, Ste Agathe

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

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

Upcoming Activities

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

Comforting Tea
Mon, Sept 11: 10 am - 11:30 am (Mont-Tremblant)
Mon, Oct 9: 10 am - 11:30 am (Mont-Tremblant)
Fri, Sept 29: an am - 11:30 am (Ste-Agathe)

Coffee Meeting for the Bereaved
Tue, Sept 12: 7 pm - 8:30 pm (Mont-Tremblant)
Tue, Oct 10: 7 pm - 8:30 pm (Mont-Tremblant)
Thurs, Sept 21: 1:30 pm - 3 pm (Ste-Agathe)

Regenerative Yoga
For caregivers, people with cancer and the bereaved
Mon, Sept 25: 4:30 pm - 4:45 pm (Mont Tremblant)
Mon, Oct 2 & 9: 4:30 pm - 4:45 pm (Mont Tremblant)
Wed, Sept 27: 10 am - 11 am (Ste-Agathe)
Wed, Oct 4 & 11: 10 am - 11 am (Ste-Agathe)

Relaxation Group
Exercises to relax, promote calm and serenity. Available to caregivers, cancer patients and the bereaved.
Fri, Sept 29 10:30 am - 11:30 am (Ste-Agathe)
Fri, Oct 6 & 13: 10:30 am - 11:30 am (Ste-Agathe)

Bereavement Group
For those who have lost a loved one and feel lonely. Palliacco offers 10 meetings on the stages of mourning with the possibility of sharing with others.
Mon, Oct 23 - Dec 18: 7 pm - 9 pm (Mont-Tremblant)
Mon, Oct 16 - Dec 18: 1:30 pm - 3:30 pm (Ste-Agathe)

Palliative care accompaniment training, to become an accompanying volunteer
Tues, Sept 26 and Oct 3 & 10: 9 am - 4 pm (Mont Tremblant & Ste-Agathe)

Accompanying services
Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers.
Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)

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



The English Link 4 Korners: A History

By Caitlin Sigouin

I had the great pleasure of meeting with Darlene Gargul, the driving force behind, and the first Executive Director of, 4 Korners Family Resource Center. I quickly found myself getting swept into Darlene's passion for the community of Deux-Montagnes and her commitment to creating a space where people can come together to connect and share ideas. I left our interview full of renewed energy and excitement for future 4 Korners projects and am proud that her vision for Deux-Montagnes has spread to the English-speaking community throughout the Laurentians.

I would like to share a few of the highlights from our conversation with you (edited for clarity and length):

Q. Where did the idea for 4 Korners come from?

A. The idea of 4 Korners came from several places... one of the things that surfaced was the idea of having a family resource center that was similar to ones that had opened in other parts of Quebec. [The other came] from young mothers that I was working with who had nowhere to go... There was a grant offered [by the CHSSN]... and we applied and got it.

Q. Tell me about the name 4 Korners.

A. [The board] said we are going to call it 4 Corners... But I changed the C to a K because Quebec won't register an English name, but if you change the C to a K it's not English or French, it's just a word.

Q. What was your original idea for the mission/vision of 4 Korners?

A. The first step was really to serve the territory of the Deux-Montagnes' CLSC. And to offer services of some nature. The services we planned were supposed to be more geared towards referral and information - telling people where to get English services, how to access English services, and to support them in doing that.

Q. When 4 Korners first began, what types of programs/services were offered?

A. One important thing, and I think applies to pretty much all the programming, was a large input from the participants. It wasn't imposed. It was grassroots from the bottom up. [The programs] had more than one objective... Scrapbooking was for socialization. But it was also for prevention of dementia and Alzheimer's, because the objective was to have the people talk about themselves, their families, their pasts. To recall things, to scrapbook it, keep that going, keep that memory thing going.

Q. What do you see as the role of 4 Korners in the community. How do you see us fitting into the community of Deux-Montagnes?

A. I think the original idea is the way I see it still... an organization that brings together folks... who identify with the English-speaking community and want or need services or information, referrals... in their own language. I would also like to see it as a place where people can gather to discuss their issues and try to figure out what to do to resolve them.

To read the full interview please visit 4 Korners website at <http://www.4kornerscenter.org/>



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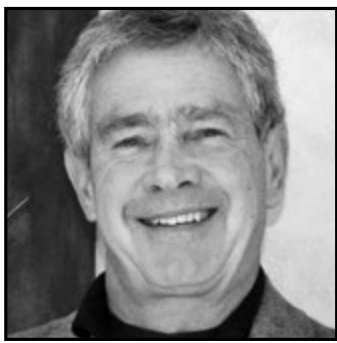


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Main Street Money: Ladies' Investment and Financial Education

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

GUIDE ADULT CHILDREN TOWARDS FINANCIAL SUCCESS

An open dialogue can help pave the way for long-term financial security.

ONE OF THE MOST IMPORTANT goals many parents set for themselves is to raise their children to be financially independent. And, by the time children reach their mid-to-late 20s, they're often earning an income and making their own financial decisions. However, they may still benefit from some gentle guidance about budgeting and debt. The challenge for many people in their mid-20s is that they're experiencing so many "firsts": a first full-time job, a first apartment, a first car. The pace doesn't slow down in the late 20s, when they may be saving for a wedding, a house and all the expenses associated with starting a family of their own. In the midst of this period of rapid change, there are regular expenses to pay - from groceries to utilities. There may be a student loan, a car loan and months when income doesn't match expenses, credit card balances and other consumer debt may start to creep upwards. The sooner young adults start balancing income and expenses and keeping debt to a minimum, the better positioned they will be for future financial success. Here are tips on how to have a productive conversation with your children:

Take the initiative. Some young adults are reluctant to bring up the subject of finances with their parents, but grateful when given an opportunity to discuss their concerns. Open the door with something like "We haven't talked about money in a while, and I want you to know that you can still come to me for advice whenever you need it."

Listen carefully. Your children may give you clues that finances are becoming a struggle without coming right out and saying it. They may complain about a landlord being too tough on them. They may express



anxiety about whether they will get a raise or a bonus at work. Probe to find out if financial stress is behind these comments.

Be open. Tell your children about some of your own money challenges, today and when you were their age. This can help reassure them that you won't be judgmental, as well as giving you a chance to share some of your money management tips.

Offer objectivity. Acknowledge that you don't have all the answers and, if appropriate, recommend that your children make an appointment to speak with your advisor. An advisor can provide expert advice - and young adults may be more comfortable talking about their financial situation with a professional. By raising the topic, you can help young adults address small challenges before they become large or even insurmountable. It's one more way you can help set your children up for long-term financial success.

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

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Yves St-Denis encourages the Committee 50 + Bouger

The MP for Argenteuil, Yves St-Denis, recently participated in the march organized by the 50 + Bouger Committee in Barron Park, which highlighted its 1st anniversary. As part of the Défi Santé program, the Member of Parliament for Argenteuil chose to sponsor this activity by allocating \$50 to the 50 + Bouger Committee for the pursuit of healthy lifestyles and the promotion of physical activity among its members.

"I am pleased to support the volunteers who are dedicated to the health and well-being of the participants. These local initiatives mobilize and encourage an active lifestyle and I am pleased to support their efforts," said Mr. St-Denis. For more information on the Health Challenge, please visit: www.defisante.ca

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I'm Just Saying Adrift

Ron Golfman - Main Street

Feeling as if our collective IQ, and sense of reality, has been skewered repeatedly, now that we're living Trump's version of Groundhog Day, I keep searching for other reasons why our collective psyche seems to be morphing into Pink Floyd's iconic lyric, 'I have become, comfortably numb.'

The disconnect and polarization of our thinking is easily traceable. Obvious examples are linked to fake news beyond the White House. Take the false theory that the chicken pox vaccination is somehow evil, and the second occurrence of the affliction is widespread. It's simply not true, yet it is promoted widely by non-scientists and their minions who condemn big companies' profit margins as the only driving force, when in reality, it is the fraudulent promoters of these falsehoods that are profiting. We've come to believe what we want to hear.

Alienation, and the near-extinction of basic skills, is where it starts. Ask yourself how many children and teens can tell you the time on an analog clock - most are lost without the digital display. Aside from coloring books, how often do children practice writing skills and penmanship, opting instead to type on a laptop or tablet almost all of the time. The same disconnection is also threatening our sense of personal and family histories, because digital collections of photos have almost completely replaced the traditional, long-lasting, printed photographs my generation grew up with, and still have stored in shoe boxes somewhere.

It is a sad reality to think that, if we had a long power failure, life in many ways, would come to a complete halt. I recently joked that I wondered how "they" get the teflon to stick on a teflon frying pan, and was met with the response ... "I'll Google it." I was kidding, but stopped being amused when I realized that most people don't take time to think, or to solve problems, as mental exercises. When

I was in high school, the answers to math questions were in the back of the book, but you had to demonstrate how you got to the quotient to pass. Not anymore. Why, and how, have been replaced by entitlement phrases of "how come" and "why not," which speak to the selfish need for quick fixes without working on them.

Recently, lawmakers have been pushing for severe fines for people who choose to text while crossing streets, as accidents have increased many fold. I have heard people say this to be inappropriate, and infringing on their civil rights. This thinking supports the idea that instantly responding to the texted question, "where are you" is more important than our collective safety. The answer to that text question and, I'm just saying, may be "in an ambulance."

The other solution to save ourselves could be to consider answers to who, what, where, when and why, in our daily lives.



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Spotlight Mont-Tremblant

Erin McCarthy - Main Street

And, just like that, the end of summer is upon us.... Back to school, back to work, back to real life. That's okay though, because just when those end-of-summertime blues start to creep up, Mother Nature throws her 'Hail Mary' of lovely

weather, gracing us with one more round of blue skies and warm days, followed by cool nights, ultimately transforming the leaves into beautiful palettes of blazing hues. Some call it Indian Summer, others know it as St. Martin's Summer (interesting history - you should Google it!), and here, in the agricultural region of the Laurentians, we live it and love it as the harvest season. It is that sweet spot between summer and fall, and it is magical.

As an advocate for getting out and seeing what Tremblant has to offer to residents and tourists alike, be aware that this time of year has a little of everything going on....

From September 22 - 24, **The Bonneville 808 Challenge** offers a unique experience to cyclists of all calibres who are keen to undertake a long-distance ride, either individually or with a team. Participants must complete the 404 km ride twice in under 48 hours, for a total distance of 808 kilometres and a total elevation of more than 8,400 metres. The route crosses through 17 municipalities in the Laurentians, Lanaudière and Outaouais regions, and is composed of eight legs of about 100 kilometres each, with intermediate timing stations in Arundel,



Making it Work in the Laurentians

Smart marketing: how to create your ideal client profile

Rachel Morgenstern-Clarren

When you're trying to start or grow your business, you have to make sure you're attracting the right kind of customer. Knowing who to look for, and honing in on your ideal client profile, is the first step in creating an effective marketing campaign. Unlike broad-based marketing, which tries to appeal to everyone, targeted marketing is all about identifying what makes your ideal clients special, and speaking to them directly about their needs. By mapping out the attributes, behaviors, motivators, and preferences of those who you think want your product, or service, you can strategize more effectively on how to connect with those customers and build a stable client base.



Building your ideal client profile

There are many different kinds of information that can be gathered about your ideal clients, through a combination of data and research. These include identifying their demographic factors (age, gender, education, income level, marital status, location); psychographic factors (values, beliefs, opinions, interests); behaviour (how and when they make purchases); attitudes and motivators; problems and needs.

If you're in presales, and don't have client information yet, consider designing a survey to determine the customer group most likely to purchase your product or service. Take time to check out the competition and see what their customers do and don't like (think: reading Yelp reviews). You can also use external sources, like market research reports and Statistics Canada.

If you already have customers, you will be able to find much of this data through social media analytics, emails, Google analytics, customer relationship management (CRM) information and newsletter open/read rates. Design a survey, and interview your best clients - past and present - to learn more about what they purchase and why. There are many free customer-profiling tools online - explore those as well.

Creating targeted messaging

Once you know your ideal clients, inside and out, personalize your ads by using their language and highlighting the specific benefits that will speak to them - communicate your value by creating a focused marketing campaign. Even if you would like your product or service to have universal appeal, a targeted marketing campaign can be a great starting point to attract and solidify a loyal clientele and validate your business offering and pricing.

Staying connected

As your company continues to develop, it's important to measure and track client activity. This provides not only a baseline, but it gives you feedback on how to test, tweak and improve your product or service. Respond quickly and thoughtfully to your customers' questions, comments or concerns. Most importantly, keep them up-to-date on your brand, through personalized emails, polls and even contests. Remember that the more exposure they have to your company, the more likely they are to keep following and purchasing from you for many years to come!

Want to learn how to position your company against the competition, and manage the growth of your client base as your company develops? Attend the "Sales & Marketing tips to stay connected and grow with your clients" workshop at YES, either in person or online, on September 12. For more information, visit www.yesmontreal.ca or call 1-888-614-9788 ext.316.



Saint-Donat, and Mont-Tremblant, which act as points at which teams can perform their transitions.

All participants collect donations for la Fondation de l'athlète d'excellence du Québec, a charity with a mission to support the academic and athletic development of young and emerging athletes with dreams of careers in sports. Take part in the race, or come and cheer from the sidelines, at the Mont-Tremblant pedestrian village!

On Saturday, September 30, from 9 am - noon: The Domaine St-Bernard is hosting **Éveil Musicale**, an activity for children during which they both play and listen to music, facilitated by Estelle Poulard (in French). The activity is free, but places are limited, and registration is required. Also at the Domaine, on Sunday October 1, from 9 am - noon, discover the new trail of Mont Saint-Bernard, through a free, 7.2 km **guided hike**, with Fernard Larivée and Jacinthe Richer!

If you're looking for an indoor activity, from now until October 1, the City of Mont-Tremblant is hosting an exhibition at the Alphonse-Desjardins (1145 rue de Saint-Jovite) entitled, **Des petites intrigantes**, consisting of nearly 40 works by 26 Laurentian-based artists, from the Loto-Québec collection. The theme of the exhibition was conceived around the idea of the "the small." The works range in materials from gold leaf and patinated bronze, to painting, photography, drawing, printmaking or sculpture. "The works are punctuated by familiar themes, such as portrait, landscape, color and form, collages, and a return in the history of Laurentian art," explains Commissioner Andrée Matte.

Wherever your heart or curiosity lead you this month - enjoy!



New purpose for large homes and properties

Multi-generational living

Susan MacDonald

Large homes, with multiple bedrooms, are gaining new popularity as options for families facing a combination of affordable housing issues and caring for loved ones, who are unable to live independently. By choosing to join forces, and pooling financial resources, families are better able to solve these problems more easily, along with the responsibilities that come with them.

With the current weak economy, many families, particularly those with aging parents, and/or children, are carrying heavy debt loads and struggling just to make ends meet at the end of each month. Seniors, who are not able to live with a family member, are often forced to accept living in sub-standard facilities, because that is all that their pensions can provide. Even then, with the rising number of seniors, and scarcity of affordable facilities, finding any place to live is difficult, particularly those within their home communities.

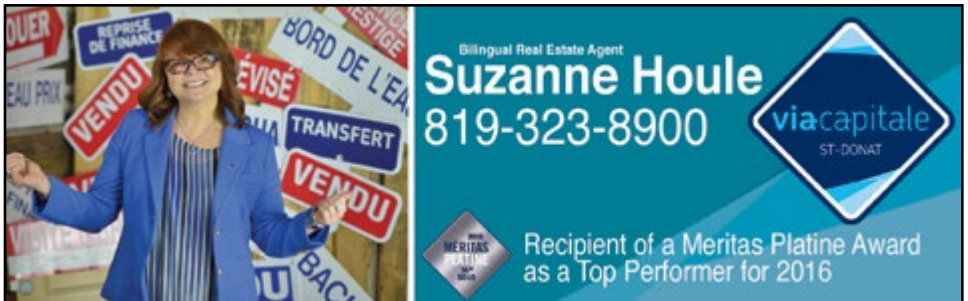
Parents with children face additional financial challenges in finding affordable housing for college-age students, or reasonable daycare facilities nearby for their toddlers. Both are expensive, and cause additional stresses to both the family budgets and the parents' peace of mind.

While perhaps not the original concept behind their construction, large family houses, and even 'retired' B&Bs, can be the perfect solution for solving the above-mentioned dilemmas. Many come with multiple bedrooms, or suites, for personal privacy, along with common rooms for shared activities, or social interactions, and large kitchens and dining areas can provide ample room for cooking and sharing family meals.

From the financial perspective, pooled resources allow families to share the costs of household expenses, and also possibly live in nicer homes and neighbourhoods. The savings gained by each family member could then be used for other necessities, such as health insurance, medical needs, retirement, education, childcare, vacations, etc. This easing of financial burdens would benefit lifestyles and provide increased comfort for all.

Perhaps the most important benefits of multi-generational homes are the opportunities they provide for maintaining the family unit. Shared living also means shared responsibilities. Caregiving and childcare duties can be divided, thus allowing seniors, or sick or recuperating family members, to remain at home and receive personal care, or assistance, from a loved one. It would include children who could avoid after-school care, and students who could concentrate on their studies, rather than have to work to help pay for their education. It would also diminish the stress to caregivers, and help to prevent burnout.

Communal family living is a type of lifestyle seen in many cultures, and has proven to be beneficial to each individual, as well as the whole family unit. Unfortunately, our society has followed a different path over the past few decades and, as a result, we now live in a fast-paced world of stress, financial burdens, impersonal connectivity and fractured families. Multi-generational homes are a viable solution to consider.



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 14:00 PASCAL DUFOUR & LES HAUTS-PARLEURS ET LEURS INVITÉS: VALÉRIE ARSENAULT, JÉRÔME CHARLEBOIS, FÉLIX LEROUX
 15:30 TRIBE OF 2
 16:00 J.B. JO
 17:00 SELBY
 18:00 MOTEL 72 ET LEURS INVITÉS: LILI-ANN DEFRANCESCO, ANTHONY GAUDET, STÉPHAN MCNICOLL, ALEX PARÉ, ROXANNE GARCEAU, HUGO DUVAL
 20:00 BEAULIEU
 21:00 RYAN KENNEDY
 22:00 RYMZ

AFTER PARTY
 EN VEDETTE DJ DAVID OBEGI
 RYMZ ET SES INVITÉS SPÉCIAUX CAPE TULA
LVP WHISKY BAR (185 RUE PRINCIPALE)
MINUIT À 3H

ALEXIS GERVAIS, STEFFAN LESAGE, MARC-ANTOINE MONETTE, ANNIE DURANCEAU, VITRINE SUR LES PAYS-D'EN-HAUTS, DUVIER MARTINEAU, CLAUDE ST-LAURENT, CREATION LUV ET AUTRES...

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Val David cultivates its village

by Jeremiah Wall



In the last decade, Val David has become a destination for visitors and new residents who seek a quieter village life, a rejection of the suburban aesthetic and big box stores, and a re-connection to the natural world. Instead of having to fight the elements, these modern nature lovers can enjoy growing some food, without having to risk famine. The 2008 economic crisis got a lot of people thinking about becoming less reliant on a corporate-dominated existence. While conglomerate agriculture has been moving in a "bigger is better" direction, some consumers have responded by frequenting farmers' markets, subscribing to a Community Supported Agriculture program, and trying to grow food really close to home. A great deal of Russia's food is produced by owners of small allotments. Here in Val David, the Jardin Soleil Levant community garden is one answer to the impersonal system of food production and consumption, which characterizes our modern existence.

Not simply about producing nutritious organic vegetables, community gardening helps to grow social networks in real time, as well as camaraderie, good food, and connections with the earth and soil. Now Val David has expanded the notion of community gardens, offering fifteen planters with a variety of vegetation, free for the picking, located in the village centre. The Cultiver Son Village program follows up on a smaller project started several years ago by former City Councillor, Dominique Forget, and City Councillor and mayoral candidate, Kathy Poulin.

The growth has been substantial. Last year, community garden coordinator, Joele Clark, obtained permission from the local Waldorf school to place three planting containers on the school grounds. It was only a matter of time before the city got on board. The city involvement has catalyzed a radical expansion of the free food program. There are plans for more containers, and soon there will be a new planting of several hundred fruit plants along the town's segment of the Petit Train Du Nord. The fruit planting was planned by local edible garden magnate Claudine Gascon, of Croque Paysage, who has assisted all aspects of the community garden and Cultiver Son Village free food program.

Val David can be proud of these efforts, yet the "granola" town is not alone. In Val Morin, Boris Sauve spearheaded efforts to organize a community garden and greenhouse, helping to improve food security in that town. Morin Heights Market organizers, Regan Moran and Heather Utah, began a community garden and food forest several years ago in Morin Heights, in addition to starting the first, and only, farmer's market in that town. Thanks to these pioneers, food for all seems to be catching on.

A recent Saturday at the popular Val David market saw Cultiver Son Village organizers Dominique Forget, Kathy Poulin, and Joele Clark, getting market-goers to support the planting of fruit alongside the Parc-Lineaire, and to work towards making Val David carbon-neutral. The event was a resounding success, even more so considering that it was the first time that the public was asked to directly support a project, with individual contributions. While some may feel that nobody should get something for nothing, programs like Cultiver Son Village and the Co-operatif Soleil Levant demonstrate the public's strong support for healthy food, social interaction, and food security. For a few thousand dollars of public funds, the people of the town, and visitors from far away, continue to enjoy the bounty that represents the work of volunteers, activists, and of course nature, plants and pollinators.

Information about Val David's community garden project: jardinsoleil-valdavid.org
You can read Jeremiah Wall's theatre reviews at theatrius.com




Photo: Cultiver Son Village organizers Dominique Forget, Kathy Poulin, and Joele Clark
Photo credit: Luc Vallieres

Retirees look to recreational properties for year-round homes

(NC) Canada's recreational property market witnessed an uptick in demand throughout the summer sending pricing and sales activity higher as many buyers sought to enter the market in search of a year-round dwelling.

According to the Royal LePage Recreational Housing Report, which compiles information from a cross-Canada survey of the company's recreational property specialists, roughly 65 per cent of advisors believed that retirees across the country increasingly sought to cash in on their home's equity in order to purchase a recreational property as a primary residence.

"Recently, we've begun to notice an increasing number of recreational property purchasers enter the market in search of a year-round waterfront residence," said Royal LePage Truro Real Estate's Todlynn MacPherson. "Once found, these buyers will often hold onto the property for a number of years until they can no longer keep up with its maintenance, either passing it on within the family or selling it and downsizing."

While this tends to be more prevalent in provinces like British Columbia and Ontario, where home values are generally higher than the rest of the country, the trend can be seen nationwide, particularly in Alberta, Quebec and New Brunswick.

Looking forward to the remainder of the year, 54 per cent of respondents expect sales activity to rise when compared to levels achieved in 2016, as this trend continues to place an upward pressure on demand and constrains inventory levels in most markets nationwide.

Find more information at www.royallepage.ca.



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