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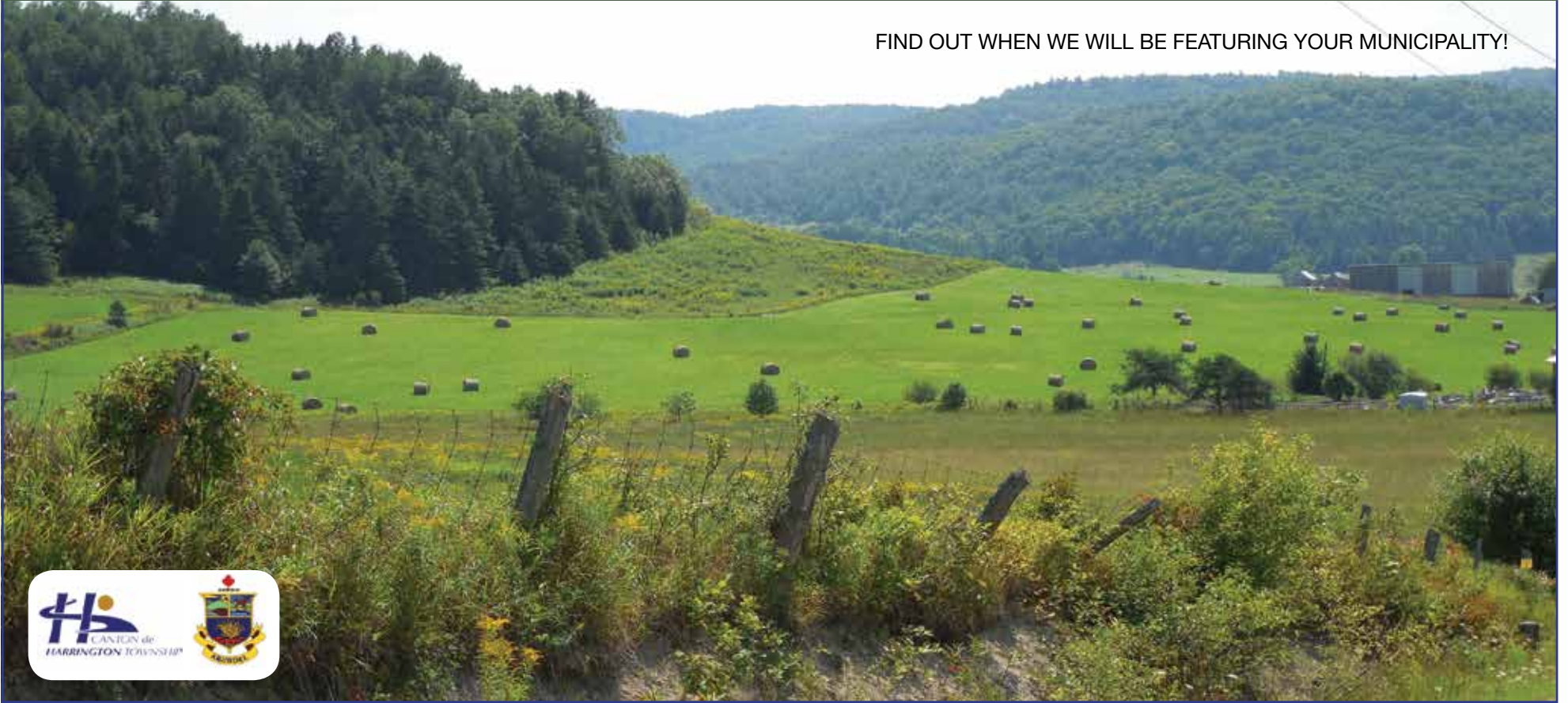
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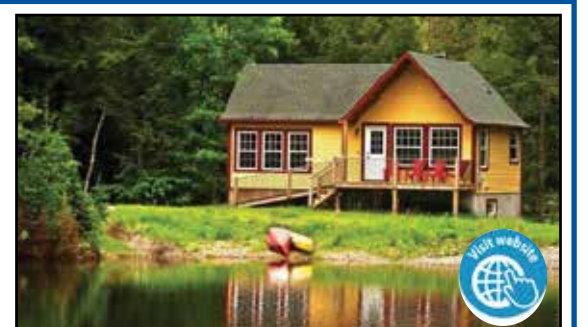
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## What's On My Mind...

# The Red Silk Lining

Susan MacDonald, Editor



They grace the figures of models on catwalks, starlets at the award shows and women around the world craving luxury. They come in full-length coats, short jackets and stoles, mittens, hats and adornments on trinkets. The colours and lengths are as varied and numerous as the bodies they have been stripped from, and they are cared for and protected far beyond their original, living owners. Now, new bodies find warmth and comfort in their luxurious textures, while those before have been rendered to fertilizer and diesel fuel. The only difference is, these furs now have a red silk lining.

The news report on August 4, revealing the horrific living conditions of foxes and minks on a fur farm in Monteregie, sparked outrage. Groups of animal activists, including the SPCA, HSI and PETA, along with countless individuals, were beyond dismay at the Ministry's refusal to seize the animals. The story became even more sordid, when it was disclosed that the farm owner, Jean-Luc Rodier, had previously faced 262 charges of animal cruelty and neglect and was charged with 32 counts of negligence in 1996. With this background of abuse, I do not understand why this man had not been banned forever from keeping animals in his care. How, in their right mind, could the Ministry of Forests, Fauna and Parks (MFFP) believe he deserved a chance to clean up his act, and that he would treat his animals properly? Obviously they didn't, but underlying factors were at play.

I suppose the immediate problem would have been that if they were seized, where would these hundreds/thousands of animals (the numbers keep changing) have been housed? Next, since the bulk of fur farms in Quebec are no better than this one, would a seizure have set a precedent for more complaints, more confiscated animals and more farm closures? Ah, now we are getting somewhere!

In open news, the fur industry has been relatively quiet and, mistakenly, I had been under the impression that it had not rebounded from its earlier decline. Nothing could be further from the truth! Fur is back in fashion and Canadian furs are the envy of the world. Canada ranks third, behind the United States and Russia as the world's top fur producers, and our fur trade contributes more than \$800 million to the Canadian economy annually. "It is recognized that on the same area of land, over a 100-year time period, the value of fur production is higher than forestry value." - Fur Institute of Canada. Canadian trappers and fur farm owners earn more than \$135 million annually in pelt sales - those are not tax-free dollars! Could these statistics possibly be relevant to the reluctance of the MFFP to take immediate action against this farm?

Quebec is shamefully notorious for its lax regulations regarding animal welfare. It bears the title of "the puppy-mill province" and falls far, far below other provincial standards for animals raised for food production and for its protection of wildlife. The situation has reached such a deplorable state that recently, Pierre Paradis, Minister of Agriculture, announced that his ministry was going to treat animal welfare "very seriously" and currently was working with the Minister of Justice to change the property status of animals in the civil code. Apparently, he is also working on major reforms to the provincial animal welfare legislation, falling under his Ministry. Well, Mr. Paradis, so far, not so good!

The bottom line is that animals housed in mass-production facilities, for whatever end-result, suffer terribly. And while some fur farms do provide adequate care, if you can call caging a wild animal in an area smaller than a shower-stall adequate, there is no guarantee that the furs you wear originated from such a farm.

For the highest returns, nearly all furs are shipped to auction houses, where they are grouped into lots according to colour, length and quality. In Canada, there are two outlets: Fur Harvesters Auction Inc. in North Bay, Ontario, and North American Fur Auctions in Toronto. There are also several of these auction points across the world, and major people in the industry travel to them all, looking for the best prices. As one "house" owner stated, "I don't really care where they (furs) come from."

The controversy over the ethics of raising and wearing fur is ongoing, and certainly will continue. After hours of research, I unearthed extreme defenses from both sides of the issue, but one very interesting video caught my attention. Merilees Parker is a well-known British personality, and a fan of fur. As a professional chef, she sources all food products used in her kitchen, and decided to do the same for her clothing, to determine for herself if she could wear fur with a clear conscience. The video, "Kill it, Skin it, Wear it," is the most honest approach I have ever seen produced on this subject. If you like wearing fur, join Merilees on her open-minded journey through the fur industry, and decide for yourself how comfortable you are beneath your red silk lining. [www.youtube.com/watch?v=-r7TQVW4dZQ](http://www.youtube.com/watch?v=-r7TQVW4dZQ).

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# Observations

## New World Order Nero Plays Golf, While The World Burns

David MacFairlane -  
Main Street

What a complete mess America has made in the world, ripping apart entire societies and destroying countries in the pursuit of its hegemonic dreams of world domination, and convinced of its own myth of "American exceptionalism," which has been force-fed to us lesser mortals since WW2.

The idea that the US is qualitatively different from other nation-states sprang from its constitutional guarantees of liberty, equality and individual protection under the law, when other countries were emerging from under the yoke of feudalism. Thomas Jefferson, upon leaving the presidency in 1809, wrote that America was founded by "a free and virtuous people ... based on the natural and universal rights of man ... the only monument of human rights ... the sole depository of the sacred fire of freedom and self-government ... to be a light in other regions of the earth ..." This idea of exceptionalism might have been true, a long time ago, from the late-18th to the mid-20th Century, but it died, and since the neoconservatives took power in the US, in the 1980s, the corrupted idea of "American superiority" has raised its ugly head, bringing misery to all who have had the misfortune to resist US foreign policy initiatives.

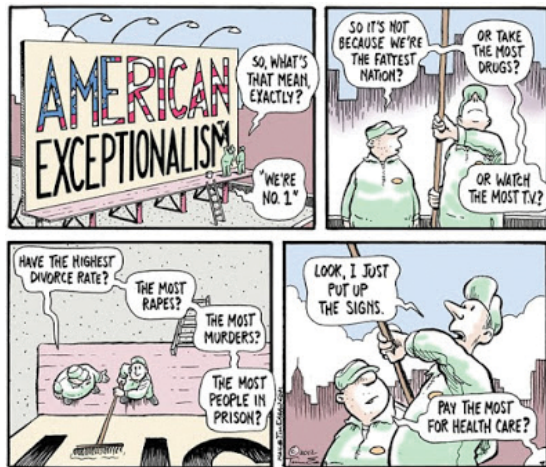
Only widespread public ignorance of geopolitical issues, and the players, has enabled politicians to mislead us into murderous confrontations around the world. These are epic, giant issues that are receiving from us, at best, passing glances, while we focus on the anxieties of our personal survival in daily life. It behooves each one of us to remain sceptical when confronted with deeply disturbing events that have the potential to change our lives radically. The latest outrage to be foisted on us is this tragedy in Ukraine. The US has admitted that it spent \$5 billion to destabilise the elected government in Ukraine, which was eventually overthrown by a violent group of fascists and neo-Nazis who are now in control. This coup d'état was not accepted by a large segment of the population, which rejected the US installed government in Kiev, the capital.

The problem is their history. Eastern Ukraine was once a part of Russia, but was incorporated into Ukraine when the country was part of the former Soviet Union. The inhabitants are Russian-speaking, and have strong, generational, family and cultural ties with Russia. Western Ukraine was once part of Poland, and has strong ties to Europe. World Wars 1 and 2 changed the map, and present-day Ukraine is the result. Ukraine is the breadbasket of Europe, with the most fertile soil in the world, and has been inhabited for nearly 50,000 years. The central government in Kiev (in the west) has always discriminated against the Russian-speaking east. Since the coup d'état, Kiev has waged a civil war on the east to impose central, political control. Eastern Ukraine is the economic engine of the region, where industrial production is concentrated. Without the productivity of the east, Ukraine would be a charity-case! The east now wants no part of a federation - it was once possible, but not now. Too much blood has been shed. Two new republics were declared in late August: Donetsk and Luhansk. See: <http://www.youtube.com/watch?v=yH35raTPVu8>.

On the 4th September, a NATO Summit was convened in Wales to formulate yet another response to Russia's alleged "intervention" in Ukraine. This "intervention" was not to be confused by the US **intervention** in Ukraine that brought down the elected government and has pushed the country to the brink of political, social and economic collapse. Oh no, this is about Putin being the "bad guy" and Obama the "shining knight". After all the attempts to prove Russian invasion of eastern Ukraine, there is still no hard evidence, and only proof of Russian assistance of a humanitarian nature, which NATO has still not provided. All European politicians glibly condemn Russia's alleged actions in Ukraine, but they have not dared to accuse the US of fomenting and encouraging this civil war, in which Obama lit the match.

"The thing is, (Obama) posed as a progressive, and turned out to be counterfeit. We ended up with a Wall Street presidency, a drone presidency, a National Security presidency. The torturers go free ... the Wall Street executives go free ... we ended up with a brown-faced Clinton ... another opportunist ... another neo-liberal opportunist. So, you got low-quality, black leadership."

Cornel West - Emeritus professor, Princeton/Union Theological Seminary, author, activist.



mediahooker1blogspot.com

The problem now facing NATO is the future strategy for the defence of Europe against Russia. However, Russia is Europe's biggest business partner, biggest importer, biggest supplier of oil and gas, and European companies (mostly German) have billions invested in Russia. While leaders like Hollande of France, Cameron of the UK, and **even our own Harper of Canada**, yap belligerently, like little poodles, at the ankles of Russia, Merkel of Germany is the one to watch. She is the pragmatic one, and will not destroy her country and its economy to support Obama's vanity and recklessness. She already wishes he would shut up, slink away and stop meddling in Europe, but diplomacy demands decorum. Watch Merkel veto any plan for outright war against Russia or even more sanctions.

It would be prudent for Obama to leave Europe alone and focus on his domestic issues. The US is falling apart! The numbers of poor, sick, addicted, imprisoned, unemployed, angry, dispossessed, disillusioned, robbed, food stamp dependent, deceived, manipulated and hopeless, are staggering, and increasing daily! It would be wonderful to see the US administration use the billions it spends on war and killing to get its own house in order first, before attempting to impose its unearned ideas of proper conduct and morality on other, more sophisticated and cosmopolitan societies.

In the end, like his predecessor, Obama will fade away and be forgotten. His record will be one of failure and incapacity to fulfill the high ideals he once espoused, one of just a bit-player in the annals of US history, and barely good at golf!

Amen, to that.



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## News From Equiterre

# This September, take our Eat Local challenge



If there is one month where fresh fruits and vegetables abound in Quebec, it is September! This is a great time of year to try your hand at buying local produce. Once you get started, you won't want to stop. It just may become a year-long habit.

Buying local products means paying attention to when products are in season. You may be pleasantly surprised by the wide variety of local products.

Even when you are eating out, you can enquire as to whether or not the restaurant uses local produce.

### Benefits of eating local

Eating local food isn't just good for our taste buds, it's also good for our economy. Indeed, buying local has many social, economic and environmental benefits. When you eat local, you are helping to create jobs and preserve our agricultural heritage.

According to the Ministry of Agriculture, Fisheries and Food, if each of us were to spend an additional \$30 on Quebec products each year, in five years, we would have injected \$1 billion into the provincial economy.

### How do you know if something is local?

In Quebec, grocers are supposed to clearly indicate where their produce comes from. According to the rules, the name of the country of origin ("Canada," or...) should appear prominently above the produce display. Also allowed: the more specific label, "Produit du Québec."

There are a few other markers that can help you identify local products in stores.

- Aliments du Québec is a label that has been developed by the Quebec agri-food industry. We often find this logo on product packaging or on the poster announcing the price.
- Several Quebec regions have developed their own campaigns and, in some cases, logos, to promote their local products.
- In the absence of other indicators, there is sometimes a 4- or 5-digit code labelled on bulk fruits and vegetables. This code is called PLU (Price Look-Up). It helps identify the product at the cash. The country of origin sometimes appears on this label. The next time you are in a grocery store, take a look.

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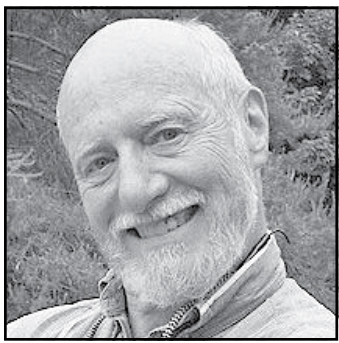
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## Simply Words on Paper It's murder living in certain countries

**Jim Warbanks - Main Street**

Fans of the Stephen Harper law & order initiatives who live in gated communities, or would most certainly wish to do so, in order to avoid the purported rampant violence in our streets, as well as having to deal with people who don't share their values, may be surprised by the murder statistics detailed here. I admit that I was.

Initially, my interest was piqued by a recent study of the flood of children and youngsters fleeing Honduras (where my son was born), to escape drug-related gang violence that has plagued this poor Central American country for the last twenty years.

The 2012 homicide rate per 100,000 people there is a mind-boggling 90.4. The neighboring countries, also associated with drug and gang-related violence in recent years, have homicide rates that are astonishingly high, but substantially lower than that in Honduras. Venezuela (53.7); Columbia (30.8); Brazil (25.2); and Mexico (21.5).

### Deplorable gun culture

The deplorable gun culture in the United States, with which we are so familiar due to incessant media reports and the failed efforts to legislate even basic gun control measures, results in a homicide rate of "only" 4.7 people per 100,000 population, unacceptable but 19 times lower than in Honduras.

Imagine the horror of living in Honduras today. Antonio, a 17-year-old resident of San Pedro Sula, relates that he was a shooting victim last year. The bullet wound in his calf resulted in a limp, a scar and fear of everyone, including the police and soldiers who, not unexpectedly, also tend to be trigger-happy. Since last April, five of his friends have been killed in escalating gang wars, where rivals seek to control neighborhoods and extort protection money from businesses and wealthier professionals. The inadequately-funded and understaffed police forces are virtually powerless.

In Chamelecon, a San Pedro Sula suburb, there are only four police patrol cars serving 170,000 residents who are at the mercy of the rival Mara Salvatrucha and Barrio 18 gangs. Boundary houses are abandoned, as residents were chased out to create a buffer zone.

### Child migrants

Antonio is not alone in seeking to flee the embattled homeland that he still professes to love. In excess of 43,000 unaccompanied minors from Honduras, Guatemala and El Salvador have made it north, some 2000 km to the United States since April, a ten-fold increase since 2011.

The murder rate in Honduras, a country with a population of 8.6 million, is the highest in the world, outside of a declared war zone. Organized crime groups now offer to ferry children and their families to the U.S. for an exorbitant fee. Some make the unfounded claim that legal status is available to them on arrival.

Though every homicide recorded is deplorable, the rate for Canada has been dropping in recent years, from 1.83 per 100,000 in 2008, to 1.56 in 2013. This is approximately one-third the U.S. rate, and 59 times lower than in Honduras.

### Canadian murder rate

The Canadian rate remains higher than in several countries with similar lifestyles. United Kingdom (1.0); Italy (0.9); Sweden (0.7); neighboring Norway (2.2); Spain (0.8); France (1.0); Germany (0.8); Switzerland (0.6); Israel (1.8) China (1.0).

At the other end of the scale, but still experiencing far lower rates than in Central and South America, we have: Russia (9.2); Greenland, an inexplicable (19.4), though Denmark records only (0.8); Lithuania (6.7); Palestine (7.4); Dominican Republic (22.1); South Africa (31.0); Bahamas (29.8); Jamaica (39.3).

Where are the safer places? Exemplary Monaco and Liechtenstein (0.0); Singapore (0.2); Japan (0.3); Iceland (0.3); Hong Kong (0.4). If personal safety is an imperative, you may want to consider establishing residence in these peaceful havens.

### Provincial data

If you choose to remain in Canada you may, or may not, choose to re-locate for relative safety. The 2012 rates vary markedly: Prince Edward Island and Yukon (0.0); Newfoundland and Labrador (0.59); New Brunswick (0.79); Ontario (1.20); still below the Canadian average Quebec (1.34); British Columbia (1.54); Nova Scotia (1.79); Alberta (2.19); Saskatchewan (2.69); Manitoba (4.10); Northwest Territories (11.53); and Nunavut (14.84).

This being Canada, you may make your decision based on climate or other factors more significant than the murder rate. Nevertheless, we are indeed fortunate to be living in a far safer environment than that experienced in many parts of the world.

Some caution in reading these rates is called for. They can fluctuate considerably from year to year, though relying on the trend over an extended period provides a more reliable portrait. In addition, some countries may not record murder rates, or update them, according to international standards.

Spare a kind thought for the poor people of Honduras, and other less-favored countries.

## Coming Up On Facebook This Month

This month on Facebook we will be posting a host of community events, local news and updates on previously covered stories. We will bring you the results of some of this summer's sports events and Marie France will be adding another delicious recipe. If you have any news or Laurentian photos you would like to share, please send them along. We will also be posting our next featured municipality so be sure to stay tuned by dropping by often.



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## About Saint-Adèle A Cross To Bear

Chris Lance - Main Street

La Ville de Sainte-Adèle has finally won a case against Lise Proulx and Marc Lupien, owners of that large house by the cross on Sommet Bleu. It seems that the owners had built barriers, to keep city workers from getting to a source of our tap water, and to the cross. This case has

been going on since 2004, and finally, the Superior Court judge, Michel Delorme, ruled in favor of La Ville. The house owners have to give keys to their front gate to La Ville and remove a wall they had built to keep municipal workers at bay.



### A millionaire

Loto-Québec has given notice that a 1 million-dollar unclaimed ticket was sold at one of the retailers in Sainte-Adèle. This ticket is from the July 10, 2014 draw, so check your tickets! Bonny, La Tabagie Calumet's employee, is convinced that the ticket was bought at her counter.

LOTO  
QUÉBEC



### Getting around

Le Ministère des Transports du Québec is warning motorists that work on Rte. 117 will be ongoing near Sainte-Adèle. You are invited to visit the site, [www.quebec511.info](http://www.quebec511.info) for alternate routes.

Also, there have been signal installations around parks, where there are crosswalks. You should note that there are two types of crosswalks – white and yellow paint. The white stripes indicate that the crosswalk is situated near a stop sign, or stop-lights; the yellow-striped crosswalks are not protected by a stop sign. All citizens have the right of way, in either case. Remember that the kids are back to school, so stay alert for these pedestrian crosswalks.

The Transport Adapté et collectif des Laurentides has new departure times. If you use this type of transport, you can call 819 774-0485 or 1 877 604-3377, or online, to [transportlaurentides.ca](http://transportlaurentides.ca)

### Other stuff

La Ville is looking for volunteers for this season at Place des Citoyens. Those of you who are culturally inclined can apply at the following site, which you will have to memorize for the skill-testing question, before you become a volunteer: [ville.sainte-adele.qc.ca/page-parc-claude-henri-grignon-programmation-place-des-citoyens.php](http://ville.sainte-adele.qc.ca/page-parc-claude-henri-grignon-programmation-place-des-citoyens.php) or, if you see the Mayor wandering around looking at his large building, ask him where to apply!

A Vente-de-Garage is being held at the Place des Citoyens, and for \$28 you get a 10' x 15' space, a table and an awning. The Ville gets you every time: you can't have a garage sale at your house any time you want, but the Mayor and his councillors don't hesitate to rope you in for your cash, every which way – yippy kiyo kayea.

L'École Hôtelière des Laurentides (150, rue Lesage, Sainte-Adèle) is looking for “wanna-be” chefs. The bright side, for us locals, is being able to benefit and taste the results. There is an outlet at the school open in mid-September, from Tuesday to Friday at the end of the day. In October, the Salle-a-Manger opens its doors on specific days at noon, and then in November it opens for dinners. You can get available dates, make reservations and check the menus at [www.ecolehotelieresdeslaurentides.com](http://www.ecolehotelieresdeslaurentides.com) or call 450 240 6222 ext 3200.

Also, you can get into an African rhythm and culture on September 26, 27 and 28, for free, at the Place des Citoyens. Did I mention “free”? Check out [www.journeedelaculture.qc.ca](http://www.journeedelaculture.qc.ca)



## Italian Feast for a Good Cause

On August 23, more than 75 guests convened at the Trinity Community Hall in Gore for a gastronomic feast, organized by Lucille Dion and her art class students. The delicious four-course Italian-themed benefit meal, accompanied by an appropriate musical interlude by accordionist Gianni, raised \$1550 to be earmarked for the annual Christmas Basket fundraising initiative.

### Art Exhibition

Art teacher Lucille Dion indicated that the successful event was made possible through the work of her students and the involvement of numerous volunteers. Papeterie Le Mémé, of Lachute, donated the door prize. Attendees were invited to view the art work exhibition by the students in Ms. Dion's class.



Photo courtesy Shirley Roy  
In photo (L-R): Danielle Parent, Rose Manconi, Ginette Périard, art teacher Lucille Dion, Alberte Théorêt and Lyne Sylvestre. At rear, a work of art created by Ms. Dion's students which was presented to the Municipality of Gore.

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

**Annie Drouin, Éric Desjardins and René Larouche**, owners of **Le Lounge Pub Urbain de St-Sauveur**, who are celebrating their 15th anniversary! The pub has daily happy hours, offers a variety of specialty beers and great live entertainment, including performers such as Sebastien Di Francesco and Valectra. Located at 193 de la Gare, St. Sauveur, 450 227-0166. [www.publounge.com](http://www.publounge.com).

**Sylvain Lavallée**, owner of **La Friterie de la Vallée**, 260 rue Principale, St. Sauveur, who won the Prix Juneau for the best recipe for poutine sauce in Québec. Way-to-go Sylvain! We look forward to lots of mouth-watering poutines in the future! 450 744-0166.

**Frank Schorpion** (actor) and **Brigitte Paquette** (well-known comedian) from Prévost, whose daughter, **Charlotte Le Bon**, is now appearing with Helen Mirren in the exciting new movie, *The Hundred-Foot Journey*. Steven Spielberg produces the movie, in collaboration with Oprah Winfrey. Frank and Brigitte, you must be beaming with pride!

**Manoir de la Falaise**, 101 rue Principale, St. Sauveur, which is celebrating their 20th anniversary. Originally, they featured 32 rooms for retired individuals. Now, they have a team of 180 professional and dedicated employees who service more than 550 seniors, within 5 residences, located across the Laurentians. 450 227-5994; [www.residencesdumanoir.com](http://www.residencesdumanoir.com).

**Lamia Slailati**, who is the owner of the new Lebanese restaurant, **Pitazone inc.**, 35 Rue Principale, Lachute. Specialty of the house is shish taouk. The restaurant opened in mid-July and has other delicious offerings as well. Phone 450 409-1775 Facebook: Restaurant Pitazone inc.

### Did you know:

That the inter-municipal bus line now offers two new stops: one in Val Morin and the other in Val David? The bus travels from St. Jérôme to Mont Tremblant, stopping at Ste. Anne des Lacs, Piedmont/St. Sauveur, Ste. Adèle, Ste. Agathe and St. Faustin. For information and scheduling, call 819 774-0485 or check [www.transportlaurentides.ca](http://www.transportlaurentides.ca).

That École Hôtelière des Laurentides (150 rue Lesage, Ste. Adèle) is offering interesting and top-notch cooking classes, including pastry-making, sommelier courses (wine), restaurant service, baking and much more? To see the registration dates, the address and for full details call 450 240-6222, ext. 3200 or visit [www.ecolehotelierelaurentides.com](http://www.ecolehotelierelaurentides.com).

That La Gourmandine restaurant in Ste. Agathe has moved and merged with the Chinese buffet restaurant located at 104 rue Vincent? They are now called La Gourmandine & Cie. and offer delicious Chinese food, as well as the original and delectable pastries, strawberry shortcake, artisanal breads, salads, sandwiches and amazing catering services. Best wishes to Eugénie and Nicholas from La Gourmandine, and to John Lee, owner of the original Chinese restaurant. 819 326-7777. [www.lagourmandine.ca](http://www.lagourmandine.ca).

That after 10 years as Director of Festival des Arts St-Sauveur, Anik Bissonnette has passed the torch over to Guillaume Côté? However, Anik plans to continue to be involved in the future activities of the festival. Best of luck to you both!

That the well-renowned Bourbon Street club in Ste. Adèle, on highway 117, has now been demolished and will become a residence for seniors with loss of autonomy? There is no doubt that many of us have fond memories of listening to some fantastic “live” bands over the years, and of attending some fun “staff nights.”

That all of the upcoming shows for Théâtre Du Marais, including a fabulous show featuring Meredith Marshall and Slim Williams on September 27, will take place at the St-Norbert de Val Morin Church, 6140 Morin St., Val Morin until November 22? The new theatre will be located at 1121, 10th Ave., Val Morin, and will be up and running by February 6, 2015. There is now a new box office number, where you can order your tickets directly. Call 819 322-1414 or visit [www.theatredumarais.com](http://www.theatredumarais.com).

## S. Albert IGA Celebrates 1st Anniversary

This month marks the 1st anniversary of S. Albert IGA under the proprietorship of Suzanne Albert, who, over the past twelve months, has incorporated several changes and improvements throughout the store. Customer satisfaction is the priority for this enterprising owner and she certainly takes it to heart!

In layout, the major change has been the closing of the access aisle just past the fresh fish department through to the organic section. And while I found this, at first, to be a minor inconvenience, on my first visit around, I was thrilled to discover a display of dip products from Gourmet du Village. Surprised, I found another display of salad dressings further on and, curious as to what other local products I might have missed, I went back to the produce department and started my shopping all over again.

It seems we are creatures of habit and when we know a store well, and can locate specific items without a second thought, it is easy to miss new ones that have been added to the shelves. While there are too many to name individually, I encourage you to peruse the oils and vinaigrettes, cheeses, meat department and, of course, the fresh produce. Look for the blue label of Aliments du Québec; you will be surprised at how many are designated as items produced or prepared right here at home. New products arrive on a regular basis, so keep an eye out for them!

A major reason I continue to shop at S. Albert IGA is the courteous service I receive on every visit. The staff is friendly and helpful and language barriers are non-existent. On my last visit, during a heavy rain storm, I was even escorted to my car under a huge umbrella, courtesy of a young gentleman wearing a smile and the familiar IGA colours!

In celebration of this first anniversary, Mme. Albert has a number of surprises in store for you. Look for details on your next visit!

Main Street would like to congratulate Suzanne Albert for her dedicated efforts over the past year, in providing improved healthy choices for her clients, her staunch support of local producers and her strong community involvement. We wish you great success in the future and thank you for choosing our community to serve. Happy 1st anniversary, may there be many more to come!

S. Albert IGA: 465, rue Bethany Lachute, 450-562-6882 [www.iga.net/en/contact/find\\_a\\_store/0027\\_iga\\_s\\_albert\\_inc](http://www.iga.net/en/contact/find_a_store/0027_iga_s_albert_inc) )



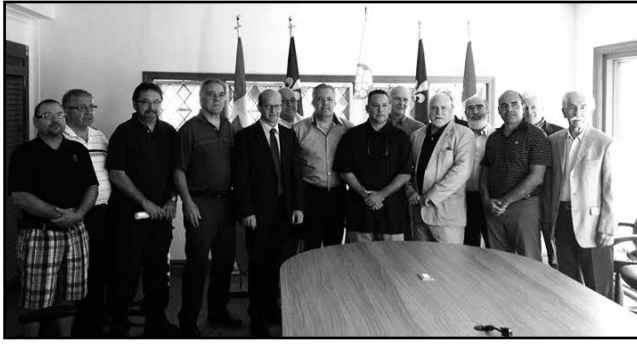
Suzanne Albert



## MRC ARGENTEUIL

### Argenteuil to receive more than \$21 million for priority infrastructure projects

Senator and Leader of the Government in the Senate, the Honourable Claude Carignan, on behalf of the Minister of Infrastructure, Communities and Intergovernmental Affairs, and Minister of the Economic Development Agency of Canada for the Regions of Quebec, the Honourable Denis Lebel, and Member for Argenteuil, Yves St-Denis, on behalf of Quebec's Minister of Municipal Affairs and Land Occupancy, Pierre Moreau, are pleased to announce that the 17 municipalities of the electoral district of Argenteuil will receive \$21,315,831 over the next five years under the new Federal-Provincial Gas Tax Fund agreement and from the Government of Quebec's contribution for the completion of priority infrastructure projects.



"This is great news for the 17 communities of Argenteuil. This government assistance is an invaluable investment in the future of these municipalities. Over the next five years, they will be able to build new infrastructure and upgrade facilities to ensure high-quality public services that meet citizens' expectations. This funding will definitely contribute to the overall development of the region," added the member for Argenteuil, Yves St-Denis.

#### Funding distribution for the Argenteuil district by municipality:

ARGENTEUIL	Federal-Provincial Contributions 2014-2018
Arundel	\$561,821
Barkmere	\$440,389
Brownsburg-Chatham	\$2,113,415
Gore	\$852,624
Grenville	\$804,911
Grenville-sur-la-Rouge	\$1,059,081
Harrington	\$621,293
Lac-des-Seize-Îles	\$477,249
Lachute	\$3,705,350
Mille-Isles	\$817,348
Montcalm	\$583,077
Morin-Heights	\$1,340,839
Saint-Adolphe-d'Howard	\$1,270,060
Saint-André-d'Argenteuil	\$1,177,799
Saint-Colomban	\$4,178,792
Wentworth	\$545,088
Wentworth-Nord	\$766,695
<b>Total</b>	<b>\$21,315,831</b>

Under the Federal Gas Tax Fund and the contribution from the Government of Quebec, financial support for municipal infrastructure in Quebec will amount to \$2.67 billion over the next five years.

The Federal Gas Tax Fund provides long-term, stable and predictable funding to help Canadian municipalities build and revitalize their local infrastructure, while creating jobs and promoting long-term prosperity. The funding has been extended and the amount allocated has doubled, increasing from \$1 billion to \$2 billion per year. It has been indexed at 2% per year and legislated as a permanent source of federal infrastructure funding for municipalities.

#### Quick facts

- The purpose of the new agreement between Canada and Quebec is to ensure funding for the renewal of municipal and local infrastructure with a view to sustainable development.
- The Government of Canada will distribute \$1.89 billion to the Government of Quebec for municipal infrastructure over a five-year period, which will be supplemented by a \$780-million contribution from Quebec.
- The distribution of funds is administered by the Société de financement des infrastructures locales du Québec (SOFIL).

#### MP For Argenteuil - Yves St-Denis

The MP for Argenteuil, Yves St-Denis, recently introduced his new team. "Since my arrival, many citizens and elected officials of the community have had the opportunity to meet the wonderful team that supports me in the county office every day," stated the MP.



Dominic Chartrand, Marie-Josée Lapierre, Louise Delisle, Yves St-Denis, député d'Argenteuil, Diane Lapointe and Mélanie Cayer.

## MRC LAURENTIDES - LABELLE

### Liberal Candidate Selections

The Federal Liberal party will be holding its candidate selection meeting on Thursday, September 18 at 7 pm. There are several candidates for the position, and one of them is David Graham, the son of Sheila Eskenazi and Joseph Graham, both well known to our readers.

David has worked in Ottawa for four MPs over the last several years. He has seen how the best Members of Parliament work in the interests of their ridings, and he wants his to be properly looked after. He decided to run, because he feels that Laurentides - Labelle, his home, can be better served than it has been for a generation.

If you are a resident of Laurentides - Labelle, and a member of the Liberal Party of Canada, be sure to be there to cast your ballot; every vote will count. The meeting will be held at Le Centre de Quilles St-Jovite, 31, chemin de Brébeuf, Mont-Tremblant.

### Mont Tremblant

#### Mayor Accepts The Challenge!

On Tuesday, August 26 at 11: 30 pm, Mayor Luc Brisbois accepted to participate in the Ice Bucket Challenge in Park Fil-de-L'Eau, behind City Hall. The challenge had been launched by the Prefect of the MRC des Laurentides, and mayor of Sainte-Agathe-des-Monts, Denis Chalifoux. In turn, it was with pleasure that Mayor Brisebois challenged Jean Desjardins, director of the Police Service, Luc Champagne, Director of the Fire Department and Jean Marcoux, Executive Director of the City of Mont-Tremblant to be the next participants. Mr. Brisebois made a personal donation of \$100 to the Société de la Sclérose Latérale Amyotrophique du Québec.



### The Rose Virée RV Stops in Tremblant

The RV from the Quebec Foundation for breast cancer stopped in Mont-Tremblant on August 30, 31, and September 1, as part of The Rose Virée Tour, the most important initiative to raise awareness about breast health ever conducted in Quebec! The purpose was to meet with women to raise awareness about breast cancer and to encourage pro-active measures regarding breast health care. This initiative of the Quebec Foundation for breast cancer allowed visitors to test their knowledge and to participate in activities, while gathering information about breast health.

### Val-David

The Val David Walking Rally, organized by the Tourism Department of Val-David, ended on August 24 and the scheduled draw appointed ten winners. Suzanne Baker, sisters Mireille Lise, Raymonde and Ginette Bélisle, Carole Dulude, Sylvie Parent, Pierre Quesnel, Pauline Chevrette and Johanne Wolford each won a gift certificate, valued between \$15 and \$50 from one of the following participating merchants; Casse-Croûte du Parc, Ô Canotier, Bistro Plein Air, Général Café, Baril Roulant, C'est la Vie Café, Mouton Noir, Jardins du Précambrien and Trésors de Maritès. The tenth certificate, won by a Ste-Adèle resident, entitles the winner to a choice between a 2015 winter season pass (\$90 value), or a summer pass (\$220 value), at Regional Park, Val-David-Val-Morin. Pedestrian rallies are a fun way to explore Val-David. Although the contest is over, pamphlets are still available at the tourist office.

## MRC PAYS D'EN HAUT

### Controversy Over High Tension Power Lines Continue

On Aug 19, a meeting between representatives of the municipality of St. Adolphe d'Howard, the MRC des Pays d'en Haut and Hydro Quebec took place at the St. Adolphe city hall to discuss the ongoing high tension power issue. Present at the meeting were the Prefect of the MRC des Pays d'en Haut, Charles Garnier, the Prefect and deputy mayor of Wentworth-Nord, André Genest and the mayor of St. Adolphe d'Howard, Lisette Lapointe. Also attending, were Mme. Sarah Perreault, representative of St. Adolphe d'Howard's regional Technical Committee and Julie Lafontaine, Director of Planning and Environment of the municipality. Representatives from Hydro-Quebec were Mme. Marie-Josée Gosselin and Sophie Lamoureux, Jean Hebert, and a representative from the firm WSP (previously Génivar).



Although the meeting was intended to be a follow-up of the last meeting, exchanges focused on the political bodies' claim of the past year and a half, that this controversial project is subject to BAPE hearings. One by one, each political body stressed the necessity of protecting the environment and the citizens of the territories that would be affected by the project, unanimously stating their opposition.

During the proceedings, the Prefect and deputy mayor of Wentworth-North bluntly asked the question that so many people are asking: "Does Hydro-Quebec agree to support us in our request for a BAPE?"

The answer was clear: "It is not our role ... The regulation does not provide for this project to be submitted to the BAPE ..." Throughout the two-hour meeting, Hydro-Québec did not open any door.

### St. Adolphe-d'Howard

The Lions Club of St. Adolphe d'Howard is holding its annual Walk Around Lake St. Joseph on Sun, Sept 28 at 9 am. Registration starts at 8:30 am at the Park Adolphe-Jodoin, across from the church. All proceeds will go to the Canadian Cancer Society. For more information contact: Jean-Claude Massie 514 894-2280.

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### Seasonal Reminders

**Temporary Car Shelters:** The date for installing temporary car shelters in most municipalities is Oct 1. Some regions in the territory allow the framework to be up on this date, but the covering only on Oct 15. Better to check in advance, to avoid fines.

**Septic Tanks:** If your tank is due to be emptied, have it done before winter to avoid troublesome issues during frigid temperatures.

**Chimney Cleaning:** Be kind to your chimney sweep, and book your appointments while the weather is still nice! Chimneys must be swept annually to keep your insurance policies valid.



## Animals – Pets or Property

PETA applauds Agriculture Minister Pierre Paradis' amendment to Quebec's Civil Code, which would consider animals living, sentient beings instead of "property."

In light of the fire that killed all 70 animals inside a La Pocatiere pet store on August 11, we also hope that Quebec will adopt an ordinance requiring all pet stores and other facilities where animals are kept to have proper sprinkler and fire alarm systems installed. Animals who end up in pet stores have endured enough—most come from puppy mills where they are kept in tiny, feces-caked cages and are often deprived of adequate food, veterinary care, and shelter. No animal should have to suffer the terror of being trapped in a cage with no escape while being choked by smoke and scorched by flames.

Of course, considering the massive overpopulation crisis which results in animals suffering on the streets and being euthanized in shelters for lack of good homes—as well as Quebec's shameful reputation as the "puppy mill capital of North America"—perhaps Mr. Paradis will feed two birds with one scone by outlawing the breeding and sale of animals altogether. To learn more, visit [www.PETA.org](http://www.PETA.org).

Lindsay Pollard-Post  
The PETA Foundation



## Seniors and Families at the Heart of Argenteuil SOS Transportation to Get to your Destination!

Maude Marcaurelle – Main Street

Nowadays, personal mobility is undoubtedly a crucial issue. Indeed, whether it be for economic reasons, physical limitations or choice, many people do not have access to a car to move around. It is therefore essential for them to have reliable transport services adapted to their individual situations. What does exist in terms of transportation options in Argenteuil?

First, the residents of the nine municipalities of the MRC d'Argenteuil can benefit from the collective transport, Taxibus, to go to Lachute and Grenville, or within those two localities, at different times of the day, and at a very reasonable cost. Users must reserve their place no later than 2 p.m. the day before the transport by calling 450 562-5797. Then, the person simply has to go to the address or intersection determined with the transport service.

There is also a free service going around the City of Lachute, which goes all the way to the mall, on Tuesdays and Thursdays. A Taxibus also provides a connection between the MRC d'Argenteuil and Saint-Jérôme. Those two services do not require any reservation. Users have to make their way to either route and find the closest bus stop.

People living with disabilities and who wish to travel within the MRC d'Argenteuil's territory may also become members of the paratransit service. To do so, they must have a health-care professional complete an enrollment form and submit their request to the Transport Services of the MRC d'Argenteuil. Once the card is obtained, the member must reserve a place before 2 p.m. the day before the trip. The rate per trip is fixed, regardless of the distance traveled.

For trips to medical appointments that require an escort, there is a very interesting option that is offered by the Centre d'Action Bénévole Association Solidarité Argenteuil (CA-BASA). Indeed, thanks to reliable and trained volunteers, users 65 years and older, with a temporary or permanent loss of autonomy, residing in Argenteuil, can benefit from an escorted trip to the hospital or the clinic. Requests must be made within 48 working hours before the day of transport to allow pairing with a volunteer. The cost for the volunteer is borne by the user.

Also, did you know that a car-pooling program in Argenteuil is now in place? A web platform to find a driver or a passenger running standard errands within the MRC d'Argenteuil and trips from city to city is now online. To learn more, visit [www.argenteuil.covoiturage.ca](http://www.argenteuil.covoiturage.ca) or contact the Transport services of the MRC d'Argenteuil at 450 562-5797.

## Youthful Perspective

Yaneka McFarland, Main Street's youngest columnist and voice of the upcoming generation, is off to college, taking the next step towards reaching her goal of becoming a journalist. A dedicated student, Yaneka will be devoting most of her time to her studies but will continue her column every second month. Main Street is privileged to have this aspiring young journalist's contribution and wishes her all the best in her new scholastic endeavor. Youthful Perspective will be back next month. Best wishes, Yaneka, for a successful and exciting year ahead!



## A Library Addict's Choice

Grif Hodge - Main Street

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

### The Afterword Reading Society

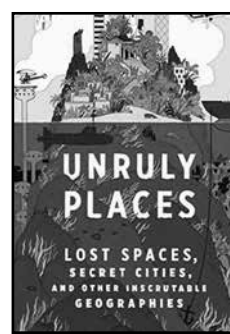
The Afterword Reading Society, hosted by the National Post and launched in 2010, has a growing readership as an online book club. Recently, however, the Post has devoted a section to the Society in its print edition. Book review sections generally focus on writers; this page is about readers specifically, who are invited to respond to a new novel each Tuesday. Here is the community newspaper ideal, beaming from a national newspaper.

The layout has evolved into a well-designed spread, with features that simulate the sort of book talk one hears at local gatherings. Charts and graphs indicate how long it took to finish the book, the over-all grade given by readers, favourite characters, and whether the beginning or the end was better. I like the section, "Ask the Author", in which ordinary readers can post questions that are answered by the author.

My wife and I have signed up as it seems like a fine opportunity for discovering great reads and sharing them with other book addicts. <http://theafterword.ca>

### Non Fiction

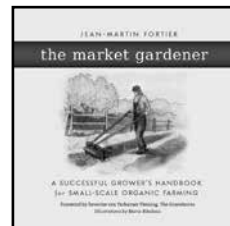
Bonnet, Alistair - *Unruly Places Lost Spaces, Secret Cities and other Inscrutable Geographies*



I found this little book so fascinating that I highly recommend it to anyone who feels a deep sense of connection to "place", and I would suggest, that means everyone. If this were not so, why do communities strive to preserve collective memories of their particular topography and citizenry? Why has Main Street newspaper run a series featuring our towns? Why are there so many hit shows set in our recent past, such as Downton Abbey? Would we love these characters as much if they were not woven into the

pastoral and urban settings that richly embroider the plots? Would the characters even be the same people if they were performing on a bare stage? *Unruly Places* also deals with the past, organizing the 47 essays into eight themes, such as Lost Cities, Hidden Geographies, No Man's Lands, Dead Cities and Floating Islands. Bonnet writes, "the re-enchantment of place feels ever more necessary" and recounts adventurers and explorers who delve deeply underneath the world's metropolises to rediscover forgotten tunnels and buried chambers. The writer warns us against the relentless and, in some parts of the world, deliberate erasing of our ancient places, replacing them with "the encroachment of an indifferent sameness-of-place on a global scale" (Edward Casey). Just as the Earl of Grantham, of Downton Abbey, would be invisible without the geography of a Yorkshire country estate, our love for place, not mere space, is evidence that our sense of self is deeply rooted in the local geography where we live.

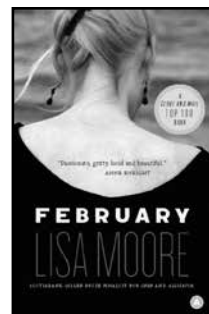
Fortier, Jean-Martin - *The Market Gardener*



In this easy-to-read handbook, the author seeks to demonstrate that it is possible to do small-scale farming. He describes how the phenomenon of tiny, but sustainable, farms and niche markets, such as garlic, are attracting a growing number of consumers. He describes why people want to buy local produce: for its freshness, the satisfaction of knowing where that food has been grown and to support fellow citizens.

### Adult Fiction

Moore, Lisa - *February*



Winner of CBC's Canada Reads Award, Lisa Moore grabs voice by both arms and lifts it so high the "down-east" characters soar off the page. The author's ear is pitch-perfect for the speech and expressions of Newfoundland, as the main character, Helen O'Mara, experiences the loss of her husband, Cal, who was on the Ocean Ranger oil rig the day it sank.



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# Destructive Blaze at Argenteuil Food Bank

Lys Chisholm and Marcus Nerenberg -Special to Main Street

On Saturday morning, Aug 23, five municipal fire departments were called to assist in a fire at the Centre d'entraide Argenteuil food bank, located at the corner of Princess and St. Julien in Lachute. The Centre is home to a number of community programs including weekly food distribution to 300 families. The building suffered serious damage and the entire harvest from the community garden is inedible due to toxic ash. Food distribution services are still being provided to clients. For further information or assistance call 450 562-5151. Donations of food and cash are welcomed and appreciated.




# A Patient and Her Surgeon

CONTINUUM CHUM

On Saturday, September 27, Dr. Alain Gagnon (pianist) and one of his patients, Anne Robert (violinist), will be giving a benefit concert at the St. Sauveur Church (205, rue Principale, St. Sauveur). All proceeds will be donated to the CHUM Foundation - Continuum Project. This special project supports patients (and their families) who have a genetic mutation, which pre-disposes them to cancer.



Tickets are on sale at the St. Sauveur Presbyterian Church, (205, rue Principale). For more information or to reserve tickets, please call 450 227-2423.



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## Music

### The Songs of “Barbara” – Ste. Adèle

Christine Laniel (singer) and Réal Léveillé (pianist) perform “Songs of Barbara.” \$15 (cash only). **Fri, Sept 12: 7:30 pm.** Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. [www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca).



Christine Laniel sings BARBARA

### “Ça me dit” Concerts - St. Sauveur

Park Filion will present the annual Old Cars Show and feature Patsy Gallant on stage on Sept 14! The 4th Country Music weekend is scheduled for **Fri – Sun, Oct 11- 13.** The Daraïche family and Michèle Richard (who has lived in St. Sauveur for the past thirty years) are two artists who will be performing. The group, “One-Way,” will also play during the three days. This year, twelve different artists will take the stage. [www.valleesaintsauveur.com](http://www.valleesaintsauveur.com).



Old Car show St. Sauveur

### Duo Bareil-Lépine – Ste. Adèle

Antoine Bareil (violin) and Sébastien Lépine (cello) perform the first in the series, “Symphonies & Viennoiseries.” La Farandole of Ste. Adèle will provide delicious delights to taste. \$10 (cash only). **Sun, Sept 21: 1:30 pm.** Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. <http://www.ville.sainte-adele.qc.ca>.

### The Beatles by Replay - St. Jérôme

Marking its 20th anniversary of the Vieux Shack and the Beatles 1964-2014, the Tapis Rouge presents two repeat shows of this popular concert. **Fri, Sept 26 and Fri, Nov 7.** Dinner & show \$60 + tax (gratuities incl.) Reserved seats. Doors open 5:30 pm, dinner served at 6 pm. Show only; \$40 - doors open 7:30 pm. Reservation: 450 436-7500 # 1. Complexe Vieux Shack - Tapis-Rouge: 348 Saint-Georges, St. Jérôme. <http://www.tapis-rouge.ca>.



The Beatles by Replay

### Meredith & Slim – Val Morin

“Happy Summer Days!” performed by soul musician, Warren “Slim” Williams, and the well-known singer, Meredith Marshall. Slim, plays piano and keyboard and sings. Dance/pop singer, finalist of La Voix (2013), Meredith Marshall, has a powerful voice. \$30. **Sat, Sept 27: 8 pm.** Théâtre du Marais, 1201, 10ième Avenue, Val-Morin. 819 322-1414. [atredumarais@cgocable.ca](mailto:atredumarais@cgocable.ca).

12 [main.street@xplornet.ca](mailto:main.street@xplornet.ca)

### Mix 4 - St. Jérôme

This group (also known as Mix Mania) presents a program from their new album. They are young, they sing, dance hip-hop and groove! \$38. **Sun, Sept 28: 3 pm.** Salle André-Prévost, 535, rue Filion, St. Jérôme. 450 432-0660. [www.enscene.ca](http://www.enscene.ca)

### Vincenzo Thoma & Bluebell Sisters – St. Adolphe d’Howard

A free evening is offered as part of Journées de la culture with Daniel Langlois and his invitees on **Sat, Sept 27: 8 pm.** Vincenzo Thoma: **Sat, Oct 4: 8 pm:** \$20. Bluebell Sisters: **Sat, Oct 11: 8 pm:** \$20. L’Ange Vagabond, 1818 chemin du Village, St. Adolphe d’Howard. 819 714-0213. [www.facebook.com/langevagabond](http://www.facebook.com/langevagabond)

### “Concerts under the Bell” – St. Sauveur

Anne Robert (violin) & Alain Gagnon (piano). **Sat, Sept 27: 8 pm.** \$40. Tickets at the church office; 205, rue Principale, St. Sauveur or call 450 227-2423, **Mon – Fri: 9 am – 4:30 pm.** Credit cards accepted.

### Duo Knapik-Brousseau - Prévost

Duo Maria Knapik & Michel Brousseau presents a program of Polish songs by Frederic Chopin and famous opera arias. \$35. **Sat, Sept 27: 8 pm.** Salle Saint-François-Xavier, 994, Rue Principale, Prévost. 450 436-3037. [www.diffusionsamalgamme.com](http://www.diffusionsamalgamme.com).

### Piers Faccini – Val Morin

“Between Dogs and Wolves” is the title of Piers Faccini album (folk, Indy, alternative). A guitarist/songwriter who blends styles singing English, French and Italian. \$30. **Sat, Oct 4: 8 pm.** Théâtre du Marais, 1201, 10ième Avenue, Val-Morin. 819 322-1414. [theatredumarais@cgocable.ca](mailto:theatredumarais@cgocable.ca).



Piers Faccini

### Dorothee Berryman – St. Jérôme

Dorothee Berryman (singer), accompanied by Vincent Rehel (pianist), perform French oldies, popular jazz and tango in English. \$38. **Sat, Oct 4: 8 pm.** Salle Antony-Lessard, 101, place du Curé Labelle, St. Jérôme. 450 432 0660. [www.enscene.ca](http://www.enscene.ca)

### Wonny Song - Prévost

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

### Shirley Thérroux – St. Jérôme

A singer that realised her dream of recording an album, in her later stage of life, performs nostalgic songs. \$35. **Sun, Oct 12: 3 pm.** Salle Antony-Lessard, 101, place du Curé Labelle, St. Jérôme. 450-432-0660. [www.enscene.ca](http://www.enscene.ca)

### Stéphane Tetreault - Prévost

This cellist, who plays a Stradivarius (1707), will surprise the audience with his own musical choices for this concert. \$35. **Sat, Oct 18: 8 pm:** Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. [www.diffusionsamalgamme.com](http://www.diffusionsamalgamme.com)

## Literature & Poetry

### Tecia Werbowski - Franz Schubert Express – St. Adolphe d’Howard

Tecia Werbowski is a writer who divides her time between St. Adolphe d’Howard, Montreal and Europe. Her books have been published in English, French, German, and Czech. This is a reading from her most recent book, “Franz Schubert Express,” by the well-known Quebec actress, Andrée Lachapelle. Also, music played on the violin and a medley of Quebec love songs. **Fri, Sept 26: 8 pm** at the St. Adolphe Church; 1845 ch. du Village. On **Sat, Sept 27: 11 am - 5 pm**, the public is invited to meet the author at the municipal library, 1881, ch. du Village



Schubert Express (Tecia Werbowski)

## On Stage

### “Bearings” – Morin Heights

This is a comedy about a couple that gets lost in the forest. Colleen Curran is a Montreal playwright, novelist and actor. **Sat, Sept 27: 4 pm** at Café Mickey’s, 832, chemin du Village, Morin Heights. This is a free presentation as part of Journées de la culture.

## On Screen

### Live from the Metropolitan Opera

Macbeth (Verdi) 193 min - **Sat, Oct. 11: 12:55 pm.** Le Nozze di Figaro (Mozart) 232 min – **Sat, Oct 18: 12:55 pm.** Pine Cinema: Phase 2, 1146, rue Valiquette, Ste. Adèle. 855 739-7463 and Cinema Carrefour du nord: 900 Boulevard Gringo, St. Jérôme. Adults: \$27 & seniors: \$25. 450 436-5944. <http://www.cinemapine.com>. <http://www.cinemast-jerome.com/horaire>

## Visual Art & Fine Crafts

### Elise Lalumière & Evelyne Rivest-Savignac – Mont Tremblant

An exhibition by Elise Lalumière (glass artist) and Evelyne Rivest-Savignac (ceramist). **Sept 10-28.** Salle Alphonse-Desjardins, 1147, rue de Saint-Jovite. Open: **Wed: 1-5 pm, Thurs & Fri: 1 – 9 pm, Sat: 10 am – 3 pm, Sun: noon to 5 pm.** Info: 819 425-8614 # 2500. [villedeumont-tremblant.qc.ca](http://villedeumont-tremblant.qc.ca).

### Sculpture Place – St. Faustin

This sculpture event takes over the gallery until **Nov 9.** Opening hours: **Wed – Sun: 11 am to 5 pm.** Maison des arts, St-Faustin Lac Carré: 1171, rue de la Pisciculture, St. Faustin Lac Carré. 819 688-2676. [maison.arts@cgocable.ca](mailto:maison.arts@cgocable.ca) - [www.maisondesarts.ca](http://www.maisondesarts.ca)

### 1001 Caricature Faces – Val David

Watch internationally-known caricature artists at work and enjoy musicians who join in this festive event. **Sat, Oct 11 – Mon, Oct 13.** Val David Church in the community hall, 2490, rue de l’Église, Val-David. 1 888 322-7030 ext. 4235. [www.1001visages.com](http://www.1001visages.com).

### “Le feu sacré” - Val David Exhibition Centre

Exhibition by Paul Simard and André Fournelle continues to **Sept 21.** Open **Wed – Sun: 11 am - 5 pm.** Centre d’exposition de Val David, 2495, rue de l’Église, Val David. 819 322-7474. [www.culture.val-david.qc.ca](http://www.culture.val-david.qc.ca).

### Genevieve Oligny – St. Adolphe d’Howard

The exhibition continues until **Sept 28.** Genevieve Oligny masterfully combines paper and light with life-size characters that are transparent, poetic, fragile and vibrant.



Genevieve Oligny

Atelier culturel: 1889 chemin du Village, St. Adolphe d’Howard. 819 323-1878. <http://www.stadolpheedhoward.qc.ca/>

### Sandra Djina Ravalía - Place des Citoyens - Ste. Adèle

Sandra Djina Ravalía exhibits her work until **Sept 28.** Open: **Thurs – Fri: 1 - 4 pm, Sat & Sun: 10 am- 4 pm.** Salle Rousseau Vermette: Place des Citoyens, 999 boulevard de Ste. Adèle.

### Arts Morin Heights at the Library

A new group-show “Cadavre Exquis” starts **Sept 27 and continues to Dec 13.** Morin Heights Library: 823, Village Rd. Open: **Tue & Thurs: 1- 4 pm; Wed: 10 am to noon & 3 - 4 pm; Fri: 7 - 9 pm; Sat: 10 am - 2 pm; Sun: 11 am – 1 pm.** [www.artsmorinheights.com](http://www.artsmorinheights.com).

### Laurentian Museum of Contemporary Art – St. Jérôme

The new exhibition features fifty works created in the 1970s by thirty Quebec artists. The collection describes an important period in Quebec visual arts resulting from social changes that began in the 1950s. Vernissage: **Sun, Sept 21: 2 pm.** Musée d’art contemporain des Laurentides, 101, place du Curé Labelle, St. Jérôme. Opening hours: Tue - Sun: noon to 5 pm. 450 432-7171. [www.museelaurentides.ca](http://www.museelaurentides.ca).



Boisvert, Gilles, Au-delà du temps, 1980. Acrylic on canvas. 107x122x5cm. Collection du Musée du Bas-Saint-Laurent

### “Where Our Home Is” – St. Jérôme (See page 13)

During the month of September the center presents an exhibition of prints by young artists from Kanasatake. Open: **Mon – Wed: 9 am - 5 pm, Thurs: 9 am - 9 pm, Fri: 9 am - 5 pm. Closed Sat & Sun!** ICI par les arts, 712, rue St. Georges, St. Jérôme. 450-569-4000. [www.iciparlesarts.com](http://www.iciparlesarts.com).

### 17th Annual Exhibition – St. Jérôme

**Sept. 27-29:** The artists of St. Jérôme, Lorraine Bergeron, Robert Dicaire, Diane Gaboriau, Marielle Gagnon, Daniel Grégoire, Monique Huppé, Ginette Laporte, Maria Varão and Colette Vaudry are exhibiting their creations. Centre Notre-Dame 655 Filion St. Jérôme. <http://www.aaavsj.com/Activites.htm>

Please Note: During September 26-28 - Journées de la culture - many free activities are offered. Please visit <http://www.journeesdelaculture.qc.ca>

**Due date for next edition: Sept. 20 - [ilania@IlaniaAbileah.com](mailto:ilania@IlaniaAbileah.com) - 450 226-3889.**





# A Star-Studded Stage!

Ilania Abileah – Main Street

This year, from the first night onwards, the most divine beings owned the stage at the Festival des Arts de Saint-Sauveur. Guillaume Côté, whose presentation of movement depicts the new generation of Ballet in Canada, performed his new choreography, “Dance Me To The End Of Love,” to the music of Leonard Cohen. This was a harbinger of many good things to come from Guillaume, the new artistic director of the festival. We were captivated!

The Martha Graham Dance Company took the stage with mythological tales; “Errand”, danced by Maiya Dashkina, Maddux & Lloyd Knight, was another highlight of this festival, and “Echo”, inspired by the Greek myth of Narcissus and Echo, transformed the story into a contemporary one. Marie Chouinard’s “Mouvements” depicted Henri Michaux’s poem and drawings through dancers who performed a herculean task with their extraordinary movements.

There were musical evenings with opera singers Ailyn Pérez & Stephen Costello and the Montreal Jubilation Gospel Choir with Trevor Payne who coaxed the audience on stage and got everyone on their feet. The string orchestra, Appassionata, headed by Daniel Myssyk, played a beautiful musical selection.

Then the dancing “stars” took over the stage for two nights. Francesco Gabriele Frola & Shaila D’Onofrio created magic on stage. Yukichi Hattori danced an excerpt from his own choreography, “Temple”, describing the dancer’s body as a temple of art. Guillaume Côté and Greta Hodgkinson danced the romantic Giselle. Guillaume also repeated his choreography, “Body of Work,” in honour of Anik Bissonnette who has passed the torch on to him. Jason Reilly performed “Ballet 101”, demonstrating classical ballet movements in sequence to a medley, absolutely delighting everyone! He also danced “Bite” with Anna Osadcenko - an outstanding duet by two divine dancers. Joaquin De Luz & Misa Kuranaga danced two very classical pieces from La Sylphide and Don Quixote. Both evenings were celestial and received well-deserved, multiple standing ovations.



1. Guillaume Côté & Greta Hodgkinson  
2. Jason Reilly  
3. Yukichi Hattori  
4. Francesco Gabriel Frola  
Guillaume Côté  
5. Lloyd Knight  
6. Joaquin De Luz & Misa Kuranaga  
Photos courtesy of Mr. David Asch

## Ici Par Les Arts Where Our Home Is

Ilania Abileah – Main Street



During the 2007 to 2012 CIEM print workshop in Mirabel, First Nations’ young artists from Kanesatake passed their seven-month apprenticeships, creating prints under the guidance of Suzie Pilon and other invited artists. The young artists learned a variety of printmaking techniques, using high-quality equipment and materials.

They worked on etching, woodcutting, linocut, letter-press posters and digital prints. The resulting artwork, individual and large, collective images on paper, is authentic, intriguing and interesting. The themes were mythology, identity and territory, which the students explored to create images derived from their own universe. Some creations were selected for a travelling exhibition titled, “Where our Home is.” These unique images depict their pride in their origins and culture, with its

fascinating mythology. The medium of print has enabled them to express and share their aspirations with the outside world.

The collection, “Where our Home is”, is currently being exhibited in St. Jérôme, at the ICI par les arts centre. This group offers young people a comfortable environment, where they can always find someone to talk to, and where they learn to express themselves through the visual arts (painting and illustrations), or the performing arts (music, theatre and dance).

The exhibition will remain open for public viewing throughout the month of September. All prints are offered for sale by silent auction. Additional, un-framed prints are also available. Fifty percent of the sale revenue will benefit ICI par les Arts! The silent auction will conclude on Thurs, Sept 18, between 5pm and 7 pm. Everyone is welcome!

ICI par les Arts relies on public financial support to enable it to continue doing the great work it has been doing in St. Jérôme for over fifteen years. The public is encouraged to come and bid on these wonderful prints; the prices are affordable, and you will be encouraging the youth in our region. ICI par les arts, 712, rue St. Georges, St. Jérôme. Call: 450-569-4000. www.iciparlesarts.com.

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**THEATRE ON THURSDAYS**  
Saturday  
**'STORM WARNING'**  
a play by Norm Foster with contributions from Gary Siskind Agency

**SATURDAY SEPTEMBER 20th**  
DINNER THEATRE

If you missed our sold out ‘Theatre on Thursdays’ here is your chance to see Norm Foster’s ‘Storm Warning’.  
3 course table d’hôte menu, \$50 (Tax & tip included). Doors open Bar 5:30, Meal service 6:00, Performance 7:30.

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September 19th Marc Parent  
September 26th Sherman & Lee  
October 3rd Reney Ray

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## Nature's Gift Cicadas

Rose Labrie – Main Street

For most of my life, throughout the summer season, whenever I heard the cicadas sing I believed that the coming days would be hot. I never really bothered to inform myself if this was an actual fact. The only information I had about this insect was that it resembled a giant grasshopper, lived in trees and made singing sounds by rubbing its wings together.

At the end of August I was curious about a huge bug sitting on my balcony. I ran for my camera and managed to take a few pictures of it. I asked my life partner if he knew what this strange bug was and, to my surprise, he said it was a cicada. How absolutely lucky I was to see this creature finally, that reminded me of a dinosaur-type insect because of its huge size. I looked for more information about cicadas and found the most interesting facts.



Cicada comes from the Latin word meaning "tree cricket." There are about 3,000 known species of cicada worldwide. There are annual cicadas, which appear every year, but in eastern North America there are cicadas (genus *magicicada*), which appear in 13 and 17-year life cycles. It begins when an adult female lays her eggs, often in a groove in a tree. When the eggs hatch, the nymphs drop to the ground where they burrow beneath the soil. The growing cicadas then spend the next 13 to 17 years as juveniles, a period that contains five distinct phases. The juveniles live from 30 centimetres to 2 1/2 metres deep, and subsist on plant root juices until their final year underground. When the soil temperature reaches about 18 degrees Celsius, they burrow their way to the surface and climb a tree where they shed their skins and emerge as adults. The adults live for four to six weeks and spend their time above ground, mating and avoiding predators, which are birds, small mammals, spiders and ants.

### Here are some other interesting facts about cicadas:

1. Cicadas have five eyes, two obvious, large compound eyes, and three ocelli. Ocelli means "little eyes" in Latin, and they are three jewel-like eyes situated between the two main compound eyes. Belief is that they use these to detect light and darkness.
2. Cicadas need to be warm to sing and fly around, but they are cold blooded. Their dark skin absorbs the heat of the sun, which helps them to warm up.
3. Some periodical cicadas emerge years before they are supposed to, and they are called stragglers.
4. Cicadas pee because they drink tree fluids and then expel the excess fluid they do not need.
5. Only male cicadas make the sound they're famous for. Males have organs on their abdomens called tymbals. Muscles pop the tymbals in and out, which create the sound we hear. Males make different calls for different reasons, and each species has a unique sound.

Females can make sounds too; they flick their wings to respond to males.

6. People eat them. They can be barbecued, boiled, baked and sautéed. Animals, like squirrels, wild turkeys and fish, also eat them.

7. Sounds made by power tools get cicadas confused, and make them land on people thinking that the sounds are from other cicadas.

Cicadas are very intriguing insects, but when it comes to eating them, yuck, I stop my research there.

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## Strings & Things Tune-up Time – Part 2

Dale Beauchamp – Main Street

Today we'll look at cleaning the frets and improving the typical nut on your guitar, bass, mandolin or banjo. The nut is the piece of bone or synthetic material that supports the strings at the peg-head end of the instrument. You'll need a mill file, some low-tack masking tape and a few scraps of sandpaper in the following grits: 220, 320, 400, 600, 800 and (optional) 1000 grit and buffing compound. You'll also need some 0000 (extra-fine) steel wool and a new set of strings in the same gauge. Often the strings are buried deep in the string slots, when they should be exposed by roughly one-third to one-half of their diameter. We like to see that on the wound strings, while the unwound or plain strings should be completely in their slots, flush with the top of the nut. This is so they won't jump out of their slots when bending notes. Having the strings partially exposed allows the note to ring freely as opposed to being muted by all that nut material.

Start by putting 3 or 4 layers of the green painter's masking tape on each side of the nut (on the fret-board and the peg-head). This will protect the guitar and leave the nut exposed. The tape could pull off finish when you try to remove it later, so make the first layer less tacky by sticking it to your shirt a few times to pick up some lint. Find a way to keep the instrument from moving around. With the (old) strings still tuned to pitch, carefully file down the top of the nut until you hit the strings, maintaining the basic shape/contour of the nut as you go. Since you'll be installing new strings at the end of this procedure, don't worry about damaging these old ones. File until you don't quite touch the plain strings and can hear the wound strings ringing against the file. Next, slacken the wound strings enough to set them off to the end of the nut. Continue filing (for the wound strings), re-installing those strings (and tuning to pitch) often, until roughly one third of their diameters are protruding from the slots. Now, remove the old strings entirely and begin working up through the successive grits of sandpaper. The idea is to use the 220 grit only to remove the scratches left by the file. The 320 grit removes the 220 scratches, and so on. It's easy to overdo it, especially on the softer, plastic materials, so take your time, checking often by setting each string in its respective slot. To clean the frets, you'll have to put a layer of the masking tape down between each fret, using the lint trick to minimize the chances of pulling off any finish where the fingerboard meets the neck. Using little wads of the 0000 steel wool, rub each fret vigorously along its length. Keep an eye on the masking tape and don't hesitate to replace a piece if it tears. The steel wool will get rid of any oxidation and grime, leaving a nice shine. Don't be stingy with the steel wool; change to a fresh piece every couple of frets. Always pull the tape off from the ends, towards the centre of the fingerboard to prevent pulling off finish. Some hot breath and paper towels should clean up the board. If it's grungy, use some lighter fluid followed by fingerboard oil, as described in Tune-Up Time "Part 1", and install the new set of strings.

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# DISCOVER HARRINGTON



## MESSAGE FROM THE MAYOR • HISTORY



Jacques Parent, mayor

### A Word from the Mayor

We are very fortunate to live in the Laurentians, where each municipality is connected, yet unique, in what it has to offer. Here in the township of Harrington, our distinctiveness is best portrayed by our tranquility, our close ties to nature and the most incredible scenery to be found throughout the entire region. Often described as being centred “in the middle of nowhere, but close to everywhere,” whichever route

you choose to arrive by you will be greeted by spectacular scenery throughout the year.

Crossed by the majestic Rouge River, the lush valleys and farms sculpted from the surrounding forest depict a strong resemblance to the rolling hills of Scotland that have been drawing the attention of artists, photographers and film-makers for years. Scenes from this area are renowned and have often been captured on canvas, in print and shown on the big screen. Harrington is also abundant in streams and lakes that weave throughout the territory, providing water sources and habitat for the many varieties of wildlife that live here. The protection of these waters is a major priority of our council and we continually strive to improve and maintain the purity of these vital resources.

Our community is energetic and there are always social activities being organized at our community centres. Everyone is welcome, and the Canada Day Parade, barbecues, planned meals and exercise or art classes are always well-attended and enjoyed by all. Residents take advantage of the topography when enjoying recreational activities such as rafting, hiking, hunting, fishing, skating, snowshoeing and cross-country skiing. Music lovers enjoy incredible concerts and Sunday brunches at CAMMAC. There are several Auberges and Bed & Breakfasts nearby ready to welcome you for fine dining and/or overnight stays as you please.

For people seeking a break from the daily grind, Harrington is the perfect choice. To those who live here, and for those who have discovered this area, Harrington is “our little piece of heaven on earth.”

The municipal council and I invite you to discover Harrington where you will be warmly welcomed by all our community members.



### Early History of Harrington

Joseph Graham joseph@ballyhoo.ca

Harrington is divided north-south by hills, a part of an old mountain range. West of the hills, the Rouge River flows through it to the Ottawa and it is the same river that the Weskarinis Algonquin travelled as they made their way to their winter camps. Cyrus Thomas, writing in 1895, recalls the battle between them and the Iroquois, a battle that followed a huge population crash and left the region underpopulated in the later half of the 1600s. The Rouge was also the river that Stephen Jakes Beaven travelled in the early 1800s when he sought trade with the remaining Algonquin.



When Harrington was proclaimed in 1841, the new legal system encouraged farming and virtually all the new people were Scottish. They tore down the majestic Algonquin forests and turned the fertile land beneath into lush farms, growing grains and running cattle. The first three were Murdoch McRae and the two Campbells, Dugald and William. Subsequently the Frasers settled Lost River and in the 1870s, Donald McIntosh became the first to homestead east of the hills, in the rougher, rockier east side of the township. In his reports of settlement, Cyrus Thomas describes the beauty of Green's Lake and the great care the Dobbies took of their homestead. He also mentions Lakeview, the Glen and McDonald's Lake, but the most significant aspect of the early settlement was the Scottish farmers, some of whom spoke only Gaelic.

The early settlement lacked roads and bridges, often causing hardship for the farmers trading with the market, but at the same time, the colonists noted with pride those of their children who attended the Normal School in Montreal, and they read papers like the Montreal Witness, the Christian Herald and the Northern Messenger.

The choice of Harrington's name is unexplained. It first appears on survey plans in 1795 but like so many of the township names, the history of this choice was likely lost when English Tories rebelled against democracy, destroying the parliament building and library in Montreal in 1849.

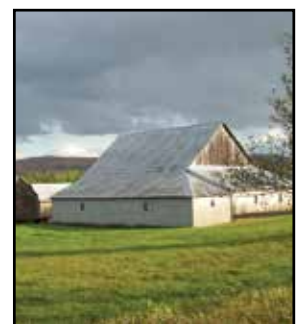
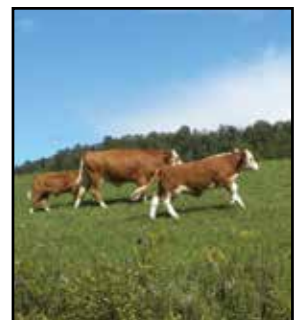


### Scenic Drive From Harrington to Arundel

One of the most hidden, scenic drives in the Laurentians is the back-road through Harrington to Arundel. Bring your camera, you won't find prettier country anywhere.

Shortly after turning left off Rte. 327 north onto the Harrington Road, (5 km north of Carling Lake) you will pass a small lake on your left where a family of osprey has been nesting for the past several years. Well-used

to being photographed, these amazing birds offer the opportunity to take some amazing pictures. At the Y intersection, bear right at the Dépanneur Kilmar (the local “all-in-one” stop) and get ready to see one of the most picturesque sights in the province; the Harrington Valley. Absolutely, spectacular! Enjoy the drive to the bottom and turn right onto Rivière Rouge Road at the little church. About 4 kms up the road you will pass Auberge Val Carroll (50 chemin du Val Carroll), renowned for its fine dining and hospitality. Turning left at the next intersection will soon bring you to Pépinière du Harrington (270 chemin de la Rivière Rouge). The rows of greenhouses you will see are filled with young, softwood reforestation seedlings destined for future planting in Quebec, Ontario and New Brunswick. For the next few kilometers, the road winds with the Rouge River. Sand bars and natural beaches are visible depending on the season. While it appears calm, this river can be a dragon with its strong under-current, and caution must be observed at all times. It is well-used by white-water rafters and kayakers who are up to the challenge of the mighty waters. Soon, you will arrive at your next landmark, the Tam Bao Son Buddhist Monastery (690 Chemin De La Rivière Rouge). The monastery is open weekends from 10 am - 4 pm until December 1, closed for the winter and re-opens in the spring. Another few kilometers from there you will be at the gateway of Arundel.



*Come discover why Harrington is best portrayed by its tranquility, close ties to nature and the most incredible scenery to be found throughout the entire region*



<http://www.harrington.ca>



# DISCOVER ARUNDEL



## MESSAGE FROM THE MAYOR • HISTORY



Guylaine Berlinguette, mayor

### A Word from the Mayor

Arundel is a bilingual community with an English heritage that makes it unique in the area. It is a community richly diversified in culture, skills and dreams.

The first actual settler, William Thomson from Glasgow, Scotland arrived in March 1857. Others followed, clearing the land for farming and settlement.

By 1879, there were 169 ratepayers in Arundel as compared with today's 600, of whom, about 15-20 are the descendants of our pioneer ancestors.

The first school records are from 1878, and by 1915 there were four schools in Arundel, which can still be seen. Today, Arundel boasts a French Immersion School in the center of town.

The railroad came to Arundel in 1896. The C.N.R. built its own station in 1912, which is our Post Office today. The railroad was abandoned in 1962; the track between Morin-Heights and Amherst became the Aerobic Corridor used by pedestrians, cyclists and snowmobiles in winter.

Arundel, which developed as a farming community, is now in transition and comprises people of all walks of life. What they have in common is a naturally beautiful environment, and the responsibility to maintain and improve it. An active Loisirs committee is in place and new businesses are starting up to everyone's delight.

In October, Arundel looks forward to opening the Beaven Creek Sports Center with its renewed tennis courts, running track, basketball court, standard size hockey rink and Kiddie's Corner. Included also is a utility building, with public toilets, changing rooms and youthful activities. To complete the enjoyment of the park, and in order that all citizens may have access to Beaven Creek, a sitting area and floating dock have been created.

Arundel's vision is to develop its small dynamic community economically, culturally, recreationally while maintaining and protecting a healthy natural environment. Citizens have the privilege and opportunity at this time to collaborate in co-creating a vibrant future.



### History of Arundel

The hamlet of Arundel was given its name by Sydney Bellingham (the MLA for the county of Argenteuil), who received a large parcel of land within the township for his efforts to produce the original survey. He named it after his Norfolk family estate in Arundel, Sussex, England. The municipality of Arundel was formed by proclamation on July 8, 1857. Within an area covering



28,339 acres, its borders stretched north to De Salaberry, east to Montcalm, south to Harrington and west to Amherst and Ponsomby. In 1926, Barkmere separated from Arundel, claiming the land east of the four corners and south to Patry's Bay. Huberdeau followed suit two years later, taking all the land west of the Rouge River. This left Arundel with approximately 15,206 acres stretching 2 miles wide by 9 miles long and with new borders; north - De Salaberry, east-Barkmere and Montcalm, south - Harrington, and west - Rouge River).

The first known white man of the area was Stephen Jakes Beaven, a hunter /trapper who built the first trading post in 1822 at the junction of Beaven Creek and the Rouge River. William Thompson, the first actual settler, hailed from Glasgow, Scotland and arrived much later in March 1857. The original census of 1861 recorded 6 families and 26 entries and included the family names of Cleland, Lee, Morrison, Thomson, Lochlan (Laughren) and Staniforth. Over the years, several new families settled in the area and the census of 1891 registered 123 families and a total population of 743 people.

Known as the Iroquois Road, the first "travel way" joined Arundel and Huberdeau while a "verbalized road" ran from Arundel to Weir. The route from Arundel to Mont Tremblant closely followed the Route 327 of today. The railroad ran from 1896 to 1962 but its memory lives on as the current post office, which was once the original train station built back in 1912.

Arundel was originally a farming community and the scenic fields pastured excellent dairy herds and beef cattle while numerous barns housed poultry and hogs. Fields of crops flourished in this nurturing area, perfect for farming life. Today, there are still several active farms in the area, the most familiar being Runaway Creek Farm on White Road. The farm is open to the public and sells produce and meat right off the farm as well as some products from other producers - just follow the blue sign to the gate!

### Scenic Drive From Arundel to St. Jovite



From the stopping point of our previous scenic drive, (Harrington to Arundel) welcome to Arundel!

Continue straight through the stop sign, if you would like to visit Michael Rossy at Runaway Creek Farm (5 Thompson Road East) and see what's currently in season. Just past the municipal garage and field on your right, turn onto White Road and continue on to the farm - signs are very easy

to follow. Certified as an organic farm since 1995, this is the farm to find fresh produce, fabulous meats and so much more. The sheer variety is amazing and sure to whet your culinary curiosity. The farm is open daily from 10 am -5 pm until November. When done, head back to the highway and turn right. If you happen to have your bike with you, there is a cycle path where you can stretch your legs with a short ride. Coming up on your left is Resto Gil's Beefeater (115 Route Morrison). This landmark restaurant has a full menu but is best known for its steak and seafood. Open weekends, please call for hours and reservations 819-429-8474.

Head back to your starting point (the stop sign at the end of the Rouge River road) and turn right. Almost immediately on your left is Bistro Chez Victoire (3 Rue du Village, in Arundel), a newly-opened dining spot, perfect for a light lunch. The hours change with the season, so it's best to call ahead to double-check (819-687-0001). Continuing on, turn left at the next stop sign just to have a peek at the quaint post office, which was the original train station until 1962. Back you go, and turn left along Rte. 327 north. If you have time for a quick detour, just past the golf course, a drive through Barkmere (coming up on your right) will bring you down to the beautiful Lac des Ecorces - well worth the trip for sightseers. Our next suggestion is the Arundel Nature and Science Centre (90 Crystal Falls Road). This is an exceptional educational facility with authentic buildings dating back to the 1800s. The programs follow the Quebec Education Program, both at elementary and secondary levels, and teach children how to explore and appreciate nature. The rest of the drive to St. Jovite is filled with beautiful farms and scenery, and along the route you are going to pass one of the 6 remaining covered bridges in the Laurentians, the Prud'homme covered bridge. Built in 1918 and crossing the Rivière du Diable, it connects Brébeuf with the united townships of Salaberry and Grandison (St. Jovite).

Scenic drives are wonderful ways to spend weekends with the family to discover the hidden treasures of the Laurentians. Treat yourself to a few tranquil moments away from the bustle of daily life, and get acquainted with some of the most interesting and beautiful parts of our region while the season is still in its prime - "the livin' is easy, the fish are jumpin' and the corn is high!"



Resto Gil's Beefeater is a country style restaurant situated in the heart of the Laurentian mountains in the town of Arundel, Québec.

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**SATURDAY:** September 27 from 10am to 2pm

## Arundel – fest

The 1st edition of the ARUNDEL-FEST was held on August 1, 2 and 3. Even with only a few weeks to put everything in place, we were very pleased with the success of the event and we're already at work preparing for next year, scheduled to take place on July 31, August 1 and 2, 2015.

This occasion to celebrate the "Irish foundation" of Arundel brought live-band Irish music, rugby demonstrations (organized by Rugby Tremblant - Arundel division), a horseshoe tournament (organized by Loisirs d'Arundel) and an Irish stew (organized and prepared by the Arundel Canadian Legion).

For this 1st edition, we were able to donate a total of \$560 (\$186 each) to those 3 organizations.



(L-R) Stephane Brosseau, co-organizer, Yolanda Goulais Marsolais, president of the Loisirs d'Arundel, Mark Morrissey, president of Rugby Tremblant, Norm Hess, president of the Arundel Canadian Legion and Denis Lamothe, co-organizer.

## Laurentian Quilters' Guild

In May and June, Dominique Ehrmann joined the guild as our guest instructor and demonstrated the process of creating a quilt made entirely of scraps from our stash. We were shown how to organize our scraps, piece them together in a pleasing manner, and assemble the quilt, section by section. The completed quilt was beautiful, and certainly represented recycling at its best! Dominique is a wonderful and sought-after teacher, and we all felt very fortunate to gain from her expertise.

During July and August, available members joined together informally to work on their individual projects. It was a lovely way to spend a day in the company of good people with common interests. The Laurentian Quilter's Guild will be resuming their regular meetings in September. Plans are already in the making for a Cuddle Quilt workshop in the fall, and various projects and guest speakers are being planned for the year.

The guild meets in Piedmont, on the 1st and 3rd Tuesday of each month. We always welcome and encourage anyone who is interested to join us. For more information, please contact **Judy Devey** at 450 227-2984 or **Kristen Kiel** at 450 224-0208.

## Local Scouts planning exciting activities this year

Mike Draper has been a Leader with the Morin-Heights Scouts Group for the last three years. He decided to volunteer when he brought his daughter, Cara, to register with the Beaver Scouts, but was told there were not enough leaders for her category.

"I signed up on the spot," said Mike, whose beard and height quickly earned him the Scout name, "Baloo," the large and affable bear in The Jungle Book. "My daughter had really been looking forward to joining the Beaver Scouts, just as her big brother, Rowan, had done; so I decided to volunteer. It's been great fun seeing my kids, and other children, learn and grow through their experiences with Scouts."

Mike is volunteering again, and hopes others will too, because the Morin-Heights Scouts Group is planning even more activities and field trips this year, including rock climbing and winter camping. Senior Cubs and Scouts are planning a spring trip to Battleship Cove in Fall River, Massachusetts, that will include an overnight stay inside the USS Massachusetts, affectionately known as "Big Marnie" to her crew during World War II. To make these trips affordable for all children, the Morin-Heights group is counting on community support in their fund raising efforts, starting with their fall bottle drive on Saturday, October 18.

Registration will be held at Morin Heights Elementary School (647, Chemin du Village) on September 17, at 6:45 pm, at the beginning of the first meeting. They will be looking to sign up Beavers, Cubs, Scouts and Venturers, and recruit new Leaders and group committee members (including a registrar, secretary and fundraiser) to help guarantee the success of their new, expanded program. For more information, call (450) 229-1234.

The Morin Heights Scouts' first meeting for the new season will take place on September 17 at Morin Heights Elementary School. Beavers (ages 5-7) will meet from 6:45 to 7:45 pm; Cubs (ages 8-10), Scouts (ages 11-14) and Venturers (ages 14-17) will meet from 6:45 to 8:15 pm.



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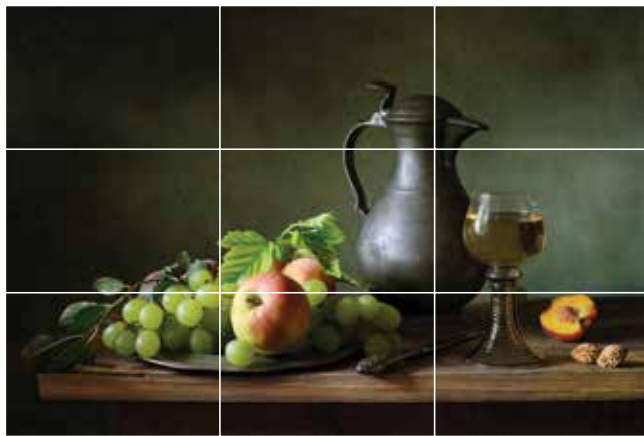
## An Artist's Perspective The Art of Composition

Norman Laurin - Special to Main Street

When working on a still life painting, an artist will gather fruits, bottles and a tablecloth and move these elements around until they fall into an organized composition that is balanced and pleasing to the eye. When it comes to painting a landscape, the situation is quite different because trees, houses, hills and rivers are immovable. Although it is possible to shift these elements, it takes years of experience to accept to modify nature.

Nature is seldom well organized. However, sometimes, when you visit valleys where early pioneers had cut down selected trees to create open fields for culture (while preserving the bordering forests), it is amazing to notice a natural visual balance. How pleasant it is to see a farmhouse and its barn on the top of a rounded hill, and trees descending down a slope to the fields and stopping at a hamlet, where the ground becomes flat. You would think our ancestors deliberately composed huge landscape paintings!

A painting needs to be organized. So, before thinking of colours, it is necessary to draw a few sketches following the old rules known as the "rule of the third." First, divide your page into three parts, vertically and horizontally. You can now choose one of the four intersections as the centre of interest. It is necessary to guide the viewer's eye, using features that will lead to the centre of interest. Winding paths, fences, long branches, dead trees on the ground; these are oblique arrows that can show the way, slowing down the viewer's eye as it leads the viewer to the goal at the end of the visual trip. Pencil sketches are the best way to prepare a good linear composition, because you are free to correct, change and erase until you get to a balanced organization. In a word, place your painting.



Rule of the Third

At this stage the structure of the painting is defined by a line drawing. The next step is the most important and challenging, but very rewarding. Start making a value study by adding shading to your line drawing using the full scale from white, through greys, to darks. Values will provide answers to very important questions: how to add appeal to the centre of interest, colour and contrast choices, what mood will be suggested and the direction of light.

With your sketch now organized, balanced and complete, you know where to go. Take your brushes and apply colour to your canvas.



Chronic bronchitis, emphysema or smokers cough - also known as **Chronic Obstructive Pulmonary Disease (COPD)** - is a lung disease that gets worse over time. COPD is most often caused by cigarette smoking.

Although there's currently no cure for COPD, research is being conducted to find potential treatments to help prevent and control symptoms. A worldwide research study is now underway to test an investigational, triple therapy for COPD.

### Who is eligible to participate in this study?

- Is 40 years of age or older
- Have a history or diagnosis of COPD
- Is a current smoker or was a smoker in the past
- Are on maintenance COPD medication for at least 3 months

For more information, call: 450 420-0270 | [www.omnispec.ca](http://www.omnispec.ca)



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# Making It Work In The Laurentians Back To Work

Jamie Robinson – Special To Main Street



As summer turns to fall, it's hard to escape the "let's get down to business" feeling of transition. Whether you're packing your kids off to school or just lamenting the end of the vacation season, it's a natural time to think about change and to consider setting goals for the coming year. Studies show that defining goals is important in helping to shape your success and satisfaction, especially in your work life. Do you see yourself advancing in your current job, taking your current business to new heights, or making an important change?

Are you where you expected to be?

Transition times can be important opportunities to pause, take stock of your options and to set, or, reset, your compass to point towards the direction that best suits you now. For those of us in the latter stages of our careers, we may be facing, or seeking, a compass reset for different reasons. Maybe you're an entrepreneur, or farmer, and your business could be growing at a faster pace, or perhaps you have a great start-up idea, but haven't yet made it a reality. Or, you're an artist, passionate and driven, but unsure how to make your practice profitable. Setting goals and knowing your options can help you to achieve greater success, whether a directional change is in the future for you, or not.

That's what this column is about: defining your goals, and bringing them into career realities. A career is something more than "just a job"; it's a way of life, and encompasses everything you do to make your living, from education and training, to business start-up, to part-time, full-time and freelance work, side businesses and artistic practice. Especially in tough economic times, it pays to learn more about all the options available to you to further your career and to increase or diversify your income. Many of us may feel stuck, thinking that our choices are limited, but with the right resources and information, the hardest part can often be navigating all the options!

Over the next year, we will explore opportunities in the Laurentians. We'll share tips and resources from the professionals at YES (Youth Employment Services). Our services are open to people of all ages, so wherever you may find yourself in life, and no matter what your personal circumstances, this column is for you.

From understanding the "in and outs" of entrepreneurship, to turning your art practice into a small business, to e-commerce, and many innovative approaches to job searching, we want to provide you with information to help you chart your course, and make it smooth-sailing in the coming year and beyond.

That's our goal for this year - what's yours? Let us know, and get in touch with us. Let's start the conversation: Join us on Facebook, visit our website [www.yesmontreal.ca](http://www.yesmontreal.ca), or contact us with questions, suggestions or comments at [info@yesmontreal.ca](mailto:info@yesmontreal.ca) or by phone 514 878-9788 or 1 888 614-9788.

YES is a non-profit organization that provides English-language support services to help Quebecers find employment and start businesses.



# Book Review of the "Stamp Collector"

Sophie Joncas – Special to Main Street

"The Stamp Collector," beautifully authored by Jennifer Lanthier, is the story of a city boy who loves stamps and a country boy who loves words. As they grow up, their fates intertwine. The country boy is sent to prison, where the city boy works, for having written a story that officials opposed. Their love of words and stamps creates a bond of friendship, when those who've read the story send letters asking for another one. In the end, the country boy dies of illness and we find out the city boy was the story's narrator all along.

The writing style was simple words and short sentences that leave plenty of room for double meanings that can be interpreted in several different ways. There is some figurative language. On page 7, the writing speaks of capturing stories; personification that gives texture to the story. On page 9, it says, "in his dreams, the stamp is a kite, a paper jewel from the crown of a wise old king." Though I cannot name this form of figurative language, it is put into context masterfully and made me feel as if I was a part of the story.

François Thisdale does a wonderful job of making the story's illustrations concentrate on what life there is and future hope, instead of creating morbid images that reflect the story's dark qualities. His gorgeous way of depicting "The Stamp Collector" is what makes the story appropriate for 11 and 12 year-olds, without it being too juvenile.

The purple hue of the images surrounding the city boy as a child, and the dark colors later on in the story, I believe, represent the lifeless city and living with few opportunities. The bright colors around the country boy in the beginning, and where there is hope later in the story, speak of possibilities of future freedom in life and of expression and enlightenment; like the sunlight and gleam of blue sky out the window, on page 16, as the city boy admires the stamps on the letters of the country boy in prison, or the subtle yellow of the key-hole on page 23.

On the last page of the "The Stamp Collector" the story loops, as we find that the city boy is the narrator and the words are the same as those on the first page. Seeing that made me wonder if the story loops in another way. What if the city boy/stamp collector, who is now a writer, is arrested for giving hope? What if the story repeats itself, again and again? Though I'll never know the answers to these questions, I can't help but wonder and ponder the possibilities.

Though the city boy and the country boy are different in many ways, and were raised in almost opposite surroundings, they both gave up a passion to provide for their families. They both had hard lives and are old beyond their years. Neither of them is given a name and they are only identified by their actions and history. Though these characters are entirely fictional, there are hundreds of thousands of people (victims) whose lives are like those of the boys in "The Stamp Collector." This story does a wonderful job of opening people of all ages to the troubles of the world, without disturbing them with its horrors.

Editor: Sophie is 12 years old and graduated from Arundel Elementary School in June 2014. Well done Sophie, we would love to hear from you again!

## Village of Vankleek Hill

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Photo: [marleneoelshank@bell.net](mailto:marleneoelshank@bell.net)



# TaCL

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ET COLLECTIF DES  
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## BUSES - NEW ROUTES

MONDAY TO FRIDAY

- Departure from Mont-Tremblant at 2:56 p.m.
- Departure from Saint-Jérôme at 4:45 p.m.

FRIDAY EVENING ONLY

- Departure from Saint-Jérôme at 8:15 p.m.

## TAXIBUS - NEW ROUTES

- Saint-Adolphe-d'Howard/ Saint-Sauveur
- Sainte-Anne-des-Lacs/ Saint-Sauveur
- Val-David
- Val-Morin

**NEW SCHEDULE**  
Starting August 25<sup>th</sup>

[transportlaurentides.ca](http://transportlaurentides.ca)



Please check our complete schedule for changes on other routes.



For more information | 819.774.0485 | 1.877.604.3377 | [transportlaurentides.ca](http://transportlaurentides.ca)

COME  
CELEBRATE  
OUR

**1**  
Year  
ANNIVERSARY

Proud to be  
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community  
and of having  
had the pleasure  
of serving you  
over the  
past year.

*Thank you  
for your  
patronage!*



Suzanne Albert  
Owner

**IGA**  
S. Albert inc.



As part of our 1st year anniversary  
celebration we will be holding an



### How to enter:

Sign up in store at the customer  
service counter

### Judging:

Judging will take place on September 20th  
and the winners will be announced

There will be a panel of 4 judges:

- Barry Young of Main Street
- Marie Josée of Planete Luv
- Sébastien IGA fruit manager
- Suzanne Albert store owner

### Prizes:

1st prize is \$500, 2nd \$250 and 3rd \$100.

We look forward to tasting some  
delicious apple pies!

**Good luck!**

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

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



Answers for the August edition sudoku



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

**Cervical Cancer Awareness Week**  
October 20 - 24, 2014

**SPECIAL SCREENING CLINIC**  
**Wednesday October 22**

Eligibility Criteria:

- All women aged 21 years and over
- Not having had a PAP test within the past 2 years
- Not menstruating on the day of the exam



The Centre de santé et de services sociaux d'Argenteuil is holding a special **CERVICAL CANCER SCREENING** clinic at the **CSSS D'ARGENTEUIL YOUTH CLINIC: 145 avenue de la Providence, Lachute**

Centre de santé et de services sociaux d'Argenteuil



**PAP test**

**BOOK YOUR APPOINTMENT EARLY! SPACES ARE LIMITED!**

**450-562-0271**

No breast or gynecological exams will be done during this special PAP test clinic. Quebec medical insurance card mandatory



8, CHEMIN DE SAINT-MICHEL  
BROWNSBURG-CHATHAM

**450 533-5555**

**Don't miss our upcoming events!**

**Sawing contest**



September 20th  
\$5.00 entry fee  
must enter before 2 pm

**Opening soon**



**Resto Chez Maggie**  
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**2014 ACCENT L 4-DOOR**

HWY:  
5.3 L/100 KM\*

Selling price  
(incl. price adjustment):

\$9,364†

**ALL-IN PRICE:**

**10 974\$**

D&D and fees:

+ \$1,595

Tire tax:

+ \$15

CASH DEALS

GLS 4-door model shown\*

**2014 TUCSON GL**

HWY:  
7.2 L/100 KM\*

Selling price  
(incl. price adjustment):

\$18,099†

**ALL-IN PRICE:**

**19 974\$**

D&D and fees:

+ \$1,760

Tire & a/c taxes:

+ \$115

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Limited model shown\*

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**\$118**

**BI-WEEKLY\* FOR 36 MONTHS**

\$2,750 DOWN PAYMENT • FEES, DELIVERY AND DESTINATION INCL.

Sport 2.0T model shown\*

HWY:  
8.7 L/100 KM\*

**ELANTRA**



**2015 ELANTRA L**

LEASE FROM

**\$68**

**BI-WEEKLY\* FOR 36 MONTHS**

\$495 DOWN PAYMENT • FEES, DELIVERY AND DESTINATION INCL.

Limited model shown\*

HWY:  
6.4 L/100 KM\*

**5 YEAR\*\*  
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty • 5-year/100,000 km Powertrain Warranty • 5-year/100,000 km Emission Warranty

\*The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Price for vehicles shown: 2014 Accent 4-door GLS, automatic is \$20,569 / 2015 Elantra Limited is \$25,649 / 2014 Tucson Limited AWD is \$35,474 / 2015 Sonata Sport 2.0T is \$32,805. Tires and air conditioner charges of \$115 (\$15 and \$100 respectively) and delivery and destination charges of \$1,595/\$1,595/\$1,760/\$1,695 included. Registration, insurance, a maximum RDP/PM charge of \$76 and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. \* Lease offer available O.A.C. from Hyundai Financial Services based on the following new vehicles: 2015 Elantra L / 2015 Sonata GL. Bi-weekly payment of \$48/\$118 for 36 month walk-away lease. Lease a new 2015 Elantra L / 2015 Sonata GL and you'll be entitled to a \$1,000 / \$550 price adjustment. Price adjustment applies before taxes. Offer cannot be combined or used in conjunction with any other available credits or promotion other than the Hyundai Financial Services promotional lease offer. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Lease based on 20,000 km per year; 12¢ per excess kilometre. First monthly payment and down payment of \$495/\$2,750 required. Lease offer includes price adjustment, delivery and destination of \$1,595/\$1,695, fees of \$115 (tire tax of \$15 and air tax of \$100), levies, charges and all applicable taxes. Registration, insurance, RDP/PM (\$76) and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ‡ Finance offer available O.A.C. from Hyundai Financial Services based on a new 2014 Elantra Coupe GL, manual with an annual finance rate of 0% for 96 months. Bi-weekly payments are \$95. \$0 down payment required. Cost of borrowing is \$0. † Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$4,185 / \$3,400 available on cash purchases only on 2014 Accent L 4-door, manual / 2014 Tucson GL, manual. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ‡ Fuel consumption for the 2014 Accent L 4-door manual (HWY 5.3L/100KM; CITY 7.5L/100KM) / 2014 Tucson GL FWD, manual (HWY 7.2L/100KM; CITY 10.0L/100KM) / 2015 Elantra L, manual (HWY 6.4L/100KM; CITY 8.8L/100KM) / 2015 Sonata GL, auto (HWY 6.7L/100KM; CITY 9.8L/100KM) based on manufacturer testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. † 2014 Hyundai Accent/Elantra Sedan received the lowest number of problems per 100 vehicles in the first 90 days of new-vehicle ownership among sub-compact/compact vehicles in the proprietary J.D. Power 2014 U.S. Initial Quality Study™ (IQS). The study was fielded between February and May 2014. Your experiences may vary. Visit jdpower.com for details. \*\*Based on the December 2013 Year to Date Global Automakers of Canada (GAC) Sales report. † ‡ † Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited. See dealer for complete details. See www.iihs.org for details on the 2014 IIHS TSP+ award. †† Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.



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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 who help others; discretion is assured.

### Branch 171 Filiale Morin Heights

Sept 19: 6 pm – Smoked Meat Dinner  
Look for new activities starting  
up next month.  
call 450 226-2213 (after 12 noon).

### Branch 70 Filiale Lachute

Sept 19: 6 pm - Fundraiser Spaghetti Supper  
to benefit Tour Capital - "Soldiers On."  
Tickets on sale at the bar - \$12.  
Sept 26: 6 pm – Smoked Meat Dinner  
Euchre is back in play on Tuesdays at 1 pm  
and cribbage & shuffleboard on  
alternating Thursdays  
Please check the legion for dates regarding  
bus trips to the Casino.  
For information call: 450 562-2952  
after 2 pm.!

### Branch 71 Filiale Brownsburg

Sept 25: 7 pm - Card Party -  
everyone welcome!  
Oct 7: 11 am - 1 pm - Soup Luncheon -  
welcome back!  
Bar/Lounge is open on Fridays from 3 pm - 9  
pm. Membership cards are available at a cost  
of \$45 For information, please call Sheila or  
Trevor Holmes 450 562-8728.

### Branch 192 Filiale Rouge River

Sept 17: 6 pm – Meeting (executives only)  
Sept 19: 6 pm – T.G.I.F.  
Sept 27: 5:30 pm – Harvest Dinner  
Cribbage every Tues night at 7:30 pm / darts  
will resume on Sept 19: 3:30 pm.  
We are considering Wednesday Card Day – all  
cards: Bridge (of course), Military Whist  
and others and also board games such as  
Majong etc. Interested?  
For more details / info please  
call 819 687-3148 or  
email mmcsp40@gmail.com

## RELIGIOUS SERVICES

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

**HILLSIDE CHAPEL**  
755 Village Road, Morin Heights  
Terry Sheahan: 450 229-5650.  
Sundays: 6:30 pm - We are known as a singing  
church, so if you enjoy Country Gospel  
and like to sing,  
listen or join in and play your instruments, come  
and enjoy our Sunday evening services.  
Everyone is welcome!

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

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

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

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

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

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

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

**MILLE ISLES PRESBYTERIAN CHURCH**  
Mille Isles Rd.  
Annual service featuring the gospel group,  
Aeternal will be held at the Morin Heights  
United Church on Sun, Sept 28. A light lunch will  
be served at noon, prior to the service.  
Please join us.

**ST PAUL'S PRESBYTERIAN CHURCH**  
Us John Street, Hawkesbury  
(at foot of bridge)  
Sun, Sept 28: 2 pm – Hymn sing and concert  
with E.H. Gospel Sound  
followed by lunch in the church hall.  
Free will offering

**ST. ANDREWS EAST PRESBYTERIAN CHURCH**  
5 John Abbot Street, St. André d'Argenteuil  
Sundays: Until August 24:  
11:15 am - Sunday Worship  
For info please contact  
Sharon McQuat 450 537-8560

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**ST. AIDAN'S WENTWORTH**  
86, Louisa Rd – Louisa  
Sept 14: 10 am – Sunday service  
Sept 21: 10 am – Sunday service  
Oct 5: 10 am – Sunday service  
Services with gospel/bluegrass music

**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
Sept 14 – 7 pm – Sunday service  
Sept 21: 10 am – Sunday service  
Sept 28: 7 pm – Sunday service  
Oct 12: 7 pm – Sunday service  
Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
Sept 14: 10 am – Sunday service\*  
Sept 28: 10 am – Sunday service\*  
Oct 12: 10 am – Sunday service\*  
Bilingual services with gospel/bluegrass music

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

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
Sept 28: 10 am – Sunday service  
Oct 12: 10 am – Sunday service

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
with Rev. Paul Tidman: 450 562-2917  
Sept 14: 9:30 am – Family Service  
Sept 21: 10 am – COMMUNION  
Sept 28: 10 am – Back to church Sunday  
Everyone welcome!  
Refreshments following the service

## ENGLISH COMMUNITY NEWS

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

## Laurentian Club Notice

### The Globalization of Migration

Aimee Beboso, of the Philippine Migrants Society of Canada, presents a brief history of the global phenomenon of Filipino migration, including those coming to Canada, the root causes and impacts of migration on workers and those they leave behind, and the experiences of temporary foreign workers in Canada.

**Monday, September 22: 1:30 pm** at Holy Trinity  
Church Hall, 12, Préfontaine West, Ste. Agathe.

Entry: \$10 – fee for members. Annual memberships available at the meetings for \$25. For more information call 819 326-6872 visit [www.facebook.com/LaurentianClubofCanada](http://www.facebook.com/LaurentianClubofCanada), or email [TheLaurentianClub@gmail.com](mailto:TheLaurentianClub@gmail.com).

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



**LAURENTIAN CLUB OF CANADA**

## Laurentian Region Cancer Support Group

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



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

**SATURDAY AFTERNOON**  
**September 20 - 1 pm**  
St. Eugene Hall (rear entrance)  
148 Watchorn, Morin Heights

Upcoming meetings:  
Oct. 18, Nov. 15

Meetings are conducted in English  
ADMISSION IS FREE

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

Resource library available. Bring a friend or family member.



### COMMUNITY NEWS

#### Soupe Populaire

(205 rue Principale, St. Sauveur)

Lunch schedule: **Mon, Tues and Thurs: 11:30 am - 12:45 pm.**

Everyone is welcomed to enjoy a hot, homemade lunch and make new friends! Please note that we are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

#### BAZAAR MPDA LACHUTE

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

#### Harrington Golden Age (259 Harrington Rd.)

**Cook's Night Out:** Dinner on the first Friday of every month - 5:30 pm. Members \$10, non-members, \$12 and children (6-12 yrs.) \$5.

**Meeting and Light Lunch:** 3rd Wednesday of every month - next meeting Sept 17: 11:30 am.

**Bingo:** every 1st and 3rd Sunday of each month at 1:30 pm.

The Harrington Community Centre is looking for a donation of 2 adult wheelchairs in good condition. Please call Deedy Shipton: 819-242-8939

#### URGENT NEED FOR VOLUNTEER DRIVERS

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

#### UTA English Section

The Mont-Tremblant UTA offers one course per semester and often, one seminar per year in English. Fall 2014 will be the 10th anniversary of the founding of the English section. All students, past and present, are invited to attend the autumn course and the 10th anniversary homecoming seminar. For full details please see last month's no-

tice in Main Street, call Elaine St. Pierre: 819 425-9735 or check [www.utamont-tremblant.org](http://www.utamont-tremblant.org).

#### Joyful Noise Choir

St-Eugene's Community Centre, 148, ch Watchorn, Morin-Heights

Tues, Sept 9 – Dec 9: 7 pm. Cost: \$120

#### BROWNSBURG CURLING CLUB

Curling begins mid-October. Check our website [www.curlingbrownsburg.ovca.com](http://www.curlingbrownsburg.ovca.com)

### COMMUNITY EVENTS

#### The Order of the Eastern Star, Lachute Chapter # 56

Will host a Ham & Salad Supper at the Margaret Rodger Memorial Church (463 rue Principale, Lachute) on **Sept 12: 5 pm – 7 pm.** Join us for a delicious dinner with homemade pies for dessert and entertainment supplied by The Fiddler's Group.

#### Morin Heights Historical Association [Morinheightshistory.org](http://Morinheightshistory.org)

Presents an exciting afternoon at the Argenteuil Regional Museum. Car convoy from Morin Heights to start at Lummis Park, with car-pooling offered to those parties unable to drive. **Sun, Sept 14: 1 pm – 5 pm.** Meeting at 1 pm at Lummis Park. Everyone welcome! Members: free, non-members \$5 (museum admission). R.S.V.P to Pierre Caron at 450-226-8853 or [pierrecaronsr@gmail.com](mailto:pierrecaronsr@gmail.com).

Note: The MHHA will also be having a display booth on September 27 at the Journée de la culture celebration.

#### Argenteuil County Women's Institute

Is having their Annual Soup Luncheon with homemade desserts, bake table and used books at the Margaret Rodgers Memorial Presbyterian Church on **Thurs, Sept 18: 11:30 am – 2 pm.** Cost: \$7. Everyone Welcome!

#### Coming up at the Lost River Community Center

**Oct 5:** Community Breakfast with a ticket draw for a quilt from Victoria Quilts (proceeds will go to Victoria Quilts, Laurentian chapter).

**Oct 18:** Oktoberfest Dinner & Dance. Everyone is welcome. For details contact [mike.carroll@xplornet.ca](mailto:mike.carroll@xplornet.ca)

#### Theatre Morin Heights

Will present play readings at Restaurant La Grange, 2 Meadowbrook, Morin Heights, at **7 pm on Sept 17, Oct 15 and Nov 19.** For more information or to be added to the Theatre Morin Heights email list please call 450 226-2746. Visit the Morin Heights' website or consult your copy of Main Street for information for all our productions!

#### Theatre Morin Heights

Presents... a reading of Bearings, by Colleen Curran at Café Mickey's, 832 chemin du Village, Morin Heights on **Sat, Sept 27: 4 pm.**

### FUNDRAISERS

#### FOLES Fall Challenge Race

**Oct 4:** Friends of Laurentian Elementary School (FOLES) will host a run/walk race at Parc Carillon and the Boisé Von Allmen trail in St. André d'Argenteuil. This event will raise funds for new computer technology at Laurentian Elementary School in Lachute. Events include a 5 and 10 km for 13 years and over, as well as a 1 km for 6 - 12 year-olds. Children aged 5 years and under can participate in a 100 m race starting at 10 am. For more information and registration information visit the FOLES website at [www.foles.ca](http://www.foles.ca) or [www.runningroom.com](http://www.runningroom.com) (search for race under events) or email Joanne MacLeod McQuat at [joanne.macleod6@gmail.com](mailto:joanne.macleod6@gmail.com).

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

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

### ADVANCE NOTICES

#### Theatre Morin Heights

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

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

#### Willkommen

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

### LOST CAT

#### HELP GOO FIND HER WAY BACK HOME

Goo was last seen on August 23 at 37 Morrison in Arundel. She is black, white and grey and about 2 years old. Although she has not yet been fixed, she is up-to-date on all her shots. Goo's two young owners, twin sisters, miss her terribly and are hoping you can help Goo find her way home. If you have seen her, or, happen to have offered her shelter, please call 514 695-1583 (home) or 514 268-6798. You may also email [jace-lynbrooklyn@hotmail.com](mailto:jace-lynbrooklyn@hotmail.com).



### LOST CAT CALLING DR. WATSON

On August 21, our black and white cat, Dr Watson, never came home for dinner. Last seen 1.5 kilometers from St Sauveur along rue de l'Église. Dr. Watson is dearly missed – please help him find his way home. If seen kindly contact at 450 227-2224 or 514 708-8983.



### Confirmation Classes

Sun, Sept 21: 10 am: Beginning of teen English Confirmation classes at St.-Eugene's Church in Morin-Heights

For info, call Johanne: 450 226-2844.



Morin Heights Scouts  
**Oct 18: Bottle Drive.**  
Info: 450 229-1234.



**Home automation – Networking Systems convergence**  
**Stéphane Couture**  
819-774-3335 514-945-3281  
[info@convergence-laurentides.com](mailto:info@convergence-laurentides.com)

**Congratulations to our Facebook Contest Winner!**

Congratulations to Trena Whinfield of Vancleek Hill! The lucky winner of a \$50 Saint-Sau gift certificate.

**LIKE SHARE**  
The Main Street News FACEBOOK CONTEST for a chance to win a \$50 gift certificate for SAINT-SAU



Follow us on facebook and keep informed of events & future contests!

**Congratulations to our Facebook Contest Winner!**

Congratulations to Jessica Currie from Brownsburg! The lucky winner of a pair of tickets to the Johnny Cash tribute

**LIKE SHARE**  
The Main Street News FACEBOOK CONTEST for a chance to win 2 pairs of tickets to the Johnny Cash show



Follow us on facebook and keep informed of events & future contests!

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

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[www.organismepaix.ca](http://www.organismepaix.ca)

**4KORNERS**  
Family Resource Center

LACHUTE: 508 PRINCIPALE  
SAINTE-AGATHE: 50 CORBEIL

819 324.4000 (ex: 4330)  
888 974.3940

[info@4kornerscenter.org](mailto:info@4kornerscenter.org)  
[4kornerscenter.org](http://4kornerscenter.org)  
Internet: [www.aa87.org](http://www.aa87.org)

**AA**

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# Back to Home-cooking Minestrone Soup

Marie-France Beauchamp -  
Special To Main Street.

**Rome, Italy. Late August.**

Buon giorno! Rome is full of French tourists, while Paris is full of Italians. It's August, and Europe shuts down for a month-long vacation every summer! Wake up Canada -they get one month of statutory holidays, plus all the others!

It's nearly noon, and I'm sitting at an outdoor table at Panzirone's, a restaurant in the Piazza Navona, a beautiful baroque square in Rome. The business has been in the family since 1914. Their formula? Good food, using fresh ingredients! The same good food that can be made by you, at home, for a fraction of the cost that I'll be paying here for a cafe latte and a croissant!

This month, I had planned two traditional recipes for you, both tried and true, and guaranteed to please even the most finicky child in your family. (Their retired chef is an old friend). However, Susan, my editor, kidnapped half of my allotted space, so I can only give you one recipe here. The other, Italian meatballs with sauce, will be on Main Street's Facebook page next week. (That's what she promised)!

## Minestrone Soup (For 4 servings)

A lovely vegetable soup, eaten chunky, or blended into a smooth consistency (veloute). Served with or without pesto, but NOT without grated parmigiano cheese, and a dab of olive oil. A thick piece of crusty, toasted bread (last month's recipe) is a must, particularly for kids to dip, play with, and enjoy.

### Ingredients:

- 6 - slices of bacon - chopped into small pieces.
- 2 - red onions - peeled and chopped fine (only red onions - more expensive, but tastier.)
- 2 - carrots - peeled and chopped.
- 2 - stalks celery - chopped.
- 8 - cloves garlic, minced. Do NOT use Chinese origin garlic, please.
- 2 - zucchinis, quartered lengthwise, and chopped in half-inch chunks.
- 1 - red pepper, cleaned and chopped into quarter-inch chunks.
- 1 - half-cup cauliflower florets.
- 1 - half-cup broccoli florets.
- 1 - small can - diced tomatoes.
- 1 - small can - white kidney beans or garbanzo beans, your choice.
- 1 - litre of vegetable broth (chicken broth optional).
- 2 - tablespoons (dried) oregano (fresh, chopped, if available, is always better).
- 1 - teaspoon (dried) basil (fresh, chopped, if available, is always better).
- Salt and ground black pepper to taste.
- Grated parmesan cheese.
- Olive oil.
- Pesto.

### Method:

Put chopped bacon into soup pot and cook till done and retain fat. Add onions, carrots, celery and garlic and sauté for 5 minutes - medium heat. Add broth and tomatoes and bring to a simmer. Add red pepper, cauliflower, broccoli, zucchini and spices and low-boil till tender (max 10 minutes). Add the beans during the last 5 minutes.

*Voilà! It's done! How easy was that?*

**NOTE:** If you serve large portions, add more water or broth. Use salt, pepper, oregano and basil to satisfy your personal taste expectations. **Experiment with taste, don't be timid!** Stir in a small dab of olive oil and pesto into each individual serving, if you choose; I love it, and my kids do too! Or, blend it to a smooth consistency, if you prefer that texture. Either way, it's healthy, tasty and a winner for your family budget. It can be frozen for future use. Don't forget the slice of toasted, buttered bread, or a chunk of baguette!

I'll be at home next month, so I'm thinking that a nice fall recipe for a true Quebecois tourtiere might be a delicious idea. Again, something tasty, nutritious and budget-friendly.

C E L E B R A T I N G

*Sixty Years*

**ANNIVERSARY**



On July 24th 2014 George and Freda Gordon celebrated their  
60th Wedding Anniversary

C O N G R A T U L A T I O N S



Denis Chalifoux, Mayor



VILLE DE  
SAINTE AGATHE DES MONTS  
...ma vie, ma ville !

## MUNICIPAL BULLETIN SEPTEMBER 2014

### MAYOR'S MESSAGE:

For several months now, the Municipal Council and its management team have worked to develop a municipal economic development policy to rejuvenate its approach. The city already has several recent relevant studies and analyses pertaining to residential, commercial and industrial areas which converge into a single objective: fostering the retention and attraction of companies to create jobs on the territory of Sainte-Agathe-des-Monts.

Job creation is essential to residential and commercial development. The enthusiasm for new residential investment that the city hopes to welcome during the next few years is closely linked to job creation.

An inventory of the land parcels, which can be developed in Sainte-Agathe-des-Monts, done in 2011, reveals the potential for 3,500 new housing units. A study done by Statistics Canada reveals that each new household that settles in Sainte-Agathe-des-Monts generates an annual expenditure of \$17,000. Employment is the key to healthy economic growth as it generates in its wake a new residential population, new housing, additional businesses and complementary services, as well as an increase in property assessments.

The creation of jobs that a municipality can generate is the principal factor for growth. The manufacturing sector, health and education services already occupy a significant and advantageous position in Sainte-Agathe-des-Monts and are an attribute for the healthy expansion of the town. From a regional standpoint, job specialization clearly stands out in Sainte-Agathe-des-Monts. Undeniably, Sainte-Agathe-des-Monts is a town that has an abundance of services.

The town will introduce its intervention and investment plan over the course of the next few months. This plan will include the following:

- Investments related to a more dynamic industrial plan, which will include a municipal industrial park.
- Research pertaining to "specialised businesses" which focus on "human services" and these in turn will generate permanent, well-remunerated jobs.
- The establishment of a residential strategy to convince current and future employees they can find in Sainte-Agathe-des-Monts a living environment that meets their expectations and needs.
- The development of services that will meet the needs of families with young children.
- The revitalization of the downtown area.

The Municipal Council intends to inform the population of the progress of the development resulting from this initiative. We have a lot of work ahead of us but we are convinced that we have all the necessary tools on hand to make these changes so that our town can offer its citizens the living environment they have come to expect.

Denis Chalifoux, mayor

### START-UP OF A SWIMMERS' COMPETITION CLUB

The Ste-Agathe Aquatic Club and Neptune Swimming Club have signed an agreement allowing for the addition of a competitive aquatic program for children and adults for fall 2014. The Sainte-Agathe Aquatic Club will invest to add starting blocks at the town's pool. These will be used for training purposes as well as to host regional competitions. This partnership will be a great way to promote our town and encourage our citizens to stay fit. For more information please go to: [clubaquatiquesteagathe.com](http://clubaquatiquesteagathe.com)



Claudine Rousseau, présidente du Club de natation Neptune, Martin Pichette, vice-président du Club de natation Neptune, Eve Pichette-Dufresne, vice-présidente du Club Aquatique de Ste-Agathe, Serge Bossé, conseiller municipal à la Ville de Sainte-Agathe-des-Monts, Alexandre Gendron, entraîneur-chef du Club de natation Neptune et Simon Filiatrault, président du Club Aquatique de Ste-Agathe.

### THE TOWN PURCHASES TWO PROPERTIES AND CONTRIBUTES TO THE REVIVALIZATION OF THE DOWNTOWN AREA

After putting together a program to support the retail trade with its partners, the town has continued to take positive action in reviving its downtown area by investing in the acquisition of the former "Tradition" supermarket and its parking lot across the street.

This decision is the result of months of careful reflection which showed, among other things, that the downtown area is facing many issues that affect its development potential, including the presence of several buildings which are obsolete or in poor condition, high rents, the deterioration of a good number of living quarters on the upper floors of these buildings, or even the sale price of the properties.

Convinced of the need to intervene in the downtown area real-estate market to stimulate the emergence of new projects, the City Council decided to seize the opportunity and allowed the acquisition of the two properties totalling \$540,000, of which half will be payable within 12 months.

The city will soon consult investors and developers for proposals to redefine the nature and the composition of a real-estate project that could take form on the newly-acquired site.

Downtown merchants and residents will be consulted in order to get their feedback and a special urban plan will be set up. The latter will allow the city to establish a clear plan for the downtown area and will study the variation of its uses, the residential and commercial densification, the creation of access to the area and the implementation of a property acquisition program and a revitalization program.

In the meantime, the town will manage the properties and intends to respect existing leases to collect the revenue these generate.

### THE GASTON-MIRON MUNICIPAL LIBRARY IN THE DIGITAL ERA

Since October 2013, the Gaston-Miron Municipal Library subscribers have had access to a collection of over 1,000 French-language digital books. Other digital resources, such as language courses and office automation courses, magazines and newspapers, the encyclopedia "Universalis" and "Webcarriere", are also available via the website of the network "BIBLIO des Laurentides", which is accessible by all subscribers to the Ste-Agathe library.

A collection of digital books in English (Overdrive) is also available. It includes some of the greatest popular authors such as James Patterson, Lee Child, Michael Connelly, John Grisham and Dan Brown, just to name a few. Most of the books appearing on the New York Times and the Globe and Mail best-seller lists are available, either in the form of novels, documentaries or books for young people.

To learn how to use and download digital books, there are video clips prepared by Bibliothèque et Archives Nationales du Québec which are available on its website at: [PRETNUMÉRIQUE.CA](http://PRETNUMÉRIQUE.CA)

A membership to the Gaston-Miron municipal library is free for the residents of the agglomeration of Ste-Agathe-des-Monts and provides access to a host of services, including book loans, loans between libraries and digital loans.

A complete version of the Ma Vie Ma Ville municipal bulletin is available on our website at: [www.ville.sainte-agathe-des-monts.qc.ca](http://www.ville.sainte-agathe-des-monts.qc.ca)



## Laurentian Personality

# “We Can Never Stop Trying”

With mischievous, sparkling eyes, Rose-Marie Fairweather finds pleasure in being an older person; namely, speaking out and to the point about what she thinks. “My mouth still works very well,” she says with a laugh.



Rose-Marie Fairweather

Returning to her hometown in 2000, the Lachute states that her return has given her a chance to give back to the community. “Pay back time,” she calls it.

While away, she lived mainly in Victoria, Toronto, Ottawa and Montreal. When her husband was transferred, she always found work at Eaton’s, where she climbed the ladder from office clerk to personnel manager. The skills she acquired during those years have allowed her to become useful on administrative councils in many local organizations, especially those concerned with helping disadvantaged and vulnerable people, such as children.

“I’m part of seven generations of Lachuters and I’m the oldest of a family of eight children. My grandfather had a hotel and my uncles had businesses, but my family was not rich. When I was young, there were many people who helped us. I observed all that. Now, it’s my turn.”

Rose-Marie’s physical condition does not allow her to travel extensively, but her spirit remains very alert and enables her to work on many initiatives. One of these, to which she is very devoted, is the Comité d’Action Lachute.

This organization helps children, from zero to five, to be better prepared for school. Rose-Marie’s philosophy is that it is best to start even before birth with, for example, having the unborn listen to music. For seven to nine year-olds, the group acts as a support for children in this age group who are having difficulties within the system.

Besides various community concerns, Rose-Marie Fairweather has a definite interest in municipal politics. She ran twice for a seat on the council to become a voice for the Anglophone community. Even though she was not elected, she continues to assist at monthly meetings and ask questions on current files, such as linguistic inequalities. The City of Lachute has never received bilingual status but, at 72, she often jumps on this. “The rest of the country has learned to speak French, why don’t Anglophones have access to information in their language? This probably comes from my career but, if there’s a problem, it has to be fixed.”

“When I returned, I told myself that although I was retired I wanted to remain active. I had worked all my life and, if I had stopped completely, I would have passed away a long time ago. Today, her satisfaction comes when she sees change. “We should never stop trying.”



## 4Korners office – Lachute

# What’s on for the Fall

By Kim Nymark – Main Street

4 Korners Family Resource Center is very excited to offer two programs and two events in this area for Fall 2014:

A Free English Play Group for children under 5 years of age with their parents will begin on Thursday, September 18 and run through to just before Christmas. The sessions are from 2-4 pm at the Trinity Church, 12 Préfontaine West, Sainte-Agathe-des-Monts, and will be animated by Family Life Educator, Laura Young. Each session is divided into two segments, with time for free play and also organized activities. Both mothers and fathers are welcome to join in with their children!

Jog Your Mind, a cognitive vitality workshop for seniors, who want to know more about the effects of normal ageing on their short and long-term memory. The 10-week program will begin on Tuesday, October 14 at the 4 Korners office in Lachute, at 508 Rue Principale. Edith Ury, M.Ed., CCC will lead the group through a series of techniques to help you remember important things and to challenge your brain. The fee is \$25 for 4 Korners’ members and \$50 for non-members.

A Lunch and Learn Conference, entitled Healthy Ageing, Healthy Brain: Memory Fitness for Everyone by Norma Gilbert, Occupational Therapist from CSSS Cavendish, will be held on Friday, October 17. Join us at the Kevin-Lowe-Pierre-Pagé Arena, 80 Hamford Avenue, Lachute, from 11 am to 2 pm. Tickets can be purchased at the door, or at the 4 Korners Lachute office, at 508 Rue Principale, for \$5.

The CHU Sainte-Justine, in collaboration with the 4 Korners Family Resource Center, will present a free English conference on discipline: It’s Child’s Play, at St-Eugène Church, 148 Watchorn Road, Morin Heights, on Thursday, November 13 at 7 pm. The speaker defines what is meant by incentive-based discipline. Providing concrete and effective strategies, she warns parents against the negative effects of punishments and rewards. She emphasizes the benefits of remedial action, which brings out the best in your child and thereby promotes family harmony. Registration is mandatory.

For more information or to register for these programs/events, please contact us at 1 888 974-3940 or by email at [info@4kornerscenter.org](mailto:info@4kornerscenter.org)



## The Story Behind Surnames; Our Place In History

Joseph Graham - Main Street  
[joseph@ballyhoo.ca](mailto:joseph@ballyhoo.ca)

Family names are little records tying us to the history of the world. I have little interest in genealogy because its focus is on genetic links with the past, but the history of the names themselves ties back to colourful stories. That said, I met a young woman from Eastern Canada some time ago whose family name was Corbett. Her family insignia was a raven, and the name itself came from the French for raven, corbeau. The name is in the Domesday Book, the census ordered by William the Conqueror upon the Norman conquest of England in 1066. Remarkably, some thirty-seven generations away from the Domesday Book, she had raven-black hair.

My own family name, Graham, has an English connotation, meaning pastureland or gravelly homestead, although there is also a Teutonic association, meaning grey home. In Scottish Gaelic, it relates to Grant’s home, but I’m not sure who Grant was. Our line appears to trace back to the borderlands, that ungovernable area between Scotland and England, where natural selection favoured people whose blood clotted quickly after a war injury, giving them a chance to live long enough to reproduce, but killing them off afterwards from strokes or embolisms resulting from blood clots. Appropriately, the first use of the name is Graeme’s Dyke, a defiant break forced through Hadrian’s Wall in Roman times. Graham was a place-name until another Norman conqueror acquired the place in 1127, calling himself Guillaume de Graham. Guillaume was the Norman version of William and it became one of the most typical given names in the Graham line. I am William Joseph Graham, and both my uncle and grandfather were also William Graham.

My mother’s side is more interesting. She carried the French name Paré, and descended from Robert Parets who arrived in New France around 1650. The parish priest who registered him is supposed to have told him that he didn’t know how to spell his name, and that it should be Paré. I used to think this story was a simple example of French, or perhaps Catholic, bureaucratic thinking, but discovered eventually that the name Parets was one of the names of the Marranos, a derogatory term used for Jews (it means ‘pigs’) who escaped the Spanish Inquisition by pretending to convert, or in some cases actually did convert. They were not accepted as Christians and hence the pejorative Marrano.

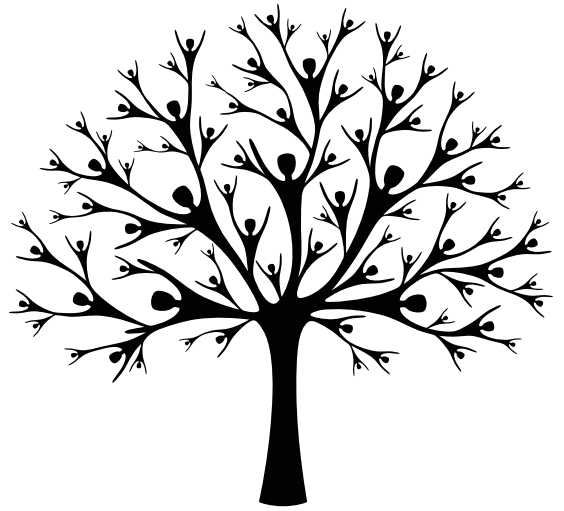
New France was conceived originally as a colony that would allow religious freedom. For decades after its founding, it remained a beacon of hope among French Jews and Protestants and apparently they were still arriving as late as the mid-1600s. The Jesuits are accused of seeing to the assassination of Henri IV in 1610. He was the French king who sponsored the founding of New France, and Cardinal Richelieu, the French prime minister in the service of his successor, Louis XIII, closed the door of New France to non-Catholics. Even so, they kept arriving, many moving on to New England and others being absorbed slowly into Catholic society. Robert Parets became Robert Paré, and over the generations any story that suggested anything but French origins was forgotten or buried.

My wife’s family name, Eskenazi, also originated as a result of the Spanish Inquisition, but her family history does not trace back to the Marranos. The Spanish Inquisition is associated with the date 1492, the same year that Columbus sailed to the New World. By then, the Catholics, under King Ferdinand and Queen Isabella, had defeated the Muslim Moors in Spain. The Iberian Muslims, who traced back to both Damascus and North Africa, had co-existed with the Jews for centuries, creating one of the highest civilizations in Europe, boasting architectural, intellectual and medical advances, but they believed they had created a high society that was beyond war. When the Catholics became a clear menace, they appealed to their North African kin, a warlike, fundamentalist branch of Islam, who rapidly took charge of Muslim Spain, and turned it into a fundamentalist, exclusionary society, and began persecuting the Jews. The Catholics began to look like a better option to the Jews but, once the Muslims were defeated, the Catholics turned on the Jews as well, triggering an exodus.

Earlier, in the 1400s, Mehmet, the Ottoman sultan, succeeded in negotiating the surrender of Constantinople, the old capital of the Eastern Roman Empire. He invited any Christians, who felt they could not live in a Muslim society, to leave Constantinople (or Istanbul). It was virtually vacated, and when he took final possession of the city, he sent out an appeal inviting any non-Christians to come to the new capital of his Ottoman empire. Among those who took up his offer were some Bavarian Jews who left their homes in the Holy Roman Empire and settled in Constantinople in the 1450s. In 962, the German portions of Charlemagne’s empire had been consolidated under the German king, Otto I, and Jews residing there were identified as Ashkenazim, living in the land settled by the descendents of Noah’s great-grandson Ashkenaz, the lands that we know today as Germany.

In the 1490s, a large number of Spanish-speaking Jews arrived in Constantinople, absorbing the Ashkenazim, the small contingent of Bavarian Jews. The arrivals from Spain were Sephardi, the other great subset of Judaism. Unlike the German Jews, who spoke Yiddish, a German dialect, the Sephardim spoke Ladino, a Spanish dialect. Soon, the language of the Jews of Constantinople became Ladino, and the Bavarian Jews were called Eskenazi, from Ashkenazi. It became a common family name. My wife Sheila’s ancestors, Sephardim from Spain and thoroughly Sephardi culturally, were called Eskenazi, recalling German origins. To complicate family matters further, her father moved to Montreal, marrying her mother, an Ashkenazi descended from Poland and the Ukraine. She changed her name to Eskenazi and adopted the cultural norms of the Sephardi, confusing everyone.

Every family name comes loaded with similar stories, helping each one of us to find our place in history.





# Obituaries

## CONNELLY, Alvin John (1917 - 2014)

Alvin, in his ninety-eighth year, went peacefully into the presence of his Saviour Jesus Christ on August 29. A life-long resident of Brownsburg, a machinist at C.I.L., a Sgt. in the Canadian Army of occupation in WW2, active in church life. Dearly loved by his pre-deceased wife Catherine of sixty-nine years and by his children Heather (Harold Carpenter), Douglas (Willia) and Neil (Pearl), and by seven grandchildren and fourteen great-grandchildren. Pre-deceased by his parents John Connelly and Annie Martin, and his brother George (Marion). A funeral service was held Wednesday, Sept. 3 at the Dalesville Baptist Church. Donations to the charity of your choice would be appreciated. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale Lachute.



Burk (Nelson Tomalty). Pre-deceased by his parents, Margaret Burk and Earl Gordon. Sincere thanks are due to all friends and family for their understanding and support, to the professionals of the MGH dialysis unit, the RVH transplant clinic, the MNI and the Institut universitaire de gériatrie de Montreal, where he suffered a second stroke. A graveside service was held on Saturday, Sept. 6, at the Lachute Protestant Cemetery. In lieu of flowers, a dedicated donation to the IUGM, 1 East, 4565 Queen Mary Rd., Montreal, Qc. H3W 1W5, care of Annie Dugas in memory of Doug Gordon for making the surroundings more "home-like" would be appreciated. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

## MCDONALD PINK, Madeleine Lydia (nee: Laflamme)

Passed away Monday, August 11, 2014 at the Montreal General Hospital, Montreal, Qc., in her seventy-fourth year. Beloved wife of Richard Pink of Lachute, Qc. Dear mother of Theresa McDonald Hindle of England and Shawn McDonald (Susie) of Brownsburg, Qc. Loving grandmother of Brittany, Brandon, Katsi, Christopher, Alexander, Samuel, Sydney and pre-deceased by Savana. Also survived by her sister Therese Tuchlinsky. A funeral service was held Saturday, August 16, 2014 in the chapel of the funeral home. In lieu of flowers donations to the "Old Brewery Mission Foundation," 393 St. Jacques St., Suite 250, Montreal, Qc. H2Y 1N9 or the Shriners Hospital for Children, 3350 Sources Rd., Dollard des Ormeaux, Qc. H9B 1Z9 would be appreciated by the family. The family would like to thank the oncology staff at the Montreal General Hospital for their kindness.



## FREEMAN, Paul

Passed away peacefully on August 13, 2014. Born September 2, 1921 in Montreal, Qc. Husband of the late Mary Lilian Squire, father to Ron and Barbara, grandfather to Brett, Simon (Zara), Lewis (Karie) and Jennifer (David), and great grandfather to Lila, Alec and Darron. Graduated from the Faculty of Engineering at McGill University in 1946 and spent his career at Dominion Bridge Company, Siporex and Domtar. Paul grew up in Montreal West, lived in Town of Mount Royal (Qc), on Lake Barron, Gore (Qc), Lachute (Qc) and Vankleek Hill (On). Paul's pride was the construction of a cottage on Lake Barron where he and Lilian spent many of their retirement years. Warm thanks to the staff at the Heritage Lodge, Vankleek Hill, and second floor doctors and nurses at the Hawkesbury General Hospital. In lieu of flowers donations to the Hawkesbury and District General Hospital Foundation, 1111 Ghislain St., Hawkesbury, On. K6A 9Z9 would be appreciated. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660, rue Principale, Lachute, Qc.

## GORDON, Douglas Edward (April 20, 1963 - August 28, 2014)

Doug peacefully left our presence to be with the Lord from whom came his strength, unwavering faith and contentment to be alive in the face of numerous health battles. From where does my help come from? The verse, "I can do all things through Christ who strengthens me," Phil 4:13, and the song he loved to sing, Amazing Grace were his favourites. He leaves to mourn his wife of twenty-two years, Judy (Campbell), his brother Don (Brenda), his niece Ashley-Ann, his aunts Alida Burk (the late George Whitham) and Annie-Laurie



## SMITH, William Henry (Bill)

Peacefully, in the early hours of August 18, 2014, Bill passed away after a brief and bravely fought battle with cancer. He leaves Barbara, his beloved wife of fifty-eight years, their three cherished children Doug, Graham and Elizabeth and his sister Frances. The family would like to thank the teams of both the St. Jérôme and Lachute hospitals for their excellent caregiving. A memorial service will be held on Saturday, Sept. 13, 2014 at 2 pm at St. Simeon's Anglican Church, 445 rue Principale, Lachute, Qc. Visitation at the church from 1 pm until time of service. In lieu of flowers, donations to the War Amps of Canada or St. Simeon's Anglican Church of Lachute would be greatly appreciated. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

## WALKER, Harold Lloyd - 1929 - 2014

On Sunday, August 10, 2014 at his residence in Dunedin, Florida in his eight-sixth year. Formerly of Lachute QC. He is survived by his daughter Valerie Kathleen Epp (Victor), granddaughter, Robyn Lee Lane (Christian) and grandson Derek Ryan (Leah) as well as

# Alzheimer research and funding is vital for new treatments

NC) Researchers from across Canada received more than \$3 million this year from the Alzheimer Society Research Program (ASRP) to improve the lives of those with dementia.

"Our country boasts some of the world's best researchers and the Society is committed to supporting them," says Mimi Lowi-Young, CEO of the Alzheimer Society of Canada. "Their projects could fundamentally change the lives of people already impacted by this devastating disease and improve the outlook for those at risk."

The ASRP is a collaborative initiative of the provincial Alzheimer Societies, the Alzheimer Society of Canada, partners and donors. This year, it distributed \$3,296,656.00, for a total of 29 grants and awards. Since the program launched in 1989, it has awarded more than \$43 million.

Breakthroughs in the prevention, diagnosis and treatment of the disease are desperately needed: 747,000 Canadians are living with dementia today. By 2031, that number will jump to 1.4 million.

There is still no cure. Some drugs may temporarily improve symptoms, but none can slow, stop, or reverse them. That's why many ASRP-funded researchers are delving into the science of the brain. Their goal is to identify potential new treatments, use neuroimaging to distinguish different forms of dementia, and study how diet and other lifestyle choices may delay the disease.

One of this year's recipients, neurobiologist Dr. Gordon Glazner (based at the St. Boniface Hospital Research Centre in Winnipeg) is examining links between diabetes and dementia in hopes of discovering a cure.

Because it can take decades for biomedical studies to yield results, the Alzheimer Society also funds research that can help people with dementia live well today.

Dr. Krista Lanctôt, a senior researcher at Toronto's Sunnybrook Research Institute and an expert in neuropsychiatric problems, received a grant to study a drug that may safely and effectively control severe agitation in people with the disease. She is one of many ASRP-funded researchers studying issues that impact the quality of life of people with dementia and their caregivers, including risk factors, behavioural and cognitive changes, physical support, caregiving and health service delivery.

Help the Alzheimer Society of Canada shed light and hope on dementia through regular donations to the Alzheimer Society Research Program. More information is available at [www.alzheimer.ca](http://www.alzheimer.ca)

[www.newscanada.com](http://www.newscanada.com)

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three great-grandchildren, Kristin, Hannah and Emma. He is also survived by brothers Kenneth (Joyce) and Ross (Martha), one niece, Dianna, and five nephews, Danny, Ricky, Randy, David and Robert, as well as fourteen grand-nieces and nephews, and seven great-grand nieces and nephews.

Harold is pre-deceased by his parents Stewart and Katie Walker (nee Shepherd) and one niece, Cathy Elliott (nee Walker).

## IN MEMORIAM

### Robinson, Sarah (nee Chapman)

In loving memory of a wonderful sister and aunt who passed away on August 19, 2013. Greatly missed by her sister Charlotte and many nieces and nephews who all loved her very dearly.

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# Main Street Money: Ladies' Investment and Financial Education Help Your Children Build A Foundation For A Sound Financial Future

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

When your children were young, you may have taught them the importance of saving their allowance and counting their coins. However, as they continue to grow and take on more responsibility in their teenage and post-secondary years, your children will face a whole new set of financial challenges.

From managing part-time income and preparing for college or university to building and maintaining a good credit rating, the decisions your children will make, with your guidance, can help them build a strong financial foundation for their future and set them up for long-term financial success.

Here are some steps you can take with children in their teens and 20s to help educate them about finances, managing their money and preparing for the future.

## Money Management 101 – For Teenagers

### Manage part-time income

A first job is exciting for any teenager. With money comes freedom and independence, but it can also come with the temptation to simply spend, spend, spend. Teach your teens how to manage their part-time income with a focus on finding a good balance between spending, saving and sharing and they'll be in better shape as their financial obligations grow.

### Understand needs and wants

In the beginning, everything teenagers want – whether it's a new cell phone, the latest jeans or an outing with friends – feels like a need. Help them learn to identify the difference between things they want and things they need by asking some simple questions. For example, "Do the jeans you have fit?" or "Are they ripped or stained?" or "How many pairs do you already have?" Once teens start to ask themselves questions and answer them honestly before making a purchase, they'll be well on their way towards making good financial decisions, both today and later in life when they come more complex.

### Grasp the basics of budgets and bills

Teach your children how to budget their money and they'll gain a skill that's useful for life. Understanding how much money they make every month and how much of that money they need to pay their bills instills a habit of paying bills first. Consider something you pay for, such as your child's cell phone, sports team membership or iTunes account, and have your child pay you back for this expense. Grasping the importance of meeting financial obligations is an important step towards financial literacy.

## Money Management 102 – Heading Off To College/University

Children in their 20s face increasing financial responsibilities. Here are some strategies that young people who are headed for post-secondary studies can implement to help reach the end of their education with as little debt as possible.

### Budget for the expected and the unexpected

Budgeting for the things you know your children will need for a year at school, such as money for rent, tuition, books and food, is important – but budgeting for the unexpected, such as a broken computer or unscheduled trip home, will help your children avoid undue financial stress at school.

## Organize and manage loans and scholarships

Student loans, scholarships and bursaries help offset the cost of post-secondary education. Encourage your children to visit their school's financial aid office, as many colleges and universities have lists of little known scholarships and bursaries. One challenge, however, is that this money is often dispensed as a lump sum, and while it may seem like a lot of money at first, making it last through an entire school year requires a solid budget and deep understanding of where that money needs to go.

## Start to build good credit

Understanding credit and implementing good habits early on will help your children build a strong credit rating. Establishing credit is the first step. For example, if they have cell phones in your name, transfer registration to them. You can also get them student credit cards with manageable limits, such as \$500, and encourage them to use the cards for budgeted items, such as textbooks. Paying off the full amount each month is good practice for a time when their credit limits may be much higher. Suggest they put monthly payment reminders in their smartphones. In addition, many banks offer smartphone apps that allow customers to pay for credit card purchases right after they're made.

## You are not alone – an advisor can help

No matter what their age, helping your children manage their money can seem like a daunting task. There is help. Your advisor can recommend strategies for borrowing, saving and budgeting, and help your children understand the bigger financial picture. An advisor can also recommend the best types of high interest savings accounts, TFSA's or other savings vehicles for your children. So, whether you are just starting to teach your teens money management 101, or are ready to send them off to college or university, consider contacting your advisor today.

If you would like advice or want to discuss the best approach to teach your teens money management 101, you can reach me at 514 -788-4883 or my cell at 514-949-9058.

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

## Brownsburg-Chatham Reunion

On Aug 2, Brownsburg –Chatham celebrated its roots by inviting many, from near and far, to come and attend several activities planned by a very dedicated committee. Following the events of the day were a picture display at the St Louis de France Church and a wonderful dinner at the Oasis Golf Club. Our roots are deep and many enjoyed the fellowship.  
Freda Gordon



Unveiling of a plaque in honour of "Gat" Howard, one of the founders of the Brownsburg Industries.

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## I'm Just Saying Sixty Shades of Grey

Ron Golfman - Main Street

Turning 60 years old is quite the ominous and momentous pinnacle for yours truly, and I am happy to have come this far in reasonable condition. I dare say there is a melancholy attached to thinking that I have less than half that number of miles left in me. I pitched 7 innings last night, after playing 18 holes of golf the day before, and while I am admittedly a tad creaky today, the notion that I am on the proverbial "back nine" of life is eerie nonetheless.

I accept that I have not been able to touch my toes since Elvis was alive, and that I sigh with relief that I am not a millipede, when putting on my shoes. Some aspects of getting older are easy to rationalize; like being intimidated by on-line banking, or knowing that on September 23, I will be able to drink as much coffee as I wish at McDonald's for a buck, as long as I bring my golden age, golden arch cards.

Vanity is alive and well at this juncture. I am thrilled that my hair is only just starting to turn from brown to grey, secretly knowing that if my head was viewed from above, the thinning process would be evident. I am so grateful to be 6 feet 2 inches tall, thus keeping this information protected for now.

Being referred to as "Mr. Golfman" by my teller at the TD Bank, and other routine points of service, used to prompt me to look around to see if my dad was in the building, but now I acknowledge that, in the public domain, "Ronnie" or "Ronny" are names for my archives, although integrating the odd "Mr. Ron" is still an acceptable term of social interaction.

Recently, I had the good fortune to have dinner with five close friends from our high school and university days, who happened to be in Montreal all at the same time. My friend Lisa, who resides in Sonoma, California, while now walking permanently with a cane due to an injury, told me I'd not changed a bit since CEGEP, prompting me to wonder if those Samsonite bags under my eyes were present, back in the day. Each one had various forms of increasing age evident, be it balding, a wider girth, or a slower gait, yet to me looking at them, time had stood still and I was grateful for their presence at the table. We were all still here.

My kids have grown up now, and are accomplished beyond my hopes, and while I still see them with the eyes of a parent, when they speak I am reminded that there is much to learn from them now, as adults; gifts that keep on giving. My wonderful wife is almost a decade younger than I am, and in the prime of her career, and her amazing spirit keeps me feeling young and fortunate.

For this birthday milestone, we are going to San Francisco on vacation to celebrate, and while I won't kid myself that the Grateful Dead will be playing at Candlestick Park, I will remember how blessed it is to be alive and reasonably well.

Perhaps, and I'm just saying, I might hear Scott Mackenzie reminding me to wear some flowers in my hair.

## Improving Mental and Physical Health with Meditation

Lois Wilkie - Special to Main Street



What do you think of when you hear the word "meditation"? Do you picture a bearded man sitting in the lotus position on a mountaintop? Do you consider it a fad or a questionable new-age practice? For a practice that has been around for centuries, it is certainly getting a lot of attention lately. Numerous recent studies in neuroscience have shown that meditation reduces stress, boosts the immune system, helps with anxiety and depression and improves the lives of those suffering from chronic pain or illness. Corporations, schools and hospitals now offer mindfulness programs.

Simply put, meditation or mindfulness, teaches us to slow down and be fully present in the here and now. There are formal and informal ways to engage in mindfulness. Informal meditation involves being fully present in the everyday tasks of life, such as showering, dressing, driving to work, conversing with others, preparing food and eating. Normally, these tasks are done on autopilot to the point of them becoming human-doings versus human-beings.

Taking a regular time each day to sit or lie in a comfortable position and to focus, for example, on our breathing, is regarded as a formal meditation. Breathing is something we do without much awareness. This focus helps to keep out all the other thoughts that bombard us throughout the day. So, for a short time, we take a break from our anxieties, judgments and conflicts. It allows us to acknowledge them but to put them in context and proper perspective.

Over time and with, may I add, lots of discipline, meditation encourages us to have a non-judgmental, loving attitude towards what comes up in our busy minds. Experts state that 80-90% of our thinking is repetitive, negative, and self-critical. This is alarming, dysfunctional and harmful. In my private practice as a psychotherapist, clients whose thoughts focus on the past are more prone to feel depressed, and those who focus on the future tend to feel anxious. Meditation helps us to develop a very important skill of being able to step back and view our individual situations from a variety of perspectives, rather than by reacting simply in our usual automatic, unhelpful, habitual ways. "Living in the moment" is a frequently-used phrase, but one that is seldom practiced. Formal and informal mindfulness can help to put us in a much healthier place.

Lois Wilkie holds a psychotherapy permit with the OPQ and has a private practice in Mont Tremblant. She facilitates caregiver support groups with Laurentians Care. For more information, contact Lois through her website [www.wilkiecounseling.com](http://www.wilkiecounseling.com)



## Healthy Channels Vipassana Meditation

By Christopher Garbrecht - Main Street

As a therapist, I try to help as many people as possible. However, in order to be a good therapist, I must make sure that I take care of myself as well. In acupuncture, it is important that my Qi, or energy level, is higher than my patients'. Otherwise, besides setting the bad example of an unhealthy person, I am more exposed to my patient's various illnesses. That is one of the reasons why I decided to attend the ten-day meditation course at the Vipassana Meditation Centre in Montebello, Quebec.




Vipassana is an ancient meditation technique originally from India. The technique is ingeniously simple to learn. The ten days are spent focusing and sharpening the mind on the body's sensations, in order to come to a harmony within the body and mind. One must make it a strong, personal choice in order to do this retreat. I believe that it can help anyone and everyone, but it must be said that it is a true warrior's path. With this technique, you are confronted by your thoughts, your worries, and your identity, from the superficial layers, eventually to the deeper levels of your subconscious. Its origins are Buddhist, but the actual teachings can be applied to any faith. Its goal is to help people to get rid of their misery and to be happy at the deepest level. I was pleasantly surprised to see that people of all ages and walks of life made the choice to meditate.

The Centre is set in a beautiful wooded area, just outside of Montebello. The men and women who take part in the ten-day session are segregated, in order to reduce distractions. Talking, reading, and writing are not allowed, in order to focus completely on meditating. This can seem like a very difficult thing to do, but I found it quite liberating not to feel compelled to speak to anyone, and in our fast-paced society, ten days without a cell-phone or Internet access is a challenge by itself. The food at the centre was an amazing variety of vegetarian dishes. At first, I thought that I might lose weight during the retreat, as you eat only breakfast and lunch, with fruits for dinner. However, I might have actually gained weight, as the food was delicious.

The Centre is run solely on donations and by volunteers. After the ten days, you can offer any amount that fits your financial situation, with the money being used to support the next group of students. It is truly a wonderful resource to have bordering the Laurentian region.

For more information about the Vipassana Meditation Centre in Montebello, you can check out their website at: [www.suttama.dhamma.org](http://www.suttama.dhamma.org) or call: 1 514 481-3504.

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



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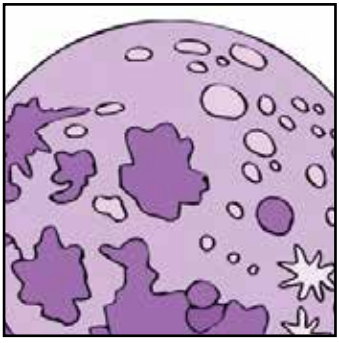


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# Zach Factor Into The Fr-cking Abyss

Lys Chisholm & Marcus Nerenberg -  
Main Street

We first wrote about hydraulic fracturing of shale-rock formations to extract oil and gas in April 2011. Fracking seemed like a bad idea then. Residents of areas peppered with fracked wells had contaminated ground water, tap-water that they could ignite when turned on, domestic animals that sickened and died, and much higher human cancer rates than non-fracked areas.



From <https://www.youtube.com/watch?v=phCibwj396I>  
(Gasland 2010) A common scene in fracking zones:  
lighting contaminated well water on fire

In the three years since, evidence suggests that worse effects are emerging from the hundreds of thousands of holes we have punched into our precious Earth.

Oklahoma's population is the latest group of unwilling lab rats. Since 2010, earthquake activity in that state has increased by a factor of hundreds. For the previous 35 years, there were only from 50 - 200 very minor temblors annually. However, since 2010, this activity has increased to 1000 - 3000 yearly. In recent years, there have been 32,000 gas wells drilled in the state. The hard-to-recover, or tight, gas and oil need specialized procedures. First, a well is drilled a mile into the earth, and then the drill is turned horizontally and continues for up to 6 more miles underground. Then, a huge amount of water, mixed with proprietary (secret) chemicals, is pumped down into the

well. This fracking liquid is pumped under tremendous pressure, which then fractures the shale-rock formations underground, freeing the trapped amounts of oil or gas to flow out of the well. The waste water from this process is then pumped deep into the shale rock, where it migrates for many miles along fault lines both, natural and man-made, lubricating seismic stress points, and causing numerous manufactured earthquakes. According to Cornell University geophysics professor, Katie Keranan, this is highly probable. In the entire world, in the period, July 20 - August 20, there were 1065 quakes of a magnitude of 2.5+, and 98 of them occurred in Oklahoma, which is not in any of the world's major seismic zones.



Biologist Jessica Ernst says that after gas wells were "fracked" near her Alberta home, gas came out of her tap water—so much so that she could light it on fire.  
Photo Credit: Colin Smith

If fracking was not already a bad idea, for numerous environmental and health reasons, the awful economics of the process completes the disaster scenario. For the year ending March 31, 2014, the US Energy Department's Energy Information Agency reported that 127 oil and gas companies took in \$568 billion revenue from fracking operations, while the cash outlay for fracking in that period was \$667 billion - producing a loss of \$99 billion. Overall, fracking operations have produced increasing net losses since 2010.

The 0% interest-rate policy is what makes this insanity possible. It appears that oil company executives are paid bonuses on how much is spent - the bigger the budget, the larger the bonuses. Even at historically low interest rates, the loans must be serviced, and because production volumes from shale wells decline so rapidly, interest payments as a percentage of revenue are increasing rapidly. The American experience was spurred by tax incentives from the federal government. Even these tax savings cannot offset the operating losses from under-performing wells. As recently as two years ago, industry and politicians were hyping the 100-year reserves of shale oil, with the catch phrase, "Saudi America". By discounting reserves classified as "possible and speculative", and factoring in the soaring cost of extraction, the U.S. has a recoverable reserve of 24 billion barrels of shale oil. At the 2011 rate of consumption, of 6.9 billion barrels annually, that's a mere 3.5 year's supply.

In Canada, we have not escaped the feeding frenzy. The governments of Manitoba, Saskatchewan, Alberta and B.C., all offer subsidies and take lower royalty fees than any American jurisdiction. Since 2004, B.C.'s Royalty Credit Program has subsidized 1,243 miles of roads and 1,304 miles of pipelines, at a cost of \$840 million, while natural gas prices have fallen.

In Quebec, previous governments placed a moratorium on fracking. So, under the North American Free Trade Agreement, Lone Star, an American corporation, is suing the Canadian Government for \$250-million for "arbitrary, capricious, and illegal revocation of the Enterprise's valuable right to mine for oil and gas under [Quebec's] Saint Lawrence River." We have already been burned by the fracking industry. Take note that highly volatile - read more explosive - crude oil from North Dakota's Bakken Shale oil field destroyed downtown Lac Magentic.

Now that our new Liberal government is toying again with enabling fracking, one way to put this idea out of its environmental and economic misery is to contact your MNA and express your views.



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## Fit Tip #90

# The Power of Green

Lisa McLellan - Main Street

Challenge of Month # 5: Eat Your Greens!

Why? CHLOROPHYLL. Chlorophyll is the important compound that acts as your internal healer, cleanser, antiseptic, and cell-stimulator, rejuvenator and red-blood-cell builder. The greener the leaves, the more concentrated the amount of chlorophyll. Taken consistently, in sufficient amounts, chlorophyll has these powerful remedial effects:

- Increases blood cell count
- Alleviates blood sugar problems
- Improves bowel functions
- Reduces or eliminates body odours
- Relieves gastric ulcers
- Greatly relieves respiratory troubles, like asthma and sinusitis
- Detoxifies and cleanses
- Reduces inflammation pain
- Melts away toxic fats
- Kills bacteria in wounds and speeds up healing
- Soothes painful hemorrhoids
- Improves milk production in lactating mothers

Are you surprised by all that plant “green” can do for your health? The single, biggest game-changer in improving my own personal diet and gaining optimal health, was to add a green juice into my daily routine. No doubt about it. My level of energy increased, my skin became more radiant, and my moods more balanced. It improved my resistance to illness, and I was able to maintain my weight better, even while going through the challenges of menopause!

Juicing allows us to eat a larger variety of vegetables in bigger quantities, which in turn leaves us better hydrated, better nourished and feeling on top of the world. Green vegetable juices could be life-changers for you, too.

I juice with my blender, rather than a juicer. I don't get as nutrient-dense a drink, but in my case, my body loves the fibres. Dietary fibre aids in digestion, helps to regulate blood sugar levels, and keeps you feeling full longer. It plays a vital role in eliminating toxins as a result of promoting regular bowel movements. When your blood sugar is successfully controlled and regulated, you can lose, and maintain, body weight more easily.

Getting started: I have been making the same juice almost every morning for 3 years now. It works for me.

### Recipe:

- 1/2 a peeled lemon, a chunk of peeled ginger, 1-2 stalks celery, 1/2-1 cucumber partially peeled, 1/2 cup organic apple, mango or pear juice. Blend.
- A big handful of spinach, a handful of kale and a small handful of parsley finely chopped (easier on my old blender) and add fresh water. Blend.
- I dilute the mix with more water if too thick, and put it into a mason-jar (or two), and drink gradually.



If this recipe seems too radical for some of you, here is a link for some simpler green-juice recipes: <http://www.mindbodygreen.com/0-8155/3-yummy-green-juice-recipes-to-convert-skeptics.html>.

Use organic products for your juice as often as possible. I also love to make salads that are more than just lettuce leaves. I chop a variety of raw vegetables finely and add them in, as well as some nuts. Vinaigrette: olive oil, organic apple cider vinegar, Bragg Liquid Aminos, and nutritional yeast (both available at health food stores; tasty and highly recommended). Mmmm, delicious!

I hope you are joining me in this ‘Healthy Lifestyle Habits’ challenge, and changing your life for the better, one little step at a time.

As Julie Childs would say, “Bon appetite”.



## The English Link

# What To Do About Falling

By Kim Nymark - Main Street

I recently fell down the stairs and into the pool at my parents' place and was shocked at the overall impact it had on my well-being. Though I did not have any external, visible injuries, I was sore for weeks. I am not

yet classified as a senior, but this incident made me stop and think about the consequences of falling, at any age. We all fall from time to time but, with age, both the number of falls and the likelihood of injuries increases.

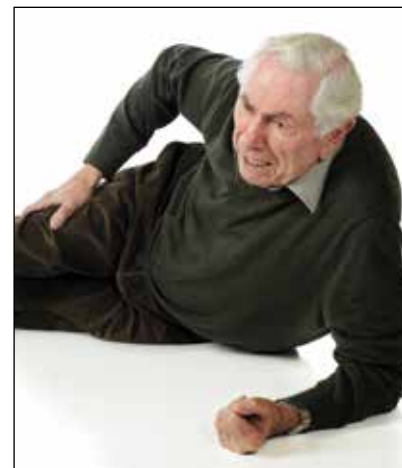
Did you know that one-third of all seniors have at least one fall a year? Seniors are nine times more likely to be hurt in a fall than someone under the age of 65. Nearly two-thirds of injury-related hospitalizations for seniors are the result of a fall, and approximately 40% of fall-related injuries are hip fractures. It is very important to know what to do if you fall.

### What to do after a fall... if you CAN get up

The first thing to do is to catch your breath. Check and see if you are injured. Even if you think you're OK, take your time before getting up again. And most of all, stay calm.

### Follow These Five Steps for Getting Up

1. Lie on your side, bend the leg that is on top and lift yourself onto your elbows or hands.
2. Pull yourself toward an armchair or other sturdy object, and then kneel, while placing both hands on the chair or object.
3. Place your stronger leg in front, holding on to the chair or object.
4. Stand up.
5. Very carefully, turn and sit down.



### What to do after a fall... if you CANNOT get up

If you feel any discomfort or are unable to get up, try to get help.

1. Call out for help, if you think you can be heard.
2. If you have an emergency call device or telephone at hand, use it.
3. If you don't, try to slide yourself towards a telephone, or a place where you will be heard.
4. Make noise with your cane or another object to attract attention.
5. Wait for help in the most comfortable position for you.
6. If you can, place a pillow under your head and cover yourself with a piece of clothing or a blanket to stay warm.
7. Try to move your joints to ease circulation and prevent stiffness.

Your local CSSS is available to help, and can offer a free 12-week program called: Stand Up. The program introduces different balance and strengthening exercises, as well as how to create a safer and more secure home environment. If you can get a group of 15 people together, they will run the program for you. Simply contact your CLSC for more information at 1 888-SOMMETS, extension 4055. The Public Health Agency of Canada website at <http://www.phac-aspc.gc.ca/seniors-aines/publications/public/injury-blessure/falls-chutes/index-eng.php> has an abundance of information on this topic and should be consulted if you have any concerns about falling.

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

## Candlelight Concert in St. Adolphe d'Howard



On Saturday, August 9, members of ESEM (Ensemble Séfaraide Et Méditerranéen) enthralled their audience with a dazzling candlelight concert in the Chapel of Lake Géront in St. Adolphe d'Howard. The ensemble included Melanie Bonville (violin), Helen Martinez (vocals), Elaine Prévost (double bass) and Jean-Philippe Reny (oud).

## What a Beauty!

Congratulations to Richard L'Heureux who caught this lake trout just before sunset on August 22 as he was paddling his canoe on Lake Wentworth. This Laurentian mammoth measured in at 31 inches and weighed about 10 ½ pounds. Richard was trolling with his fly rod, a sinking fly line and a streamer, and landed the trout just a few minutes away from his cottage.



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## Garden Talk Goldenrod vs Ragweed

June Angus - Main Street

Throughout late summer, our wild landscapes and roadsides are dappled with bumper crops of goldenrod.

These gorgeous yellow wildflowers take center stage at a time of year when many other perennials and wildflowers have faded. While many of us in North America regard goldenrod as a weed, it is a staple in sunny European gardens.

Part of our problem with this so-called weed or wildflower is that hay fever symptoms seem to be worse when goldenrod is in bloom. But goldenrod is not to blame. The real late-summer, allergy-producing culprit is ragweed. While the two plants have vague similarities and can grow near each other, there are key differences.

Goldenrod produces distinctive masses of bright, golden or yellow flowers on single-stemmed plants, bearing lance-shaped leaves. The plant produces relatively large, heavy, sticky pollen grains that are carried by bees, butterflies, and other pollinators. Goldenrod pollen is never carried by the wind, and is therefore never airborne, or available to cause hay fever symptoms.

By contrast, ragweed bears greenish-yellow flowers in small heads and produces copious amounts of pollen that is carried by the wind. Ragweed flowers are not showy like goldenrod, which means these plants are often easier to recognize by their stems and leaves. Ragweed has branching purplish stems that are rough and hairy, and leaves that are smooth, but deeply divided into lobed portions. Ragweed has earned the deserved reputation as Public Enemy #1, for late-summer allergy sufferers.

With lack of knowledge people sometimes confuse the two by mis-identifying goldenrod as ragweed. They then work vigorously to eliminate it from their garden. If you regard goldenrod as a weed messing up the landscape, fair enough. But if you actually like the flowers, leave them alone. They are not causing you, or your neighbours, to have itchy watery eyes and runny noses.

Ragweed, on the other hand, should be eliminated. These weeds are responsible for a great deal of misery. Existing plants are easy to pull out as they have a shallow root system. Wear gloves. Make sure to pull these weeds before they flower. A ragweed plant can produce more than 60,000 seeds if allowed to mature fully. Ragweed thrives in heavy, untilled soil with poor fertility. One of the best ways to control ragweed in lawns and flowerbeds is to make sure grass is mowed frequently, and open beds are cultivated, or hoed, on a regular basis.

For allergy sufferers who react badly to a wide variety of pollen, 2014 has been a particularly rough growing season. The first heavy frost is due any time now, so that will hopefully provide some welcome relief. Meanwhile, get rid of ragweed, but relax and enjoy the final summer glow of goldenrod.



Goldenrod



Ragweed

## An Enchanted Garden Concert

By Ilania Abileah - Main Street

The 5th Sunday Garden Concert in Prévost, organized by the Prévost Horticultural Society and Diffusion Amal'Gamme, was held on July 20. What an enchanting summer event! The Labadie family gardens were breathtaking, with cascading water and a Japanese bridge leading to the shaded concert area. The atmosphere



An enchanted garden in Prévost

was friendly, elegant and festive. Michel Dubeau shared his passion for the Japanese flute, the "Shakuhachi", and took the time to explain traditional Japanese flute music that was originally played by monks. He performed a few solo pieces, and others accompanied by harp. Suzanne Berthiaume, on harp, played "Sakura, Sakura" (Cherry Blossom) and others. The program included music by Maurice Ravel, Claude Debussy, Eric Satie, Gabriel Fauré, Saint-Saens and Dmitry Kabalevsky. These were beautiful melodies that made you dream, while the flute and harp played with the accompaniment of the background sound of flowing water!

Now we have come to the end of summer, but there is a silver lining! Diffusion Amal'Gamme has a new concert series planned for the 2014-2015 season. There will be classical, jazz, pop groups and solo recitals, something for each taste. This is time to purchase a subscription (5 concerts or more) to receive a discount and a reserved seat! Call 450 436-3037. www.diffusionsamalgamme.com.



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## Order Of Merit

The Mayor and the Municipal Council proudly awarded the first WENTWORTH ORDER OF MERIT to Mr. Lawrence Irany for "unsung efforts over many years in the areas of the environment, local history, wildlife preservation and, for his organization of the Lake Louisa Great Relay Race.



## The 28th Great Relay Race

On August 2, teams lined up for the start of the 28th edition of the Lake Louisa Great Relay Race. Everyone gave up their best as they biked, canoed, kayaked and swam this year's grueling course. At the end of the day, John Birch and his team, familiar faces in the winner's circle once again claimed the day's trophy. A great time was had by all and everyone looks forward to next year's promised event.





# CLASSIFIED ADS

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