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What's On My Mind... Here we go again...

Susan MacDonald, Editor

After a summer of relative normalcy, a new wave of the coronavirus is upon us and, once again, we are obliged to fall back into the abyss of solitude to protect our health and that of our loved ones. No need here to mention the safety protocols, after having lived through them for months, we know them all too well. Are we better prepared this time around? Only time will tell.

So far, I have not seen a recurrence of any panic shopping, and grocery shelves remain well-stocked. Businesses and services currently remain operational following the new protocols, and except for a few irresponsible individuals, most people have adapted well to wearing masks and using hand sanitizers. However, over the course of the summer, I have noticed a gradual, yet definite decline in the practice of social distancing, even by those who acted so judiciously during the early days of the pandemic. This does not surprise me because, after all, we are social by nature.

Comments I hear now, most often concern the new 'colour-coded' system and the impact regarding social gatherings, particularly, in our homes. Should this crisis worsen further, people worry about being isolated again and unable to maintain contact with their loved ones, or to help them in case of need. Memories of the recent past have not dimmed.

If reducing the risk of transmission is the primary concern, I must admit that the current protocol regarding private gatherings leaves me puzzled. In regions that are zoned RED, visitors from another address are prohibited (exception: a single person to another single individual's residence) but it is only recommended not to travel beyond the red zone borders. One would think that small family gatherings in red zones, where loved ones are likely to follow the safety protocols, are less of a risk factor than allowing those targeted populations to travel freely between zones. Obviously, I am missing something here.

It's Thanksgiving weekend, a time when families and friends get together to visit and give thanks for the many joys in their lives. Sadly, this year, rather than sitting around the table enjoying their traditional annual feasts, many families will be sitting at their computers, sharing the celebration, virtually. Others, outside the RED zones, will be splitting up their groups into small gatherings, and many will just cancel their plans altogether. This year, the holiday will be less joyful for all.

Still, we all have much to be thankful for, and it is my hope that we will continue to focus on the positive aspects in our lives. Feel blessed for what you have, let go of what you've lost, and look forward, eagerly, to tomorrow.

Happy Thanksgiving to all,

Enjoy the read...

Editor's Note: The views and opinions expressed in the various columns are those of the individual writer and do not necessarily reflect those of the editor or this publication.



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Observations

The magic of distraction

David MacFairlane - MainStreet

It's too bad that we keep falling for this old trick that seems to work every time, no matter how smart we may think we are.

What's the trick this time? Well, what's being covered up is so huge that it has escaped the notice of all but the most concerned observers of the worlds of politics and economics. It's similar to knowing that the best way to hide something is to put it in plain sight.

What's the distraction? Just about everything going on right now. This pandemic, for example. The non-stop bad news about "cases", red zones, lockdowns, social distancing, and the need for masks to avoid getting sick has just about scared the pants off everybody, and made people suspicious of each other in ways I could never have imagined six months ago. Job losses, and the arbitrary closing of businesses, have wreaked havoc on the lives of untold numbers of families, with consequences that have yet to be calculated. Travel restrictions add another layer of misery on families, friends and their accustomed freedoms to go where they choose without interference in their free passage.

The violations of our rights under The Charter of Rights and Freedoms are so profound that Constitutional lawyer, Rocco Galati, is suing our government for the violation of our rights due to this pandemic craziness. Galati recently filed a 191-page lawsuit against multiple levels of government that have pushed the pandemic panic. In his lawsuit, he names Justin Trudeau, Theresa Tam, Doug Ford, John Tory, and a host of other federal, provincial and municipal government officials. The lawsuit seeks several official declarations from the courts that pandemic measures are neither scientific nor medically based, that they are extreme, irrational, and unwarranted, and that they breach multiple sections of our Charter of Rights and Freedoms. Many lawyers wouldn't dare challenge the political powers that be, but Galati is not your typical lawyer - he's taken on unpopular cases before - and won! Whether this lawsuit succeeds past the discovery process and gets to trial is unknown at this time, but it is an indicator of the discontent in the population.

It is worth mentioning that a similar lawsuit is also unfolding in the US. It is a federal complaint against the State of Ohio charging that lockdown is mass imprisonment without due process, and presenting statements from government sources and agencies, showing that the death toll has been inflated, that current Covid testing is fraudulent, and that Covid is statistically similar to a seasonal 'flu' outbreak. The two Ohio lawyers behind this initiative were interviewed by The Whistleblower Newsroom reporter on 25th September and indicated that they have received numerous calls from around the US about similar intentions to pursue lawsuits in other states around the country. However, this lawsuit, too, must survive the discovery process.

There are multiple other distractions too. Of course, the continuing news of mounting fresh cases of Covid around the world, but to add to the obvious anxiety we must feel about this pandemic, there are more situations that occupy the news cycles, and our attention, at this time. The growing world food crisis, the wars in the Balkans, Libya, Syria, Afghanistan, the US/China trade war and tension over Taiwan and the South China Sea, Turkey's shenanigans in the Middle East, the perennial Russian bogeyman, named Putin, Brexit, the cost of living, the refugee crisis in the EU, the US election circus. What have I missed? The list is endless but, they are all, every single one of them, distractions from the main event that is coming at us like an express train out of control.

What is it? The world economy is hurtling towards an economic crisis, the likes of which no generation alive has ever known, and it will be worse than the last worldwide Great Depression, which lasted from 1929-1939.

The following are excerpts from an economic report that explains the situation far better than I can, but the full text is available in the public forum for anyone to read:

As early as February 2020, GNS Economics, an independent, Helsinki-based macroeconomic consultancy, specialized in forecasting and analyzing the risks of the world economy and the financial markets, had identified the approaching crisis.

The coronavirus, or Covid-19, pandemic, has thrust the world onto this path leading to this economic collapse of epic proportions. But, like most things in life, such a dramatic event is unlikely to proceed in a purely linear fashion. There will be different stages within it.

For a brief period of time, in mid-March, we were on the brink of a complete financial market meltdown. Then, there was a frantic rush on a never-seen-before scale by global and local authorities to rescue the situation. Governments all over the world have pushed vast amounts of debt-financed stimulus into their respective economies. However, this astronomical level of stimulus has only resulted, at best, in a sub-par recovery across the globe, which is now fading. When corporate failures, or the "Flood", truly begin, this will be visible both in the financial markets and in the public sector. Several sectors of the financial markets are likely to witness massive turbulence, collapsing prices and even complete implosion, similar to the recent cataclysm in the oil markets.

"In stage magic, Magicians use distraction techniques to draw the audience's attention away from whichever hand is engaged in sleight of hand. Magicians can accomplish this by encouraging the audience to look elsewhere, or by having an assistant do, or say, something to draw the audience's attention away." (Wikipedia)

The "Flood" will have the biggest impact on the banking sector, which is already very weak in Europe. An utter economic collapse will follow. Massive global deflation will appear, led by an ugly chain of bank and corporate failures. Global liquidity will collapse, and stock markets will crash in a spectacular fashion. Joblessness and poverty are likely to explode. Simultaneously, government tax revenues will collapse as incomes evaporate. Global commerce would evaporate. The world would succumb into utter economic annihilation. This would naturally lead to an unrecognizable, global economic dystopia.

GNS continues ... It is very human to avoid acknowledging disturbing possibilities, such as the looming economic abyss the world economy is about to sink into, but now we absolutely need to understand the economic realities as they are. Otherwise, the effects of the approaching turmoil will be unbearable. We expect the global depression to last 3-5 years. The initial collapse will likely be over within three years (2020-2022). Thus, the path to recovery will depend crucially on how far the 'cleansing' of the economy, markets and financial sector is allowed to go. So, if we manage to return to the principles of the market economy, we are likely to see one of the most powerful recoveries in global economic history.

However, Modern Monetary Theory ("MMT") would corrupt the economy further, making a sustained recovery impossible. This, unfortunately, is the path we currently are on. In this darker scenario, some form of fascism (which is, by definition, the merger of state and corporate power) would likely be the end-result of these developments.

GNS concludes ... Global authorities may still be able to postpone the onset of the crisis for few months, but the losses inflicted by the coronavirus guarantee that it is coming.

Look, I am simply passing on information that you will not find if you watch network news or read the dailies. So, please don't shoot the messenger. We will all be in the same boat if this comes to pass.

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Founder: Jack Burger
Advertising Sales: Susan MacDonald,
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Publisher/Editor: Susan MacDonald
Associate Editors: Jim Warbanks, June Angus
Art Director: Laurie Roch

Contributing writers: Ilania Abileah, June Angus, Louise Bloom, Lys Chisholm, Chris Collyer, Ron Golfman, Joseph Graham, Lori Leonard, David MacFairlane, Mat Madison, Marcus Nerenberg, Sue Rich, Janet Thomas, Jim Warbanks and many other contributors from the Laurentian community at large.

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Simply Words on Paper NORCS could alleviate long- term care concerns

Jim Warbanks - Main Street

The tragic, elevated death rates, and abysmal living conditions, which occurred in both government-operated CHSLDs and privately-run long-term care facilities, during the earlier stages of the Covid-19 pandemic, are seared indelibly in our minds. At best, conditions, during this second wave, remain fragile.

At the behest of a group of concerned community members, Argenteuil MNA Agnes Grondin convened a meeting recently to explore long-term care options, and to ascertain the expectations of area residents. To comply with social distancing protocols, the gathering took place outdoors, in Parc Barron. While accepting that patients with heavier medical care needs require treatment in a residential facility, overwhelmingly the preferred option was to remain in-home as long as possible, with an increase of health care and social services provided.



Home care

In July 2020, a Home Care Ontario survey of older adults showed that 93 percent of the 1,000 respondents indicated their desire to stay in their own homes. No one identified long-term care facilities as part of their future housing plans. Long-term care, which is costly and inadequate to meet the needs of Canada's aging population, is not where most people would choose to live. Let's examine other housing solutions that exist and how they can be implemented.

Essential to the success and acceptability of any housing alternative is the need for older adults to maintain a sense of autonomy and independence, be engaged actively in decisions affecting themselves and their communities, and have the opportunity to build social networks that ultimately can be mutually self-supporting.

Alternatives

In the U.S village model, older adults, living in a neighbourhood of single-dwelling homes, come together as a group to organize paid and volunteer services. In Europe, co-housing joins both younger and older adults in clusters of homes or apartments. Members manage common spaces and support group activities, such as communal dining.

Naturally Occurring Retirement Communities (NORCs) also have significant potential. These are unplanned communities that have a high proportion of older residents. Individuals, in a specific neighbourhood, may have aged together as a community, or an apartment building complex, in a walkable neighbourhood, may attract older adults moving from single-family homes.

Older residents

NORCs coordinate a broad range of health and social services to help support older residents age in their own homes, as well as utilize the strengths of the older residents in the design, implementation, and prioritization of services and activities.

NORC programs operate through multi-disciplinary partnership representatives. At the core of these partnerships are social service and health care providers, housing managers, or representatives, of neighbourhood associations and, most importantly, the community's residents, especially its older residents. They also connect to other community stakeholders, such as local businesses, civic, religious, and cultural institutions, public and private fundraisers, as well as local police. This makes such communities into great places to grow older. A person must be 60 or older and live within the catchment area of the NORC.

Income levels

In order to qualify as a Classic NORC, it must be an apartment building or housing complex, which was not built predominantly for older adults. A majority of the older adults to be served should have low or moderate incomes.

For an area to qualify as a Neighbourhood NORC, it must be a group of residential dwellings in a defined neighbourhood, which was not developed predominantly for older adults, does not restrict admission to older adults, and is made up of low-rise buildings, six stories or fewer, and/or single and/or multi-family homes without common ownership, provided, however, that apartment buildings and housing complexes may be included in rural areas.

Imagine the impact if such flexible, innovative and liveable solutions were to be available, implemented and promoted in Quebec. There are multiple advantages to be gained. Since NORCs, or similar programs, are decidedly cheaper than building, operating, staffing and maintaining the current options, it should be evidently feasible for both provincial and municipal entities to fund pilot programs to ascertain the viability of such approaches. Funds could be allocated also to cover a portion of the start-up costs, including zoning changes, needed renovations or conversion costs, and related expenses.

Additional savings

Health and social services delivery programs would have to be modified to enhance "at-home" services, but this would involve only a re-direction of resources and, potentially, could generate additional savings.

Quality of life is difficult to quantify, but few, if any, moderately-able seniors of retirement age, or older, would be likely to state, "I just can't wait to be warehoused in a large, long-term care facility, instead of remaining at home." Would you?

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Fall-ing in love with 4Korners virtual space



Andie Bennett

The temperature is dropping along with the leaves and there is no better time to FALL in love with the online and growing number of hybrid activities at 4Korners. One silver lining regarding our programming during COVID is that more people from a wider territory can enjoy some of our favorite classes, like online drawing with Carol Lyng. We are overjoyed that we can now offer the option to do certain activities in 3 dimensions. The drawing classes taught by Lyng were such a huge success that we added a new painting class where we supply all necessary materials for participants residing in the Laurentians.

Our mission is to serve the English-speaking communities in the Laurentians, and certainly improving one's French is always a bonus for truly enjoying everything there is to offer in this beautiful province. A great way to bridge the gap from "I speak French" to "I can participate and follow conversations easily in French" is to try out our Online French Conversation Courses. Taking a formal course means learning French grammar, something that is not always very exciting. Conversation workshops can help you become more confident, improve your pronunciation and learn new vocabulary and expressions in an informal and friendly atmosphere.

The women's wellness workshops cover a number of topics, ranging from nutrition and menopause, to aging in good mental health. We have started offering the option of attending via Zoom, or at the 4Korners activity center in Deux-Montagnes, a space big enough to accommodate physical distancing and where all safety measures will be respected during the workshops.

The taxing role of caregivers has been exacerbated by the reality of this pandemic, and another hybrid activity that we are proud to continue into the fall is the Caregivers Support Group. This monthly group provides an opportunity to explore the issues that are faced by those caring for loved ones, to learn from others who are experiencing the same challenges and to enable you to share your experiences.

4Korners will host a second chair-yoga class weekly through the Fall via Zoom, and seniors Tai Chi will continue online, with the option to take part in person at the activity center, located at 1650 chemin d'Oka, Deux-Montagnes. Space is limited for the in-person events, so please contact Luz Garcia, 4Korners new Office Administrator at info@4korners.org.

All registration information can be found on our Facebook page:
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QUE le service de l'urbanisme et de l'environnement, malgré ladite résolution, traitera les demandes de lotissement répondant aux conditions suivantes :

1. La demande de lotissement pour un usage résidentiel a déjà été déposée, en date du 9 septembre 2020, pour le ou les lots visés pour des usages identiques;
2. La demande de permis de lotissement est complète et conforme au règlement;

Donné ce 17ième jour de septembre 2020.

Le Directeur général

THAT on September 9th, 2020, in accordance to Article 112 of the Act respecting land use planning and development, the municipal council proceeded with the adoption of a resolution for temporary control in order to suspend, for a maximum period of 90 days, all requests for cadastral operations pertaining to a lot where residential use is authorized;

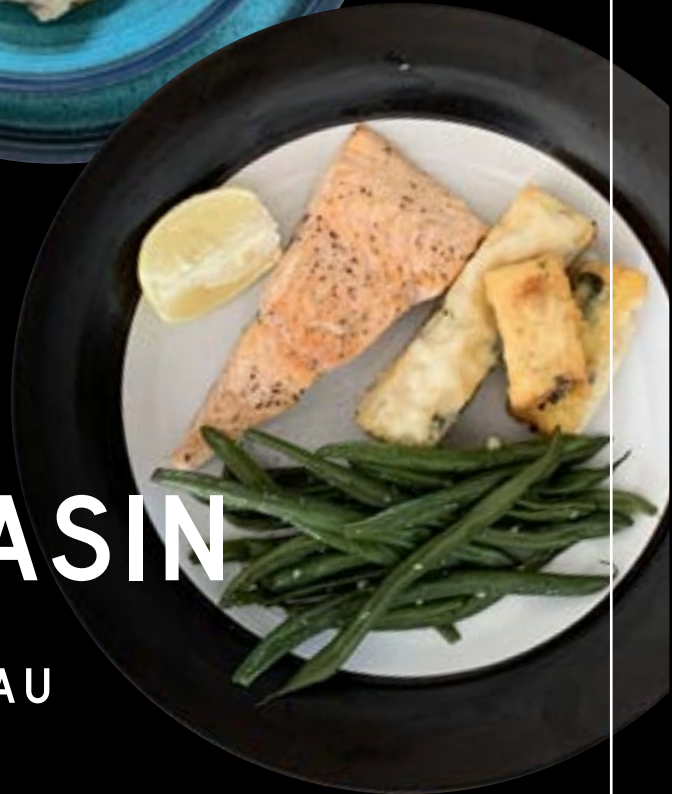
THAT the Urbanism and environment department, despite said resolution, will process requests meeting the following requirements:

1. The subdivision request for residential use has already been presented as of September 9th, 2020, for the specified lot(s) for identical uses;
2. The request for a subdivision permit has been completed and complies with the by-law;

Given this 17th day of September 2020.

General manager

Me Hugo Lépine
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NEWS BITS FOR OCTOBER

“North zone” public transport - A more efficient solution envisaged

Following the end of the agreement between the City of Rivière Rouge and the MRC des Laurentides concerning the public transport service that serves the City of Rivière Rouge, located on the territory of the MRC of Antoine Labelle, and the municipalities of La Minerve, Labelle and La Conception, located on the territory of the MRC des Laurentides, a new solution to ensure an advantageous and profitable service is envisaged as of January 2021.

Since 2009, this public transport service has been the full responsibility of the MRC des Laurentides and the City of Rivière Rouge. The significant drop in ridership on this section of the transportation network, coupled with the drastically affected ridership since the pandemic, make it inevitable to conclude that this agreement, in its current form, is no longer viable.

Actively committed to supporting organizations in its territory, the MRC des Laurentides intends to continue its efforts to ensure that citizens' mobility can rely on quality public transport that meets the needs of the population.

A taxi-bus service will therefore serve the three municipalities concerned in its territory, namely La Minerve, Labelle and La Conception, and will aim to improve the schedules and the number of departures, compared to the existing service. A new schedule will be published by TACL at the beginning of January 2021.

The City of Rivière-Rouge, part of the MRC d'Antoine-Labelle, will communicate the solutions considered.

QESBA pleased with school elections candidatures during pandemic

The Quebec English School Boards Association (QESBA) is pleased overall with the candidatures deposited by the September 27 deadline given the short timeline and health and safety requirements required of holding these elections during the COVID-19 pandemic.

There are 9 chairperson seats and 95 commissioner seats throughout the province in the English- language school system. There will be elections held on November 1 for chairperson in the Lester B. Pearson School Board and the Sir Wilfrid Laurier School Board. Elections will also be held for commissioner seats in the English Montreal, Lester B. Pearson, New Frontiers and Western Quebec School Boards.

“QESBA is pleased and acknowledges the commitment of the English-speaking community to our institutions. Candidates rallied over six days all with strict health requirements to gather nomination signatures to be able to run in these elections,” said QESBA President Dan Lamoureux.

“We are very pleased that there will be seven elections for commissioners and two elections for chairperson on November 1 and we congratulate all of the candidates and elected, our students, parents and teachers are very well served by these dedicated individuals,” concluded the President.

QESBA is the voice of English public education in Québec and represents 100,000 students in 340 elementary, high schools, and adult and vocational centres across Québec.

The Argenteuil MRC cancels the Foire de Noël Saveurs et Culture / Christmas Fair

Regretfully, the MRC d'Argenteuil announced recently that the current context of the pandemic has forced it to cancel the Foire de Noël Saveurs et Culture / Christmas Fair, which was scheduled for November 27, 28 and 29, 2020.

“The decision was made at the beginning of September not to hold the usual event at Laurentian Regional High School and Polyvalente Lavigne. During the past two weeks, we have explored different scenarios in order to hold an event that is safer and complies with Public Health guidelines. Unfortunately, with the upsurge in the number of confirmed cases of COVID-19 in the last few days in the Laurentians and the level of alert that has been raised for the region, as a local government, we cannot encourage any gathering, ” declared the prefect of the MRC d'Argenteuil, Mr. Scott Pearce.

The MRC d'Argenteuil is aware of the impact of this decision on food producers and processors, artists, artisans and citizens. However, it wishes to protect its population by complying with the measures put in place by Public Health to fight against the health crisis of COVID-19.

The MRC d'Argenteuil thanks the population for their understanding and reiterates the importance of favoring local purchases at all times. A few artists and craftspeople usually present at the Christmas Fair will exhibit their works at the Galerie-boutique de la Route des arts, located at 76, rue Clyde, in Lachute. The products of several food producers and processors of the Christmas Fair are available in the online store of the local food market Maude Market. In addition, there is also the Achat local Argenteuil online platform, which brings together several local businesses. All these great initiatives received a financial contribution from the MRC d'Argenteuil.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Fall is upon us and winter is on the way... here are some fun family activities to partake of this Fall and Winter since we will be staying home for the most part due to Covid-19:

- Have a family jigsaw puzzle session
- Hold family theme nights (cheese fondue or beef bourguignon, Halloween, etc.) on chilly nights.
- Take some on-line courses in knitting, painting, quilting, sketching or a subject that you are interested in.
- Make a scrap book with family photos – fun to review memories together.
- Start a gratitude journal. Write down what you are grateful for despite Covid-19.
- Purchase a family ski pass or cross-country pass to enjoy the outdoors.
- Make some jams, pickles, salsa to give away as Xmas gifts.
- Do some crossword puzzles or buy the latest books and read at the fireside.
- Check out the local trails to do some snowshoeing or hiking.



There is also **Marché des Fêtes**, which takes place Friday to Sunday, November 27 to 29, at Hotel de Ville Mont-Tremblant, 1145 rue St. Jovite. Vendors are artisans who sell many types of artisanal items such as breadboards, glassware, etc.



Did you know:

That there is a new specialty boutique for puzzles called **Maison du Casse-Tête**, 1453 Barbeau, Ste. Adèle? They sell puzzles for children and adults. You can buy both new and used puzzles. They also offer puzzle trays: great fun during Covid-19 and for dreary fall and winter days. At the front of the store is industrial style artisanal furniture in natural wood with forged steel connections. 450 745-0101 / facebook: maisonducassetete

Drone Vision Canada, owned by **Joann Kosinsky** recently opened? Randell Green is a professional, seasoned licensed pilot certified for advanced drone operation. Randell's specialty is using drones for heat loss detection with infrared cameras for residential buildings, land mapping, measuring, videoing and still imaging. These services help residents to determine the whereabouts of roof and wall heat loss, water infiltration and hot wire detection. Randell can also cover events of all types, crop inspections, assist realtors with presentation photos, help firemen for fire detection through smoke imaging and he also does dangerous site imaging. These Infrared Drone imaging services, photography and inspections are completed by Randell, a Transport Canada certified/insured pilot. Land mapping video or still imaging are also available. Full report detailing. Many other possibilities.



Info: Randell: 514 912-0168 / randell@dronevisioncanada.ca / dronevisioncanada.ca

News from the Sûreté du Québec



Arrests and search for narcotics in Val-David

Police officers from the MRC des Laurentides station and the Sûreté du Québec made two arrests and a search for narcotics on October 3 in Val-David.

Men, aged 34 and 20, were arrested on the spot. The latter have been released and must return to at a later date to the Saint-Jérôme courthouse. They could face charges relating to possession and production of cannabis, obstruction and breach of recognizance.

During the search of a residence on rue de la Volière, in Val-David, police seized more than 490 grams of cannabis, more than 100 cannabis plants and equipment used in the production of cannabis.



Arrests and searches for narcotic drugs in Sainte-Adèle

On October 2, police officers from the MRC des Pays-en-Haut station carried out two searches and two arrests relating to drugs in Sainte-Adèle.

Men, aged 78 and 57, were arrested and then released. They are due to appear at the Saint-Jérôme courthouse at a later date, where they could face charges of producing and possessing narcotics for the purpose of trafficking.

During searches of residences on Montée Séraphin and rue des Mésanges, in Sainte-Adèle, the police seized more than 3.5 kilos of cannabis, more than 225 cannabis plants and more than \$1,400.

This investigation progressed thanks to information received from the public.

The Sûreté du Québec reminds the population that any information relating to the trafficking or production of narcotics can be communicated confidentially at any time to the Central Criminal Information Center at 1 800-659-4264.



COVID-19 Alert Levels

The Laurentians in orange and red

As of Thursday, October 1, 2020, the MRCs of La Rivière-du-Nord, Thérèse-De Blainville, Deux-Montagnes and the City of Mirabel will be at the red level regarding the fight and monitoring for COVID-19 for a period of 28 days. For their part, the MRCs of Argenteuil, Pays-en-Haut, Laurentides and Antoine-Labelle change to the orange tier. The CISSS des Laurentides therefore wishes to clarify to the population what this means and what measures will consequently be put in place to slow down the transmission of the virus.

As part of the Montreal Metropolitan Community (CMM), the MRCs of Thérèse-De Blainville, Deux-Montagnes and the City of Mirabel have indeed taken the color red, according to the analysis of Public Health, which notes a significant traffic of virus in this territory. There is also the MRC de la Rivière-du-Nord where the circulation of COVID-19 is similar. As for the other MRCs in the Laurentians region (Argenteuil, Pays-d'en-Haut, Laurentides and Antoine-Labelle), their alert level is raised to orange.

LEVEL 4 RED – MAXIMUM ALERT

MRC de la Rivière-du-Nord, Thérèse-De Blainville, Deux-Montagnes and the City of Mirabel)

Maximum alert (red) applies more restrictive measures in a targeted manner, which can go as far as stopping non-essential activities for which the risk cannot be sufficiently controlled, avoiding as much as possible generalized containment as during the first wave of the pandemic.

To find out which measures apply in the red level, consult:

<https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/systeme-alertes-regionales-et-intervention-graduelle/level-4-maximum-alert-zone-rouge/>

LEVEL 3 Orange - ALERT

(MRC of Argenteuil, Pays-en-Haut, Laurentides and Antoine-Labelle)

Level 3 - introduces additional measures by targeting certain sectors of activity and environments where the risk of transmission is considered to be higher. These sectors are selectively restricted or banned.

Consult: <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/systeme-alertes-regionales-et-intervention-graduelle/level-3-alert-zone-orange/>

"We all have a collective responsibility to assume and it is by putting the necessary efforts that we have the power to make a difference and succeed in finally limiting the spread of the virus. Whether you are in red or orange territory, I personally ask you to redouble your efforts and follow the recommendations made. It is about protecting ourselves and those around us," declared the Regional Director of Public Health of the Laurentians, Dr Éric Goyer.

The alert levels are established according to the recommendations of the public health authorities, who carry out a regular analysis of the situation. For more information, consult the detailed document System of regional alerts and gradual intervention at 4 levels of the Quebec Ministry of Health and Social Services.



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About Sainte-Adèle

Chris Lance - Main Street

Mayor Brière accepted a gift cheque of \$133,871 from Hydro Quebec to be put towards Le Parc du Mont Loup-Garou, a 788-acre park to be used by Sainte Adèle residents and visitors. This park,

according to our mayor, is an occasion to protect the environment, its biodiversity, and the development of our economy. You can visit the Park by accessing the parking lot (70 cars) on Paysan Street. You can also participate in the 3rd edition of the Grande Marche de Sainte Adèle on Saturday, October 17.

Schools are open, so please respect the speed limits as kids are out and about in the town center.

Mayor Brière is encouraging citizens to email her their suggestions or ideas to be included in the town's 2021 budget. Her email address is maire@ville.sainte-adele.qc.ca

If you want to be notified about pending disasters and emergencies, the town can help you out. Please get in touch with the Service de securite incendie at 450 229 2921 extension 2224 or go to the town website and click on alertes et notifications to subscribe to this service. I subscribed and it does work. I was notified when the water was going to be cut in my area and then was notified that I had to boil the water after the work was completed.

The Autoroute 15 North bridge near rue Mont-Savage is now open if you are heading to shop at Walmart in Sainte-Agathe or if you are heading towards Tremblant. However, the bridge over the autoroute near the high school is closed for repairs.

It's time to clean your chimney. If you need to find someone to do the job you might want to consult www.poesfoyers.ca. You should note that our fire department does not make suggestions as to who you should call to get that chimney cleaned, so please do not call and ask.

Also, please get in touch with ssi@ville.sainte-adele.qc.ca if you are planning to have a fire in your backyard since you need a permit, but due to Covid-19, you might not get one these days.

As you probably know, the annual Oktoberfest has been cancelled for 2020, but the beer will flow in 2021 from October 1 to the 3.

La Rue Valiquette is open and looking good. The one-way, single lane is a good idea and the sidewalks are safe and smoother to walk on.

The SPCA is encouraging animal owners to get their animals tagged with a license. You can call 819-326-4059 or 866-960 SPCA, or on line at www.spcall.ca/licences#sainte-adele.

Place des Citoyens has a full slate of special events, symphonies, art expositions, kids' days on Saturdays, and travel ideas and atelier projects. Visit their website to see what's being offered right through to the month of May. Make sure you have a citizen card to enjoy reduced fees. More info can be had by phoning 450-229-2921 ext 8300. During these times reservations are a must due to limited seating and hours of visiting.

The Fall season is here. Get out and enjoy the leaves before you have to rake them. Enjoy the cooler weather before you are forced inside when the snow comes for the next 5 to 6 months.

Stay safe and wear your mask.

Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



Cancer Support Group Zooms Into October

Next meeting for cancer patients, families and caregivers is Saturday, October 17, from 1 to 3 pm. This session will be offered online via ZOOM as Susan Campbell-Fournel, Nutrition Consultant and Coach, presents tips and information on diet and wellness.

Meetings are conducted in English and are open to cancer patients, family and caregivers. Admission is free. For more information about meetings and the group's other services contact June Angus at 450-226-3641 or cancer.laurentia@yahoo.ca



REGISTERED CHARITY - DONATIONS APPRECIATED



Laurentian Personality Melanie Wilson – A ray of sunshine

Lori Leonard – Main Street

It is often said that “Individuals who make magic happen are often hidden behind the scenes. Although they are usually shy, they shine when it comes to caring for others.”

As a young girl, Melanie Wilson lived on a farm and played with neighbourhood children. She enjoyed sports at school, but never joined the drama club as she was extremely shy.

Later, Melanie worked at a talent agency for 8 years, then had 3 children and stayed home to raise them. Once they were school age, Melanie volunteered at their school.

She started working for 4 Korner in January 2015 as a stage placement to complete her degree in Special Care Counselling. She is currently Seniors’ and Caregivers’ Program Manager. Prior to Covid, Melanie coordinated programs/activities at Open Circle in Lachute and Rouge Valley Days, in Harrington.

Melanie runs CHEP (Community Health Education Program) in Lachute and the community is invited to watch video health conferences. She leads LESANA (Laurentian English Services Advisory Network, Argenteuil) and is resource person at 4 Korner when staff members need guidance with seniors/caregivers. Melanie ensures 4 Korner meets certain grant requirements and oversees a chair-adapted yoga class, a drawing class and painting class for seniors on Zoom.

Although Melanie’s intention was to work with children, once she started working with seniors/caregivers, she was smitten. “I am so intrigued with their stories and their experiences. I enjoy what I do and like knowing how things work in the community. Most of all, I enjoy being with the community which offers a wealth of information.”

Melanie and her family live on the outskirts of Lachute and hope one day to have a farm. Melanie plays broomball in winter and softball in summer. She enjoys 4-wheeling, dirt biking and ski-dooing. They love their pets Honey, a Golden Retriever and Smokey the cat.

Linda DiDomenico, a senior who enjoys sketching classes, sums it up well. “Melanie is an extraordinary support for everyone who uses 4 Korner’s services. She is efficient, punctual with transmission of information, but more importantly, compassionate, patient and positive. She is truly a ray of sunshine and positive energy. 4 Korner is so fortunate to have her and so are we.”

Unlike her earlier years, Melanie now addresses large groups of people. With a twinkle in her eye, she says, “I definitely would never have guessed that I would be doing this. By the way, acting is still out of the question!”



The fight again the second wave of COVID-19 Only visits by caregivers will be authorized at the CISSS des Laurentides

As part of the transition to red and orange alert levels in the Laurentians and in order to protect vulnerable people and staff, the CISSS des Laurentides temporarily limits visits to its various facilities. Therefore, users hospitalized or housed in a CISSS facility may only receive visits from their caregivers.



“These new rules allow us to maintain a certain number of essential visitors and to prevent our users from being kept in solitude, as was sometimes the case during the first wave of COVID-19. Nevertheless, we must limit the circulation in our different healthcare settings and of services to reduce the risk of contamination and facilitate the application of protective measures for all,” explained Ms. Rosemonde Landry, President and CEO of the CISSS des Laurentides, hoping that the population understands the importance of these measures.

Caregiver visits

All caregivers who do not present symptoms and are not confirmed COVID are authorized to access the hospital environment or the living and rehabilitation environments of their loved ones, such as residential and long-term care centers, private residences for seniors, intermediate resources, family-type resources, hospital centers, as well as rehabilitation settings.

Exceptions apply to people in palliative care, at the end of life or for children requiring the presence of their parent, as well as in sectors for which an attendant is required.

The detailed instructions governing the arrival of family caregivers are available on the Quebec.ca site: <https://www.quebec.ca/sante/problemes-de-sante/az/coronavirus-2019/personnes-hospitalisees-ou-residant-en-chsld-ri-rtf-or-rpa-covid-19/>

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An approach adapted to the different regions to limit transmission of the virus

It is now more important than ever that we follow health measures to limit the spread of the virus. It is essential that each of us remains vigilant and adopts good habits. Since the virus is not spreading everywhere at the same rate, a new tool has been implemented to show how the situation is evolving in each Quebec region. This four-level alert system will make it easier for you to keep track of the government's interventions.

We must contain the spread of the virus throughout Quebec. This is how we can retain some level of normalcy over the next few months. Each region can make a big difference in limiting the spread of the virus. Let's continue to protect each other.

Votre 
gouvernement

Progressive regional alert and intervention system

The Progressive regional alert and intervention system specifies which additional measures each health region must take to slow the transmission of the virus. These depend on the alert level reached and are intended to limit the health, social and economic impacts of COVID-19, protect those who are most at risk and avoid overburdening the healthcare system.

The alert levels are established based on the recommendations of public health authorities who regularly review the situation, taking into account the epidemiological situation, transmission control and the capacity of the healthcare system.

Don't forget that everyone must adopt behaviours that limit transmission of the virus. We do it to ensure that our children can keep going to school, to protect our seniors, to ensure the safety of our healthcare workers and to revive our economy. **Follow the basic measures at all times:**



- › Keep your distance
- › Wear a face covering
- › Cough into your elbow
- › Wash your hands
- › Adapt your greetings

FOUR ALERT AND INTERVENTION LEVELS



To find out the alert level in your region, consult the Map of COVID-19 alert levels by region at [Québec.ca/alertlevels](https://quebec.ca/alertlevels)

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

☎ 1 877 644-4545

Québec 

Covid-19

A 28-day challenge that we must meet together!

The territory of the MRC des Laurentides has moved to alert level 3 (orange zone). This level of alert leads to new recommendations that must absolutely be followed, including that of avoiding all family or social gatherings, for the next 28 days.



This orange level introduces additional measures by targeting certain sectors of activity and environments where the risk of transmission is considered to be higher. This is the case for the MRC des Laurentides as a recreational tourism region.

Community transmission is worrying, because a person carrying the virus is at risk of infecting dozens of others since these transmissions take place in the context of social activities and family gatherings such as parties, weddings, dinner with friends, etc.

"People are often said to be concerned about the arrival of tourists on our territory, but this time, there is also the contamination that we must avoid at all costs and it is that which takes place during social activities and family gatherings. The next 28 days will be decisive and our people must be there to not only avoid destroying our efforts and putting the health of citizens at risk, but also endanger our economy. The closure of our businesses and the possible loss of jobs would be deplorable," said the prefect of the MRC des Laurentides, Mr. Marc L'Heureux.

28 day challenge

"Since the second wave of COVID-19 is truly underway and the circulation of the virus is increasing steadily, it is important to act now! Each person, individually, has the power to contribute to the collective effort which aims to slow down the advancement of the virus and to protect us all against its effects," declared the Regional Director of Public Health of the Laurentians, Dr Éric Goyer, in urging the population to collaborate in these measures in order to make the necessary difference.

For more information on what action to take, please visit <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/systeme-alertes-regionales-et-intervention-graduelle/level-3-alert-zone-orange/>

"Our population likes to challenge themselves in sport. This is a whole different challenge, but much more important and concerns everyone. We have no other choice but to win it all together," concludes L'Heureux.

Centraide Laurentides receives bequest of \$100,000 from Mr. Claude Beaulieu

It is with great gratitude and emotion that Centraide Laurentides welcomed, on October 1, Mrs. Denise St-Gelais, spouse of the late Mr. Claude Beaulieu, and Messrs. Daniel, Claude Junior and Marc Beaulieu, son of Mr. Beaulieu. During this meeting, they handed over the testamentary bequest of \$100,000 that Mr. Beaulieu chose to give, in his personal name, to Centraide Laurentides for the benefit of the community.

Passed away in December 2019, Mr. Beaulieu was a great businessman as well as a philanthropist with a big heart. An important builder of the Sports Experts group, he was actively involved in several charitable organizations in the region, including the Saint-Jérôme Hospital Foundation, Pallia-Vie and Centraide Laurentides.

Centraide Laurentides would like to underline this man's important contribution to the Laurentian community, his involvement having helped hundreds of people over the past twenty years!

A patron with a big heart

A true man of heart, Mr. Beaulieu was a great patron of Centraide Laurentides. He was able to use his great influence to make things happen in our community. Loving what we do, loving people and giving them what they need are values that represent him well.

With his planned donation for the benefit of Centraide Laurentides, Mr. Beaulieu continues his commitment and demonstrates the importance he placed in giving back to his community.



Photo: From left to right: Marie-Eve Gervais, Director - Partnership and Philanthropic Development of Centraide Laurentides, Sylvie Gauvin, Executive Director of Centraide Laurentides, Marc Beaulieu, Denise St-Gelais (spouse of the late Mr. Claude Beaulieu) Daniel Beaulieu and Claude Junior Beaulieu.



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LARGE SELECTION OF TIRES



Pork Chops with Apples, Onions, and Sweet Potatoes

Submitted by Darlene Wood from Morin-Heights

This is so easy, so good, and so versatile! I've used pork chops with or without bones, pork loin, and pork roast.

Ingredients

- 4 pork chops
- Salt and pepper to taste
- 2 medium onions, sliced into rings
- 2 small sweet potatoes, sliced
- 2 medium apples - peeled, cored, and sliced into rings
- 3 tablespoons brown sugar
- 2 teaspoons freshly ground black pepper
- 1 teaspoon salt



Directions

Preheat oven to 375 degrees F (190 degrees C).

Season pork chops with salt and pepper to taste, and arrange in a medium oven safe skillet. Top pork chops with onions, sweet potatoes, and apples. Sprinkle with brown sugar. Season with 2 teaspoons pepper and 1 teaspoon salt.

Cover, and bake 1 hour in the preheated oven, until sweet potatoes are tender and pork chops have reached an internal temperature of 145 degrees F (63 degrees C).

Nutrition Facts: Per Serving:

312.8 calories; protein 13.6g 27% DV; carbohydrates 38.8g 13% DV; fat 12.1g 19% DV; cholesterol 44.6mg 15% DV; sodium 770.7mg 31% DV.

Pumpkin Gingerbread

Ingredients

- 3 cups sugar
- 1 cup vegetable oil
- 4 large eggs
- 2/3 cup water
- 1 (15 ounce) can pumpkin puree
- 2 teaspoons ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1/2 teaspoon baking powder



Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.

In a large mixing, combine sugar, oil and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice cinnamon, and clove.

In medium bowl, combine flour, soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.

Bake in preheated oven until toothpick comes out clean, about 1 hour.

Cream of Turkey and Wild Rice Soup

Ingredients

- 1 medium onion, chopped
- 1 can (4 ounces) sliced mushrooms, drained
- 2 tablespoons butter
- 3 cups water
- 2 cups chicken broth
- 1 package (6 ounces) long grain and wild rice mix
- 2 cups diced cooked turkey
- 1 cup heavy whipping cream
- Minced fresh parsley



Directions

In a large saucepan, saute onion and mushrooms in butter until onion is tender. Add water, broth and rice mix with seasoning; bring to a boil. Reduce heat; simmer for 20-25 minutes or until rice is tender. Stir in turkey and cream; heat through. Sprinkle with parsley.

Nutrition Facts

1 cup: 364 calories, 21g fat (12g saturated fat), 100mg cholesterol, 857mg sodium, 25g carbohydrate (3g sugars, 1g fiber), 19g protein.

Janet Thomas

ANNOUNCING THE OPENING OF MONT TREMBLANT ELDERDOG

What happens to your dog when you are unable to care for it as you would like to and as it deserves? Can't walk your dog? Need help to visit the vet? Need support with feeding? Time to call Mont Tremblant ElderDog!

ElderDog is a national organization, which assists seniors and others to care for their dogs. Margaret Ann Adams of Arundel is opening a local "PAWD" serving the upper Laurentians. Volunteers will provide whatever care is necessary on either a short-term or long-term basis - free of charge!

For more information, please contact Margaret Ann Adams at 819-687-2695 or by email elderdogmonttremblant@gmail.com. You may also contact her through FaceBook at ElderDog Canada Mont Tremblant.

THANK YOU FROM THE ARUNDEL FARMERS MARKET

The Farmers Market thanks all its devoted clientele for their continued support. The market boomed this year. The addition of live music and ice cream proved extremely popular, and plans are in the works for more fun next year. Thanksgiving Saturday will be our last market - unless we have a frost, which will make us close earlier. We look forward to seeing you again next May for the Garden Swap and Shop. In the meantime, stay well and stay healthy.

If you would like to join our market in 2021, please contact janet.thomas700@gmail.com

N.B. Due to COVID 19 restrictions, the popular Arundel Christmas Market is cancelled this year.



Making it Work in the Laurentians

The artist statement vs artist bio

Maya Khamala

Being an artist isn't just limited to making art, as much as we artists might wish it was. The reality is, we must send applications of all kinds - to receive funding and resources, or take part in exhibits, events or collaborations - and part of doing this successfully is knowing the importance of writing a quality artist statement and bio. But don't confuse the two. Here's a breakdown of what they entail:

Artist Statement

An artist statement is focused on answering questions that your audience may have. No matter how straightforward you believe your art is, you need to be able to explain it. Your artist statement, 2-3 paragraphs long, and written in the first person, is where you get to communicate directly with your audience. If you're stuck, ask a friend what questions they have about your art and start by answering those.

Be sure to address the following:

- **Why?** This is your entire reason for creating the art to begin with - your motivation.
- **How?** This is your chosen process, technique, tools, or materials - and the ways they're relevant to your why.
- **What?** This is a general description of your art, the larger context for your work - and the way it's relevant to your why.
- **Bonus tip!** Follow the three C's of style:
 - **Be clear.** Remember that not everyone uses art world lingo, and write accessibly, as though you were telling an occasional art-consumer about your work. Make sure your statement isn't too technical.
 - **Be concise.** Don't go on for pages. You want to engage rather than bore. The average gallery visitor spends just seconds looking at a piece of art. Your statement should be just long enough to get the essential info across and still flow well.
 - **Be consistent.** Be sure that your statement is consistent with whichever of your works is being shown. Also ensure it doesn't contradict any press releases or biographies you've made accessible to the public.

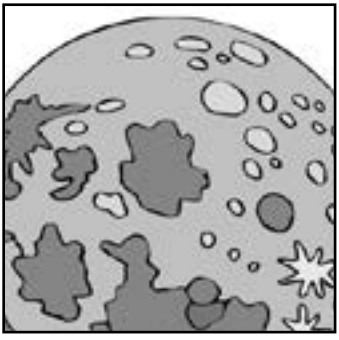
Artist Bio

If your artist statement deals with the how, why, and what, your artist bio answers the question, who? The components of a bio are quite straight forward. Think of it as a 1-3 paragraph summary of the most important achievements listed in your artist CV - with some additional personal details. Go for the first or third person depending on your style and preference.

You might include info on where you were born and/or where you're based, or include info on what you hope to accomplish, any collections your work is in, your art-related education, awards you've won, or projects you're working on. Also, you might answer the question, what makes your art unique? You may want to create different versions of your bio to cater to different audiences.

Bottom line: an artist statement is about the art and should be updated continually as your work or its focus shifts and evolves, while an artist bio is a factual writeup about you, the artist, and should be updated with every noteworthy achievement! You got this.

YES' Artist Coach can help you with your artist statement and bio - find out how at yesmontreal.ca.



Zach Factor

Part II: Our electromagnetic playpen

Lys Chisholm & Marcus Nerenberg - Main Street

Humans are notoriously playful creatures. We toy with ideas, good or bad and discover much later how our health and well being has suffered. The Romans with their modern plumbing made of lead pipes, or modern pre-plague Medievals throwing a full chamber pot out the bedroom window to the open sewers below. In 400 years of Europe's early brushes with the wonders and power of electricity, we experienced electric shock as an entertainment and later as medical therapy. Electricity today now dominates every aspect of our lives. Without a clear understanding of the generational health effects, the Earth is presently enveloped by many electronic networks of communication that literally define who we are.

In the early part of the 1800's we created a telegraph network for Samuel Morse to send dots and dashes at almost the speed of light. By the end of that century, Alexander Graham Bell invented the telephone and our voices replaced code over the wires. At the same time Nikola Tesla gave us alternating current, which gave us the power to send vast amounts of electricity great distances and we lit up our cities. Thomas Edison electrocuted an elephant to demonstrate the danger of Tesla's inventions. Yet lightbulbs and electric motors changed industry forever. Around 1902 Marconi used the ionosphere to bounce radio waves across the Atlantic- transmitting coherent messages from continent to continent and the age of radio was born. Soon land bases, ships and, a little later, airplanes could radio each other. By the 1930's all cities had commercial radio stations and almost everyone owned a radio at home.

WW II gave rise to RADAR and suddenly we could "see" ships and planes at a great distance, which changed the way we fought the enemy. When the war ended, commercial aviation took off; radio and radar were the tools that now keep thousands of planes in the air with few collisions. Television, an experiment in the 1930's, expanded to dominate our entertainment industry. In the 1960's satellites and microwave networks began to blanket the globe with numerous types of electromagnetic waves.

The 1980's gave us three fledgeling technologies, the personal computer, the Internet, and the cell phone. The computer transformed every aspect of our lives. Cell phones, we all have one, are now integrated with our computers and the Internet. We walk around with a device in our pockets that has thousands of times the computing power than what got the Apollo Astronauts to the Moon and back. Phones communicate through a microwave grid, which reaches almost everywhere, and each generation of cell phones uses higher and higher frequencies to share greater amounts of data faster. The Internet criss-crosses the oceans with the latest fiber optic cables that keep us all in touch with each other instantly, while shooting vast amounts of information everywhere. The US Military put up a network of satellites called the Global Positioning System (GPS). Through phone and car, we know where everyone is all the time. These networks have one thing in common: they rely upon the generation and transmission of electromagnetic radiation (EMR). From the 60 Hz hum in the walls of our houses and on the hydro poles of our electric grid to the 28 billion Hz (28 GHz) of the spanking new 5G cell phone network, we live in a blizzard of invisible EMR's that didn't exist 150 years ago.

Astrophysicists understand that we live in an electric universe. The Sun itself has a vast electromagnetic field, which is constantly fluctuating. When the Sun throws off electromagnetic radiation, the Earth's magnetic field protects us from excess radiation by deflecting it out of harms way. But when the Sunspot cycle is at a minimum, the Earth's magnetic field weakens, and more radiation gets to the surface of our planet. This eleven-year cycle has been recorded for the past 25 repetitions; it has periodic dips. Every 400 years astrophysicists note there is minimal sunspot activity for two or three cycles called a Grand Solar Minimum. This allows more cosmic rays from our Milky Way Galaxy to penetrate the atmosphere-which impacts global weather. The result is significantly more rain (flooding), and, as we reach the lowest ebb of the cycle, a potential mini ice age.

In the face of sound research, we were told asbestos was safe, or that tobacco was harmless, or that roundup is benign. Corporate greed has very deep pockets and no inherent conscience. Solar, cosmic, and manmade electromagnetic radiations are increasingly raining their effects on electro-hypersensitive humans, and bees-compromising our immune systems. Be wary Zackians, our species is egotistically slow to admit our mistakes.



Human guinea pig testing our tolerance for high levels of 27 GHz emitted from her 5G cell phone. Photo credit: gubanu.com



Joseph Graham - Main Street
joseph@ballyhoo.ca

The Story Behind 4 Korner's and Laurentian Influences



There is a growing force in our little community, the 4Korners Laurentian Community Network. Jack Burger once said that if all the English population of the Laurentians lived in the same town, it would form our second-largest one. The people who created 4Korners understood his point, and we are its beneficiaries. Their mission statement is simple: 4 Korner's is dedicated to assisting people of all ages to access information, resources and services in English. There is recognition in the way they work that we are a community that needs this help and I have become comfortable that they have our back. We can reach out and celebrate our second-largest town.

During this COVID-19 period, they organized a series of talks on Zoom and are helping people, particularly those hard-to-reach seniors spread across the Laurentians, to become familiar with the community glue that a properly used online presence can provide. Jack would be proud and Main Street has been supportive.

I had the honour of providing a talk in their Zoom series this September describing the historic influences of the English communities on the Laurentians. This was made easier for me because, over the years, Main Street has wanted me to address this same question in this column. I described the two major influences, colonisation and country cottage communities.

Under the category of colonisation, just as the French colonisation movement owes its growth to St. Jérôme and Ste. Adèle, the English owe theirs to St. Andrews East. While preparing the talk, I realized that, over the course of learning our history, I had come to associate individuals with each area and had made many new friends in the process. On colonisation, I chose to discuss St. Andrew's East, Lachute, the Gore, St. Colomaban and Mille Isles. For our founding community, St. Andrews East, I called Bob Rodgers.

St. Andrews East was first settled by Scots and was a fusion between Scottish and New England influences. James Murray, who acquired the seigneurie in 1796, looked for a hydraulics engineer and found New Englander Thomas Mears, who designed a dam that led to the creation of Canada's first paper mill. Mears didn't build the mill that fell to Walter Ware and others, including paper-maker Benjamin Wales, both from New England.

I asked Bob which St. Andrews family he would consider the most influential on our history and he stated, without hesitation, the family of Benjamin Wales.

Jack Burger helped with the Lachute research, and I discovered a soulmate in Patty Brown, descended from the Wilson family of the mill. She is still present in Ste. Agathe and she shared her huge postcard collection. Lachute, once also known as St. Jerusalem, saw real estate development by Jedediah Lane from Jericho, Vermont. He joined fellow Vermonter Hezekiah Clark. Lane sold properties to foresters, also from Jericho. They left fields of stumps within a half a decade and a food shortage that set off hyperinflation in the small settlement. It was the Scot, Thomas Barron, married into one of those Jericho families who turned that around, bringing in trained and capable Scottish farmers. G.R. Rigby, in his book "A History of Lachute," wrote that "...if Jedediah Lane was the founder of Lachute, Lieutenant Colonel Thomas Barron was its first squire." I have had numerous communications with people from Lac Barron, a lake named for Lachute's saviour.

For the early Irish colonies of Gore, St. Colomaban and Mille Isles, I received help from three other people. The late Luc Matter was one. He talked about Gore and other aspects of local histories, and right until the end, he emailed or phoned with fascinating observations. We got to the bottom of the naming of Gore together, and I described it in detail in the Zoom conference recording, available at 4Korner's website.

Years ago, Jack put me together with Fergus Keyes. An important member of the Montreal Irish community, he had been working with the descendants of St. Colomaban Irish families who had spread to the far corners of the continent. There was news that someone had vandalized the old tombstones of their cemetery in St. Colomaban. Fergus worked to rescue and protect the tombstones and the cemetery, and they installed a commemorative plaque there, recalling their Irish Catholic community. There was a place-name story here, going back 1450 years, that I felt had to be told to give the background to this little community. Searching it out turned into amazing discoveries about Irish tenacity and their enormous influence on Catholicism.

In the early days of the small Laurentian settlement of St. Colomaban, they had no church so they erected a cross, and every Sunday they went to the cross to celebrate together. Going to the Cross became a strong identifying phrase to them.

Shirley Captain was my guide through the adventure of solving the mystery of why the Irish Protestant settlers, who chose the name Mille Isle, insisted on pronouncing the letter I in Isle in longform and refused to drop the 's' when French standardized the silent 's' with a circumflex over the I as in Îles. Watch the Zoom conference to learn the fascinating reason.

The second great influence, cottaging, involves so many people from so many different small communities that it would be impossible to name them all. Suffice to say that over time the two communities have blended while retaining their distinct roots, as it should be, and today we form the proud English minority of the Laurentians.

You can watch this and the other Zoom talks that 4Korners has organized by visiting their site at 4korner.org or go to www.ballyhoo.ca/4korners, and you can join Robert Simard from the Argenteuil Museum for the next presentation on October 16. I have heard him and will be there - I wouldn't miss it! And remember, this organization is ours. Make a donation on the way through to help support this great community resource.



Garden Talk

Keeping a garden journal

June Angus - Main Street

Writing things down in a garden journal is one of the best ways to record what goes on in your garden from year to year. When did you plant? How did things grow? What challenges did you face and how did you resolve problems...or not?



Keeping a record of this kind of information is like gold for planning and executing next year's garden. Making regular journal entries throughout the growing season is the easiest way to stay on track with your notes and observations. However, most of us get too busy at the height of the season to be thorough. After all, it's much more fun to be doing things in the garden than to be writing about them. But with less to do outdoors, now is a great time to catch up – especially while our memories are still reasonably fresh

Traditionally, a journal can be a simple notebook. That's what I use. If you prefer, keep your notes in your computer, phone or tablet. Even create spreadsheets if that's your thing. There is no wrong way to do this. You can even buy specialized journals designed for gardeners.

In addition to keeping notes, I also take photos of developing plants and their harvests. A journal is also a handy place to keep sketches of garden layouts. This is particularly useful as you plan where to rotate next year's crops.

You can make a journal as simple or as detailed as you want. What you decide to record is entirely up to you. Here are some suggestions.

Write about the weather. Was the season too hot or cold? Or was it too dry, or maybe too wet? When did the first and last frosts take place? This info will remind you why certain crops may have done better one year, compared to another.

Track when you planted seeds. Which seeds started indoors and when? Which seeds did you sow directly? How did the plants fare after transplanting? How did your seedlings perform compared to any nursery-bought specimens? A journal is also a great place to keep track of your seed inventory. Which ones did you save, and which ones did you buy?

Pay attention to plant performance. Which plants grew the best or the biggest, produced the most bountiful harvests or really looked impressive? How many plants for each variety did you have? Did you have any duds or failures? And do you know why? Did they grow too slowly? Maybe you had pest problems? Whatever happens, it's up to you to decide your measure of success.

Take note of harvests. What dates did you start harvesting each crop? Did you get what you wanted from your garden, or did you find yourself buying lots of things at the market that you wish you had grown? Were you overloaded with too many zucchinis and tomatoes? Or did you wish you had planted more beans?

Keep track of good ideas. If you're inspired by something you saw online or even in the neighbours's garden, make a note in your journal. It may be a variety of plant, or plans for the perfect trellis, or a nifty new tool that will make your garden work easier. If it's recorded in your journal, you'll be able to find the info, when you want it, months from now.

As most journaling experts say, the first rule about keeping a journal is that "there are no rules." So have fun with this. Once you get the hang of it -- in a way that suits you -- it can become an invaluable tool!

Covid-19 pandemic

Update of services offered as of October 1, 2020

Following the latest government directives, the Société Alzheimer Laurentides wishes to provide an update on the services offered to customers in the vast territory of the Lower and Upper Laurentians. The change of level in the red zone particularly affects the following MRCs:

- MRC Deux-Montagnes
- MRC Thérèse-de-Blainville
- MRC Rivière-du-Nord
- MRC Mirabel

We want to reassure our customers that the majority of our services remain in effect except for a few, which will be adapted to current circumstances:

MAINTAINED SERVICES:

ADAPTED SERVICES

- Telephone consultations
- Psychological support by telephone
- SEO
- Individual and family meetings by reservation
- Support offered to our network partners (public and community)
- Information, tools and strategies via our social media (Facebook and website)
- Respite-Support-Stimulation at home and respite-troubleshooting
- Phone line and email to reach us 1-800-978-7881 and admin@salaurentides.ca
- Support groups for caregivers
- Professional training
- Training workshops for family caregivers and conferences

To find out more about the events and services of the Société Alzheimer Laurentides, visit the website www.alzheimerlaurentides.com or call 1-800-978-7881.

We are very aware of the current situation and we have the well-being of people with Alzheimer's disease and their families at heart. We are following the evolution of the covid-19 pandemic very closely and rest assured that we will maximize our support to our customers in order to adequately meet their needs.



Word Play

To Kill a Mockingbird as American History

Louise Bloom - louisebloom@me.com

Occasionally, as I have just experienced, we are witness to the moment when two elements, or entities collide, presenting us with the sharp contrast that is native to opposition. What am I talking about here?

This week I was given the opportunity to read the 1960 novel, *To Kill a Mockingbird*. I was beginning the task of choosing my next book adventure, when this one fell off the shelf in the home of a Francophone friend whose English books are very few. Given that *Black Lives Matter* has been front and center in its many iterations, I was somewhat delighted to enter the world of Alabama, curious about that particular culture, albeit in 1935.

At the same time as I was discovering the tenets of Harper Lee's Pulitzer prize winning novel, I encountered the current American Presidential declaration to change entirely the written history of the U.S.A. This news was reported by Arwa Mahdawi, of The Guardian, entitled "Trumps 1776 commission is proof America is spiraling toward fascism." Trump has announced that he will institute a national commission to support patriotic education, as a response to the 1619 Project, the New York Time's Pulitzer-prize winning initiative to reframe American history by placing the consequences of slavery at the center. "The crusade against American history is toxic propaganda that will destroy our country," Trump stated. Per Trump, the only way to save the United States is to revise its history, entirely, to gloss over violent colonialism and slavery and erase any evidence of bigotry. The United States President wants to teach students "about the miracle of American history." Arwa Mahdawi says "miracle" is certainly one way to describe something completely fabricated.

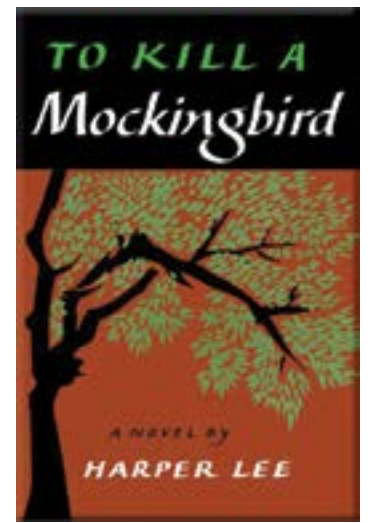
The exposure to the race struggles in the 1935 novel, and the current American leader's announcement to erase those events from the public record has set off a fuse in my person.

With systemic racism in the headlines, those of us who are white and privileged are, at the very least, called upon to acknowledge our limited capacity to understand "black lives". The reading of "To Kill a Mockingbird" has been an opportunity to embrace an unfamiliar reality, set down in words by an incredibly well-spoken, anti-racist author. The novel, set in a small town in the American South, fundamentally is about the memories of a white female when she was 8 years old. The reader is permitted a window into the experiences, beliefs and evolution of both black and white citizens, as they share this particular moment in history. The narrative is of relative innocence. The dialogues, circumstances and description of local life and relationships before World War II, clarify the softer tendencies of humanity as well as articulating the dehumanized viewpoints fueled by poverty, ignorance and fear, in black lives and white.

Touched and informed by the delicate writings of Harper Lee, I began to recognize the idea of 'many truths' as a description of history. In the same moment, I was given to digest the fact that one of our world leaders finds this myriad of truths to be unfavorable and erasable. I am reminded now of the oft-mentioned expression of frustration, that the human being rarely learns from history.

With further research I came across the wisdom of one **Robert Penn Warren**. "History cannot give us a program for the future, but it can give us a fuller understanding of ourselves, and our common humanity, so that we can better face the future."

Louise Bloom is a visual artist interested in the power of narrative and images to transform consciousness and awaken us to well-being.



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Obituaries

IN MEMORIAM

Liliana Heid Ramos

August 4, 1975 - October 31, 2002
Que Dios te Cuidas



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Saturday: By appointment
Sunday: closed

McGill Council on Palliative Care

The past several months of the Covid-19 pandemic has shown how unprepared we are as a society for the challenges we face. The McGill Council on Palliative Care is presenting three free webinars aimed at helping people cope on a personal level with preparing for end of life.

Each Webinar will start at 6 pm and last for 30 minutes and will be followed by a question and answer session.

The Webinars will be in English but questions will be welcomed in French. The audience will be limited to 30 participants, please register for the webinars you plan to attend.

Wednesday, October 14: 6 pm – Life Transitions: How to Open up Conversations with the Family. Patrick Durivage, Msc, TS, and coordinator of the leading practices in palliative care at CREGES will discuss aspects of Advance Care Planning. An additional resource is Speak Up and <https://www.creges.ca/wn/palliative-care>

Wednesday, October 28: 6 pm – Medical Directives: Promises and Pitfalls. Eugene Bereza, BA, MD, CM, CCFP – will discuss how to ensure your wishes and values are respected regarding important decisions made when you are no longer able to make decisions for yourself.

Wednesday, November 11: 6 pm – The Palliative Approach in the Nursing Home – Catherine Ferrier, MD has an abiding concern for the care that geriatric patients receive and she will focus on the availability of palliative care in long-term care residents.



Fun family activities to help avoid covid cabin fever at home

(NC) Many parents are looking for creative ways to engage the kids as we spend more time at home. One idea is to share your family's heritage and legacy, which can help them feel connected to their history. Here are three simple practices to open up dialogue while creating meaningful traditions:

1. Recreating and developing family recipes: It's said that food is one of the best ways to connect with others, and sharing and keeping family recipes is not only a fun, but also a delicious way to do just that. Work with your kids to cook old family classics and develop cards for new favourites while sharing your connection and memory to the dish.
2. Revisiting family albums: Photographs and videos are great ways to share memories of relatives who are here or have passed. Carve out time to revisit old albums and share stories that honour loved ones. Your children will also enjoy seeing your previous wacky hairstyles and fashions.
3. Preserve memories for generations to come: With the rise of cell phones and digital photography, tangible images are becoming fewer, with only one in 100,000 photos printed on average per year. Make a habit of preserving your family's memories by creating yearly photo albums with your kids. With a service like Fujifilm Printlife, you can create books and prints with a simple drag and drop of your favourite photos to start a new tradition.

Find more information on how to preserve and celebrate your family photos at fujifilmprintlife.ca.



The English Link

CJE helps remove the training wheels

Andie Bennett

The Carrefour jeunesse-emploi des Pays-d'en-Haut is a non-profit organization that helps young people aged 15 to 35 in their social and professional integration. Their 'bread and butter' is personalized support while job hunting; from help in putting together a CV, to learning to communicate effectively (or positively) in the workplace, and everything in between. They can also help with the transition to continuing your education or returning to school.

They have a pretty liberal description of 'jeunesse', which, I think in this day and age, is fantastic. By having the upper limit set at 35 (although there is even some wiggle room on that if you are taking part in the Place aux jeunes en région project that helps families get settled in the Laurentians), it really reflects how difficult young adulthood really is.

What I have also discovered recently is that the Pays-d'en-Haut office is absolutely stacked with young, motivated, warm-hearted people who welcome English speakers with open arms. While they are a little behind regarding a bilingual website and flyers/documentation, they more than make up for it with a bilingual staff that offers a wide range of workshops and services to help young people settle and thrive in the Laurentians.

One such individual is project manager Joël Saucier Dupuis who has been with CJE for 3 years and recently returned to work following his parental leave. The father of 3 gives educational workshops on finances called Personal Finance: I'm in Charge, as well as gardening and bike repair workshops that are 2 hours a week and run until the end of October. He also happens to teach English at the AN Morin high school, so is more than capable of welcoming English speakers to any of these workshops.

Dupuis says there is something meditative about putting your hands in the earth and enjoys watching the sense of accomplishment that comes with growing your own food that you get to take home in form of medicinal herbs and tinctures! All excess is donated to local food banks. The bike repair workshops offer a similar satisfaction of taking something that needs work and getting your hands dirty while learning a new skill.

It is an apt metaphor for the CJE. Like the bikes brought in or donated, some are in better shape than others. But every single one has something to offer and Carrefour jeunesse is there to help each bike, and person, live the best life possible.

Check their website at: <https://www.cjepdh.ca/> for more details on the plethora of support available.

The Boisbriand COVID-19 designated testing and assessment clinic has a new address

The Centre intégré de santé et de services sociaux (CISSS) des Laurentides' designated testing and assessment clinic in Boisbriand has a new address. Starting September 28, appointments for tests and medical assessments will take place at 610, boulevard Curé-Boivin in Boisbriand. Opening hours will remain unchanged: Monday to Friday 8 am to 8 pm and 8 am to 6 pm on weekends.

Although all new appointments will take place at the new address starting September 28, the previous location on Rue Ambroise-Lafortune will continue to accept walk-in patients for two more weeks, to facilitate the transition.

Ms. Rosemonde Landry, President and Executive Director of the CISSS des Laurentides, stresses that every effort has been made to ensure that testing will not be impacted. "As people were becoming more aware of the first testing site, it was important to plan for a transition period to ensure the change would happen without a hitch. The testing clinic in Boisbriand screens more than 700 people a day, with and without an appointment," she added.

The clinic's new location will offer three services under one roof: a medical assessment clinic, a testing clinic and an appointment center. Every step from reception to testing is designed to make the process easy for patients and to ensure the safety of the public and of the personnel.

When to get tested

Anyone who has been in contact with an individual who has tested positive for COVID-19, is experiencing symptoms or has received a request to get tested from Public Health should fill out the self-assessment form available online at <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/>. If testing is recommended, you will be directed to book an appointment by phone or online by going to the CISSS website.

For all information concerning testing and booking an appointment visit the COVID-19 section of the CISSS des Laurentides website <http://www.santelaurentides.gouv.qc.ca/english/>. The CISSS des Laurentides stresses the importance of practicing frequent hand hygiene, wearing a mask and maintaining physical distancing.





Main Street Money Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Invest in yourself

Connecting healthy lifestyle choices with insurance to achieve your goals.

We've all heard about the importance of healthy living, but let's face it – becoming a fitness buff or nutrition guru isn't everyone's cup of tea. Maybe you don't feel the need to change your habits. Perhaps you have a medical condition and aren't sure how it fits with your healthy living goals. Or maybe you have a full schedule and can't commit to a disruption to your routine.

Change can be a good thing

It's been proven that our overall wellness is affected by the lifestyle choices we make – we also know habits can be hard to break. But what if there were a way to get rewarded for making better choices? Good news – there are life insurance solutions that do just that. By offering incentives for healthy behaviour, this new kind of insurance motivates people to achieve their goals, making it feel more engaging and fun. Need some inspiration? Read on to learn how others are making positive changes.

Wellness, not weight

Joanna is a successful business owner and a busy mom of three young children. While she enjoys physical exercise, finding the time in her tight schedule is a challenge. A new life insurance program has given her the incentive she needs to stay active.

"This program gives you the coverage that you need, but also encourages you to live a healthy lifestyle and gives you lots of little perks for doing so."

Now Joanna pays more attention to the choices she makes – eating well, getting enough sleep and incorporating physical activity – generally taking good care of herself so she can be around for her family. "If I had to describe myself before the program, I would say that I was more weight conscious. Now I think of myself more as wellness-minded."

Energized and encouraged

Kevin was ready for something different.

"I felt it was important to get myself back into shape. I was feeling quite sluggish at work, sluggish at home. That's when I decided to make the change."

Kevin's advisor let him know about an insurance program that could help encourage him to make healthy choices. Kevin immediately saw the benefits of joining – along with insurance coverage, he got a fitness tracking device so he could see his progress. He was able to set goals and found that keeping up a healthy lifestyle was easy and even fun.

Since signing up for the program, Kevin is more active, feels energized and is inspired to keep on going.

Focus on motivation

Leslie has always been the kind of person who challenges herself. But when a lump on her thyroid turned out to be cancer, she worried that her diagnosis would make it difficult for her to get insurance coverage.

After speaking to her advisor, Leslie found that despite her medical history, she was a good fit for an insurance program that offered protection and rewards. It not only helped Leslie make better choices for herself, but her family has adopted healthier habits too.

"It has certainly positively impacted my family because they're seeing their mother make these changes and so we are making better choices all around." Leslie is thrilled that her daughters go on walks with her now and are becoming more active themselves. "I actually got them some activity trackers so they can join me in achieving 10,000 steps."

Leslie earns rewards for making healthy decisions and because of that she is always being encouraged to take the next step. Thanks to the program, Leslie says she is focused on living a long, healthy life.

When it comes to your health, a little can do a lot. With an insurance program that offers a variety of ways to learn about and improve your health, it's easy to achieve your goals. Ready to start your journey towards a healthier life –and earn rewards along the way? Talk to your advisor to learn how.

Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.
200 – 9800 Cavendish Boulevard
Saint-Laurent, Quebec H4M 2V9

This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

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Join Theatre Morin Heights For Some Fall Fun

Theatre Morin Heights presents a festival of one-act plays by David Tristram that follow the comedic antics of the "Little Grimley Amateur Theatre Society." The plays will be performed as staged readings, meaning the actors work from their scripts as they perform their roles.

Performances take place at the Chalet Bellevue, 27 Bellevue, Morin Heights. The shows started September 25 and will run until November 8. Show times are from 4 pm to 5 pm (Doors open for seating at 3:45 pm). While the performances are free, donations are always appreciated.

Seats must be reserved in advance. Details regarding exact dates, play rotations and how to reserve seats are online at www.theatremorinheights.ca or call 579-765-3999. Please rest assured that all COVID-19 protocols will be respected to ensure the health and safety of both patrons and performers.




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Real Wine for Real People

Quebec Apple Cider

April Sirois – Sommelier - ISG

One of the things that I love about living here in this part of Quebec is the beautiful autumns that we have. Warm sunny days splashed with vibrant colours as summer slips away leaving us to spend cooler evenings under throw blankets around warm fires with mugs or glasses of delicious local apple ciders.

Of course, cider comes in non-alcoholic and alcoholic versions and, just like wine, cider can be without bubbles (still) or with bubbles, (sparkling). As this is a wine column, I am going to skip past the delicious, but unfortified, type of cider and write about the alcoholised style.

There are five categories of alcoholised cider in Québec.

Sparkling cider is most often made by adding carbon dioxide to the cider to give it that lovely fizz. This can also be achieved by a second fermentation in the bottle, but this is a more expensive option. Sparkling cider tends to be lower in alcohol ranging from 2% to 12% making it a great choice for brunch and celebrations.

Still cider

Still ciders are broken down into light (1.5% to 7% alcohol) and strong (7% to 13% alcohol) versions. These are made from apples picked and fermented when fully ripe, and generally feature green apple aromas and floral notes. Like wine, ciders can be dry or sweet, depending on their sugar content.

Rosé cider

This cider's pretty pink colour is from the varieties of apples used to produce it. It comes from red-fleshed apples or from macerating (crushing and soaking) in red apple peels. Made in still, sparkling or ice styles, Rosé ciders are available in every type of cider.

Fire cider

This, new kid on the block comes in "hot" at between 9 to 15% alcohol, but the most interesting thing about it is how it is made by cooking the juice to evaporate it down to the sugars. This process, which is similar to that used to produce maple syrup from maple sap, gives the cider its beautiful amber colour. It tastes quite acidic, but that is also balanced out by the sweetness and an almost caramel-like flavour.

Ice cider

As Québec as it gets! The bone-chilling winters here create the perfect conditions for taking advantage of the apples' sugar content. Once the fruit is frozen, the sugars and juices are extracted. What you get from this is concentrated. The syrup-like juice is then fermented into a sweet, highly alcoholic (between 9% and 13 %) wine, making it an ideal aperitif or dessert wine. Especially delicious with Brome Lake duck mousse-style pâté. It is also delicious in sparkling wine, such as a Quebecois Kir Royal.

~Cheers!



I'm Just Saying Deep six

Ron Golfman - Main Street

I spent four days this past month helping some good friends redo their roof. We had the perfect mix of cool, but not cold, temperatures and sunny skies. At the end of each day I admit to feeling like a marionette, with my arms and legs going in any

direction they pleased with absolutely no regard for the directives my brain was attempting to transmit. Our work crew ranged from 14 years old to 69 years young, and I was grateful when others conceded that they were sore too.

Though only a three-minute walk from workstation to my home, I accepted a ride at the end of each day, doing my best Gumby to get in and out of vehicles. I cannot spring up and down ladders nimbly anymore, but the camaraderie, and desire to meet the presumed deadline, kept me humming along during each day. As we finished the task on day four, everyone had one beer each to celebrate our job well done, but no more, most fearing they'd fall asleep if they took a second pop.

As I limply waved goodbye and walked towards my house, one of the amigos shouted, 'rest up, after all it's your birthday next week', it occurred to me that I am turning 66, or as they say in golf, I'm on the back nine. I grew up at a time when the mantra was to never trust anyone over 30 and, truth be told, I could never imagine reaching 50 at best. When I even think of 50 years ago, I think of Bing Crosby, not Crosby, Stills, Nash and Young, which is more accurate.

After a hot shower, one where dropping the soap or loofah meant that the shower was over, as opposed to attempting to pick the item up, I found myself melancholy about turning 66. One more 6 and I will be going straight to hell, taking small consolation in the fact that if that's where I end up, at least I will know everyone there.

People often say that age is only a number and that you are as old as you feel. If that is true, I spend half the week feeling like I am barely old enough to vote, the other half pondering drinking a glass of DW40 before heading anywhere on foot. One of the lessons I have learned, albeit over and over again, is that if I don't moderate my drinks on a night when I am feeling in my twenties, I will pay for it for not one, but a few days, feeling between 90 and death. Maybe that's a good thing.

One of the reassuring things about being this age is that I no longer fear, as I once did, that my more rambunctious friends will attempt to give me the bumps. The majority of my friends would require triage if they ever tried to be so foolish, and my younger friends will hopefully think of 'the bumps' much like Yo-Yo's or Bolo-Bats, activities which were popular when dinosaurs roamed the earth.

On the bright side, as I write this month's article, I am still standing and, for that, I am grateful. I am past vanity about some snow on the roof and take comfort that getting a haircut is still worth the money and takes more than seven minutes, not including eyebrows. While my sister and I are now the most senior members of our family for some time now, something which, initially, was eerie, I accept the role humbly.

You see, and I'm just saying, being the father of two happy, healthy and successful children who are fine adults, being a grandfather for the first time, still having my older sister as my mentor, and having best friends around for 40 and 50 years, leaves me feeling, at the end of every day, that new adventures still await, and I am eager to wake every morning and see what comes next.

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Nature Canada comment on Canada joining the global 30x30 conservation coalition

Nature Canada welcomed the federal government joining a global “high ambition coalition” recently to champion the target of conserving 30 percent of the world’s lands and ocean by 2030.

It’s an important signal of leadership just two days before the Sept. 30 United Nations Biodiversity Summit in New York, said Nature Canada executive director Graham Saul.

“This pledge increases confidence in Canada’s commitment to protect vast tracts of wilderness and ocean from disruptive human activity, helping threatened species avoid extinction,” Saul said.

In Canada alone over 600 species are listed as at-risk from extinction. The number one cause of population declines in vulnerable species is habitat loss. With the longest coastline in the world and vast forests, Canada’s conservation measures ripple across the planet.

“Protecting nature is also critical to help halt climate change,” Saul said. “Beyond providing wildlife habitat, Canada’s forests, wetlands and grasslands are massive natural carbon stores. We can’t let these areas shrink any further.”

The High Ambition Coalition for Nature and People is an intergovernmental coalition of more than 30 countries around the world promoting the 30x30 proposal. It is co-chaired by France and Costa Rica. Prime Minister Justin Trudeau and Environment Minister Jonathan Wilkinson took part in virtual events with fellow leaders Monday.

The summit of heads of state on Wednesday during the UN General Assembly is a milestone in working out a plan for the next ten years for the Convention on Biological Diversity.

United Nations Biodiversity Summit

Comment by Nature Canada executive director Graham Saul on Prime Minister Justin Trudeau’s participation in the United Nations Biodiversity Summit: “Canada’s leadership at the first ever United Nations Biodiversity Summit is crucial to forging ambitious plans that are critical to protect wildlife habitat and human health and to reduce the impact of climate change.

“As the custodian of giant swaths of the world’s land and fresh water and the longest coastline on the globe, Canada has both the responsibility and the capability to lead by example and inspire collaboration with other countries to help create a legacy for generations to come. Indigenous-led conservation must be a core part of the solution.

“We are pleased by Prime Minister Trudeau’s commitment to the next key milestone of protecting 30 per cent of Canada’s lands and ocean by 2030 and to help make that the global target in the next round of biodiversity accords at the United Nations.”

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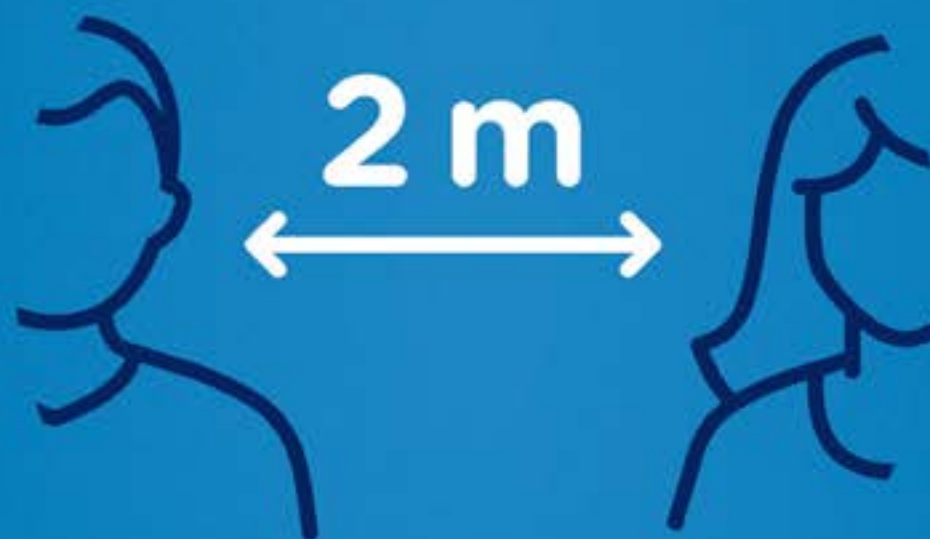
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