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Lease Advantage Financing with Hybrid Leasing Assist	✓	✓	✓
Heated front seats	✓	✓	✓
Heated leather wrapped steering wheel	✓	✓	✓
Proximity key with push-button ignition	✓	✓	✓
Comprehensive Limited Warranty**	60 months / \$60,000 km	60 months / \$60,000 km	60 months / \$60,000 km

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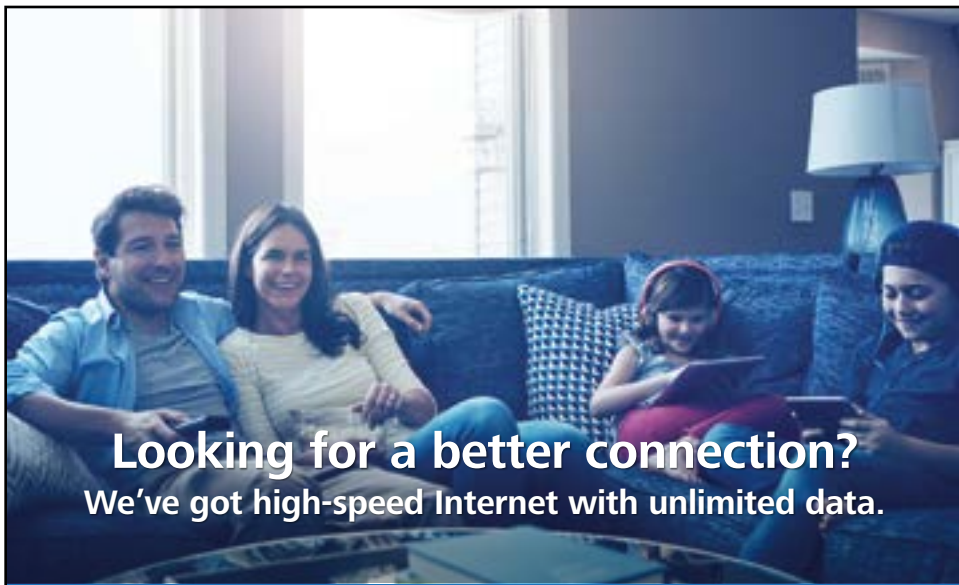
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Lease Advantage Financing with Hybrid Leasing Assist	✓	✓	✓
Heated front seats	✓	✓	✓
Heated leather wrapped steering wheel	✓	✓	✓
Proximity key with push-button ignition	✓	✓	✓
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What's On My Mind...

Turn up the volume...

Susan MacDonald, Editor

The lights dim and silence reigns as an invisible crowd waits with bated breath, anticipating the performance they have come to see. Light shuffling can be heard throughout, as expectation grows and ripples through the throng. Long seconds drag by until, finally, the stage lights burst into a blaze of colour, and a voice stronger than life itself rolls over the audience. As one, 65,000 people raise their hands in unison to a song well-known and loved, and the show begins... In fact, this was a YouTube video (Feb 20, 2008) of **Robby Williams – Feel** (Live Concert) that I watched recently.



Had I turned up the volume and dimmed my lights, it would not have been difficult to imagine myself at that outdoor concert, caught up in the moment, alongside the rest of the crowd. Music is mystical, magnetic; it reaches deep into our very souls and brings people together like nothing else can on this earth. Why? Music lives within us and like moths are drawn to a flame, its magnetism is irresistible.

The opening notes of **Leonard Cohen's Hallelujah** or **Procol Harum's Whiter Shade of Pale** are timeless and will silence any crowd in a heartbeat. **James Blunt's** YouTube video, **James Blunt | Goodbye My Lover | Live Performance** at Oxford Union (July 29, 2016) is breathtaking. The strength of this performance is enhanced by its simplicity. Watch to the end...

At the other end of the music spectrum, we find bands like **Chris Martin's Coldplay**. My introduction to this band was, again, on YouTube, watching their highly entertaining video, **Coldplay – Viva La Vida** (Live in Sao Paulo). The high energy and brilliant musical arrangement of this performance caught me immediately. Love this band!

In between, we can find every genre and style of music anyone can possibly imagine. There is something for everyone, from rock, blues, country, classical, folk and beyond. Check them all out, the exploration is endless, and you may discover a new band or style you did not expect to enjoy.

Here at home, the Laurentian music scene is booming, albeit virtually. There are so many amazing artists locally to be discovered, so look for them on YouTube, social media or through the local cultural venues.

Let the music play, and remember to turn up the volume.

Enjoy the read...

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Observations

Divide and Rule

David MacFairlane - MainStreet

The idea of how vaccinations have changed our lives was explored in a recent article by Mike Whitney, an American journalist, first published in the Unz Review, and later re-posted in the Ottawa-based Global Research website. (<https://www.unz.com/mwhitney/you-refuse-to-get-vaccinated-but-are-you-ready-to-be-an-outcast/>) He asks us to assume that the vaccination campaign is led by people who genuinely want to end the current crisis and restore the country to "normal", and then asks whether that motivation is sufficient justification for silencing vaccine critics and conducting a nation-wide operation aimed at producing a positive public opinion?

Obviously, no, it's not. People need to hear both sides of the story. In fact, that's the only way they can make informed decisions about their health. In our political system based on the rule of law, all views should be represented, and the media should allow them to be expressed in a balanced way. The government and the media have no right to exclude deliberately the medical professionals and other experts whose views conflict with the official narrative. The only way that people can offer their informed consent for vaccination, is if they're able to weigh the risks and benefits for themselves, and that's only possible if they have access to many diverse sources of information which, at present, they don't. Among the voices that are silenced are those who question the type of vaccine proposed, the legitimacy of an all-inclusive vaccination agenda, and the imposition of vaccine passports.

A Canadian doctor, Dr. Mark Trozzi, at enormous professional risk, did speak up recently, in an interview on 16 March with Rebel News.com, saying that he has huge concerns regarding the Covid-19 vaccines now being dispensed the world over. Dr. Trozzi, an Emergency Room physician, rhetorically asked, "Why would I take a potentially dangerous experimental injection for a non-fatal illness?" He said, in terms of the definition of the word "vaccine", these drugs are not vaccines. A vaccine, invented by Louis Pasteur, 150 years ago, is a treatment derived from a biological source, like a virus, and used for preventive purposes. (https://www.quora.com/Is-a-vaccine-a-drug?top_ans=214613253). So, a vaccine contains the same virus that causes the disease, but is sufficiently weakened that you don't get sick, or barely sick. This provides you with immunity to the disease without actually having to get it first. Unlike medicines that treat diseases, vaccines prevent them.

Dr. Trozzi points out that governments and health authorities worldwide know that these products from Pfizer, Moderna and Astra Zeneca, are experimental treatments that have only "Emergency Use Authorisation (EUA) for an Unapproved Product" The authorisation specifies that they "contain a nucleoside-modified messenger RNA (mRNA) encoding the viral spike glycoprotein (S) of the SARS-Cov-2." While a normal vaccine includes a fragment of the weakened virus, this procedure injects genetic material to induce your own body to replicate what a normal vaccine would do. Therefore, he concludes this purely experimental procedure does not fit the traditional definition of a vaccine.

Another Canadian, Dr Richard Marchand, microbiologist at l'Institut de cardiologie de Montréal, said on Radio 98.5 FM, on 21 February, that he and 25% of the staff in the Institute are not getting vaccinated with those vaccines that would not have been approved even under normal circumstances. (https://www.rebelnews.com/doctor-doubts_validity_of_covid_vaccines_interview_with_dr_mark_trozzi_part_two?utm_campaign=rb_3_17_21&utm_medium=email&utm_source=therebel)

Another US journalist, Bill Sardi, who specialises in health issues, reported at LewRockwell.com, on 23 March, stating that a major drawback of the RNA vaccines is that they activate antibodies, which pose the problem of antibody-dependent enhancement (ADE). This is a condition where the existence of antibodies to a given infectious agent results in more severe disease. (<https://www.deplatformdisease.com/blog/>). According to a recent research report, vaccine-induced antibodies against Covid-19 are not providing lasting immunity, and an answer to the problem of ADE is to design therapies that target T-cells rather than antibodies. It states ... "T-cell responses are known to protect against severe infection and re-infection in animal coronavirus models [9] ... Moreover, T-cell directed vaccines stimulate immune clearance mechanisms that avoid ADE disease and may provide immune memory capable of stemming transmission of future emergent coronavirus before viral spread reaches pandemic, even epidemic, proportions." (Source: <https://www.tandfonline.com/doi/full/10.1080/14760584.2020.1825946>)

All these voices are not investigated by the media. Also, the ethical and judicial questions raised by the implementation of vaccine passports are deliberately avoided. Just think about the implications of vaccine passports in our future daily lives. This "document" will be a digital identity card that citizens will be expected to carry at all times and use whenever they want to engage in basic commerce or other normal leisure activities. It will create a two-tier society where those who resist the biosecurity surveillance state will remain in a de facto permanent state of lockdown. Moreover, governments are planning to establish a global database, internationally maintained and accessible. Even though such digital sharing of information globally has never been attempted before, these propositions travel the media sphere with little examination. Do you want this future?

Already, in England, there is an unreported, massive, organised pushback against PM Boris Johnson's "No Jab, No Pub" insanity. Also unreported was the 100,000+ March for Freedom in London recently, as well as similar demonstrations in major cities across Europe. Thousands of people marched in protest against Quebec's lockdown measures in Montreal on 13 March, chanting "Liberté", alongside heavy police presence.

Now, where is our PM, Justin Trudeau, and his Liberal Party on these profoundly important issues involving our fundamental rights as Canadians? Well, our PM will simply follow the lead of other World Economic Forum (WEF) countries, like the UK and France, and avoid the hard decisions demanded from a genuine leader devoted to keeping this country unique, independent and uncompromised. Like everything else, he is mostly silent, out of sight, and has delegated his officials to be the mouthpiece of his government's policy. Trudeau is a committed globalist and devoted to the agenda of the Davos elite of the World Economic Forum (WEF), where he craves acceptance and recognition. The WEF is an international forum that promotes the integration of private enterprise and the state, a perfect definition of economic fascism. Therefore, for as long as we allow Trudeau to determine our destiny, the future of Canada will be decided by the elites of the world and not by the Canadian people and our democracy.

Some good news, also unreported, is that there is already a proven, safe and effective vaccine that protects against Covid-19 via activation of T-cells. The Bacille Calmette-Guerin (BCG) vaccine for another infectious lung disease, tuberculosis, is derived from a mycobacterium (*Mycobacterium bovis*) found in cattle. It is a "live", but attenuated bacterium. This BCG vaccine is so safe it is approved already for use with neonates, children and adults for almost 100 years. An ongoing BCG vaccine trial for Covid use, sponsored by The University Health Network of Toronto is expected to be complete by April, 2021, and the report issued by July, 2021. This Canadian study "encompasses measures of incidence of infection, hospitalization, respiratory distress, secondary infection and mortality, as well as adverse events and trained immunity, among health-care workers." Sponsor: University Health Network, Toronto - Collaborators: Serum Institute of India Pvt. Ltd., Max Planck Institute for Infection Biology, Verity Pharmaceuticals. Information provided by (Responsible Party): University Health Network, Toronto. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6896902/>)

On 29 March 2021, the Canadian Government, following the lead of over fifteen other countries, restricted use of the Astra Zeneca vaccine due to safety issues.

It's time for the silent majority to speak up.

"Everybody gets so much information all day long that they lose their common sense."
Gertrude Stein. 1874-1946 – American novelist, poet, playwright.

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Simply Words on Paper

Celebrating multilingualism to enhance communication and add perspective in Formula 1 racing

Jim Warbanks - Main Street

I have been an avid Formula 1 racing fan for a long time, well before the Gilles Villeneuve era ignited interest in Montreal. Due to Covid-19 constraints, there was no scheduled event in Montreal last year. The 2021 event is tentatively scheduled for mid-July but there remain serious quarantine and travel issues to resolve.



I faithfully record these international races in both French and English to watch at a more convenient time. Pierre Houde is a truly knowledgeable race commentator on RDS, with thirty years experience. If you are not a racing fan, you may still appreciate his work as an excellent NHL hockey commentator. The particular perspective and detailed comments that he adds from a Canadian point of view would make him my go-to guy if I had access to only a single broadcast. He handles interviews in either French or English with consummate ease.

International standard

Because of the historical link that Britain has with this pre-eminent car racing series, the BBC coverage on TSN is considered the international standard. While watching the inaugural race of the season on television from Bahrain late in March, I enjoyed interviews with both new drivers and the several veterans who had switched to new teams this year.

Among the current drivers, Fernando Alonso (Alpine) is fluent in Spanish, English, Italian, French, some Russian and possibly some Arabic. Sebastian Vettel (Aston Martin) speaks German, English, Italian and claims the ability to swear in thirty languages. Max Verstappen (Red Bull) is fluent in Dutch, German, English as well as some French. Charles Leclerc (Ferrari) can converse easily in fluent French, English and Italian. Pierre Gasly (Alpha Tauri) has a good command of French and English, understands and can speak Italian, some Japanese and a limited bit of Spanish.

Rookie driver

On the other hand, Kimi Räikkönen (Alfa Romeo) does speak several languages, but since he tends to comment as briefly as possible, the facetious claim has been repeated that he really speaks none. Rookie driver Yuki Tsunoda, who scored two points in his very first Grand Prix outing, gave a post-race interview in polished English.

Among former World Champion drivers, Nico Rosberg speaks German, English, Italian, Spanish, and French. Surprisingly, he is weak in his father's (Former F1 driver, Keke) language, Finnish. Seven-time World Champion, Michael Schumacher, recorded his lines for his guest appearance in the film Cars in four different languages, English, German, French and Italian.

Reigning World Champion Sir Lewis Hamilton (Mercedes) seems to be one of the top drivers who can only communicate effectively in English, unfortunately. It is sad that English-speakers appear least likely to speak other languages. Is it cultural arrogance or the pervasiveness of English that precludes them from mastering more?

International lot

Formula-1 team principals are also frequently interviewed and must communicate with drivers, engineers and other staff. Toto Wolff (Mercedes) is fluent in several languages. The other team principals are a truly international lot: Marc Gené, Mattia Binotto, Andreas Seidl, Christian Horner, Otmar Szafnauer, Guenther Steiner, Franz Tost, Frederic Vasseur, Simon Roberts. Multi-lingual? Undoubtedly.

Unfortunately, Canadian/Quebec driver Lance Stroll (Aston Martin), only speaks what was commonly referred to as Protestant School Board of Montreal (PSBGM) French, as was evident in a recent interview with Pierre Houde. He could only respond to basic questions in quite general terms.

To enjoy traveling and competing in Bahrain, Italy, Portugal, Spain, Monaco, Azerbaijan, Canada, France, Austria, United Kingdom, Hungary, Belgium, Netherlands, Italy, Russia, Singapore, Japan, United States, Mexico, Brazil, Australia Saudi Arabia and Abu Dhabi what greater asset could there be than the ability to communicate with the broadest possible segment of the population that you can reach?

Quibbling

Instead of the seemingly eternal quibbling about the status of French and English in Quebec/Canada, let's instead choose to celebrate the multiple advantages of communicating in additional languages and the richness of perspective that this provides for the more enlightened of us who can glimpse the benefits that should accrue with increasing globalization.

Neutralizing the insidious Covid-19 worldwide pandemic is indisputably the most grievous challenge we now face. The horrendous death rate, ancillary health care considerations, and the crippling economic consequences we must overcome are daunting indeed. A sports/entertainment car racing series, like Formula 1, with international appeal can only play a miniscule role. But it does point us in the right direction.



Tom's Journey Part 2

A love/hate relationship with food

Andie Bennett

Tom Whitton is a 4Korners board member, president of the Canada Day Committee in Deux-Montagnes and former City Councillor. In this three-part essay Tom talks candidly about his lifelong struggle with food and how the year of the pandemic became transformational for him. In Part 2, Tom revisits his youth and sees how this internal dialogue has negatively impacted his health and his lifelong relationship with food.

These past five years have weighed heavily on me. I had gotten my weight down in 2012 but it was climbing again. I was feeling that my health, both physically and mentally, was slipping away from me. I was drained and I had no idea how I was going to get myself out of this spiral.

I entered grade one a plump 65 lbs in 1974. I was considered the fat kid. I still think of myself as the fat kid. Although I always played sports – soccer, hockey, broomball, basketball, softball – I had poor eating habits and I always carried at least a little extra weight. By the time I reached CEGEP, I was in the low 180s. I remember this because, during the summer of 1986, I joined the Ceremonial Guard in Ottawa. Two weeks after Basic Training, I weighed 160 lbs! Between the 12-16-hour days and the crappy ration packs, I became a lean, mean fighting machine.

That summer, after “Basic,” the pace slowed down. Though we had PT (Physical Training) every day, I was eating cafeteria meals at the Uplands military base, and occasionally heading over to Hull where I had recently hit the legal drinking age. My weight returned to 175 lbs by the end of the summer. At 5’ 8-½” this is the weight where I feel most comfortable.

Back for CEGEP, year two, my weight quickly crept up to 190 lbs. During my three and a half years at McGill studying chemical engineering, the weight continued to grow to 205 lbs. Spring 1991 – three months after starting my career, four months after my beautiful daughter was born, and five months after I stopped walking to or from the train or metro for school – I ballooned to 220 lbs.

Over the next 19 years, my 220 lbs frame steadily morphed into where I found myself in 2010, at 292.5 lbs. I had gone through the occasional period of intentional weight loss, along with two knee surgeries, but nothing stuck. I never managed to find that sustainable solution for eating healthily and keeping my weight down.

“The Diabetes Diagnosis” in 2010 lit a fire under me and helped me make some substantial changes. I dropped 74 lbs. But, even with this diabetic cloud of blood sugar over me, I still did not find that magic bullet that would allow me to keep my weight down and keep me safe and healthy.

I began to think that a healthy body was impossible and that I should just give up. This constant self-labeling of being overweight from a very early age had finally brought me to the point where I was convincing myself that this “fat” label defined me.

Every time I would eat fast food...every time I would eat a blizzard... I would take one more chink out of my self-worth armour. “This food makes me feel good when I feel bad.” “I hate what I am doing to myself. I’m getting fatter.” This was a vicious cycle, and my self-esteem was in the toilet.

The pandemic seemed to coincide with a low point for me personally. My blood sugar had improved with better eating during the two previous weeks, but I still had lots of self-doubt. With the reality of the pandemic setting in, I panicked mentally. There were reports of younger people getting ill, and diabetes was on the list as one of the co-morbidities for COVID-19.

The arrival of the shutdowns allowed me to slow things down. With my life possibly on the line, the internal dialogue changed. “What was important?” “What was really, REALLY important?”

The answer was simple; HEALTH. Without health, you have nothing.

In Part 3, Tom will illustrate how, in the midst of the global COVID-19 pandemic, he refocused on what was important for his physical and mental health, thus recalibrating his lifelong relationship with food. For any questions or comments, please feel free to contact Tom Whitton at TomWhittonDM@gmail.com.



Laurentian Region Cancer Support Group

Cancer support group talks about coping

Psychotherapist & Counsellor Lois Wilkie will lead a discussion at the next meeting of the Laurentian Region Cancer Support Group on Saturday, April 17 at 1 pm via Zoom. All meetings are open to people living with cancer and their loved ones or caregivers. For more information about this peer support group or to receive the Zoom link for the next meeting call 450-226-3641 or email cancer.laurentia@yahoo.ca.





About Sainte-Adèle

Chris Lance - Main Street

Sainte-Adèle has at least 3 big projects on the go as we roll into Covid-19, year-2. Mr. Maalouf, the owner of the proposed recreo-touristique project in Mont-Rolland, seems to have woken up and growled. But plans are still just plans, and piles of old brick are stacked for future workover at the old site.

The financing and acquisition of Parc du Mont-Loup-Garou: The costs there are \$1,400,000 and, so far, donations to the town have reached \$1,100,000. The mayor plans to spend another \$133,000 on parking areas. The official opening is next June 11.

Water works on rue la Rivière, over in Mont-Rolland, begins at a cost of \$2,000,000.

Le Complex sportif des Pays-d'en-Haut is visible and taking form. The cost there is estimated at over \$20,000,000. The sports center should open in Covid-19, year-3, summer 2022, or fall or winter 2022.

You may have received from Mme Gaudreau, Bloc députée des Laurentides-Labelle, a miniature-sized 2021 calendar in your mailbox in March. The calendar is about the size of a golf score card, and the models in the picture are dressed to go to a fancy lunch at the golf and yacht club on the other side of the lake, pictured in the scene, or maybe the opening of the Parc du Mont Loup-Garou. Stick to the calendar you get from our town, at least you know when and where to put the recycling we get in our mailboxes every day.

It is definitely time to get your first jab in the arm. You can pull out the BBQ, outdoor furniture and cushions, golf clubs, tennis rackets (you can play for free in Sainte-Adèle, if you are a resident), badminton nets, brooms to sweep away the winter rock salt, stones and sand off the walkways, check out the waist-band problems with shorts, slacks and swim wear, after eating your way through the winter, find the sneakers at the back of the cupboards and storage bins, check the blowers, lawn mowers and garden rakes, select the seeds for spring planting, pick up some compost, rake up the dog poo in the yard, fill up the extra tank for the BBQ, get the boat ready for the lake, washout the 3 garbage bins, find those mud boots for early spring rains, see if the summer shirts and tees can cover the winter waist bulge, put away mitts, get a hair cut or become a blond again, wash and put away ski clothes, clean the gutters, hook up the water hoses, wash the SUV, change and store the tires, checkout the bicycles and oil the chains, cut or trim trees and branches, turn off the heating and, exhausted after all those chores, maybe sit outside with a newspaper or a book, or nothing, and enjoy the wonderful sounds of spring.

Arundel News

Christina Whelan: Animal rescuer



Christina Whelan has a big heart and a love for all creatures. Concerned for the well-being of lost, abandoned and unwanted animals, she operates a re-homing service for all species. She rescues them, ensures they receive appropriate veterinarian care and sterilization, and finds forever families to adopt them.

Christina has always loved animals. Visiting the Lachute Flea Market as a youngster, she would return home with calves, horses, and others to save them from the slaughterhouse. She praises Rose of Refuge RR and Lisa Rowland as her models in animal care.

Now the mother of two, with another little Whelan coming soon, she still finds time for animals in need. Asked what is currently in her care, she answers quickly, "Cats! You won't believe how many cats are just dumped. People don't realize the distress this causes them." If you peek into her shed, you will find sheep, gerbils, rats, dogs, rabbits, chickens, and a cockatoo.

Christina assumes 99% of the expense of food and vet care, but she greatly appreciates donations and interested people looking to welcome one of her rescue animals into a forever home.



For more information, visit her Facebook page.
To adopt or rehome an animal, or to donate to the cause, contact Christina at
c.e.whelan@hotmail.com



Making it Work in the Laurentians

Things to consider before signing a commercial lease

Maya Khamala

While a storefront, office or factory can be integral to brand recognition, having a commercial space can also represent your largest expense. Before you commit, there are many factors to consider:

Lease type

Your first consideration should be which lease type suits you.

- Gross rent lease. You pay rent in a lump sum, and it includes your base rent as well as any incidental expenses like insurance, property tax, utilities, repairs, or maintenance.
- Net rent lease. You pay base rent, plus any additional costs based on ownership or location, like property taxes, insurance or utilities. The landlord pays all other expenses.
- Base/single net rent lease. You pay base rent and one incidental expense (often property tax). The landlord covers all other costs.
- Double net rent lease. You pay base rent and two incidental expenses, while the landlord covers all other costs.
- Triple net rent lease. You pay base rent, taxes, insurance, and maintenance costs. The landlord covers structural repairs.

Always be sure the costs you're signing up for are clear! Although there is no legal distinction between single, double, or triple net leases in Quebec, it is common practice to describe a tenant's degree of responsibility in these terms. To avoid issues, ensure the responsibilities of each party are outlined clearly.

Other important considerations

Local bylaws. Familiarize yourself with the bylaws in your area to ensure that your business type is permitted.

Terms and renewal. Know the terms! If written notice is required, when and how does it need to be delivered? Is there a security deposit? Do you need a guarantor? Are future rent increases likely? Can you renew?

Repairs and renovations. Be sure you know who is responsible for what. Who owns improvements? Do renovations require approval? Do specific contractors need to be hired?

A default or change of ownership. How does your lease define a default? How much time do you have to quit the lease? What about penalties? What happens if you sell your business? Can you sublet?

The landlord. Does your landlord have a good reputation? Either way, keep a lease log: date and detail any events related to payment, increases, renewals, etc. If something is agreed to via phone, follow up via email—always best to have a paper trail!

Bottom line: when it comes to signing a commercial lease, you'll never regret taking the time to inform yourself.

YES Employment + Entrepreneurship's Business Coaches are always ready to help you decide which option works best for you. Find out more at yesmontreal.ca.

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COVID-19 pandemic - Financial support for MRCs

Nearly \$820,000 for the MRC d'Argenteuil

The Minister of Municipal Affairs and Housing, Ms. Andrée Laforest, and the Member of Parliament for Argenteuil, Ms. Agnès Grondin, are proud to announce that financial assistance of \$819,277 will benefit the MRC d'Argenteuil.

This support, granted to MRCs and organizations exercising MRC skills located in the territory, aims to bear the additional costs caused by the pandemic while allowing MRCs to develop their digital infrastructures and technological tools.

In the fall of 2020, to offset the loss of income and expenses caused by COVID-19, the Quebec government announced that \$800 million would be paid to local municipalities before March 31, 2021. An additional amount was then reserved for the regions in order to anticipate any delayed or unforeseen repercussions caused by the pandemic.

Thus, certain socio-economic challenges were felt in a significant way in the regions, in particular due to the insufficient technological resources. Additional assistance of \$80 million was therefore granted to support the MRCs in their efforts to provide their territories with tools to support, among other things, the maintenance and creation of jobs through teleworking.

Minister Nathalie Roy grants more than \$ 53,000 to Argenteuil Community Television

The MNA for Argenteuil, Ms. Agnès Grondin, is pleased to announce, on behalf of the Minister of Culture and Communications, Ms. Nathalie Roy, the granting of a sum of \$53,764 for Argenteuil community television in 2020-2021. This support is granted under the Operating Assistance program for community media.

Enhanced by the Economic Recovery Plan for the Cultural Sector announced last June, the program aims to support community print, radio, television and online media in pursuing their mission and carrying out their action plan.

With this grant, the Government of Quebec wants to ensure that Quebecers have access to diversified and quality information, which reflects the reality of each region. It also wants to support community media in their efforts to stimulate citizen participation and local and regional development.

Nationally, 151 community media sources received financial support in 2020-2021, for a total amount of \$6,990,755.

Re-launch: terraces will be back this summer!

Sensitive to the difficult economic context for many businesses and in order to encourage recovery, this summer the Mont-Tremblant City Council is renewing the flexibilities that several businesses benefited from during the summer season 2020. In addition to a tolerance for temporary signage, display, sales counters as well as promotional events, street terraces will be back and a subsidy will be offered to promote their redeployment.



"Last year, the assistance program for the development of street terraces in the city center and in the Village was a resounding success with restaurant owners and their customers. They have brought life to our shopping streets, increased seating capacity to offset restrictions, and attracted customers with a renewed experience. We are therefore happy to announce the return of these terraces and to continue our financial support," said Mont-Tremblant Mayor Luc Brisebois.

The subsidy for terraces is offered to restaurateurs in the Center-Ville and Village centers who took advantage of this program in 2020. The eligible amount is 50% of the costs of relocation, de-installation and storage, up to a maximum of \$750. To benefit from the subsidy, interested persons are invited to contact the Economic Development Department at 819 681-6404.

Other regulatory relaxations

During this period of flexibility, temporary signs (sandwich signs and others) will not be limited in number, and outdoor displays will be authorized for all types of businesses throughout the territory. Fruit and vegetable or flower sales counters will also be authorized, as well as promotional events aimed at the sale of goods at special prices.

Merchants must first obtain approval by submitting their project to the Urban Planning Department by email at urbanisme@villedemont-tremblant.qc.ca or by making an appointment at 819 425-8614, extension 2400. No fees will be charged. for requests for flexibility.

Welcome to:

Nadia Moramarco, owner of the excellent new Italian restaurant, **Luna Rossa**, 219 ch. Lac Millette (behind La Belle Province). Nadia opened on Friday, March 5. Luna Rossa offers authentic Italian pizza, lasagna, calzone and focaccia, using top-notch ingredients imported from Italy. Their trademark pizza is 1 meter long and feeds 8 people. You have to see it to believe it! They also serve traditional round pizza and a variety of fresh Panini with handmade Italian sausage, zucchini, eggplant, veggies and special Italian cheese. Frozen and fresh lasagna are also available, as are specialty Italian charcuterie plates. Desserts include delectable homemade cannoli, tiramisu, Italian croissants and a variety of other Italian desserts. Homemade gelato and sorbet are also on the menu – pistachio, chocolate and hazelnut, lemon, panna cotta, salty caramel and coffee. A variety of imported Italian coffees, soft drinks, beer and wine are available. Visit Luna Rossa for a real taste of Italy. Best of luck Nadia! 450 227-8282 / lunarossa.ca / Facebook: Luna Rossa/ Instagram: [lunarossasatsauveur](https://www.instagram.com/lunarossasatsauveur)



Congratulations to:

Nancy Plouffe, the new owner of **Toilettage Louise**, 25A rue de l'Église, St. Sauveur. Louise Bélanger will continue grooming at the salon. Nancy will also do grooming at the salon. Sometime in the Spring, the name of the salon will change to Toilettage Nancy. So, if your dog or cat needs to be spiffed up, have their nails clipped or their ears cleaned, Louise and Nancy are there to spoil your furry friends. Good luck to both of you! 450 530-8865 / toilettagelouise.com /Facebook: Toilettage Louise



Did you know that:

If you have a craving for delicious Greek food, that **Souvlaki Bar**, 105 ave. Guindon, St. Sauveur will fulfill your craving? They offer souvlaki, gyro pork and chicken, Tzaziki, grilled octopus and Greek potatoes. Other delectable items on their menu include Greek specialties such as Taramosalata, lentil soup, Kopanisti, Spanakopita, calamari, giant shrimp etc... Desserts include Baklava cheesecake, regular Baklava and Greek yogurt. Take out available. Owners and brothers, **Michael, Matthew, Joseph** and **Anthony** look forward to seeing you soon! 450 227-0923 / souvlakibar.ca / Facebook: Souvlaki Bar Restaurant, St. Sauveur.



Olodge Café is moving in mid-April, from their current location at 291 rue Principale, St. Sauveur, to 670 boul. des Laurentides (Rte. 117), Piedmont?

Owner, **Audrey Jasmin**, offers well-known brand name sports and bike clothing for men, women and children. This includes vests, shells, jackets, pants, shorts, sports shoes and accessories, such as hats, bags, coffee cups, etc. They also feature a café inside that offers quality coffee, breakfast and lunch, wine and beer. Gift certificates are available. Open Tuesday through Sunday from 8 am to 6 pm. 450 227-7517 /Facebook: Olodge / website: Olodge.ca



COVID - Testing Through Gargling

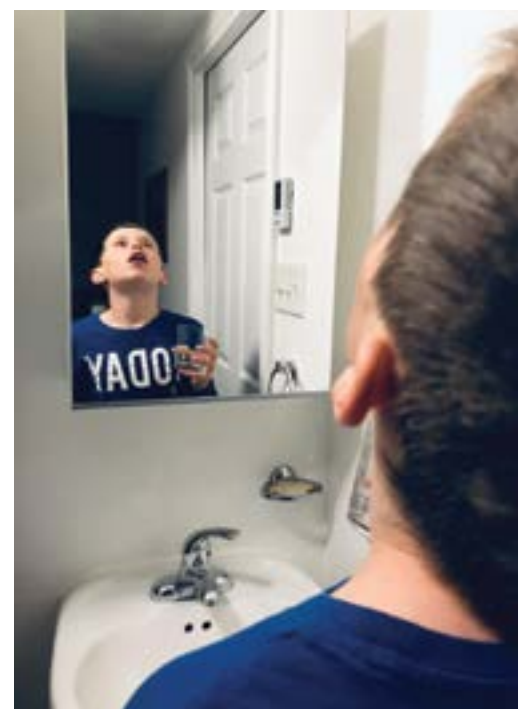
The minimum age required for sampling by gargling has been increased from 6 to 5 years in screening clinics in the Laurentians

Offered in COVID-19 screening clinics, the gargling method is now extended to children 5 years of age and over. Less invasive, this new method is obtained by the saliva collected when the person gargles with spring water.

Gargle sampling cannot be offered to certain groups including health-care workers with symptoms associated with COVID-19, anyone who is unable to gargle efficiently and children under the age of five.

For contact details of designated screening clinics, visit the website:

<http://www.santelaurentides.gouv.qc.ca/sante-publique/maladies-infectieuses/covid-19-coronavirus/>



We all want to know more about COVID-19 vaccination



COVID-19 vaccination in Québec began in December 2020 as part of a massive effort to prevent serious complications and deaths related to COVID-19, and stop the virus from spreading. Through vaccination, we hope to protect our healthcare system and allow things to return to normal.

A VACCINATION OVERVIEW

Why get vaccinated at all?

There are many reasons to get vaccinated (all of them good), including protecting ourselves from health complications and the dangers stemming from infectious diseases, as well as making sure they don't resurface.

How effective is vaccination?

Vaccination is one of medicine's greatest success stories and the cornerstone of an efficient healthcare system. That said, as with any medication, no vaccine is 100% effective. The efficacy of a vaccine depends on several factors, including:

- The age of the person being vaccinated
- Their physical condition and/or state of health, such as a weakened immune system

THE IMPACT OF VACCINES AT A GLANCE



- The World Health Organization (WHO) estimates that vaccination helps **prevent over 2 million deaths** every year, worldwide.
- Since the introduction of vaccination programs in Canada in 1920, **polio has been wiped out** across the country and several other illnesses (such as **diphtheria, tetanus** and **rubella**) have virtually disappeared.
- **Smallpox** has been **eradicated** throughout the world.
- The main bacteria responsible for **bacterial meningitis** in children—*Haemophilus influenzae* type B—has become **much rarer**.
- **Hepatitis B** has for all intents and purposes **disappeared** in young people, due to their having been vaccinated in childhood.

COVID-19 VACCINES

Are the vaccines safe?

Definitely. COVID-19 vaccines have been tested for quality and efficacy on a large scale and passed all necessary analysis before being approved for public use.

All required steps in the vaccine approval process were stringently followed, some simultaneously, which explains why the process went so fast. Health Canada always conducts an extensive investigation of vaccines before approving and releasing them, paying particular attention to evaluating their safety and efficacy.

Who should be vaccinated against COVID-19?

We aim to vaccinate the entire population against COVID-19. However, stocks are limited for now, which is why people from groups with a higher risk of developing complications if they are infected will be vaccinated first.

Can we stop applying sanitary measures once the vaccine has been administered?

No. Several months will have to go by before a sufficient percentage of the population is vaccinated and protected. The beginning of the vaccination campaign does not signal the end of the need for health measures. Two-metre physical distancing, wearing a mask or face covering, and frequent hand-washing are all important habits to maintain until the public health authorities say otherwise.

On what basis are priority groups determined?

The vaccine will first be given to people who are at higher risk of developing complications or dying from COVID-19, in particular vulnerable individuals and people with a significant loss of autonomy who live in a CHSLD, healthcare providers who work with them, people who live in private seniors' homes, and people 70 years of age and older.

As vaccine availability increases in Canada, more groups will be added to the list.

Order of priority for COVID-19 vaccination

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs).
- 2 Workers in the health and social services network who have contact with users.
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults.
- 4 Isolated and remote communities.
- 5 Everyone at least 80 years of age.
- 6 People aged 70-79.
- 7 People aged 60-69.
- 8 Adults under the age of 60 with a chronic disease or health issue that increases the risk of complications from COVID-19.
- 9 Adults under the age of 60 with no chronic disease or healthcare issues that increase the risk of complications but who provide essential services and have contact with users.
- 10 Everyone else in the general population at least 16 years of age.

Can I catch COVID-19 even after I get vaccinated?

The vaccines used can't cause COVID-19 because they don't contain the SARS-CoV-2 virus that's responsible for the disease. However, people who come into contact with the virus in the days leading up to their vaccination or in the 14 days following it could still develop COVID-19.

Is COVID-19 vaccination mandatory?

No. Vaccination is not mandatory here in Québec. However, COVID-19 vaccination is highly recommended.

Is vaccination free of charge?

The COVID-19 vaccine is **free**. It is only administered under the Québec Immunization Program and is not available from private sources.

Do I need to be vaccinated if I already had COVID-19?

YES. Vaccination is indicated for everyone who was diagnosed with COVID-19 in order to ensure their long-term protection.

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

1 877 644-4545

Québec 



Zach Factor

Electric bees

Lys Chisholm & Marcus Nerenberg -
Main Street

What is electricity? Think of another "E" word, everything. From sub-atomic particles to planets, solar-systems, galaxies, and inter-galactic space itself, energetic forces attract, repel and dance in an ever-changing quest for equilibrium. For most of our existence, we humans have been observers of this interplay of cosmic forces. Weather, ice ages, hurricanes, eclipses, floods, earthquakes, lightning, auroras, volcanoes; we observed, recorded histories, and created calendars. We called them "Acts of God" for want of an alternate explanation. Now, an expanding group of scientists is beginning to discover how underlying electromagnetic energies tie the entire universe together in an interconnected web.

All organisms on Earth are composed of cells; an orderly arrangement of molecules of numerous sub-systems that are imbued with an extremely intricate, yet robust, attribute called life. From a single-cell plant to a whale, we all share the same quality. In each one of us can be detected tiny electrical impulses, which facilitate the maintenance of miraculous order, life itself. Our galaxy is filled with cosmic rays, and part of a cosmology that is influenced by the electromagnetic emanations from the Sun and other heavenly bodies. Our own planet is pushed and pulled by these forces of nature, triggering catastrophes, extinction events, nudging evolution, and re-arranging life, time and again.

Guglielmo Marconi, an engineer, began experimenting with electric wireless communication in the early 1890's. He built antennas on the Isle of Wight, UK, consisting of vertical towers and huge horizontal arrays of wires. He fed hundreds of thousands of watts of electricity into these structures to create crude bursts called "spark" transmissions. Today's modern transmitters use a tiny fraction of the electricity that Marconi employed, and despite extremely controlled frequencies and tiny wattages to power our devices, the reality is we have now deployed multi-billions of them.

Marconi, a healthy 22-year-old, once his experiments began, had unexplainable illnesses, which dogged him all his life. When his new wife came to the Isle of Wight, she also suffered sudden declining health in her first pregnancy living under one of Marconi's antenna arrays. Their son died only several weeks old. Marconi, an entrepreneur too, never stopped to ask whether his inventions, then and later, had any impact on human health.

By 1901 there were two transmission stations on the Isle of Wight, and by 1904, there were 4. By 1906 there were no bees. Adult bees were found to be crawling on the grass too weak to fly. No matter what new hives were brought in, the result was the same. The Ministry of Agriculture stepped in, deeply concerned. By 1917, there were many modifications made on the Isle of Wight and the bees began to recover. The Isle of Wight mystery bee-plague, however, had now spread all over the world, along with Marconi's transmitters. Bees were dying mysteriously all over the world. Theories of disease and virus were only put to rest in the 1950's by British bee pathologist, Leslie Bailey, who confirmed the bees did not die from anything contagious.

At the same time, in France, a physician named Jacques Arsene-Arsenval was testing and refining the use of electric radio waves in health capacities. According to Arthur Firstenberg, author of the "The Invisible Rainbow", Arsenval developed ultra-sensitive meters to measure magnetic fields, heat production and respiration, similar to those we use to this day. He noticed that electrotherapy at low levels produced inconsistent results and designed a machine that put out perfectly smooth sine waves, rather than electric waves he called "jerks and teeth" that would otherwise injure his patients. These changes made significant healing changes for patients. Later, he exposed humans and animals to currents of electricity at equivalent levels to what Marconi was broadcasting into the atmosphere. What he found was troubling. In every human and animal case, blood pressure fell significantly, which indicated to him that the currents of high frequency electricity "penetrated deep into the organism."

Our global expansion into a world of electricity had no turning back, and research on its health effects have been downplayed. We now live in an environment saturated with electric devices; appliances, cell phones, Internet, smart meters, and now thousands of Starlink satellites, blasted into space by a for-profit company, that hold invisible and potentially harmful influence over our bodies. In a noteworthy correlation, as our wild bee populations are disappearing all over North America and the world, 5G usage and Starlink continue their expansion. The irreplaceable wild bees pollinate over half of our crops. Perhaps we can download an app to pollinate our gardens?



Decline of native bee species leaves many questioning our increased use of electronic emitters that interfere with their homing ability. Photo Credit: Beneficialbugs.org



The Story Behind

Yes, I am Nansen cont'd

Joseph Graham - Main Street
joseph@ballyhoo.ca

In mid-March of 1895, fully two years into their trip across the Arctic icecap, Fridtjof Nansen and Hjalmar Johansen left the Fram where it was, locked in the Arctic ice, drifting slowly with the rotation of the ice sheet. They headed off from 84°4'N, planning to reach the North Pole, latitude 90°N. They made good time, but soon they realized the ice they were dogsledging and skiing over was itself moving south. On the morning of April 7, they witnessed a wall of ice blocks ahead. Nansen took a reading, 86°13'6"N. It would have to stand as their closest approach. If they tried to go further, their food might not cover their return. As it was, they would not be able to feed all the dogs. They did their readings and headed for the 300-kilometre-wide target off the northern coast of Russia, Franz Josef Land.



Over the next six days they made steady progress, calculating their locations through calibrating the locations of stars and relating them to the time of day. At the reading made April 13, they discovered they had forgotten to wind their timepieces and would have to guess at their location, resetting the time to an estimate as well. From then on, they could not be sure if they were on target – a slight deviation and they might never again see land.

Ten days later, they had to kill the weakest dog to feed the rest, a pattern they repeated. By the end of the month, they crossed a path made by an arctic fox and knew they were headed towards land. Next came polar bear tracks. A full month later, they saw gulls and seals, and a month after that, they set up camp on an icefloe confident that there was land ahead.

On August 6, they reached the edge of the icefloe, their dogs gone, and they packed their dwindling supplies into their two home-made kayaks and lashed them together with their skis, erecting a simple mast. They were within sailing distance of land that Nansen felt was a part of the Franz Joseph archipelago.

By the end of August, finding land, they set up camp in a cove, building a stone and moss shelter and hunting for food. They were forced to stay put during the next eight months of winter, and Johansen remarked in his own memoir that it was only during that period that Nansen began to address him in the familiar, dropping formal language. Boredom was their biggest enemy, but they also were charged by a polar bear and on one occasion Nansen had to make the life-and-death decision to jump into the arctic water and swim for the kayaks that had gone adrift.

Resuming their trip in mid May, they were sailing south along the coast that they hoped was a part of the archipelago. They sustained an attack by a walrus on June 17 and made for shore. Nansen thought he heard a dog bark and wandered off to see. What he found was a man and some dogs. The two men stared at each other, Nansen in his ripped remaining survival gear and a year's growth of beard and hair. Then the stranger said, "You are Nansen, aren't you?" and Nansen recognised Frederick Jackson, the British explorer he had refused, who had set off on his own exploration to Franz Josef Land.

"Yes, I am Nansen," he responded.

Jackson's camp was on a nearby island and the odds of the two men meeting at all were low. Had the walrus not attacked, the meeting may never have taken place.

Thanks to this extraordinary encounter, Nansen and Johansen were back in Vardo by August 13. Vardo is a colorful, remote port on an island in northeastern Norway. It just happened – again – that another notable individual in Nansen's story was also there, Henrick Mohn, the meteorologist whose icecap theory underpinned the whole expedition of the Fram.

Nansen learned that there was no news of the fate of the Fram. He had anticipated that it would pass through the Arctic ice and come back out northwest of Norway, but it was over two and a half years since they first froze into the ice. If he were wrong, they could be anywhere in the Arctic icecap – too far from anything, lost. Had Nansen abandoned them to that fate, to survive until their supplies were finished? What hunting or fishing could they do? The boat, masts and all, served only the function of a shelter.

Nansen, though, was being celebrated. A wave of excitement was rolling across Norway as the two men made their way south to be received by the king himself.

The Fram had drifted northward after the explorers had left it, reaching within half a degree of the record Nansen and Johansen had achieved on skis and dogsleds. Then the currents of the icecap brought them slowly south. Otto Sverdrup, the captain, found that the largest handicap they faced was boredom. Ten men in a small ship with nothing to do. They could not even sail. The only tasks were scientific measurements, tracking where they were, but during the summer of 1896, they broke back into the sea. It was August 13, the same day Nansen arrived in Vardo. Only a week later, they arrived at the northwestern harbour of Skjervoy. When Nansen learned of their safe return, he changed his direction, returning north to rejoin the crew and the ship. Reunited, the crew sailed to Kristiana, now Oslo, arriving on September 9, over three years after their voyage began.

Skiing down the Nansen at Mont Tremblant, a trail cut and designed by another Johannsen who is better known to us, it is easy to imagine what Nansen's son Kare and Jackrabbit were celebrating in 1938 when they chose the trail's name, but 42 years earlier, in 1896, Fridtjof's astounding career was just beginning.



Garden Talk

Growing tomatoes Part 2

June Angus - Main Street

Whether you started tomatoes from seed indoors (covered in the February edition of Main Street) or plan to purchase plants from a local garden center, there are a number of simple steps to follow to ensure a bountiful harvest.

Tomatoes are tender plants that don't tolerate frost. Transplant only after all risk of frost has ended. In the Laurentians this is generally between the end of May and mid June. Keeping a close eye on weather forecasts and frost advisories becomes a gardener's obsession at this time of year.

About a week before transplanting, start hardening off your seedlings, a process that gradually exposes tender plants to sunlight, wind and uneven temperatures by taking them outside for short periods each day. To start, pick a warm, sunny day, but place the pots, flats, or trays in full shade. Bring them inside at night. Then over the next few days, place the seedlings in dappled shade, with some exposure to direct sun. Continue to bring them in for the night. The last few days prior to transplanting, give the seedlings several hours of direct sun, and leave them out overnight. However, if there is any chance of frost, bring the plants in or cover them.

Once ready to plant, choose a spot with at least 7 or more hours of full sun each day. The soil or growing medium should be rich in organic matter. Prepare the garden bed by adding compost to the soil. If growing in containers, the planters should be about 18-24 inches high and about 15-20 inches wide.

In the garden, space plants 18 to 36 inches (45 to 90 cm) apart. Plant them deeply. A new transplant needs to focus on root production. Water each plant immediately to avoid transplant shock. Continue to water well each day for the first week. As the growing season progresses, plants will need the equivalent of 1 to 3 inches of rain weekly. During dry weather, water plants at least twice a week, or more frequently if needed. Do this in the morning or early evening, but not in the heat of the day.

Some varieties will need support such as a tomato cage. Install cages or other support stakes about 14 days after transplanting. Carefully pull leaves and secondary stems through the sections of the cage as the plant grows.

There are no hard rules about pruning tomatoes, but it may be necessary if the plants turn into unmanageable monsters like mine did last year. The best way to maintain control is to prune out side shoots or "suckers" as they develop. These shoots can turn into new branches that impede the growth of main branches or shade fruit that is setting and trying to ripen. The overall weight of added branches may also drag a plant and its fruit right down to the ground despite your best efforts at staking.

Once flowering begins, you can help Mother Nature by gently shaking your plants once or twice each week for about 5 seconds. This helps distribute pollen and will increase fruit production. Fruit will appear a month or so later depending on your plant variety.

With well-prepared soil little if any fertilizing is needed. But if you feel it's necessary check with your local garden center for advice. Weak plants, yellowing leaves, or other problems can be a sign of disease.

A tomato is ready for harvest as it changes to its ripe colour whether that's red, yellow orange, purple or striped. If a harvested tomato needs to ripen a bit more, place it in a paper bag that can sit on a kitchen counter. Better yet let it stay on the vine until fully ripened for the best and sweetest taste.

Good garden companions for tomatoes include basil, bush beans, carrots, chives, lettuce, onions and peppers.

Happy planting!



Word Play

Marking the Passover

Louise Bloom - lousebloom@me.com

On the side of this mountain in Morin Heights, spring is pressing, deliberately and consistently, determined to do away with the scrappy looking snow, revealing the earth and the rock faces at an unusual speed. This eventual exposure of what lies beneath the snow reminds me that Judaism is about the revelation of the wisdom that is hidden from us, until we are present and ready to see what is concealed behind the curtain.



With Spring in Canada comes Passover, the Jewish holiday (Holy day) that has a primary place among the many holidays. The Passover is a well-worn story that has been retold over centuries. The story carries universal messages that are compelling, events whose metaphoric majesty is important to us all. There are two aspects that are of particular interest to me; the idea of experiencing freedom from slavery, and the nature of the Judaic tradition as it is cultivated within the element of time, rather than that of space. Space, in this instance, is the manifest world, physical and tangible, the thingness of all that is finite. Time is the ethereal, invisible, extensive, eternal and infinite.

The Passover story recounts the freeing of the Jewish people who were enslaved in Egypt. The term Passover originates from the part of the story where God delivers the tenth plague to the Egyptians in the attempt to convince them to give the Jews their freedom. The angel of death passes over the houses of the Jews who have marked their doorways with the blood of a sacrificial lamb, saving their first born from death. The first born of the Egyptians are afflicted. The Egyptians give way to freeing the slaves, and the Jews, already prepared to leave Egypt, make their way with desperate haste.

As recounted, the 40 years that the Jews spent in the wilderness before coming to the promised land, represents another period of human development which symbolises the extent to which we must travel in order to purify our intentions, to earn the right to home, analogous to wholeness.

The Passover is always celebrated by recounting the story. The story is told, to some degree, as if it were happening in the present, as if freedom had not yet been attained. Thus, with all humility, we visit our own enslavements – perhaps to a culture that is defined by space, by things, by others. We are asked to see ourselves as if we ourselves went out of Egypt and continue to do so.

Re-visiting and re-assuming the concept of slavery, with the events of Passover as our guide, brings us to accept that we are continually enslaved by our worldly concerns, and that by visiting the hallowed halls of holy time in the present, we can find relief from our chronic distresses. It is with this understanding that the idea of finding freedom within our obvious state of slavery emerges, that we bloom where we are planted.

Acknowledging and playing with the element of time, promotes the idea that the holy atmosphere we may seek is created by time, and not by objects, but by the setting aside of specific times that serve as the actual tabernacle of faith. As with the Sabbath, or any other holiday, we enter a location that has no specificity of walls, floors, ceilings. We enter a celestial world that we create with our own dedication.

Passover usually falls at the same time as Easter, tying together the ceremonial rituals that envelop the Judaic and Christian traditions. I am always inspired to know that Jesus was attending the Passover meal, when he was arrested, crucified and resurrected. And the story continues.

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

The City of Saint-Sauveur invites its citizens to participate in a public consultation meeting

The public consultation meeting will take place on April 13, 2021, at 7 pm, by videoconference, in order to vote on the draft By-law 222-65-2021, adopted by the municipal council at the regular meeting of March 15.

This draft by-law, amending Zoning By-law 222-2008, concerns a future real estate development located in Saint-Sauveur, in the Chemin du Lac sector.

The public consultation meeting is an opportunity for Sauverois to learn more about the future project and to express their views. I therefore invite citizens to register now in order to make their voices heard."

REGISTRATION REQUIRED

Those interested in participating must register now by email at greffe@ville.saint-sauveur.qc.ca, providing the following information: full name, address of residence in Saint-Sauveur and a valid telephone number. Those registered will receive, by email, the Zoom link to join the public workshop.

Anyone wishing to obtain information concerning the draft by-laws inherent to the project, is requested to contact the Urban Planning Department or the Registry Department at the following telephone number: 450 227-4633, during regular working office hours.

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Obituaries

SMITH-PILON, CLAUDETTE

It is with great sadness that we announce the passing of Claudette Smith-Pilon, in Montréal, on March 8, 2021 at the age of 80. Beloved wife of late Claude Pilon, she is survived by her children, Marc (Diane), Daniel (Sébastien), Pierre (France) and Nathalie, her grandchildren, Michael (Catherine), Stéphanie, Marie-Pier (Joël), Patrick, and Alex, her sister-in-law, Jocelyne r.m., her nieces, Sylvie and Lucie, as well as cherished cousins and many friends.



A private memorial service will be held at a later date.

The family would like to extend their heartfelt thanks to the staff at the MUHC for their excellent and compassionate care.

Donations can be made in her memory to the Canadian Legion, Branch # 192, 79 rue du Village, Arundel, Qc, J0T 1A0, 819-687-9143 or etransfer at arundelle-gion@gmail.com

Claudette, tu nous manqueras. Tu étais très impliqué dans la communauté locale, et nous t'en sommes très reconnaissants. Tu laisses des traces mémorables pour tous ceux qui ont bénéficié de tes efforts. Merci du fond du coeur.

A Tribute To Claudette Smith-Pilon

It was with sadness that we learned of the passing of Claudette Smith-Pilon on March 8, 2021, after a brief illness. She was a force in our community and will be missed deeply. In the words of Steven Larose, Mayor of Montcalm, "Claudette had Weir tattooed on her heart. Even though Montcalm has existed since 1907, for her it was important that the village of Weir remain "Weir" and she fought hard to make sure that Weir would never be forgotten." Part of that fight was writing her Main Street column, The News Wire from Weir each month for many years, to tell the world that Weir exists and is an active, strong community.

Claudette devoted herself to her community. She was a founding member of the Laurentian Branch of Victoria's Quilts. As its Secretary, she worked tirelessly to help the branch grow into what it is today. With her community connections she was able to help the group reach out and receive funding. Claudette was also the eyes and ears of the sewing sessions. She greeted members at the front door and listened carefully if anyone had a problem.

Perhaps Claudette will best be remembered for the many years she devoted to the Arundel Legion. She served in many roles on the executive, including Secretary and Membership Chairperson. As Service Officer, she took special care of our veteran members. She also organized many of our community suppers, cooking up meals for such events as Robbie Burns and the annual Veterans' supper. Over the years, she made a huge contribution to our branch of the Canadian Legion.

Claudette was a faithful and valued contributor in Main Street for many years, having picked up the role after her husband and previous columnist, Claude, passed away. Claudette's commitment to her community was unflinching to the end. She possessed a strong will and determination and we are eternally thankful for the positive contributions she made to The Village of Weir.

We will always remember Claudette with a smile and a kind thought.

In lieu of flowers, the family has requested that donations be made to the Arundel Legion. If you wish to offer your sympathy, please contact the family at pilonfamily007@gmail.com.



The English Link

Prévoyance, helping fight loneliness

Andie Bennett

It has been a busy year for Prévoyance envers les aînés des Laurentides. In January, they expanded their territory to include Argenteuil, and now, with Laurentides and Pays D'en Haut, they cover 3 MRCs encompassing 39 municipalities. The primary mandate of Prévoyance is to improve the quality of life of seniors and help them resolve issues that may be jeopardizing them. Now, months into a worldwide pandemic, one of the main issues seniors are dealing with is loneliness.

Nancy Martin is the service coordinator with Prévoyance, and says they are receiving a lot of calls from seniors who haven't seen their families in months, or have lost regular contact with their caregivers, because they, too, are trying to self-isolate as much as possible. For these seniors, Prévoyance offers friendly phone calls from volunteers who will call once or twice a week to chat. They try to tailor the conversation to the individuals' interests, and for half an hour at least help them forget about their loneliness. These calls are available in French and English.

A number of things can impact a senior's quality of life, ranging from conflict with a neighbor to serious instances of abuse. Assessing this must now be done on the phone. This could be a challenge for some, but Nancy has over 25 years of experience working with people and has not felt the lack of visual/physical contact to be much of a barrier in her communication with the seniors she talks to. "Even through the phone I can feel the person and sometimes I know exactly what the person needs." Even if she knows, Nancy always asks the individual for confirmation of her interpretation to make sure she is not leading the way as they try to reach a solution. This is a major principle that Prévoyance adheres to, ensuring that the seniors control the outcome every step of the way.

Their Scout program to identify at-risk seniors is ongoing. This program trains people in the community who have regular contact with seniors (libraries, post office, grocery stores) to identify possible at-risk seniors and contact Prévoyance. The training is online and although it is only offered in French, many bilingual groups, such as firemen and first responders in the region have undergone the training, and all forms and documentation are available in English. Prévoyance has 1000 scouts trained in MRC des Laurentides and Pays D'en Haut.

Please contact them directly for more information. prevoyance.aines.laurentides@gmail.com / Toll-free 1-844-551-6032



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A Random Act of Kindness

Randell Green and his wife Joann Kosinsky from Gore own a drone company. They immediately sprang into action, no questions asked, when they heard a resident in Gore had lost their lovable malamute dog, Nina. Randall and Joann went out looking for the lost dog using their drones free of charge four or five times to help the owner locate their beloved pet. Although it was not the drone that located the dog, this was such a lovely random act of kindness. The malamute was finally found in Morin Heights. He had run quite a ways from home. All is well that ends well!



Essential Oils

Watching your weight

Susan Rich

As summer approaches, many of us are concerned about bikini season. Our New Year's resolutions have fallen to the wayside, and now time is running out. While essential oils won't magically give us six-packs and strong muscles, they can help us with food cravings and sugar spikes, allowing us to manage our food intake much better.

Some of the main causes of excess weight result from an increase in muscle mass (this is a good thing), fat deposits (not good), or even water retention. Of course, we cannot discount weight gain that results from poor health, certain medications, inactivity, or just a slow metabolism.

It's always a good thing to consult with a doctor before starting any weight loss regime. There are many natural solutions you can use to help you along the way. However, the most important is to be motivated, and stick to a regime of exercise and healthy eating, in moderation.

Here are my favourite essential oils to help with weight loss.

Grapefruit - This oil is wonderful for curbing cravings and reducing appetite. You can put a drop or two into a glass of water and drink it down to reduce the cravings and help you eat less. It also has fat burning properties.

Cinnamon - This oil inhibits the formation of new fat cells as well as balances your blood sugar levels. Put a drop in your morning drink for a delicious warm beverage. Rubbing it on your skin, blended with coconut oil, will help break down cellulite and fatty deposits.

Peppermint - is a great oil for the digestive system. It enhances a sense of fullness. It reduces cravings as well as appetite. Adding a drop to some water right before eating will aid with your digestion and help you eat less.

Ginger - While we all know that ginger is great when our tummies are upset, you might be amazed to find out that it also encourages fat burning and promotes satiation.

I cannot stress enough the importance of using 100% pure essential oils when using them internally. If your bottles do not state safe for internal use, they are not pure, and are dangerous to ingest!

For more information on how to get 100% pure CPTG oils, and how to integrate them into your healthy lives, please feel free to contact me at 819-421-2253



Main Street Money

Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Planning on taking a trip in Canada?

Add insurance to your checklist.

You may be surprised to know that travel insurance isn't just a necessity for people who vacation outside the country – it applies within Canada, too.

Plans to visit hot, sunny and sandy destinations may be on many Canadian travellers' wish lists this season, but due to pandemic concerns, venturing out a little closer to home may have to suffice. Thankfully, there's a limitless selection of exciting places to visit and things to do within the country's vast borders. To enjoy them to the utmost, in-country travel insurance should be part of your plan.

Travel insurance once had a reputation of being relevant only to older people who travelled internationally, but those days are behind us. Today, it's helpful for anyone of any age who travels into another province or territory, because each is governed by a different health plan.

A recent travel survey conducted by Manulife found that 50 per cent of Canadians think their government health insurance plan will protect them while travelling anywhere in Canada¹. It's true that a Canadian requiring medical attention while visiting another province or territory will generally be treated the same way as at home, thanks to inter-provincial agreements. However, what's covered by the government-sponsored insurance in your home province may differ from the coverage in other plans. You may not be insured in the same way you think.

Medical coverage differs depending on where you are in Canada. Here are some costs that aren't typically covered – but that travel insurance can protect you from.

- Ambulance services (air and ground, including transport and paramedic)
- Fees charged by private hospitals or facilities
- Diagnostic or laboratory services outside of a public hospital
- Prescription drugs and other drugs given outside a hospital
- Services not covered in the province

Know your situation

If travel plans are on the horizon, the first question you should ask yourself is, "Am I covered?" Many employee group benefit plans include some level of travel insurance – research how extensive your plan's coverage is. Some stipulate coverage for business travel only. Others may cover only the employee but not dependents. Time limits, eligible and non-eligible procedures and, importantly, coverage for matters related to COVID-19 are certain to vary, depending on the agreement the employer has with its insurance provider. Ensure you understand your situation with respect to insurance and how it might apply to a variety of circumstances if something were to happen to you or your companions while travelling.

Although your provincial or territorial health plan will cover you in the event you need emergency care, be cautious. There can be gaps in medical coverage that could leave you responsible for paying for treatment up front and for recovering the funds from your provincial or territorial government when you return home. This can create a cash flow challenge at a time when you may have already spent a lot of money for a holiday.

Many travel insurance providers have modified or extended their policies to include coverage of COVID-19-related emergency medical costs when travelling within Canada. This is a worthwhile consideration as you decide what extent of coverage best suits your needs.

Bon voyage!

After you have put aside the money and the time to enjoy that hard-earned vacation, taking the next step to protect yourself from unexpected costs can be a satisfying point to check off your list. Reach out to your advisor for some insight on the short-term and long-term insurance options that can help you enjoy your time away that much more.

Christopher Collyer, BA, CFP
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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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Twins with dazzling smiles

Two 5 year-old twin girls, Sadie and Annie who live in Ottawa were surprised by a random act of kindness. Sadie has a disorder called "trichotillomania" which means she pulls out all her hair, so she has never experienced having long hair. Her dream was always to have long hair like Rapunzel. So, Caro Bayard, a kind Brownsburg resident who enjoys knitting her unique "crazy hair hats" decided to knit hats for both little girls; a pink hat for Sadie and a blue one for Annie. She then couriered both hats to their mom. The hats arrived safely and the mom presented the hats to the twins. This was the first time that Sadie was able to experience long hair. The girls were so thrilled and surprised. What beautiful, dazzling smiles! Thanks for the kind deed Caro!




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Real Wine for Real People Wine glasses, why so many?

April Sirois – Sommelier - ISG

Have you ever stood in a kitchen store and wondered why there were so many shapes and styles of wine glasses? Does a person need so many different sizes and styles to enjoy wine? Can I just use one glass for everything? Well, yes and no. Turns out that many experts have looked into this and they have found that the shape of the glass does have the ability to concentrate the wine's aroma, further intensifying the flavors, and adding to the enjoyment of the drinker.

Most wine glasses are composed of three parts: the bowl, stem, and foot. The shape of the bowl is all about holding the wine, concentrating and releasing aromas and depositing the wine into the mouth of the drinker. The bowl on a wine glass is only meant to be filled to about 1/3 full leaving space where the aromas of the wine are collected. Red wines have larger bowls to highlight their generally bigger aromas. White wines have smaller bowls for their more subtle aromas and to better maintain the cooler temperatures at which they are served.

The lip of the glass should be quite thin so it's not in the way and doesn't affect the drinker's experience. Not only is a large bead of glass around the rim visually unappealing, it also feels terrible to try to sip around. Feels like a wine speedbump to me. The stem of the wine glass is where the glass is meant to be held so that the heat from warm hands doesn't warm up the wine, and also keeps the bowl from getting covered with unsightly fingerprints and smears. The foot, well, that is pretty self-explanatory.

Okay, now that we have covered the wine glass basics, let's break it down! This month I will discuss the best glasses for red and white wines, and next month, we'll take a look at the choices for sparklings, specialties and the universal glass for all.

Red Wine Glasses: You know that red wine glasses have wider, rounder bowls. These bowls are intended to increase the rate of oxidation, (a little like decanting, but done in the glass) also helps to capture the aromas in the glass.

Bordeaux glass: This tall, broad-bowled glass is designed for bold, full-bodied red wines, like Bordeaux and California Cabernet Sauvignons.

Standard red wine glass: This glass is ideal for medium to full-bodied reds, especially those with spicy notes. Use this glass to sip on Zinfandel, Malbec, Syrah (Shiraz), and Petite Sirah.

Burgundy: The Burgundy glass or "balloon" is broader than the Bordeaux glass. It's bigger balloon like bowl accumulates delicate aromas, like those from Pinot Noir.

White Wine Glasses: Compared to red wine glasses, white wine glasses vary quite a bit in shape and size, from the tapered, Champagne flute, to the wide and shallow glasses used to enjoy Chardonnay.

Chardonnay Glasses: are larger, more open wine glasses to help with aeration to bring out the bolder flavors of big, rich white wines, like Chardonnay or Sancerre types

Smaller White Wine Glasses: are best for Sauvignon Blanc, Pinot Grigio, and leaner, crisper wines that need a glass that has a much smaller mouth and bowl, to preserve the lighter, sharper aromas and flavors, and to keep the wine at cooler temperatures longer.

~ Cheers



I'm Just Saying Needles and pins

Ron Golfman - Main Street

While watching the news, late last night, I received a call from my dear friends, Dave and Marion, who, in their typical selflessness, called to say that people 65 and over are now eligible for the vaccine.

I immediately jumped to my laptop and filled in the questionnaire up to the point where choosing Saint Sauveur as my vaccination spot appeared, and then the page to follow was blank five times.

Somehow, like parents whose child claimed to have done homework, but didn't, they called back at midnight to check if I had got it done. When I told them I couldn't get through, they insisted on staying on the phone while they took my information and made my appointment for Lachute, this Saturday morning. Both my kids called me also, early this morning, to ask if I had booked the appointment. I barely slept last night, too excited, as if I had won life's Lotto Max. Whether in a pandemic or not, those of us who have others looking out for us is the best gift, and I feel blessed to have such caring friends and family around me.

As the time drew near for my next article, I made a conscious effort to observe how our social environment has been reacting, more than a year after this pandemic stopped the clocks for all of us in a variety of ways. I know some people who, having medical issues, but were just out of range for eligibility, already had booked and received their vaccinations. At first, this bothered me, but given the underlying risks they face daily, I quickly lost my resentment and now understand the anxiety better, given my own delight at the prospect of getting a needle. Someone asked me if I would take any vaccine, given the debate about one in particular and, while it appears that I get the Moderna tomorrow, I will, as the television show says, take any safe lifeline offered.

I admit that I am not a big fan of the curfew. While I was happy to hear that the time limit was moved to 9:30 pm, I was still all dressed up with nowhere to go for those extra 90 minutes. My first instinct was to call a buddy and invite him to come and sit outside in lawn chairs, with my TV in the window, to watch a Habs game but, with so many games starting between 9-11 pm, and the minus zero temperatures still lingering, it was not my best idea.

Over this past year, I would go and do my groceries at 8 am, to beat crowd traffic and risk, but in the past months, everyone else seems to have caught on. Many is the time that people honk when I am walking or shout out to me in the rare event that I need gas and, because some have different vehicles, I have broken my parent's rule of not talking to strangers, even if they are my friends who I just don't recognize due to masking. I still have no idea who some of them were.

With the acceleration of vaccines, I hold out hope that we'll be singing together to 'Dancing in the Streets' during this long-awaited summer, but, and I'm Just Saying, there'll be no slow dancing for a while to come. Stay safe!





Laurentian Personality

One olive at a time

Lori Leonard – Main Street

Esber Esber was born in Lebanon and came to Canada to study 46 years ago. He loved Canada and stayed. Esber, and his wife Roula, moved to Lachute, in April 2019. It is a good home base, because their sales territory encompasses the region between Ottawa and Quebec City.

When Esber was a student in Lebanon, he helped his grandparents every morning before school and each evening in their olive groves. Olives, olive oil and tobacco were the only means of revenue for his grandparents. At season's end, Esber and his family were compensated with olives and olive oil, but never money. Hard work was a way of life for Esber's family. His father held two jobs, and worked around the clock, 12 months a year, never taking vacation.

In 1998, Esber inherited the olive groves and land from his parents. In 1999, he opened Koura, his own business, to import olives and olive oil from Lebanon. Esber's wife, parents, his brother in Dubai, and his three children are also involved in the business.

Initially, Esber presented and sold his Koura olive products at a Lachute food market, which attracted local small businesses, restaurants, hotels and natural food stores. They started ordering olives each week.

For generations, the Esber family passionately cultivated their olive trees, which grow at an altitude of 350 meters in limestone, in Koura, Lebanon. Olives are separated from branches and leaves, then washed with water and pressed. Olive paste is kept at a temperature between 27 and 29 degrees Celsius. Oil is extracted 24 hours after harvesting olives, guaranteeing the best quality of extra virgin olive oil. Extraction is carried out mechanically without chemical treatments, fertilizers, synthetic herbicides or GMO's. Koura oil is then exported immediately to Canada to be bottled in Quebec.

Lebanon is renowned for its olives, with Lebanese virgin olive oil being among the most expensive varieties. Lebanon's fertile lands and mild climate provide perfect conditions for olive growth. It is home to the oldest living olive trees in the world. The 16 trees, "The Sisters Olive Trees of Noah," in Bechealeh, North Lebanon, date back 6,000 years ago.

About 59,000 hectares of land in Lebanon are used to grow olives, producing 75,000 tons of olives and 10,000 tons of olive oil per year. Olive trees furnish olives only every two years. This year's harvest will be preserved to cover demands for the next two years.

It took time and hard work, but Esber's Koura olives are now well-recognized, loved and savored, "one olive at a time". www.huileriekoura.com or 819 918-3167.



Nordic Walking

Are you ready to get fit?

Susan MacDonald

Nordic walking originated in Finland in the early 20th century as a summer training exercise for cross-country skiers. Recognized as an effective activity with several health and social benefits, its popularity spread quickly and it is now considered one of the fastest growing new health and fitness activities worldwide.

Health experts agree that physical exercise is beneficial to our well-being and by following the Nordic walking technique, you can turn your daily walk into a low-impact, effective workout that will work all the major muscle groups in your body while providing an effective cardiovascular workout at the same time. Recent studies (Cooper Institute, 2004, Dallas) showed that Nordic walking burned more calories, increased oxygen consumption and can be up to 46% more efficient than normal walking.

As in every sport, having the proper equipment is a key factor if you want to gain the full benefit of the activity as well as to ensure your safety. With Nordic walking, you need a good set of walking poles with the appropriate wrist strap system, a pair of non-slip gloves and proper footwear. Nordic walking is a sport that can be enjoyed year-round so clothing will need to be adjusted according to the season and weather conditions.

Learning the proper technique is also extremely important if you really want that full body workout. A good instructor will provide you with the proper guidance and some tips to help you along with your progression. He or she may also offer classes or group outings for you to participate in.

Nordic walking is a unique outdoor sport that can be enjoyed year-round, on any surface and in any location. It can be enjoyed alone, or, in groups, and performed by anyone regardless of age or fitness level.

After a long cold winter, we are all anxious to step out, get in shape and just enjoy the great outdoors. Nordic walking might just be the ideal solution you were looking for.

Enjoy the experience, stay safe and have fun...



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