

MAIN STREET

JANUARY 2020 • VOLUME 20 NO. 01
14,000 COPIES • PLEASE TAKE ONE

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

ARUNDEL • BROWNSBURG • GORE • HARRINGTON • HAWKESBURY • HUBERDEAU • LACHUTE • MILLE ISLES • MONT-TREMBLANT • MORIN HEIGHTS • PIEDMONT
PRÉVOST • STE ADÈLE • STE AGATHE • STE ANNE DES LACS • ST ADOLPHE-D'HOWARD • ST DONAT • ST SAUVEUR • VAL DAVID • VAL MORIN • WEIR • WENTWORTH

• HAPPY • NEW • YEAR! •

2020

Protect the ones you love

Mtre. Barbara A. Thompson:
Wills, Mandates,
Liquidation of Estates

Mtre. Lucie Brunet:
Specialist in Estate planning for
families with members who
have disabilities

THOMPSON BRUNET, NOTARIES

707 Chemin du Village, # 201
Morin-Heights, Qc J0R 1H0
T.: 450-644-0444
www.thompsonbrunetnotaires.com

 **bonjour** Agence Immobilière
Lyndsay Wood | Over 10 years experience
514.774.8019
lyndsaywood.com
lyndsay_m_wood@hotmail.com

G21 CENTURY 21
276, rue Principale,
Saint-Sauveur QC
GROUPE21.COM

CAROLINE BULBULIAN
DANIEL STEWART
CAROL ANN SIRARD

 **Erlinda Quintos**
Chartered Real Estate Broker, AEO
(514) 246-8888
ROYAL LEPAGE
Du QUARTIER HY

 **MTÉE DE MONTCALM, MONTCALM, QC, J0T 2V0**
\$18,500
PROPERTY INFORMATION:
WOW! Asking Just \$18,500 for 3 Acres (134,054.76 sq.ft.) of Land! Located on Montee Montcalm at the corner of Rue Lucerne. Could build 3 homes on this land! Easy access from Route 384, Only 10 minutes to Morin-Heights and 20 minutes to St-Sauveur

Team Million - A Winning Combination

 **Jessica Million**
Cell: 819-323-6581
realtormillion@gmail.com
www.jessicamillion.com

 **Andrew Fugère**
Cell: 514-232-5150
fugere.andrew@hotmail.com

With Team Million your property is in good hands

Proudly serving the community since 1971!

CAROLE
DELI PIZZA & B.B.Q.

Breakfast every morning at 10:00 am
Lunch time specials Monday to Friday
Table d'hôte menu 7 days a week

490 Main Street, Lachute
Call for reservations
(450) 562-9000

Lachute FORD
LACHUTE
CENTRE DU CAMION
400 Avenue Béthany, Lachute • (450) 562-2454

 **IMMEUBLES GROUPE CANTOR**
AGENCE IMMOBILIERE / REAL ESTATE AGENCY
Gail Cantor
Certified Real Estate Broker
www.groupecantor.com
T/F: 450-228-2332 C: 514-386-8410
Je parle et j'écris en français

Philippa Murray
COURTIER IMMOBILIER - REAL ESTATE BROKER
Proprio Direct
REAL ESTATE AGENCY
C) 450.530.5787
O) 1.800.465.8040
philippa@philippamurray.com
www.philippamurray.com

 **St-Hubert**

Ste-Adèle • 450 229-6655 | Ste-Agathe • 819 326-6655
St-Sauveur/Piedmont • 450 227-4663

IT'S TIME TO TOYOTA

see your Toyota Lachute dealer for details.



Picture for illustrative purposes only

TACOMA DOUBLE CAB SR 2020
MSRP : \$40,789
for a lease of 60 months, 20 000km per year,
weekly payment starting at \$113.12 before taxes

Picture for illustrative purposes only

RAV4 FWD LE 2019
MSRP : \$30,329
for a lease of 60 months, 20 000km per year,
weekly payment starting at \$93.02 before taxes

Get Toyota Safety Sense[®] at no extra cost on our most popular models.



Pre-Collision System with Pedestrian Detection
Lane Departure Alert with Steering Assist | Automatic High Beams | Dynamic Radar Cruise Control



TOYOTA
LACHUTE
275, Av Bethany, Lachute
1 877-588-7955 | 450-562-5235 | www.toyotalachute.com



TOYOTA

OPEN Mon to Fri 9 am - 8 pm



**Exit 260 West off
Autoroute 50**

Drivers should always be responsible for their own safe driving. Please always pay attention to your surroundings and drive safely. Depending on the conditions of roads, vehicles, weather, etc., the TSS systems may not work as intended. Please see Toyota.ca, your local Toyota Dealer or Owner's Manual for details. Les systèmes de sécurité Toyota peuvent ne pas fonctionner dans certaines conditions de circulation, de véhicules, de météo, etc. Les conducteurs doivent toujours être responsables de leur propre conduite. Veuillez toujours prêter attention à votre environnement et conduire en toute sécurité. Selon les conditions des routes, des véhicules, du temps, etc., les systèmes de sécurité Toyota peuvent ne pas fonctionner comme prévu. Veuillez consulter Toyota.ca, votre concessionnaire Toyota local ou le manuel de l'utilisateur pour plus de détails.

Two great opportunities to enjoy our delicious cuisine



\$24

5 to 7 Sunday to Thursday
TABLE D'HÔTE
4-course meal
soup and dessert included

\$37

Available every night
Starting at 5pm
TABLE D'HÔTE
4-course meal
soup and dessert included




958, rue Valiquette Saint-Adèle
450.229.2838 | chezmilot.com

DESTINATION Keto

Café-Boutique

- Ketogenic and complete low carbohydrate grocery
- Signature prepared meals for take-out or on the premises
- Fresh and frozen breads
- LCHF signature
- Keto Desserts
- Signature fat coffees and Signature fat smoothies menu
- Privately imported wines
- Keto sweaters and accessories
- Professional advice
- Unique atmosphere!



Dan Keto, proprietor

200-1b, rue Principale, Saint-Sauveur
514 418-KETO(5386)
destinationketo.ca

Satellite Internet with

Unlimited data

is finally here!

Our fastest speed, now with unlimited data*, for only

\$59.99/month¹

Limited Time Offer

Your local dealer



NORITECH
CENTRE D'INFORMATION

Noritech 1-866-984-4848

XPLORNET
Connect to what matters

xplornet.com

¹\$59.99/month pricing on the plan with speeds up to 25 Mbps and 100 GB of data reflects a \$70 discount for the first 3 months. Regular price of \$129.99/month resumes in month 4. Limited time offer. Offer available until January 31, 2020 for new customers only. Taxes apply on all plans. Monthly service fee includes rental cost of equipment, except optional Xplornet Wi-Fi router. ²On the Unlimited 100 plan with speeds up to 25 Mbps, you will receive reduced speeds up to 2 Mbps after your first 100 GB. Slower speeds may not support certain high-bandwidth activities or multiple users. Only available on select beams. Speed online may vary based on Internet traffic, servers, computer/router configurations and other factors. Internet Traffic Management Policies apply, see xplornet.com/legal. ³If installation requirements go beyond the scope of a basic installation, additional fees apply. See dealer for details. Xplornet® is a trade-mark of Xplornet Communications Inc. © 2019 Xplornet Communications Inc.

What's On My Mind... How did I do that?

Susan MacDonald, Editor

Happy New Year everyone, I hope you enjoyed a wonderful holiday season shared with friends and family, and filled with joy, love and laughter. Mother Nature was kind this year gifting us generously with mild temperatures and just enough snow to make it a white Christmas, but not enough to prevent us from driving safely over the holidays. Let's hope her goodwill continues for the rest of the season, unlike her ruthlessness of last winter!

Weather comparisons, between this year and last, have been a regular topic of conversation lately, a reminder to me, of how brutal a winter it was. I remember clearly launching my shovel into the air on more than one occasion, as I tried desperately to keep up with the constant snowfalls. I look back now and wonder, "How did I do that"?

Ironically, over the holidays, I heard that line repeated often in subsequent recollections with friends as past work experiences, building projects, cross-country moves and health issues were brought up in conversation. Although most of the stories were quite colourful, and earned a few good chuckles, we agreed unanimously that we would not be able to repeat the same actions today.

Oftentimes, particularly when under duress or in challenging circumstances, we do not recognize our own strengths, or readily acknowledge our accomplishments. At the time, we do what needs to be done without any further thought beyond wanting to throttle the person who came up with the adage of 'what doesn't kill you makes you stronger.' But, the fact is, as the years roll by, we do become wiser, stronger and more capable of dealing with difficult situations.

Our pasts do play a major role in our futures and as we head into the New Year, know you are well prepared to deal with whatever new challenges lie ahead. Think positive, be brave and forge ahead with courage. Success is within your reach.

Enjoy the read...





We are at your service!

Introducing our 2 mascots
Milou and his little brother Scotch



Large selection of food and accessories
FOR DOGS AND CATS

Jean-Claude (J.C.) Bouchard, propriétaire

petitespattes2016@gmail.com
23-A, rue de l'Eglise, St-Sauveur, QC J0R 1R0

450.227.6402

FROMAGERIE
SAINT-SAUVEUR





Order by phone
(514) 550-4407

60 varieties of local and imported cheese

Specialized and local products: honey, oils, olives, crackers, baguettes, Cheese platters / caterings / Fondue / raclette /

219 Chemin du Lac-Millette, Saint-Sauveur | fromageriesaintsauveur.com

MICROBRASSERIE
LAURENTIDES

SHAWBRIDGE

DE. CAN.
CHARCUTERIES

10\$

TREAT YOURSELF AND ENJOY ONE OF
OUR CLASSIC PIZZAS FOR 10\$.

EVERY MONDAY TO WEDNESDAY.



VIVANT USINE D.

f SHAWBRIDGE

@USINEDUBONVIVANT

SHAWBRIDGE.CA

3023, BOUL DU CURÉ-LABELLE, PRÉVOST, QUÉBEC J0R 1T0

MAIN STREET

January 2020

main.street@xplornet.ca 3



Observations Those Pesky Russians

David MacFairlane - MainStreet

The fake news media has built its entire artificial edifice of lies and innuendo on identifying bogeymen and endowing them with the worst characteristics and motivations. They do this to distract our politically unsavvy sheeple while the world slips ever closer to the war that will end all wars.

The current monsters are China, Russia, North Korea, Cuba, Venezuela, Syria, Iran, Yemen, and just about any country that refuses to sing from the American hymn book of praise for the Stars and Stripes. Recently, I focused on China (October – China, A Different Opinion, and December – Those Pesky Chinese.) One of the most startling observations was how much smarter Chinese (and Indian) students were than their American counterparts – particularly those Asian students presently studying in the USA. Also revealed was that China was no longer a “copycat” country, simply “stealing” American and European inventions, but had become leaders in cutting-edge technologies, such as quantum computing, medical diagnostics, space engineering, high-speed transport (mag-lev trains capable of 600 kph speeds), optical engineering, telecommunication, military technology and other fields, far ahead of the United States.

This month, I will attempt to reveal some news about Russia that our pathetic mainstream media simply cannot touch upon because of the control imposed by just a few multi-national corporations that work hand-in-glove with the governments. For example, six US Corporations control over 90% of the media and three control the Internet in the US. While in Canada, concentration of media ownership is the worst in the G8 countries. Over 81% of Canadian content is controlled by broadcasters and production companies. Bell, alone, controls 38% of the TV market. Our weakened Canadian Government is just Donald Trump’s puppy and dares not step out of line. If only we could dump Justin and bring back Jean Chretien, or re-incarnate “Le Bon Jack”, but that’s just dreaming. There’s no strong character waiting in the wings. Not even Rona Ambrose, the likely, future Conservative leader, could change the course of the good ship Canada that’s madly steaming towards fiscal disaster. With hapless Justin at the wheel, and conflicted Bill Morneau as Second Mate, and clueless Christia Freeland as Chief Stoker, there’s an iceberg ahead, but do they care? Political madness rules the day and we have a bunch of self-serving nobodies as politicians.

Contrary to the popular stereotype, Russia has been a multi-ethnic country for many centuries. Moscovy began in 862 with the Slavs from the North-East, but soon encompassed peoples of many ethnicities across many geographic zones. Russia is so vast that it has 11 time zones. Despite the multi-ethnic influences, the Russian language and culture, along with the Russian Orthodox Church, dominate Russian life. However, most minorities preserve their traditions and folk-culture. There are over 186 ethnic groups, the populations of which vary from millions (Russians, Tatars) to around 10,000 (Samis, Kets). In larger groups are Cossacks, Bashkir, Chuvash, Chechen and Ukrainian.

In terms of size, everything in Russia is huge – enormous! Their fertile farmlands are the largest in the world, and Russia has become the largest food producer ever, surpassing the US, Canada and Brazil. In the Arctic regions, where Russia predominates, their nuclear-powered Icebreaker fleets are the largest and most powerful. The Arktika, at 35,000 tons, and 200MW of power, is the most powerful civilian ship in the world. There are four more being commissioned between 2020 and 2024. These ships, along with others in the fleet, gives Russia full control of the Northern sea route to and from Asia and beyond.

On the subject of “large”, consider Russia’s Food City – the first agricultural cluster in Moscow – the largest food wholesale distribution centre in the world. The facility has a footprint of 120 hectares (300 acres) with a retail area of 320,000 sq. metres and warehousing of 300,000 sq. metres. With massive potential to expand, the facility will be open for business in 2020. It will include offices and a hotel of 550 rooms. The purpose is to provide Russian producers with access to consumers and exporters. It began as the brainchild of two Jewish-Russian-Azerbaijani billionaires. Now, this Food City model is now being planned and duplicated in emerging economies elsewhere in the East, where there’s money for investment but a lack of infrastructure.

Russian weapons technology and manufacturing capabilities are far superior to the United States – in fact, their hypersonic missile capabilities are awe-inspiring and far ahead of anything available in the West. While US weapons development laboratories have been politically concerned with equal-opportunities, minority and female hiring, and transgender integration of candidates, Russia has been able to run circles around the US and become dominant in technologies that America can only talk about but lacks the technology and scientific knowledge to achieve. Thus, the US copes with mostly out-dated weapons systems while Russia is promoting billions of dollars of weapons sales around the world, including China, Egypt, Turkey and India. The Iskander operational-tactical system is so powerful that its export was prohibited by Russia until recently. However, a modified version of it is now being sold to interested countries. The new SU-57 tactical fighter aircraft is the best in the world and has already proven itself in combat. The Mi-T38 transport heavy-lift heli-

copter, the 4th-generation Viking air-defense system, and the Tigr armoured vehicles for police use are wildly popular among smaller, beleaguered nations, and orders exceed over 50 billion dollars and growing. Angola has purchased SU30-K fighter aircraft and Turkey, though a member of NATO, refuses to give up its formidable Russian S-500 missile systems that can overwhelm NATO air defences in any war and is negotiating to purchase many SU-57 aircraft.

All this information has been sourced from “Russia Insider”, RT News and Livestreaming and Checkpoint Asia. These channels are all in the public domain.

Russian President Vladimir Putin frequently conducts Town-Hall meetings with ordinary Russian citizens, usually every couple of weeks. No other world leader does this, and Russians absolutely love it. They have direct access to him, his thoughts and opinions, and all questions are permitted and answered by him directly. For example, “What do you think sir? What occupation could suit me?” Putin replied, “Only you can answer this question. (As a boy) I used to have all sorts of dreams – to become a sailor, a pilot. I visited colleges to see what was going on there. The moment you find your niche, you’ll realise, that’s for me.” Also, through these meetings Putin is able to know directly the mood of his people and their real-life concerns about their country and its future.

“There is a tide in the affairs of men, which taken at the flood, leads on to fortune; omitted, all the voyage of their life is bound in shallows and in miseries. On such a sea are we now afloat, and we must take the current when it serves or lose our ventures” - William Shakespeare.

As Chris Hedges of TruthDig.com says, “The United States, like Israel, has become a pariah that shreds, violates or absents itself from international law. The assassination of Iranian General Suleimani is an act of imperial suicide by the United States. There can be no positive outcome.” Beware, America, the tide has changed; unless you can find enough humility to make peace with your equals and respect all humanity, I fear that your arrogance will carry us over the edge to extinction. Perhaps it’s already too late.

“There is no shame in not knowing; the shame lies in not finding out.” Russian Proverb.

BR

HAPPY NEW YEAR!
BEST WISHES FOR 2020

From the BR family!

BATONROUGE.CA
120 CHEMIN DU LAC MILLETTE
ST-SAUVEUR | 450 227-8878

BÂTON ROUGE
STEAKHOUSE & BAR

The above trademarks are owned by PDL Holdings, Limited Partnership, used under license

MAIN STREET

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

Published by
Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G5

450-533-0222

email: main.street@xplornet.ca

www.themainstreet.org

TheMainStreetNews

Founder: Jack Burger

Advertising Sales: Steve Brecher
& Lori Leonard

Publisher/Editor: Susan MacDonald

Associate Editors: Jim Warbanks, June Angus

Art Director: Laurie Holland

Contributing writers: Ilania Abileah, June Angus,
Dale Beauchamp, Louise Bloom, Lys Chisholm, Chris Collyer,
Terry Cutler, Ron Golfman, Joseph Graham, Lori Leonard,
David MacFairlane, Mat Madison, Erin McCarthy,
Lisa McLellan, Marcus Nerenberg, Claudette Pilon-Smit,
Sue Rich, Janet Thomas, Jim Warbanks and many other
contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

© 2013 Les Editions Main Street Inc. -
Reproduction in part or in whole without written permission is prohibited

• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: FEBRUARY 14TH

IF YOU WISH TO PLACE
AN AD CONTACT :

Steve Brecher
514-703-1665

Lori Leonard
450-224-7472

or
450-533-0222

Legal Deposit
Bibliothèque
nationale du Québec
2014

ISSN 1718-0457



Simply Words on Paper Manhattan – I’ll drink to that!

Jim Warbanks - Main Street

When I hear the term Manhattan, what comes to mind is not the project name that is associated with the development of the atomic bomb but a much more personal project that I worked on in the Flavor and Blending Research lab at Seagram’s LaSalle Distillery in the early days of my career.

I was tasked with producing the Manhattan cocktail, which was marketed under the Calvert brand in a distinctive green bottle, along with a Martini, Whiskey Sour, and Daiquiri. I first had to develop a suitable, relatively cheap, bar whisky blend, marketed briefly as Grand Prix, use the house brand Stock vermouth, and of course Angostura Bitters.

Tastings

After innumerable blends and tastings, the tedious trial and error process finally yielded satisfactory results, and the product was approved for bottling and distribution in a distinctive green bottle with a large white plastic cap and long vertical label. Though this project was a notable success, some others that I worked on only contributed to niche markets or achieved regional distribution.

If you want to prepare this cocktail at home, you need the following ingredients:
45 ml (1 1/2 oz.) Canadian Whisky
20 ml (3/4 oz.) Lionello Stock red vermouth
a few drops of Angostura bitters
1 maraschino cherry

Use five or six ice cubes. Combine whisky, red vermouth, and Angostura bitters into a mixing glass. Stir, do not shake. Filter over a Manhattan glass using an ice strainer. Garnish with the cherry.

Origin

Few are aware that this cocktail was first made in 1874 at the Manhattan Club in New York City. It was concocted to mark a party celebrating the election of Governor William J. Tilden. The bartender, whose name has since been lost, decided to name the cocktail after the club where he worked. In an interesting aside, hosting this evening event was none other than Winston Churchill's mother.

Prepared blended cocktails were an innovation at the time, but sales ultimately dwindled. No similar product remains on the market at present though the Manhattan has had a recent resurgence in popularity.

Virgin alternative

With the popularity of the television show Mad Men we could have assumed an even greater surge in popularity, but that did not turn out to be the case. Virgin drinks have become part of mainstream culture, but unlike the Bloody Mary or Bloody Caesar there is no convenient alternative for those who wish to abstain from alcohol but want the flavor or appearance of a Manhattan. Then there are those who do not care for the addition of soft drinks to their choice of beverage but prefer the pure, unadulterated taste of the liquor provided by the combination of rye and vermouth.

I know of at least two people who swore to the purported efficacy of the Manhattan as a preventative for gall bladder distress. Taken at the first sign of a problem, it was believed to alleviate symptoms dramatically.

Stubborn refusal

The Lionello Stock vermouth now on the market is no longer distributed under the Seagram brand, and at times is difficult to find at your local SAQ store, though the white vermouth always seems to remain on the shelves. As a matter of fact, my local outlet stubbornly refuses to stock it so that my current source of supply is usually the Hawkesbury LCBO outlet.

There was a time in the not so recent past when Angostura bitters, an essential component of the drink, could not be obtained in the local grocery stores but had to be bought in an SAQ outlet because of the high alcohol content. Even now, the little brown bottles with the yellow caps are frequently moved around although they remain in the general area. If you consult a clerk, they are seldom aware of the current location. By volume this component is almost as expensive as the liquor in the drink. This can be compared to the high cost of the pure vanilla used by discerning chefs to prepare many baked goods.

Now that you are aware of the fabled history of this libation, you have a story to tell as you introduce select friends to the enjoyment of the Manhattan. It is a strong drink. Enjoy it in moderation. I’ll drink to that as I wish you all a Happy New Year!



Read Main Street
online and follow
us on Facebook



www.themainstreet.org



LITIGATION WITH LAND?

I’M YOUR MAN!

Me PAUL JOLICOEUR, LAWYER
433, Principale
Saint-Sauveur QC J0R 1R4
Tel: (450) 227-5099
Fax: (450) 227-5636
info@pauljolicoeur.ca

Communities Build Hockey and Hockey Builds Communities

Kraft Heinz Canada opens nominations for Kraft Hockeyville 2020 title and chance to win \$250,000 in arena upgrades

Kraft Heinz Canada, in partnership with the National Hockey League (NHL) and the National Hockey League Players’ Association (NHLPA), opened nominations for *Kraft Hockeyville* 2020. Nominations will close February 9th at 11:59 p.m. EST. In its 14th year, Kraft Hockeyville enables communities across the country to rally together to upgrade local hockey arenas in need of repair and refurbishment. To date, *Kraft Hockeyville* has awarded \$3.5 million to 81 deserving communities across Canada and has celebrated 13 NHL® Pre-Season games in eight different provinces.

The 2020 grand prize winner will have an opportunity to host an NHL® Pre-season Game and receive \$250,000 for arena upgrades and the coveted title of *Kraft Hockeyville* 2020. Three additional community finalists will also be awarded \$25,000 each for arena upgrades and both the winner and each of the three-runner up communities will receive \$10,000 to purchase brand new hockey equipment for their minor hockey programs, courtesy of the NHLPA Goals & Dreams Fund.

In order to win the coveted title of *Kraft Hockeyville* 2020, communities need to have a compelling story that shows their passion and spirit for hockey. “Every year, we are astonished at the impact that hockey has at the local level all across the country. The stories we hear are emotional, powerful, and connect us all,” says Matt Bruce, Senior Brand Manager, Kraft Heinz Canada. “It’s clear that communities build hockey and hockey builds communities. We want to shine a light on stories that have truly brought communities and people together from all walks of life.”

“We believe that sports and culture are the foundation of healthy communities,” continues Bruce. “Winning *Kraft Hockeyville* can help a community preserve and enhance that important civic space – to gather, to play, to cheer and to grow today and for the future. Sharing impactful stories, about the players on the ice, maintenance crews, the people behind the concession booth, or fans in the stands, gives Canadians community pride and deepens their love for the game.”

While hockey brings together many Canadian communities and while arenas can be neighbourhood hubs, maintaining arenas can be costly. According to the 2019 Canadian Infrastructure Report Card, one in three recreational or cultural facilities will require investment in the next decade. The category with the most facilities in poor or very poor conditions, or fair conditions requiring investment, is ice arenas.

Visit krafthockeyville.ca for complete contest rules and program details.

About Kraft Hockeyville Canada

Kraft Hockeyville is a partnership with Kraft Heinz, the National Hockey League (NHL), and the National Hockey League Players' Association (NHLPA) to support local community arenas across Canada. Since its inception in 2006, *Kraft Hockeyville* has awarded \$3.5 million to 81 communities across Canada and has celebrated 13 NHL® Pre-Season games in eight different provinces.



IMMEUBLES GROUPE CANTOR

AGENCE IMMOBILIÈRE / REAL ESTATE AGENCY

Gail Cantor

Certified Real Estate Broker



Introducing this splendidly warm and inviting home with very large and spacious rooms and plenty of country charm. 4 full-size bedrooms and 2 full bathrooms, open living room and dining room with full height windows and a 10 foot gabled ceiling. Excellent opportunity for family and friends!
www.centris.ca # 23251445 asking \$299,000.00

www.groupecantor.com
T/F: 450-228-2332 C: 514-386-8410

Je parle et j'écris
en français



About Sainte-Adèle

Chris Lance - Main Street

The end of 2019 was almost snowless and not too cold in Sainte-Adèle. It was a year, up here in the Laurentians, full of political intrigue – locally, provincially, nationally and internationally, and so far, we have survived all that news. And to top it off Sainte-Adèle municipal taxes are going up 2.98% this year, but you get a 5 installments choice to pay your taxes.

On December 13, Sainte-Adèle closed a deal to buy 222 acres adjacent to Lake Matley for \$700,000. This purchase now establishes close to 60% of the land that will be called parc du Mont Loup-Garou. In view of this purchase: on February 1 there is a Fatbike Ride/Demo at which you can try different bikes during the day in Parking Lot 3 at the Chantecler, followed by a big party at the Place des Citoyens complete with DJ animation, a first drink from Microbrasserie Shawbridge and taste treats from Recto Verso. Tickets are available online lepointdevente.com for \$50 and a chance to win a Garneau fat bike. If you are into ‘fatter’ you can go online to find other tracks and the rules of the road at pleinairsteadele.com.

If you enjoy x-country skiing check out the trails at lespaysdenhaut.com – it has 550 kms of maps and directions, but we might need a little more snow before you venture out to these offerings.

If you have guests overnight – you can’t park on public roads from midnight to 7 am from November 1 to April 15. It is also forbidden to park in municipal lots between 3:30 pm and 7 am with the exception of the municipal parking lot at the 40/80 hill situation on Emile-Cochand.

There is a full slate of events in 2020 at Salle Augustin-Norbert-Morin (salleanm.com) and Place des Citoyens (ville.sainte-adle.qc.ca). If you purchase your entrance tickets online for shows before April 25, you could win 2 nights for two at l’Hotel & Spa Gabriel.

There are two free art exhibitions at Place des Citoyens on Thursdays and Fridays from 4 pm to 7 pm, Saturdays from 1 pm to 5 pm and Sundays 9 am to noon. Lise Tremblay Thaychi runs from January 9 to 25 and Claudel Lacroix from February 6 to 23.

If your winter pleasure is walking/skating around Lac Rond, ice conditions are available by dialing 450-229-2921 ext 5221.

If you want an English or French best-seller to read, you can request the book online at mabiblioamoi.ca to reserve the book. You will need your citizen card/library card with your id number and password. If you are having a problem getting this set up you can call Justin, at 450-229-2921 ext. 7242.

Starting January 10, Sommet Gabriel is offering a day or evening of skiing for only \$10 with ski rental also for \$10 – however you must have a valid Carte de Citoyens de la Ville de Sainte-Adele to purchase your ski ticket or rental.

That’s it for now, thanks for reading the column – all the best to you and hope you enjoyed the Christmas holidays.

Have a wonderful 2020!

Student exchange program Châtel and Mont-Tremblant Now is the time to register!

Young people from Mont-Tremblant are invited to register for the student exchange program with the Municipality of Châtel, in France, where they will do a paid internship in the summer of 2020!

"This year again, the Council decided to assume the purchase of the plane ticket for the young person who will participate in the exchange program, worth approximately \$1,000, in order to generate interest, and above all, to give a greater number of people the chance to participate," explains mayor Luc Brisebois.

As part of the Intermunicipalities exchange program of Quebec-France and France-Quebec associations, the City of Mont-Tremblant and its twin city in France, Châtel, offer a paid summer internship to one of their youngsters within an organization working in tourism or leisure. Free reciprocal family accommodation is compulsory; that is to say that the young person here is hosted by the family of the Châtellain intern, and vice-versa.

The City of Mont-Tremblant is therefore looking for someone interested in participating in this program. To be eligible, the candidate must reside in Mont-Tremblant, be studying and between the ages of 18 and 29, be available for 6 to 8 weeks between the end of June and the end of August and send their curriculum vitae accompanied by a letter of motivation no later than January 31, 2020 to the following address:

Internship program in Châtel (France)
Communications and public relations
City of Mont-Tremblant
1145 rue de Saint-Jovite
Mont-Tremblant (Quebec) J8E 1V1

For all information, please contact Ms. Chantal Blanchette at cblanchette@villedemont-tremblant.qc.ca or by phone at 819-425-8614, extension 6414.



Holiday Food Baskets

Emma Wallace – Ste-Agathe Academy student

Everyone knows the holidays are supposed to be the season of giving, but Hariclia (Harriet) Kariotakis takes this notion to heart. Eight years ago, she became the School Secretary at Ste Agathe Academy, and soon noticed the issue of poverty at the school. That first Christmas she was told to take a small box of canned goods, which was the result of the food drive, to the church. Why to the church, and not to the families at this school who needed it? she asked. This idea led to the food baskets.

Every year since then, Ms. Kariotakis makes food basket to be sent to families in need. What began as a few baskets grew into what is now 22, combined with the Ambulance Thibeault organization’s baskets. This year’s baskets were the most impressive yet: thanks to parent volunteers and Yanne Genest Wickenden, they were filled with a total of \$645 worth of fresh produce from Bourassa Ste. Agathe and Bourassa Mont Tremblant, Maxi and IGA. Ms Kariotakis and Ms Chantal Paquin, Special Ed Tech at SAA, also went on a shopping spree for items that are not usually found in a regular food basket, such as jams, mayonnaise, cereal, cookies, and other kitchen staples. They then thought to add cleaning supplies and toiletries, which includes items like laundry soap and toothpaste. The value of each basket was around \$300-350, which could substantially reduce or even eliminate a family’s grocery bill for the month.

Many of the non-perishables in the baskets came from student participation as well. On monthly dress-down days students are encouraged to bring in canned goods, and High School often holds food drive competitions around Christmas. The annual Shop and Swap also ties in to the food drive.

The Shop and Swap is an event which is also organized by Ms Kariotakis, and began as simply giving away little trinkets to elementary students. That was many years ago, and it has since grown into a large scale operation in which a classroom is temporarily converted into a second hand shop. Students, parents, and community members are encouraged to donate used items or a non-perishable food item for the food drive, and can come to search for treasures. The Shop and Swap helps to find a second home for toys, clothes, books, movies, and kitchenware.

None of this would have started if not for Ms. Kariotakis. In school, she helps to carry the spirit of giving beyond just the holidays. Of course, students and the many parent volunteers were an enormous help for the Food Drive and Shop and Swap this year, which made the holiday food baskets possible. Ste Agathe Academy prides itself on being a community, and coming together to create something impactful is what a community is about.



Arundel News

Janet Thomas

Welcome to the Duguid Family

Matt, Rachelle and their three children are excited to have moved from Calgary to Arundel. Chase (6 yrs.) and Rebecca (4 yrs.) have settled into the Arundel School, while Zachary (almost 4 weeks old) stays home with mom. Rachelle is the daughter of Marlene and Réal Seguin, who are thrilled to have their family close. Matt is a licensed plumber/gas-fitter, now starting up his own company.

15 Km Cross-Country Skiing / Snowshoeing Trails

It’s time to dig out your skis and snowshoes and get outside. Four cross-country ski trails and separate snowshoe trails start from the parking lot at the Arundel United Church, and wind through the Arundel Golf Course. Choose your length of trail, from 3 km to 15 km. Accessible for all levels of ability. Yearly individual passes \$40; family passes \$60; day passes \$5, available at Arundel Provisions. Trail conditions are posted at www.loisirsarundel.com and on the Loisirs Facebook page.

Canadian Cross-Country Ski Marathon Starts in Arundel

Arundel United Church

Feb 8 & 9

The two-day Marathon starts in Arundel and covers 160 km of wonderful trails all the way to Lachute. Skiers of all ages and abilities are welcome to try whatever amount of the run they can manage. To register go to www.skimarathon.ca

Volunteers Needed

Volunteers are needed on the morning of Feb 8, from 6 am to 8 am to shovel snow onto the road for the start of the Marathon. If you can help, please contact annpoirier@yahoo.ca





Canadian Ski Marathon

Feb 8 & 9, 2020



It's the 54th Annual Canadian Ski Marathon (CSM)! Why not be part of this unique Canadian winter event? This year's trail starts on Saturday in Mont Tremblant and finishes at Montebello with up to 5 sections available to ski each day. The Sunday trail starts in Montebello and finishes in Lachute. It offers skiing on groomed trails ranging from 10-22 km per day, up to a challenging 160 km over two days. In other words, something for skiers of all abilities.

There are various categories of skiers with the most recent new category being the Taster which lets you ski the last section each day for a reduced registration fee, a marvelous way to see what the CSM is all about.

If you are thinking of becoming a Coureur des Bois but need to work your way up to it, try the Half Marathon category and ski the last three sections on each day.

The most flexible and popular classification is the "Touring" category where you can choose up to 5 consecutive sections per day. To join Randonnée Aventure's (RA) Maxi Team of Tourers or if you have any questions about the marathon, either check the applicable box on the RA registration, or send an email to info@randonnee.ca.

For registration details and more information, consult the CSM website.

The Basic Trail Route

Saturday February 8, 2020 – Mont Tremblant to Montebello
(81.3 KM / 80 KM for CdB Gold)

SECTION 10 – 9.5 KM – EASY LEVEL

The trail has an interesting start north of the town of Arundel and passes through varied terrain before entering the Arundel Golf and Country Club. A portion of Section 10 is part of the Sentiers loisir Arundel trails network. The trail finishes as it enters the town of Arundel, where skiers walk one block in town to the check point.

SECTION 9 – 23.5 KM – INTERMEDIATE LEVEL

The trail starts using the Aerobic Corridor and passes over a bridge spanning the Rouge River before entering Gray Valley. It follows a cottage road to Lac au Loup, crosses over Lac Champagneur and crosses over the Maskinongé River before entering the checkpoint on a farm south of Boileau.

SECTION 8 – 20.2 KM – DIFFICULT LEVEL

*** IMPORTANT: There is no water supply point on this section. Make sure to fill up with water at the previous checkpoint.**

The trail starts with a climb until descending to the edge of Lac à la Croix. Part way down the side of the lake, it follows summer roads through the Kenauk Nature Reserve, passes Lac Taunton and finishes in a large sand pit.

SECTION 7 – 12.4 KM – DIFFICULT LEVEL

The trail continues on summer roads through the Kenauk Nature Reserve. At the half-way point, the trail follows a rugged trail and finishes in the sheltered opening of the Reserve's Clay Shooting Pits, the same location of CP 5 of the eastern CSM trail.

SECTION 6 – 15.7 KM / 14.4 CDB GOLD – INTERMEDIATE LEVEL

Leaving the Reserve's Clay Shooting Pits, the trail has challenging climbs and descents that lead you out of the Kenauk Nature Reserve. The highway 50 ski underpass takes you towards the descent into the Ottawa River Valley and the 1st day finish line at Ecole St-Michel in Montebello.

Sunday February 9, 2020 – Montebello to Lachute
(82.4 KM)

SECTION 5 – 14.9 KM – INTERMEDIATE LEVEL

Day 2 begins at Gold Camp with a climb out of the Ottawa River Valley. Passing under highway 50 the trail continues the long series of steep climbs before entering on the private Kenauk Nature Reserve. A few more climbs and descents lead to a final kilometer of flat trail.

SECTION 4 – 21.1 KM – INTERMEDIATE LEVEL

After a couple kilometers of up and down, this section descends a steep grade and crosses a wooden bridge. The next several kilometers are arguably some of the prettiest in the marathon as the trail follows the river then climbs a series of hills with some tricky descents before leaving Kenauk Nature Reserve and arriving at the mini checkpoint near the Czymadia farm. Following old logging roads through the Craig Lake area, the trail eventually heads out of the forests into a long stretch of flat and rolling fields before descending the hill to the checkpoint by the Rouge River.

SECTION 3 – 17.7 KM – DIFFICULT LEVEL

After crossing the iron bridge over the Rouge River and a long jog along the road the trail turns up and climbs out of the Rouge River Valley. After crossing the plateau, the equally infamous descent down the bobsled run ends at the Kilmar Road, then follows the endless series of ups and downs over some beautiful trails shared with the local snowmobile club, ending on the trails leading to the Carling Lake Hotel.

SECTION 2 – 13.7 KM – INTERMEDIATE LEVEL

Crossing through the golf course, the trail enters a mixture of open and wooded areas before arriving at Pine Hill, climbs to a high point west of Lake Reardon then descends into undulation terrain finally coming out of the forest at Pruuli farm.

SECTION 1 – 15 KM – EASY LEVEL

Leaving the checkpoint the trail climbs and connects with the Brownsburg-Chatham municipal trail network, which leads onto the Oasis Golf course trail. The end is near when the trail descends into the valley of the North river, which the trail crosses before going into the Barron Park.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Algis Kemezys, from **Ste. Adèle**, whose movie **"The Messenger Hermes Remembers"** will be shown at the **"The Alwar International Film Festival"** in Alwar, India on January 4 and 5, 2020 and at the New Delhi Film Festival from January 18 to 20, 2020. Filmed in many wondrous locations around the globe since 1998, this story commingles the divine with the mundane across the vast spectrum of the imagination utilizing the five elements (water, air, earth and fire, music) to arrive at its quintessence. Algis' movie has played in 25 International Film Festivals: 4 times in New York City and 4 times in L.A. It played at The Grauman Chinese Theatre alongside the Hollywood Walk of Fame and won Best International Short Experimental Movie. It also won a Silver Hattie from the Anaheim Film Festival and was a semi-finalist for Cinematography in New York City and Amsterdam. It played 3 times in Venice where it opened the 1st Hermetic International Film Festival. For more info contact Algis Kemezys: 450 694-2878 / algis.kemezys@gmail.com / [facebook:TheMessengerHermes/](https://www.facebook.com/TheMessengerHermes/).

Congratulations to:

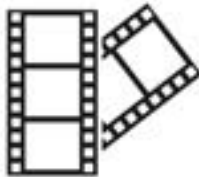
Sylvain Martineau, owner of **Médico-esthétique, Kinésithérapeute et Orthothérapeute**, spécialité de la massothérapie, 6 Turcot St., St. Sauveur who opened their doors in August, 2019. Sylvain is a massotherapist who specializes in sports injuries and provides regular massage therapy and muscular articular care for children and adults. Sylvain also provides sports taping for sports injuries. This clinic also has specialists who specialize in cellulite removal on various parts of the body including thighs and stomach areas. Their LPG machine can also help people with varicose veins. There is a specialized service to stimulate collagen in the face, leg and arm areas. Open Monday to Wednesday: 9 am to 5 pm, Thursday and Friday: 9 am to 8:30 pm and Saturday from 10 am to 4 pm. For info or to make an appointment: 450 227-1775 / mssylvainmartineau.wixsite.com/monsie, Facebook: [ps-silhouette-St-sauveur](https://www.facebook.com/ps-silhouette-St-sauveur).

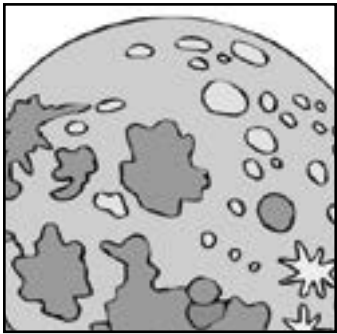
Did you know that:

Revera, Heritage Lodge Retirement Residence, 48 Wall St., Vankleek Hill has lots to offer seniors seeking a residence with many special amenities? Activities include: Tai Chi, exercise classes, card games and a variety of clubs. Full-service dining with 3 meals per day, housekeeping, laundry service, recreation programs, weekly doctor visits, a hair salon, an activity room plus 24-hour staffing. Heritage Lodge is located near a few quaint shops, restaurants and galleries. The residence is close to the Hawkesbury & District General Hospital and L'Orignal Municipal Park. Personalized health and wellness services designed to be flexible include a Falls Prevention & Injury Reduction Program, the LiveWell™ Personalized Care Program and access to nursing services. For more info: 613 678-2690 / reveraliving.com.

Gail Cantor, real estate agent, has recently moved her office to 9 chemin St. Marguerite, St. Marguerite du Lac Masson? Gail and her team offer full-service brokerage for buyers or sellers in residential and commercial, purchases, sales or rentals. They are open 7 days per week from 8 am to 8 pm and cover the Laurentian and Lanaudiere regions. Fully bilingual service. Call 450 228-2332 / visitgroupecantor.com / write to info@groupecantor.com. Gail grew up in Val David and after a long career in Montreal, now has the opportunity to have an office where her heart belongs, in the Laurentians.

That if you have clothing, shoes or boots, kitchen or home décor items that you no longer need that you can donate them to **Ouvroir**, 382 rue Principale, St. Sauveur? By cleaning out your cupboards and donating these items to Ouvroir, you will feel good about having a cleaner cupboard and for helping support many worthwhile organizations such as: Moisson Laurentides, La Maison des Jeunes, Red Cross, Entraide, Centraide, Soupe & Cie. and many others. Last year, Ouvroir raised \$185,000 to help support many organizations. All donations must be in excellent condition. Used mattresses or old televisions are not accepted. Ouvroir features its sales every second Thursday. For info: 450 227-1445.





Zach Factor Predictions 2020... The year of the reflective anthro- pocene

Lys Chisholm & Marcus Nerenberg - Main Street

We are all finally getting it. Angry, 17-year-old, Greta Thunberg has had an impact on all of us, from the ultra-wealthy flaunting gas guzzling SUVs, to the homeless youth under plastic tarps. We need to face reality; our planet is under severe stress and our daily habits are adding to the problems. Everyone agrees that something needs to change, somehow. Few can agree on how to make those changes without losing the shirts off their backs, while others must pick up the pieces of their collapsed homes and communities, perhaps to relocate from massive disasters: earthquakes, forest fires, volcanos or super tornados or wars. More than 68 million people, mostly children, are displaced - more people than before WW2. They are homeless, hungry and desperate. Expect the storms, both climatically and geo-politically, to increase with the heating of the planet.

To see what the Earth does for us each day check Spaceweather.com to understand how miraculously we are protected from the radiation of the Sun. As we move into the new Solar Cycle 25, the first two sunspots in over a year have heralded renewed activity. At the peak of this cycle in 2025, some clairvoyants see a period of turmoil. The impact of a severe CME or M class solar flare aimed directly at the planet would throw all of us back to the dark ages overnight. We are ill-prepared for life without electricity and our dependency on this fragile grid system we have created is crazy stupid. International organizations are finally meeting and working on a plan of action to address this gaping hole in our thinking. Meanwhile, buy gold or silver bullion before the price jump this year. You will need a respected, universal currency to buy food when the lights go out.

Paper currency will be a thing of the past. Some countries have gone completely currency free. China, with its population of 1.4 billion, is phasing out currency, credit cards and debit cards. Every restaurant menu order and payment are done simultaneous via QR codes transferred with cell phones. Metro and trains use QR exchange and taxi destinations are booked and paid before they arrive. Even a lowly street vendor that sells coffee or fresh noodle soup has a payment machine that uses QR codes; counting coins and cash for banking adds precious time at day's end. Although Canada heads the international list of debit card users, many are already using the convenience of payment transactions from cell phones thus ending the management and risk of losing little plastic cards.

Hospitals will soon allow use of your cell phone to swipe your Medicare cards and to exchange information between you and your Doctor, such as home blood pressure monitoring, or diabetes meter data or a Fitbit watch. A level of medical care will emerge that involves medical data monitoring. Your private health insurance rates and access to triaged health treatments will soon be related to following prescribed diets, exercise plans and doctor orders. Although somewhat invasive, as a society we can no longer afford public funded medical treatment for those who do not take some responsibility for their own health.

Heading the list of top technology enterprise investments is the world of 3D printing. Many start-up companies are paving Toronto, Vancouver and Montreal streets with very lucrative ideas and innovations. The Wohler's Report, the bible of 3D futures industry, predicts an increase of revenue to 15.8 billion dollars in 2020 with revenue to climb to \$23.9 billion in 2022, and \$35.6 billion in 2024. Uses for 3D printing are expanding into the serial production of car and industry parts as for affordable homes or moon bases but leading the industry is the use by dental clinics to produce implants and better fitting dental prothesis both cost effectively for the public and with materials that are bio friendly.

Whether we make it to a future with good looking teeth depends on us. Anthropocene means we are living in a period where we as humans have been the dominant influence on the Earth today and can affect our planet individually and collectively in ways that change the climate, decimate environments with industry and ruin ecosystems necessary for wildlife to live in. We need to acknowledge this potential for ourselves, not wait for an outside extraterrestrial force to point out our ignorance. When we mindfully use our creative gifts with wisdom, kindness, compassion and generosity towards all, Greta certainly will have something to smile about.



The Story Behind A Sweet Brand

Joseph Graham - Main Street
joseph@ballyhoo.ca

Products and places carry names that have their own stories. Once we scratch the surface, wanting to know more, these names forever lose their anonymity. One of these began as the story of a young Scottish orphan named John Redpath.

John Redpath started with nothing to lose. Well recounted in Richard Feltoe's 2004 book A Gentleman of Substance, Redpath was born to Peter Redpath and Elisabeth Pringle in a village south of Edinburgh, Scotland, in 1796. Peter was a farm worker who had lost a wife prior to marrying Elisabeth, and their lives were far from easy. John was orphaned at a young age and fell into the care of his half-sister, Elsbeth. She must have been a remarkable woman, caring for him and eventually finding him an apprenticeship in stonemasonry with George Drummond in Edinburgh. By his late teens his prospects were better, but then his world became overwhelmed by the crushing depression that followed the defeat of Napoleon in 1815. Rivalry with France had been good for the economy, but victory led to swarms of returning soldiers, economic collapse, accelerating industrialization, the Scottish and Irish land clearances and ultimately to disastrous events such as the Irish potato famine. Victory was good for only the very wealthy. Feltoe describes the hardship and shows how the newspapers counterbalanced them with glowing reports of the 'promised land' in Britain's North American colonies. In 1816, John, his brother and two nephews put together just enough money, food, water and bedding to allow themselves to risk a trip in the hold of a ship bound for the New World, for Quebec City.

Something else chose that year to travel. The noise from the eruption of Mount Tambora on the Indonesian island of Sumbawa on April 5, 1815, was heard 1400 kilometres away and the volcano killed 72,000 people, destroying the Tamboran Kingdom. Four times as large as the famous Krakatoa, it spewed dust and debris into the atmosphere, forming dust clouds that travelled around the world, cooling the planet. Its effects were concentrated in the Northern Hemisphere in 1816.

John arrived in Quebec City during the 'Summer that Never Was.' Snowfalls in June as well as frost in July and early September all contributed to crop failures and very hard times. There is no record of his impressions, but it soon became clear that prospects in Quebec City were no better than they had been back home. The recent arrivals' attempts to find any opportunity proved fruitless but they heard that Montreal might be different. Lacking any funds to get to Montreal, they determined to walk, carrying their meagre possessions on their backs and no doubt sleeping and eating where they could find shelter and food during that harsh summer. John carefully packed his only pair of boots into his bag and set off barefoot. He knew that his boots would wear out during the long walk. Who would employ a barefoot twenty-year-old who claimed to be a stonemason? Better to keep the boots for work.

By the end of 1816, the four Scots found employment as stonemasons in Montreal.

With his limited resources, Redpath joined St. Gabriel's Presbyterian Church, paying the cost of a first-class pew. As Feltoe observes, even though he was barely 21 years old, in this manner he declared his ambition. A year later, he married Jane McVie, or Janet McPhee, both names appearing in different records. She was the daughter of a stonemason. Within two years, John was a self-employed contractor and his work came to the attention of the government. By the time he was 24, only four years after arriving in Montreal, he had created a partnership with Thomas McKay and they landed a contract to build parts of the Lachine Canal.

A canal through the Lachine Rapids had first been attempted under French rule when Sulpician Father Superior François Dollier de Casson conceived of the idea in the 1680s. From the time of Jacques Cartier, it was clear that the river was simply not deep enough for classical European navigation. Champlain solved the problem by depending upon the Algonquin methods, using canoes, but European boats could not effectively penetrate the Iroquoian heartland and navigate the major rivers without first increasing the river's depth. Dollier de Casson also hoped to create an easier route for the fur trade and to build a flour mill to defray some of the costs.

The Iroquois did not let Dollier de Casson finish his project. Unknown to him, they were incensed at the French military leadership for attempting to annihilate them and attacked Lachine to remind the French of the military superiority of the Iroquois. Unlike later businessmen, the Sulpician also had to deal with his masters in France, who did not allow him to continue with the project. When a consortium of largely Scottish-Canadian businessmen undertook the challenge of building the canal a century and a half later, they were not faced with the same constraints.

John Redpath worked on many of the important sites in Montreal including renovation work on Dollier de Casson's Notre Dame Basilica, the fortifications on St. Helen's Island, Molson's Brewery and the Bank of Montreal. A shrewd manager, he acquired land along the canal from the Sulpicians and invested in shipping, banking, insurance and other ventures. In 1854, then 58 years old, he built Canada's first sugar refinery, for sugar beets, and his seven-storey plant became a landmark in Montreal. Not forgetting his difficult beginnings, he called back to his mentor's family in Scotland and invited young George Alexander Drummond, recently graduated as a chemist, to come work for him. George, together with John's own son Peter, named for a father John never knew, grew into the role. Today, Redpath Sugar is one of those names that we see in the grocery store alongside many other products, each with its own story.



A young woman uses her phone to pay her fare at a Shanghai metro station. All her transactions that day were done without cash from her phone.

Photo credit: Marcus Nerenberg 2019



Garden Talk

Grow your own lettuce indoors

June Angus - Main Street

Nothing beats a fresh salad in the winter to boost your spirits and vitamin intake. Local hydroponic greenhouses supply many of our grocery stores, but a lot still comes from far away. While largely safe, there have been recalls and some illness as a result of imported lettuce.

Growing your own salad greens indoors at home helps ensure what you consume is both fresh and safe. Basically all you need to get growing are some containers, growing media and light. Some indoor garden kits come complete with growing trays and a built-in-light stand. But whether you buy a kit or create a do-it-yourself garden, the growing principles are the same.



Anything from recycled plastic containers to flower pots or seedling trays can be used. Lettuce roots are generally shallow so containers don't need to be deep. The diameter should be large enough to accommodate the "head" or clump of leaves that will grow.

Fill the container with moist houseplant soil mixes or other growing media such as coco fiber or perlite mixes. Scatter lettuce seeds on the surface; then sprinkle a very thin layer of the medium over the seeds. Mist the surface to keep it moist. Cover the tray or pot with a dark plastic bag or other dark material and place in a warm spot until the seeds germinate in about 5 to 10 days. Lift the cover every day or so to let in some air and to check for germination.

Once seeds have germinated, remove the cover and place the tray or pot near a bright window with indirect sunlight. Alternatively, use fluorescent or other plant lights suspended directly above the plants. Lettuce does not need intense light – as flowering plants do – but it needs enough light for photosynthesis. If the plant stems become long and leggy it means the lettuce needs more light. Remedy this problem by moving to a brighter spot or lowering the artificial light closer to the plants.

Lettuce seeds are small so once they've sprouted thin out excess shoots to allow your plants space to thrive. At this stage keep the medium moist by misting your new plants. As the plant grows, start to gently water the medium to keep it moist, but never saturated.

Most varieties of leaf lettuce grow quickly, taking only about 4 to 6 weeks from seeding to the start of harvesting. As the lettuce grows, harvest leaves as needed by taking from the outer edge of the plant. This encourages continuous growth, and continuous harvesting.

If you are keen to grow a head of lettuce indoors, such as Romaine, things will go faster if you start with a store-bought lettuce. Save the bottom 3 to 4 inches of the lettuce base that you cut off and place in a glass or jug of water with the cut side facing up. The bottom suspended in the water will start to sprout roots, just as plant cuttings will. Once roots appear, transplant into a 6" garden pot and watch as new Romaine leaves sprout up from the center of this base. To harvest wait till a small head of Romaine has developed. For a continuous supply simply cut leaves off a few at a time as they grow -- again always taking from the outer edges.

All of these growing tips apply when growing fresh herbs and other leafy greens such as spinach. Mixing any or all of these ingredients with your homegrown lettuce will create a really fresh, healthy, green feast. Enjoy!

Women's Institute

Argenteuil County Women's Institute celebrate member, Alda Oswald's 100th Birthday over lunch at Eatalya Restaurant in Lachute.

Left to right:
Judy Kenton, Debbie Ward-Davis,
Darlene McCart (granddaughter), A
Ida Oswald, Linda Rodger (daughter).



HONEST, EFFICIENT AND QUALIFIED SERVICES

Les Contacts de Lori
Lori's Links

450.224.7472
lori.leonard@sympatico.ca
www.lorislinks.com

Need help with a job?

- Cleaners, handymen, carpet/sofa cleaning
- Excavation (drains, septic, crushed stone)
- Furniture restoration, seamstress
- Property management
- Renos, painting, decor, plumbing
- Electrician, Structural Engineer
- Tree cutting, snow removal
- Limo service to airport or Montreal

Anyone or anything...



Word Play

The view...

Louise Bloom - louisebloom@me.com

On December 27, here at home in Morin Heights, there is much lounging and napping as we recover from the seasonal family celebrations. We are now whiling away the hours in the company of words. Crossword puzzles and scrabble stimulate the sluggish brain cells, awakening some inspiration. Word play brings it on.

For many days now I have been considering the different significant manifestations of the word

VIEW. I first envisioned spectacular vistas from mountain top retreats, their far-away details, invisible. And then, yesterday, walking on the road without my distance glasses, the long view rather foggy, I noticed large, indefinite, unfamiliar shapes far up the road. In my view, I imagined menacing animal sentinels standing guard in an unusual, irregular formation. Closer examination revealed snow covered boulders, decidedly gentle, unthreatening.

I began to ruminate on my years of both learning and teaching people to draw. In essence, the lessons were principally about how to see, about how to sharpen one's observation skills by staring for long periods of time at an object, while tracing the image on paper without removing one's eyes from the object itself. The practice is known as 'blind contour drawing'. The irony is that the drawing is done keeping all of your attention on the object where the pertinent information lies, never looking at your page until the drawing is completed. The exercise is done over and over again until an intimate knowledge of the apple or the bottle observed, begins to enter one's sphere of understanding.

Participants, while drawing, are asked to change their seats from time to time. The apple seen from one side of the table now appears to have changed shape. Changing one's viewpoint changes the perspective, and thus the perception.

This 'seeing drawing' practice ultimately introduces us to mental flexibility. Deeper seeing becomes the warrior that attacks our habitual prejudices. The rigidity of our fixed ideas can melt under the lamp of broader consideration.

My view on life's events in general are often filtered and sometimes interpreted by my particular prejudices or fears. What I see or think I understand is coloured by beliefs that are in turn, flavored by my past experiences. Developing the habit of close observation, can short circuit our chronic conviction of the truth of our thoughts and emotions.

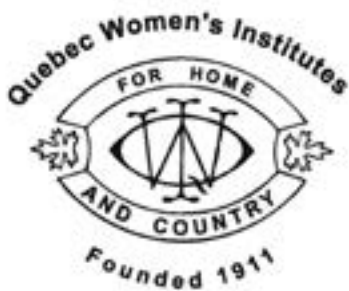
"View or position is a central idea.... in Buddhist thought. A view is not a simple, abstract collection of propositions, but a charged interpretation of experience, which intensely shapes and affects thought, sensation, and action. Having the proper mental attitude toward views is therefore considered an integral part of the Buddhist path, as sometimes correct views need to be put into practice and incorrect views abandoned, and sometimes all views are seen as obstacles to enlightenment.[3] Wikipedia."

Our over-active minds, in the spheres of meditation traditions and spiritual communities often bear the description, 'monkey mind' or 'wild horse'. From the Buddhist point of view, the taming of the mind is primordial. Our ability to tend to our mental machinations, to harness valuable energy wasted in worry and projection is the goal. To begin to succeed, we address 'the view'.

Louise Bloom is a Visual Artist interested in the power of narrative through image or written word, to transform consciousness and awaken us to the source of well-being.

Women's Institute

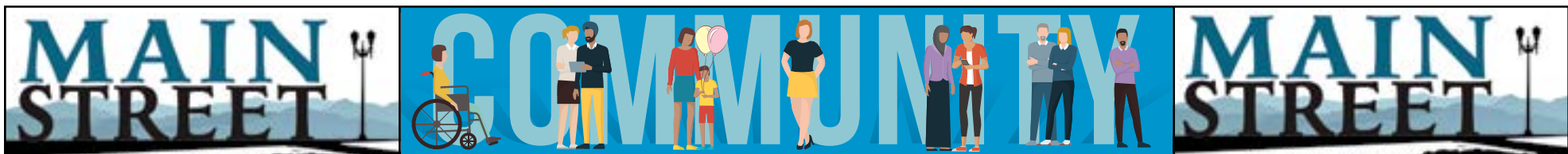
Quebec Women's Institute Life Membership Pins presented to two members of Lakefield Mille-Isles Branch in December.




Judy Kenton, President, Lakefield Mille-Isles Institute presenting Anne Cochrane with a Quebec Women's Institute Life Membership Pin.



Judy Kenton, President of Lakefield Mille-Isles Institute recently presented a Quebec Women's Institute Life Membership Pin and Certificate to Connie Vipond.





**ROYAL CANADIAN
LEGION**

**LA LÉGION
ROYALE CANADIENNE**

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

**Branch 171 Filiale
Morin Heights**

Darts: Thurs: 3 pm - new players welcome
Check with the legion for daily bar hours
Hall rental available at competitive prices
Info: 450 226-2213
<http://www.legion171.net/>
Facebook: legion 171

**Branch 70 Filiale
Lachute**

Monthly bus trips to the Casino have resumed.
Please call the branch for info
Monthly Saturday night Military Whist Games – call for info.
Tues: 1 pm: Euchre
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm – Darts
For information call:
450 562-2952 after 3 pm
634, rue Lafleur

**Branch 71 Filiale
Brownsburg**

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Fri 3 pm - closing
Everyone welcome.
Contact Sheila: 450 562-8728 /
514 909-8885

**Branch 192 Filiale
Rouge River**

Tues: 9 am – 10:30 am – Yoga
Info: Marlene: www.yogaetcetra.com
Bar open daily at 3 pm
For further info: 819 687-9143 /
arundellegion@gmail.com

**FAUBOURG
SUICIDE
PREVENTION
CENTRE**

24 /7 HOTLINE
1-866 APPELLE (227-3553)
Intervention and help for all
Laurentian residents.

For info and full services visit
www.cps-le-faubourg.org



RELIGIOUS SERVICES

**THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH**
Office: 166, rue Lesage, Ste-Adèle, QC J8B 2R4
Montfort: 11 am • Laurel: 9:30 am • Weir: 9 am
• Huberdeau: 10: 30 am
Info: 450-229-4454, fax: 450-229-3062

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

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute /
www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sunday service and Sunday school 10:30 am.

**MILLE ISLES
PRESBYTERIAN CHURCH**
1261, Mille Isles Rd.

**ST. ANDREWS
EAST PRESBYTERIAN CHURCH**
5, John Abbot St., St. André d'Argenteuil

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Rd., Harrington

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Sun: 10 am - Sunday School
Sun: 10:45 - Worship service

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

**TRINITY ANGLICAN CHURCH –
MORIN HEIGHTS**
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
We are a member of the
Laurentian Regional Ministry.
**ST. FRANCIS OF THE
BIRDS ANGLICAN CHURCH**
94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.

**HOLY TRINITY
ANGLICAN CHURCH**
12, Préfontaine St. West, St. Agathe
The Rev Josée Lemoine
Sunday service: 9 am
Fellowship in the church hall afterwards.

**ANGLICAN PARISH OF ARUNDEL &
WEIR GRACE CHURCH**
7 Church Street
Reverend Josée Lemoine
Everyone welcome Sunday services
are held every Sunday at 11 am

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
The Reverend Josée Lemoine -
Priest in Charge
The Reverend Nick Brotherhood -
Interim Priest
Tania Lesack - Curate
Services are held every Sunday at 9:15 am.
The second Sunday of each month is a
fun Family Service
Everyone is most welcome to join us.

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
Holy Trinity, Calumet,
St. Matthew's, Grenville
Holy Trinity, Hawkesbury
Info: 613-632-9910

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

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Contact: James Hocquard - 819-242-4722
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

ST MUNGO'S UNITED CHURCH
661 Rte. Des Outaouais, Cushing
Contact: Sandra Goorbarry - 819-242-5523

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Contact Pat Hodge 450-562-8365
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
370 ch. Harrington, Harrington
Contact: Eleanor Morrison: 819-429-1925
Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA
150 Avoca Rd, Grenville-sur-la-Rouge
Contact: David Elo 819-242-6559
2nd Sunday: 1 pm - April - December

SHAWBRIDGE UNITED CHURCH
1264 Principale, Prévost (at de La Station)
Contact Sandra Trubiano - 450-224-5188
Sunday service time is 9:15 am.

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Contact : Heather Hodge - 819-687-9230
Sundays: 10 am: Worship service.

MORIN HEIGHTS UNITED CHURCH
831, Village, Morin Heights
Contact Catherine Davis – 514-712-8863
Sundays: 10:30 am - Weekly services

STE-ADELE UNITED CHURCH
1300 ch. du Chantecler, Ste-Adèle
Contact: Jacques-Henri Honoré /
450-512-8007 / eglise.ste.adele@gmail.com

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752


**PARISHES OF THE LOWER
LAURENTIANS**
Everyone welcome
ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Holy Communion
ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Bilingual services with gospel/
bluegrass music
CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles

VALLEY GATE CHURCH
Pauline Vanier, 33, de l'Église, St. Sauveur
Info: porte.valle@gmail.com
Website: <http://www.portedelavallee.org/>
Please join us every **Sunday at 10 am**

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

FABRIQUE DE LA PAROISSE ST-SAUVEUR
205 rue Principale, Saint-Sauveur
Saturdays: 5 pm - The parish offers a
bilingual mass

SAINT SAUEUR CHURCH
205, rue Principale, St-Sauveur



LAURENTIAN CLUB NOTICE

Holy Trinity Church
12 Préfontaine Ouest (corner of Tour du lac)
Ste-Agathe-des-Monts, Quebec J8C 1C3


**Guest speaker: Elizabeth Vezina –
Raging Grannies**

The Montreal Raging Grannies were formed in 1989, at the start of the Gulf War, when they appeared at an army recruitment centre to sign up. Since that time, these groups of older, activist women have spread all across Canada and into the U.S. We raise our voices, some ragged, some clear, in songs that hopefully get our message across with humour, wit, and clarity. On January 28 2020, a couple local grannies will explain who they are, why, and how they rage, and what messages they hope to convey to society.

Tuesday, January 28: 1:30 pm
Refreshments following the discussion
Annual membership \$35
Guests \$10


Info: 819 326 4401
www.laurentianclub.ca
[facebook.com / LaurentianClubofCanada](https://facebook.com/LaurentianClubofCanada)

LAURENTIAN CLUB OF CANADA



**Laurentian Region
Cancer Support Group**

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



Next meeting for cancer patients,
families and caregivers is

SATURDAY AFTERNOON
January 18, 2020 - 1 pm
Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights
Group Discussion


Upcoming meeting: February 15

Meetings are conducted in English
ADMISSION IS FREE
For more information about meetings and the
group's other services call June Angus 450-226-3641
Email: cancer.laurentia@yahoo.ca

REGISTERED CHARITY - DONATIONS APPRECIATED

10 main.street@xplornet.ca

January 2020

MAIN STREET 



COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE 2811 RTE 327

Dec 17: 1 pm – 4 pm: LRCC Christmas
Social & Sing-along

Sat, Jan 18: Curling Funspiel – Brownsburg
Curling Rink

Details: Ruth: 819-687-3733

Fri, Jan 24 - submissions deadline for
Snowman Contest

Info: Grant: 819-687-2581

Sat, Feb 1 - Winners of snowman contest
will be announced

Sat, Feb 1: starting at noon -
Carnival, Canteen,

children's craft activities table

1 pm: cash bar opens

6 pm - Potluck Supper

Details to follow on Facebook

Like LRCC on Facebook at

LRCC-Lost River Community Center

HARRINGTON

GOLDEN AGE CLUB

(259 Harrington Rd)

Cook's Night Out: 1st Friday
of the month at 5:30 pm

Members \$10 / non-members \$12

Bingo: 1st & 3rd Sunday of the
month at 1:30 pm

Quilting: Mondays at 10 am

Knitting: Mondays at 1 pm

Line dancing: Tuesdays at 7 pm

Welcome back to all

SCOUTS MORIN HEIGHTS

Morin Heights Elementary School /
Wed evenings: 6:30 pm – 8 pm
Come join us! Info: scoutsmh@gmail.com

ARGENTEUIL GIRL GUIDES

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

THEATRE MORIN HEIGHTS PLAY READING

Morin Heights Legion
Wed, Jan 29: 7 pm
Join in to read or just relax and listen.
Free! Want to become a TMH member,
work behind the scenes or act, call
579-765-3999 / email theatremorin-
heights@gmail.com
For more news visit
theatremorinheights.ca or Facebook.
com/TheatreMorinHeights.
Wishing all of our volunteers and patrons
a healthy, happy, holiday season.

THEATRE MORIN HEIGHTS AGM

Royal Canadian Legion
127, Watchorn, Morin Heights
Wed, January 29
**Doors open at 7 pm, meeting
begins at 7:30 pm**
All 2019-2020 members are eligible
to vote.
Following the meeting, a short play
reading will take place.
Audience participation welcomed.
Info: 579-765-3999 / theatremorin-
heights@gmail.com

ALCOHOLICS ANONYMOUS MEETINGS

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

LACHUTE ARMY CADET CORPS

Open to teenage girls and boys
between 12 and 19 years.
Leadership, music, highland dancing,
map and compass marksmanship, and
Eco-stewardship are among the training
Uniforms and training are free; all we
ask for is a commitment.
Info: Captain Dan Demers:
514-927-9260

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

ADVANCE NOTICES

FREE ACCESS TO FCMQ SNOWMOBILE TRAILS

Sat, Jan 18 & Sun, Jan 19, 2020
Discover the world's foremost snowmo-
bile trail system for free of charge for an
entire weekend!
You only need to obtain your free te-
morary trail permit...
In addition to seasonal trail permits,
1,3 and 7-day passes are
also available.
Contact a local club.
Info: 514-252-3076 / fcmq.qc.ca

PALLIACCO A TREK UNDER THE STARS

Domaine Saint-Bernard
Sat, Jan 25: 5 pm - 9 pm
This is a major event in the anual fund-
raising campaign of Palliacco
Registrations online
Info: 819-425-3588 / palliacco.org

CANADIAN SKI MARATHON FROM MONT-TREMBLANT TO LACHUTE Feb 8 & 9

CSM is North America's longest / oldest
Nordic ski tour.
This is not a racing event but one the
entire family can enjoy.
An anual event covering the regions of
Lachute, Montebello, Mont-Tremblant
and Gatineau with ano ver-night
stip in Montebello.
Info: 1 877 770-6556 / skimarathon.ca

SHRINERS OF MORIN-HEIGHTS PRESENTS...

Music & Bites and Other Delights
Annual Valentine's Edition
Chalet Bellevue, 27, rue Bellevue,
Morin-Heights
Sat, Feb 15: 6 pm – 11 pm
Fundraiser to benefit the Shriners
Hospital for Children, Canada
On stage: Sweet Heart Attak and
musical guests
Admission \$10 donation /
person, kids free.
Dinner: 7:30 pm / \$35
Dinner reservation required:
Carl: 514-771-8866 or
Mike: 450-712-1463
Please, no jeans!!
Follow us on Facebook at:
https://www.facebook.com/morin-
heights.shriners

GUIDED FISHING TRIP FOR THE FAMILY

Place de la Rivière-des-Mille Îles
345, boulevard Sainte-Rose, Laval
Dates start as of Jan 11
Learn good fishing techniques, different
species of fish, the fish anatomy and the
history of ice fishing.
In collaboration with her Pêche en herbe
program, kids between 9 and 12 will
receive a free fishing permit, valid until
they are 18 years.
Threading techniques and fish tasting at
the end of the activity;
equipment included.
Adults: \$18 / children 6 - 13 years \$12.
Fishing permit requires (1 per family)
Call or email for exact dates and times.
Info: 450-622-1020 /
parc-mille-iles.qc.ca

QUAD EXCURSION AT NIGHT

Municipality of Notre-Dame-du-Laus
Sat, Jan 18:
100 km ride along torch-lit trails followed
by a mechoui dinner.
\$30 per person / \$10 for the ride only.
Info: 819-767-7675

FIS WORLD CUP FREESTYLE SKI

Mont-Tremblant (Village Centre)
Thurs, Jan 23 - Sun, Jan 26
The world's best mogul athletes vie
for the honours of this prestigious
World Cup.
Autograph and photo sessions on
Jan 26.
Info: 819-681-3000 ext. 46643

SÉPAQ WINTER DAY AT PARC NA- TIONAL D'OKA

2020, chemin d'Oka
Sat, Jan 25
4th edition of Sépaq's winter open day.
Many outdoor activities - FREE of
charge.
Info: 450-479-8365

SAINT-ADOLPHE-D'HOWARD WINTER TRIATHLON

1881, chemin du Village
Fri, Jan 31 - Sun, Feb 2
Three challenging days of wonderful
courses in enchanting scenery.
Standard formula includes: 2.5 km of
snowshoeing, 400 meters of skating and
2 km of cross-country skiing.
Shorter distances and team challenges
also available.
The Nordik walk will take place on
Lac Saint-Joseph and around the
Lorenzo Island.
Info: 514-800-8287 / triathlonstadolphe.com

ATTENTION MAIN STREET ADVERTISERS

Subscribe to our
newsletter

✉ Your e-mail:

Submit

Sign up to stay in touch!

Subscribe to our newsletter to receive
advance notice of **special editions** and
discounts delivered right to your inbox.

Sign up on our web site:
www.themainstreet.org

You dream it. We build it... **ALTAMAX**
CONSTRUCTION RENOVATION



www.altamax.ca 1.866.924.8282

4 Korners 888 974.3940
Family Resource Center
A Cornerstone of the Community

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

PAL
Programme d'aide et d'intervention

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

Alcoholics Anonymous
Helpline:
1 877 790-2526

GA
Help for compulsive
gamblers
514 484.6666
866 484.6664
gam-anon.org

Sumara Fibres

Susan MacDonald
819.242.7938

Angora rabbit fibre and yarn blends
available by request



Read the
Main Street
online

www.themainstreet.org



Winter Safety Tips...

Stranded in your car - do you stay or go for help?

(NC) What do you do if your car breaks down this winter on an isolated road or maybe slippery roads cause you to slide into a ditch? What do you do if your car won't drive and you don't have any cell phone reception? Should you stay with the car or go for help?

According to Dr. Gordon Giesbrecht, professor of thermophysiology at the University of Manitoba and one of the world's foremost authorities on the body's response to cold, the answer is clear. The hypothermia expert says you should stay with the car.

“Leaving the car and potentially getting lost and stranded without shelter puts you at risk for frostbite or hypothermia,” explains Giesbrecht. “Given certain conditions, such as wind chill and wetness from rain or snow, you can begin to suffer from hypothermia, even in temperatures above freezing. This can quickly become life-threatening.”

Giesbrecht adds that survival in this situation comes down to the 3 P's: preparation, prevention and performance.

Preparation. Prepare for a reasonable worst-case scenario, like being stranded overnight in the cold. Keep a bag in your trunk with items for insulation, such as a sleeping bag or blanket, an old parka, snow pants and spare mitts and boots. Other important items include a wide-based candle and lighter or matches, and non-perishable snacks.

Prevention. Do what you can to avoid being stranded in the first place. For example, make sure your car is working properly and your tires are inflated and in good shape. Ensure you have a full tank of gas and avoid travelling in poor weather conditions. If you must travel, share your plans. Ensure a friend or relative knows of your route and estimated arrival time.

Performance. Know what to do if you do get stranded. Stay with your car. If you're stuck but the motor still works, make sure that your tailpipe is free of any snow or ice so that you can run the car intermittently for heat. Staying with the car also gives search and rescue teams a larger object to spot. Statistics show that 95 per cent of searches are successful within 24 hours.

Find more information about risks, prevention strategies and treatment for hypothermia and cold injuries at www.ownthecold.ca.

Top Ten Safety Tips From the Red Cross

As temperatures drop this winter, the American Red Cross offers ten steps people can take to stay safe during the cold weather.

1. Layer up! Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat.
2. Don't forget your furry friends. Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
3. Remember the three feet rule. If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains or rugs.
4. Requires supervision – Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
5. Don't catch fire! If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
6. Protect your pipes. Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children. Keep the garage doors closed if there are water lines in the garage.
7. Better safe than sorry. Keep the thermostat at the same temperature day and night. Your heating bill may be a little higher, but you could avoid a more costly repair job if your pipes freeze and burst.
8. The kitchen is for cooking. Never use a stove or oven to heat your home.
9. Use generators outside. Never operate a generator inside the home, including in the basement or garage.
10. Knowledge is power. Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator.

For more information on how to stay safe during the cold weather, visit [winter storm safety](#).



Laurentian Personality
Meditation with
horses with
Anouk Lorie

Lori Leonard – Main Street



I heard about Anouk Lorie, Wásabi Coaching and Leadership and her unique methods of having people meditate alongside horses from a friend. Due to my curiosity and adoration of animals, I accepted Anouk's kind offer to participate in a meditation session with her exceptional horses and a group of participants.

I had no expectation except the excitement of knowing that I would be near horses.

Anouk and husband Christian have four beautiful, patient, kind horses that help customers with meditation. All four horses were rescued by Anouk and Christian to live out their lives as horses should. Sometimes Anouk even had to “untrain” them. How does meditation with horses work? First, Anouk brought us into a heated outdoor tent and offered us hot cocoa or tea. Anouk asked everyone to introduce him or herself and state the reason they were there for meditation. Diverse reasons from the group included: a recent marital separation, grieving, wanting a positive shift in life, seeking direction, etc.... I was absolutely puzzled and intrigued to learn how horses could help.

Anouk is an extremely humble, unassuming “Zen” woman who quietly “calmed down” the group outdoors by speaking in soft tones to help us relax prior to letting the horses near us. Once the group was relaxed, we were asked to sit in a plastic chair, to form a circle and be still as the horses were introduced into the area. Anyone can meditate alone or in a group or be taught meditation, but learning a life lesson from a horse is very unique and touches one’s soul. One horse visited a person and gently shook her chair as if to say, “Wake up, live your life as you should.” Another horse offered great comfort to a person who was having a difficult time after being separated from a spouse. Piko, a lovely painted horse, came to me and quietly stood beside me, his face inches from mine. I could not even hear him breathe as he looked at me with gorgeous, reflective blue-white eyes. The lesson he taught me was to be calmer, quieter and to learn patience. We spent 45 minutes to an hour seated in our chairs within the circle shared with our equine friends. Afterwards, we headed back to the tent to listen and share everyone’s experiences and lessons learned from the horses. The horses headed back to their field to relax after a job well done. Quite an experience! Thank you Anouk!

Anouk and Christian also provide group leadership and corporate training sessions. For info, contact Anouk Lorie, Wásabi Coaching & Leadership 450 340-0535, wasabicoaching.com, anouk.lorie@wasabicoaching.com.

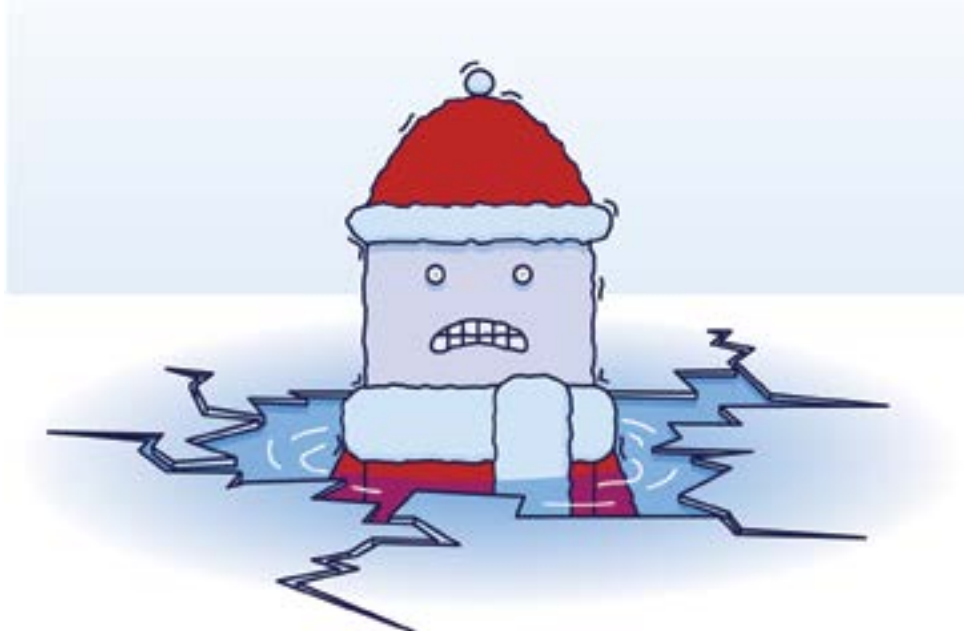
Winter Safety on the Lakes

Several factors, such as temperature, snow cover, currents and springs can affect the relative safety of ice. Ice is seldom the same thickness over a single body of water and can be two feet thick in one place and one inch thick only a few meters away. Always exercise extreme caution!

If you must go out on the frozen lake, check the ice at least every 150 feet using a hatchet or an ice chisel. Cut a hole and measure the thickness and never walk out on ice that is under 4" thick, or cross on a snowmobile unless it is at least 6" thick.

Examine the ice carefully for cracks or abnormal surfaces and learn the various degrees and meanings of ice colour. Keep in mind the old adage, “Thick and blue, tried and true. Thin and crispy, way too risky.”

Many municipalities offer an assortment of activities on the lake so whenever possible, these are the places to frequent. Let the experts monitor the ice conditions, which will give you more time to play safely during the upcoming winter festivals!





Maya Khamala

Whether you're working a regular 9 to 5 job, while dreaming of being a full-time artist, working part-time while building up the courage (and resources) to take that chance, or already making a living from your art, knowing how to make it - and sustain it - as an artist has always been a challenge. That's why setting clear goals and managing your time is so essential. Luckily, the two go together.

Set goals within goals

You can undoubtedly accomplish anything you put your mind to, unless of course you try to do everything. There's no better way to become overwhelmed and burned out than by taking on too much without setting clear goals.

Instead, target what you would like to accomplish and then break it down into smaller goals with manageable tasks and clear deadlines. Since artistic pursuits often demand deeper digging than non-artistic ones, gather all your creative ideas together into a file to avoid creative blocks as you set about sticking to the schedule you've set out for yourself.

Work with time, not against it

Fact: everything will take longer than you think it will. And yet time really is on your side—if you learn to work with it. When creating an effective schedule, consider the following tips:

- Try to prioritize what you love doing most because you'll make more progress when you're passionate about a project.
- Create a realistic daily schedule by calculating the amount of time needed to achieve each task.
- Any time you have a new idea, brilliant or not, write it down in a specially designated file.
- Keep your documents well organized in a system that you find intuitive and easy to navigate.
- Schedule time to think about project development. You should never lose sight of the big picture simply because you have a lot of smaller pictures to complete in the short term.
- Set reminders and countdowns to keep yourself on track and motivated.
- Schedule specific time slots for writing emails and making phone calls—and don't do it outside of these times.
- Identify your top 3 must-dos every day but avoid only working on urgent projects. Plot out longer term opportunities, like grant or festival applications, so you can tackle them in advance. Readjust your schedule weekly and monthly as needed to make this possible.
- Don't be afraid to use outside resources. If you have smaller tasks that need doing while you focus on what's integral, use fiverr to outsource. Track your time usage with RescueTime. Use Google Calendar to input daily, weekly and monthly schedules. Setup a monthly marketing calendar using Hootsuite. Boost productivity and achieve a better work-life balance with the Pomodoro Technique.

Bottom line: When you can clearly identify your goals, it becomes that much easier to plan and put your vision to work in the real world. Having effective strategies for time-management can mean the difference between feeling stuck and blossoming out in all directions.

Visit yesmontreal.ca to find out how we can help you spend more time on your passion, your art, in 2020!

Distribution Points

We are often asked where our FREE copies of Main Street can be picked up. While there are too many locations to list them all, below you will find our major distribution points across the Laurentians where your copy of Main Street can be found on the 2nd Friday of each month. Better be quick though as they literally fly off the shelves! Enjoy the read...

MORIN HEIGHTS – 1325 copies

Available at: IGA, Familiprix, Vallaincourt's
ST-SAUVEUR – 2675 copies
Available at: IGA, Provigo, Rachelle Béry, Petino's, Jean Coutu.
TD Bank, Brulerie des Monts and Fumoir des Lacs, Chalet Pauline Vanier
STE- ANNE-DES-LACS – 50 copies
Available at Marché du Village
STE-AGATHE – 1950 copies
Available at Metro and IGA,
ST. ADOLPHE D'HOWARD – 50 copies
Available at the Marché
ST. JOVITE – 1150 copies
Available at Maxi, Bourassa, Metro and Rona
VAL DAVID – 175 copies
Available at Au Petit Poucet Restaurant, Familiprix and Metro

MAIN STREET

Making it Work in the Laurentians

Calling all artists: goal setting and time management 101

What is NatureHood? Nature Canada

Your NatureHood is nature right in your neighbourhood – from the biggest cities to the smallest communities. It's nearby nature: the park at the end of your street, your backyard, a tree-lined street, an overlooked urban forest fragment, or a special green space in your community. Your NatureHood is any place in which you 'connect' with nature's wonder – from watching a bee pollinate a flower in your planter box, to feeding wild birds, to witnessing the trees change with the passing of the seasons.



REMOVING BARRIERS TO ACCESSING NATURE

The goal of our NatureHood program is to connect urban residents, particularly children, to nearby nature. This approach is founded on society's growing disconnect from nature, coupled with the reality that there are many barriers (real or perceived) limiting people's access to nature, such as distance, lack of knowledge, perceived cost, lack of equipment and cultural perceptions of nature, just to name a few. Many of these barriers are based on perceptions or false notions about nature, while others are much more complex. Additionally, as Canadian society evolves we welcome new cultural perceptions and experiences of nature, as well as linguistic differences to helping people connect to nature.

With NatureHood we aim to address these and other barriers by helping people discover nature all around them through activities built on celebration, education, stewardship and nature observation. We're not claiming that an urban backyard is the same as, or is any substitute for, pristine natural spaces – we're simply helping people see and experience the examples of nature's complexity and wonder that are right there waiting for them.

CONNECTING TO NATURE BY GETTING OUTDOORS

Another important part of our NatureHood work is getting people – especially young people – outside and active right where they live.

Canadians are spending more time than ever before indoors and sedentary, which is having an impact on our physical and mental health. Kids are replacing outdoor play time in nature with indoor sedentary time on screens, and many are not meeting their daily requirements for physical activity. What better way to get active then to get outside and into nature?

No conversation about the health benefits of getting outside into nature and being active is complete without mention of the mental health benefits. Studies show that people not only feel calmer and more relaxed when they're in nature, but simply being in close proximity to a green space can improve the sense of well-being in urban office workers. Some medical professionals are even going so far as to prescribe "nature" to their patients. Our NatureHood program takes all of this evidence into account as we deliver activities to help people connect to nearby nature.

For more info visit naturecanada.ca



AT YES, WE ARE DEDICATED TO HELPING YOU AND YOUR BUSINESS SUCCEED!

We have business coaches across Quebec who are able to work through your options, guide you through important decisions and lead you in the right direction.

- Idea Evaluation and Business Set-Up
- Business Plan Review
- Market Research, Sales and Marketing
- Advice on Financing Options and Resources
- Growing and Maintaining Your Business
- Importing/Exporting, Online Business, Franchising and More

All of our services are
FREE or **LOW-COST**.

Program funded by:



yesmontreal.ca
1-888-614-9788
YES is a not-for-profit organization.

Obituaries

MCDONOUGH, Vanis (nee Campbell)

Passed away peacefully on Saturday, December 14, 2019 at Hôtel-Dieu St-Jerome. Loving wife of the late John L. McDonough.

She was a ray of sunshine to her two devoted daughters Holly (Terry) and Lori (Dave). She was an amazing Grammy to her two loving granddaughters Karly and Cody. Mom's best times were spent with her family.

Mom lived and loved life to the fullest. She lit up any room she entered with her glamour and magnetism. She excelled in all sports, especially skiing and kayaking. Mom's last couple of years were spent at the Lachute Residence. A warm thank you to Dre. Michaud, Maggie and all the wonderful staff for their attentive care. As well, thanks to good friends Marybeth, Lu and Bev for spending quality time with Mom.

"Mom, now you are free to join Dad and ski the slopes in heaven."

A funeral took place on Friday, December 20. In lieu of flowers, donations in memory of Vanis McDonough may be made to Lachute Residence, Ladies Auxiliary, entertainment. Mail to: Danielle Hay, President, Committee of Ladies Volunteers, Lachute Residence, 377 rue Principale, Lachute, Québec, J8H 1Y1.

Arrangements entrusted to Salon Funéraire Guay, 418 boul. Lavelle Rose-mère, Québec J7A 3R8



CHAMPAGNE, Elsie May (nee Hinves) 1925-2019

Elsie Champagne (Hinves) beloved wife of the late Joseph Champagne passed away at the age of 94, on Thursday, December 19, 2019.

Predeceased by her parents Thomas Samuel Hinves and Caroline Annie (nee Moncrieff), her siblings Ruth, George and Margaret. She leaves to mourn her loving son Larry (Pat), her two beautiful devoted granddaughters Laura (Sofiane) and Julie, her great-grandchildren Adam and Sonia.

A gravesite burial will take place in the spring of 2020, where she will be laid to rest with her husband in the Arundel Cemetery.

Special thanks to the palliative care staff at the CISSS des Laurentides Sainte-Agathe-des-Monts.

Contribution to the Canadian Cancer Society would be greatly appreciated. <https://www.societederecherchesurlecan-cer.ca/en>

Arrangements entrusted to Salon Roland Me-nard, 395 Grace, Lachute QC / 450-562-4114



The English Link

Taxes: Get what you deserve

Andie Bennett



With the holidays behind us it is time to turn our attention to the upcoming, less festive, yearly event: tax season. If trying to figure out the difference between RL1, T4A and T4E feels like attempting to crack the DaVinci code, there are a couple of government programs that may help demystify the dreaded tax forms.

The CRA (Canada Revenue Agency) launched their outreach program in Quebec in 1995 aimed at organizations that work with newcomers to Canada and refugees, seniors, students and youth, persons with disabilities, people that are housing insecure, homeless, or staying at a shelter, modest income Canadians and Indigenous peoples. The goal is to inform these individuals about credits and benefits that apply specifically to them. Outreach officers are available to run an information booth or give presentations where they will answer questions and provide information documents on the various credits and benefits and how to obtain them.

The same effort to help our most vulnerable citizens can also be accessed through the Income Tax Assistance - Volunteer Program. These free tax clinics allow people with modest incomes and simple tax situations to have their tax returns completed by a volunteer. All volunteers are vetted to meet security standards and are people who want to help their community and have a good understanding of basic taxes. You can find information on these clinics and how to become a volunteer at revenuquebec.ca/volunteers

I spoke with regional Outreach Partnership Officer, Nora Sleb, about some of the pitfalls the average citizen can fall into regarding taxes and she says every situation is unique. For seniors, sometimes they are not aware of credits available to them. Newcomers may be confused regarding which slips to keep and how to apply them to receive a credit. Students sometimes do not think it is worthwhile to file if they had no income but in fact, "income tax" is a bit of a misnomer, in this case because you can qualify for certain benefits like the GST credit even if you did not earn any income. Nora says they want to demystify the income tax process and help people receive the benefits they are entitled to. I asked about the fear some people have about filing because they worry about owing money. Nora points out the obvious: When you owe the government, it has usually already tracked you down. And even if that is the case, their mission is to work with you to find a solution.



4 Korner's rounding out in the Laurentians

Andie Bennett

The 4 Korner's family is growing and, like an early Christmas present, Chloée Alary officially arrived mid-December. And what a gift Chloée will be to the English-speaking community in the MRC des Laurentides as she settles into the role of community development coordinator for 4 Korner's. Caring and doing for others appear to be part of her DNA and Chloée embraced this birthright early. When her father passed away Chloée was just ten years old but remembers feeling the desire to help her mother manage the household. By 12 she was babysitting her two younger siblings and earning her own spending money minding other children. When her sister was left disabled at age 18 with a 5% chance of survival following an accident, it was Chloée who took up her care over the ensuing two years. Her mother often tells her "You care too much!" but it is her mother she credits with instilling this virtue, repeating the lesson that when you take care of others it comes back to you when needed.

When we spoke on the phone for this interview, she was just getting home from a PPO (Parent Participation Organization) breakfast fundraiser. This mother of three serves on the governing board at her children's school and also finds time to be a volunteer Leader for the Cub Scouts. The desire to pitch in led her into public service. After arriving back in the Laurentians following 14 years in Germany where she trained and worked as an educator, Chloée was hired by the federal MP for Laurentians- Labelle, David Graham, in 2015. She thrived in this role, attending community events and fulfilling her mandate from Graham: "When a citizen calls, you help them." She thus knows the Laurentians territory and many of the different organizations 4 Korner's works with. She will help develop more meaningful partnerships to better serve the English community going forward. The icing on the Chloée Alary cake is that she is the Quebec unicorn. The perfectly bilingual child of 2 Quebecois parents, educated in English (Morin Heights Elementary and Ste-Adèle Elementary followed by Sainte Agathe Academy), Chloée knows both worlds and understands the challenges the two solitudes each face while trying to thrive in a province with much healing left to do.

We are overjoyed that she is now part of the 4 Korner's team and will be helping the citizens of the Laurentians access health and social services in English.

To receive information on the monthly activities in your inbox, subscribe to our newsletter at info@4kornerscenter.org or check our website www.4kornerscenter.org



Upcoming Activities

All the services offered by Palliacco are free, from L'Ascension to St-Sauveur

PERSONAL SESSIONS TO RELIEVE STRESS

Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe, MontTremblant and Saint-Sauveur by appointment.

FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION Comforting Tea

Mon, Jan 13 & Feb 10:

10:30 am - noon

(Mont-Tremblant - by reservation)

Fri, Jan 31 & Feb 28: 10:30 am - noon

(Ste-Agathe)

Coffee Club

Tues, Jan 14 & Feb 11

7 pm - 8:30 pm

(Mont Tremblant)

Thurs, Jan 16 & Feb 20:

1:30 pm - 3:30 pm

(Ste-Agathe)

Accompanying services

Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers.

Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)

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

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

PALLIACCO Ski or walk for a good cause

A Trek Under the Stars is a major event in the annual fundraising campaign of Palliacco. Whether on the 7 km torchlit trail on cross-country skis or snowshoes or just walking the shorter 2 km loop, the aim of the evening is to raise funds to assure the continuity of the organization and continue to support cancer patients, provide end-of-life care, support caregivers and those who have lost someone close.

To learn more about this important event please visit palliacco.org.

14 main.street@xplornet.ca

January 2020

MAIN STREET



Main Street Money

Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

SPOTLIGHT ON INVESTMENT TAX RATES

I’m paying how much??

HAVING A HIGH-PERFORMING INVESTMENT PORTFOLIO that generates big returns is exciting stuff. But do you know how your investment earnings are taxed? Just as you would assess your level of comfort with risk, it’s a good idea to have a solid understanding of the tax rates on various investments if you hold them in a non-registered (taxable) account. From capital gains to interest and dividends, consider this your tax primer on investments.

Different types of investment income

A great place to start is to know your marginal tax rate, which is based on the combined federal and provincial tax brackets. Search "2019 Tax Rate Card" at <https://repsourcepublic.manulife.com>.

Next, you will want to understand the different types of investment income available to you, which may include interest earned on savings accounts, dividends paid by stocks, foreign investment income, or capital gains and losses that can occur when you sell an investment.

Canadian interest income

Taking the biggest tax hit is the interest earned on Canadian savings accounts as well as the interest earned on Canadian fixed-income investments – think government bonds, bank or insurance-based guaranteed interest contracts (GICs) and government treasury bills (T-bills). Interest income can form part of the allocations or distributions received from segregated fund contracts or mutual funds, respectively. This interest is taxed at your marginal tax rate which is the rate of tax charged on your last dollar of income earned.

Foreign income

There are no special tax breaks on foreign income, whether it’s in the form of interest earned or dividends, making this investment vehicle on par with the high tax rates paid on Canadian interest noted above, but with a twist. On foreign dividends, some tax is withheld before the dividend is paid to the investor. The tax withheld goes to the government of the company’s country of residence. Not to worry – this tax creates a credit that can reduce your Canadian tax owing, eliminating double taxation in most cases.

Dividend income

Dividends are the money paid by corporations to shareholders from after-tax earnings. Compared to interest income, Canadian dividend income gets preferential tax treatment thanks to the gross-up and tax credit system currently in place. Speak to your advisor to better understand how gross-up and tax credits apply to dividend earnings.

Capital gains and losses

Capital gains come with the ownership of capital property, which can be investments like real estate or shares in a company. Imagine that you purchased shares in a hot tech company for \$10,000, and then a year later you sold those shares for \$15,000. The \$5,000 increase is called a capital gain. The good news is that only 50 per cent of this growth is included in your taxable income. So, you would only be taxed on \$2,500 rather than the full \$5,000. The tax liability for capital gains can be reduced or eliminated in a couple of ways:

- Offsetting capital gains with capital losses from other investments
- Donating securities to a registered charity or private foundation. Capital gains related to donating eligible securities are not included as taxable income.

To recap, interest and foreign income is taxed annually at an investor’s marginal tax rate, Canadian dividends are taxed at lower rates, and capital gains are taxed only when realized, typically when an asset is sold.

Putting it all together

Understanding how taxes apply to common investment vehicles is also important. Such assets may include mutual funds, exchange-traded funds (ETFs) and segregated fund contracts. When the investor sells any of these asset types, the result may be a capital gain or loss.

Starting with mutual funds, any distributions an investor receives while holding a mutual fund will be taxed differently depending whether the fund is structured as a trust or a corporation. In the case of a mutual fund trust, distributions are taxed according to the nature of the distribution, which can be a capital gain, dividend, interest or foreign income. Mutual funds structured as corporations pay either Canadian dividends or capital gains dividends.

ETFs are traded like a stock and can invest in a wide range of securities that can generate different investment income. Like mutual fund trusts, distributions can include interest, foreign income, Canadian dividends and capital gains. Such income is taxed accordingly.

If you are invested in segregated fund contracts, then the allocations you receive are taxed according to the allocation (dividend, interest, capital gain, etc.).

As always, when it comes to your investments, consider your financial goals, the amount of time you will invest and your tolerance for risk. Feel confused or overwhelmed? Your advisor can help you make sense of the best tax strategy for your investments.

TFSAs AND RRSPs

Other important investment vehicles that offer tax advantages include Registered Retirement Savings Accounts (RRSPs) and Tax-Free Savings Accounts (TFSAs).

RRSP contributions are tax deductible, the income earned within your RRSP is not taxed until you begin to withdraw the funds at retirement, when you are likely in a lower tax bracket. Also, you can contribute to a spousal RRSP to income split if you expect your spouse to be in a lower tax bracket when withdrawing the funds and save even more tax.

A TFSA is a great way to invest money tax-free with the flexibility to tap into your savings without penalty at any time. Every Canadian over the age of 18 is eligible to contribute up to the maximum annual amount, plus any unused amount from previous years. The maximum annual contribution for 2019 is \$6,000.

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

Stocks, bonds and mutual funds are offered through Manulife Securities Incorporated. Insurance products and services are offered through Manulife Securities Insurance Inc. Banking products and services through referral.

Source:www.cbc.ca/news/business/solo-living-business-opportunities-1.5046913

© 2019 Manulife. The persons and situations depicted are fictional and their resemblance to anyone living or dead is purely coincidental. This media is for information purposes only and is not intended to provide specific financial, tax, legal, accounting or other advice and should not be relied upon in that regard. Many of the issues discussed will vary by province. Individuals should seek the advice of professionals to ensure that any action taken with respect to this information is appropriate to their specific situation. E & O E. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Any amount that is allocated to a segregated fund is invested at the risk of the contractholder and may increase or decrease in value.



BUYING COLLECTABLES


Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, gold, jewelry, stamps, records, judaica, Olympic & military items

38 YEARS OF TRUST
Call Ron:
514 996-6798



M
CONSTRUCTION
McVeigh
Craig McVeigh

Bur. : 450.226.7448 | Fax : 450.226.7485
Cell. : 450.712.6593 | craig@cmcveigh.com



Soins Dentaires Prévost

Call us today!
450.335.2990
www.dentisteprevost.com

Healthy teeth and gums for a healthy life!



Mathieu Sabourin & Mathieu Labonté
Pharmacists

Opening hours:
Monday to Friday
from 9:00 a.m.
to 9:00 p.m.
Saturday and
Sunday
from 9:00 a.m.
to 5:00 p.m.

373-A, rue Principale, Lachute
450.562.0522
Toll Free: 1.866.362.0522

PSST!
Plan it stay in shape today

Details in store

Familiprix

ENTREPÔTS

MORIN-HEIGHTS

Indoor Storage Space Rental

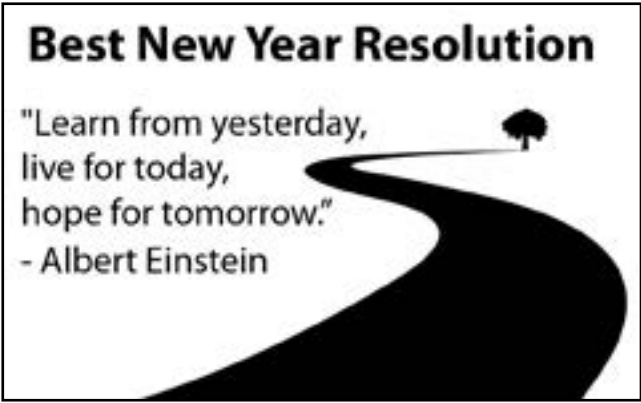
24 hours/ 7 days

- Individual alarms
- 50 square feet and up

(450) 226-1313
543 du Village, Morin-Heights
Office at 591 du Village

Best New Year Resolution

"Learn from yesterday,
live for today,
hope for tomorrow."
- Albert Einstein





I'm Just Saying Days of future past

Ron Golfman - Main Street

Way back in 1776, a new country was created, as ex-patriots from the British Empire had come and settled in a new land as immigrants. They were indeed tired of the life back home, which afforded the common man and woman the reality that, if you were not from a select few, you were destined to survive with little opportunity to elevate yourself from poverty and despair.

England, and its aristocracy, was built on patronage, and only a few connected people and families were afforded health, wealth and the security of being protected from illness, choking taxation, and violence. The reality of living on desolation row in every town and hamlet incited people with courage to board ships to the unknown, with the hope of forging a new life of prosperity, freedom and self-determination.

As they built small homes on arid farms, the reality of a country to call their own, in spirit and fairness, was their ambition. While they had to endure hardship, deal with ferocious wildlife and the repercussions of being aliens settling on Indian lands, they forged a new reality. Sitting around the fire, children would listen to stories of how their elders would meet on desolate streets back home before the big journey, trying to stay warm and sharing conversations of dreams and a sense of community in a new country could offer them a fresh start away from the misery that surrounded them. Back home, if you were not the elite, the self-proclaimed royalty, you were nothing and did not matter.

Memories of not being able to afford a doctor for a loved one who was ill haunted them. This new America was going to be different, and the window of hope, once sealed shut, was beginning to open. The constitution was written to protect the common man. Imagine the time traveller from then who arrives in these ‘Un’-United States today, gasping at what has become of the dream. He, or she, would gaze upon a system, which does not, all these centuries later, provide health care access to all. The right to life, liberty and the pursuit of happiness only applies to a small group of the rich, and connected only, ringing bells of alarm from days of yore.

He or she would see gated communities that keep people out, a wage disparity no different than what they knew to be wrong back then, and a country that does not, even today, accept that all men are created equal. In the White House is no George Washington, but rather a tyrant whose greed and disdain for others not like him is repugnant. Only his family and friends reaped the rewards of the country's riches, and protection was only afforded a small few in the inner circle.

As we arrive at 2020, let's hope, and I am Just Saying, a change for the better is going to come.



FitTip # 137 20/20 vision

Lisa Mclellan – Main Street

Here we go with another turn around the sun, and I do a little dance. What do I want for 2020? *I can do nothing for you but work on myself...you can do nothing for me but work on yourself... Ram Dass*

What a powerful invitation to all of us; to grow in love, peace and harmony, for a better world.

Michael A. Singer gives an inspiring talk on You Tube on inner work and spirituality. What we really want, he says, is to feel joy, to feel love and to feel inspired. These deeper feelings are what give meaning to our lives, not material objects or people outside of our selves. How can you lose, he asks, if you wake up every morning feeling inspired, turned on, and happy? Our likes and dislikes are learned programs from past experiences. They are conditional, subject to the roller-coaster ride of emotional states, from elation to depression. Our happiness is controlled by them. If life gives you what you want, you are happy. You open to joy. If it doesn't, you are disappointed, angry or sad. You close to joy. Opening is what brings joy, love and light. Closing leads to unhappiness, disappointment and depression. We are the ones who close our hearts, close our minds. It's our thoughts... our feelings. We are responsible for them, not someone else! It is up to us to keep our minds and hearts open and, once we learn to do that, we will feel joy all the time. Inner work is how we develop this skill so we can become the masters of our joy rather than the victims of our conditioned beliefs and programs.

I am open to the challenge, how about you?

Tips for working on yourself:

1. Mindset – You are 100% responsible for your thoughts and feelings. You have created how you experience life with your mind. Own in. All changes come from within.
2. Intention – Stay open, so you can feel the beauty of life bless you with joy and happiness.
3. Awareness – Learn to accept, honour, respect and appreciate the experiences that are unfolding in front of you. You are whole and complete unto yourself. If you are open, there is tremendous joy, love and inspiration that well up inside of you.
4. Action – Observe how quickly you open to an experience/person. Feel the uplift of joy. Observe how quickly you close and lose your joy. Each time you close you are learning about your self. CHOOSE NOT TO CLOSE.
5. Discipline – Don't allow the outside world to close you off from your joy. It's not about getting what you want, but rather learning to stay open and not imposing conditions about what you want to receive.
6. Grace – Energy will flow up from within. Stay open to this river of joy.

Spiritual energy: beautiful, vibrant life force. Shakti. When you share it, you become a blessing for this earth (I love that). 20/20 vision for joy, my friends.

Namaste...

Laurentian Wildlife Animal tracks



Susan MacDonald – Main Street

Other than a few opportunistic creatures, most of the wildlife living in our area are secretive and prefer as little human contact as possible. They pass by unseen after dark or when there is little activity or noise. Yet, unknowingly, they do leave signs behind that, if explored, tell the story of which creatures have passed by when we were not looking.

Winter is the easiest time to learn how to read the animal tracks that you may come across out in the woods or in your own backyard. With a little experience, you will recognize not only which animal has passed, but perhaps even what it was doing there. Was it foraging for food or hiding from predators? What speed was it traveling at? Once you know your tracks, you will notice other signs in the woods around them that previously lay hidden to you. Nibbled branches; rabbit or deer – follow the tracks.

There are many excellent field guides available that will open up the hidden world of wildlife to you in a way you have never experienced before. Many contain full detailed images to look for, along with track measurements (front and back feet), variances that depict speed rates, tail-dragging marks (if any) and claws or number of toes. Most of these trail guides mention other signs as well, such as droppings, chewed branches and places where you are most likely to find these animals, in fields, forests, near rivers and ponds and possibly in your own back yards. My favourite guide is one of the Peterson Field Guides; Animal Tracks, written by O.J. Murie and Mark Elbroch. It gives great, informative details, provides clear photos, is easy to read and takes you on a learning journey into the hidden world of animals. It is also small enough to carry with you. After checking out many reference guides, my personal library also stocks the entire National Audubon Society series.

Around home, tracks tell me I have a regular nighttime visitor, a fox that travels the shoreline of the small outlet stream from the lake, seeking out the mice living beneath the snow and feeding on the human handout of birdseed. He trots straight and even, this fellow, stopping every once in awhile to investigate a scent, and I have often found signs of his hunting; dig marks, a pounce in the snow and, on occasion, a few drops of blood from some unfortunate creature. I have actually seen him by the light of a full moon twice: once at the stream, and the other trotting along the stream just outside my window.

Footprints are the most abundant tracks found in the snow, but there are other “stories” as well. Once, after a particularly heavy snowstorm, I found where a ruffed grouse had been weathering out the storm and had burst through the snow in a panic when disturbed by one of the night predators. The depth of snow left the hunter's prints too deep for me to determine, but what I did see was the perfect imprint of feathered wings on snow. It really was very special.



Essential Oils Oils for the organs

Susan Rich

As we step into the New Year, we often have wonderful intentions, leaving behind all the bad habits of the past year and creating new ones. Some of the most popular resolutions include taking better care of ourselves which includes weight loss, more exercise, and improved eating habits. The key to success, is taking things slow and adding to our routines. If we take on too much at once, it's easy to get discouraged. So, let 2020 be the start of your new healthy habits.



Here are a few simple things we can do to help ourselves with essential oils that take no time and quickly become a habit.

For our livers and internal organs - adding a drop of lemon essential oil to your water first thing in the morning is an easy way to help our livers detox. I used to buy lemons and squeeze one into my water every morning to get things going. However, I have learned that the detox properties of lemons are in the rind and not the fruit, which is where the essential oil comes from. (please use only essential oils that are recommended for internal use)

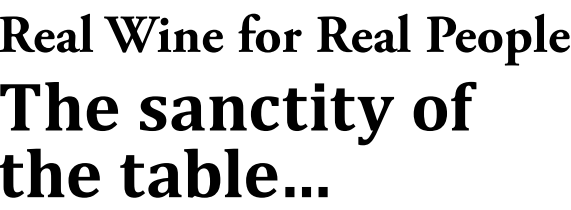
For our brains - We can use oils like peppermint to get our brains active in the morning or anytime of the day for that matter. It can be as easy as putting a few drops in a diffuser or even just opening the bottle and taking a sniff. Peppermint is very invigorating and refreshing and really opens our airways. It's like coffee for the brain, without the side effects of caffeine.

For the skin - Many of us suffer from dry skin in the winter. Add a drop or two of lavender to your favorite moisturizer. This will add hydration and soothe your skin making you feel less lizard like.

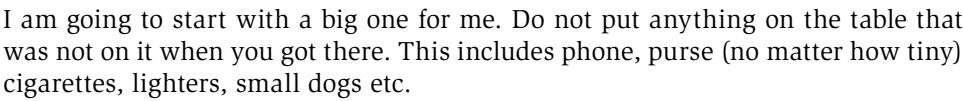
For sore muscles - Have you started a new exercise routine and your muscles are screaming? Let's go back to the peppermint and lavender. Add a few drops into a carrier oil, like coconut oil and rub into the sore muscles. This will increase the circulation and soothe the soreness.

Wishing you all a wonderful New Year.

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 or join my public education page on Facebook at Éducation Publique Living Essentials Public Education



This month I am going to deviate away from wine and write about table etiquette. As a sommelier, I get asked about this topic a lot, almost as often as I do about wine. I know it can seem like a stuffy topic, and a lot of people are put off of it because it can seem pompous and too formal. I understand why people would view table etiquette this way but really, it is just a way to make everyone feel comfortable at the table. If we know how to “dine” it makes it easier to relax and enjoy the experience. So, on that note, in 500 words...



When you are seated, unfold the napkin and place it on your lap. If you must get up during the meal, neatly fold it and put it to the left of your plate while you are gone, not on your chair.

The table setting may seem a bit confusing at first especially if the table has been set for many people. An easy way to remember table settings is BMW. Bread plate to the left, main plate in the middle, water and wine glass to the right.

If you are drinking from stemmed glassware, hold the glass from the stem. This keeps the wine from being warmed by your hand and keeps the glass from getting smudged up with fingerprints. Plus, this shows that you are a badass who knows a lot about wine.

Do not start to eat until everyone has been served. It is acceptable to sip wine or nibble on bread while you wait. The French have a lovely tradition where they say “Bon Appetit” to signal that it is time to begin... wait for it.

Break bread off in bite-sized chunks and only butter what you are about to eat. The butter knife stays on the bread plate. Once any utensil is used it does not go back onto the table or tablecloth. Rest it on your plate when not in use. A knife and fork crossed or resting on either side of the plate is a sign that you are taking a break. Both parallel at 5'Oclock is a signal that you are finished. The waitstaff may still wait until everyone is done to remove the plates. Do not stack your plates or push them to the middle of the table.

Keep the table talk light and pleasant. Avoid anything that could be unpleasant or controversial. This includes religion and politics, unless of course, you know that everyone shares the same views.

Always remember to thank your host and send a thank you note if appropriate.
See, easy!

Winter Emergency Car Kit

Pre-packaged emergency kits are available for purchase at stores and online, but it is just as easy, and more practical, to pack one yourself. Start by making your own checklist from the basic items listed below and add any personal items at the end.

The Essentials: fire extinguisher, jumper cables, road flares, tool kit (or at least a multi-functional tool), windshield washer, de-icer, flashlight & extra batteries, a large-based candle and dry matches or lighter, rags, duct tape, small shovel, sand/salt or non-clump kitty litter for icy roads and a basic first aid kit. Also include a warm blanket, heat packs, extra clothing (coat, mitts, hat), non-perishable snacks, a contact emergency list and a few dollars, just in case. During winter, take a 2-liter bottle of water with you when you leave home.

Useful Items: road maps, games for the kids, pet bowls, hand sanitizer, garbage bags, paper and pen, etc.

While you may never need them, should you ever find yourself stuck at the side of the road, or need to stop and help someone else, you'll be thankful you took the time to prepare your emergency car kit. Drive safely.



LET'S GET WILD LADIES !

On Thursday get 50% off your supper
and dance all night with a live band.



Top Sky Watching Events of 2020

Bob Berman...The Old Farmer's Alamac

The year 2020 promises some unusually fine celestial fireworks. Here are the top most noteworthy night sky events to look forward to: three amazing meteor showers (not washed out this year), a spectacular year for Mars, and the finest planet conjunction of our lives as Jupiter meets Saturn on the winter solstice. Take a look...

Venus Reigns Now Through Early Spring

See the extremely bright “star” hovering low in the west as soon as night falls? This is Venus, the “Evening Star,” beginning an apparition that will get steadily higher and brighter over the next four months.

On the evenings of April 2 and 3, witness a truly high-up and eye-popping apparition of Venus. She shines at a shadow-casting magnitude -4.5, and shines bright until near midnight.

Earliest Spring Equinox of our Lives (March 19)

The earliest spring of our lives begins on March 19 in all U.S. time zones. Why? Partly, this early spring is because 2020 brings a Leap Day!

Favorable conditions for the summer Perseid meteor show

The Perseids, which peak the morning of August 12, are the “Old Faithful” of meteor showers. In a dark, cloudless night sky, they produce a meteor a minute!! Let’s hope for clear skies.

A fantastic early-autumn opposition of Mars, whose brilliance will rival Jupiter's

The year 2020 will be a spectacular year for the Red Planet! Mark October 13, when Mars reaches opposition to the Sun. Mars will shine at an extremely bright magnitude of -2.6, which is brighter than giant Jupiter, making it the third brightest object in the sky after the Moon and Venus from September 29 to October 28.

On the 6th of October, Mars will be exceptionally close to Earth as well so the views of our neighboring planet will be the best they get until 2035.

Perfect conditions for the December 13 Geminid shower, the year's best

The Geminid meteor shower is probably our favorite event of 2020. In 2020, conditions will be at their best! These bright and frequent shooting stars reach their maximum late on the night of December 14 into the morning hours of the 15th. Expect 60 to 120 meteors per hour under ideal dark-sky conditions!

The finest planet conjunction of our lives, when Jupiter meets Saturn on the Winter Solstice

Once every 20 or so years, Jupiter and Saturn meet up. We call it a “conjunction.” On December 21, the winter solstice, the two planets will come closer than they have since 1623.

Normally, in a conjunction, planets are quite close (within a degree or two), but this is an exceptional conjunction. The two worlds will be separated by 1/5 of the diameter of the full Moon!

Over
10 years
experience



Lyndsay Wood
Real Estate Broker
I AM PRESENT


Tranquillit
SecurIT
Integrit

FREE MARKET EVALUATION

514.774.8019
lyndsaywood.com
lyndsay_m_wood@hotmail.com


NEW!

LAKE SOLAR: Wood cottage with great potential on a spectacular lake. Fully wood interior, 2 bedrooms, wood stove, veranda & balcony overlooking the lake. Secluded from neighbours. 64164 sqft of land w/ 138 feet of mostly flat lakefront. Very quiet area, dead-end street, only 12 min from the ski hills & 20 min. from St Sauveur. Priced under evaluation! **MLS 22677666**


NEW!

LAKE BARRON: Cozy furnished cottage with approx. 127 feet on famous Lake Barron. Prime location with panoramic views in a gated domain. 3 large bedrooms, large dock, space for outdoor fire, fully renovated bathroom, wood floors, wood stove, electric heating. 1 hr. from MtL and 10 min from ski slopes. Act quickly! **MLS 13501938**


BROWNSBURG: Beautiful house with 3 bedrooms, bathroom and powder room. Many important renovations done such as the kitchen, insulation, bathroom & windows. Private backyard and small garage. Wood and ceramic floors, veranda. Located at 1 min. from Highway 50 and 5 min. from downtown Lachute. Rented for \$850 / month. Great revenue property or main residence! **MLS 27622881**


SEVERAL BUILDING LOTS FOR SALE:
Harrington: 59,478.11 sf in a domain
Gare: 169870 sf, \$29,000 with lake access
St-André: 22,496.56 sf, \$18,000
Lachute: 347,411 sf for development project
Lake Buck: waterfront, Brownsburg, 80,729 sf
Lake Barron: 365,219.32 sf for investors
Lachute: 25 acres, agricultural

CLASSIFIED ADS

Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to msw_sue@yahoo.ca. Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment is due prior to publication

BUYING COLLECTABLES
Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, cufflinks, jewelry, Judaica, vases, figurines. Olympic items & Estate liquidations
40 years of trust !
Call Ron: 514 996-6798.

ADVERTISING POSSIBILITY
QCNA offers a one-order, one-bill service to advertisers. Call us for details on reaching English Quebec, and through classified ads French Quebec and every other Canadian province & territory.
Info: 819-893-6330

GITARS
Do you have a guitar you don't know what to do with? Give me a call, I may be interested in buying it.
Greig: 514 386-7717

SERVICES REQUIRED
Excellent handymen & efficient housekeepers.
Please call Lori's Links at 450 224-7472 for info.

Best Split-Pea Soup

- Ingredients**
- 10 cups low-sodium chicken broth
 - 2 pounds dried green split peas, picked over, rinsed, and drained
 - 1 medium onion, diced small
 - 4 small carrots, diced small
 - 1 celery stalk, diced small
 - 1/2 red bell pepper, diced small
 - 4 cloves garlic, minced (about 1 tablespoon plus 1 teaspoon)
 - 1 tablespoon minced fresh thyme leaves (or 1 teaspoon dried thyme, crumbled)
 - 2 dried bay leaves
 - 2 small ham shanks / hocks (1 1/4 pounds total), with several 1/2-inch slits cut into skin
 - Coarse salt and ground pepper

- Directions**
- **Step 1**
Add all ingredients into a large pot. Bring to a boil and simmer for 90 minutes.
 - **Step 2**
Remove ham shanks / hocks and cut the meat from the bone. Place the meat back in the pot and stir.
 - **Step 3**
Continue simmering for an additional 2 – 2 1/2 hours or until the soup reaches your desired thickness. Mash or crush the peas gently leaving some whole.

Serve with warm crusty bread and enjoy. Leftovers can be frozen.



Proudly serving the community since 1971!



Breakfast every morning at 10:00 am

Lunch time specials Monday to Friday

Table d'hote menu 7 days a week

Free Wifi

490 Main Street, Lachute

Call for reservations (450) 562-9000

Arts Etc...

Ilania Abileah – Main Street

Happy New Year! For complete programs see websites provided below. Here are a few selections for the period from January 11 to February 15, 2020.

Mont Tremblant Music - Première Scène, 1829, chemin du Village (facing Lac Mercier.) 819-425-8614, Ext. 2500 villedemont-tremblant.qc.ca

Sat, Feb 15: 8 pm - Clarinetist Christopher Hall and his comic Quartet. This is an enjoyable evening filled with great classical and jazz music along with much laughter: a great way to start the New Year.

Val Morin Theatre du Marais: 1201 10è Ave. Val Morin. 819 322-1414. www.theatredumarais.com.

Sat, Jan 11: 8 pm - Malt Holubowski. This singer/songwriter performs in English. \$38

Sat, Feb 8: 8 pm - Florence K - Valentine sings and plays the piano. She is accompanied by three musicians: Domenic Romanelli (bass), Ben Riley (drums) and Guy Kaye (guitar). The music is Latin rhythm, easy on your ears and entertaining. \$42

Ste. Adèle
Place de Citoyens, 999 boul. de Ste. Adèle, 450 229-2921, #300. www.ville.sainte-adele.qc.ca.

Sat, Jan 19: 1:30 pm – Quatuor Rhapsodie. This group plays popular French music of the 60s, and 70s. You will enjoy hearing the melodies of Aznavour, Piaf, Becaud, Michel Legrand, and many others. \$15

Exhibitions
Jan 9 – 26: Exhibition by Lise Tremblay Thaychi. Her paintings are very expressive and colorful.

Feb 6 – 23: Claudel Lacrois; a painter who expresses his battle through a visual language of his own.

Prévost Diffusion Amal’Gamme, Salle Saint François Xavier, 994 Rue Principale, Prévost. 450 335-3037, www.diffusion-samalgamme.com

Sun, Jan12: 2 pm - Tango Boréal / Pampa Blues – musicians: Denis Plante (bandoneon), David Jacques (guitar and charango), Ian Simpson (contrabass). In their comments to the audience the musicians add humour, and their tango music is blended with a touch of blues. \$35

St. Jérôme Theatre Gilles Vigneault! 118, rue de la Gare, Saint-Jérôme J7Z 0J1, 450 432-0660 www.theatregillesvigneault.com

Sun, Jan 19 : 11 am - Pierre Beaudry. This virtuoso guitarist has received praise from international critics, wherever he has played. Free coffee and pastries at the Mezanine. \$20

Musee d'art contemporain des Laurentides, 101, Place Cure Labelle, Saint-Jerome, Qc. J7Z 1X6, 450 432-7171. Www.maclau.ca

Until Jan. 26:
Exhibition of three artists – **Luanne Martineau** (sculpture), **Francois Lacasse** (painting, acrylic and ink) and **Anna Hawkins** (video “Fall Fell Felt”).

Please Note: All materials for this column should arrive six weeks prior to publishing; and must be received by the 15th of each month.
Next edition comes out February 14.
Cell: 450 602-4073, ilania@ilaniaabileah.com.



Christopher Hall



Florence K - Valentine



Quatuor Rhapsodie



Pierre Beaudry

Aging crisis in Canada puts caregivers under stress

(NC) With the rise in numbers of our senior population and the prevalence of chronic conditions, the number of people needing assistance is forecast to double over the next 30 years. Today, 8.1 million unpaid caregivers are an integral part of the healthcare system. They require recognition and concrete supports as their role in the healthcare system intensifies.

The 2018 Canadian Carers Pulse Survey revealed that 49 per cent of respondents said they had no one to speak with about their day-to-day experiences as a caregiver, with 50 per cent feeling that they are unheard or misunderstood by the people around them.

The new Caregiver Friendly Pharmacy Program is now available to help connect caregivers with the most accessible members of the healthcare system – pharmacists. Through education tools, an online support network, and insightful checklists, the program can help them deliver care and advocate for their loved ones with increased knowledge, confidence and support from their pharmacy team who understands their needs as well.

Mike Boivin, a pharmacist consultant who cares for his adult daughter with autism, says the key to optimizing the pharmacist-caregiver relationship is for carers to “self-identify” their role and ask for help. “Caregivers need to identify issues early on with family, pharmacists and the healthcare team to have a plan in place,” he says. “With that, the care of a loved one is much more manageable, especially during times of crisis.”

The support program was developed after extensive research from more than 2,000 caregivers and non-caregivers to understand their experiences and information needs. This research found that caregiving has an enormous impact on the lives of the people who provide it, affecting them on many levels – including their emotional and physical health and their social and family lives.

Learn more about and access caregiving education and resources by speaking to your pharmacist or at tevacaregivers.com.



Healthy habits for the new year

(NC) New year, new start, new you? With the start of the new year, many of us are thinking of ways to make healthier changes in our daily lives. But it's easy to get overwhelmed with the amount of information and options out there.

That's why registered dietitian Sue Mah encourages us to think about our eating habits. “Healthy eating isn't just about what you eat, it's about how you eat too,” she says. “Take time to be aware of your thoughts, feelings and behaviours with food.”

Here are some ways to be mindful of your eating habits in your day-to-day routine.

- Tune into your hunger cues. Notice why you're eating. Are you eating because you're actually hungry? Or are you reaching for food when you're feeling bored, sad or upset, or maybe when you're just craving something sweet or salty? Be aware of when you're feeling full.
- Enjoy meals with all your senses. Pay attention to the colours, textures, tastes and smells of food and beverages. You already know that 100% orange juice is an excellent source of vitamin C. Now, think about the brilliant colour of a glass of Florida orange juice. Listen to the crunch of a ripe red apple or take in the wonderful aroma of a homemade soup filled with colourful veggies.
- Eat with others. Connect with others through food every day. Whether you're having a quick breakfast at home, sharing recipes over lunch at the office or cooking a busy weeknight's dinner with the family, turn off the TV and other distractions. Take time to enjoy mealtimes together and catch up on the day's events.

Find more information and recipes at floridacitrus.ca.



Warmest Season's Greetings
to the readers of Main Street and to the Main Street team!

Palliacco annual fundraising campaign

A TREK UNDER THE STARS 2020

JANUARY 25
MONT-TREMBLANT

FEBRUARY 1
SAINTE-AGATHE

OBJECTIVE: \$100,000
CONTACT US TO MAKE A DONATION
OR JOIN OUR TEAM

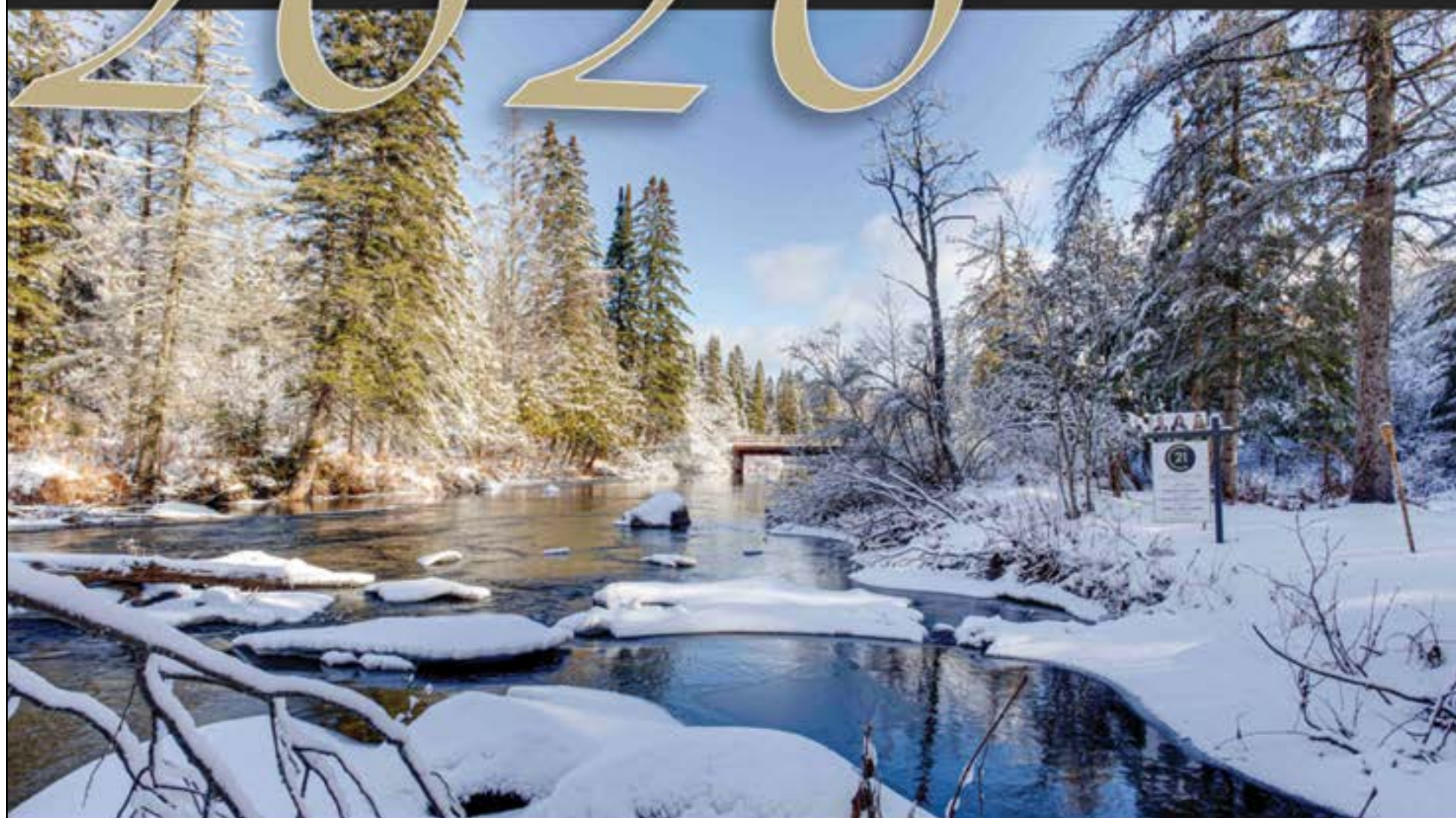
- Accompaniment and respite care at home
- Free of charge in English and French
- For all cancer patients
- And those affected by other illnesses at the end of life
- Patients wishing to remain at home until the end of life
(in collaboration with the CISSS des Laurentides)
- Caregiver respite | Daytime | Evening | Overnight, according to need

For more information :
https://www.youtube.com/watch?v=_TYK6R5VLUE&t=22s

JUST ONE CALL FOR ANY OF OUR FREE SERVICES:
819 717-9646 or toll-free 1 855 717-9646

2280, rue Labelle | Mont-Tremblant
99, rue Saint-Vincent, Suite 2 | Sainte-Agathe-des-Monts (by appointment only)
35 rue de l'Église, Saint-Sauveur (by appointment only)
admin@palliacco.org | palliacco.org

2020



Let's dedicate this year to making our wildest dreams come true!

Consacrons cette année à rendre nos rêves les plus fous réalisables!



Daniel Stewart

Residential & Commercial
Real Estate Agent
514-217-6182



Carol Ann Sirard

Residential & Commercial
Real Estate Agent
514-349-5878



Caroline Bulbulian

Residential
Real Estate Agent
514-996-6471



GROUPE21.COM

CENTURY 21 / Groupe Opt/immo

276 rue Principale, St-Sauveur, Qc J0R 1R0