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What's On My Mind... Let the pricing games begin...

Susan MacDonald, Editor



In their quest to find the best deals money can buy, today's consumers have been forced to become unwitting participants in an ongoing, and hidden, pricing game with manufacturers. This is most obvious in the grocery stores. On the one hand we have savvy shoppers, those who search for the best deals and shop at warehouse outlets, and on the other, the big-brand producers, with marketing teams whose goals are to confuse consumers with subtle manipulations, while keeping the big bucks rolling in.

Smart shoppers notice price increases immediately, and high mark-ups in prices are likely to cause them to change their targeted items and choose alternatives. People also love sales, and on a quick look, will often buy what they believe is a "sale item," just because of a large display, or the item's location, such as at the end of an aisle. Consumers read labels, but concentrate mostly on ingredients, not actual changes in weight or size. Everyone notices changes in labeling: **NEW** flavour, **BETTER** tasting, **NOW** gluten-free or **50%** less salt. Finally, and this is the big one, for lack of time or patience, many shoppers only notice one or two of the above mentioned facts at any given time, and this is exactly what the manufacturers count on; the ignorance of the customer.

They also keep a close eye on their competition, and act accordingly, so as not to lose market share. If one company raises its price on an item, competitors may do the same, or, maintain the price, but lower the quantity, either by weight, size, or both. Add one of the "new looks" previously mentioned, and it is likely that consumers will not notice the difference for quite some time. Perfect examples are paper goods, such as toilet paper and tissues; same number of sheets but smaller, or less tissues per box respectively. Look closely the next time your favourite brand changes its price or packaging and boasts, "**Softer** than ever" or "new and improved." It's the subtle changes that we tend to miss, such as a reduction in the count of a packaged item.

Boxed goods, such as cereals are other examples. On the shelves, every box faces front so a manufacturer can easily make the boxes narrower and lower the quantity, unnoticed, simply by reducing the content weight, but maintaining the price. Looks the same, costs the same, therefore, it must be the same, right? Try anywhere between 10 and 100 grams less! The same goes for the frozen food and dairy sections. These games continue throughout the stores, and anyone paying attention will notice that, while bottles, bags and boxes are constantly reducing in size, bills at the check-out counter are not. The next time you are out shopping, look past the fancy graphics and look at the weight, count, ingredients list and price. If something has changed, beware.

Only then, will you have conquered the pricing game, and won a small victory over unscrupulous merchandisers.



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Observations

A hard rain needs to fall

David MacFairlane - Main Street

Jose Puerta is no ordinary chef. A Spanish-American, he owns several renowned restaurants, from New York to California, has taught culinary physics at Harvard and holds an honorary doctorate from George Washington University. He trained under Ferran Adria, considered to be one of the best chefs in the world. He serves on the board of LA Kitchen, a social enterprise that believes that neither food nor people should ever go to waste. With such impeccable credentials, this man's condemnation of our current food production methods deserves to be heard, because there is a food and social crisis approaching of a magnitude with consequences unimaginable to most of us.

CALIFORNIA

California is not just the world's 8th largest economy, it is also the world's agricultural superpower. It produces over 50% of the vegetables, fruits, nuts and specialty crops consumed in North America, and also exports vast amounts to China and other overseas markets. The problem is that although California farms consume 80% of the state's available water, agriculture adds less than 3% to the state's GDP. Most of this produce comes from the Central Valley, which is, technically, a desert made productive by the use of abundant water and fertilizers. However, decades of ever-increasing water consumption, coupled with four years of record drought have brought the region to its knees. The rivers are running dry, the ground-water is being depleted by thousands of wells, and many rural communities, whose wells have dried up, survive with subsidized deliveries of bottled water. There are many political problems, which compound this crisis; water is priced to favour the large, corporate growers, whose generous contributions provide the grease to the wheels of the political machinery, many of the crops are heavily water-dependent, such as rice, alfalfa, fruit and nuts, and, most serious of all, no politician has had the guts to address this crisis and make enough noise to awaken the public to this danger, so that changes could have been made long ago.

California is in the 4th year of a drought of unprecedented severity. Droughts of 10 years duration are common in this region, but this drought, due to the intensity and volume of the uptake of water from the aquifers is the worst on record. Agriculture is at the heart of this crisis and the super-rich corporations that control most of the production have contributed so generously to all high-level political campaigns, including the current governor, that politicians have been reluctant to tamper with agricultural water rights and allocations. This drought, however, is now expected to last at least a few more years, and on March 16, NASA scientist, Jay Famiglietti, warned that California has one year of water left in its reservoirs.

The problem is that aquifers can be replenished only if rainwater and snowmelt are able to reach them, but this winter's rainy season, just over, has failed miserably and the snow cover in the northern regions has been negligible, with the lowest snow-pack on record. Finally, on April 1, with 98% of the state in a drought emergency, for the first time in history, Governor Brown announced mandatory water conservation measures, aimed at reducing consumption by 25% immediately. The Governor was convinced after visiting Sierra Nevada and standing in an area surrounded by dry grass where, normally, there should have been 5-feet of snow. However, in a bizarre act of grotesque pandering to the oil industry, (another major contributor) the Governor has excluded fracking production from these restrictions, an activity that consumes over 8 million litres of water daily that is rendered irrecoverable after use. Citizens are outraged, but what they will do about it is unclear.

The drought is getting worse, not better, so it will remain to be seen how effective these measures are, and how the population of 40 million will cope with the demands being made to adapt and survive, or.... leave the state. How many ... 5, 10, 15 million? And where will they go?

BRAZIL

The source of most of the world's soybeans, beef, coffee, chickens, ethanol, grains and oilseeds, this country is in a mess. Brazilians are fed-up with their successive corrupt and aimless governments, the many scandals involving their national oil company, Petrobras, and their imploding economy. Millions have demonstrated in the streets of the regional capitals demanding a change of government and, even, a quasi-coup by the military. To make matters worse, the country is in the grip of a deepening, historic drought, the worst in over a century. The rainy season, November to January, failed, again, and reservoirs throughout the heavily populated south-east of the country are severely depleted. The region's densely populated cities are the most affected. In Sao Paulo, one of the world's largest, with 20 million population, the main reservoir has fallen to just 6% of its capacity. In the face of imminent water rationing, residents have begun hoarding

water and digging homemade wells. Entrepreneurs are delivering water to homes, even on bicycles. Others, who can, have fled the city, becoming 21st century "water refugees."

This problem is compounded because Sao Paulo is not alone; other cities, too, are affected, including Rio de Janeiro. A total of 40 million people are at risk, comparable to the populations of the entire New York and Los Angeles metro areas. The government's ability to host the 2016 Olympics, in Rio, is now being questioned. Incompetence, corruption and, above all, ingrained fealty to private industry, cast grave doubts on the government's capability to remedy this emergency. Revolution is in the air.

Due to the Andes glaciers, the Amazon River and tributaries, Brazil holds over 12% of the

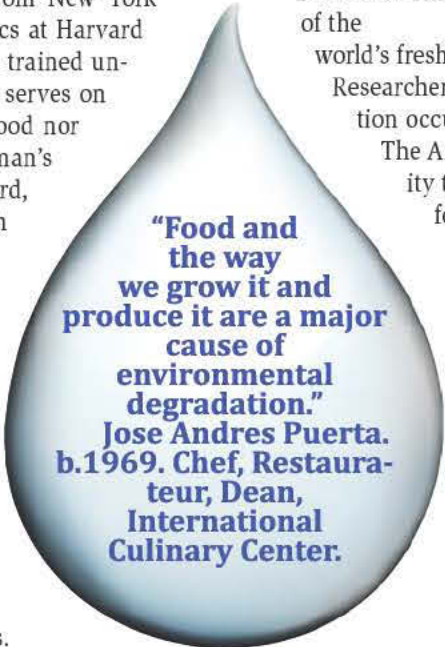
world's fresh water, so why is this drought happening? Appearances are deceptive.

Researchers attribute this absence of rainfall directly to the massive deforestation occurring in the Amazon, describing it as Brazil's "chainsaw massacre."

The Amazon rainforest has been called the "lungs of the Earth" and its ability to affect and stabilize the climate in the entire world has been known for generations. Unfortunately, in the care of a corrupt, profligate nation, with only short-term profits in mind, the future of Amazonia is bleak indeed, as is that of the planet, by extension. We are running out of time to stop the devastation of this precious resource that is so intimately connected to the health of the planet.

Apart from California and Brazil, India, China, Ethiopia, Australia and many others are also at risk. Sao Paulo is the first megacity to face this crisis. Rather than waging war on each other, shouldn't we be applying our attention and limited resources to these, more serious problems of deforestation, water shortages, climate change, poverty and, ultimately, our own survival?

It's your call, folks. Even though it might make you uncomfortable, you have the power to change the world. Use it or lose it.



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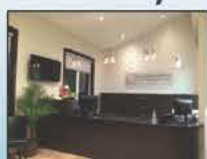


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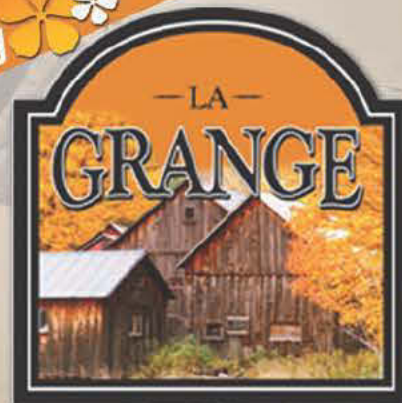
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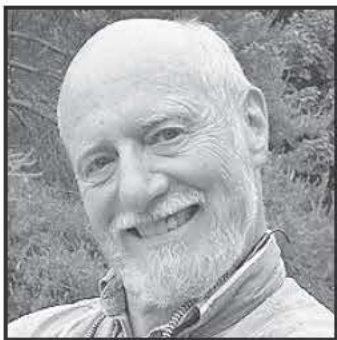
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Simply Words on Paper Taking pride in writing correct French

Jim Warbanks - Main Street

I recently received an unsolicited compliment on the quality of my written French. That pleased me very much. I am well aware that I have not, and do not expect, to attain perfection. Though my formal education in the intricacies of writing French correctly ended when I was very young, I have continued through the years to closely monitor my writing and still strive to improve. It is a matter of personal pride.

There was a recent flurry of concern in the media concerning the high failure rate among future teachers, who are obliged to pass the test de certification en français écrit pour l'enseignement (TECFÉE). In certain universities, the failure rate on the first try exceeds 50%. The highest success rate was a still-dismal 76% at l'Université du Québec en Outaouais. At l'Université de Montréal, 98% of students meet the requirements after four attempts. When they fail, students may repeat the test as often as needed. And these are the future teachers of our children!

Sample questions

Is the test too difficult? I aced the few sample questions included in the report. There are two parts: a 60 question multiple-choice segment to test knowledge of the rules of French grammar and spelling, followed by writing a rather short 350-word text. The required pass mark is a generous 70%. The most common errors are agreements with the verb or the noun (73%), spelling (16%) and homophones (11%). And these are the future teachers of our children!

I have been fortunate to work and be associated with a number of colleagues who expected nothing less than perfection in their writing. To have a grammatical or spelling error pointed out to them, a very infrequent occurrence, could ruin their whole day. But even within the health and social services network, with which I am rather familiar, I have seen frequent examples of texts so flawed that reading them was painful. In certain cases, the perpetrators were executives with advanced university degrees or other professional designations.

Mediocrity or mastery

Université de Montréal professor Pascale Lefrançois seems resigned to this evident mediocrity. "When one succeeds after the eighth try, is that because you are competent in French or competent in taking the TECFÉE? That's the question. It's fine to pass the test, but the ultimate goal is that they be able to express themselves correctly in French." She continues, "It's better than nothing. Students who make an effort to prepare for it may have realized that French is important." Then Monique Brodeur, Dean of the Faculty of Education at UQAM, who believes in the relevance of this exam, concludes somewhat sadly, "The TECFÉE really sparked a mobilization of all stakeholders, including students. Yes, we could expect a greater mastery of French, but the mastery of French, in general, is worrying." Indeed.

One seldom-discussed element that partly masks the problem is that many of those whose writing is very flawed can express themselves verbally in an adequate fashion. It is as if their knowledge of their mother tongue has been acquired phonetically. Scroll down to the comments section on any of the media websites. Obviously, you would have to read a well-written news story with a certain language-skill level to comprehend the content and offer a written comment. Even among the articulate responders, there is often a low level of grammatical accuracy.

My team of teachers

The TECFÉE was implemented five years ago. Is this lack of writing skills a recent problem? Hardly! Many years ago, the local French-language school board wanted to implement a French test as a condition for employment as a teacher. There was quite an outcry from the union representing the teachers. Many on staff were very competent, but a significant number would not have met basic standards. At that time, there were some truly excellent French-language teachers employed by the English-language school board. I suggested that I could form a team from the English schools that would best a team from the other board in a high-level test of French-language skills. The competition never took shape.

Lest any reader suggest that I am taking only the francophone teachers to task and casting aspersions on the quality of written French generally, let me assure you that my intention was only to comment on the reports concerning the failure rate of future French-language teachers. Let me further assure you that I also grind my teeth, and occasionally utter an unkind comment, when I read or hear a real "clanger" in English. I am particularly unforgiving when it is evident that the writer was lulled into thinking that a computer spell-checker is a proper and reliable substitute for taking pride in the mastery of grammar, spelling and language usage.

Coming up On Facebook this month

Each month we bring you highlights in local news, entertainment and community events plus so much more. Look for road closures and detours, contests and important health and social service announcements as they happen. Visit us often and become part of our social networking family.



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Grandpa's Not a Cash Cow and Grandma Won't Take Any Bull!

After a resounding successful season last year, this play concerning elder abuse is taking to the road once again. Be sure to plan a spring drive to Mont Tremblant on Saturday, June 20.

More info next month!





About Saint-Adèle

Chris Lance - Main Street

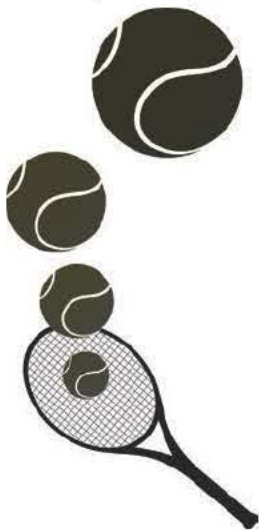
Spring and summer are on their way to Sainte-Adèle, and by May, we will have another garbage container to deal with every day. This is the brown “BAC,” the bin for material waste, or a raccoon meal deal. You will need a supply of brown paper bags to put the slop in the brown BAC, as plastic is forbidden. (Remember those TV ads of the guys spilling the garbage?) You might want to consider lining the bottom of the bin with the local journals, (except Main Street, of course!) or your tax bill, to catch the smelly drippings, so loved by our furry masked friends. The mayor is very proud to be ahead of the other Quebec townships, in that, we, the taxpayers, here in Sainte-Adèle, have the opportunity to pay for these brown bins, a full five years ahead of the mandatory date of 2020. By 2020 every town must have brown bins to feed the raccoon population. The only problem I see is that, in five years, we will have all of Quebec’s raccoons happily living, dining and retiring in our backyards. I’m guessing that raccoon coats will make a comeback, a few winters from now.

So, what goes into the “raccoon meal-deal” bins? Food, cooked or raw, coffee grains, crab and lobster shells, egg shells, tea bags, meat, fish, paper napkins, cardboard plates, pizza boxes, tissues, dead leaves, grass cuttings, hair, cigarettes (no filters) and cat litter. You cannot include dead raccoons, paint, tires, waxed paper, oil, batteries, sanitary napkins or textiles. This “meal deal” is strictly a raccoon special: smelly, gooey garbage.

The upside to the Mayor’s offering is a matching “minibac” for your kitchen, which he suggests we line with paper to catch the flavour of the drippings. You might want to repaint your kitchen to match the minibac. And remember, the garbage inspector will be opening all of your bins to make sure you know what garbage is what. You can be fined for bad garbage choices, and now, for you weekenders, we get a third day for curbside rules. Put out and remove from curb-side each bin, according to designated days and times. Does it sound like we have lots of garbage rules? Don’t worry, you can take a garbage responsibility, placement theory and practise course, starting mid-May at the Place des Citoyens. This course includes on-site demos, calendar dating schemes and general garbage knowledge. Places are limited, but if you have your citizen card it is only \$5, instead of \$10. You will get a certificate that you can put on your fridge, or you can tape it to your brown bin.

On the bright side of May; it will be warmer and the tennis courts will reopen with our pro, Greg, returning with his new BMW and Florida tan. The 9 to 12 doubles will be back and in place at both tennis venues. Hurry-up summer! It is time for tennis, swimming, sandals, shorts, sunburns, ice cream and barbeques. I just hope Mayor Charbonneau does not authorize a new by-law concerning barbeques. Rumour has it that he wants to help the environment by limiting barbequing to one night: Tuesdays, between 5 and 6 pm, in August, every other year!

Smile, and enjoy our wonderful summers up north. Wave at the Mayor; he usually hangs out in the park, near the Place des Citoyens.



News Wire From Weir Community news

Claudette Smith-Pilon - Main Street

I think that no matter how old or infirm we may become, we should always plant a large garden in the spring. Who can resist the feelings of hope and joy that one gets from participating in nature’s re-birth? Spring has arrived, at last, with a soft smile of April.

On Tuesday, March 24, PALLIACCO held an informational evening for English residents of Arundel and Montcalm. Mr. Jean Desnoyers, Director of Palliacco, welcomed Dr. Harry Pretty as guest speaker and all those that accepted Palliacco’s invitation. A free dinner was served during a question period, and many people put several questions to the doctor, and also to the trained volunteers who offer their time to Palliacco. It was an informative evening, enjoyed by all. If you have a member of your family who is ill and you need help and support, please call for any of their free services, at 819-717-9646. Thanks to Norman Hess for having offered the Legion hall for the occasion. Also thanks to Tim Pepper, Paul Bertram, Grant MacKenzie, Louise Lefebvre & Aline Robillard for their participation during the evening.

Next Victoria’s Quilts Laurentian Branch work-day will be on Friday April 17 at 9 am. Our Annual General Meeting will be held at 2 pm. Everyone is invited to come and meet our benefactors and, especially, our volunteers. You will be amazed at the wonderful work they do for cancer patients, by providing comforting quilts. Hoping to see all.

The Annual Montcalm and Huberdeau’s Firemen Spaghetti Fundraiser will be held on Saturday, April 18 -5:30 pm at the Community Hall of Montcalm, situated in the Village of Weir. Tickets are \$15 for adults, \$10 for 6 to 17yrs, and free for 5 years and under. Please contact your favourite firefighter to purchase your ticket(s).

MY SINCERE GRATITUDE FOR ALL YOUR COMMENTS.

Please forward any comments, news or topic to: mmcsp40@gmail.ca



Laurentian Club Report

Inter Pares leads the way to food sovereignty

Sheila Eskenazi

The Laurentian Club members learned about the meaning of food sovereignty and what individuals can do to help secure it for themselves, for their community and on the international stage.

Eric Chaurette has worked for Inter Pares (Latin for Among Equals), since 2005 on the subject of putting control of the food system back into the hands of citizens. This NGO focuses on peace, justice and equality, does critical research to build evidence that ecological agricultural can feed the world, works to build international coalitions in support of this aim, and bring analyses to the Canadian public and policy makers to mobilize for change.

He described our broken food system – how agribusiness has structured food as a trade commodity to the detriment of local populations around the world, and to the soil that nurtures them. Despite the claims of miracle breakthroughs, too many people are hungry, four million Canadians included, while one-quarter of the food produced is wasted.

- The People’s Food Policy, launched in 2011, calls for:
- Ensuring that food is eaten as close as possible to where it is produced.
- Supporting food providers in a widespread shift to ecological production, both rural and urban.
- Enacting a strong federal poverty elimination and prevention program to ensure that Canadians can afford healthy food.
- Creating a nationally-funded Children and Food Strategy.
- Ensuring that the public is actively involved in decisions that affect the food system.

To learn more about Inter Pares including its work on food sovereignty, visit their website at www.interpares.ca



Lachute Cadets

The regional air rifle Cadet shooting competition took place on Saturday, March 7 in Boisbriand. Our CC4 Lachute Cadet team was noticed by taking 3rd place out of 17 teams, obtaining the bronze medal for the five members.



Photo: From left to right: LCpl. Marc-Antoine Fauteux MWO. Jonathan Clark, MCpl. Emilie Desforges Ryan, LCpl. Nathan Hooper-Boyer and LCpl. Tommy O’Sullivan. It should also be noted that LCpl. Tommy O’Sullivan also won a bronze medal in the individual junior category amongst 39 junior participants, Tommy is in his first year with the Cadets and he has taken full benefit of the technics taught by experienced coaches. CC4 is no stranger to the podium positions since the last 4 years they have always ranked among the top. If you are between 12 and 18 years and you want to join the Lachute Cadets, you can contact Capt. Demers at 514 927-9260.

High Cholesterol?

Have High Cholesterol and Diabetes?

Have High Cholesterol and Heart Disease?

Have High Cholesterol and Kidney Disease?

Are you a smoker with High Cholesterol?

We are conducting a research study evaluating an investigational medication for high cholesterol in patients at risk of cardiovascular events and are now enrolling.

You may be eligible if you:

- Are 18 years of age or older
- Have high cholesterol that requires treatment
- Have not had a heart attack, stroke or mini-stroke within the past 30 days
- Do not have uncontrolled high blood pressure
- Do not have HIV, hepatitis B or hepatitis C

Qualified participants may receive the study medication, physical examinations, diet and lifestyle counseling and, laboratory assessments. A transportation allowance is offered.

For more information, contact
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New Agreement for Better Mental Health

The President and CEO of l'Agence de la santé et des services sociaux des Laurentides, Marc Fortin, Acting Director General of the Centre for health and social services centers (CSSS) of St. Jérôme, Réjeanne Pilot, and Director General of Centre Flores, Normand Lauzon, signed an agreement with the l'Institut universitaire en santé mentale de Montréal for the purchase of two places in their intermediate resources department.



As part of a development budget for mental health in the Laurentians, this project allows the purchase of two (2) places at the Centre d'hébergement l'Entre-Toit in Montreal. These specialized resource places are aimed at people living with a mental health problem and who are experiencing legal troubles.

"This agreement is an important step for mental health clients as it provides a shared responsibility for monitoring people and promotes their reintegration into the community," said Normand Lauzon.

This agreement is for a period of one (1) year to enable the implementation of residential resources in the southern region of the Laurentians.

Liberals celebrate first anniversary

MP of Argenteuil, Yves St-Denis, and the President of the Liberal Association of Argenteuil, Mr. Bernard Bigras-Denis, were delighted to celebrate the first anniversary of the general election of April 7, 2014 that led to the victory of the party, both in the riding of Argenteuil and across Quebec.



For the occasion, nearly 400 Liberal activists gathered in the common room of the Polyvalente Lavigne in Lachute. The event also served to highlight the exceptional contribution of volunteers who worked hard during the last election campaign and to thank them for their time and effort.

The President of the Liberal Association Mr. Bigras-Denis said, "We are constantly working to ensure that our Association is active and dynamic. Without doubt, the success of today's business demonstrates our commitment to our community and I'm very proud," said the President.

For his part, the member for Argenteuil joined the President to thank the activists for their participation. "I am pleased that we have been able to hold this event to thank our faithful volunteers. I cannot ignore their significant involvement and dedication. Together we have met the challenges and secured the victory, and together, we continue our work by taking care of real business," said Yves St-Denis.

The guest speaker of the event, Minister of Health and Social Services, Gaétan Barrette, took the opportunity to make his first official visit to the county since his election. "It's always a pleasure to meet the community members because enthusiasm is what leads us to work for them. At each event, citizens come to tell me that we must continue together to advance Quebec," said Minister Gaétan Barrette.

The new Minister responsible for the Laurentides region, Christine St-Pierre, chose Argenteuil for her first official visit since being appointed. "It is with great pleasure that I join the Liberal politicians and activists to celebrate the election of a Liberal government. My participation in today's event also marks the beginning of my term as Minister responsible for the Laurentides region. It is with enthusiasm and determination that I intend to work to grow the Laurentian region," Christine St-Pierre said.

David Graham awarded Coup de Cœur prize

Recognized for his hard work in the community, David Graham, the federal Liberal candidate in Laurentides-Labelle, was named among the leading youth of our community at a gala on February 26, in Mont-Tremblant.



Sponsored by the Centre Jeunesse-Emploi des Laurentides, the youth employment centre, Graham was honoured in the category of "exceeding one-self" and was among nine recipients, in various categories, in the region.

He stated in his acceptance speech that it is important for everyone to be engaged; this is our community and we have to take responsibility for it. "

NDP denounces comments by Minister of Aboriginal Affairs

The NDP recently took the opportunity in Question Period in the House of Commons to denounce the outrageous statement made by the Conservative Minister of Aboriginal Affairs last week, a new offense added to a list that is already too long.

"Instead of attacking indigenous communities, the Minister should invite all stakeholders and the public to unite to end the violence and launch a public inquiry into the missing and murdered indigenous women," said the NDP critic for the Status of Women, Mylène Freeman (Argenteuil – Papineau-Mirabel). "Nearly 1,200 indigenous women have been murdered, or have disappeared, in Canada: this is a national tragedy that demands national attention."

The Minister of Aboriginal Affairs deeply offended First Nations leaders when he said that indigenous men were responsible for 70% of murderous attacks on indigenous women, despite the fact that the RCMP has denied these claims.

Vote for change - Prix IMAGE / 2015

Dr. Éric Goyer, Public Health Director of the Laurentians, invites teens and adults in the region to vote for the Prix IMAGE / 2015. This award commends Quebec companies that favor healthy and diverse representations of the body in the world of fashion, media and advertising.

"The perfect body images that we see in the media too often lead to excessive preoccupation with weight in adolescents," says Dr. Goyer. Indeed, nearly one in two adolescents in the region is dissatisfied with his/her appearance, and 67% say they take actions in order to lose, gain or maintain weight. To achieve their goals, many adopt risky behaviors that could jeopardize their physical and mental health in order to measure up to these seemingly perfect models.

Adults also live with this concern. For social norms to change, we must make it clear to the industry that the consumer wishes a change. This is why it is possible to unite to demand change in a positive way, encouraging successes in the industry.

To place your vote, please visit www.votezpourleprix.ca
For more information about the campaign, visit www.equilibre.ca/prix-image-in/

Quebec youth lead the way to Sesquicentennial celebrations

Heading into celebrations for the 150th anniversary of Confederation, more than six-dozen English and French-speaking young Quebecers recently gathered, at the historic Morrin Centre in Quebec City, to reflect on Canada's history and their role in the past and future of their country.



The youth, from across the province, were participating in the first of three annual forums, organized by the Quebec Community Groups Network (QCGN), in partnership with the Institut du Nouveau Monde (INM) and the Association for Canadian Studies (ACS). The forum is part of Young Quebecers Leading the Way, a three-year project funded by the Department of Canadian Heritage's Youth Take Charge program. To read the full declaration, click here: Youth Declaration <http://youthleadingway150.org/the-project/forum-2015/youth-declaration/> .

"Young Quebecers Leading the Way encourages our young participants to reflect on Canada's past, present and future through the lens of history, heritage and civic engagement," said QCGN Director General Sylvia Martin-Laforge, noting that participants represent the emerging leaders of Quebec society. "These youths are truly engaged and we must continue to provide them with opportunities to put forth their ideas and influence the future of our province and our country."

An interactive, bilingual website has been created to act as a platform for outreach and networking, encouraging youth to engage with one another and learn from the projects' achievements. To explore the website visit: www.youthleadingway150.org The Quebec Community Groups Network (www.qcgn.ca) is a not-for-profit organization, bringing together 43 English-language community organizations across Quebec.

McHappy Day

The Argenteuil Hospital Foundation invites everyone to come out and support the young people of the region on McHappy Day, scheduled for Wednesday, May 6.

McDonald's Restaurant, located at 237, rue Bethany, Lachute, has partnered with the Foundation for 5 years on this special day that takes place across Canada. Here, in Argenteuil, the amount raised will be donated to the CLSC, youth sector (mental health).



The funds will be raised from the sale of products and by voluntary donations. An amount will be deducted from the Big Mac, Happy Meal, hot beverages and the McCafe products. In addition, fun activities will be organized throughout the day. Last year over \$6,000 was raised!

We sincerely thank Mr. Jacques Giguère, restaurant owner, Patrick Raymond, manager of the restaurant on Bethany Street, and the entire team for their dedication and loyalty to the Foundation. We invite everyone to come out and participate, from early morning until midnight.

**Laurentians
CARE**
L'association et la Ressource
des Aîcants Naturels des Laurentides
Laurentians Caregivers Association
Resources & Education

We Are All Caregivers At Some Point In Our Lives

Having L-CARE to reach out to, in re-assessing our needs, was paramount. What a relief when Christina suggested bringing on another team-worker as a reserve; one who could be prepared for any future, unsettling episodes. The relief was felt instantly.

Be prepared for emergency situations, the ones you quietly dread in your thoughts. A person suffering from an illness does not always appreciate those around them meddling in their affairs, so everyone should be involved in putting Plan B in place, when Plan A is not working. Up-to-date notes, documenting mood changes, behavior and physical symptoms, are valuable information that the overseeing doctor/social agencies should have on file, to be reviewed as needed.

I look forward to L-CARE's ongoing workshops for the community and caregivers. Education is valuable in finding that light at the end of the tunnel, when the going gets tough. L-CARE carefully selects caregivers who are professional and empathetic.

That's so true! I am happier to have added a nurse to my team now, just in case of need. There's no time like the present to plan for the future. You'll cherish the present moment so much more with fewer worries.

Andrea Whittaker-Thibaudeau
L-CARE caregiver

Evelyne Bergeron – Main Street

Eight pages. Exactly 36 questions, most of which required careful consideration. The number of boxes alone for comments, concerns, criticisms, and proposals in the survey were enough to discourage many of you. Plus, how can you resist the traditional: “what’s the point?”

Many of you have responded to our questionnaire surveying the needs and lifestyles of families and seniors of Argenteuil. The floor was yours and you didn't waste the opportunity to speak up. You did because you recognized the importance of this step, because you believed, and rightly so, that it would "matter."

In the coming weeks, your answers will be compiled and we will be able to identify the issues that concern you. With this data, we will come back to you and this time we want to hear from you in person.

This spring, you will be invited to participate in public forums where we want to discuss certain issues, clarify your needs, and hear about what the survey didn't allow you to say.

If you are interested in attending one of those meetings, please forward your contact information to the MRC d'Argenteuil to the attention of Evelyne Bergeron. You may also call 450 566-0530 or send by email at ebergeron@argenteuil.qc.ca. We will contact you to let you know when a meeting near you will take place. Note that if you have already left your contact information on the survey, you do not have to contact us again.

As a reminder, everybody involved in the consultation process (survey and/or public forum) will be eligible to win various prizes including an iPad Air. The draw will take place this summer when the consultation is completed on the entire territory of Argenteuil.

Again, thank you for your cooperation! Together we can provide a better quality of life for our families and our seniors.



Aînés et Familles au cœur d'Argenteuil

Famille
Québec 



By Lori Leonard - Main Street

Marie-Claude Bernard and Antoine Ricci, who recently celebrated the 30th anniversary of their shop, **Chocolaterie Marie-Claude**, situated at 1090 Valiquette, Ste. Adèle. The shop offers a delectable selection of yummy chocolates, waffles and a wide variety of tantalizing coffee. 450 229-3991.

Saker Al Hamed, new owner of **Amir**, 86A de la Gare, St. Sauveur since January 2015. Amir offers healthy lunch choices such as shawarma, chicken pitas, freshly-made salads and vegetarian plates. 450 227-6668.

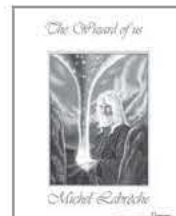


Amel Baouab, who has opened a new medico-esthetic clinic, called **MédiLook**, 62 du Faisan, St. Sauveur. Services include laser peels, microderm infusion, Coloressence cosmetic products, hair removal, treatments for acne and scarring and much more. There is also access to a sauna and whirlpool bath. 514 644-4752 / www.medilook.ca / Facebook.



Michelle Smith, owner of the new store, **Créations d'Aujourd'hui**, 910 Village Rd., Morin Heights, which opened on April 2. The store offers beautiful gift baskets for all occasions, jewelry, sun catchers, special spices, soaps and creams from Kamouraska, recycled fur cushions and many more specialty items. Open Thursday and Friday from 9 to 9, Saturday and Sunday from 9 to 5. 450 644-0089.

Michel Labrèche, who has held successful conferences about his new book collection. His series of 8 books (available for \$400) are about spirituality, consciousness and how to eliminate societal constraints to set your inner wizard free. Michel was able to obtain the trademark for his book, *The Wizard of Us*, for Canada and is awaiting US approval. He also made the request for the French trademark *La Magie Sienne* for Canada and for Europe. Michel will hold interesting conferences in the near future where you can also purchase his books. For more info check the website www.lamagiesienne.com, 438-838-6244.



Chantal Jetté and daughter Kassandra Meunier who opened Cosentrix last September. It is a unique company that supplies services for bookkeeping, office management, payroll and many other office services. They will work at your office to help you or can work from their offices. 450 745-1844, www.cosentrix.com, chantal@cosentrix.com.

Manoir Alpine, 1455 Pierre Péladeau, Ste. Adèle, has changed its name recently to **L'Hotel du Manoir**. They have given the landmark hotel a complete face-lift, including new outdoor spas, a new chef and lively entertainment. 450 745-0266. www.lhoteldumanoir.com, info@lhoteldumanoir.com.

The newly renovated and very comfortable Théâtre DuMarais, 1121, 10th Ave, Val Morin held its first show, Bears of Legend, on February 21! The new theatre includes 176 seats, features special lighting and a fantastic sound system. Congratulations to Sonia Piché and her team for all of their hard work to prepare for the opening of this theatre. For programming: 819 322-1414, www.theatredumarais.com Facebook.



Nadya Baervoets, real estate agent, is now working with **Sutton Humania** in St. Sauveur? Feel free to contact Nadya at 514-234-1979 or at www.nadyabaervots.com. Good luck Nadya!

Spring is the perfect time to choose a new fragrance or replenish your “fave” scent? **Parfumerie du Nord**, 200 rue Principale (in front of La Brulerie) St. Sauveur, offers a wide selection of beautiful scents, including hard-to-find perfumes. Consultations for men/women are part of their excellent service. Find the scent to match you and your unique personality. Their regular prices are similar to a duty-free shop. Take advantage of their additional 15% spring discount. Say hello to Atti and Andrea, who will be glad to serve you. 450 227-3636, perfumeboss.com, facebook.



HOLLY BYERS is offering courses for her new, **LIVING OUT LOUD**, program? **The Living Out Loud Holistic Center**, launched Therapeutic Dance & Dance'ercise classes at Provigo St. Sauveur, which began on March 24. Her center also offers Whole-Health presentations for business & social groups, customized seminars/workshops, retreats, and various on-line services. Available throughout the Laurentians, Laval and Greater Montreal. For more info: HollyGByers@live.ca or 514 910-0325.



Jessica Million recently joined **Profusion Christie's International** real estate? She would be pleased to help you with your real estate needs. Contact her at 819 323-6581, www.jessicamillion.com or jmillion@profusionimmo.ca.



There will be a new health-coop clinic, with family physicians, located at La Grange, on the second floor, 2 Meadowbrook St., Morin Heights? There will be 4 doctors' offices and 1 nurses' office. Doors are expected to open in June. Stay tuned for more information.



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Scouts Morin-Heights Spaghetti dinner more than just a fundraiser

By Christine Laurent, M.A.

Once again, the meal was not your typical spaghetti dinner fare. Generous portions, choice of amazing sauces cooked by Scouters Celine Bedard and Karen White, as well as a choice of regular or gluten-free pasta. For the second year, Piperade generously donated gourmet pies and the newly opened Café Mickey's provided the evening's coffee.

This year, Scouts and Venturers came out to help make the evening a success. They greeted guests, handed out prizes and helped with the clean-up. Most importantly, they came to show their appreciation. Dylan Gordon, aged 15, spoke for the group, sincerely thanking everyone for enabling Scouts to offer so many unique opportunities to the youth of Morin-Heights.

For many, the evening also represented a stroll down memory lane. Many spoke of the profound effect Scouting had on their own development, contributing to who they are today. Fond memories were recalled as participants watched Lydie Gervais' video montage of Scouts participating in the activities. Images of winter camping, snow shelters, winter tubing, indoor rock climbing, and smiling faces in front of a 25-foot tepee showed the guests the happiness and pride that their contributions make possible.

Robert Schmitt, Area Commissioner, came to present awards and congratulate Morin-Heights for being the fastest growing Scouting group in Quebec, a feat attributed to dedicated leaders and community support.

Professional musician, Sébastien DeFrancesco helped set the tone for the evening with enjoyable dinner music followed by an energetic dance set. As charismatic as he was engaging, Sébastien "touched a nerve in every adult."

All in all, the evening was a success. Many left the Legion with the same sentiment, "It feels like community, feels like home."

The Rockettes' Annual Pancake Breakfast

The Rockettes will be holding their annual pancake breakfast at La Bête Golf Club on **Sun, May 3: 8:30 am - 11:30 am**. Raffle, silent auction and bake table. For the third year in a row, all proceeds will be donated to PALLIACCO, who is grateful for this continued support. Tickets: \$10 p.p., children under 5 yrs. free. admin@palliaccio.org



La Mie Richard Boulangerie artisanale



The team from the La Mie Richard Bakery which opened in late January, is happy to welcome you to its premises to come discover its many products. Richard Marleau, your baker has been in the Laurentians for 20 years, and offers a wide variety of breads; from baguettes to multi grains, pies, pastries and other special products that will delight your taste buds.

Several products of our are available at Bourassa Supermarket.

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Out & About

Ilania Abileah - Main Street



A new season with a brand new look!

Art and culture abound in the Laurentians and with a full spring program of events about to get underway, we thought it might be easier for readers to find out "what's going on where," if we listed exhibits, concerts and performances by municipality rather than in the previous format. This new listing will also allow us more room to include more presentations for you to enjoy. Each artistic venue is listed by municipality and includes the contact information you will need to confirm seat availability, ticket prices and more. While visiting the individual sites, take the opportunity to peruse what other shows or exhibitions will be coming up this season. We'll also remind you in advance and keep you well informed in this column.

MONT TREMBLANT

Première Scène

L'Église du Village 1829, chemin du Village
819 425-8614, ext. 2500 www.villedemont-tremblant.qc.ca

Fri, Apr 17: 8 pm - Three Discovered Singers, Julie-White, Philippe Brach and Alex Nevsky perform. Tickets: \$24.

Sat, May 2: 8 pm - Trio Jérôme Beaulieu

ST. FAUSTIN

Maison des Arts, St. Faustin Lac Carré

1171, rue de la Pisciculture
819 688-2676 maison.arts@cgocable.ca /
www.maisondesarts.ca

Apr 4 - June 14 - 9th edition of the DADA Exhibition, a collection of whimsical art on display by selected artists. Hours: **Wed - Sun: 11 am - 5pm**



DADA

MONT LAURIER

Espace Théâtre Muni-Spec

543, rue du Pont, Mont-Laurier
819 623-1222, ext. 1 / www.muni-spec.com

Fri, Apr 10: 8 pm: Hay Babies In Concert - A special edition concert, cabaret style! Indie-folk-country trio composed of three girls with colorful personalities. Katrine, Vivianne and Julie present their own indie-folk-country universe. Tickets: Regular \$29, seniors and students \$26.

Sun, Apr 12: 8 pm: En Trois Couleurs - Jazz trio Francoix Bourassa (piano), Yves Leveille (piano) and Marie-Josée (percussion).

Wed, Apr 15 - Fri, Apr 17: 8 pm. Comedy Show: Lise Dion. Québec humorist Lise Dion presents her third one-woman-show entitled *Le temps qui court*. Tickets: Regular \$55, seniors and students \$52.

Centre Collégial of Mont-Laurier
700, rue Parent, Mont-Laurier. 819 623-1525

Thurs, Apr 16: Alex Nevsky, popular Québec author, composer and singer of the new generation. Presented by the cultural committee of Centre collégial of Mont-Laurier. Section E. Tickets: Students: \$10, regular \$18 (at the door: students \$14, regular \$22).

STE. AGATHE

Théâtre Le Patriote

258, rue Saint-Venant
819 326-3655 www.theatrepatriote.com

Sat, Apr 11: 8 pm - The legendary Jean-Pierre Ferland will open the spring season after his absence of forty-eight years. Tickets: \$65.



Jean-Pierre Ferland

Sat, Apr 25: 8 pm - Molière in two comedies. Tickets: Regular \$34.

Sat, May 9: 8 pm - Robert Charlebois. Tickets: Regular \$50

VAL DAVID

Exhibition Centre

2495, rue de l'Église
819 322-7474 www.culture.val-david.qc.ca

Artist Alley and Salon des Artisans
Call to artists!

Recruitment for artists wishing to participate in the summer Artist Alley and winter Salon des artisans is now ongoing. Closing dates to register are May 8 and May 1 respectively.

Registration forms, including regulations and selection criteria can be downloaded from the news section on the home page of valdavid.com.
Info: 819 324-5678, ext. 4228 / secretariat@valdavid.com.



Artist alley

Val Morin Théâtre du Marais
1201, 10è ave, Val Morin.

819 322-1414. / www.theatredumarais.com

Sat, Apr 18: 8 pm - BIA: With her soft and airy voice, BIA eloquently delivers a heart-warming performance. \$35.

Sat, Apr 25: 8 pm - Guillaume Wagner - With raw and direct humour, Guillaume refers us to look into the mirror individually, in order to draw a picture of what we have collectively become. \$25.

Sun, Apr 26: 2 pm - Piano Cameleon - A musical performance by two brilliant pianists, John Roney and Matt Herskowitz, with guest performer Serhiy Salov. \$40.



Piano Cameleon

Fri, May 1: 8 pm - Kaya Laflamme performs reggae with an original and unique twist. \$15.

Sat, May 2: 8 pm - Patrice Michaud - Well-known on the music scene, the talented Patrice returns with songs from his new album for this special presentation entitled *Le feu de chaque jour* (The Fire of Each Day). \$25.

Sat, May 9: 8 pm - Brian Tyler and the Bluestorm: With his unique voice Brian, accompanied by 4 musicians, will sing songs from his *Back on Track* album plus classic blue tunes. \$35



Brian Tyler

STE. ADÈLE

Place des Citoyens

999, boulevard de Saint Adèle
450 582-5739

Until May 3: Art Exhibition & Auction - Espace en Art is an organization whose mission is to prevent violence against children. For this exhibition, professional artists join for a second year, creating special art pieces to be exhibited and sold as part of a benefit auction.



Espace en Art

MORIN HEIGHTS

Morin Heights Library

823, Village Rd

Until June 13 - ARTS Morin Heights exhibit, "In the style of a Canadian Artist." Come and see how Canadian artists such as Pellan, Borduas, Fortin, Colville, Emily Carr and others have inspired the group artists. Hours: **Tues & Thurs: 1-4 pm; Wed: 10 am - noon & 3-4 pm; Fri: 7-9 pm; Sat 10 am - 2 pm; Sun: 11 am - 1 pm.**
www.artsmorinheights.com.



United Church

831, Village Rd

Sun, May 31: 3 pm - Spring Concert performed by the Joyful Noise Choir and Morin Heights Elementary School Choir. Donations to the church welcome.

PRÉVOST

DIFFUSIONS AMAL'GAMME Saint-Francois-Xavier Hall,

994, rue Principale, Prévost.
450 436-3037, www.diffusionamalgamme.com

Sat, Apr 18: 8 pm - Trio Bataclan with featured artists Mathieu Lussier (bassoon and leader), Catherine Perrin (harpichord) and Denis Plante (bandoneon). Reg. \$36.50.

Sat, May 9: 8 pm - Raoul Sosa - Great Russian piano works. Reg. \$31.50.

Tues, May 19: 8 pm - Fiestango Trio featuring Janie Caron (piano), Amélie Lamon-tagne (violin) and Genevieve Bigonnesse (double bass). Reg. \$31.50.

GORE

Holy Trinity Church

2, Cambria Rd / corner of Rte 329

Sat, May 23: Sherman & Lee, accompanied by Andrew Cowan (guitar), Stephen Barry (bass) and John McColgan (drums) kick off the summer season with an intimate musical evening. Genre is the blues, with a blend of folk, roots, country and pop. Advance tickets: \$20, at the door \$25.



Sherman & Lee

ST. JÉRÔME

Salle Anthony-Lessard

101, Place du Curé Labelle
450 432-0660 www.enscene.ca

Sat, Apr 11: 8 pm - Figures de silence: Six dancers invite the spectator into a humour-filled Contemporary dance. Duration: 65 minutes. Reg. \$30.

Salle André-Prévost

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

Thurs, Apr 16: 8 pm - Louis-Jean Cormier, singer/songwriter performs with four musicians. Louis-Jean also was a coach on *La Voix* in 2014. Reg. \$37.

Fri, Apr 17: 8 pm - Oliver Jones and his musicians team up with violinist, Josée Aidans to create a bridge over several generations of musicians. Reg. \$45.

ST. PLACIDE

St. Placide Church

Park Adelaide Paquette - 81, 2e Avenue

Sat, May 9: 8 pm - "Un Pierre Lapointe / Un Piano." This celebrated singer/ pianist opens the new season with an extraordinary repertoire. The ambiance and acoustics of the church promises a spectacular performance



Pierre Lapointe

LACHUTE

Polyvalente Lavigne:

452, Argenteuil. 450 409-0909, www.studio-dargenteuil.com.

Apr 17 - 19: Printemps de la sculpture: Expo / Sale

More than 40 professional sculptors of the region will be displaying / selling their wood, bronze, textile, stone and plexiglass sculptures, plus providing various demonstrations. **Apr 17** (vernissage by invitation) **Apr 18: 10 - 5 pm**, **Apr 19: 10 am - 4 pm**.



Bronze by Christine Legend

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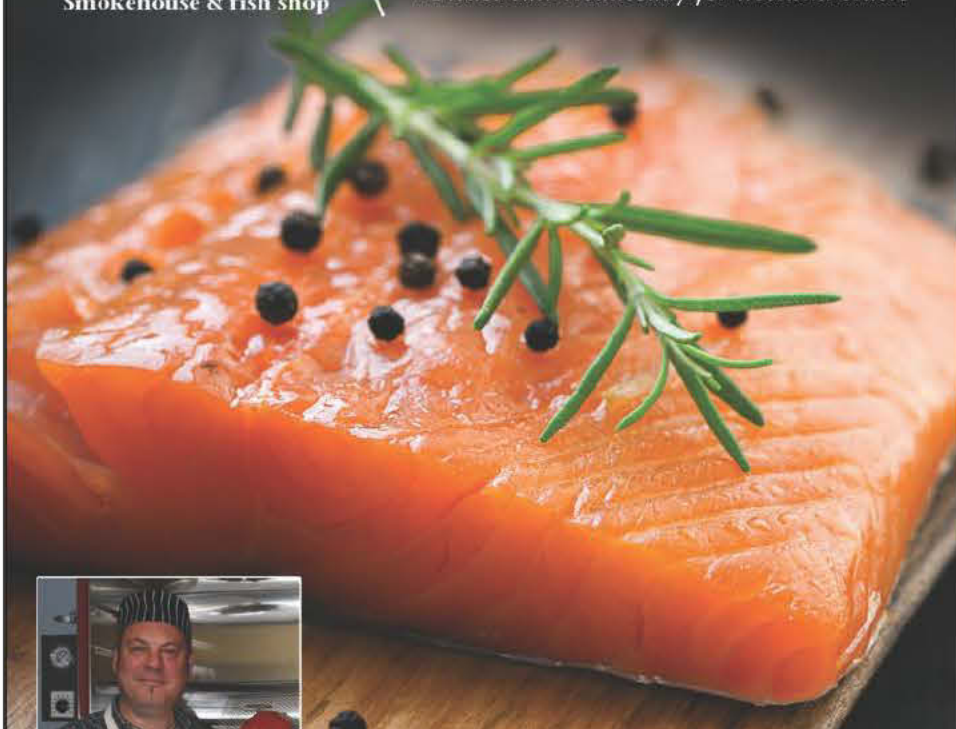
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Nature's Gift Natural beach art

Rose Labrie – Main Street

This month I have chosen a subject about which I have found nothing in my research throughout the Internet. I named it Natural Beach Art because it is created, not by man, but through the energy and motion of nature. The universe is a humongous art gallery, and when we open our minds and our vision, great beauty is waiting to be discovered.

One of my favourite past-times is walking along an ocean beach, inhaling the smell of salt water, listening to the sounds of the ocean waves and the screaming birds, and simply admiring the surrounding scenery. On one such walk, I discovered strange and interesting patterns in the sand. I took a few pictures that I found unusual and, upon my return, I transferred them to my computer, to be forgotten.

On a trip to Costa Rica, my attention was once again drawn to bizarre designs in the sand, arousing my curiosity and interest to explore this phenomenon further. I have since captured several interesting beach designs, created by nature through energy and motion. My favourite is what I named "The Wizard," followed by "The Elephant."

I have searched the Internet to find many subjects and pictures under beach art, beach photography and beach art pictures. Artists create sand castles and sculptures; others use a rake to create a work of art. Pictures are mostly of sceneries, seashells, palm trees, birds, bridges and sunsets. All of them created by man. A simple explanation for the origin of my beach art is that ocean waves, flowing onto sandy shores and out again, leave behind them stones, pebbles and different colours of sand, and create different, unique shapes on the beaches. However, there is a more physical, geographical explanation, and here is what I have found.

Wave energy and movement

When studying waves, it is important to note that while it appears the water is moving forward, only a small amount of water is actually moving. In fact, it is the wave's energy that is moving, and since water is a flexible medium for energy transfer, it looks like the water itself is moving. In the open ocean, the friction moving the waves generates energy within the water. This energy is then passed between water molecules in ripples called waves of transition. When the water molecules receive the energy, they move forward slightly and form a circular pattern. As the water's energy moves forward toward the shore, and the depth decreases, the diameter of these circular patterns also decreases and, as the patterns become elliptical, the entire wave's speed slows down.



Waves move in groups, which force them to move closer together since they are now moving slower. Then, they grow in height and when the waves become too high relative to the water's depth, the wave's stability is undermined and the entire wave topples onto the beach forming a breaker.

Since ocean waves are one of the most powerful natural phenomena on Earth, they have a significant impact on the Earth's coastlines. Long-shore currents are important to the shape of the coastline because they exist in the surf zone and work with waves hitting the shore. As such, they receive large amounts of sand and other sediment and transport them down shore as they flow. This material is called long-shore drift and is essential to the building up of many of the world's beaches.

The movement of sand, gravel and sediment with long-shore drift is known as deposition. Depositional coastlines are found along areas with gentle relief and a lot of available sediment creating barrier spits, bay barriers, lagoons and patterns on sandy beaches, thus, natural beach art.



Cottage Life The retreat of the Ice Age

Terry O'Shaughnessy – Main Street

Once the revelry of St. Patrick's Day was over in Montreal, where my grandfather spent his winters, talk would turn to his cottage up north and how soon he would schedule the annual spring fishing trip. Not only was this trip a rite of passage for the family males, who were the only ones invited, it was also the official dateline that, once crossed, meant that the cottage was open for another year. Also, essential to the planning of the fishing trip, was the single burning question: when would the ice leave the lake?

This question was not easily answered, but the topic was pleasurably discussed at length, in nightly telephone conversations, between my grandfather and his brother, Tom, whose only trip to the cottage every year was this fishing trip.

Tom lived in the city year-round and his wife never made it to the cottage at all. While Tom made a weekly "appearance" at the lake throughout the summer via the faithful mailing of the Sunday New York Post newspaper, which would, incongruously, be read in a house with no electricity or hot running water, my grandfather and his brother would not see each other from the May fishing trip until Thanksgiving.

Yet, Tom was the one to kick-off the summer season every year, accompanied by assorted younger uncles - though the uncles were never consulted in the great debate about the retreat of the ice that lay over the fish. That was an equation worked on by my grandfather and his brother alone. And, there were other elements to iron out as well.

Without the family females (who were deeply, silently and annually grateful to be considered unequal to the fishing rite), the food had to be thought out with care.

Lots of bacon had to be packed, bread, butter and brown eggs. A big box of Salada tea (they did not drink coffee) had to be bought, as well as milk and flour for preparing the fish that would be eaten within hours of being caught. A bottle of scotch was the first-among-equals provision, as well as a bag of sugar, as hot toddies of steaming water, scotch and a bit of sugar, in short glasses, were also ritual at the end of each fisherman's day.

It has to be said that the return from the annual fishing trip was also ritual, complete with stories of the ones that got away, alternating with The Great Catch. There were also detailed discussions of how much each fish weighed before they were handed over to the females upon the return to the city where, I can only imagine, the resulting laundry was handled at the same distance as the bass or trout that came with it.

But it was a small price to pay, I suppose, as I never once heard my mother, grandmother or any of the aunts ask if they could go on the fishing trip too. Each May, it seemed, they simply consoled themselves with the prospect of a full week when their husbands would be up north, feeding themselves.

Another cottage ritual that, in the end, everyone seemed content to diligently uphold each year.

L'Association Clair Soleil

As part of the Spaghetti Day, organized by Clair Soleil Association, the City of Mont-Tremblant has presented a check in the amount of \$ 6,000 to the organization. This money will go to day camps dedicated to children with physical or intellectual disability.



Pictured: Patrice Forget, honorary president, Félix Nantel, Personality of the Year 2015 and Sylvie Vaillancourt, municipal councillor.



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The English Link More changes to Quebec health care

By Kim Nymark – Main Street

Bill 10 was just the beginning of the Quebec health care overhaul. There are three measures that the National Assembly needs to pass in order for Dr. Barrette's changes to come into effect. The first of the three bills, Bill 10, was voted on and passed on February 7. Bills 20 and 28 still need to be passed.

Bill 20

The proposed Bill 20 is a health care reform bill that places a quota on the minimum number of patients a doctor must take on, requires specialists to offer consultations beyond emergency rooms and docks the pay of doctors who refuse to comply with these rules. The bill also makes changes to the province's in-vitro fertilization program. Barrette's Bill 20 has not been well-received by Quebec medical doctors and, as a result, Quebec's Federation of General Practitioners (FMOQ) presented its alternatives to Bill 20 on March 18, 2015. The FMOQ is proposing a gradual stop to mandatory emergency room work for its 8,800 members. If that happens, doctors could spend more time on front-line health care and seeing patients in clinics.

Bill 28

In late November 2014, the Liberal government of Quebec introduced a 103-page omnibus bill, which will effect major changes to the profession of pharmacists within the province. It is actually a bill that contains a mixed bag of measures, cutting across several ministries, including health. One of the main areas that it targets is prescriptions and pharmacies. Bill 28 will expand the scope of practice for Quebec pharmacists, theoretically making it easier to renew prescriptions, tackle the issue of payment for services, and bring Quebec into the Pan-Canadian Pharmaceutical Alliance to help negotiate prices for drugs.

The government of Quebec is proposing to expand pharmacists' scope of practice by allowing them to extend and adjust prescriptions, and prescribe for minor ailments. Pharmacists would also be able to provide medication when a diagnosis isn't required, and adjust dosages or substitute medication in case of a supply shortage. However, the government is also proposing cuts to pharmacists' dispensing fees that will total \$177 million. These savings would come from reducing payments to pharmacists for measuring out medications into pill-boxes. The amount represents 20% of Quebec pharmacies' payroll. The Association of Quebec Pharmacy Owners says the bill reduces fees and that the cut could result in reduced pharmacy hours and job losses. The reduction in revenue may also result in reduced investments by pharmacies in resources and equipment.

The government will save approximately \$130 million dollars a year, if Bill 28 passes. The measure is intended to contribute to the government's goal of wrestling down Quebec's deficit, which is projected at \$2.4 billion for 2014-15.

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

NOTICE OF NOMINATION

The President of the Caisse Desjardins de la Vallée des Pays-d'en-Haut, Jean Beauchamp, is proud to announce the appointment of three new directors.



Supervisory Board Ms. Marie-Chantal Lavigne

She holds a Bachelor of Arts from McGill University and a law degree from the University of Quebec in Montreal. She was called to the Bar in 1994. After having practiced in Montreal, for the last 5 years Ms. Lavigne has performed her profession in Saint-Sauveur at the Law Firm of François Parizeau and Assoc. Her practice is primarily focused in the areas of family law, civil litigation and estate law.

Ms. Lavigne has always been involved in her community as a member of various organizations and administrative boards. She currently serves on the board of directors of the of "Soup and Company des Pays d'en Haut".



Board of Directors M. Jean Guy Proulx

Coming from a family of entrepreneurs, Jean-Guy Proulx obtained a Diploma in architecture and completed his college in administration. With business sense, from the age of 18, he opened his restaurant while doing renovation contracts in residential construction. He quickly devoted himself entirely to construction and rose through the ranks in the field to eventually deal with large-scale projects in Montreal.

In 1999 with his wife and partner, he founded a new construction company (COACH) in the Laurentians; a company specializing in construction management. In recent years, he became involved in community life. For nearly 10 years he presided over the APTL in Wentworth and that's why he accepted the challenge to serve on the Board of Directors of the Caisse Desjardins of the Valley of Pays d'en Haut.



Board of Directors Styven Guénette

Graduated as a civil engineer, Mr. Guénette Styven has over 4 years experience in the field of structural design. Mr. Guénette began on the board of directors in 2014 as a young leader of the next generation. He worked for SNC-Lavalin, where he worked in the Transportation Division, infrastructure and buildings in the road and bridges sector.

All three are committed to act with care, integrity and loyalty, in the best interest of the Caisse its members and the common good, to ensure sound administration, prudently and dynamically with respect to their fields of responsibilities and in accordance with the relevant frameworks, such as laws, regulations, standards, policies and the Code of Ethics of Desjardins and be present and actively support the meetings of the bodies to which they belong.

Caisse Desjardins de la Vallée des Pays-d'en-Haut is a financial cooperative owned by its members. It is also has 18 committed officers, 68 employees ready to serve its 19,302 members who generate a business volume of over \$1.24 billion.

Being a Desjardins member, is to give the power to act. Together cooperating for a more prosperous community. Together, with the power to create our future!



Desjardins
Caisse de la Vallée
des Pays-d'en-Haut



2015 DESJARDINS GROUP ANNUAL GENERAL MEETINGS

Date : **April 21, 2015**
Time: **5:00 PM**
Place: **Théâtre Saint-Sauveur**

NOTICE OF ASSEMBLY ANNUAL GENERAL MEETING

To the members of the Caisse Desjardins de la Vallée des Pays d'en Haut
You are hereby summoned to the Annual Meeting to be held:

Date : **April 21, 2015**
Time: **5:00 PM**
Place: **Théâtre Saint-Sauveur**
22, rue Claude, Saint-Sauveur

Members will examine the annual report and the report of the Supervisory Board, decide on the distribution of annual surpluses, the interest payable on shares and dividends, elect members of the Board of Directors and the Supervisory Board and deal with any other subject on the agenda. Two question periods are planned; one for the board and the other for the supervisory board.

ELECTIONS

Note that 4 positions on the board and 2 positions on the supervisory board are available.

Please note that during elections, any individual who is a full member of the Caisse is eligible provided that they have been a member for at least 90 days, and is not ineligible under the Cooperatives Financial Services Act, and does not hold any office incompatible under the Desjardins Code of Ethics. Applicants must consent in writing to a security investigation and credit check and must undertake to develop the knowledge and skills required for the position of the executive function. An application may be submitted to the meeting if a written notice signed by a member and countersigned by the candidate, was presented before the closure of the Caisse, April 10, 2015 at 4 PM. Nomination forms are available at the Caisse.

All Caisse members are cordially invited to attend this meeting.

Signed March 16, 2015

Me Françoise Major, Secrétaire



Desjardins
Caisse de la Vallée
des Pays-d'en-Haut

Discover Brownsburg Chatham



MESSAGE FROM THE MAYOR • HISTORY



Serge Riendeau, mayor

A Word from the mayor



The City of Brownsburg-Chatham is part of the administrative region of the Laurentians and lies within the territory of the MRC d'Argenteuil. Brownsburg-Chatham occupies a land surface of more than 250 square kilometers and has a population of nearly 7300 residents, plus an

additional seasonal population estimated at approximately 2500 residents.

Brownsburg-Chatham is well-known for its magnificent campground, which has approximately 250 campsites plus a marina of 100 docks. Campers can also enjoy a beautiful supervised beach. The South side of Brownsburg-Chatham's territory is an important agricultural zone whereas in the North, we find natural forests and numerous lakes, perfect for enjoying nature at its best. There are also several rippling streams.

The City of Brownsburg-Chatham is the second city of importance in the M.R.C. d'Argenteuil. It offers a large variety of residential options: lakeside or a peaceful forested environment, majestic sites along the Outaouais River or, in more urban sectors. Within the urban perimeters, water and sewer networks and other services, are provided by the municipality. Sizes of the aforementioned urban options vary from 5 000 ft² to 9 000 ft². In the rural sectors, we find lots going from a minimum of 32 000 ft² to 80 000 ft² depending on the zoning. These lots are not connected to the municipal water or sewage networks and property owners are responsible for installing individual wells and sanitation systems.

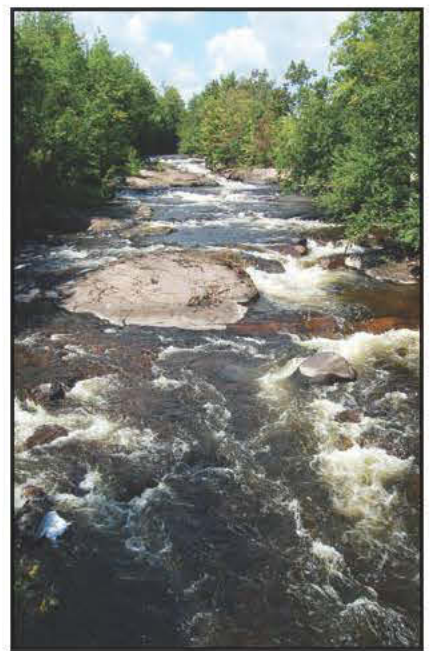


Only 45 minutes away from major cities (Montreal and Ottawa) but still, right in the middle of a nature paradise, our municipality has much to offer. Come visit us and experience for yourself how welcoming the population of Brownsburg-Chatham really is. Before long, you will notice how many possibilities there are for you to settle down within our wonderful town.

All the members of the municipal council join me in welcoming you to Brownsburg-Chatham. We look forward to your visit!

Serge Riendeau

Mayor of Brownsburg-Chatham



History

Established in 1799, the Township of Chatham was named after English Statesman William Pitt, 1st Earl of Chatham (1708-1778). Its first post office opened in 1829 and the township municipality was officially formed in 1845. By the mid-19th century, a few agricultural hamlets had been developed, among them, Dalesville, Brownsbury and Starneville.

In 1818, the government granted some land on the West River (Rivière de l'Ouest) to Major George Brown, of England. George Brown built, among other achievements, a sawmill and gristmill, both of which contributed to the economic growth of the region. This eventually led to the formation of the Brownsburg Village, which was named after him. In 1854, the Brownsburg Post Office opened.

At the end of the 1800s, the company, now known as "Orica Canada Inc.," was established in the municipality, which, based around employment opportunities at the factory, contributed towards the development of an important urban sector.

"Brownsburg" and "Chatham" constituted a single municipality for 80 years from 1855 until 1935. In 1935, differences between the populations concerning the municipal services (in particular the expenses of street lighting) and the fiscal rules of the time (which did not allow the taxation by sector) brought about the division of the territory of the Canton. The urban part was set up as a municipality under the name of the Village of Brownsburg.

A town to discover!

- Arena
- Municipal library
- Summer day camp
- Spring break day camp
- Camping and marina
- Cross-country ski centre
- Equestrian centres
- Curling club
- Golf course
- Municipal parks
- Bicycle path (Route verte)
- All terrain vehicle trails
- Snowmobile trails
- Tennis court
- Softball fields



www.brownsburgchatham.ca

300, rue Hôtel de ville, Brownsburg-Chatham (Québec) J8G 3B4
Téléphone: 450 533-6687 Télécopieur: 450 533-5795

It is difficult to make a history of the relation between the two municipalities. Archives from the ministry, however, confirm that at the beginning of the 1960's, the two municipalities agreed that a residential sector of the Canton, situated near the village, would be connected with the water network of the village. In 1974, an agreement was reached to share a common fire department. In 1995, a cross-country ski run, known as "Le Centre de ski de fond La Randonnée," was jointly developed by the two municipalities. From 1990 until 1995, a joint committee studied a project regarding the wastewater treatment.

In 1971, a first study of grouping the two municipalities was prepared. In its publication of August 5, 1971, the newspaper, "Le Droit" wrote: "the merging of Brownsburg-Chatham would drive the regional economy." We can read in the article that the idea of merging was accepted by the elected representatives and by a large part of the population. However, no document was found to explain the reasons of the relinquishment of the project back in that period.

In 1998, the 2nd official initiative to examine the impacts of a future grouping between the two municipalities was undertaken. Conclusions of the feasibility study brought about the joining of the Canton of Chatham and the Village of Brownsburg. It became a reality on October 6, 1999, and the municipality of Brownsburg-Chatham was created by decree number #1112-99, according to the Act respecting municipal territorial organization.

Finally, on July 6, 2002, according to decree number #8385, the legislative regime governing the municipality of Brownsburg-Chatham was modified and then governed by the Cities and Towns Act was re-named "la Ville de Brownsburg-Chatham."



New A.E.D. machine for Brownsburg Curling Club

Members of the Brownsburg Curling Club recently received training in using the club's new AED (automatic external defibrillator). The training and the machine were supplied free of charge by the Heart and Stroke Foundation of Canada.

After being diagnosed with atrial flutters at the age of 12 years, young hockey player, Chase McEachern of Barrie Ont spearheaded a campaign to make AEDs mandatory in schools and sports arenas across the country. Sadly, on Feb 9, 2006, Chase passed away, six days after collapsing during gym class. After his death, the Heart and Stroke Foundation of Canada, along with Chase's parents, created the Chase McEachern Tribute Fund and as a result, there are now automated external defibrillators in schools and other locations across the country.

In 2006, the Ontario government introduced the Chase McEachern Act (Heart Defibrillator Civil Liability Act, 2006), which protects people from liability if they assist someone, using a defibrillator, at an emergency or if they made defibrillators available in good faith (both under certain conditions).

For more information, contact <https://resuscitation.heartandstroke.ca>.

www.MULTIKIT.ca

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Lori Leonard – Main Street

Fred Levine lives in Montreal, but spent much of his childhood in the Laurentians. He has many fond recollections of cherished family time, in particular, his ski lessons at Mont Avila, Chantecler and Mont Tremblant. His two brothers have homes on Grand Lac Long, in Lanthier, and he visits whenever he can. Fred thinks of the Laurentians as being one of his favorite places, because he enjoys the beauty and peace it offers. He comes by this sentiment honestly, as his great-grandfather and his family settled in La Macaza, when they first arrived in Canada.

Fred has always enjoyed drawing, with a focus and passion for "cartooning." When school was on strike, he used this time to initiate a stationery company to create unique memo pads for customers, featuring a cartoon of each particular individual; for example, a mother reading, or a hockey player. A born cartoonist, Fred also loves to write.

Raised in Beaconsfield, Fred's family later moved to Westmount. He attended Brandeis University, near Boston, and graduated Cum Laude in psychology, with a minor in philosophy. He then moved to Toronto, met his wife and pursued a career in advertising. His family began with his eldest daughter Jordyn, followed by triplets Jaimee, Jesse and Justin. Family life was hectic, with children running everywhere. The family lived in Toronto for the next 20 years, where Fred worked for various advertising agencies.

As time passed, Fred realized he still enjoyed writing. So, with triplets in the family, he thought it would be fun to write a book about them. Initially, he had no intention of illustrating it himself.

Tragically, life for Fred and his family was completely turned upside down when, after suffering a seizure, the father of four was diagnosed with anaplastic astrocytoma, a rare malignant, cancerous brain tumor. Over the course of the next few years, Fred was forced to endure intense and difficult treatment. These were, and continue to be, extremely tough times. Cancer has left him susceptible to seizures, which he still experiences today.

No longer able to work, Fred re-focused his energy on completing his unfinished children's book. Once engaged, he also decided to illustrate it himself. The year this took to complete represented a welcome form of "therapy."

Fred Levine's book, Triple Trouble: One Good Deed Deserves Another, was published in 2013. A marvelous, "feel-good" children's book, it is intended for children aged 6-12 years-old, and is a celebration representing his own family during difficult times. Adults will also enjoy this book, as the message and creative expression are applicable to everyone. It is a playful poem with humorous cartoons that capture the benefits of a family, where kindness is contagious. It is a pay-it-forward life lesson, with the ultimate message of "being there for each other." For Fred, it is a unique way to demonstrate to his family how much he loves them.

Fred is donating all proceeds from this hard-cover book, which sells for \$25, to the Gerry and Nancy Pencer Brain Trust, a non-profit organization that generates funds for the Gerry and Nancy Pencer Brain Tumor Center, located at Princess Margaret Hospital. Fred's decision to donate was based on the dozens of patients and families he met and witnessed going through heart-wrenching times.

Despite the last four years (and counting), Fred has found a positive way to keep sight of who he is. Although cancer left him unable to work, Triple Trouble was a very welcome distraction and, its writing and illustrating, was his lifeline. He says cancer was never his first choice, but he wanted to use it to create an optimistic outcome. His optimism continues and he is now working on his second book.

Fred's message to everyone is to "Remain optimistic, live your life and do what you want to do. Remember a very important life lesson - one good deed deserves another."

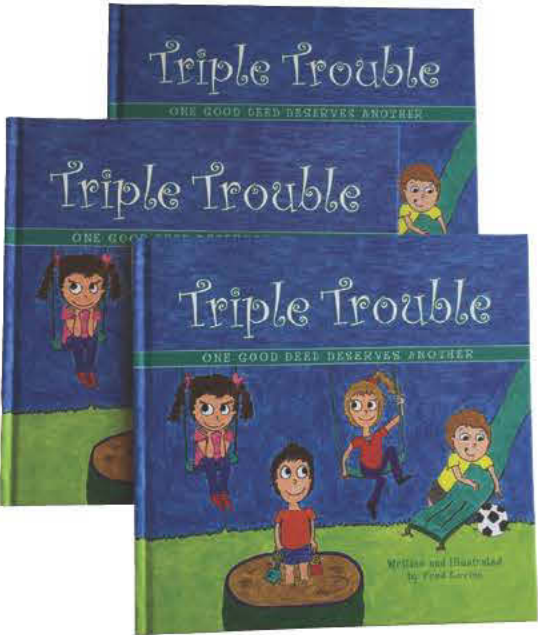
Fred, you are truly an incredible human being and what a wonderful gift you have given to your family, and all those whom you have touched!

If you are looking for a uniquely illustrated children's book, this is a wonderful choice. The book is available for only \$25, with all proceeds being donated to an extremely worthwhile cause. Share this message of kindness, and "pay it forward" to others.

Triple Trouble can be ordered via www.pencerbraintrust.com or by calling 416 923-2999.

Lori's Lookout – Laurentian Personalities

Fred Levine – "one good deed deserves another"



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SUDOKU

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8				5		3		
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Answers will be posted on our Facebook page (TheMainStreetNews) and published in our next month's issue

Answers for the February edition sudoku

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

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leisure*

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7 a.m. Sun.

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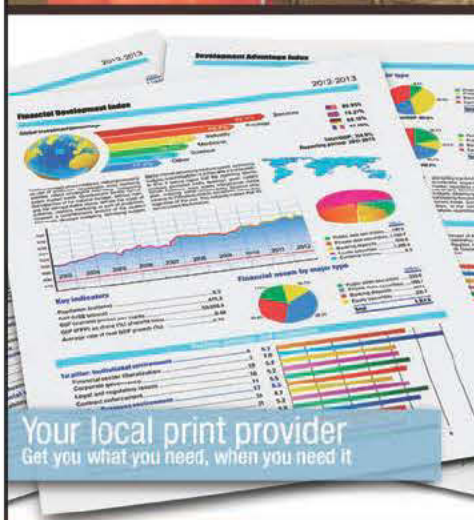
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39/

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OPEN

Monday Friday
from 9 am - 9 pm
Saturday 10 am - 4 pm



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

Apr 11: 6 pm - Italian Night
Apr 24: 6 pm - TGIF Smoked Meat Night
May 9: 6 pm - Mother's Day Supper
May 23: Legion Golf Tournament & Steak Supper
May 29: 6 pm - TGIF Smoked Meat Night
For information on any event call
450 226-2213 (after noon)

Branch 70 Filiale Lachute

Apr 24: 6 pm - Smoked Meat Dinner \$10
May 29: 6 pm - Smoked Meat Dinner \$10
June 26: 6 pm - Smoked Meat Dinner \$10
Tues: 1 pm - Euchre
Alternating Thursdays: cribbage & shuffleboard
Sat afternoon: 1:30 pm - Darts
For information call: 450 562-2952
after 2 pm!

Branch 71 Filiale Brownsburg

Apr 23: 7 pm - Card Party
Apr: Bar BQ or Spaghetti Dinner - call Legion
for upcoming details
Bar/Lounge is open on Thursdays & Fridays
from 3 pm - 9 pm.
New members are always welcome.
Please drop by on open nights if you are interested.
Membership cards are available at a cost of \$45.
For information on upcoming events
please call Sheila or Trevor Holmes
450 562-8728.

Branch 192 Filiale Rouge River

Apr 10: 6 pm - TGIF
Apr 18: 2 pm - General Meeting
Apr 25: 5:30 pm - Veterans' Dinner
Tues: 7:30 pm - Cribbage
Weds: 1 pm - Cards
TGIF nights: 3:30 pm - Darts
Welcome Spring with open arms!
For further details call 819 687-3148 /
819 687-9143 or
email mmcsp40@gmail.com

RELIGIOUS SERVICES

MORIN HEIGHTS UNITED CHURCH

831, Village, Morin Heights
Sundays: 10:30 am - Weekly services
All are welcome!
Join us and enjoy coffee and conversation
following the service.

HILLSIDE CHAPEL

755 Village Road, Morin Heights
Terry Sheahan: 450 229-5650.
Hillside Chapel will commence services
as of the May 24, weekend at 6:30 pm

SAINT EUGENE CHURCH

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

CHABAD OF SAUVEUR

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

HOUSE OF ISRAEL CONGREGATION

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

MARGARET RODGER

MEMORIAL PRESBYTERIAN CHURCH
463 Principale, Lachute / www.pccweb.ca/mrmmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am: Regular worship service.
Everyone welcome.

DALESVILLE BAPTIST CHURCH

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

BROOKDALE UNITED CHURCH, BOILEAU

Info: 819 687-2752

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS

757, Village, Morin Heights (450 226-5307)
Sundays 11 am: Worship service
Please join us - everyone is welcome

MILLE ISLES PRESBYTERIAN CHURCH

Mille Isles Rd.
April 26: 11 am - Church service
May 31: 11 am - Church service

ST. ANDREWS EAST PRESBYTERIAN CHURCH

5 John Abbot Street, St. André d'Argenteuil
For info please contact
Sharon McOuat 450 537-8560

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH

94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.

UNITED CHURCHES OF CANADA

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

KNOX-WESLEY CHURCH

13 Queen Street, Grenville
Sundays: 8:45 am
Weekly Sunday Worship and Sunday School

LACHUTE UNITED CHURCH

Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 10:30 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH

ST. ANDREWS CHURCH, AVOCA
Info: Rev. Cathy Hamilton: 450 562-6161 or
514 347-6250

ANGLICAN CHURCHES ALONG THE OTTAWA RIVER

Holy Trinity, Calumet, St. Matthew's, Grenville
Sundays 9:15 am - Holy Eucharist:
alternating locations.

Holy Trinity, Hawkesbury

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

HOLY TRINITY ANGLICAN CHURCH

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

LACHUTE BAPTIST CHURCH

45 Ave. Argenteuil - 450 562 8352
Pastor Rénald Leroux
Worship Service - 10:30 am

ANGLICAN PARISH OF ARUNDEL & WEIR

Grace Church

CHRISTIAN FELLOWSHIP

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

SHAWBRIDGE UNITED CHURCH

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

ARUNDEL UNITED CHURCH

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

THE CATHOLIC CHURCHES NOTRE DAME DES MONTS PARISH

Huberdeau 10:30 am • Laurel 9 am
Morin Hts 10:30 am • Montfort 9 am
16 - Island Lake 10:30 am • Weir 9 am
You are welcome to join us after the service.

LOST RIVER PRESBYTERIAN CHURCH

5152 Lost River Road, Lost River
Please check with the church for times of worship.

VICTORY HARVEST CHURCH

351 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service
French and English
Bienvenue à tous - All welcome

PARISHES OF THE LOWER LAURENTIANS

Everyone welcome and we look forward
to seeing you and your family.

ST. AIDAN'S WENTWORTH

86, Louisa Rd - Louisa
Apr 19: 10 am - Service
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY

1127 Dunany Rd, Dunany
Services are bilingual
HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
April 26: 10 am - Service
Bilingual services with gospel/bluegrass music

*Special services: Soaking Time *

7:30 - 8:30 pm: A time of quiet reflection
with classical music. These special times of
quietude are offered on Sundays in addition to
regular services.

CHRIST CHURCH - MILLE ISLES

1258, Mille Isles Rd - Mille Isles
Apr 12: 10 am - Service

ST. SIMEON'S ANGLICAN CHURCH

445, Principale, Lachute
with Rev. Paul Tidman: 450 562-2917
Apr 12: 9:30 am - Family Service
Apr 19: 10 am - Communion
Apr 26: 10 am - Communion
May 3: 8:30 am - Communion
10 am - Communion - Family
May 10: 9:30 am - Church service
Everyone welcome!

* If your church is not mentioned, please check
with them directly for Easter services. *

HELP WANTED

Royal Canadian Legion
Rouge River Québec 192

79, Ch du Village, Arundel, QC J0T 1A0

The Legion is seeking a Building Manager.
Candidate should have experience working
in a bar, hotel or restaurant and be discrete,
honest, loyal, resourceful and be able to work
autonomously. Hours: 20hrs - 40hrs (day, night
and week-end work), salary according to
experience. If interested please mail your CV
to the Legion or deposit in a sealed envelope
at the Legion bar after 3 pm.

All applicants will be contacted but only
those chosen by the hiring committee will be
interviewed. Deadline: Apr 15: 6 pm.

ENGLISH COMMUNITY NEWS

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

The Laurentian Club of Canada: Skiing with a Difference

Representatives from the Canadian Association
for Disabled Skiing will discuss the development
of CADS and how this organization is dedicated
to helping persons with disabilities reach beyond
their preconceived personal limits

We will pay tribute to CADS pioneer
Henry Wohler

Monday, April 27: 1:30 pm
Location: Holy Trinity Church Hall, 12 Préfontaine
Ouest, Sainte-Agathe-des-Monts

Cost: Annual membership is \$25 per person.
Guests pay \$10 per event.

To learn more, visit our web site
www.laurentianclub.ca
or contact us at
TheLaurentianClub@gmail.com
or 819-326-6872.



LAURENTIAN CLUB OF CANADA

Laurentian Region Cancer Support Group

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



Next meeting for cancer patients,
families and caregivers is
SATURDAY AFTERNOON
April 18, 2015 - 1 pm

Speaker: Diane Ouellette
Diet and Nutrition Part 2
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

Upcoming meeting: May 16

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
PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

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

SOUPE POPULAIRE

(205 rue Principale, St. Sauveur)
Lunch schedule: **Mon, Tues & Thurs: 11:30 am - 12:45 pm.**
Everyone is welcome!
We are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

SOUPE POPULAIRE 20th Anniversary SEEKING FORMER VOLUNTEERS, DIRECTORS AND EMPLOYEES!!

We have some coordinates but others have changed – please share this information and our contact coordinates: 450 227-2423 ext 26 or 28.
Thank you!

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTE

Bazar MPDA Lachute (177 Rue Bethany, Lachute).
Used clothing, shoes, books and more for the whole family. Open **Tues - Fri: 10 am - 3:30 pm.**
Mouvement Personne d'Abord de Lachute is a non-profit organization for people with intellectual disabilities. The Movement offers activities and friendly meetings 2 times a week for its members.
Everyone welcome! Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

JOYFUL NOISE CHOIR

St. Eugene's Church
(148 Watchorn, Morin Heights)
Joyful Noise Choir sings an eclectic assortment of music in four-part harmony.
Please contact Penny Rose: 450 226-2746 or email pennyrose@jenanson.com

ASSOCIATION ALPHA LAURENTIDES

Offering FREE French lessons!
Sept – June (on-going registration)
16 yrs. and over
Info: Rejeanne 819 507-0005
ALPHA: 1 866 887-7335

COMMUNITY EVENTS

THE LOST RIVER COMMUNITY CENTRE

April 12: 9 am – noon
Monthly Breakfast
Donations will go to Victoria Quilts. Everyone welcome.
Info: Barrie Smith: 819 687-9498
Norma Davis: 819 687-2255

UPCOMING EVENTS AT HARRINGTON

GOLDEN AGE CLUB

(259 Harrington Rd)
Apr 10: 5:30 pm - Cook's Night Out
Apr 23: 2 pm - Café Partage
May 1: 5:30 pm - Cook's Night Out
May 7: 2 pm - Café Partage
1st & 3rd Sunday of each month: 1:30 pm - Bingo
Info: Deedy: 819 242-8939

HARRINGTON VALLEY COMMUNITY CENTRE

March 14: 5:30 pm - Pot Luck Dinner
Harrington Community Centre is looking for a portable dishwasher.
To donate, please call Deedy: 819 242-8939

THEATRE MORIN HEIGHTS

Reading - New evening! Return to a new location
MICKEY'S CAFÉ
832, rue du Village, Morin-Heights
Thurs, Apr 16: 7 pm
Come and join us.

MEGAWATT 7TH EDITION BLOOD DRIVE

636, Route 364., Morin Heights
Mon, Apr 13: 1 pm - 4:30 pm & 5:30 pm - 8 pm.,
The members of the Héma-Québec team hope to welcome 40 donors.
To see if you are eligible please go to www.hema-quebec.qc.ca, or contact Donor Services at 1-800-847-2525
To make an appointment please call Tania at 450-226-2515

"SPRING FLING" DATE NIGHT

with Robert Maxwell
Laurentian Elementary School
Apr 17: 6:30 pm - doors open
7 pm - 8 pm: Mingling Magic
8:15 pm - 9:45 pm - Hypnosis Show
Cocktail bar and complimentary snacks.
Tickets: \$20 (adults only)
Info: Joanne MacLeod: 450 537-1172 or www.foles.ca

VIKING CANOE KAYAK CLUB

Mexican Fundraiser Dinner
Live music: Celia Fuentes
Silent Auction
Apr 25: 6 pm - 10 pm
Morin Heights Elementary School
Tickets: \$15 limited at the door
Adults only
Info: Kim Parker 450 226 5805

SHRINERS' PANCAKE BREAKFAST

Masonic Hall, Providence Blvd. Lachute
Sun, Apr 26: 8:30 am - 1 pm
Donation: \$7 / children under 6 yrs. FREE
A benefit for the Lachute District Shrine Club activities

SCOUTS BOTTLE DRIVE

Scouts Morin-Heights Bottle Drive is **Saturday, May 2**, so please keep your cans and bottles. We will be circulating throughout Morin-Heights Village and surrounding area.
If you have a large quantity, or are outside the village, contact us at ScoutsMorinHeights@live.com.
Can't wait until the 2nd? Please drop off your cans and bottles in the driveway of 918, du Village.
Thank you for your support!

ADVANCE NOTICES

LACHUTE UNITED CHURCH

Hamford Chapel, 232 Hamford Street,
May 16: Garage Sale
July 2: Strawberry Social
Aug 7: Annual UAPC Bar BQ (details to follow)

MORIN HEIGHTS HISTORICAL ASSOCIATION

Upcoming News & Events
St. Eugène Hall
Sat, May 23: 1 pm - Annual General Meeting
2 pm: Guest Speaker
Mr. Rod Macleod, former president of the Quebec Anglophone Heritage Network will give an audio-visual presentation about "100 Objects," artifacts from the various historical associations in our

province. Admission is free. If you are interested in local history and would like to become a volunteer or a member, please visit our web site at morinheightshistory.org
We will be having a **Heritage Garden Tour in July.**
To submit your garden, please contact Pierre: 450 226-8853.

MORIN HEIGHTS ENVIRONMENT & FAMILY DAY

Morin Heights Elementary School
Sat, May 23: 9 am - 4 pm
Rain or Shine
Tables for rent \$30
We have limited tables, so please call 450 226-2017 ext.6217 to reserve.

SPRING CONCERT

United Church, 831, rue du Village, Morin Heights
Joyful Noise Choir & Morin Heights Elementary School Choir invite you to their spring concert.
Sunday, May 31: 3 pm
Donations to the church welcome.

LRHS – CLAS REUNION OF '75 June 20: Dinner / June 21: Breakfast

Forty years ago, a group of cool students graduated from Laurentian Regional High School in Lachute. The magic of Facebook has facilitated the search for post grads and more than 85 people have joined our group through social media. Now, we must trust the good old local paper and parents to help spread the word about this reunion.
Mark your calendars!
For more information contact Daniel Roch: 514 951-4490 or drienviro@gmail.com.



Welcome to Maverick and Evelyne Stewart

Marie-Christine Boivin and Jason Stewart of St-Sauveur are thrilled to announce the birth of their twins, Maverick Charles and Evelyne Muriel, born on March 11, 2015 at St-Jérôme Hospital. Proud grandparents are Daniel Boivin & Diane Filion of St-Sauveur, and Don Stewart & June Angus of Morin Heights.



Yolande Sylvain M.Ps.
Master's in Psychology

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Denis Chalifoux, Mayor



VILLE DE
SAINTE-AGATHE-DES-MONTS

MUNICIPAL BULLETIN APRIL 2015

MAYOR'S MESSAGE:

With the new year came a new way to promote the town, its attractions, shops and activities. The mobile application Sainte-Agathe + made its entry into the virtual world, and already more than 550 people have downloaded the application to their mobile phones or their electronic tablets.

We finally have a digital calling card, which presents the image of a dynamic town synonymous with the notion of good living. This useful application can be downloaded to a cellular phone, which nowadays has become essential to most people.

All the information, right there at your fingertips! In addition to containing a range of information on various municipal services, this unique tool, which we are very proud of, is designed as much for visitors as it is for citizens and allows us to be in direct contact with people in the most current way possible. In addition, the mobile application can be used to inform our followers of current events and urgent public interest messages.

We were approached by the designers of the application "Imagemobile," and we did not hesitate to get on board with this project as their main customer. It is, for us, a great opportunity to participate in a unifying project that fits in with the economic development and employment strategy and the support that the town wishes to offer retail businesses. We are convinced that it will be good for commercial activity and that it will also be a great means to keep citizens informed.

In this digital era, and considering the great mobility of people nowadays, the Sainte-Agathe + application, which has become a great success, will gain in popularity over the next few months. Currently, only two municipalities in Québec can boast of a complete application, which includes commercial, community and municipal components, and I am very proud to confirm that we are one of them.

I therefore invite you to download and discover the Sainte-Agathe + application, which is available free on iTunes (iPhone and iPad) and on Google Play (Android devices) and tell your family and friends about it, it may come in handy.

A NEW MUNICIPAL REGULATION REGARDING CATS

In order to control the population of stray cats on its territory, the town has recently adopted a new regulation, which requires that any cat that is outdoors, wear identification that allows us to trace the animal back to its owner. The tag must include a phone number. The animal must also be spayed or neutered.

The Laurentides-Labelle SPCA sells cat tags for \$20, (valid for the animal's entire lifespan), or, a tag can be purchased in any pet store and, provided that it contains all of the necessary information, it will also be valid.

Dog owners must also purchase the tag annually at a cost of \$30 at the Laurentides-Labelle SPCA located at:

355, Demontigny Street
Sainte-Agathe-des-Monts
Opening hours: Everyday from 1pm - 6 pm.
Information: 819 326-4059
info@spcall.ca www.spcall.ca

For the well-being and the safety of your pets, consider identifying them appropriately. The municipal regulations regarding pets is available at www.ville.sainte-agathe-des-monts.qc.ca/services-aux-ci-toyens/animaux-domestiques.

A BICYCLE PATH AROUND THE LAKE : THE FIRST PHASE WILL SEE THE LIGHT OF DAY IN 2015

Construction of a bicycle path around Lac des Sables will begin this summer. The first 3.5 kilometre section will start from Chemin Tour du Lac (at the corner of St-Louis) and extend to Pointe Greenshield while another section will continue on Chemin du Lac des Sables, which will include the portion between the entrance to the campground and the boat landing area. For the completion of this first phase, the town received a \$250,000 grant from the "Véloce" program. This represents 50% of the cost, which will include historical signage, the purchase and installation of bicycle racks, pavement repairs, signage and road marking. Speed bumps will also be installed to slow down traffic.

The first phase includes the sections located within an urbanized perimeter and will be completed in 2015, while phase 2 will be completed in 2016 and 2017. Approximately 5 kilometres will be converted. It will be necessary to replace sections of the water main system before work begins.

The type of cycle facility recommended will be the designated roadway. In the uphill areas, there will be widening of the roadway, but in general the width of the existing right-of-way does not allow for construction of a bicycle path segregated from the roadway.

At this time, the town is evaluating the condition of the roadway and the extent of paving that needs to be done.

ECONOMIC DEVELOPMENT AND EMPLOYMENT STRATEGY: THE FIRST PROJECT IS LAUNCHED IN THE DOWNTOWN AREA

The town is counting on a residential project, created by its developer, Norexco, to revitalize its downtown core and give it a residential appeal.

The future four-story building, which will be erected on the site of the former Paradoxe bar in the town's centre, is a complex that will include hundreds of housing units with services (dining room, gym, gardens, nursing services) appropriate for autonomous retired people. This 8 million dollar investment by the developer will create 20 jobs in the town's centre. The construction is expected to begin in August, following the demolition phase.

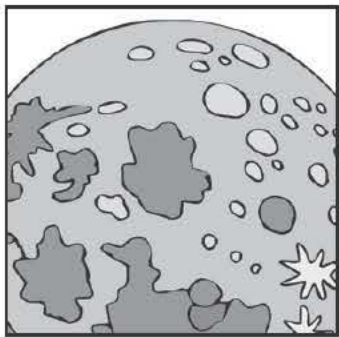
To ensure the realization of this major project, the City Council awarded a grant of \$6,000 for each apartment created, up to a maximum of 90 units. The city also sold to the developer, the land of the former Tradition supermarket, which it had acquired in 2014 with the intention of supporting a revitalization project in this unstructured islet of the downtown area.

The town's objective in this project is to bring new residents to the downtown area that will in turn create business for some of the local shops. Revitalization programs could also be available over the next year for the construction of multifamily housing.

Also, the details of another real estate project "Les Quatre Versants/Mont-Catherine" will be announced in the upcoming weeks. This project, created for young families, offers affordable turnkey single-family homes in the Château Bleu sector. This is a unique project in Sainte-Agathe.

The involvement of the city in these two projects is part of the economic development and employment strategy, which is based on three elements - housing and the creation of jobs and services.

Both projects will increase the density in the town's centre while welcoming new residents who will shop in town. They will also offer opportunities for affordable housing to workers and young families who will be attracted by the jobs created by the new business park in the Léonard sector. More steps will be taken to continue the construction of the business park on the borders of Highway 15. Meanwhile, we are proceeding to the assessment of the cost of the infrastructural work that will be needed to accommodate new businesses in this area.



Zach Factor Walk Run and Roll

Lys Chisholm & Marcus Nerenberg - Main Street

The Steve O'Brien Cross Canada Decathlon for Youth

This month, Steve O'Brien is poised to propel himself across Canada from Victoria, B.C. to St. John's, Newfoundland. Some days he will walk, and some days he will run, on others he will use either a bicycle, inline skates, an adapted bike, a wheelchair, a longboard, a scooter and, if it snows, he will also be packing cross-country skis and snowshoes. This is the nature of "Walk Run Roll for Youth"

In few words, Steve is unique. He is a combination of an inspired dreamer and a driven man, with a tireless determination. In 1980, when Steve was sixteen, Terry Fox ran his Marathon of Hope through Lachute and into Steve's heart. Although Terry was unable to complete his epic quest, we all know the thirty-five year success story that he started. Terry became a lifelong inspiration whom Steve has drawn upon ever since. Steve wanted to play in the NHL, but that didn't work out. Undeterred, he earned a berth on the Canadian Track team as a 400-meter runner, only to be sidelined by injury weeks before the 1992 Olympics. Without financial sponsorship, Steve worked hard to support his athletic aspirations; he was known as the fastest butcher in Canada.

Argenteuil, Steve's home, is an economically depressed region. Relative poverty and pessimism can make the future for young people here look pointless and bleak. For years Steve has owned a local gym and has selflessly helped train aspiring local athletes, and professionals who were recovering from injuries. In 2010, he was offered an opportunity to carry the Olympic Torch as it passed through the Lachute region. After that momentous experience he was deeply moved by the reaction of the kids, young and old, when he brought the torch to visit every school in the region. The kids were overjoyed and their enthusiasm further inspired Steve to create a non-profit foundation to assist youth in every way possible, in order to motivate them to finish their schooling and follow their dreams.

Steve continues to work in schools with students and young adults, both as instructor and as extracurricular trainer. In recent years, he has gone on the road with bigger projects; his last, big undertaking, was a successful climb up Mt. Kilimanjaro, Africa's highest peak. Steve has trained for over a year, travelling fifty kilometers a day, until he reached the 7000 kilometer mark, and he is now prepared for his journey across our immense and beautiful nation.

Steve's wonderful wife, Jose, as always, has backed his lofty goals, and his devoted sons, Sean and Josh, have committed to tending the homestead during their dad's eight-month journey. Travelling with Steve is a support team of three adventurers; Richard Crevier, his coach and mentor from his National team days, Brigitte Boulay, Facebooker, Tweeter, publicist and planner, and Marcus Nerenberg, personal chef.

On April 12, in Victoria, British Colombia, at Mile 0 of the Trans-Canada Highway, Walk Run and Roll will begin. From there to St John's is about 7,500 kilometers. Steve will visit over 350 towns and cities, as he weaves and wends a trail of over 11,000 kilometers through our vast nation. As the team arrives in each town, the Foundation will have organized a T-shirt sale fundraiser that will see the proceeds go directly to a school or to a local youth organization. The aim is to turn heads away from the weather, political machinations and government austerity programs, and point minds and hearts towards our future... towards our young. As Steve has stressed so many times, "It's not about me, it's all about the kids... it is they who are important." On July 1, in Thunder Bay, a ceremony honouring Terry Fox will be observed. On Labor Day Weekend, the intrepid convoy will pause in Lachute. Into the autumn, the team will cross Quebec and the Maritimes, and finish in St. John's, on December 8.



The idea of climbing Kiliminjaro was Steve's. Kids living in disadvantaged neighborhoods must have dreams and discover the world.

Each week, we will link the Steve O'Brien blog to the Main Street online web page. We will also highlight the month's journey in the print edition. If you would like to contribute to the Foundation, or send support messages of encouragement, you can add a message to the Steve O'Brien Foundation Facebook page or Twitter account.

Meanwhile, all here at Main Street wish Steve and his team much success in this endeavour. We will rooting for you each and every day. Godspeed.



The Story Behind The Yarushevskys go to School

Joseph Graham - Main Street
joseph@ballyhoo.ca

Canada in the 1920s was a bustling ethnic mix full of hope and dreams that would contribute to our cultural and economic growth. There was no reason for the Yarushevskys to imagine anything less than a warm welcome wherever they turned. They moved to Val David to live among the Canadiens who are probably the most fun-loving and adventurous people in North America. They had been the Voyageurs, those mythical men who travelled the continent in canoes, sleeping under the sky and trading with First Nations. They had intermarried with people who were already here, easily accommodating each other. They had built an embracing culture, an exciting people to get to know. There was only one problem: the Catholic Church, like some mythical power, had kissed them and put them to sleep in the 1840s.

When the Yarushevskys knocked on the door of the local school, thinking of their children's future, the door was locked. The school was for Catholics only, and there was a "religious" person telling them that.

To be fair to the Church, it supplied most of the health and social services, birth and death records, cemeteries and schooling. It paid for these things through collections from its parishioners. It wasn't about to give a free ride to anyone, but the downside of its thinking was that if you weren't Catholic, you were forced to join the Protestant communities and become Anglicized - even if you spoke French at home.

When the British took over the colony, their expectations were that everyone had to belong to the Church of England, but after a lot of consideration, they decided that their colonies would have to respect religious freedom to some degree, acknowledging the Catholic faith of the Canadiens. This worked well because, while the Canadiens were Gallican Catholic, they were not Roman Catholic. In the Gallican church, even the Pope had to defer to the King of France on matters of appointments, bringing French society a little closer in its management to the Anglican model, where the English monarch is considered to be the head of the church. When the Canadian's Catholic Church saw that the French king had been deposed, Bishop Lartigue, assigned to Montreal, decided to see if the English king had really assumed the French king's role regarding Catholics, and whether the colonial office really had to be consulted in the naming of bishops. In 1836, he asked the pope to name him Bishop of Montreal without consulting the Colonial Office or the King of England. While the clergy cringed, waiting for the Colonial Office to step in and deny permission, to their own surprise, they got their way. Bishop Lartigue simply received a cordial note of congratulations from the governor.

After the failed rebellion of 1837, when the Canadian intellectual elite temporarily lost its civic power, the Church moved into the vacuum with Roman Catholicism, answering only to the Pope. Thus began the Grand Noirceur, that long period during which the Church put French Canada to sleep. It lasted only 120 years, but it closed doors to the Yarushevskys and many other immigrants, even French-speaking ones.

None of this was on the minds of Maria and Andrey when they realized they would have to find a different solution for their children's education. Maria had rejected the Orthodox Ukrainian Church before she even left home, and they had not looked for a church to attend in the Laurentians. They had not had any real trouble with their Roman Catholic neighbours, but then again, being a virtual subsistence farmer busy with five young kids and all your chores, you don't see your neighbours too much.

It's just that there was a school right there, where all the neighbouring children went every morning.

There was a Protestant English school in nearby Ste. Agathe, and the door there was open. In fact, it probably wouldn't have had sufficient numbers to stay open if it hadn't accepted immigrants - from wherever. In their eyes, everyone was an immigrant. Even French Catholics were accepted, and those who came rapidly learned English.

In the meantime, the kids had to get all the way to Ste. Agathe every day. There were more than the Yarushevskys now, more kids that had to go to the Protestant school. The parents got together and found an old railroad caboose from the CPR, stripped it down and put wheels or runners under it, depending on the season. Hitching horses to it, the intrepid Maria delivered the kids to school every day, feeding a pot-bellied stove as they trudged through the Laurentian winter.

The three oldest of the Yarushevskys, Lena, Nina and Mary, began school, each in her turn. George and Alexei came next. School was fine, but they were growing up to become very different from the Canadiens around them. Their parents and the Leesinskys were adults when they arrived in the neighbourhood and it was expected that they would be different. At least they could be told apart. They called Andrey le Russe Blond and Leesinsky le Russe Noir. But the five little Russe Blanc kids were doing everything in a different language, and it was bound to cause some problems among the children. The girls, daughters of Maria, did not accept to be pushed around and sassed their way in, ultimately learning French, but the boys had to use their fists.

Of course, the Canadian spirit was still there, in spite of the Church; you could find it in places like the hockey rink. The rejection of the Yarushevsky kids was something that George and Alexei solved for themselves, joining the local hockey league, with George on defence and Alexei in goal. Thanks to the sport, and the boys' willingness to put on skates, their relationships with the French-speaking neighbours were somewhat smoothed over, but the Yarushevskys were still different; they were English Quebecers even though they were all fluently bilingual. The boys even spent their last two years of high school in a French boarding school.

But all that was all before the Second World War.

Thanks to Greg and Donna Yarrow, grandson and granddaughter of Maria and Andrey, for their detailed summaries and family history research.



Obituaries

CAPTAIN, Sherwin Michael John
1937 - 2015

Died peacefully on Saturday, March 28, 2015 at the CSSS d'Argenteuil, Lachute, Qc. Born in Montreal, Qc. to Michael Captain and Agnes Gertrude Williams of Mille Isles, Qc. Husband of Shirley Dey. He leaves his two children, Trevor Melvin and Valerie Lynn (Ken Baird). Loving grandfather to Christine Elizabeth Pye and Stephanie Lynn Dore. He is also survived by his loving sister, Rita Gertrude Captain. Predeceased by his son, Dale Michael and his sister Beryl (Jim Tarlton). According to his wishes, he has been cremated.

A memorial service will be held at a later date in Morin Heights, Qc.

Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

GORDON, Donald Ernest

Passed away peacefully at Hopital du Sacre Coeur, Montreal, Qc. on February 28, 2015 at the age of sixty-seven. Dear brother of Marlene (George Calder), Susan (the late John Arnold) and the late Jeffrey. Also survived by his sister-in-law Heather Gordon, his companion Doreen Berry and his nieces and nephews. A celebration of his life was held on March 14, 2015 at the Lachute Curling Club, 60 rue Harriet, Lachute, Qc. In memoriam donations may be made to the Lachute Protestant Cemetery, P.O.Box 174, Lachute, Qc. J8H 4G4 or a "local" charity of your choice. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc. NOBLE, Sterling Wilson

MORRISON, Rev. Audrey Helena
April 10, 1935 - March 18, 2015

Unexpectedly, after a brief illness in her eightieth year. Audrey was born in Wentworth, Quebec, the daughter of the late Lewena Kerr and the late Wilfred Morrison. She is survived by her sister, Lois (Warren Gamble), and many nieces, nephews and great nieces. She was pre-deceased by her sister, Una Copeland, and her brother, Keith Morrison. Audrey is remembered fondly by Jean Russell of Pointe Claire. Audrey is also remembered by her dear friend Eileen Cummings of Pointe Claire and latterly, by the late



Velma Foreman of Cambridge, On. Audrey's career was in teaching, particularly in Special Education. Following retirement, Audrey was ordained as a priest with the Diocese of Montreal, the Anglican Church of Canada.

Thanks are extended for the heroic efforts and kindness offered by the staff of 4th Floor West and the I.C.U. unit at the Lakeshore General Hospital. A funeral service was held March 26, 2015 at St. Simeon's Anglican Church. In lieu of flowers donations to the Heart & Stroke Foundation, or World Vision, would be appreciated by the family.

Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

IN MEMORIAM

Edgar Evans: September 7, 1917 - April 17, 2013

In memory of my dear patient, busy husband of nearly 63 years. He has been gone from me for 2 years and I feel blessed to have wonderful memories of our life together. Edgar always found something to do either helping someone, being a Mr Fix-it in his workshop or doing wood crafting of very useful items. Now, all the machines are still, as well as his tuneful whistle.

In winter, every Sunday morning for over twenty years, Edgar voluntarily shovelled the steps and the paths at the church and helped to plant flowers in the spring.

Maple syrup was especially joyful for Edgar when he joined his family at the sugar bush on Evans Mountain and made delicious syrup.

Edgar is in my thoughts at all times and is very sadly missed by family and friends and by Miss Puss.

FOREVER IN MY HEART
ADA

IN MEMORIAM
Claude Smith

Two years have come and gone,
Seems like yesterday
So much was still left to say
But now it is a memory
In my heart you are always there
Cause you were the sunshine of my life.
Love you always and forever
"A bushel and a peck and a hug around the neck"
Your wife, Ilene.



VIDEO-CONFERENCE "Nutrition - How to get on the right track"

Moderated by Jo Ann Jones,
The Montreal Children's Hospital
CLC - Lachute Regional High School
448, av. d'Argenteuil
Apr 14: 5 pm to 7 pm
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4 Korers

4 Korers Celebrates 10 Years

By Kim Nymark - Main Street



This May, 4 Korers Family Resource Center will be celebrating 10 years of service to the Laurentian community. Founded in 2005 by Darlene Gargul, 4 Korers is dedicated to assisting people of all ages to access information, resources and services in English. A network to improve access to health and social services has been built throughout the Laurentians in collaboration with partners from the public health, community and education sectors and dedicated volunteers. In addition, programs and activities are organized to meet the identified needs of the communities.

We are here to offer the English-speaking community of the Laurentian region the following services:

- Information
- Referrals
- Interpretation
- Support

Each year, 4 Korers receives inquiries regarding various issues that affect the English-speaking population of the Laurentian region. We strive to provide information and referrals, or direct these concerns to provincial health agencies when services are lacking. For this reason, 4 Korers is an integral part of the community and your feedback is an essential part of our operations.

Ten years of operations is a milestone, and 4 Korers will be celebrating with an open-house on May 5. For more details, consult our website at: www.4kornerscenter.org or call us at: 1-888-974-3940. We are proud to be a member of your community!

Morin Heights Historical Association

This year marks the 160th birthday of the Town of Morin-Heights. In order to mark this event with indelible memories, the Morin-Heights Historical Association will be publishing #10 of "the Porcupine" magazine. It will recount many passages from local history and it will also have an index of all the previous "Porcupines" to make for easy research. Watch for it late spring or early summer.

We are still looking for volunteers to fill many positions especially "Publicity." If you are inclined to spare a few hours a month, please contact us on our website morinheightshistory.org or on Facebook.

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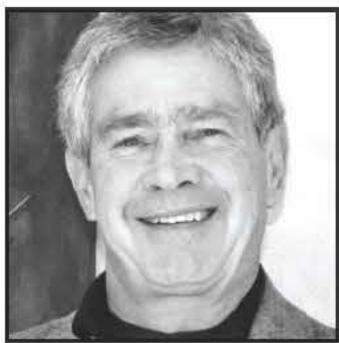
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Main Street Money: Ladies’ Investment and Financial Education

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

Common-law relationships, finance and the law: Understanding your rights is an important part of your overall financial plan.

Common-law relationships have become an increasingly popular choice for Canadians who want to share their lives together. In fact, according to Statistics Canada (www12.statcan.ca/census-recensement/2011) the number of couples choosing to live common-law rose almost 14% from 2006 to 2011 (close to 3% more than the increase in married couples over the same time period).

As more couples opt for common-law arrangements, there is a growing need to understand each partner's rights as an important aspect of successful financial planning. Note that legislation related to family law differs from one province or territory to another; for example, in some provinces, common-law spouses can share in property rights, and in others they cannot. It's a good idea to seek legal and notarial advice regarding your rights, if you and your spouse decide to live common-law.

Here are some measures that partners can take to help define their financial rights in a common-law relationship.

Sign a cohabitation agreement

A cohabitation agreement can be used to give common-law couples the same rights as married couples. It is a legal document that outlines details such as how your property rights will be shared, how debt will be addressed, and whether or not assets will be equally divided. The benefit of a documented agreement is that it helps ensure you are both on the same page when it comes to your finances. It should be in writing and signed by both spouses.

Create a will

A will is another key component of your overall financial plan. A will is a written document that stipulates how you'd like your assets distributed, and can also deal with your debt, when you die. It is important that your will and your cohabitation agreement do not conflict with one another to void potential litigation.

Review beneficiary designations

When making a will or creating a cohabitation agreement, it's also a good time to review any current beneficiary designations you have in place. Confirm that your beneficiary designations for life insurance policies, TFSAs, RRSPs, and other investments (where permitted) are consistent with legal obligations set out in the cohabitation agreement and your will.

Getting started

The process is complicated, but there are professionals who can help ensure you have a proper plan in place. A lawyer, specialized in family law, can provide you with advice to ensure your rights are protected. At the same time, you may also wish to speak to an estate lawyer or notary to help with your overall estate planning strategy.

These professionals can work with your advisor to best address your particular situation. In Quebec, it is especially important to have an agreement, considering the problems with those who assume they have rights to certain assets in the event of a break-up or a death, only to discover otherwise, in the absence of a legal document.

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

Fit Tip # 96 How did you do?

Lisa McLellan

One year ago, I started the "For One Month" challenge. Every month I offered a simple tip in the areas of nutrition, mind management or physical activity to be practiced on a daily basis. The idea was that a daily practise, over an extended period of time, would enable you to observe the benefits that a routine would have on how you feel, look, act and think. Regular practice tends to lead to good habits. Good habits support healthy lifestyles, which, in turn, improve health and quality of life.

The time has come to bring this challenge to an end. Here is a recap of the challenges. Check off the ones you tried. Check with an X the ones which have become good habits. What did you learn anything about yourself?

- Hydrate: drink a glass of warm water with the juice of half a lemon, every morning.
- Meditate: take 5 - 10 minutes to sit quietly and still your mind before you start your day.
- Exercise: 15-20 minutes every morning.
- Discipline: practice being disciplined, by committing yourself 100% and choosing attainable objectives.
- Eat Your Greens: incorporate them into your meals, smoothies or juices. Eat a rainbow



- of coloured food to get all your vitamins, phyto-nutrients, enzymes and minerals.
- Be Mindful: become aware of your thoughts, your words, feelings and actions. Re-frame, to allow more wholesome, more compassionate and more liberated thinking.
- Up the Ante: increase the intensity of your physical activity. Include weights, pushing harder and sweating.
- Balance: practice finding and maintaining your balance - body and mind.
- Feed your Soul: cultivate your passion. Open your heart and mind to the new, the different, the unknown. Practice diligently, and with pleasure, to acquire skills and sustain your passion.
- Intimacy: Make time for intimacy with the one you love. Shake it up and ignite the fire.

A "first thing in the morning" routine, although not always easy to keep with busy schedules, has a profoundly positive effect on the outcome of my day. Eating my greens and juicing has given me a boost of energy, improved my digestive health and has led to radiant skin. Being mindful has helped me to better manage my thoughts and emotions, which has led to greater peace and happiness. Upping the ante on physical activity is the best way to both renovate and promote optimal functioning of the brain. Passion makes life richer and more interesting. Sharing intimacy has allowed me to grow deeper in my understanding of love in a long-term relationship and to flower, as a result of the support and comfort that come from trusting someone implicitly. Discipline and balance are the guardians of the practice of being responsible for your self, your health and well-being, which leads to joy. It is never too late to start practicing good habits and changing your life for the better.

I invite you to choose one new habit and work on it. You can do it!

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I'm Just Saying The baby and the bath water

Ron Golfman - Main Street

The coming of spring conjures up notions of optimism, rebirth and increased social opportunities following a brutal winter, which held many of us captives to its harsh wrath.

The winter's hardships are partly responsible for the contents of this article, as you will soon come to see. Sadly, the findings will surely disappoint many, (me included) and affirm for others the idea that stereotyping is only a justification for racism and other, similar poisons.

I watched more television and read more news stories this frigid winter than I normally do, and most of the so-called information got me fired up, often boiling mad; surely not the healthiest way to stay warm. It was not simply the horrific images and threatening tones, but equally, the way in which the reporting promoted hatred, the marginalization of races and stoked the fires of "us" against "them"; a dangerous game, we never seem to grasp, despite our history and past errors.

I am frightened by the growing threat of ISL, Boko Harum and other groups that use 21st century technology, combined with prehistoric thinking, to justify genocide using a skewed version of Islam. This behaviour is directly contrary to my lifelong belief, inspired by my biggest hero, Muhammed Ali, who was a fighter by trade and a pacifist by nature. A man who refused to go to war against people who had done him no harm, or for a country which, not so subtly, promotes racism towards "his kind." Painting everyone with the same brush is not art, it is simply wrong.

Last month, I flew to Cuba, and was introduced to a beautiful country, with warm and soulfully friendly people who, in spite of a third world economy, exemplified a spirit of warmth well beyond the temperature reading. I laughed at the inane way my fellow Quebecois passengers clapped when the plane touched down, thinking this uniquely ridiculous habit doesn't respect the idea that the pilot's job is, after all, to land successfully. I also wondered what they would do if he was not successful; "boo" while we went up in smoke?

I must say I was annoyed that, although the flight was international, all information was conveyed only in French, including customs information. I'm sad to say that, in addition, once back in Montreal, when our baggage was 70 minutes late arriving at the carousels, the explanation and directions given to us weary travellers was also uni-lingual. How unwelcoming and alienating this must be for others who visit Quebec. During my trip, many Cubans spoke three languages (English, French, and Spanish) and, while greeting us at the airport, our hosts were smilingly saying, "welcome Canadians" only to be responded to with, "we're not Canadian, we're Quebecois" by many, in less than dulcet tones. I thought to myself that these were trite people who didn't represent all of us.

I am proudly Jewish, a Quebecois, and a Canadian, happily married to a Newfoundlander, which provides much fodder for others to make seemingly harmless jokes, as if social racism is humour. It is not! I prefer not to think that all Catholic Priests are pedophiles, that all Scots tittle heavily, or that all Haitians are cabbies, and so on. Stereotypes harm us; they come at a cost.

Now, nestled in my home, reading about PKP, and the CAC's Mr. Legault's disparaging and paranoid comments (and then retractions) about immigrants, which were xenophobic in nature, I must remind everyone that, aside from Native peoples, we are all immigrants, and should conduct ourselves with mutual respect for others, saving our disdain for violence, prejudice, and intolerance.

Thank goodness the Montreal Canadiens are steaming towards a play-off run, the one sure-fire period of time, I'm just saying, when all Quebec/Canadian people become one, and briefly lead by example.

The Youths' Voice Conformity

Meghan Leblanc - Main Street



The teenage years are crucial in the development of one's life. Learning to find yourself, while making important decisions that will define your future as a whole, takes everyone by surprise, sooner or later. The majority of teenagers goes through a phase in which they try to fit in with their peers, by looking and acting like everyone else. This attempt at conformity masks individual identities, and is gradually becoming more and more of a serious issue.

If you walk through any high-school corridor, you will see young girls, who could easily pass for a couple of years older, all wearing the same style of revealing clothing, with perfectly straightened hair and heavy mascara. There is nothing wrong in wanting to look like someone else, or trying to fit in, but the gradual loss of identity often leads to confusion and a depressive state of mind.

Where did our need to conform come from? In mankind's early history, the instincts for natural selection and the survival of the fittest were important, in order to survive, but are such instincts still important, or are they just a curse of our modern societies?

The idea of "survival of the fittest" contradicts what is necessary to construct a well-working society. Our societies function by relaying different tasks to various groups and corporations, and working for all the people, and not just for individuals. The "survival of the fittest" imperative is based on ideals, perfection and the capacity to adapt to changing conditions, but our modern society is based on individual differences, and the ability to work together, as a whole, despite the difficulties we must face.

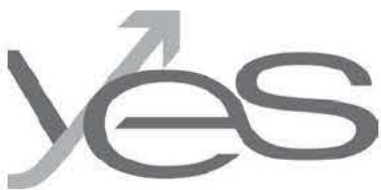
Teenagers should start to expand their horizons and begin to see the world through their own eyes, instead of searching for answers from others. The need to conform is understandable, but people should be accepted for who they are, individually, and be able to think the way they choose to think. There is no easy way out of anything, but being yourself is the best way to go through any obstacle.

We were all born as unique individuals, for particular reasons, and no one has the right to tell us otherwise. Our differences are what make us so special, and if we all are true to ourselves, the world would be so much more interesting.

You are perfect the way you are.

Making it Work in the Laurentians The business of doing good

Jamie-Lynn Robinson - Main Street



The concept of Social Enterprise is currently surging in popularity, although it has been around for decades. From ecotourism companies to grocery store cooperatives, this approach can embrace many different types of organizations and businesses. There is serious debate as to what constitutes a Social Enterprise and definitions may vary, based on a range of factors. The defining characteristics of a Social Enterprise includes having a social mission at the core of the business and using market-based strategies to generate profit to further social goals.

Quebec is home to a variety of successful social enterprises that are innovatively applying market-based strategies to address today's problems. They can serve as examples for new start-ups. For instance, CAMMAC (Canadian Amateur Musicians - Musiciens Amateurs du Canada) is a non-profit organization that promotes amateur music and operates a lodge and music center on Lake McDonald in the Laurentians. They run their own music programs from the center and they also rent the space to generate profit to support their programs. Cooperative models are also becoming more popular, a successful example being the Vallée Bras-du-Nord (an ecotourism cooperative, located in St-Raymond, in the National Capital region) that shows how local market needs can be met by social enterprises.

If the idea of running a business, while addressing a social cause, excites you, you will want to do your research up front, including exploring which business structure would be most beneficial (ex. for-profit, non-profit or cooperative). The chosen business structure will impact things such as the activities, taxes, potential revenue and funding options for your enterprise. In addition, creating both a business plan, and viable business model for revenue generation, will strengthen the chance of your business succeeding.

Depending on the structure you choose, you will have different options available to you for funding your enterprise. For instance, setting up a non-profit may allow you access to grants and other programs for which a for-profit would not be eligible. However, as a non-profit, there are restrictions on how much revenue you can generate from goods and services, whereas a for-profit would not face such restrictions on profit making, and could potentially have better access to classic business loans and services.

As social enterprises gain in popularity, an increasing number of institutions are recognizing their value and potential. As with any start-up however, a solid foundation, based on sound research, is an essential prerequisite for success. Meeting with a business coach can help you to determine the best choices for your enterprise.

April will be Social Entrepreneurship Month at YES, a Quebec non-profit organization, which provides entrepreneurship support and business coaching. YES will host a series of workshops geared at better understanding social entrepreneurship and exploring funding options and marketing strategies for social enterprises. Both the workshops and business coaching can be accessed online, so check out the YES website to learn more.

Join YES on Facebook, or contact us with questions, suggestions, or comments at info@yesmontreal.ca or by phone 514-878-9788 or 1-888-614-9788 and visit us at www.yesmontreal.ca

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Kick the Nic

No cigarette is a safe cigarette, including e-cigarettes!

Written by Charlene O’Hanley (teacher) and Megan Fletcher (student)

This is the theme students at the Lachute Competency Development Centre (CDC) / SWLSB decided to study as they entered the 2015 Québec Entrepreneurship contest. E-cigarettes contain nicotine – even the ones that claim they don’t, have been found to have trace amounts. As their popularity grows, it is important to understand the risks associated for users and those exposed to the second-hand vapor.

The Québec Entrepreneurship contest is an organization that mobilizes a large network of partners to promote entrepreneurial initiatives, inspiring people to believe in themselves and transform their ideas into action. The QEC is widely recognized in the area of entrepreneurship; it relies on over 350 representatives in all 17 regions of Québec, hundreds of jurors and dozens of public and private partners. There are two divisions – Student Entrepreneurship, intended for students (all levels), who have carried out projects fostering the development of their entrepreneurial values and Business Creation.

“Kick the Nic,” CDC’s project, addresses the enormous task of speaking to Quebec’s 2 million smokers. As “vaping” is still fairly new, there has not been enough time to do the necessary long-term studies regarding associated health risks. E-cigarettes are rapidly gaining a foothold in popular culture and are marketed as a healthy alternative to tobacco smoking and an effective tool to stop smoking. Bystanders are exposed to aerosols exhaled by users, and this vapour contains toxins and nicotine. Also, the vapor contains “theatrical fog,” which has been known to cause respiratory problems. (Ref: University of California, San Francisco, 2014).

The “action of smoking” is also addictive. Fears are that smoking will again become the norm. Currently, there are students at our school who use e-cigarettes, but since they have learned the facts from our school project, they are having second thoughts. A few have admitted that they are “dual smoking,” smoking both regular and e-cigarettes.

Our message is this: Make informed decisions when it comes to smoking. Whether it is through false advertising, or lack of information, young people are often lured into habits that are not healthy. As part of our efforts to raise awareness, students are also designing, creating and producing an information podcast that will be made available online.

Students have found that this project promotes values and qualities, which will be useful throughout life: autonomy, creativity, a sense of organization, seeking new challenges and self-esteem, among other positive goals.

The QEC changes the lives of those students who participate in strong and stimulating projects at school. There are many first-hand accounts from students whose participation in the contest has motivated them to stay in school and to succeed.

Each new project is transforming Québec.



Healthy Channels

Food allergies

Christopher Garbrecht, Ac. – Main Street

I finally had my daughter tested for food allergies. Since she was little, she would have a bit of a rash, eczema and itching reaction after eating certain nuts. It was never severe, but I wanted to know exactly which nuts she was allergic to, and how severe the allergy was. In her case, it turned out that she is allergic to hazelnuts, but not walnuts.

The number of people with severe food allergies is growing. Science doesn’t know why, although I could make a few guesses – food grown with excessive amounts of pesticides and chemicals, chemical additives in foods, certain foods being used in a wide array of packaged foods, causing over-exposure to these foods (corn/soy), genetically modified foods, an overall increase in pollution, which taxes the body’s immune system, etc.

While 15% of the general population believes they have a food allergy, the actual number is closer to 5%. Allergies are a product of our immune systems, with multiple biochemical pathways triggered in response to a specific antigen. “Allergy” can describe mild skin reactions and respiratory distress, right through to life-threatening reactions. The majority of food-related allergic reactions are not life-threatening.

Symptoms of a true food allergy usually involve the skin and intestines and typically begin just after eating and not longer than 2 hours following ingestion of the particular food. Common symptoms include: hives, swelling, itching or eczema; nausea and vomiting, stomach cramps, indigestion or diarrhea; swelling of the eyelids, face, lips, tongue, throat or other parts of the body; a metallic taste in the mouth; wheezing, nasal congestion or trouble breathing; lightheadedness, dizziness or fainting.

Anaphylaxis is the term that describes the most rapid and severe immune response, which can occur in response to a drug (the most common cause), an insect or food. Food allergy anaphylaxis is rare, with 8 foods causing over 90% of anaphylactic reactions: milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat. Severe reactions are more common in children and young adults, who are at greater risk of a fatal reaction. Food allergies in children, such as milk and eggs, can resolve over time. Tree nut and peanut allergies, however, are more likely to be life-long conditions.

Acupuncture is great at significantly reducing the symptoms of seasonal allergies, such as pollen. It’s best to have a few treatments a month before the symptoms usually begin, but it also works during the allergy season as well.

If you have any questions about acupuncture or would like to schedule an appointment in Val-David or St. Jovite, you can call me at: 819-322-3081. You can also check out my new website at acupuncturevaldavid.com.





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Garden Talk

Light is key to successful seedlings

June Angus - Main Street

While some seeds, such as root crops, do best planted directly in the garden, most vegetables grown from seed need a head-start indoors, because of our short growing season.

Now is the perfect time to sow tomatoes, peppers, cucumbers, eggplant, broccoli and cabbage. By early June, when the risk of frost has finally passed, these indoor seedlings will be ready to transplant outdoors.

Most garden centres and stores offering gardening supplies have seeds available now. Ordering seeds online is another convenient option. With seeds in hand, all you need to start growing are some shallow plastic trays, soil or soilless seedling mixes, the seed package directions and a well-lit area.

One of the most important inputs to the success of growing seedlings indoors is providing the right amount of light. This is also one of the hardest factors to control. Some plants, such as lettuce and many herbs thrive on a sunny, south-facing windowsill, but most will need supplemental light.

When seedlings begin to develop a stem with true leaves, the urge to move towards light becomes overwhelming. It is the energy source that plants require to grow. Most seedlings need at least eight hours of fairly intense light per day to encourage development of sturdy stems and bushy foliage.

If there is not enough light, or if it is too far from the plant, the seedling will become spindly and floppy as it tries to reach for the light. This stretching process weakens the seedling and ultimately the developing plant.

Fluorescents, such as energy-efficient T5s, are the easiest supplemental lights to acquire and install. They can be set up under kitchen cabinets, on shelves, or over a gardening table in the basement. Small indoor garden kits, with adjustable, built-in lights and equipped with growing trays that are integrated in a stand are ideal.

The height of a supplemental light must be adjustable. When seedlings first appear, the light should be no more than a couple of inches above the tops of the plants. As the plants grow, the light fixture will need to be adjusted.

If you invest in plant lighting for seedlings, the same lights can be used for cultivating micro-greens and other culinary herbs indoors year round. They can also give some of your favourite flowering houseplants, such as violets, a boost during the long, dark days of winter.

As the seedlings develop, thin out weak-looking or overcrowded shoots. Finally, before transplanting seedlings outdoors, they need to be "hardened off," to acclimatize them to cooler temperatures and outdoor elements, including wind and sun. Do this by increasing air movement (an air circulation fan can be used) and by moving plants outdoors on warm days and bringing them in at night.

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LAKEFRONT: A very modest exterior hides a very spacious open concept home with 3 bedrooms & 2 baths. Boasts cathedral ceiling, wood stove, sky lights, thermopump, solarium & finished basement. The flat, landscaped lot is complimented by a sandy beach front, large shed, paved driveway & custom-made, detachable carport. Truly turn-key! Must visit to appreciate! 2249005 **MLS 27315812**

LACHUTE: Bungalow with 3 bedrooms, 2 bathrooms, car port and attached garage. Large, flat backyard of 8413 sf landscaped with a pool and fenced on the corner of the street. 2 minutes from highway 50. Paved double entrance, central vacuum & storage in the attic over the garage. Solid home with big backyard at a reasonable price, cease the opportunity! 1890005 **MLS 12548764**

LAKE SOLAR: Quaint and cozy 4 season cottage on the waterfront of Lake Solar in the heart of the Laurentians. Very quiet area ideal to take nature walks and truly relax in tranquility. This well maintained property benefits from a balcony and gazebo on the lake side, 2 sheds, & car port. Low maintenance. Only 10 min. from the ski hills & 45 min. from MTL. 1740005 **MLS 11204283**

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