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See Ad on p.15

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What's On My Mind...

Protecting our wildlife

Susan MacDonald, Editor

With the snow and cold temperatures now subsiding local wildlife is becoming more noticeable along country roads and in our backyards. Hibernators have awakened from their winter slumber and flocks of migrating songbirds and Canada geese have returned from their winter retreats. Spring has arrived and it's time once again to reunite harmoniously with our local wild neighbours.

Many people enjoy bird watching and set up birdfeeders to attract various species to their backyards. An enjoyable pastime, certain criteria should be followed carefully to ensure the health and safety of our avian friends as well as to protect them from marauders. Proper feed, feeder placement and cleanliness are essential and there are several informative websites providing tips on how to feed birds successfully. For example, did you know it is not recommended to feed them bread or to add red food colouring to hummingbird nectar? If you do a little research before starting up your feeders, birds and humans alike will reap the rewards of your efforts.

In spring, young animals, particularly fawns, baby raccoons and squirrels are mistaken as orphans and well-intentioned humans intervene unnecessarily. Understanding the natural behavior of these animals will help to determine when aid is really needed and when it is best to step back and observe. Aside from being illegal, caring for a young wild animal is a full time and challenging undertaking, which rarely ends well for the young one. A wise alternative would be to seek out local rehabilitation centres in advance, just in case you may require their services in the coming weeks.

Throughout the first week of June, turtles are regularly seen on roadways as they seek out nesting sites and many suffer serious harm or worse from passing cars. Although slow and seemingly harmless, turtles may bite causing serious injuries to humans. If you do stop to assist them be sure to cover their heads and place them on the other side of the road in the same direction they were heading.

Over things we can do to protect our wildlife is to be vigilant while driving, particularly at night, keeping our dogs leashed while hiking in the woods, secure garbage cans, avoid using pesticides and harmful chemicals outdoors and, most importantly, avoid approaching, feeding or trying to touch any wild animal.

On occasion, conflicting incidents may arise between humans and wildlife. These are rare and usually involve illness, food issues or perceived threats by the animal. If you experience a problem with an individual, notice unusual behavior or find a dead animal without obvious cause of death, please contact the proper authorities at <https://mffp.gouv.qc.ca> > the-wildlife. / <https://www.mapaq.gouv.qc.ca>

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We have done beautiful team work ! Bravo Vendors and Bravos Buyers. Thank you very much Stephan. I wish you all the best !

★★★★★

Thank you Ron ... This is our third transaction together ... Thanks for your trust, we had a lot of fun with great collaboration. Congratulations!!

See my article on page 6

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April 2023

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Embraced by the Sky

Eco Spa Highland

Susan MacDonald

Located on the peak of a mountain overlooking one of the most picturesque valleys of the Laurentians, Eco Spa Highland (18 Chemin Mountain, Grenville-sur-la Rouge) offers you a unique opportunity to escape from the stress of urban life and to revitalize yourself in the tranquility of nature. With a maximum of 20 guests on a 20- acre property – the distinctive trait of this establishment – peace and privacy are assured at all times. If a place does exist between heaven and earth, then surely it is this hidden jewel of the Laurentians.

Designed and built upon a concept reflecting a harmonious union with nature, carbon-neutral technologies, such as solar panels and wood gasification systems were implemented and salt, a natural disinfectant, was chosen for use in the Nordic spas. Clients can fully indulge in enjoying the spas knowing that they are basically heated and disinfected by Nature. The placement of the main buildings and baths were also planned to fit intricately into the natural landscape, while still allowing for spectacular views of the valley below during the day, incredible sunsets and sky lines in the evening and, a full view of the starry sky at night.

Guests are invited to visit for the day or stay overnight. Accommodations include rooms in the main building, a private deluxe suite in a separate cottage and, for an even more intimate and genuine experience, private glamping suites where they can be in nature in a carpeted tent with a comfy queen-size bed, wood stove, microwave oven and even air conditioning.

The Eco Spa Highland restaurant “The Highland” offers several delectable choices from its homemade delicious French cuisine inspired menu. On most evenings, guests are treated to live music, which has become a special and popular highlight. The Highland is open to all (on reservation), and not only to the guests of the spa.

Eco Spa Highland will be celebrating its 10th anniversary in July and looks forward to greeting new and past visitors with dedication, attention and even a little more... “Come as a guest and leave feeling as a member of our family.”

For further information or to reserve your stay, call 1 855-532-6772 or visit <https://www.ecospahighland.com/en/>



Call for projects 2023

The MRC grants \$177,000 for Revitalization, Social And Community Development Projects

Following the launch of the call for structuring projects and within the framework of the Regions and Rurality Fund (FRR) – component 2, the MRC des Laurentides announces the granting of grants totaling \$177,000 to support the implementation of 18 projects aimed at improving living environments and social development on its territory. In order to help a greater number of projects, the envelope was increased this year with an additional sum of \$57,000 dedicated to social and community development.

Each year, the Council of Mayors of the MRC des Laurentides reserves an amount dedicated to this call for projects. Organizations, municipalities and private companies can thus avail themselves of financial support to carry out a project that achieves the objectives targeted by the intervention priorities. Among these priorities are the support of the social and cultural economy, the improvement of the reception and management of businesses, the support of traditional industries such as tourism, agrifood and forestry.

Thirty-four (34) projects were submitted and analyzed by two selection committees and 18 projects were selected. The total amount of requests represents a sum of more than \$800,000.

In addition to the intervention priorities, the projects also had to meet the principles of the Support Policy for Structuring Projects to Improve the Living Environments of the MRC des Laurentides Territory.

The 18 eligible projects received a favorable recommendation for the allocation of financial assistance by the Council of Mayors of the MRC des Laurentides. These projects have demonstrated their commitment to improving the standard of living for the population of the MRC des Laurentides.

We would like to remind you that this call for projects is possible thanks to government contributions resulting from the Support for local and regional development skills of the MRCs of the Regions and Rurality Fund (FRR part 2) of the Ministry of Municipal Affairs and Housing (MAMH).

We invite organizations to watch the next call for projects, which will be announced next fall. For more information, we invite you to visit the MRC des Laurentides website: <https://mrclaurentides.qc.ca/frr/>



Making it Work in the Laurentians

Idea to action in 7 steps

Maya Khamala

In a workplace landscape where working ‘smarter’ rather than ‘harder’ actually takes a lot of effort, the importance of making wise choices cannot be understated. Whether you’re starting a company from scratch or trying to generate new growth, there are countless decisions to be made on your path to success.

Many obstacles to action are emotional. From a lack of inspiration to low self-confidence or being overwhelmed at the volume of work, paralysis is understandable. Completing these actionable steps can help break the paralysis:

Collect ideas

Get inspired. This may look like pen-on-paper brainstorming, or a deep dive into books, magazines or online articles to learn how others who’ve gone before you think.

Gain insight

The path to a strong business typically involves researching how others have done what you’re trying to do. Research online and consider including technical studies, customer interviews and observation to identify their needs, purchasing patterns, etc.

Spar with experts

Seek out experts with the knowledge and experience you need to debate your ideas with. A great mentor is invaluable!

Make actionable decisions

Use your newly gained insights to make decisions you can act on. This will likely involve analyzing your options, making financial calculations and/or examining potential risks.

Test it out

Some entrepreneurs would rather skip the above steps in favor of testing IRL, via trial and error. Depending on your company type, you might develop a prototype, implement a pilot project, make test deliveries, or carry out a consumer test to get the creative input you require for further business development.

Document it

Document your idea to help communicate your vision to others. It could be in the form of a traditional business plan or documentation for would-be customers.

Sell it

While it’s best to wait for your idea to be fully developed before meeting with clients, you can test the waters by creating a sales presentation - one so good that customers can’t say no, even if the product has yet to be developed.

Bottom line: the above steps can be completed in full or in part and in any order—there is no fixed formula. That said, if you focus too much on one area, you risk sacrificing action for analysis, or expert advice for intuition.

A YES business coach can help you save time and work smarter. Visit <https://yesmontreal.ca/> to book an appointment.

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Laurentian Personality

A passion for history - Jean-François Hamilton

Lori Leonard – Main Street

Jean-François Hamilton has lived in Gore since 2001. He and his wife Monique Laramée purchased their home, “Bellfied Bungalow,” which was built in the 1920’s. Jean-François grew up in NDG. Prior to moving to Gore, Monique and Jean-François lived in Verdun. Monique’s mother owned a house by a small lake in Gore where they spent many weekends. One morning Jean-François saw an ad for a house with 4 acres of land for sale in Gore. The rest is history...

Speaking of history, although Jean-François doesn’t consider himself to be an historian, he possesses a wealth of knowledge about Gore and is passionate about its history. He feels greatly indebted to Louise Johnston and Luc Matter (deceased) who wrote about Gore history in the Gore Express.

He enjoys travel and road trips, camping and reading about history, especially ways of life of First Nations people. He grew up in Saudi Arabia and visited 30 countries with his parents as a child.

Jean-François currently works at Lactalis, a Montreal dairy and Monique is an accomplished artist. They have two grown daughters. Jean-François truly enjoys time with family, hiking, snowshoeing and x-country skiing and, adores trail blazing. Jean-François and Monique bought 140 acres of land behind their home in 2006. The family began cutting a trail in 2008 and now have 6 km of hiking/snowshoeing trails.

In 2014, Jean-François was approached by Gore folks who wished to form a trails association, which became Les Sentiers de Gore. Elisabeth Van Eyken, Mathieu Madison and Janick Roy marked the first trails behind the municipal park. Jean-François has been President of Les Sentiers de Gore since 2021. They organized trail maintenance days with volunteers and, with their effort, the popular Pioneers’ Trail was blazed. They maintain trails at Denommé Park, a 60-acre property donated to Gore by ex-municipal councillor, Marcel Denommé, (deceased). A committee was formed to determine ways to connect various parks in Gore. Their motto is “connecting the community, connecting the territory”. The team is grateful for the support from the town of Gore and Mayor, Scott Pearce.

Jean-François also spearheaded the Margaret Cook project. In 2004 a neighbour loaned him the novel, Land Possessed, by Margaret Cook about Irish pioneers. Jean-François sent a FB message to Elizabeth Cook, Margaret’s daughter. Elizabeth shared fragments of her mother’s history and time spent at Sunnyside, their home. Margaret Cook wrote a monthly column called Sunnyside Sketches for the Lachute newspaper, The Watchman.

Many projects were realized by Les Sentiers de Gore. The 1st project was a bus tour in 2017 to visit locations mentioned in Land Possessed.

The 2nd project was Don Stewart’s play, performed in French, in 2019. Footage of the play was used in the film Nature’s Victory: Margaret Cook and the Pioneers of Gore. This successful documentary, produced by Les Sentiers de Gore, directed by Daniel Voyer, was released in May 2021 and selected for screening at the Beauce Film Festival 2022.

In May 2022, Les Sentiers de Gore published Margaret Cook’s biography “Life as it is” written by Hélène Beauchamp. The next project is to republish “Land Possessed”.

Scenes were filmed at Kerr farm in 2020, which is how Jean-François met Steve Vachon, owner of Kerr Farm. Jean-François knew about the farm since 2001. In 2004, Monique and Jean-François considered getting married there, as they were familiar with its beauty and charm, but had no idea of its rich history.

Jean-François believes it’s integral to preserve the history of the first pioneers, to remember their hard work to be self-sufficient, how they cleared the land and raised their families. Thank you Jean-François, for trail blazing, maintaining Gore’s trails and keeping us up to date on Gore History.

For info, visit lessentiersdegore.com. Copies of the documentary/biography are sold at Centre d’art d’Argenteuil, Lachute. Copies may be borrowed at Lachute or Morin-Heights libraries. To receive a copy of the book by mail for \$16.00, email lessentiersdegore@gmail.com



In the Anglosphere

Autism & Arts

Kathleen Hugessen | Penny Rose

When Julie Chou’s son Ben finished elementary school

in Lachute, she had hoped he would go on to attend Lachute Regional High School (LRHS). This turned out to be impossible since the school could not provide adequate support for Ben, who has autism. Chou finally opted to home school Ben but, she says, “There were no connections with others.” Her son needs social interactions as much as any of us.

Chou says she knew other parents of autistic children living in the Laurentians. “We’ve cried on each other’s kitchen tables.” So Chou went looking for help. Enter Melanie Bujold, a community development technician for the Sir Wilfrid Laurier School Board who would help Chou found Autism & Arts in the Laurentians (AAL), in 2017, an after-school program for neuro-diverse people, housed at LRHS.

“Ben has two passions,” Chou explains, “art and animals. We wanted to know if we could make an art space. It started as an art club that morphed into a social group.”

To begin with, the group met in the video-conference and art rooms at LRHS, which meant all supplies had to be removed after each weekly meeting. Then, in 2018, LRHS was able to offer a permanent space. All the art materials are now stored on site. In addition, that year, they started an AAL group in Ste-Agathe. Chou was run off her feet.

Then came COVID and both programs stopped for a time. The LRHS group is back in action, but the Ste-Agathe group is unlikely to reform, at least not with Chou involved. “We used to lug everything and the car pooling was insane,” she says.

Meetings are on Wednesdays from 3:20 pm to 5 pm. Because it is a recognized after-school program at LRHS, participating students can be bused home, but the last buses leaves at 5 pm. In addition, there are summer activities. “They’re more informal,” Chou says. “They come to my house. We have field trips.”

Currently, there are about 12 to 15 attendees each week, the youngest is 13 years old and the oldest is 37, a former LRHS student. While entirely volunteer run, AAL hires some teachers for activities such as drumming, photography, music, painting and tie-dyeing. Ben loves to sculpt small animals in clay and has taught the group.

AAL received funding from a variety of sources, including Autism Speaks Canada, Unity for Autism, the Independent Order of Odd Fellows, Dunany United Church. Last year, they held their first (“and probably last,” Chou admits. “It was a lot of work.”) festival at the Dunany Country Club, with incredible support from the Dunany Studio Artists. “They hung all the paintings. We thought we’d be there all night, but no. They set up the whole exhibition,” she says. “I can’t thank them enough.”

Chou also tips her hat to 4Korners, “They were amazing, from the littlest things to the biggest.” And to Argenteuil MNA Agnes Grondin, who has provided financial and moral support since 2018.

While meetings are open to students with a range of neuro-diversity, “We can’t help everyone,” Chou says. “Students that are non-verbal, for instance.” Students with serious neural developmental delay need to be accompanied by a parent.

“We’d like to help,” Chou says, “but we’re just a bunch of volunteers who care.”

For further information, contact AAL Messenger or Kathy Low at 450 562 8571, ext 8405, and at klow@swlauriersb.qc.ca





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Arundel News

Janet Thomas

DARA WEISS DUO: LIVE IN CONCERT
Arundel United Church, 17 rue du Village
Sat, Apr 22: 3 pm – 5 pm

Get your feet ready to stomp and your hands ready to clap. You will love Dara Weiss' old-time string beat that makes you want to get up and dance. BlueGrass-Celtic at its best! This band won the Appalachian Stringband Festival two years running. Tickets are \$20 at the door. Space is limited, so come early. Doors open at 1:30 pm. Refreshments will be available.



NEWS FROM VICTORIA'S QUILTS
Grace Anglican Church, 7 Church Road
Every second Monday from April 17: 9 am – 2 pm

The Laurentian Branch of Victoria's Quilts Canada was able to gather at the Grace Church in Arundel on March 6 after almost 3 months of winter months working from home. Our members were able to complete 20 quilt tops for us to quilt and then send out to people with cancer. One of our members gave us 2 quilts that she had made with her own fabric, quilted, bound and washed, so all we had to do was mail them out. Thank you all. What a team.



It was wonderful to see all our friends again and predict that more people will show up for our sewing sessions once the nicer weather arrives. Please feel free to drop by for a cup of tea or coffee and watch us work. Everyone is welcome to help.

To see pictures of our quilts and get updates, please follow us on Facebook -- Victoria's Quilts Canada Laurentians Branch. You can also use the National website at victoriasquiltcanada.com and click "contact us" and then find a branch under "Across Canada" and click "Laurentian" to send us a message.

BRAYDEN ODELL AVM AWARENESS HOCKEY TOURNAMENT A HUGE SUCCESS

On February 11, 2023, the streets of Arundel were packed as people swarmed to the Brayden Odell Pavillion for the Brayden Odell AVM Awareness Hockey Tournament. Over 150 people came to support the cause while more than 50 people actually strapped on skates. Thanks to this enthusiastic response, the Tournament raised \$3,035.67, which will go towards spreading awareness and pushing for development of an early screening protocol for children. The Odell family wishes to thank everyone who came out.



AVM, which stands for Arteriovenous Malformation, is an abnormal connection between arteries and veins, bypassing the capillary system. It usually occurs in the brain but can appear in any location. Many AVMs are asymptomatic, however, they can cause intense pain or bleeding or lead to other serious medical problems, including death.

Next summer, the Brayden Odell AVM Awareness Golf Tournament will be held on August 12, 2023 at the Arundel Country Golf Club. For more information and to register, contact Jennifer Odell at jennifer@teambrayden.org or visit the website: www.TeamBrayden.org

About Sainte-Adèle

Chris Lance - Main Street



The 36th edition of the Gala de la Nuit Adeloise Desjardins de la Chambre de commerce et de tourisme de Sainte-Adèle (CCTSA) returns on April 22 at Golf Val-Morin. The evening event honors business leaders in our community. For more information and ticket purchase visit the website of the CCTSA.

Last November the MRC des Pays-d'en-Haut held it's first Sommet de l'habitation in Sainte-Anne-des-Lacs to solve what it calls a lodging crisis. But, this January, Mayoress Michele Lalonde believes Sainte-Adèle wants to set its own vision and competence to develop its own future on how to develop and offer housing to it's citizens as opposed to oversight from another MRC committee. Based on this belief, Sainte-Adèle councillor Robillard announced a discussion of habitation on May 10. Robillard suggested not just a discussion but solutions and a plan as well. Also, at the February 20 town meeting, the councillors adopted a 42-unit project on Blondin Street. Of course there was some opposition but the Mayoress insisted the need for housing is evident and that the zoning on Blondin Street is ready for this project. There are other moderately priced units on Blondin. The Mayoress noted there was also a trail that kids could walk to l'Ecole A.N. Morin.

Looks like the Malouf Disney-like project at the Rolland complex has evaporated. A new group, Rolana inc. has taken the reins of the Rolland. Mr. Lamoureux operates the company of Dr. Danny Dreige who bought La Rolland last year. Dr Dreige and Mr. Lamoureux own campgrounds and trailer parks in other areas in Quebec. These owners realize the zoning won't allow a campground. Now, Mr. Frederic Lajoie is the director for the duo here in the Sainte-Adèle Rolland site. Lajoie envisions a Paper Museum surrounded by chalets. Our Mayoress seems interested – perhaps the two will see yet another affordable housing project. It is a beautiful site situated near the waterfalls with a river flowing near by.

The spring sports and activities program for 2023 is now available on the towns website. You can register on the website ([www.ville.sainte-Adèle.qc.ca](http://www.ville.sainte-adele.qc.ca)) or by telephone 450-229-2921 ext 7244 or in person at the town's sports office from March 20 to 31. You will need your Citizens card to obtain the residential rate or, proof of residence for other MRC towns with whom the town has an intermunicipal agreement. Check it out! Lots of sports and activities are available for all ages.

The potholes are deepening here on the hill going up and down the city center to Auto-route 15. Elsewhere, the spring brings tire and rim damage to local residents and their visitors. Perhaps the municipal tax increase will go into fixing and refining the potholes of Sainte-Adèle. The deepening potholes signal that the spring thaw is around the corner. I am sure Adélois citizens will be happy to turn the page of this winter.

The masks are in the garbage, next we can put away the snow shovels and start plotting the spring garden and summer season. It will be great to feel the sun again. Stay healthy, spring is around the bend and just past that pothole.



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MAIN STREET 



NEWS BITS FOR APRIL

Cleaning of the Saint-Sauveur and Piedmont Wastewater Pumping Station

The Wastewater Sanitation Board of Piedmont, St-Sauveur and Saint-Sauveur-des-Monts (RAEU), in collaboration with the Ministry of the Environment, the Fight against Climate Change, Wildlife and Parks, informs the population that it will clean up the wastewater pumping station, located in Piedmont.

Consequently, a planned overflow will take place on April 18, from 11 pm to 1:30 am, in Rivière-du-Nord. Citizens served by the municipal sewer system are asked to limit flushing as of 9 pm, in order to allow wastewater from the entire system, and from all its ends, to reach at the station before the overflow.

A strategic moment

In order to mitigate the impact of the operation on the receiving environment, it is carried out in the spring when the waters are rising, thus allowing a much greater capacity for dilution and resilience, and at night, when there is very little volume.

Proving necessary to ensure the proper functioning of the pumping station facilities and avoid equipment breakage, this cleaning will be carried out in accordance with the environmental standards in force.

Instructions to follow

It is important, throughout the duration of the operation, to avoid the discharge of wastewater as much as possible, in particular by limiting the use of the toilet, the shower, the washing machine and the dishwasher. . In addition, we remind you that chemicals, solid waste, grease and wipes should never be thrown down the sink or toilet.

For more information about this cleanup operation, please contact RAEU by email at raeu@vss.ca.

Argenteuil becomes the first MRC in Quebec to obtain the Concilivi Seal

The MRC d'Argenteuil is proud to announce that it has obtained the Concilivi Seal, a distinction awarded by the Réseau pour un Québec Famille, which aims to recognize commitment and best organizational practices in family-work balance. The MRC, which has just over fifty members within its organization, has always distinguished itself by cultivating a balance between family, personal and professional obligations by implementing measures such as teleworking, flexible work schedule and an employee assistance program.

The project leading to obtaining the seal began in 2022 thanks to the granting of financial assistance from the Ministry of the Family, resulting in close support by the Concilivi Center of Expertise. After drawing up an inventory of the measures in place at the MRC, consultation activities were carried out with staff members to identify needs and assess the appreciation of existing actions. Based on these results, the MRC has developed a range of measures in four areas: organization of time and place of work, support for employees and their families, leave for family responsibilities and the adaptability of the organization.

Companies that qualify for the criteria set out by Concilivi obtain authorization to use the seal of recognition for a period of one year, which will be renewable.

About Concilivi

Concilivi's mission is to positively encourage employers to implement family-work balance measures adapted to the new reality of work and the needs of employees. The initiative stands out for its non-profit vocation and its global vision of all spheres of the family-work balance ecosystem. Concilivi aspires to be the Quebec leader in the field of family-work balance.



What's New in Real Estate

Are lower prices to be expected in the near future?

Lucyne Farand

According to economists from the Desjardins group, the median price of residential properties will fall by 17% by the end of this year.

The Association of Real Estate Brokers of Québec (courtiers immobiliers du Québec) is forecasting a drop of 5% for the same period.

So far, they have both been proven wrong, as the prices in our area have, on average, risen by 6%.

The Bank of Canada is hinting that they might pause the rate hikes at their next announcement due on Wednesday April 12, 2023.

The picture remains foggy but the market is finding some equilibrium with both less buyers and less sellers and, taking a breather.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Marie-Josée Péladeau, owner of the new lifestyle shop **Boutique Josyben**, 1060 rue Valiquette, Ste. Adèle. The shop features many beautiful items with an equestrian flair. For example, there are throws, glasses and dishes all with horse designs. The boutique also offers lovely equestrian themed jewelry (sterling silver stirrup earrings and necklaces, etc.). Many unique gift and home décor items and jewelry are available including novelty pieces with skiers and golfers. Also available are lovely wool blankets, cushions, frames, cups, greeting cards, wine-bags with stoppers, a variety of teas, fragrant bath products and more. There is a variety of chic, every day ladies' sportswear including footwear. The boutique name Josyben is a combination of Josée, the owner's nickname and Ben, a tribute to her beloved horse Bentley. Marie-Josée has been passionate about horses and the equestrian world since early childhood. She had 3 horses in her life, Tomasina, Sudha and Great Bentley who was the horse of her dreams. For info, 514 894-4184 / Facebook: boutique josyben / Instagram: boutique josyben / email: boutiquejosyben@gmail.com / website: boutiquejosyben.com.



Argenteuil Hospital Foundation (AHF) who is celebrating their 20th year since inception. Over the past 20 years, they have amassed donations of more than \$7.5 million to purchase the following important medical equipment: (scan, mini c-arm, echograph, Ez-Cut and, has financed many projects in all departments of the hospital, including the CLSC and 2 CHSLD's). The AHF is a non-profit organization that works in partnership with the local CLSC's and serves the Argenteuil region including Lachute and the surrounding MRC d'Argenteuil area.



The Argenteuil Hospital Foundation (AHF) has been fulfilling its mission to contribute to the development and improvement of health services in the Argenteuil community since January 2002. This eventful year will be filled with many great projects and special activities such as the unveiling of a mascot representing the Foundation, new exercise books for children, a brand new image, an improved web site, the return of their famous gourmet dinners and many more. They have also chosen many ambassadors who will represent and promote the Foundation within the community for this momentous 20th anniversary year. We wish you many more years of success.

Did you know that:

If you would like to try out **Nordic Walking**, **Jayne Pollock**, a local certified trainer, offers private, semi-private or corporate classes? Jayne will start up more group classes this spring. To try it is to love it, as it is wonderful exercise for the entire body, while enjoying nature outdoors. Jayne leads groups in various locations and on Lower Laurentian trails. Everyone is welcome to join the group, no matter your physical ability or what shape you are in. This activity is good for all, so no worries about holding up others! Jayne also sells wonderful Italian **Vipole Nordic walking & hiking poles** and can provide wise advice on the best type of walking/hiking shoes. For info, email jayne@jaynemarchenordique.com or call 514-570-6675. Her website is jaynemarchenordique.com.



On another note, **Jayne** and **Angi Bloom** of **Studio YogaBloom** have lead walking, Nordic yoga walking, snowshoeing and cross-country skiing groups to raise funds for relief efforts in Ukraine & Palliaccio and to date have raised over \$10,000. Palliaccio is an organization that provides support to people living with cancer, to those who have recovered from cancer, for people at the end of life, caregivers and those living with loss. Bravo ladies for an excellent job for our community and for Palliaccio!

Happy Spring to everyone!



Cancer Support Group Get connected at the next meeting April 15

Looking for information? Want to find trusted online resources? A tour of some essential online resources and a chance to discuss what works for you is on the agenda at the next Laurentian Region Cancer Support Group meeting April 15 at 1 pm at Châlet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the March meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.





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4korners

Life Path – Life Project Program

Jude Hussain

4Korners released a new, innovative and supportive program for men this past year via the introduction of ‘Life Path’. Life Path aims to help participants take stock of their lives by planning and developing ‘life projects’ – goals and dreams that can slowly be developed for the years to come.

Life Path operates as a sort of life-coaching program. The goal of the class is to teach people how to move with clarity towards a goal in their lives through a methodological approach. The class instructs participants to create self-portraits of who they are from their experiences, strengths and interests. There are 4 stages that Life Path attendees will work through during the 4-week program, each week acting as a specific stage.

The first week is all about relating to oneself, how you can recognize your own strengths and work towards your goals. The second week explores how building proper relationships with others can help one advance and achieve their goals. The third week delves into the importance of work and social life and, how being content with these two crucial aspects of one’s life will help anyone achieve their goals. Finally, the last week is about dreams, exploring things that one would like to do, but has never tried and, recognizing that anyone’s dreams are possible. Each session allows participants to create ‘road maps’ with daily, monthly, or yearly goals, leading up to one goal.

Within each weekly focused stage, there are various themes to be explored, which all work to connect the participants’ life projects and build the appropriate skills. There are weekly exercises of affirmation, which teach participants to be themselves without forgetting who they are or over-imposing themselves too much in one given area. Additionally, the missions and roles one takes on, as well as the frequent challenges and roadblocks that come from them are prevalent weekly themes that Life Path aims to critically analyze. Importantly, Life Path explores the relevance of the choices and decisions in one’s life and reinforces these with techniques to structure self-reflection. The themes within the stages of this program are all structured to set up a participant’s Life Path, serving as a formula designed to evoke future success.

The structured nature of Life Path serves to enrich the lives of the men who participate. By creating a road map, having a plan and working towards goals, participants feel a sense of purpose and are excited to work towards their ambitions. These lessons inspire intuition, which motivates change and, encourages weekly, open discussion. With these structured stages and formulaic themes, Life Path quite literally creates a ‘path’ for participants to follow in an open and welcoming environment. As one participant stated, “4korners is brilliant at keeping this class real and relatable. I am inspired to continue to do right in this world, so thank you for helping me stay on the sunny side of the street.”

If interested in registering for 4Korners’ Life Path program, please contact info@4korners.org or call 1-888-974-3940| 450-974-3940 ext. 601.

Laurentian Quilters Group

Would you like to learn to quilt?

We are a group of like-minded ladies based at the Legion in Morin Heights. We are currently looking for new members. As a group, we have been active for 23 years and have had many shows over the years, which have been very successful.

We also make cuddle quilts that we donate to various shelters as well as organizations such as The Montreal Sick Children’s Hospital and the Shriners Hospital. Combined efforts have allowed us to donate hundreds of quilts over the years.

We have a program director responsible for developing projects and helping augment quilting abilities. Whether you are just getting started, or have been quilting for years, you will find something of interest.

While we were founded as an English guild, we have many bilingual members and everyone is welcome.

Additional Information

We meet at the Morin Heights Legion on the first Tuesday of every month. Meetings start at 10 am and run through to 3:30 pm. The meetings are a combination of taking care of Guild business, Show and Tell, Workshops and, general camaraderie. All in all, a very pleasant way to spend a few hours with friends!

If you are interested in exploring more, you can find us on Facebook. Alternatively, you can contact our President, Lesley Fitzpatrick directly at 450-229-2071.

We look forward to hearing from you!



COMMUNITY UPCOMING events

SPECIAL YOGA CLASSES

Santovas Foundation offers free, trauma-sensitive, mindfulness-based programs on a weekly, ongoing basis to youth in the Laurentians at government facilities, schools, and community service locations. If you would like more information, visit our website www.santovas.org or email us at info@santovas.org You can also follow us on social media @santovasfondation on Instagram and Fondation Santovas



HARRINGTON GOLDEN AGE CENTRE

Cook's Night Out

Fri, April 14: 6 pm

On the menu: assorted casseroles with a surprise for dessert
Members: \$15 / non-members \$20.

Reptiles are WOW!

Place des citoyens, 999, boulevard de Sainte-Adèle

Sat, Apr 15: 10 am

Discover enigmatic animals with Hélène Caron, a dynamic and passionate zoologist! Discover the secrets of reptiles.
Children from 9 to 12 years (with parents) | Free on reservation
450 229-2921 extn. 8300 | ville.sainte-adele.qc.ca

MUSICIANS' JAM NIGHT

Arundel Legion – Branch 192 (79, rue du Village)

Apr 20

A sort of open-mic, jam-style evening
Folk/ rock/ country/ blues/ lounge all welcome.
Info: Guy Melhuish. Guymelhuish@gmail.com

DARA WEISS DUO: LIVE IN CONCERT

Arundel United Church, 17 rue du Village

Sat, April 22: 3 pm – 5 pm

Bluegrass-Celtic at its best!
Tickets: \$20 at the door. Space is limited, so come early. Doors open at 1:30. Refreshments will be available.



Theatre Morin Heights
Presents Spring Show - Hansard
Chalet Bellevue
Apr 26 – 30
Info: theatremorinheights.ca

Arts Morin-Heights Summer Exhibit
Chalet Bellevue, 27, rue Bellevue Morin Heights
Friday, May 5 – 7 & Sept 22-24

Arts Morin-Heights invites you to its annual summer exhibition. More than 200 works produced by the association's member artists will be presented in the three exhibition halls.
450 712-9943 | artsmorinheights.com



Superfolk Presents: "Steel Rail"
Mickey's Café (832, chemin du Village, Morin-Heights)
FRI, MAY 12 - SOLD OUT

NEW SHOW. SAT, MAY 13: 8 pm - Doors open at 7 pm

Tickets \$20: for details see website: superfolk.ca

Plant, Bake, Books and Treasures Sale
Lachute United Church-Hamford Chapel (232 Hamford Street)
Sat, May 20: 9 am - 1 pm

L'Ensemble vocal Hémiole – 20th Anniversary Concert!
Margaret Rodger Presbyterian Church (463, rue Principale Lachute)
Sun, May 28: 2:30 pm

Tickets: Advance tickets \$25 (lepointdevente.com) / at the door \$30 / children 7 – 12 \$10 / under 6 free. Info: ensemblevocalhemiole@gmail.com



UPCOMING CHURCH SERVICES

St. Simeon's Anglican Church
445, rue Principale, Lachute
Sunday morning services at 10 am

Welcome To Church Services - Mille Isles

Gordon Hudson would like to warmly invite you and your family members to attend church services at Christ Church, 1258 Mille-Isles, in Mille-Isles on the following dates: **Sun, May 14 and June 11: 11 am**
Services will be provided in English. If you have any questions, please call Gordon for further information at 450 432-7572.



**ROYAL CANADIAN
LEGION**
**LA LÉGION
ROYALE CANADIENNE**

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

BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs – Sat: 4 pm – 9 pm

MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm

127, Rue Watchorn, (450-226-2213)

Sat, Apr 15: 6 pm – Italian Night

Fri, Apr 28: 5 pm – 7 pm: TGIF

Smoked Meat

Sat, Apr 29: 8 pm – West deVille

Show Bank

Sat, May 6: 1 pm – King Charles

Coronation Day Luncheon

Sat, Mat 13: 6 pm – Mother's

Day Supper

Events are open to all !!

Darts every Thursday at 3 pm

Hall rental / Location de salle:

legion171@cgocable.ca

Info: 450-226-2213

Email/Courriel legion171@cgocable.ca

Web site: <https://www.legion171.net>

Facebook: legion171

Music shows Facebook:

[morinheights live](https://www.facebook.com/morinheights-live)

ARUNDEL – BRANCH 192
79 Rue du Village, Arundel

(819-687-9143)

Open daily from 3pm



On With the Show Small concert hall with big performers

Florian Gaudreau

If you've never been to Rickk's Room, it should be on your bucket list. House concerts are the best venues if you're looking for an intimate setting to listen to great music. It doesn't get more personal than going to someone's house for a concert. At Rickk's Room, the hosts are sweeter than sugar pie and you won't find warmer. I can almost see Rick & Celia blushing, as I'm writing this. It's like being part of the family, just not mine. Well, you get what I mean.

Before the concert starts, everyone mills around the living room and kitchen area, getting caught up. It's a great opportunity to see how people fit into the Rickk's Room social circle. "So, who invited you?" is not a great ice-breaker I can attest to that. Truthfully, everyone is so chill, you'll be glad you came.

I love the set up. When it's time, we all file into the concert hall. The walls are decorated with posters of past performers like a shrine to their music. If walls could talk these certainly do! The seating arrangement consists of various chairs and, adding to the charm, some church benches. The focus point, the stage, is lit up with garden lights. What a setting, it's like something out of a dream.

This gem venue is hidden away in the middle of nowhere. So, imagine my surprise to hear the "Strawbs," a famous British rock band was playing in Wentworth

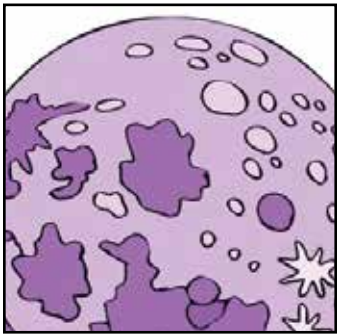
North. The Strawbs were so popular and in February 1973, they were #2 on the UK singles chart, beating out Elton John who was #5. That Strawb show was my introduction to Rickk's Room, what a fabulous performance... so many years ago.

Now, Rickk's Room is bringing another international star, folk singer & songwriter to Wentworth North, Martyn Joseph. This Welsh singer is no slouch and has been in the music industry for many years; his first recording was done back in 1983, which makes it a 40-year career. He sings of issues that matter to him; you could almost consider him the Celtic Dylan of our time. He is a skilled wordsmith that speaks from the heart and follows his convictions by singing about injustices of our time.



It boggles the mind when you see the lists of shows Martyn is doing during his 2023 tour of the UK and the US. The Canadian tour alone spans the country from Vancouver to Wentworth North and continues on to the east coast. It's such a privilege for Rickk's Room to be hosting this show.

The concert takes place **Saturday, April 29 at 3 pm**. Suggested donation is \$30 and the location of this charming place will be given out upon your reservation. To reserve or for more information go to rickksroom@gmail.com



Zach Factor Green Whisperers

Lys Chisholm & Marcus Nerenberg
- Main Street

Have you ever passed by a potted houseplant in the morning, then suddenly do an about-face and seek the watering can? Chances are that very subtle nudge to fill the can and water is not your own. In fact, at a subaudible level, your plant is speaking to you. If it has been too long since you have watered that plant, it might be sobbing.

Human eyes are limited in what they see to something called the visible spectrum. We can't see all other wavelengths of the electro-magnetic spectrum. Long and short wave radio, microwave, infra-red, ultra-violet, x-ray, and gamma-rays are all "invisible". Yet, ultra-violet will burn us, x-rays go right through us and, a pea soup of communication signals are everywhere. Solar Dynamics observatories and satellites detect all these solar emissions to predict solar storms, which effect everything here on Earth.

Likewise, human hearing is limited to a specific range of auditory frequencies. Sub-sonic and ultra-sonic vibrations are beyond human sensory capacity. Recent studies tell us that plants use ultra-sonic clicks and pops to communicate with each other, with other insect life and even with us.

Back in 1973, Peter Tompkins and Christopher Bird first published "The Secret Life of Plants". For those who contemplated this work and those who scoffed, a great divide began. On one side, was the argument for the 'consciously aware plant' and, on the other side, those who saw plant life as a mere non-sentient commodity to be exploited regardless. Tompkins and Bird ushered in the movement of those who played Bach for, or who chatted to, their plants. It also introduced us as to how connected plants are to invisible fields and electro-magnetism and stoked the imaginations of some future scientists on whether plants sensed their environment the way we do.

Evidence from studies led by Biologist Dr. Heidi Appel, University of Michigan done in 2014 told us "Yes". In an experiment called The Arabivibe Project, Appel collaborated with Bioacoustic specialist Reginald Cocroft using a rock plant called Arabidopsis thaliana. They found the simple rock cress produced more mustard toxin, their natural defense, when exposed to the sounds of caterpillars munching their leaves. Later, in 2017, Monica Gagliano, an evolutionary biologist at the University of Western Australia, found that pea plant shoots would grow towards the sound of running water- even if there were no physical access. In 2019, Marine Veits et al, out of University of Tel Aviv, show that Oenothera drummondii flowers, exposed to recordings of a flying bee or to synthetic signals at similar frequencies, produced sweeter nectar within three minutes, potentially increasing the chances of cross pollination. They found that the flowers vibrated to these sounds suggesting that flower shapes operate as part of the plant auditory system. Clearly science is left with additional questions when plants are demonstrating advanced sensory ability.

As we become more adept at demonstrating how plants can hear sounds a recent group of scientists are now showing us how plants can speak. Yossi Yovel, Lilach Hadany, et al, also out of the University of Tel Aviv, <https://doi.org/10.1016/j.cell.2023.03.009> this past month released their work on the sounds of plants 'weeping'. Plants have differing physiological changes when under stress, either from injury or drought. The researchers here monitored the conditions for tomato and tobacco plants and were able to recreate these stressed conditions for the plants while housed in quiet acoustic chambers and in noisy greenhouses replete with competing background noise. The plants in both environments emitted ultrasonic sounds, sufficiently distinct so that, with staggering consistency, the researchers were able to record and determine what type of stress the plants were under and at what stage or intensity. Their work suggests that specific sounds emitted by plants can affect interactions of predator insects that may not lay their eggs on the stressed plants. This work has huge implications for natural pesticide control in a time when toxic pesticides are becoming less effective and more costly to farmers.

Tompkins and Bird opened this little understood invisible world to present day science. We barely understand how in dark underground caves, potted mimosas fold up their petals at sunset and open them again as the Sun rises, sensing the electromagnetic energy from the Sun through layers of rock and soil or, how a philodendron, activated by a lone thought impulse, could start a car 4K away. Let the tree huggers rejoice, we can reconcile and eliminate years of cynicism towards those of us who intuitively hear the "Green Whisper". Happy Spring Zachians! The garden is calling!

Caption: Yossi Yovel (left) and Lilach Hadany, lead researchers at Tel Aviv University demonstrating how plants emit species and stress specific airborne sounds that can be detected. Published in Cell 186, 1328-1336, March 30, 2023.



Photo credit: University of Tel Aviv.



The Story Behind Our Place in Nature

Joseph Graham - Main Street
joseph@ballyhoo.ca

After years of research into our local history, I am left with a feeling that we will never fully appreciate how we, the European-descendant people, settled on land that had been stewarded for at least 6000 years, maybe much longer. As we arrived, we carried a cloud of contagion that shocked the local flora and fauna, pushing especially the humans back. European worms invaded the soil while viruses and bacteria attacked the trees and people. Europe was a boiling cauldron of disease compared to the Americas, and I wanted to know why.

Will we ever know the 'why?' Probably not in any absolute way, but some time in our distant past we rejected our place in nature. We once had a role, a natural human role, as comprehensible as the role bees play in pollinating.

The people who were already here did not reject their role. Their role was a form of stewardship that placed them as a keystone species, based on their deeply modest assumption that they were the youngest sibling, fully answerable to and responsible for the welfare of their elders, all the other species, and the land they called the Back of the Turtle. They cared for the forests, the rivers and their world. They slowly modified it to celebrate the gifts of Mother Earth. They could understand, could read, the needs of the world by walking through its bounty, tweaking and appreciating it while, with the same deep respect for themselves, particularly their women, they moderated their own numbers.

When and why did the Europeans head down a different path? Many historians and archeologists have tried to understand. Comparing the two worlds, the major differences are that the European one created a social structure of male dominance and hierarchies where the concept of property arose. The Americas followed a different path in each of these areas, gender balance, flat hierarchies and a concept of personal ownership restricted to their stories and experiences.

The consequences of all of the above included the European discovery of a vast, seemingly under-utilized world that they could simply move into, an empty, well-stocked homestead. In many cases that is exactly what they found. The famous American Pilgrims discovered an uninhabited Wampanoag village called Patuxet, almost with bowls of warm soup prepared for them. The village inhabitants had died, suffering the consequences of trying to push a slaver ship out of their country. They succeeded, but in the process became infected with viral contamination from the contact. They died shortly before the Pilgrims arrived in their empty village, the newcomers immune to the same viruses that had killed the Patuxet.

In the Ottawa Valley, things were different. For a long time, Europeans came into it at their own risk and peril, but they did not restrict their own numbers. They were ultimately a flood of humanity.

They settled, sometimes with strong doses of naivety, into our small communities. Two men, Jacob Marston and Josiah P. Cass, both originally from New England, homesteaded on adjacent farms in what has come to be known as Cassburn in Prescott County, Ontario. As is often our case, the influence of the female line is not recorded. We know that the two were in-laws; Marston's wife was Cass's sister, but I have not found her name. Thanks to this strong family bond, the couples partnered in most things, carrying their purchases on their backs the twenty miles from Pointe Fortune. They carried wheat over woodland paths and produced admirable crops on their homestead.

Realizing the potential of wheat, and intrigued by the idea of milling their own grain, their next project involved purchasing a millstone - and carrying that huge weight upon their backs the same twenty miles to their homestead. Having no doubt consulted with an honourable millwright, they soon came to discover that their stone was too hard to grind grain. Mills were rare at that time, and it is likely they received a lot of hazing from their patient wives as this strange, ambitious project did not work out as planned. After failures to grind grain, they determined that the best way to deal with a hard millstone was to bury it for a few years and let it soften underground.

When they went to dig up the stone, they couldn't find it. The huge millstone had simply disappeared into the ground. Two generations later, their grandson was still digging up the land, looking for it. Whereas the very generous Cyrus Thomas recorded the incident without pointing fingers or scoffing, he did venture that the stone may simply have slipped into the underworld, pointing out beliefs "of our forefathers" to that effect, as perhaps among the few real possibilities. In spite of this loss, the Marston and Cass descendants would figure among the prominent families of the valley. It was easy to prosper from the wealth that had been "discovered."

Others found ways of increasing their personal wealth at the expense of the stunning forests and the rivers filled with fish, all stewarded by the Algonquian and Iroquoian peoples. The settlers on Lane's Purchase, now Lachute, were a classic example, leaving a shambles of stumps. Still the wealth of the soil that the trees had grown in was capable of carrying more modern farms for generations, slowly heading towards exhaustion. Chemicals mined out of other regions where others had cut through the green surface and converted minerals into fertilizer, allowed us to even further exhaust fields like Lane's Purchase.

Argenteuil is a beautiful region still, rich with the wealth of soils and streams. We still have room to manoeuvre, room to help it come back to what was here, what it had become after six or seven thousand years of proper stewardship. We have leaders, like the group *Abrinord* who are working to save the North River Basin, and other similar groups. But we cannot tarry. It is high time to get involved.



Garden Talk

Create some whimsy with a “themed” garden

June Angus - Main Street

The snow will disappear...it does every year. Meanwhile, we can dream about new projects for the 2023 growing season. Planning a themed garden is a great way to spark your creative juices.

While we are all familiar with herb, vegetable, or cut flower gardens, true themed gardens take the concept another step further. Put simply, it's a garden where every plant fits into one particular theme. Accessories and ornamental items – such as containers, plant supports, statues, and other accents – fit the theme as well.

Here are a few suggestions to get your imagination flowing...

Herbal tea garden: If you're an herbal tea drinker, then this is the theme garden for you! Various types of mint, lemon grass, chamomile, lemon verbena, Echinacea and rose hips are ideal choices. Old teacups, saucers or teapots can be used as accent pieces, mini planters or simply as decorations with a purpose. For example, when cups are scattered around a tea garden or set on posts, stumps or rocks, they can catch rainwater for bees and butterflies to drink. They return the favour by pollinating your plants. The herbs grown in a tea garden can be harvested and brewed fresh or dried for winter use. If there is shade nearby, why not place a bench or seat where you can sit to enjoy a cup of your fresh herbal tea?

Edible flower garden: Even though cut flower gardens are quite popular, an extra twist on this theme is growing only flowers that can be consumed. While hundreds of flowers have been identified as edible, here are a few popular choices: hibiscus, roses, pansies, peonies, marigolds, carnations, dandelions, sunflowers, squash (such as zucchini) and nasturtiums. These flowers generally end up as colourful additions or garnishes in cocktails, salads, flavoured vinegars and desserts. Zucchini flowers are often stuffed or sautéed. Growing your own is best to keep things organic. Most commercially grown flowers are heavily sprayed with pesticides. Many recipes that include edible flowers will give pointers on how to use them. It's generally recommended to add them sparingly as their flavour may be overpowering. Finally, when in doubt if a flower is edible, don't eat it.

Fairy garden: Young children will especially like this theme. It's a great family project to create a truly whimsical space where “fairies” of the imagination can live. These tiny gardens are typically tucked into a container (ideal for decks, balconies or patios) or in small, cultivated spaces near a tree. Generally they include decorative elements like small plants, doll-house-sized furniture, tiny garden pots and mini statues. Greenery and foliage such as moss, English ivy and coleus are ideal. Miniature marigolds and nasturtiums along with other small flowering plants add colour. Natural materials such as stones, shells, and bark will add texture. These gardens were inspired in Ireland, the land where fairies are an integral part of many folk tales. The idea was to give fairies a place to go when no one was looking.

Moonlight garden: Many of us enjoy spending summer evenings outdoors after dark when we can no longer really see the fruits of our gardening labour. A moonlight themed garden containing plants with silver, variegated or bright foliage, white or light-colored flowers, or blooms that open only at night are ideal choices, as are highly fragrant plants. Great candidates include: hydrangea, lily of the valley, chrysanthemums, Shasta daisy, four o'clock, sweet alyssum, yarrow, evening primrose, petunias and geranium to name a few.

These ideas just scratch the surface for themed garden creations. With just a little inspiration, the rest is up to you!



Nasturtiums are a great addition to both edible flower gardens and fairy gardens.



Word Play

COVID From inside the experience

Louise Bloom - louisebloom@me.com

I often speak from an intellectual platform, from a place inside the head that has been informed by another place that resides in the head, a report, a surmise, a conclusion that might be based more on information and less on experience.

When this happens, I recognize the difference in tone. It is much like wading in shallow waters as opposed to deep swimming. The depth and gravity supported by personal experience is missing. With that in mind, I am most humbled by my recent experience as a ‘subject’ of COVID-19 for the first time.

The intellect for all of us is the essential generator of many endeavors. I recognize, however, that nothing beats speaking from experience as the chief informant, the one that sets things straight. The intellect buzzes insect-like in the realm of the head, experience acts more like a deep-water mammal, diving down into the body, the place where the mind (created forms) and the spirit (ethereal interpretation) are vanquished by the body's personal recordings.

Meeting COVID-19 was like receiving an invitation to an adversarial dance. I had perceived COVID as the enemy for over 3 years; until now, I had escaped the war.

Last Monday morning, I entered the courtyard of COVID: an uncomfortable tightness in the head and a body sense that spelled ‘virus’. On Tuesday morning my husband tested positive for COVID. Naïve, I prepared, in the obsessive way that is my usual track. I tidied and washed up, scurried double-masked to gather groceries and, with a pounding head, I rushed to Montreal to deliver something I deemed essential. Wednesday evening the tide began to turn and on Thursday morning I tested positive.

I noticed during the initial discomfort of illness how the body begins to send signals to the mind (and the spirit) to shut down, step back behind the noisy screen that the body makes, as it pushes its process. Nothing else could call my attention. The aches, the malaise, the uncontrolled coughing and the production of tears and mucus, engendered a feeling of being underwater.

I was consumed by the consequences of the attack on the body. I surrendered to what was occurring, all the while recognizing a small and distant awareness, an observer's curiosity.

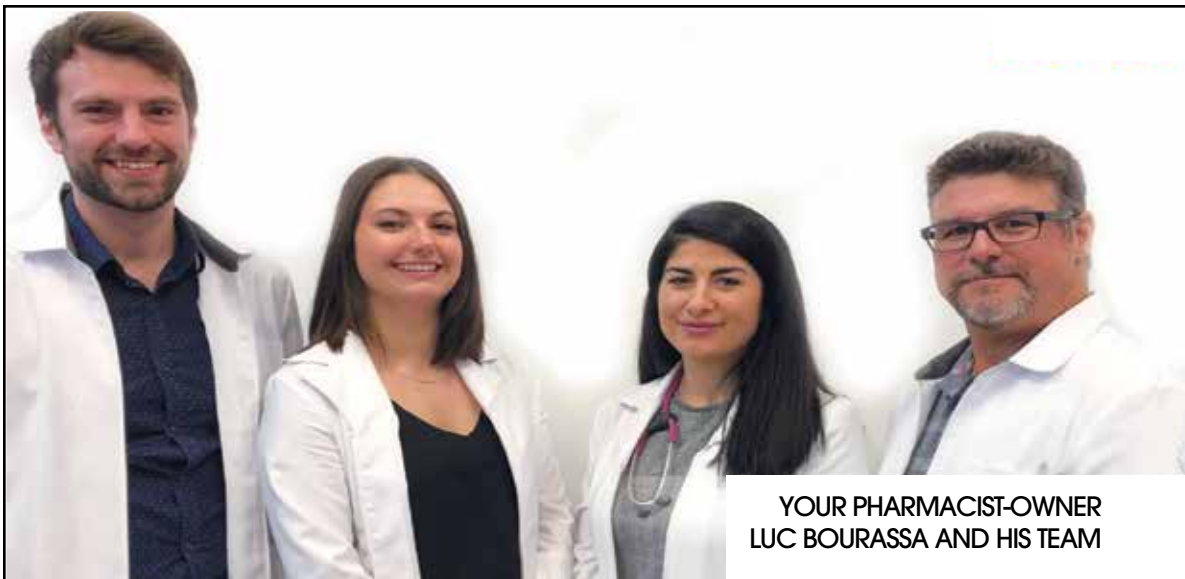
Very gradually I began to hear a chorus of voices that I recognized as the lament of the departed souls who left this world alone, in a solitary battle, in unprecedented numbers in the past three years. In an instant I was given to confront the fragility of human vitality, the preciousness of human life.

My own, privileged North American life, a lifetime spared of the weight and proliferation of so many hardships that circumvent the planet, left me with a shallow perception of the vast array of interminable difficulties that humans undergo. Inured or protected in a sense, by a myriad of novels and films, an abundance of story reading and watching, I have somehow normalized human suffering. I believe that a kind of hyper exposure was keeping the deeper evidence of human pain at a distance.

In the event of my COVID experience, some long held ignorance, some protective mechanism, was letting go. In the felt recognition of fragility in myself, an awareness of the sameness of all humans arose, from deep in the body, awakening the seeds of compassion.

I do not compare myself to those who have passed on because of COVID. This is a moment of gratitude. Over the past three years, we have seen the virus mutate several times and its pernicious nature is not the same as it once was. I am sharing here a kind of metaphor for the human condition; a moment in time that revealed to me the privilege of having the life force itself and a warning not to squander my moments with petty concerns, but rather open to ways that we can better care for one another.

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



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A SINCERE THANK YOU

I wish to extend my sincere gratitude and thanks to the members of the Lachute Legion Branch #70, especially the women's auxiliary, for their generosity and kindness for the lovely luncheon they had prepared for the reception following the funeral for my sister, Dawn Pitcher.

I would also like to thank Rolland Menard Funeral Home for their compassion, understanding and kindness. A special thank you to Mr. Buchanan for the lovely service he provided.

Many thanks and gratitude goes to the doctors and nurses at Lachute, St. Jérôme and Sacred Heart hospitals for their patience and care.

To the many dear friends and family members, I extend our family's heartfelt thanks with sincere gratitude for their support during this difficult time.

Dorothy Pitcher

A HUGE THANK-YOU FROM THE BOTTOM OF OUR HEARTS!

To all participants, volunteers, and donors of A Trek Under the Stars, 2023 Edition, THANK YOU for your generous contributions!

Nearly \$280,000 was raised, ensuring continuity of our free and bilingual services for people with cancer and end-of-life patients regardless of their illness, their caregivers and the bereaved, including children and adolescents. Thanks to you, Palliaccio can continue to make a difference.

We look forward to your participation next year for the 12th Edition of A Trek Under the Stars. Mark your calendars!



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The other side of getting old Moving fast forward

Florian Gaudreau

Have you ever noticed how everything has been speeding up over the years? The phone is a good example. We started off with rotary phones when the task of dialling a number took forever. I remember mis-dialling a number, which had a lot of nines in it and I screwed up on the very last number! I totally lost it... By the time the dial came back to one, it seemed a lifetime had passed. Thank God for push-button phones, making those 9-1-1 calls a lot faster! You'd think "push button" would be fast enough but apparently not as the next to come was "speed dial." Now a day, I don't even have to strain my finger, I can tell my phone whom to call. Not only that, remembering someone's phone number is a thing of the past as my cell now has all my contact numbers and I have no idea what anyone's number is, only my phone knows for sure.

Saving time is important as we have so much to do in one lifetime. I'm so grateful we don't have to talk fast, to save time. It's not like we can really save these microseconds, for more time with the grandkids. I think it's mankind's quest to make things more efficient, so the ride through life is not as bumpy.

The ride through life now a day, is done on an electric scooter. I know, I live in the scooter capital of the Laurentians, Lachute. I even saw one old timer wearing his colours, "Hell Mary's". I wouldn't be surprised if in the future they make electric scooters that could break the speed limit.

If the demand is there, they'll make it. Imagine getting pulled over on the sidewalk for speeding! Believe me, you haven't seen it all.



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Main Street Money Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Understanding investment fees and taxes

Which investment fees qualify as tax deductions?

Working with your advisor to develop an investment portfolio is an important part of creating a life plan that will help you reach your goals. You can choose from a wide range of investment products, including mutual funds, segregated funds and exchange-traded funds (ETFs). And while the objective is to get your money working for you, the reality is that fees will often be involved.

There's a lot of behind-the-scenes expertise involved in the creation and maintenance of financial products and services. The fees you pay can be viewed as an investment in this expertise. Sometimes these fees are worked into the price of the product itself, and sometimes they are charged separately as part of a fee-based program. The good news is that some of those fees could qualify for a tax deduction.

Fees that qualify as a deduction

According to the Income Tax Act,[1] a taxpayer is allowed to deduct fees that are charged for advice on the buying or selling of specific shares or securities, or for the administration or management of securities held by that taxpayer, provided that the fee amounts paid are reasonable. Further, deductible fee-based services must be provided by a person (e.g., an advisor) or entity (e.g., an investment firm) whose principal business is providing buy/sell advice on specific securities or includes the administration or management of securities. Investment fees that meet these criteria can be deducted against any source of taxable income earned during the year.[2]

A taxpayer may also deduct the applicable sales tax: Goods and Services Tax (GST), Harmonized Sales Tax (HST) and Quebec Sales Tax (QST).

What's not deductible?

Some investment-related items can't be claimed as a tax deduction, including:

- Commissions paid on the trading of stocks and ETFs[3]
- Transaction fees to purchase and sell investments
- Fees paid for general financial counselling or planning
- Subscription fees paid for financial magazines and newspapers

Fees in a registered account

Fees associated with registered accounts, such as Tax-Free Savings Accounts (TFSA) or Registered Retirement Savings Plans (RRSPs), involve different considerations. Advisory and other investment fees charged on registered assets, regardless of the investments held, are not tax deductible.

However, you have the option to pay the investment fees charged on a registered account from the registered account itself or from outside the account. Whether that makes sense depends on the type of registered account.

With a TFSA, where after-tax dollars can grow tax-free, paying fees outside the TFSA can maximize those tax-free savings as they're not directly reduced by the fees.

For RRSPs and Registered Retirement Income Funds (RRIFs), where amounts are taxed when withdrawn, the answer depends on your time horizon, rate of return and tax rate. A fee paid inside the RRSP or RRIF uses pre-tax dollars. While this reduces the value of your tax-deferred investment, it also reduces the amount of tax the Canada Revenue Agency (CRA) will collect on future withdrawals.

Segregated fund contracts

Currently, the CRA does not consider investment fees related to segregated fund contracts as a tax deduction. This rationale is based on the view that a segregated fund contract is an insurance contract and not a share or security held by the investor, a key requirement for fee deductibility.

Embedded fees and MERs

Mutual funds and ETFs receive fees that are embedded in the product itself as part of the management expense ratio (MER), which also includes operating expenses and taxes charged to a fund. While these fees don't qualify as a tax deduction, they are deducted by the fund before income is distributed to investors, which reduces the amount of taxable income for the investor.

While an investor's after-tax interest income is the same regardless of the fee type (MER or tax-deductible fee), small differences in their after-tax income may occur when the MER



is used to reduce other types of income distributions — namely foreign income, Canadian dividends or capital gains.

Understanding common investment fees

Canadians enjoy access to a wide variety of investment products – and fees are part of the deal. Fees charged by investment firms help to offset costs associated with account administration, investment product management and transactions made on your behalf. Whether you are just getting started or have been making regular contributions to a well-established investment portfolio, here are some of the common fees that you should be aware of.

Management fees

A management fee is paid to a portfolio manager or investment advisor to cover the cost of managing your investments. The fee is based on a set percentage of the portfolio value.

MER (management expense ratio)

The MER is the total of all the operating expenses for a mutual fund or ETF, such as legal, accounting and management expenses. It is expressed as a percentage of the fund's value, and the fund's reported performance is net of the MER.

Trading commissions and broker fees

These are usually paid every time you buy and sell stocks, bonds and ETFs. Charges may vary based on an investment firm's rates. There is typically a basic amount per trade, but charges may differ based on the number of trades and the size of the account.

Fee for service

Fees may be charged by an advisor or investment firm for advice provided regarding the buying or selling of specific shares or securities.

Fees serve an important purpose and can be part of an annual investment discussion. Speak with your advisor for more information.

[1] Canada Revenue Agency, IT238R2 ARCHIVED - Fees paid to investment counsel.

[2] For Quebec tax purposes (for individuals and trusts, not for corporations), the deductibility of the investment counsel fees (as investment expenses under Quebec rules) paid during a year is limited to the total investment income realized during the same year (including interest, taxable capital gains, grossed-up Canadian dividends and gross foreign income). Investment fees that aren't deducted in the current year can be used in the three previous years or carried forward for future years. They're only deductible against investment income.

[3] The commission paid on a security purchase is added to the adjusted cost base (ACB) of the security, while the commission paid on a sale is subtracted from the proceeds received. The result is that a capital gain is reduced by the associated commissions, while capital losses are increased.

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If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

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Real Wine for Real People

Why so many Wine Bottle Shapes?

April Sirois – Sommelier - ISG

When shopping for wine you notice right away that there are almost as many styles of bottles as there are wines. Do the different bottle shapes mean anything? Can we tell a bit about what is inside just by the shape of the bottle. The answer is yes and yes; let’s start with the Bordeaux bottle.

Bordeaux

Straight and tall stature with high shoulders, this bottle is widely used for Bordeaux. The glass is dark green for reds and light green or clear for whites. The Bordeaux bottle is often used for Cabernet Sauvignon, Merlot, Malbec, Sauvignon Blanc, Chenin Blanc, Semillon, Sauternes and most Meritage or Bordeaux blends throughout the world.

Burgundy

Classic, yet elegant, the Burgundy bottle features gently sloping shoulders and a slightly wider body. This bottle is primarily used for Pinot Noir, Aligoté and Chardonnay.

Rhône

This bottle looks a lot like the Burgundy bottle, just a little thinner and taller with more angular sloping shoulders. Rhône bottles are often embossed with a coat of arms below the neck. Used for Grenache, Mourvèdre, and Syrah. Châteauneuf-du-Pape and Côtes-du-Rhône, two of the most popular wines of the Rhône region, proudly use this bottle.

Champagne

This green bottle represents celebration, Sturdy, yet graceful, this bottle’s design is based on necessities as opposed to style. Its thick glass, gentle sloping shoulders and deep punt are quite essential to avoid explosions. Champagne is a carbonated or “sparkling” wine, and is under a lot of pressure - it can reach as high as 80 to 90 psi (3 times the pressure inside a typical tire). This bottle also requires a special cork.

Côtes de Provence

Mostly used for rosé, this clear glass bottle is the remnants of traditional winemaking in the Côtes de Provence. It has a distinctive form that is between an amphora vessel and a bowling pin. Also called a “corset”

Mosel & Alsace

These elegant bottles are tall and slim with a long neck, and generally made of a light green glass. Traditionally, wines from the Mosel (Germany) and Alsace (France) regions use it. Most often used for Riesling and Müller-Thurgau.

Rhine

Slightly thinner than its Mosel counterpart, this German bottle (once traditionally referred to as ‘hock’) features similar characteristics: tall, slim, a long neck. The only obvious difference is the dark brown color of the glass, which sets them apart. It is used for similar grape varieties like Riesling, Müller-Thurgau, Bacchus.

Chianti

Round and squat, and partially covered with a close-fitting straw basket. Also called a fiasco. Chianti is a Tuscan red. Most Chianti is now bottled in more standard shaped wine bottles but it is not unusual to see them at the SAQ. The basket provides a flat base for the glass, as well as extra protection during transportation and handling.

Bocksbeutel

Also known as Trollinger, the Bocksbeutel is a type of wine bottle with the form of a flattened ellipsoid, which contains exactly the same volume of wine as more traditional bottles It is commonly used for wines from the Franconia region in Germany, but is also used for some Portuguese wines, in particular rosés, think Mateus.

Fortified Wine

This bottle features a straight body with high, shoulders. Its most prominent feature is the bulge in the neck, which prevents the sediments from being poured into the glass. The other distinctive aspect is the cork stopper, as opposed to the typical long cork. The extremely dark glass protects the wine from the light, and promotes better conservation. This bottle is used for fortified wines, such as Madeira, Marsala, Vermouth, and of course, Port.

~ Cheers

“A bottle of wine contains more philosophy than all the books in the world.”—Louis Pasteur



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I’m Just Saying

April fools in bloom

Ron Golfman - Main Street

When we were kids, April Fools Day was almost as big a day as Halloween or Thanksgiving because it felt like we had licence to be silly with an explanation.

Unlike mat-night in late October, when most pranks were seen as destructive and juvenile, April 1st was the ‘fun lite’ moment in the year where we all expected something was going to happen to each of us and we needed to stay alert. Nonsense, like calling a friend and saying that Prince Albert was in a can and we'd better let him out, or calling a fellow teen and asking if their fridge was running and if so, we'd better run after it then hanging up, was as drastic as it got.

Today, I began the day with the familiar routine of grocery shopping at the two largest stores in the Saint Sauveur and Morin Heights area. Outside the first store was a congregation of teenagers billowing smoke from some shared pot and, the first thought I had was ‘a bunch of fools’ because there was no clue as to the risk of shared mouths getting a bit high, but also fully exposing themselves to COVID or the next virus, in numbers. Thus the creation of April Fools, the people, not just the day.

It wasn't long before I joined the ‘Fool’s club’ when unable to get a small cart to acquire a handful of grocery items. I'm not sure why the mini carts are so valuable to people who usually have theirs overflowing with food and drink. I rumbled around with my five items, pushing the large cart; most of these tend to have one wheel that stammers, or does not rotate at all. Next came the hide and seek version of shopping, as the storekeeper seems to change the predictability of product locations every week.

When you finally find what you want, the math course begins. The skill testing begins with the following: last week an item was priced 2 for \$6, this week, changed to 2 for \$8 and, if you only want one of these items, you’ll pay a whopping \$5.25. My conclusion, as a participating fool, is that this March madness is not funny, even in April, and is a blatant disregard for forcing obesity and financial dire straits. To my surprise and good fortune, I decided to find and ask a shelf-elf (those who always block the isles with carts while refurbishing, a task once done overnight) why the prices and locations have bounced. While I don't really blame the staff for not being able to answer well, I am now referring to them as Sh!-elves as they have little to nothing to say.

As I continue towards the finish line as the fool shopper, it is time to search my pockets for Air Miles or Optimum cards in order to get an insignificant reward, just shy of making any dent in the bill. If I am fortunate enough to find a cashier at the cash, I am delighted. Having a packer is like a birthday gift as it speeds up my escape from an exercise that now takes twice the time than it used to.

The whole experience reminds me of how my dad used to drive across town to save a few bucks on an item, oblivious to the cost of gas to do so. I now believe he must have had a wisdom in that practice, though these days, with the extraordinary price of gas and multiple taxes, not so much.

Walking to my car with two bags priced at \$100, which used to cost half much not so long ago, I remember that I forgot grapes or cantaloupe, but won't go back into the store and feel like a fool again. Ultimately, and I'm just saying, my ire in feeling fooled is appropriately directed primarily towards the provincial and federal governments’ lack of consumer support. Reaching home I look around at the mountains, blue sky and fresh air of the Laurentians and think, no April fool here because at least I don't live in the city.

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April 2023

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He's on about the fox again; it's destroying his yard. She's still on about his politics; they're destroying her country. The fox and the politician - it could be one of Aesop's fables.

Rehearsals are well under way for this spring's Theatre Morin Heights production of "Hansard" by Simon Woods, which plays from April 26 to 30 at the Chalet Bellevue in Morin Heights - four evening shows and two matinees.

Noel Burton and Corina Lupu return to the Theatre Morin Heights stage in this two-hander that crackles with their signature chemistry. Their repartee leaves one unsure of who's right and who's wrong, and you might be surprised by your own sudden jolts in alliance when revelations shift your entire understanding of the couple's torments.

"Hansard," which premiered at England's National Theatre in 2019, examines one family's drama set in the heart of the divergent and divisive Thatcher-era politics that still ring true today.

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Corina Lupu and Noel Burton in rehearsal for Hansard

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Lori Leonard

Is it a bird? Is it a plane? No, it's an Alinker! An Alinker is a unique three-wheeled walking bike without a motor or pedals. The Alinker was conceived about 10 years ago by Dutch designer BE Alink. Alink was determined to build a cool walking bike to bridge the gap between people with and without disabilities. Her dream was to build a unit that was easy to manage, allowed people to stand and to walk seamlessly. The user stands which, allows them to talk at eye level.

One starts out by taking the Alinker a step at a time.....before you know it, the user is walking one mile, then many miles. The Alinker maneuvers easily backwards and forwards, is lightweight and has a brake. It folds and the wheels and seat are quick release and removable. This unit is a Godsend for people who experience mobility issues as they can finally go wherever they want. In some cases, people have not been able to stand, walk or leave their home for years. The Alinker allows them to travel freely. It takes some practice to get familiar with it. Many people are able to gain muscle strength and stamina, reduce medication and regain their independence.

Using an Alinker has allowed people to travel aboard airlines, cruise ships and on public transit, which is so liberating.

The cost is close to \$3350 and the company offers a 0% lease plan with no interest. The convenience of an Alinker is well worth the price. Most people who use the Alinker enjoy the pleasure of seeing their medical expenses greatly reduced during the first year, which helps make up for the cost of the Alinker.

The Alinker team is anxious to market them using crowd-funding to tend to people who have difficulty to pay for an Alinker. The initial models were introduced in 2017 and currently there are approximately 5,000 Alinkers worldwide. Tony and Nanette Wingnall from Ste. Adèle adore their Alinkers. They use them in grocery stores, on flat Laurentian country roads and on trails. When Tony and Nanette were in Maine, they also met a woman who has used an Alinker for 4 years.

Facebook (Alinker Family) has approximately 1100 Alinker users who share their experiences, knowledge and technical suggestions. Thank you BE Alinker for putting people first and, for this life-changing device!

For more info: 604 398-4947 / www.thealinker.ca / orders@thealinker.com



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