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What's On My Mind... Changing seasons and more

Susan MacDonald, Editor

What's on all our minds this month is the upcoming Federal elections, scheduled to take place on Monday, April 28. Only time will tell what changes will occur in our government and how they will affect Canada and our communities at large. It's a disquieting time for everyone.

All Canadians have the right to vote but in order to do so they must be registered on the electoral list. Every voter should receive a voter information card by April 11 via Canada Post. If you have not received your card by that date, please see the ad on page 15 for details on how to register. From past experience, we know that polls are just guidelines and even if your chosen candidate is running high that status can change in a heartbeat if voters neglect to follow through with their physical vote at the polling stations. Remember, if you do not exercise your right to vote then you lose the right to complain afterwards. Here's praying for a positive outcome!

And now onto the changing season...

While there may still be some snow on the ground, most has melted and is now flowing downstream into the big river below. Residents in the lower regions are keeping their fingers crossed that there will be minimal flooding this spring so they too can get an early start on spring chores before the pesky flies are out in full force come May. We wish them the best of luck and are sending them our positive prayers.

By now we have had our fill of snow and cold temperatures and are looking forward to warmer days and summer activities. Already the days are longer, heralding it's time to put away the snowshoes and skis and pull out the bicycles and golf clubs. The Arundel Golf Club (see page 5) and The Dunany Country Club (see page 13) will soon be open and are looking forward to welcoming new and past members to their courses. Bicycle paths in our towns and villages will also be available soon, but we'll have to wait for the real bike trails to dry out, which should be sometime in early May. Motorcyclists are out, braving the shockingly bad roads this year while trying their best to avoid the myriads of hazardous pot holes, so please give them space and show your respect when meeting them on the road.

Although signs of spring have already started to appear, for me, the season only becomes official when our migrating birds return and my morning alarm clock changes from the annoying buzzing radio to the welcoming early calls of the birds. I have seen a few early arrivals but am looking forward to when the skies come alive with the sounds of returning geese and the lakes finally open up. Happy spring everyone!

Enjoy the read...



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-  Tools and information for the families
-  Community events that celebrate neurodiversity

Join us in creating an inclusive and welcoming space for all!

Contact us to learn more:
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This program is made possible thanks to the contribution of:







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Autism Acceptance Month 4Korners' Neurodiversity program leads the way

Gaëlle Giraudeau

The CDC published that 1 in 36 kids today have been diagnosed with autism. Despite these figures, neurodiverse people and their families continue to face obstacles due to miscommunication, isolation, and a lack of local support. Autism Acceptance Month in April serves as a reminder that raising awareness is not enough and that we also need to actively promote understanding, acceptance, and community inclusion.

Under the devoted direction of our enthusiastic Program Manager, Jaime Bisaillon, 4Korners has created a strong Neurodiversity program designed especially for neurodiverse people and their families. Jaime's knowledge, empathy, and constant commitment have been crucial in developing services that close important community gaps. Our activities have improved the lives of many families throughout the Laurentians region over the last year. Our activities, which have over 280 participants, are available in Lachute, Thérèse-de Blainville, Deux-Montagnes and Sainte-Agathe and offer vital chances for involvement, self-reliance, and skill development in a friendly and caring setting.

Our dedication to inclusiveness and community is embodied in our "Imagine Festival" event every 2 years. Families from all around came to this well-liked art event because it provided inclusive and sensory-friendly activities that accepted everyone for who they were. "Imagine Festival ensures a place where we are loved, accepted, and appreciated exactly as we are," one attendee said. It makes us hopeful that the world will be more compassionate toward our exceptional kids.

Our strategy places equal emphasis on practical results and building capacities. For example, by enabling neurodiverse participants to earn necessary certifications, our modified "First Aid with Certification" course increased their self-esteem and promoted independence and maybe helped them land a job. As one participant put it, "Being first aid certified in an adapted environment was life-changing." They never would have imagined that they could accomplish this!

Additionally, by encouraging peer connections, improving social skills, and promoting independence, our focused programs, like Summer of Empowerment and Convos & Crafts, effectively fight isolation. In addition to gaining real-world work experience, attending craft fairs helps neurodiverse young adults hone their social, entrepreneurial, and organizational abilities.

"It's important to understand that neurodiverse people have brains that work differently, and many can do extraordinary things. Although it's very challenging for many of them, I just consider them to be people seeing the world differently. It's necessary for us to give them a voice, especially in English." - Hugo Bissonnet, executive director at 4Korners.

Without the generous contributions of our financing partners, which include l'Appui, Fondation Tremblant, PREL, and ELS for Autism, none of this would be possible. Their support guarantees that our programs continue to be useful and accessible.

We intend to broaden our reach in the future by introducing fresh programs in nearby high schools and improving caregiver assistance through Wellness Days. Join us in creating a community that actively embraces and empowers neurodiversity this April, during Autism Acceptance Month.

Do you want to know more or participate? For you, your loved ones, and our shared goal of a more welcoming and inclusive world, contact us at www.4korners.org | (450) 974-3940

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Quaint Family Adventures

Spring fun for the kids...

Claire Gaudreau

April showers seem to get people down. I, however am a pluviophile. I find the sound of rain soothing. I love to walk quietly and listen to the pitter patter and watch tiny flowing streams of melting snow rushing to meet the lakes. This spring we are breaking out the rainboots and waterproof onesies to jump in puddles. (The onesies do wonders to avoid getting soaked and grumpy). However, if you're like most people and aren't crazy about dancing in the rain, don't fret because there are still plenty of indoor options during the muddy season.



Morin-Heights has weekly story time at 10 am on Saturday mornings. Lachute offers regular story time and story time combined with movement for all ages. Lanthier is offering an easter egg hunt with story time on Saturday April 19 from 9:30 am -11 am. An Easter market is taking place in Val David on April 19 from 9 am to 3 pm.

St Sauveur has an impressive selection of affordable courses for children and adults including gymnastics, karate, theatre, yoga, and more. An aerial yoga class in Ste-Agathe-des-Monts is available for kids 3 and up with Plume Dryhelor (Make sure to check if you can claim kids' activities on your income tax!)

May 3 at 1pm in Mont Blanc there will be a zoologist in action. St-Adolphe-d'Howard has a comic drawing workshop for children aged 7-12 on April 27, a song writing series for teens, and music discovery series for 3-6-year-olds beginning April 26. A free public play space for children 0-5 years old is frequently available on Friday mornings from 9 am - 11:30 am at Maison du Citoyen.

So, during this period before May blooms, check your local library for story time or to take out educative games, sign up your little ones for a new indoor sport, art or music classes. Perhaps you can immerse yourselves in easter events or dig out some odds and ends for arts and crafts projects at home. (I like to check out Pinterest or Instagram for art or science project inspiration). However you choose to pass your time, I'm sure you can do better than mope about the weather!

It's Flea and Tick Season

Are your pets protected?

Susan MacDonald

Part of basic pet care responsibility is following a preventative program to protect your pets against fleas and ticks. Although there are plenty of 'over-the-counter' products available on the market, not all are effective in preventing or treating an infestation of these external parasites.

Your veterinarian is your best source of information and can advise you on the best treatment for your pet. If you haven't already done so, now is the time to book your appointment. Prevention is paramount to the well-being of your 4-legged companion as well as being cost-efficient.





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Arundel News

Janet Thomas

ARUNDEL COMMUNITY CHOIR: CALL FOR MEMBERS

No audition. No experience needed. Everyone is welcome to join in the fun. If you want to sing, you're in! Come and enjoy singing pop music for fun with friends. Arts Arundel just received funding to start a Community Choir this April. Now we are inviting everyone to join. This will be a pop song choir singing songs by Backstreet Boys, Tom Petty, some Leonard Cohen, the Beatles, and more. This is a joyful choir not a performance.

We have recruited a professional choir master with experience leading fun community choirs in Montreal.

We intend to have three sessions: Spring, Fall, and Winter. Each twelve-week session will be held on Tuesday evenings, at 6:30 pm at the Arundel Centre (the Arundel United Church).

The object is to build friendships through a shared joyful experience. All you need to bring is your enthusiasm. It will be fun and laughter, and music and joy.

To join and for more information, please contact Guy Melhuish: guymelhuish@gmail.com This project was made possible with the support of the English Language Arts Network's Trellis Micro-grant project. The Trellis Micro-grant project, funded by The Department of Canadian Heritage's Official Languages Support Programs, seeks to highlight English-language Arts and Artists to make them visible to a broader community, and build bridges between Québec's English-speaking minority and Francophone majority.

ARUNDEL SPEAKERS SERIES PRESENTS:

Heather Guezen and Mervat Atta-Segal: Adventures in New Zealand
Arundel Centre (17 Rue du Village)

Fri, April 11: 7 pm

Free Admission; Donations Appreciated / Refreshments available

Heather and Merv will describe their exciting trip to both North and South Islands of New Zealand, featuring photos and personal memories.

They visited and stayed in 14 different towns, rode Inter City buses for almost 50 hours, saw three types of penguins in their natural habitat, witnessed traditional Maori ceremonies, sailed on the Bay of Islands, rode the Tranz Alpine Train, explored Milford Sound, and drank a variety of Kiwi beers.

ARUNDEL CONCERT SERIES PRESENTS:

Girls Night Out Trio: A Mother's Day Treat

Centre Arundel (17 rue du Village)

Sat, May 3: 7:30 pm

Doors open at 7 pm. Refreshments available before and after the concert.

Rock – Country – Pop – R&B! Treat the women in your life to a joyful evening out. You won't be able to sit still, so get up and dance!

Singing from a playlist of all-female songwriters, this dynamic trio will rock you! Featuring Julie Laroche on harmonica, guitar, vocals, and percussion; Marie-Ève Vézina on vocals and guitar; Valérie Paul on percussion. Move to the beat of Shania Twain, Whitney Houston, Madonna, Jewel, Tracy Chapman, Sheryl Crow, Meredith Brooks, Alanis,

Come and have some fun!

Girls Night Out is sponsored by the non-profit organization Musik'Elles, a collective of local female musicians formed to motivate, promote, and support women's artistic and musical interests by creating opportunities for production in shows, studios, editions and more. It offers workshops, coaching and networking events. Musik'Elles is a cultural and community movement that aims to promote the equality of women in all musical spheres, in an inclusive and non-judgmental way.

Tickets \$25. To reserve, please contact janet.thomas700@gmail.com

ARUNDEL UNITED CHURCH EASTER SERVICE

17 rue du Village

Sun, April 20: 1:30 pm

Please join us. All welcome.



Musik'Elles



Cancer Support Group Learns about EFT tapping April 19

At the next meeting of the Laurentian Region Cancer

Support Group, Sujati Goernitz will explain and demonstrate how tapping (EFT-Emotional Freedom Technique) can be used to help manage stress and anxiety. Sujati is a certified massage therapist, acupressurist and mind body coach practicing in Val-David. The meeting will take place Saturday, April 19 at 1 pm at Chalet Bellevue, Morin Heights. Also available online via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place for the April meeting, ask for the Zoom link 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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Blood Drive - Record Participation

The MRC d'Argenteuil and the Sûreté du Québec are proud to announce that a total of 137 donors attended the 11th edition of their annual blood drive on April 1 at the Place d'accueil of École polyvalente Lavigne and Laurentian Regional High School. After processing and separation in the laboratory (platelets, red blood cells, plasma, etc.), nearly 500 products will be transfused to patients in Quebec's public hospitals, thus saving as many lives. It should be noted that 15 of the donors were first-time blood donors.



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New Rates for Electric Charging Stations

To diversify its revenue sources and reduce the tax burden on its residents, the City of Saint-Sauveur is announcing new rates for electric car charging stations.

FLO Charging Stations

For the FLO charging stations, located at City Hall and the Lafleur parking lot, the rate will now be \$1.50/hour for the first four hours, then \$5 per additional hour. These rates took effect on April 7. Users will be able to pay and track the progress of their charging session via the FLO Electric Charging mobile app, available on Google Play and the Apple Store.

Electric Circuit Charging Station

As for the Electric Circuit charging station located in front of the church at 205 Principale Street, the rate will be \$1.50/hour until the battery is fully recharged. If, once the battery is recharged, the car remains plugged in, a fixed fee of \$3 will apply. This rate will take effect on June 1. In the meantime, the rate will remain at \$1/hour. The Electric Circuit also provides its users with an eponymous mobile app, which can be downloaded from Google Play and the Apple Store.

Accelerating the energy transition

Estimated at more than \$50,000 per year, the revenue generated by these pricing changes will cover the maintenance of the charging stations to ensure their proper operation and user safety. The remaining funds could also allow for the installation of more charging stations to expand service coverage.

The City is also focusing on pricing to ensure more responsible use of the charging stations, thus preventing misuse and guaranteeing access for all.

To find the locations of the electric charging stations, consult the interactive map at vss.ca. For more information, please contact the City of Saint-Sauveur at 450 227-0000, ext. 2700, or at communications@vss.ca.

The 2025 winners of the MRC d'Argenteuil OSEntreprendre Challenge

The MRC d'Argenteuil had the honor of unveiling the local winners of the 27th edition of the OSEntreprendre Challenge, a major competition that highlights entrepreneurial initiatives across Quebec. In the presence of its partners, the MRC recognized the determination and creativity of four local businesses, which will proudly represent Argenteuil at the regional finals scheduled for April 24 at the Complexe Val d'Espoir in Mirabel.

The MRC d'Argenteuil received entries in the Business Creation and Doing Business Together categories. Four businesses stood out for their quality, originality, and impact, earning them the local award.

Business Creation Category

Business Services Component: Courte Consultation Inc. (Grenville-sur-la-Rouge)
Operation, Processing, and Export Component: Éco-Plastiques (Lachute)
Individual Services Component: Plomberie F. Drouin Inc. (Brownsburg-Chatham)
Doing Business Together Category: Noémiah (Gore)

Each of the winning businesses was offered a one-year membership in the Argenteuil Chamber of Commerce and Industry. To continue their efforts in the challenge, the entrepreneurs will be invited to an interview before the regional jury during the week of April 14. The national final will be held in June 2025.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Did you know that:

A.M. Déjeuner Diner, 131 Chemin Lac-Millette, Local 101 Saint Sauveur, opened their doors at the end of July, 2023? Their menu is vast and their food is delicious. They have wonderful choices for breakfast, brunch or lunch. Traditional egg plates, Greek yogurts (from Greece), avocado toast, eggs benedict, waffles, pancakes, crepes, bagels, kid's meals for breakfast. Lunches include yummy poutines, delectable wraps, burgers, sandwiches and fresh salads.

As far as beverages go, they have a liquor license with a wide array of tasty drinks. These include mimosas, cocktails, special shots and specialty coffees.

One of the favourite meals is Le Giant, a combo plate that includes crispy French toast. Their thin homemade crêpes include a splash of scented ingredients to elevate your pallet with flavour and taste. Their apple-wood smoked bacon is one of the most expensive, delectable bacons available, home style pork and beef sausages and homemade cretons are on the menu.

Top sellers include the Rainbow Crêpe, Amalfi French Toast, the South Beach Omelet and Crab Cake Benedict.

Open: Monday to Sunday, 7 am to 3 pm. 450 227-3777 / amdejeunerdiner.com / Facebook: AM déjeuner diner



Congratulations to:

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Their boutique has a variety of excellent products for self-care created by local artisans, from soothing skin care to exquisite hand-crafted candles. Christine and Frederick enjoy supporting local small businesses while bringing high-quality beauty products and relaxation into your life.

Walk-ins are welcome. Currently offering free 5-minute trials until April 21. Sessions vary from 10 - 40 minutes for \$20-\$60.

Open: Sunday-Wednesday: 11 am – 5 pm, Thursday-Saturday: 11 am – 8 pm. 438 398-3185 for an appointment / info@zenfutura.ca / FB: Zen Futura, Instagram and Tik Tok.



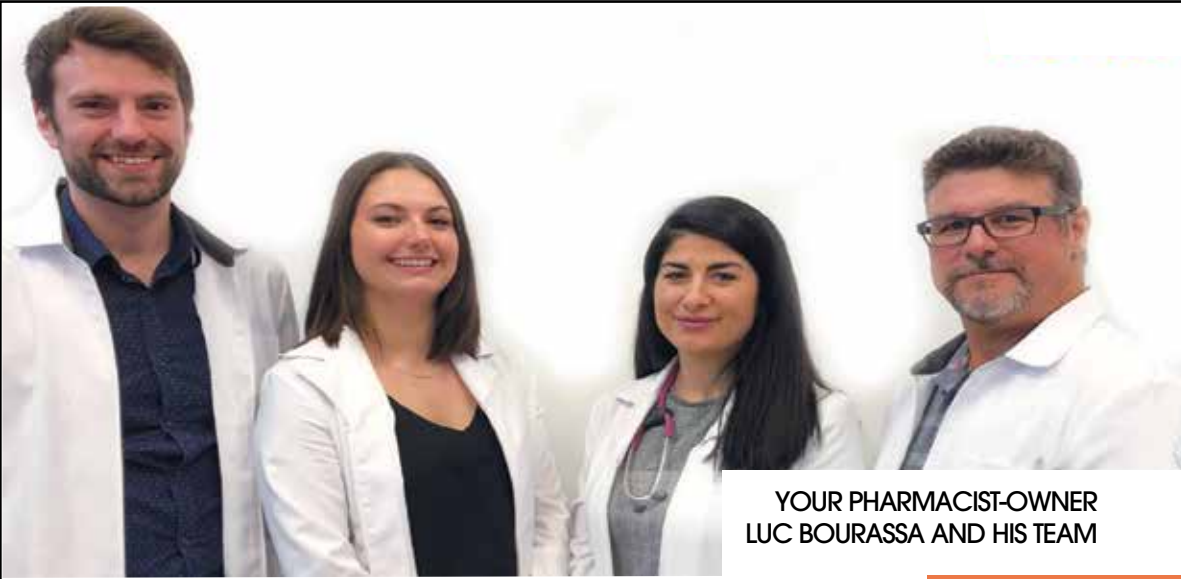
Maude Côté, who recently moved to 422 Route 364, Morin Heights. Maude offers unique floral & vegetal arrangements for weddings, businesses, conferences, new store/resto openings. Pick up a lovely plant to spruce up your home. Also available: vases, planters, candles, soap, home décor items, jewelry and more. Ask about their gift certificates. As Maude says “Plants make people happy.” Wishing you much success and happiness! 514 568-7084 / info@espacelabri.ca / espacelabri.ca / FB: Labri.



L'Abri

A Gentle Farewell:

After 56 years Gibby's Restaurant, 414 rue Principale, St. Sauveur closed their doors. It's extremely sad and heartbreaking. For decades customers enjoyed their fine steaks and seafood, their loaded baked potatoes, warm baked bread, homemade dill pickles and “real” bacon bits... but much more than that, everyone appreciated the personalized service extended by the wonderful managers and staff. The décor may have been a bit outdated, but the personalized care extended to you more than made up for it. Everyone has fond memories of Gibby's: a special family occasion, a romantic first date, a wedding anniversary, a business dinner, etc... Gibby's was not just a restaurant, it was a well-loved establishment. I tip my hat and bid “a gentle farewell” to Gibby's St. Sauveur. On behalf of all of us, thank you to all the owners, managers and the staff throughout the years for their service and attention to detail. We appreciated you and we will miss you!



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Monday to Friday: 9 am - 8 pm
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Sunday: 10 am - 5 pm



Laurentian Personality Monique Beaulieu – a woman with a huge heart

Lori Leonard – Main Street

Monique Beaulieu is the youngest of a family of 3 children. Her mother was a nurse and her father, an auditor. Her father’s job required the family to move frequently. They lived in Abitibi, Outaouais and the Laurentians. Since 1972 she has lived in the Laurentians and in St. Hippolyte since 1995.

Monique has always had a soft spot in her heart to help other women. From 1982 to 2000, she was involved at Le Mitan shelter in Ste-Thérèse. She replaced a worker, then acquired a full-time position in the women’s department. Monique followed up with women in shelters and provided social support and prepared the women to go to court.

From 2000 to 2007, Monique worked at a medical company. She dealt with customer complaints and audits and obtained corrective actions from suppliers to resolve medical issues.

In 2007 to 2010 Monique was Director of PANDA organization, Ste. Thérèse. They assist people with ADD and ADHD. Monique helped with programs and conferences for parents.

Between 2010 to 2012, Monique “tried her hand” at massotherapy. She currently continues to offer her wonderful massotherapy.

In 2012, Monique applied at La Colombe, Ste. Agathe as she truly missed working with women and was ready to take on a new challenge! She continues to hold the position of Coordinator. Direct contact with members is extremely important to her, just the right balance between administration and intervention work.

Monique truly enjoys seeing women gradually regain their confidence. Women at La Colombe can participate in activities for several years. Monique and their small team provide a sense of belonging, where women feel safe to share their stories.

Monique explains there is a vast difference between a shelter and a day center. Shelters work specifically with clients who experience domestic violence, families may reside at these centers. Women come to La Colombe day center to break isolation, perhaps with no specific problem.

Activities at La Colombe are divided into several components. In summer, group outings are encouraged. They have collective kitchens, conferences for the general public and a community lunch every Tuesday. La Colombe welcomes all women in the region. Twice a year they hold a sale for one week, which includes clothing, accessories, shoes and boots for women, children and men. The Spring/Summer Sale will be held from Tuesday, May 6 to Saturday, May 10. The Fall/Winter Sale will be held from Tuesday, August 26 to Saturday, August 30. Everyone is invited to take advantage of great prices for high quality items.

La Colombe began activities in 1994 from the will of community women to take care of other women. Their letters patent date from January 1995, which means the organization is 30 years old. Its mission is "To improve the status of women" and that is exactly what Monique does daily. She says, “It’s important to have healthy lifestyle habits to aim for overall health.”

La Colombe works in partnership with several organizations including L’Ombre’Elle and L’Élan Calacs for victims of sexual assault. They are members of many round tables and groups including the violence table, the seniors’ table, food security, etc. The strength of these groups propels things forward. Their center covers the MRC des Laurentides and are open Monday to Thursday, 8:30 am – 4:30 pm.

Monique thoroughly enjoys working on empowerment and witnessing the deployment of women step-by-step, which always amazes her. She says, “to have the chance to be with these women, to appreciate and honour their resilience, their courage and their generosity of heart every day is a privilege.” I am certain that they think it is a true privilege to work with her.

Monique disclosed her best quality is to take care of the team, the members and non-members . Her work requires a love of people, humility and curiosity to learn about the women’s stories. Monique feels that it is not only herself who contributes greatly, but each of her team members who make the wheel turn.

In her spare time, Monique enjoys listening to audiobooks and taking care of her Airedale terrier, Amande. She also enjoys driving, which relaxes her.

Thank you, Monique for all the wonderful work that you do for the women in our community!

La Colombe is located at 9 rue Liboiron, Ste-Agathe-des-Monts. 819 326-4779 / centrelacolombe.ca / Facebook: Centre La Colombe. Services and lunches are free. A membership card costs \$20 per year. For donations, go to the website, click on the spinning icon at the top right of the page. Receipts are provided for donations of \$20 or more.



Making it Work in the Laurentians 7 tips to help you stand out at your local market or fair

By YES Employment + Entrepreneurship

As consumers have increased their focus on supporting local economies, sustainability, quality, and community engagement, local markets and fairs have risen to prominence. This makes them a golden opportunity for entrepreneurs. Even if online sales are your focus, face-to-face time with your customers is invaluable. In addition to boosting your sales, it also helps to build real trust.



Consider the following 7 tips to stand out at your local market or fair!

- 1. Understand what makes you different**
Busy markets often have multiple booths with people selling similar or identical products. Finding ways to set yourself apart is the best path to success in these environments. If your products are similar to other vendors’, highlight what makes your products unique.
 - 2. Observe other vendors**
Try to nab a spot in the middle of the action so you can study interactions. Pay special attention to vendors selling products similar to yours. You might even consider approaching them as a customer to see how they treat you. Every detail matters when finding ways to differentiate.
 - 3. Make your booth a work of art**
Never underestimate the power of an eye-catching booth design. You’ll probably notice that successful vendors have very attractive booths. From sign placement to inventory selection, everything is carefully curated. Keep your booth clean and try placing your most colourful wares at the front - play with contrasts.
 - 4. Accept diverse payment methods**
Real-life interactions are less restrained than online ones and more prone to uninhibited decision-making. In other words, when someone can hold your product in their hand or see your face as you speak, they’re more likely to buy. And the easier you make it to buy, the better. Cash is great, but if you also accept cards and virtual payment methods, even better.
 - 5. Offer samples**
Be original with handing out samples. Whatever you sell, there is likely a creative way to do this. Samples tend to be effective because they’re memorable and they engage your customer’s senses, which is likely to propel them to action.
 - 6. Connect with customers**
Relationship building is always great for business, and it’s especially powerful at local community venues. Even if you don’t sell anything, there’s always a chance that a conversation will become profitable down the line.
 - 7. Stay open to learning**
A lack of sales the first few times around is totally normal. The key is repetition, learning, and adjusting. The more experience you gain, the more easily you’ll pick up on the little things that impact sales for better or worse.
- Bonus tip: don’t wait to apply for the upcoming market in your community. More often than not, there are application requirements that require advance-planning, so plan ahead! If you need help with your planning, pricing, or marketing efforts, our business coaches at YES can help guide you in the right direction, email us at info@yesmontreal.ca!

Maintaining and Improving the Road Network:

The Member of the National Assembly for Argenteuil, Agnès Grondin, is proud to announce, on behalf of the Deputy Premier and Minister of Transport and Sustainable Mobility, Geneviève Guilbault, investments of \$1,484,494 in Saint-André-d’Argenteuil for the rehabilitation of Chemin de la Rivière-Rouge Nord.



This funding comes from the 2025-2026 Local Roads Assistance Program (PAVL). This major work is scheduled for this summer. It will include paving, culvert replacement, and drainage improvements.

For the 2025-2026 fiscal year, more than \$384.2 million will be invested through an enhanced version of the PAVL (Transportation and Vehicles Act) to maintain the efficiency and safety of transportation in Quebec.



As Canadians come together at this time,
thank you for reading and supporting
your local media.





COMMUNITY UPCOMING events

AMIQUÉBEC – ALLIES IN MENTAL HEALTH

Various workshops and programs for families and friends of people living with mental health conditions.
Contact: 514-486-1448 / www.amiquebec.org

ARUNDEL JAM SESSIONS

Arundel Legion

Next dates: April 17 and every 2nd
Thursday following

Casual, no agenda: a musician's night to practice and exchange ideas.

Free... Enjoy the music and support local venues and musicians.

TGIF SMOKED MEAT DINNER

Morin-Heights Legion

Fri, Apr 11: 5:30 pm

Donation: Adults: \$15 / Under 13: \$7.50

EASTER PANCAKE BREAKFAST

Morin-Heights Legion

Sun, Apr 20: 8:30 am

Family event with Easter activities for the kids.

Donation: Adults: \$10 / Under 13: \$5

FIRST EVER ARUNDEL CHOIR

Arundel United Church

Tues, April 15: 6:30 pm – kicks off the first
12-week session.

To reserve your table or for information contact:

Vera: 819-242-7487 / vwyoung@sympatico.ca

Seeking members who love to sing.

Info: Guymelhuish@gmail.com

SPRING CRAFT SALE

FUNDRAISER FOR THE LACHUTE REGIONAL
RESIDENCE FOUNDATION

Grenville Community Centre (21, rue Tri-Jean)

Sat, Apr 26: 10 am – 3 pm

To reserve your table or for information contact:

Vera: 819-242-7487 / vwyoung@sympatico.ca

TRIP TO CANADIAN WAR MUSEUM

Morin-Heights Legion

Fri, May 2: 8 am – 6:30 pm

Trip by coach and a guided tour!

\$55 or \$70

To register or for more info:

DFW2T2010@gmail.com

613-566-4700 / 1-800-263-4433

SPRING CRAFT SALE

Morin-Heights Legion

Sat, May 3: 8 am – 4 pm

MORIN HEIGHTS LEGION

Sat, May 10: 5:30 pm – Italian Night



CHORALE DU CÉGEP DE SAINT-JÉRÔME CONCERT

Centre Communautaire Note-Dame

May 24 & 25.

Info: 514 707-8417 / <https://www.choralesaintjerome.com/>

ART EXHIBITION - THE 3 UNIVERSES OF ABSTRACTION

Centre D'Art D'Argenteuil (585 rue Principale,
Lachute)

April 16 – May 3: 11 am – 5 pm, Wed – Sun
(vernissage Apr 19: 1 pm – 4 pm)

3 Artists, 3 Exceptional worlds to observe
and embrace:

Roberto Agro has always been fascinated by
microscopic observation, observing the colors
and movements of the living world.

Daniel Caron, she continues her artistic
approach with spontaneity, liberated gestures,
and letting go.

Claude Melancon lets emerge what needs to
be expressed.

Info: 450-562-9090

OPEN HOUSE AND TEA PARTY - WALFORD ON THE HILL

48, Wall Street, Vankleek Hill

Sat, May 10: 1:30 pm – 3 pm

Visit our facilities and bring your mom for a
Traditional Tea Party!

Info: text or call Suzanne: 613-677-4722

P'TITES FOLIES TO GO – SUNDAY SUMMER JAMS

1, rue Village, Arundel

Sunday, June 1: 12 pm – Kick-off to the summer
musical season

Next date: Sunday, June 29: 12 pm

Enjoy an afternoon of great, outdoor local
entertainment in a garden setting. Food and
beverages available for purchase.

Info: 819-969-1799 / www.ptitesfolies.com <https://www.choralesaintjerome.com/>

Royal Canadian Legion Branch 171

Special upcoming events

The Royal Canadian Legion, Branch 171, 127

Watchorn Morin Heights is gearing up for some
exciting events open to the public during the next
few months.

We will host our monthly bingo game at the Legion
on Sunday, May 18 at 12:30 pm (doors open at
noon).

We will also hold free activities for children and
adults. The first one will be a home fire safety
presentation in cooperation with the Morin Heights
Fire Services geared towards children (age 10 and
up) and adults. The second course will be a forest
safety course for families. This course offers advice
on not getting lost in the forest (and steps to follow
if you do get lost).

There will be many other interesting activities
coming soon.

Please check us out on Facebook for all the latest
updates, call 450 226-2213 or email eventsrcl171@yahoo.com.



On With the Show Marc Anderson DesRochers!

Florian Gaudreau

Spring has sprung and with that comes the anticipation of garage sales, flea markets and of course, outdoor concerts. Why I love flea markets and garage sales are the hidden treasures I find along the way. Musically, it's pretty much the same, finding that rare musician who encompasses all the qualities it takes to be an enjoyable performer. Every musician I listen to has a certain quality about them, but I never gave much thought as to what it takes to be a Quebec performer, able to address a bilingual audience. It's pretty well what I've experienced here in Arundel and Morin Heights - a Franglais way of life. That's why I love the Legion jams so much. It's the universal language of music.

This article is about Marc Anderson DesRochers who recently performed at Les P'tites Folies for their "Friday Folies Folk night." I was disappointed that I missed his performance, but I did have a chance to listen to his latest CD "Tender Box" (released January 1, 2021), a collection of songs that flows like a gentle breeze on a warm night. Soul soothing music admitting to life's struggles, yet brings home the fact that sunsets bring hope of another day. Not only do I like Marc's delivery, I also love the underlining positive spin he put into his lyrics. On one of his songs on this CD called "Fighting Accidie" I found

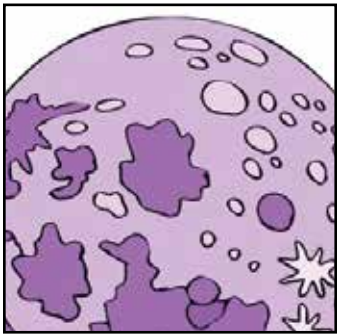
a catch phrase worth living my life by; "grateful to the bone" In all, Marc's CD has a refreshing positive outlook, and speaks of what's important; friends, and a warm relationship.

Tender Box is Marc's fourth release and another song, which is included on the CD, is Namur. I love songwriters that write about local people and areas. His first CD was "Caught in Between the Shadow and the Sun" (released 2007), followed by "Born 2 B Eagles" (released 2010) and "The Last of Red Hot Suns" (released May 2024). Marc's last recording was done in Nashville on January 1, 2025 and the song, "Put on the Kettle," has got to be my favorite song of all time; light, easy going and a great morning song to start the day.

Marc Anderson DesRochers can be seen a lot around Mont Tremblant area as he has a strong following playing at different venues. Here is an eclectic, bilingual musician who will appeal to most audiences.

Till next month...





Zach Factor Quantum Zero Point

Lys Chisholm & Marcus Nerenberg

It was 2:45 am, March 14, Marcus got out of bed to watch the blood moon of the Lunar Eclipse. We were visiting friends in upstate New York; he didn't remember the two steps between him and the solarium, and he crashed to the floor. He broke his fall with his left hand, which severely impacted his left shoulder. Two days later he took a reluctant trip to the ER in Lachute, a thirteen hour wait, an x-ray at midnight and finally a referral to physiotherapy. The physio has begun, the healing is proceeding, but he still has trouble finding a comfortable sleeping position.

In a few short years, this scenario is going to change drastically. We are on the cusp of one of the greatest technological changes to our lives- the world of Quantum Computing. We hear the term quantum bandied about, but most of us misunderstand the implications and the importance of this revolution.

In the 1890's Max Plank first introduced the concept of quantum physics, bravely casting aside the theoretical physics of that time. No longer did he describe energy as a continuous linear stream but rather occurring in discontinuous bursts (called Quanta) leading to what we now call, "The Theory of Everything". The subsequent development of Quantum Computing AI enables us to see outcomes and impacts of human behavior and consumption of everyday products, generations in the future, using multidimensional calculations. Instead of the linear cycle of 'create, use, abandon'- we can see into the future using this form of computing to reveal a plethora of results on how our imaginations and creations will help or harm us.

Quantum computing will bring major life changing shifts in all areas from healthcare and science to environment and climate, cybersecurity, logistics, supply chain management, and media to name a few.

Imagine the reality of interstellar exploration with gravity cancelling propulsion systems aboard vehicles constructed of materials we have never thought possible today. Imagine Earth preservation and climate modeling and life-saving solutions ahead of disasters. To avert the insanity of ocean destruction, plastic eating bacteria are presently being tested on islands of ocean-dumped plastic. Quantum discoveries will also lead us away from the dependence on the petroleum industry altogether, finding revolutionary applications for Hydrogen fuel where the end-product is water! The 50-year-old sci-fi world of StarTrek may be just a few years away.

There are thousands of rare diseases of which over 95% are without treatment. Quantum algorithms will enable the medical field to use our own DNA to match treatment to patient. The days are numbered for long hospital stays, invasive removal of organs or tumors, and overworked health care employees, including doctors and nurses.

In a Quantum Computerized future, we will still have falls and acute injuries. Instead of going to a hospital ER, Marcus would go, via an autonomous hydrogen-powered car to a MediClinic, where, in a specialized chamber, the diagnostician (a robot of course!) would access his DNA profile information and sense all other energetics and upload them to 'Sante Quebec'. The quantum computer would assess the injured tissue via a holographic image and order application of tiny wireless devices to points on his shoulder, his elbow, wrist, as well as his neck, spine, and heart. Then, appropriate frequencies would stimulate the areas affected, healing the damaged tissue and returning them to Marcus' base point of sound health. The entire process would be less than half an hour. Within a day, all signs of injury are gone. He is back at his hobby, sanding and refinishing a chair.

All of this would be possible because a quantum computer is millions or perhaps billions of times faster than the classic binary computers that we have today in our homes and cell phones, tablets, and cars. Our time to imagine what we hope to see in the future is now. We stand at the threshold of solutions to the most urgent issues of our time. We have options. We can further immerse ourselves in lamenting the crumbling sociological structures around us. We can focus on the unethical side of quantum computing as targeted algorithms break into security systems. We can decry how much carbon-based energy quantum technology presently consumes, further exacerbating the wealth gaps. Or, we can choose to imagine an optimum future with our own individual minds that have life experience enough to know what is important and what it means to be a loving human in harmony with Nature on this planet. Dream Zachians! Dream BIG! Dream Joy!



Jean Luc Picard from StarTrek, ordering Earl Grey tea from a USS Enterprise replicator. Replicators would revolutionize food creation and waste disposal. Say good-bye to animal slaughter and allergies as well as separating recyclables and compostables. No more landfills or incinerators either. With quantum technology, our trash is broken back down to its component atoms and reformed. Star Trek concept info: https://en.wikipedia.org/wiki/Jean-Luc_Picard



The Story Behind Gardening and fascism

Joseph Graham joseph@ballyhoo.ca

Everyone is carrying the weight of the world on their shoulders with the news rising against us like waves of polluted water. Each of us asks what we can do, as we watch, like Lot's wife, who turned to a pillar of salt because she turned back to see what God had done to Sodom and Gomorrah. By now, we know that this is not the action of God. I see a parallel here with deep-rooted weeds, like horsetail.

Horsetail roots can run several feet below the garden surface, and despite best efforts, it comes back, popping up and looking a bit like a small, soft fir shoot. All I can do is dig deep and remove it, holding it to a minimum but never losing sight of the need to check it, to stop its advance.

The weed parallel, to me, is fascism, an extreme form of capitalism, or corporatism, that leads to imperialism. The leadership believes itself to be of another order, above the fray, with no need to answer to us. It hides itself behind ridiculous statements and actions, distracting us while it dismantles our checks and balances, becoming more outrageous as we adjust to their claims, but always leads them to further dismantling of rights and crazier claims. These are not natural parts of our society, but opportunistic invaders, like those deep-rooted weeds in my garden. Like them, it thrives on the quality of our society, of our soil, and turns it against our purposes. During World War II, it was extirpated from central Europe at the cost of about 75 million human lives. We did not get all the roots out, and so it has popped up in post-Soviet Russia, in China and in the United States, a bigger infection than last time.

In the garden, I dig deep. It is hard work. I try to grow a green manure crop to choke out what's left. I lose the garden to those efforts during that period.

The parallel action that I see in society was outlined unwittingly by U.S. President George W. Bush after the Twin Tower destruction on September 11, 2001. He urged Americans to spend their way back to profitability. To stop spending is not the only way of fighting back against this new fascism, but, like giving up a garden to counter the progress of the weed, we can do it. We can target companies that do not stand up to fascism.

An unexpected consequence of this method of fighting back is you will see your bank account grow.

Fascism is not new. It always has an element of ethnic exclusivity to it, like the Han Chinese, or the White Christians, or the rising exclusivity demands of the Hindu in India. It was a driving force in the New World invasion of the Americas. A particularly vivid historic record was the unchecked White supremacy of the New England colonies in the generation following the oft-celebrated arrival of the Pilgrims. It was an impossible time to be Indigenous. They had first met small, dirty men on their beaches and, respecting their cultural ethic, had helped them and shared with them, asking all the while where their women were. A conversation without the women being present was inconceivable. Those who converted to the Christianity of the Puritans were isolated, dismissed as praying Indians, and considered untrustworthy. They soon saw these newcomers as the Windigo, a growing monster that consumes everything without rationality.

As the English colonies spread like a many-headed Hydra, each presenting itself as a guarantor of the English Word to the Indigenous Nations, the latter formed the Covenant Chain as a means of speaking with one voice, but the Hydra did not. Their lands were stolen at gunpoint, and they saw the need to arm, but arms needed bodies, and this Hydra had brought with it diseases to which the invaders seemed immune. The Indigenous civilizations had evolved slowly and carefully from around the time of Ancient Egypt but had never developed the uncontrolled need of Europeans to escalate militarily to survive.

There are elements in these encounters that we should appreciate. The first is the absence of their women and their lack of any rights when they did arrive, the second is the absence of a history of military escalation here, and the third is a consequence of herding.

Clearly the Indigenous civilizations demonstrated, in contrast to the Eurasian cultures, that male dominance was not intrinsic to society. Also, the Europeans should have seen that the Indigenous Peoples, without this gender-obsessed dominance, were living in harmony, not just with each other, but also with all other forms of being. I can feel a reader protesting that they also had wars. Yes, of course they did, but the lack of any need of military escalation shows that war was not the focus of their civilizations. The focus was a non-gendered harmony with all beings. At the same time as they knew, and feared, the Windigo, they had developed the discipline to control their own numbers out of respect for their elder siblings, all the other beings they co-existed with. This was more easily accomplished by their deep respect for their women and their acknowledgement of the woman's sole responsibility for herself and her body.

Some of the Indigenous Nations were farmers, but their ethic shunned the practice of herding, not because it is the source of zoonotic disease, but because it contradicted their respect for their elders, the non-human beings: It turned animals and plants into property.

They acknowledged that taking fields from the forest was a short-term gift that had to be returned after roughly 15 years. Horsetail weeds would be handled by the returning overstorey of trees within a few human generations.

American fascism specifically opposes all of these values. Instead, it wants clear enemies, and Canada is next. Read the <https://snyder.substack.com> story called Blame Canada to see how it works.





Garden Talk

How to attract butterflies and hummingbirds

June Angus - Main Street

Butterflies and hummingbirds are great pollinators worth encouraging to take up residence in your garden. While one is an insect and the other a bird, they both depend on nectar from flowers as their food source. Attracting these creatures is not only good for them and their ultimate survival, but is also good for the overall health of your garden's eco system. Keep this in mind as you plan your spring and summer garden projects.

Hummingbirds use their long beaks to reach sweet nectar deep inside flowers. They prefer red and orange tubular flowers but don't mind other colours too. Among their favourite flowers are bee balm, various lobelia, columbine, coral bells, delphinium, rhododendron and zinnia. Commercial nectar feeders and mixes are available to attract hummingbirds (who will still navigate to your real flowers), but the feeders must be kept very clean and are best hung in the shade where the liquid won't overheat. Another caution is that these feeders may attract unwanted ants when hung somewhere that can be reached by crawling. I had that problem one year on my veranda so got rid of the feeder in favour of depending just on flowers to keep the hummingbirds happy.

Hummingbirds nest in trees and large shrubs and love to be near wooded areas. But they will avoid your garden if your cat is on the prowl. There are times, however, they don't seem very shy around humans. A local friend was sitting on her deck doing a FaceTime call with her sister in Australia. Her cellphone case had a large red flower on it. The hummingbird buzzed around very close, exploring this bright red food possibility and, in fact, gave a quick peck at the case to check it out. On her next trip to the garden centre, my friend made sure she got some "real" flowers for her deck garden to welcome back that hummingbird.

Butterflies have a proboscis or long tube-like straw that they use to sip nectar as they land on flowers. They prefer flower beds with a good mix of perennials, annuals and nearby flowering shrubs. Flowers growing close together gives them landing places where they can flit about as they search for nectar. They seek out aster, bee balm, black-eyed-Susan, dahlia, globe thistles, golden rod, purple cone flower to name a few. When my wild roses and black berry bushes are in full bloom, I am delighted to watch as dozens of butterflies work those plants. My reward comes later in the season when the nicely pollinated shrubs produce an abundant berry harvest.

Bear in mind that the butterflies we love to watch actually start out as larvae/caterpillars. At times, they can seem destructive to some plants. To attract butterflies, you will need to put up with some inconvenience related to this short-lived caterpillar phase. So, if you see colourful caterpillars on milkweed plants, leave them alone as they will morph into the much-loved monarch butterflies. Other butterfly larvae feed only on plants we generally classify as weeds. That's a good reason to keep a wilder patch of so-called weeds somewhere in a corner of your garden.

In a garden space designed to attract hummingbirds or butterflies, avoid using pesticides whether synthetic or organic. Basically, these act as poisons to these creatures and defeats the purpose of trying to attract them.

As you gear up for springtime in your garden this year, know that butterflies and hummingbirds can be a welcome addition to your pollination crew.



Word Play

Contemplating "control"

Louise Bloom - louisebloom@me.com

I realized recently that I have a propensity for problem solving, rolling thought-things around in my mind, to examine all sides while looking for clues. Because our dear spinning planet is experiencing perplexing and troubling times, I have been examining (with much emotion) the issues that plague us all, from the standpoint of help and healing.

Global events are threatening a safe and equitable existence. I believe that if we hold a certain image and align our thoughts, emotions and energy with a positive outlook, we are capable of generating a force that is contrary to the evident human fears that are emerging. While this may seem at first glance to be a feeble and intangible effort, the power of thought is deemed and otherwise proven to be highly fruitful.

Have you ever noticed how your thoughts influence the way you feel and behave? The way we think about something greatly impacts our emotions and actions. This phenomenon is not just a coincidence; it is a powerful aspect of human psychology that shapes our experiences and ultimately determines our outcomes.

What seems extremely obvious is the polarity that arises as individuals make decisions to align themselves with one viewpoint or another. Like many humans, I am somewhat allergic to conflict, and have developed a tendency to look for the common ground that all humans share, that we might find ourselves in a more harmonious field of being.

What can we focus upon as we examine the makeup of the shared physical world that can help us to achieve an outlook that is more peaceful in character?

There is a lot of talk in Buddhist philosophy about the interdependence of all things, about how no single thing exists on its own without its source being dependent on another being or another event. Our very birth was dependent upon the meeting of our parents. The existence of the car that we drive depends upon steel production, design, profit margin decisions, and hundreds of staff, who themselves exist due to circumstances that are necessarily interdependent.

This philosophical treatise encourages the understanding that the only way anything exists is through the complex interplay between other existing things and the magic of circumstance. The true nature of existence is interdependence.

Following the logic that we are truly and irrevocably interdependent can lead us to the understanding that we are all created "equal," that we all suffer and rejoice in equal measure. Our sameness joins us in a humanitarian soup, palatable when based on whole and integrated ingredients that depend on the recognition of our similarities (not our differences).

An effort to manage the landscape of our thought processes can shift when we consider the other as important as ourselves. In our desire to reduce or eliminate our own suffering (fear, vengeance, aggression included) we might expand our thoughts to include others. A sincere desire for the happiness and healing of all beings, ensures that the world that surrounds us is enveloped in a positive vibration, cloaking all humans with an atmosphere of loving kindness.

I understand, and experience, the drive to protect my "territory", to guard my own safety, to close out the fringes of a world that seems to be subject to untold disintegration, unpleasantly tinted and ultimately alarming and uncertain. Yet, here exists an opportunity to be a better neighbour, a concerned friend, a transparent parent, a community supporter. This is a time when we might do well to put our interdependence into action.

While we are subject to daily pronouncements of war, oppressive government, global warming, drastic inflation, animal extinction and other distressing arrows that point to dramatic changes, we can still manage our own behavior and our own thoughts. As we turn towards strengthening our own community as a remedy, we may experience a kind of relief that benefits our heart and soul as well as the well-being of others.

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



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Lori Leonard

Did you know that **Heritage Lodge** in Vankleek Hill changed its name to **Walford on the Hill**? It includes 66 well-appointed rooms, only two blocks from downtown Vankleek Hill. The Residence is very community-minded with many events such as Christmas entertainment and much more.

Most residents are anglophone and residents must be autonomous to reside there. **Walford on the Hill** offers two acres of lovely outdoor grounds with covered swings, flower/vegetable gardens and an apple orchard. The retreat is intimate and welcoming with only one floor. Each room (furnished or non-furnished) has its own terrace. There is a well-stocked library with books, movies and games and a laundry room. A hair salon, footcare and dentist visits are available by appointment (with fees).

The Residence offers 3 meals daily, snacks, coffee/tea and a juice bar for the health-conscious. Special meals are served on holidays. There is a private room that may be reserved for family gatherings, a wonderful place to make new friends or welcome old ones. All denominations are welcome to a weekly church service.

A physician visits weekly and Hawkesbury General Hospital is only 11 kilometers away from the Residence. A Director of Care is on-site for health issues and there is also a respite room. They offer 24/7 call bells for resident assistance.

For more information, come to the **special (free) Open-House Traditional Tea Party for Mother's Day on Saturday, May 10 from 1:30 pm to 3 pm.** Walford on the Hill, 48 Wall St., Vankleek Hill, Ontario K0B 1R0 / 613 678- 2690 / walfordonthehill.ca



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Climate Plan, Senior Assistance, and Regional Development

The MRC continues its community outreach!

Senior assistance, \$114,500 in support of key community projects, the fight against climate change, and a possible temporary bridge for cyclists on the Aerobic Corridor. Here are the highlights that caught the attention of the Pays-d'en-Haut MRC council meeting held on March 11 in the municipality of Wentworth-Nord.

A partnership to break the isolation of seniors in the MRC

The MRC des Pays-d'en-Haut and the Centre intégré de santé et de services sociaux (CISSS) des Laurentides are partnering to launch a pilot project aimed at breaking the isolation of seniors living in the region. As part of the Government of Quebec's national suicide prevention strategy, this initiative will benefit from one-time funding of nearly \$200,000 dedicated to initiatives targeting the population aged 65 and over. This project aims to implement concrete actions to promote the quality of life of seniors by providing them with spaces for socialization and services adapted to their needs.

Regional and Rural Fund

The MRC Council authorized the awarding of grants totaling \$114,500 from residual funds from the Regional and Rural Fund (RRF) Component 2 (2020-2024) to support 13 applications from community organizations that meet the residual fund criteria and the 2024-2025 intervention priorities of the Policy to Support Structuring Projects to Improve Quality of Life.

Support for Internal MRC Projects

At the same time, four internal management development projects within the MRC will be funded through the residual fund of the RRF Component 2, for a total of \$140,000.

The deadline for committing funds being March 31, 2025, these 17 initiatives and projects will begin as soon as the amounts are granted and must be completed according to the prescribed end of envelope dates, i.e. March 31, 2026.

Adoption of the Climate Change Adaptation Plan

The MRC Council adopted the final version of its Climate Change Adaptation Plan (CCAP), which includes a new 2025-2035 intervention framework. Following the adoption of the preliminary CCAP in March 2024, the MRC consulted its municipalities and stakeholders to refine and complete its intervention framework. The goal was to make it more effective by integrating actions based on scientific best practices and adapted to the local realities of the region.

This CCAP is the first component of the climate plan that the MRC has committed to implementing, thanks to the Accelerating the Local Climate Transition (ATCL) program. During the year, the MRC will begin the second component of its climate plan, namely the implementation of its plan to reduce greenhouse gas (GHG) emissions in the region.

The final version of the PACC is now available on the Pays-d'en-Haut MRC website.

A Temporary Footbridge over the Aerobic Corridor?

Following numerous efforts with the Ministère des Transports et de la Mobilité Durable (MTMD), the latter sent the Pays-d'en-Haut MRC a conditional authorization to install a temporary pedestrian and cyclist footbridge late last month, a permission agreement for the installation of such a footbridge, and thus committed to respecting the conditions required in the letter and agreement drafted by the MTMD.

"Our commitment has always been to work with the MTMD to find a solution as quickly as possible. This is a temporary measure toward replacing the Newaygo Bridge," emphasized Mr. Genest, adding that the MRC wants the Aerobic Corridor to reopen safely and sustainably.

Thus, with this temporary footbridge project, this essential recreational and tourism infrastructure—severed in two at the end of the 2023 season—could once again serve as a connecting link.

About the MRC Pays-d'en-Haut

In the heart of the Laurentians region, the MRC Pays-d'en-Haut comprises 10 towns and municipalities. With a total of nearly 50,000 permanent residents and more than 15,000 vacationers, the Pays-d'en-Haut RCM stands out for its diverse commercial activities, its attractive cultural and tourist offerings, and its leadership in the development of a recreational trail network.

Lachute revitalizes its heritage with a modern and eco-friendly library

The United Church will be transformed into a green and inclusive building to host the Jean-Marc Belzile Library thanks to a \$5,613,116 investment from the federal government.



This announcement was made by Stéphane Lauzon, Member of Parliament for Argenteuil—La Petite-Nation and Parliamentary Secretary to the Minister for Citizens' Services and Bernard Bigras-Denis, Mayor of Lachute.

The conversion of the United Church into a library offers an exceptional opportunity to combine heritage, culture, and sustainable development. By rehabilitating and restoring this historic building, the project contributes to preserving local architecture while addressing environmental needs through the integration of energy-efficient measures. This initiative is part of an eco-friendly vision that highlights the community's heritage while modernizing it into a contemporary and accessible space.

The new Jean-Marc Belzile Library will offer modern, diverse, and welcoming spaces designed to meet the needs of the entire community. It will include a multipurpose room dedicated to cultural activities, training sessions, and mediation programs, as well as a youth area designed to accommodate families with a breastfeeding corner, storytelling steps, multimedia spaces, and areas dedicated to play, animation, and reading. A specially designed teen space, a friendly café corner, and a thematic display area will enrich the experience for all visitors. In addition to self-service lending stations, the library will provide individual and collaborative workspaces, a news lounge, enhanced reading areas, and even an outdoor terrace where people can enjoy reading and relaxing. This ambitious project truly reflects a vision of accessibility, inclusion, and innovation in the service of culture, education, and collective well-being.

In addition to its positive environmental impact, this project offers significant socio-economic and cultural benefits for the community. The new library, located at the heart of the downtown revitalization plan, will become an attractive, modern, and inclusive gathering place. It will promote access to knowledge, culture, and education while contributing to revitalizing the downtown area and enhancing its appeal. This innovative reuse of a heritage site will create a vibrant and welcoming space that meets the current and future needs of Lachute's residents.

Quick Facts

- The federal government is investing \$5,613,116 million in this project through the Green and Inclusive Community Buildings (GICB) program. The City of Lachute is contributing \$3,699,173.
- These enhancements are expected to reduce the facility's energy consumption by an estimated 46,6% and greenhouse gas emissions by 0,23 tonnes annually.
- The GICB program was created in support of Canada's Strengthened Climate Plan: A Healthy Environment and a Healthy Economy. It is supporting the Plan's first pillar by reducing greenhouse gas emissions, increasing energy efficiency, and helping develop higher resilience to climate change.
- The program launched in 2021 with an initial investment of \$1.5 billion over five years towards green and accessible retrofits, repairs or upgrades.
- Budget 2024 announced an additional \$500 million to support more projects through GICB until 2029.
- At least 10% of funding is allocated to projects serving First Nations, Inuit, and Métis communities, including Indigenous populations in urban centres.
- For more information, please visit the Housing, Infrastructure and Communities Canada website at: [Housing, Infrastructure and Communities Canada - Green and Inclusive Community Buildings Program](https://housing-infrastructure.canada.ca/gicb-bcvi/index-eng.html).

Associated Links

Green and Inclusive Community Buildings
<https://housing-infrastructure.canada.ca/gicb-bcvi/index-eng.html>

Strengthened Climate Plan
<https://www.canada.ca/en/services/environment/weather/climatechange/climate-plan/climate-plan-overview.html>

Housing and Infrastructure Project Map
<https://housing-infrastructure.canada.ca/gmap-gcarte/index-eng.html>



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Keeping it Weird

The more we dig...

If you thought the Pyramids of Giza were merely gigantic triangular structures, designed for housing pharaohs and confusing tourists, think again! Recent explorations have unearthed what can only be described as ancient Egypt's secret stash of mysterious columns hidden deep beneath the iconic pyramids. This discovery has left archaeologists scratching their dusty heads and conspiracy theorists concocting wild stories faster than you can say "Tutankhamun."

When Dr. Amelia Rocksworth and her team of intrepid archaeologists set out to explore the depths of the Giza Plateau, little did they know they'd stumble upon the greatest architectural shocker since the discovery of Cleopatra's needle. The pyramids, which were already a source of endless intrigue, had been hiding something more: columns. Lots and lots of columns.

At first glance, the columns seemed to serve no apparent purpose. They were not supporting any structure above them, nor were they leading to any hidden chambers filled with treasures or ancient scrolls. They were simply... there. Standing tall and proud, as if they were waiting for someone to come along and ask, "What on Earth (or heavens) are you doing here?"

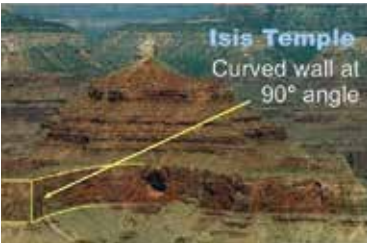
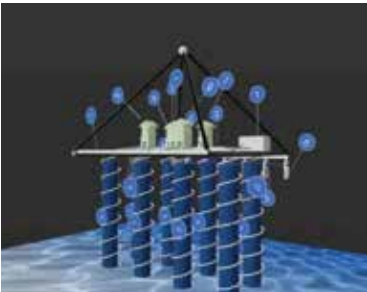
Some archaeologists suggest that the columns were part of an unfinished subterranean temple, abandoned due to unforeseen circumstances such as a sudden shortage of limestone or an unexpected invasion of particularly pesky scarabs. Others, with a flair for the dramatic, believe the columns were the ancient Egyptians' attempt at creating the world's first underground amusement park. Imagine the thrill of sliding down limestone ramps and dodging swinging boulders in the dark depths of the pyramid's belly!

Not to be outdone, the conspiracy theorists have jumped on the bandwagon, proposing that these columns are, in fact, alien in origin. According to them, the columns were left by extraterrestrial beings as markers for their ancient landing sites. They argue that the perfect alignment of the pyramids with certain celestial bodies is no coincidence and that the columns are part of a larger cosmic communication system. Beam me up, Pharaoh!

And speaking of hidden layers, let's not forget the mysterious discovery made by G.E. Kincaid in the Grand Canyon. In the early 20th century, Kincaid stumbled upon an extensive underground network, rich with Egyptian artifacts that seemed out of place and time. Sarcophagi, mummies and a crypt. The copper and other metal tools found in the caverns, should not have been available at that time period. Some claim these findings could rewrite history as we know it, and the debate continues to this day. The government, of course, closed the area off to the public as it still is to this day. But, it seems that Pyramid structures seem to pop up all over the world all the time but they seem to have no archeological relation...right?

In an unrelated, yet equally intriguing development, the release of the long-awaited JFK documents has added fuel to the fire of historical curiosity. These documents, shrouded in secrecy for decades, promise to shed new light on one of the most enigmatic events in modern American history. While the connection between the columns under the pyramids and the JFK files might seem tenuous at best, it serves as a reminder that history is full of hidden layers and unexpected discoveries, each waiting to be uncovered by those daring enough to search.

Much like the columns beneath the Giza pyramids, Kincaid's discovery reminds us that the Earth is full of secrets, just waiting for the right moment (or the government) to be revealed.



Les Aînés se Joignent / Elders Outreach

What is it, why, and what are its goals?

Who are the Elders, housebound people or people in need in our communities? What are their needs and wishes? There are many services available to older persons through governmental, municipal and other public programs, but who/how many people know about these and can access them?



Elders Outreach's ultimate goal is to discover and then meet the needs and wants of Elders, housebound people and people in need by:

- Finding out who they are without intruding or violating anyone's trust or privacy needs etc.
- Finding out what their needs and wants actually are
- Making sure people have access to the services and help they require or want

Without duplicating any services that already exist, we want to provide a human bridge between people in need and the many services that are available, provide an on-going, up-to-date list of services available, provide a growing list of volunteers ready and willing to put their skills and big hearts to use in helping others, and ensure people know about and can access whatever services they need or want.

How does Elders Outreach function?

Elders Outreach consists of a fluid (there is no governing board and no obligation binding us, only a sincere adherence to our mission), growing, voluntary group of people, mostly Elders, who believe in its mission and goals. One Wednesday afternoon a month we host an old-fashioned Tea at Grace Anglican Church Hall (7 Church Rd., Arundel), a venue that is wheelchair accessible, bright and spacious with kitchen facilities. We come together on these occasions to greet people again, or for the first time, and to learn, listen, and discuss, in English and French, essentially all matters pertaining to the welfare of Seniors.... All people 60 years and over are welcome.


We also host Seniors' Social Cafés (Drop-Ins), two Tuesdays a month, from 1:30 pm – 3:30 pm at the Anglican Church Hall in Arundel, except for the 5 months from July through November, when the first Drop-in of each month will be at the Arundel Community Hall (garage). While there is generally no agenda at these times, companionship is guaranteed, and there is a wide variety of games available. Workshops and creative activities are sometimes included. People 60+ are welcome.

At our Teas and Drop Ins, and in accordance with our respect for people's privacy, guests are given the option of becoming members. Membership comes with no obligation other than giving a first and last name with coordinates and postal address, so that individuals can be included in all future emails or information sharing. It's our belief that the more people know about us and become members, the more we can be of help, now and in the future.

Elders Outreach works in close association with several organizations: 4-Korners will be sending us online- live presentations, or recordings thereof, as well as giving occasional live presentations here in Arundel; CAB - Centre d'Action Bénévole - is helping with our volunteering program, which includes assistance with transportation, isolation issues, and small household chores etc.; Prévoyance Envers les Aînés is constantly available for guidance and follow up help.

For more info. please call 819-687-2382, or email me at juliamstuart@yahoo.ca

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Theatre Morin-Heights

Important changes to TMH's 2025 Season

Due to factors beyond our control, the Theatre Morin Heights Spring Production of "The Lie" by Florian Zeller has been postponed until Fall 2025... we hope!

Our dates were set (April 30-May 4), our cast was deep into rehearsals and publicity was underway. Unfortunately, the upcoming federal election rendered our venue at Chalet Bellevue unavailable as originally planned. Attempts to find alternative dates this spring were unsuccessful.

However, as the saying goes, the show must go on, so we have made new arrangements for the TMH 2025 Season including an additional play reading in April with two performances!

April 23 and April 26 - FREE Staged Play Reading: TMH has included an additional Staged Play Reading in our spring lineup. Get ready to unwind and have a great time as TMH showcases David Tristram's "Going Green" with an evening performance Wednesday, April 23 at 7 pm and a matinee Saturday, April 26 at 3 pm. This event is FREE (but donations appreciated). Open to everyone, so bring a friend. A cash bar will be available. (In a staged play reading, actors perform with their scripts in hand after only a few rehearsals, incorporating some stage directions, lighting, sound, and costumes.)

Fall Production November 12-16 is still in development and will feature six performances, including two matinees. We have already dedicated significant effort to preparing "The Lie" by Florian Zeller, and we are currently checking the availability of the cast and crew to ensure the show can proceed in the fall. Stay tuned for updates!

Meanwhile, other projects are in the works to help mark our local community theatre troupe's 40th anniversary. More news coming soon!

For more information TheatreMorinHeights.ca or call 579-764-3999.



The Other Side Of Getting Old

Old is gold...

Florian Gaudreau

I was at a Folk concert last month listening to Neil Swail singing, "Don't Let the Old Man in," by Toby Keith. Although I had never heard the song, I did hear Clint Eastwood say it in an interview. So, this article was inspired by Neil's performance. As the story goes, Toby Keith met Clint Eastwood at a charity golf tournament at Pebble Beach California. Mr. Eastwood was 88 years old and working on his newest movie, Mule. Toby was impressed by how much energy and enthusiasm Mr. Eastwood had and asked him how he did it. Clint simply said when he got up in the morning, he'd start the day by not letting in the old man. Inspiring words to life by.



I wish I didn't know how old I was, so I wouldn't mind having to be reminded every year. Physically, I'm reminded every once in awhile. I recently went through cataract operations, which was a positive thing as I used to drive at night using Braille (following the white lines). What a difference! I never realized how bad my vision was and how dirty my apartment is. Yikes! Aside from the physical side effects of getting old, not much has changed over the years except now when I go out for the evening I can remember the morning after what I've done the night before. The big plus, if I do embarrass myself, I can always blame it on my age. The other thing that hasn't changed much, is I'm still pretty social, but not overly so. I listen more than I talk but once I'm in my element, it may be hard to find the off switch. The biggest plus about getting old - I'm still alive!

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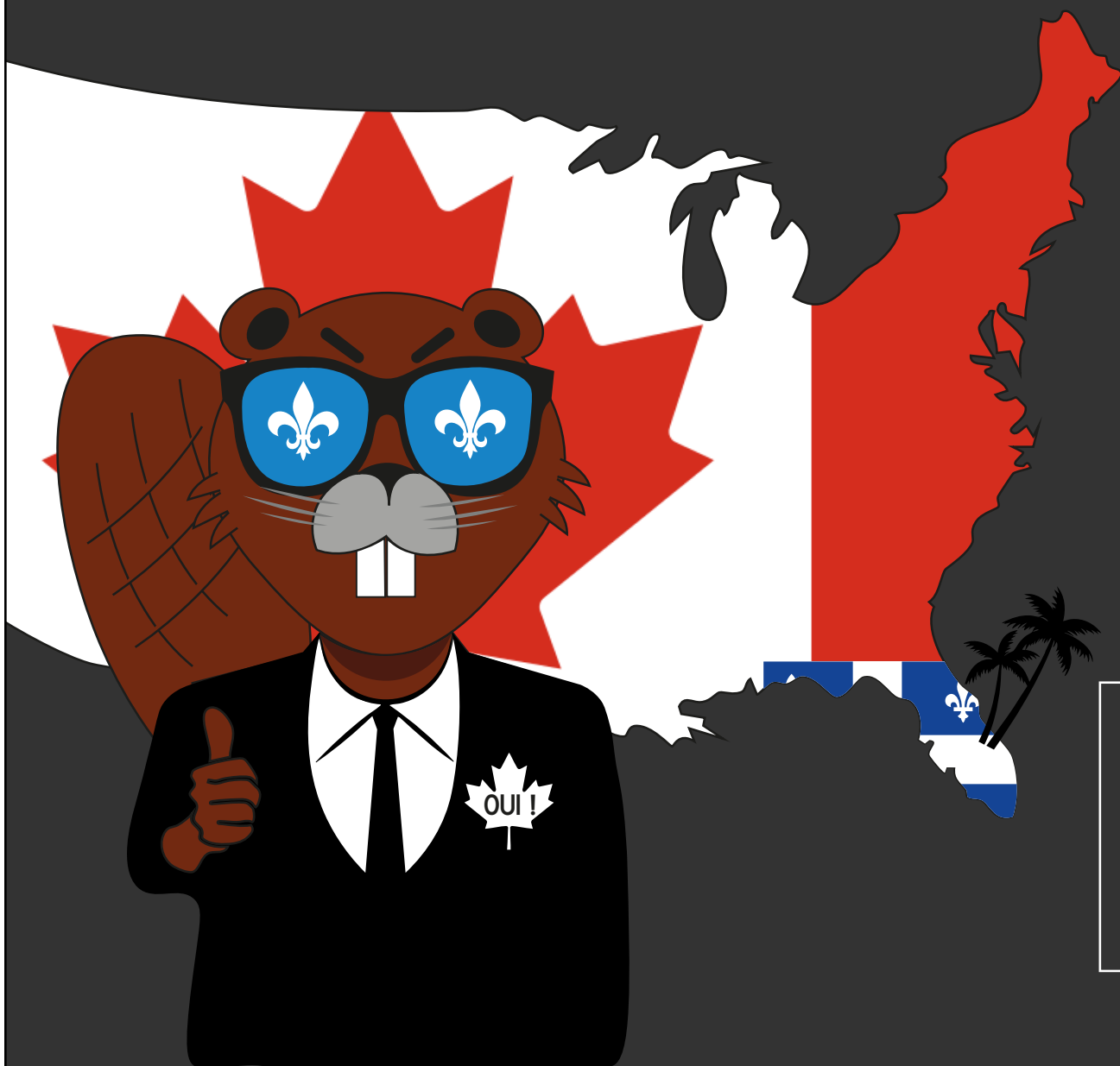
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Real Wine for Real People

Chocolate and wine pairings

April Sirois – Sommelier - ISG

Welcome to spring and the time for warming days and Easter, with chocolate everything from bunnies to mini eggs. It’s a chocoholic’s favorite time of the year.

So, what is a wine lover to do when chocolate and wine is not an easy pairing? I know a lot of people say that you shouldn’t even try to pair chocolate with wine at all. Too much acid with acidic flavours, and with chocolate’s thick texture that coats the pallet, it’s just too much to really enjoy the wine or the chocolate. However, I know that it is possible to pair chocolate to wine and even make delicious combinations with the right wines and chocolate.

I am going to preface it here that when I refer to chocolate in this article, I am referring to dark and milk chocolate. Okay, let’s start with the easiest and to me the most enjoyable pairing.

Champagne and chocolate - any kind of sparkling wine will work fine here. The bubbles work well to cut through the rich coco butter and the bright flavours are a nice contrast to the richness of the chocolate. Even better, if you can find a slightly sweet, demi sec Champagne. Great with milk chocolate and also caramel dipped chocolate. A good quality chocolate bunny and a bottle of bubbles are very nice together. Champagne is also great with chocolate fondue.

If you’re more of a red wine drinker then go for the bigger, richer reds. An Australian Shiraz works well with enough residual sugars to balance the chocolate. Try it with dark chocolate truffles, almond bark, raisins covered in chocolate and chocolate dipped strawberries. Lindt dark chocolate bunnies and mini eggs will shine here.

A stand out pairing for red wine and chocolate is Amarone della Valpolicella. Big, rich with a hint of sweet, this wine can push back against both milk and dark chocolate. It really shines when paired with dark chocolate, dried fruit and nuts. Think Cadbury’s burnt almond or Cadbury’s fruit and nut bar.

Last but not least is our old friend Port, both tawny and ruby. This is an easy pairing with chocolate anything, bars, cake, fondue, truffles, soufflé. Because it’s so chocolate friendly, a small bottle of this and a good quality bunny make a perfect dessert for two. Add a little light jazz music and maybe a fire and you have Easter magic.

Cheers

~ We are all mortal until the first kiss and the second glass of wine - Eduardo Galeano



Words About Food

COMMITMENT

Karen Feiertag

One of the greatest pleasures in my work is to meet with passionate producers. Distances are long here in the Laurentians. We put in mileage even to meet the closest of them. It’s an honour to visit operations, to keep in touch over the seasons. Our raw honey producer (currently mayor) gives us regular reports on bee populations. We think of maple producers in those moments when the sap runs, and when it doesn’t. We worry as winds blow tunnel greenhouses away, as spring rains drench zucchini fields, hoping still to get a small bag with flowers intact for our early summer ritual: combine cheese, herbs, oil and maybe prosciutto, gently fill flowers, fry. Yes, I’m conscious of the increase in food prices, but my respect for food’s profound value increases faster. How many hours of thought, attention and love go into one simple, fresh tomato?

In a context where our clients are now looking more judiciously at labels, I dare offer an ode not only to local producers but those everywhere around the world who produce and transform food while respecting the land, the ingredients and the people that will appreciate – or not – their painstaking efforts. In 2019, the meticulous 5th generation Sicilian olive oil producer Giovanni Bonfiglio, now 3-time winner in the prestigious New York World Olive Oil Competition (NYIOOC), promised that if he won again, he’d leave his organic fruit trees to visit the boutiques that carried his oil. And he did. In tastings here, he and his wife spent the day charming rounds of clients, sharing their award-winning harvest and the surprisingly simple technique for how to best taste an olive oil.

Here – everywhere - there are producers and transformers who take risks, face fires, pray at the altar of Mother Nature. They attend to every detail, challenge and pressure, take every measure to produce the finest, most healthful, most delicious product. Here, we don’t want lots of food. We want to savour, share and support those foods that are a labour of love.

The technique? Oil into small cup. Cover, warm, sniff. A small gulp. Taste the indicators of quality, one by one, front to back of tongue: first, the fruit itself, then, its natural bitterness, finally, it’s kick. It’s these three values in an olive oil, and, significantly, their balance, that are assessed at such competitions. Yes, you can definitely try this at home!

Comments? Words@station210.co



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514-952-6316 / lfarand@royalpage.ca / www.lucynefarand.com

RESTAURANTS & FOOD

Rachelle Béry Saint-Sauveur
377, rue Principale, Saint-Sauveur / 450-227-3343
Natural & organic food / Supplements & natural care
Open: Everyday 9 am - 7 pm

Epicerie Traiteur La Cena
585 boul. Des Laurentides, Piedmont / 450-227-8800
Italian grocery store, caterer, butcher

Café P'tits Folies To Go
819-969-1799 / www.ptitesfolies.com
Coffee, fun food, frozen meals

Pizza Hut
456 rue Principale, Lachute / 450-562-4040 / pizzahut.ca

Am Déjeuner – Dîner
131 Chem du Lac-Millette local 101 / amdejeunerdiner.com

PROFESSIONALS

Lori's Links
450-224-7472 Making Life Better in the Laurentians.
One call does it all - home services 450 224-7472,
leonard.lori@outlook.com, www.lorislinks.com

HEALTH & WELLNESS

Soins Dentaires Prévost
450-335-2990 / www.dentisteprevost.com

Uniprix Saint-Sauveur
222-G, chemin du Lac-Millette, St-Sauveur
450-227-8451

FUNERAL

Les Sentiers: 1-844-565-6464 / lessentiers.ca

ARTS & CULTURE

Theatre Morin Heights
www.theatremorinheights.ca
579-765-3999 / theatremorinheights@gmail.com

Centre d'art Argenteuil
585 rue Principale, Lachute, Qc., J8H 1Y8
Open Wednesday to Sunday: 11am to 5 pm
Follow us on Centredartargenteuil.com, Instagram, FB

HOME

Lortie Refrigeration Inc.
202 Cameron Street, Hawkesbury (Ontario)
613-632-8742
Installation/repairs - heating and air conditioning
Open: Mon - Thurs: 7:30 am - 4:30 pm / Fri: 7:30 am - 4 pm Closed: 12 pm - 1 pm

Location Daniel Boivin
270 Rue Principale, Saint-Sauveur,
450-227-0079 / <http://www.locationdanielboivin.com>
Services: Tool, equipment and truck rental, STIHL tool sales, propane filling
Open: Mon – Fri: 7 am - 5 pm

Location Madden: 573 Lafleur, Lachute / 450-562-9142.

Tools and equipment rentals

Construction Stewart: 591, ch du Village, Morin-Heights / 450-226-1313

Canadian Tire
All the essentials for your home, garden and vehicle (450) 562-8536
505 Bethany, Lachute

Better Inspections
Marc Laberge
819-324-7872 / marc@betterinspections.ca

RESOURCES

Laurentian Region Cancer Support Group:
450-226-3641 / cancer.laurentia@yahoo.ca

Palliacco
819-717-9646 / 1 855-717-9464
info@palliacco.org / palliacco.org
Support, accompaniment and respite care

4Korners
Your resource for English programs, services, and information in the Laurentians, strengthening community vitality through inclusion, dignity, equity, and accountability.
Tel: (450) 974-3940 | www.4korners.org

Personalized Psychosocial Support for Caregivers
L'Antr'Aidant| 579-888-0211#0
ligne.daccueil@lantraidant.com | www.lantraidant.com

Laurentian Literacy Centre
Free Services. 1to 1 tutoring in math, reading, & writing
450-562-3719. Ex. 1 / www.laurentianliteracy.ca

BOUTIQUES

Station 210 - Café Ateliers Boutique
Products for HOME, HEALTH, LEISURE & PANTRY
210 Route du Long-Sault, Saint-André-d'Argenteuil, (514) 814-3685 / <http://station210.co> / info@station210.co
* New distribution point to pick up your monthly Main Street

ROYAL CANADIAN LEGION

Arundel – Branch 192
79, rue du Village
Info: 819-687-9143

Morin Heights- Branch 171
127, Watchorn
Info: 450-226-2213

Brownsburg-Chatham – Branch 71
210 rue McVicar
Info: 450-533-6381

Lachute – Branch 70
634 Lafleur
Info: 450-562-2952

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MAIN DISTRIBUTION POINTS

Below, please find a list of our major distribution points across the Laurentians. Unfortunately, we have been requested to remove our publication from a few of our previous main grocery outlets up north so if you notice us missing, and would like to see us back, please speak to the management. Thank you to those businesses that have already invited us back!! As a reminder, we publish on the 2nd Friday of each month and copies are picked up quickly so be sure to grab your new Main Street promptly.

Enjoy the read...

HAWKESBURY
FRESHCO (350 Spence)

GRENVILLE
IGA (30, rue Maple)

ST- ANDRÉ D'ARGENTEUIL
STATION 210 (210, Route du Long-Sault)

LACHUTE
SHOPPING CENTRE (505 Bethany) SUPER C & CANADIAN TIRE,
GIANT TIGER (359, rue Principale)
CAMPBELL'S DEPANNEUR (1280, rue Principale)
DEPANNEUR GRACE (168 Bethany)

DALESVILLE
DEPANNEUR (Rte. 327, north)

WENTWORTH
Station Wentworth (167, Chem Louisa)

HARRINGTON
CITY HALL (2940, Rte. 327)
LOST RIVER: DEPANNEUR (2822, Rte. 327)

ARUNDEL
P'TITES FOLIES to go (1, rue du Village)
ARUNDEL PROVISIONS (14, rue du Village)
LEGION (79, rue du Village)

HUBERDEAU
DEPANNEUR (193, rue Principale)

MORIN HEIGHTS
VAILLANCOURTS (878, Chem. Du Village)
LIBRARY (823, rue du Village)
IGA (680, Chem. Du Village)
CITY HALL (567, Chem. Du Village)
LEGION (127, Watchorn)
CHALET BELLEVUE (27, rue Bellevue)

ST-SAUVEUR
PROVIGO (50, ave. St. Denis)
JEAN COUTU (75, ave. de la Gare)
RACHELLE BERY (377, rue Principale)

PIEDMONTS
LA CENA (585, boul. des Laurentides)

ST-ADOLOPH-D'HOWARD
GAS STATION (1750, chem. Du Village)

STE-AGATHE
GIANT TIGER (451, rue Léonard)
TRINITY ANGLICAN CHURCH (12 Rue Préfontaine O)

VAL MORIN
CAL'S PIZZERIA (6193, Route 117)

VAL DAVID
METRO (2500 Rue de l'Église)
Restaurant au petit Poucet (1030 Rte. 117)

STE-ADÈLE
METRO (555 Blvd. de Sainte-Adèle)
IGA (1300 Bd. De Ste-Adèle)

MONT-TREMBLANT
RONA (302 Rue de St Jovite,)
METRO 1011 Rue de St Jovite)