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## What's On My Mind...

# Working together to strengthen our communities

Susan MacDonald, Editor

For over 12 years, I've experienced and contributed to the dynamic evolution of our Laurentian communities. Throughout this journey, we've celebrated successes and stood together during challenges, always focused on our shared goal: nurturing and uniting our English communities to ensure their vitality and strength.



Over the years, our committed volunteers and steadfast business community have played a crucial role in backing local initiatives, non-profit organizations and community newspapers through their time, donations and financial support. However, expecting them to shoulder this burden alone is unfair. Especially during these times of financial hardship, what is urgently required is increased support from our government offices.

Community newspapers and non-profit organizations are expected to play essential roles within our communities even though they continually face financial constraints that hinder their effectiveness. Rather than being able to focus on delivering valuable services and information to residents, they are obliged to spend much of their efforts concentrating on maintaining their financial stability. Supplementary municipal support could profoundly benefit these organizations, while also yielding advantages for the municipalities themselves.

Community newspapers serve as the voice of our neighborhoods, diligently reporting on issues that matter most to our residents. They strive to ensure that every corner of our region is represented yet they can't survive financially on the business sector alone to sustain their publications. Non-profit organizations are the lifeblood of our community's social and cultural tapestry. They provide essential services, from education and healthcare to arts and environmental stewardship, addressing needs that government agencies alone cannot fully meet. Their dedication and innovation are indispensable in tackling local challenges and nurturing a more inclusive and resilient society.

By recognizing and supporting the invaluable contributions of local newspapers and non-profit organizations, municipalities can strengthen our community's social infrastructure and enhance the quality of life for all residents. Investing in these organizations would be a strategic investment in the future sustainability and prosperity of our local communities.

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# Celebrating community growth at 4Korners AGM

Gaëlle Giraudeau

On June 13, 4Korners held its annual AGM, reflecting on a year filled with accomplishments and community engagement. Executive Director Hugo Bissonnet opened the meeting with heartfelt gratitude, acknowledging the unwavering dedication and resilience of our team, partners, and community. As we navigate challenges and embrace opportunities, 4Korners continues to strive for excellence in supporting the English-speaking community in the Laurentians despite challenging policies like BILL 96, and the reform of the health and education sector.

Over the past year, 4Korners made significant strides in enhancing our services across all MRCs. With a population of approximately 47,010 English speakers, we are dedicated to ensuring that everyone has access to vital public resources and support.

Our activities have flourished, with 8,803 registrants engaging in 433 activities throughout the year. We welcomed 1,818 unique individuals into our programs and celebrated the contributions of 36 volunteers, who collectively dedicated 1,712 hours of their time. The commitment of our volunteers is instrumental in fostering a vibrant and inclusive community.

One of our proudest achievements this year was expanding our reach into underserved areas, making our services more accessible than ever. We embraced innovation, leveraging technology to enhance our offerings and ensure sustainability for the future. Through collaborative efforts with various organizations and stakeholders, we have strengthened community ties, creating an environment where everyone can thrive. 4korners also signed three multi-year agreements with CHSSSN / Health Canada, Heritage Canada and Le Secrétariat aux Relations avec les Québécois d'Expression Anglaise for a total of 2.2 million dollars to support the English-speaking community in the region.

Membership in 4Korners is an opportunity for individuals within the English-speaking community to make their voices heard and allow us to represent the community legitimately when advocating in public. Plus, you have free access to all our programs, events, and resources designed to foster healthy lifestyles, creativity, and employability. Membership also includes voting privileges at our AGM and the chance to elect or become a member of the Board of Directors, empowering our community to drive its initiatives.

As we reflect on this year's successes, we look forward to the future. Increased engagement on social media shows that our message is resonating, and our community is growing stronger. In total, we received about 2,050 calls and 330 walk-ins at our Deux-Montagnes office, demonstrating the trust and reliance our community places in us.

Together, as we move forward, we invite you to become a part of the 4Korners community. Your membership not only grants you access to essential services but also enhances our collective ability to advocate for the rights of English-speaking residents in the Laurentians. Join us in championing access to health and social services, employment opportunities, and educational resources, helping to create a better quality of life.

Thank you for being a vital part of our community. Together, we can continue to make a meaningful impact!

Please visit our website [www.4korners.org](http://www.4korners.org) for more information or call 450-974-3940

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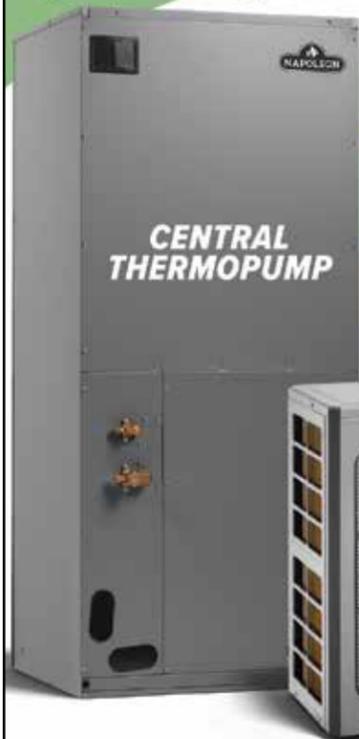
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# NEWS BITS FOR AUGUST

## FROM MONT TREMBLANT

### Trails Master Plan: public consultation

In the continuity of the development of the Trails Master Plan, the City of Mont-Tremblant invites its population to participate in a public consultation workshop on August 21 at 6:30 pm, in the council chamber of the city hall, located at 1145, rue de Saint-Jovite. This consultation will take place in the form of discussion groups, facilitated by the firm BC2, mandated by the City to support it in this process. During this evening, participants will have the opportunity to learn about the analyses and work carried out by the firm, and to express their views on the following topics:

- The sustainability and development opportunities of the Mont-Tremblant trail network
- Potential development methods for the Gray Rocks site This consultation is intended for Mont-Tremblant residents, whether they are permanent or vacation residents, aged 18 and over. Due to the limited number of places, an online reservation is required.

**What:** Public consultation workshop on the trails master plan

**When:** Wednesday, August 21 at 6:30 p.m.

**Where:** In person only, at the city hall council chamber (1145, rue de Saint-Jovite)  
Register online: [villedemont-tremblant.qc.ca/consultations](http://villedemont-tremblant.qc.ca/consultations) For any information, please write to [sentiers@villedemont-tremblant.qc.ca](mailto:sentiers@villedemont-tremblant.qc.ca) or call 819 425-8614.

### Mont-Tremblant Holiday Market -Opening for applications for the 2024 edition.

In anticipation of the traditional Mont-Tremblant Holiday Market, which will be held on November 22, 23 and 24 at City Hall (1145, rue de Saint-Jovite), the City of Mont-Tremblant invites artisans in the arts and crafts and agri-food sectors to submit their applications now! The Holiday Market is an exceptional showcase, attracting nearly 3,000 visitors each year. Exhibitors benefit from increased visibility for their booth, offered at a great rate of only \$20 for 3 days. The deadline to submit an application is September 3, 2024. No applications will be considered after this date. Registrations are online only, by completing the form available on the City's website at [villedemont-tremblant.qc.ca/marche-des-fetes](http://villedemont-tremblant.qc.ca/marche-des-fetes). Successful candidates will receive a response no later than September 23. For any information, contact the Culture, Recreation and Community Life Department by email at [cultureetloisirs@villedemont-tremblant.qc.ca](mailto:cultureetloisirs@villedemont-tremblant.qc.ca)

## FROM RIVIÈRE-ROUGE EMERGENCY DEPARTMENT

The Integrated Health and Social Services Centre (CISSS) des Laurentides and the other parties involved in the case concerning the reduction of the opening hours of the emergency department of the Rivière-Rouge Multiservice Health and Social Services Centre (CMSSS) have agreed before the Court to renew the safeguard order. This decision was ratified by the Superior Court on August 1, 2024. It will remain in effect until December 1, 2024. In the coming weeks, the parties involved will have the opportunity to continue their discussions on the issues surrounding the maintenance of emergency opening hours, in order to find lasting solutions that will address the various concerns. In their efforts to provide the population of the Antoine-Labelle sector with quality and safe care and services, the parties involved reaffirm their intention to invest all necessary efforts to reach a long-term solution to ensure the availability of the required staff. In the process, the CISSS des Laurentides is pleased to collaborate on community initiatives aimed at increasing the region's attractiveness. The parties are grateful to the employees who work hard, day, evening and night, to ensure quality and safe care for the community.

## FROM MORIN HEIGHTS

### Noise and Speed Awareness Campaign

To assert our right to safety and tranquillity, we invite you to use our promotional tools to support the noise and speed awareness campaign.

Upon presentation of your citizen card or proof of residency, you can pick up a free lawn sign and electrostatic sticker at Chalet Bellevue, both available in English or French. We invite residents in the heart of the village and in the areas most affected by the situation to install a sign in their front yard to draw the attention of road users.

If reducing noise and speed on our main roads is an issue that is close to your heart, express your desire for peace and quiet!  
[letsheareachotherandgetalong.com](http://letsheareachotherandgetalong.com)

# A Lifetime With Animals

Susan MacDonald

I have lived a lifetime with animals and nature; some would call it a passion, but in truth, I did not choose to follow this path, it has simply been a part of me from the moment I was born. Family photos show cats in my crib and I learned to walk by grasping the long hair of a very patient collie. My dolls were stuffed animals and the carriage passed down from my sisters usually cradled the family cat and her kittens. I "rescued" all creatures, from mice to mighty dogs, hiding them in closets and drawers until my dear mother dared not put away my laundry for fear of the unknown.

My experience with animals has grown as the years have passed and I have learned, that while I cannot save all of God's creatures, I could help those who happened to fall within my circle. As a result, I am often called upon for advice or assistance when an animal is in need; there have been many and it is not within me to say no. I have been asked to share some of my animal adventures and although I find them personal, I have finally decided to do so in the hope that they may encourage some to see these simple beings from a new perspective and appreciate how much they enrich our lives. The following articles are true; these are my stories.

My appreciation for deer began when I was living in Dalesville, on a late afternoon, when a doe and her two young fawns appeared at my paddock. The trio took turns at the horses' salt block before slowly ambling off down the driveway. The visits continued and for three days they became the highlight of my day. On day four, the twins (one female and the other a male) arrived alone, and the following day, there was just the young doe. I never saw her mother or brother again, but the little doe continued to come every day.

That summer, I was training for my first dressage event and a major element in preparing for equestrian competition is learning to focus entirely on your mount while blocking out distractions. On the third pass by the letter "M" I realized that my horse's ear flicked, just once, each time we were in that section of the ring. On the next round, I broke my concentration and glanced up, taking the corner too deep and banging my knee on the fence - the little doe had been lying under the tree just four feet from the "M" the entire time I had been riding, nearly thirty minutes. Circling the far end, I was able to regain my composure and finish the test I was practicing, ignoring my unexpected audience.

The visits continued for the rest of the summer. I never knew when or where she would show up, but that little flick of Bellina's ear would always let me know when she was nearby. If we happened to meet on the trail, we would stop, she would move to the side and once we had passed, she would return to her feeding spot, totally unconcerned by the interruption.

Autumn arrived and with it, both the breeding and hunting season and the doe disappeared. Saddened, I feared the worst but she returned the next year and the daily visits resumed. That summer, I often saw her nose to nose with Bellina over the fence and more often than not, sharing the salt block. Autumn and hunting season came and went and once again, the doe silently disappeared.

The following spring, she returned as usual, accompanied by a single fawn. The previous year's visits were repeated and I was often entertained by the fawn's exuberant antics.

My horse and I moved the following year but I was happy to learn that the doe had returned, this time with twins. I hold many wonderful memories of this particular family and through close observation, learned much about their ways. I had no idea at the time that my association with deer would continue and, years later, would lead to a 10-year study of a very special herd in Harrington, but that's for another story.



## EXPOSITION SHOW

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# Arundel News

Janet Thomas

## ARUNDEL ART SHOW CELEBRATES 10 YEARS OF EXCELLENCE

Arundel Centre (17 rue du Village)

Sat, Aug 10: 10 am – 4 pm

This magical outdoor event showcases the work of thirty professional and semi-professional artists. Painters, sculptors, stained glass artists come together to celebrate 10 years of excellence. Browse the kiosks and feed your soul while your kids are engaged in fun art activities. Buy a raffle ticket and you may go home with a treasure, or buy a tasty treat at our Bake Table to take home for dinner. Come and enjoy an event that is guaranteed to lift your spirits on a warm summer day.

## ARUNDEL SPEAKER SERIES PRESENTS:

**KYLE JONES, THE MUSHROOM GUY**

Arundel Centre (17 rue du Village)

Fri, Aug 9: 7 pm

Free Admission

Back by popular demand, Kyle will show and teach about picking wild mushrooms, which grow in the fall. Kyle has been picking wild mushrooms for 12 years, starting with wild mushrooms on the menu of his restaurant. After moving from the kitchen to the forest, he is now teaching people his passion for hunting wild mushrooms and growing them as well. Come along with him to learn more on this micro world of mushrooms and other fungi.

**GUY MELHUIH, THE MUSIC GUY**

Arundel Centre (17 rue du Village)

Fri, Sept 13: 7 pm

Free Admission

Guy will present a brief history of how he was in the London folk music scene with Paul Simon, Cat Stevens and Al Stewart...plus stories of Hendrix/ Bowie/Van/ Dylan/ all in London mid 60's. In his own words "I was there then...I'm here now."

**TENOR NILS BROWN IN CONCERT: UNA NOTTE ITALIANA**

Arundel Centre (17 rue du Village)

Sat, Sept 14: 7:30 pm

You begged him to return – and here he is!

Classical tenor Nils Brown will serenade us with Una Notte Italiana, featuring the Dorsoduro Trio: Nils Brown (vocalist), Peter Hay (mandolin and guitar), Mark Peetsma (contrabass). Nils will treat us to an evening of classical Italian arias. This concert is a WOW! Not to be missed. Tickets are \$20. To reserve your place, please contact: janet.thomas700@gmail.com Doors open at 6:45. Refreshments available.

N.B. Please note the change of date from the original schedule.

**HEADS UP! BOWSER AND BLUE TICKETS NOW ON SALE**

Arundel Centre (17 rue du Village)

Sat, Oct 19: 3 pm

The famous musical comedy duo Bowser and Blue are returning to Arundel! Guaranteed to give you belly laughs, they are perhaps best known for their Tribute to Colorectal Surgeons entitled "Working Where the Sun Don't Shine" and their satirical "C'est la faute du fédéral". This event is sure to sell out. Tickets are only 35\$. To reserve, please contact janet.thomas700@gmail.com



# News from Saint-André

## Welcome ALLMEN + + +

Karen Feiertag

To catch you up on previous episodes, God ceded four of our local churches to present-day creators of culture and community who in turn transformed them into Library, Thrift Shop, Concert Hall and Museum. But it occurs to me that between his formal departure and the inauguration of these contemporary projects, there were varying lapses of time during which he may have lingered, adrift in hallowed halls, pondering what next.

I like to think that quite early, he took to exploring the nearby woods. By the time protestant immigrant Fritz Werner Von Allmen and his family surveyed the forested 400-acre belt between the North and Ottawa Rivers in contemplation of their future dairy farm circa 1950, they might already have witnessed Him gingerly exercising a new aerobic vocabulary of gambols and gallivants through the hemlock groves. After all, Nature is a balm for any soul.

Today, the **Boisé multiressource Von Allmen** is owned by the Municipality of Saint-André and, as its name fortuitously implies, it is meant as a resource for ALL men, aka ALL souls, lost and found. Five minutes west of Saint-André on the Route du Long Sault, one minute beyond our sister village Carillon, it offers contemplative strolls along marked pathways spotted with interpretive panels through low-lying marshes, sugar or silver maple forests and the aforementioned hemlocks. You can perch atop an observation tower overlooking the rapids of the North River, traverse the 100-meter-long footbridge to the charming L'Île-aux-Chats community and observe the quiet miracles of nature in any given inch of Ground or Sky. To walk, stand, actively listen within nature, or sit at a river's edge to let its profound unceasing woosh wash over you, these are cleansing things.

This comes from someone who can remain motionless for long periods of time. Rather, you could use Le boisé as another of my suggested START HERE points in Saint-André to rollerblade, run or cycle, first within its dedicated trails, then along the 6km asphalted route aligning the Ottawa River towards alluring sister sites in the Brownsburg-Chatham Camping area and beyond. After all, everything's connected.



## Cancer Support Group Meets August 31

The next meeting of the Laurentian Region Cancer Support Group

will feature a group discussion on August 31 at 1 pm at Chalet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free. Donations are welcome (tax receipts provided). To reserve a place or receive the Zoom link for the August 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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MAIN STREET

# Saint-Adolphe d'Howard Historical Society

On Thursday, June 20, the Saint-Adolphe d'Howard Historical Society inaugurated its "Historical Walk", a 1-kilometer circuit highlighting 12 homes and businesses that have marked the history of this picturesque village. In celebration of Fêtes Nationale, two guided tours were also organized on Sunday, June 23.





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# STRICTLY BUSINESS

By Lori Leonard - Main Street

## Congratulations to:

**Warren Assaly**, the new Chef of the well-loved and well-renowned **Resto La Bohème**, 251 Rue Principale, St Sauveur. Warren started at La Bohème in mid-June. Warren has studied at Cordon Bleu and used to animate the What's Cooking show. A favourite that will remain on the menu is Foie de Veau (veal liver) with raspberry sauce. New additions include lobster, bison burger and foie gras. Every Sunday there will be a \$30 table d'hôte and a \$20 discount will be offered to local residents on Wednesdays. There is also Happy Hour every day from 5 to 6 pm, which includes entrées, sangria and draft beer for \$5. Vasilina Babaeva has been the owner of this French resto for many years. Wishing Warren and Vasilina much success in the years to come! 450 744-0504 / restolabohome.com / Facebook: Resto La Bohème.



**Soupe et Cie.** who will celebrate their **30th anniversary!** An event to commemorate this special occasion will take place at Chalet Principal du Sommet Saint-Sauveur, 655 ch. Louis-Dufour, St. Sauveur on September 26 at 6 pm. Tickets: \$100 (includes a delicious meal, wine and live music). Tickets can be purchased at [soupetcompagnie.com](http://soupetcompagnie.com)



The mission of Soupe et Cie. is to serve healthy meals to needy people in the MRC des Pays d'en Haut. These meals also help break isolation for many people. Each year the team provides meals at Valentine's Day, St. Patrick's Day, Cabane a sucre, Halloween and Christmas. They are also open 3 days/week all year long serving 18,000 meals per year. **Chef Karine Labelle** has not only been Chef for 6 years, but has initiated an interesting community garden project. Fresh garden vegetables are used for meals and the community helps tend the garden.

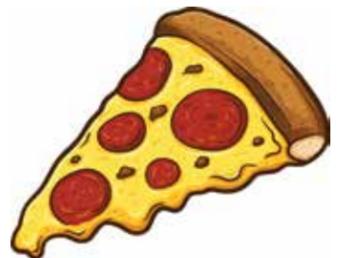


Soupe et Cie. is located in the basement of the church at 205 rue Principale, St. Sauveur. Initially, there were 10 volunteers, now there are 64 volunteers.

A huge thank you to **Kathy Harbour and her incredible team** for enhancing the lives of people in our community. Thank you to all the wonderful volunteers. Wishing you many more years of success! 450 744-0207 / [soupeetcompagnie.com](http://soupeetcompagnie.com) / Facebook: Soupe et Compagnie.

## Welcome to:

**Danny Scully**, Manager and **Sylvie Mainguy**, Owner, of the new **Pizzeria La Grande Fourchette**, 434 rue Principale, St. Sauveur. They opened this new resto in April and are already a big hit in the village with their delicious pizza and tasty submarines being the "stars of the show"! Sylvie and Danny opened this restaurant to offer delicious, high-quality products to the local community at an affordable price. They offer lunch and supper and are open Tuesday, Wednesday and Thursday from 11:30 am - 8 pm, Friday and Saturday from 11:30 am - 9 pm. Favourites are definitely the all-dressed pizza with bacon and onion and the steak & steak submarines. They also offer free delivery to St. Sauveur, Piedmont and Morin Heights. They renovated the interior and offer a comfy terrace outside. 450 227-1028 / Facebook: Pizzeria La Grande Fourchette



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## Laurentian Personality James St Martin - The Hippy WoodSmith

Lori Leonard – Main Street

James St Martin, known locally and lovingly as *The Hippy WoodSmith* moved to St-Sauveur three years ago. He and his wife bought a home and have been renovating it ever since. Prior to living in the Laurentians, James and his wife lived and worked in Toronto and Montreal.

James has a passion for woodworking, his love of wood and refurbishing furniture or creating new furniture shines through. James worked in his family's carpentry business at the tender age of 14 and learned "from the ground up". He put his nose to the grindstone, worked diligently and was eventually promoted to working on new kitchen and bathroom cabinetry and finishing.

Later, James progressed in his knowledge and worked on wooden furniture and tables. He also worked as a wood trim refinisher for boats at a marina, then became a Master Door Builder and design firm woodworker.

James also had the good fortune to have worked closely with the Lee Valley Tools family as Assistant Manager at their Laval store. He applied himself and was promoted to a verified Lee Valley VERITAS Tools Champion level Trainer. He even appeared in Lee Valley videos produced by them.

James has built the incredible number of 750 doors and 350 tables and numbers are still climbing... Some of the unique custom doors that he has worked on and designed have cost up to an astonishing \$20,000 per door.

James was very proud to be chosen to build and create by hand (in traditional Japanese carpentry and design) a famous restaurant owned by Stuart Sakai called Sakai Bar in Toronto.

James truly enjoys working with local regional wood such as pine, maple, cedar, hemlock, cherry and oak. He prefers to use Eco finishing products whenever and wherever possible. Hence, his unique nickname, "The Hippy WoodSmith". He comprehends how some people can appreciate supporting imported wood for its beauty and appeal. However, he still prefers working with local wood.



## Theatre Morin Heights presents "GamePlan" Oct 23-27



Theatre Morin Heights presents "GamePlan" by Alan Ayckbourn at Chalet Bellevue, Morin Heights October 23-27 (six performances including 2 matinees). Tickets \$25 go on sale mid-September.

"GamePlan" features a teenage girl who tries to alleviate her mother's financial problems by misguidedly setting herself up as a classy call girl advertising online. Of course her mother knows nothing about this plan. Inevitably when things go wrong in this dark comedy, the teenager and her best friend end up in more trouble than they possibly imagined with the police and media becoming involved. The play is guaranteed to offer up plenty of twists and turns to keep audiences on the edge of their seats.

The ensemble cast of seven players is already in rehearsal under the skilled direction of TMH veteran Steve Gillam. If you want to be part of the behind-the-scenes action, let us know. We are always looking for volunteers to join our exciting team.

For more info visit [www.theatremorinheights.ca](http://www.theatremorinheights.ca) or [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com)



## Making it Work in the Laurentians Doing business under Quebec's civil law system

Maya Khamala

Quebec is a wonderful place to do business. But unlike other provinces, which rely on judicial law for governance, Quebec is a civil law jurisdiction governed by the laws and principles of the Civil Code of Québec (CCQ).

As a result, the Quebec system requires businesses to navigate a set of legal norms and practices, which can differ from the frameworks used in other provinces or countries.

### Registering your business: a checklist

When you start a business in Quebec, it's important to decide what legal form (i.e. sole proprietorship, corporation, etc.) it will take, because your choice will impact your tax obligations and liability. Depending on your setup, you may be required to:

- Register your business and have its name approved with the Registraire des entreprises
- Ensure your business name complies with the Charter of the French Language
- Register your business for specific Revenu Québec files (i.e. for GST/HST and QST if your business revenue exceeds \$30,000)
- Obtain certain permits, licenses, decals or registration certificates
- Comply with other administrative formalities (i.e. opening a Canada Revenue Agency account)
- Obtain a certified French translation of court documents filed, per Bill 96 (as of June 2024)

### The Quebec Business Corporations Act: championing flexibility

Once you're a business, you're beholden to the Quebec Business Corporations Act (QBCA).

Here are some highlights:

- **Boards of directors:** Unlike the Canada Business Corporations Act (CBCA), which requires at least 25% of a corporation's directors be Canadian residents and that they be present at meetings, there is no residency requirement for the directors of a business incorporated under the QBCA.
- **Flexible issuance of shares:** First, shares may be issued whether or not they are fully paid. Second, shareholders can unanimously vote to legitimize a corporation issuing more shares than it's allowed to. Finally, a corporation can issue company shares with a simple majority vote of its board of directors.

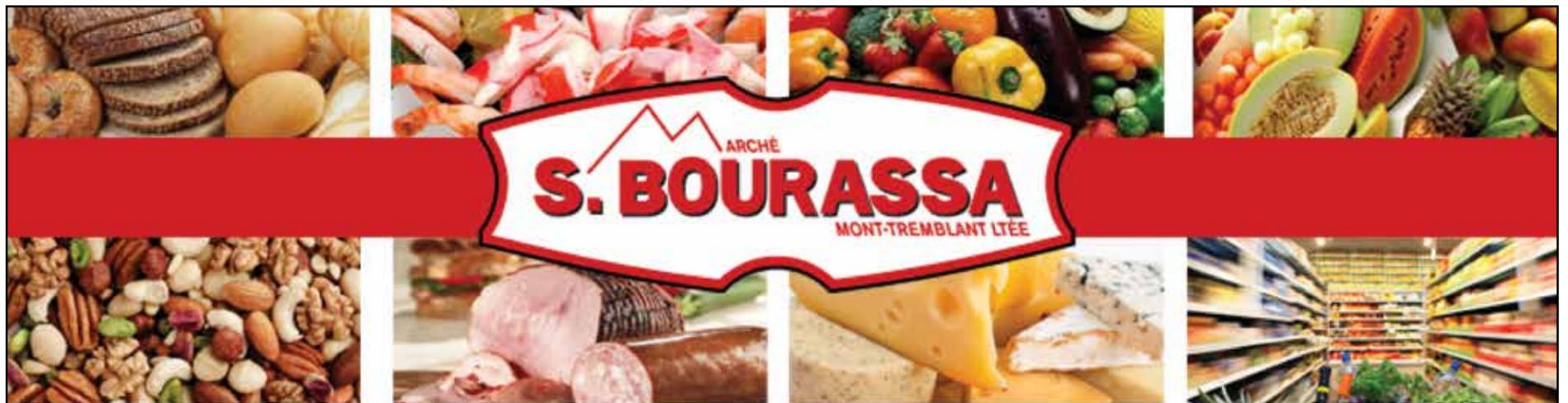
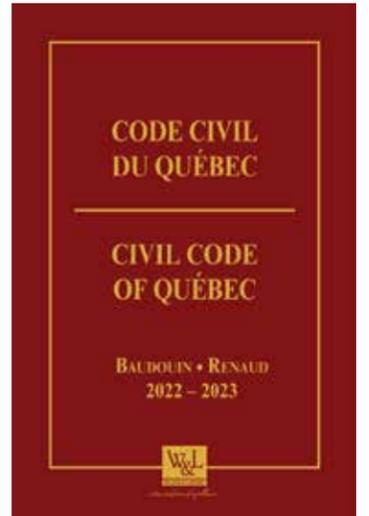
### Franchising law: good faith

In Canada, franchising is regulated provincially. In Québec, there is no franchise-specific legislation. Instead, the CCQ protects franchisees by imposing a duty of good faith on franchisors, which is broader than the duty of fair dealing found in other common law jurisdictions. Additionally, the Charter of the French Language facilitates franchises' operation within Quebec's market.

Doing business in Quebec might not appear easy on the surface, but la belle province presents many unique and rewarding opportunities.

Have questions? YES has a legal clinic open to all members. Email or call us to schedule an appointment or become a member!

**\*This article does not constitute legal advice.**



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# COMMUNITY UPCOMING events

## ARUNDEL JAM SESSIONS

### Arundel Legion

Next dates: **Thurs, Aug 15 & 29: 5 pm – 8:30 pm**  
Casual, no agenda: a musician's night to practice and exchange ideas.  
Free... Enjoy the music and support local venues and musicians.



## ARGENTEUIL UNITED PASTORAL CHARGE (AUPC) SUMMER BBQ

**Fri, Aug: 5 pm -6:30 pm**  
Featuring the **Lachute 4-H Square Dancers**  
Hot dogs, hamburgers, salad, dessert plus auction of homemade pies and cakes.  
Bring your lawn chair! Info: Jim: 819-242-4722 or Pat: 450-562-8365  
Donation: \$15



## ARUNDEL SPEAKER SERIES PRESENTS ...

### Arundel Centre / United Church

#### 17 rue du Village

**Fri, Aug 9: 7 pm – KYLE JONES, THE MUSHROOM GUY.**

Please see page 6 (Arundel News for details)

**Fri, Sept 13: 7 pm: GUY MELHUISH, THE MUSIC GUY**

Guy will present a brief history of how he was in the London folk music scene with Paul Simon, Cat Stevens and Al Stewart...plus stories of Hendrix/ Bowie/Van/ Dylan/ all in London mid 60's. In his own words "I was there then...I'm here now."  
FREE ADMISSION

## SUPERFOLK MORIN HEIGHTS

### Basler Park

**Fri, Aug 16 - 18: 5 pm – 10:30 pm**

Folk music at its best! Info: [www.superfolk.ca/en](http://www.superfolk.ca/en)

## ÇA ME DIT CONCERTS – SAINT- SAUVEUR

McGarrigle stage at Parc Georges-Filion, St. Sauveur

**Sat, Aug 10: 7:30 pm – Marilyne Léonard**

**Sat, Aug 17: 7:30 pm – Stephan McNicoll & GCR**

**Sat, Aug 24: 7:30 pm – Soirée 80'**

Free entry – bring your own chair!

Info: [www.valleesaintsauveur.com](http://www.valleesaintsauveur.com)



## NILS BROWN IN CONCERT

### Arundel Centre / United Church

17 rue du Village, Arundel

**Sat, Sept 14: 7:30 pm**

Tenor Nils Brown in Concert: **UNA NOTTE ITALIANA**

Tickets \$20. Reservations: [janet.thomas700@gmail.com](mailto:janet.thomas700@gmail.com)



## ARUNDEL ART SHOW CELEBRATES 10 YEARS

Arundel Centre (Arundel United Church)

17 rue du Village

**Sat, Aug 10: 10 am – 4 pm**

Thirty professional and semi-professional Laurentian artists will show and sell their work: painters, sculptors, stained glass and more. Art projects for children, too. Buy a raffle ticket to win original artwork. Take home a tasty dessert from our Bake Table.



## DUNANY STUDIO ARTISTS EXHIBITION

Dunany Golf and Country Club (2054, ch. Dunany, Wentworth)

**Aug 22 & 23: 5 pm – 8 pm**

This year's theme is "In Praise of Loons" Several local and talented artists will be exhibiting and selling their artwork.  
Info: [dunanyartists@gmail.com](mailto:dunanyartists@gmail.com)



## RICKKS ROOM – WENTWORTH NORTH

**Aug 25: 2pm**

### Performing artist: Leverage for Mountains

Leverage For Mountains (LFM) is an independent folk trio, made up of Nick Loyer, Jay Trépanier and Jay Flynn. The Gatineau band's rich acoustics and powerful vocal harmonies are the key to their swift rise to popularity.

**RSVP:** email, text or call 514-895-5785. Donation: \$25 (prepayment via e-transfer preferred to [ricksroom@gmail.com](mailto:ricksroom@gmail.com) or cash in person). BYOB. We will have our shared snack table, feel free to bring something to share but no obligation. If you have something to add to our food bank donation we continue to collect for our local food bank. You can drop in the container, which will be at the front door.

Upcoming performances: Jerry Leger (Sept 29), Rob Lutes (Oct 19).



## MUSIC IN THE ARUNDEL MARKET SQUARE

**Sat: Every Saturday throughout the summer**

Live music during market hours



## MUSIC & GARDEN PARTY AT P'TITES FOLIES

Main intersection in Arundel

**Sun, Aug 25: noon – 6 pm**

BBQ, pizza, great music, dancing, singing, laughing and community.



## UPCOMING:

### LAURENTIAN AREA MINISTRY FUNDRAISER

**Tues, Oct 1: 5 pm – 7:30 pm**

Resto Bar Top Shot (417 rue Principale Lachute)

Pork sparerib supper with all the trimmings. Donation: \$20. Parking at the rear of the restaurant.



### BOWSER AND BLUE TICKETS NOW ON SALE

Arundel Centre (Arundel United Church)

17 rue du Village

**Sat, Oct 19: 3 pm**

The famous musical comedy duo Bowser and Blue are returning to Arundel! Please see Arundel News (page 6) for details. Tickets: 35\$. Space is limited. To reserve, please contact [janet.thomas700@gmail.com](mailto:janet.thomas700@gmail.com)



## 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

**Mon, Wed and Sun: closed**

**Tue & Sat: 1 pm – 5 pm**

**Thurs: 1 pm – 6 pm**

**Fri: 1 pm – 8 pm**

Sept 7: Flea Market

**Hours: Mon, Wed, Sun (closed) / Tue &**

**Sat 1 pm – 5 pm / Thurs 1 pm – 6 pm /**

**Fri 1 pm – 8 pm / sat 1 – 5 pm**

For more information [arundellegion@gmail.com](mailto:arundellegion@gmail.com) 819-687-9143

Hall rental / Location de salle: [legion171cgocable.ca](mailto:legion171cgocable.ca) Info: 450-226-2213

Email/Courriel [legion171@cgocable.ca](mailto:legion171@cgocable.ca)

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

Facebook: [legion171](https://www.facebook.com/legion171)

Music shows Facebook: [morinheights live](https://www.facebook.com/morinheights)

### ARUNDEL – BRANCH 192

79 Rue du Village, Arundel

(819-687-9143)

**Open daily from 3pm**

**Mondays 1:30pm** Bridge

**Fri, Aug 23: Margarita Night** – enjoy some

great food alone with your margarita's

**Next Jam Sessions: Aug 15 & 29: 6 pm**

Everyone welcome

Bar open every day from 3 pm

For more information

[arundellegion@gmail.com](mailto:arundellegion@gmail.com)

819-687-9143



## On With the Show Buskers

Florian Gaudreau

I've always been driven by live events as far back as I can remember. Live theatre, music, storytelling and, of course, the street performers of old Montreal. I love street performers; their gig

is called Busking. A summer without street performers is like a summer without flowers - it just isn't the same without the sound of music. Listening to buskers lightens up my day, like hearing a good joke. Don't kid yourself, a good busker works for the privilege of being heard. I love it when someone's performance grabs my attention, those moments I call "a commercial break", a break from all the shopping and running around.

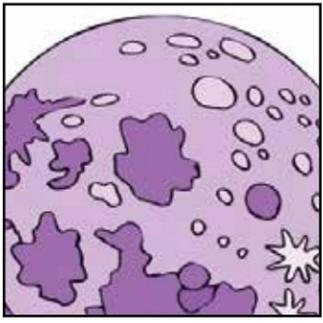
I met Alex De-Bellefeuille when he was working at the same resort where I'd played music and helped out. Alex is a tree planter from out West. If that job doesn't kill you, nothing will! He busked his way across Canada, which subsidized his trip. Alex also played Victoria's Causeway (Victoria, BC), a waterside wharf, which hosts artists, musicians and jugglers, a true busker's paradise, as well as locally, right here in Lachute. When I asked him about tree planting, which is a gruelling job, he said he found it rewarding. Alex told me his goal was to plant 500,000 trees; currently, he has somewhere in the area of 390,000 trees already under his belt. I have to admire a guy who's so driven by passion. Alex is a quiet young man, with an old soul. Grounded, down-to-earth, with family & friends in his heart.

Getting back to how we met... it was New Year's Eve, the hosting band was Mojo (Jean-Patrick Blain & Michel Blais) and Alex walked in with his guitar. One thing led to another and Alex started playing with the others, rocking the house. With his great stage presence, he certainly caught my attention.

Alex is originally from Ville LaSalle. His stepdad used to put on a record and play along with his guitar. His dad blared away, to Led Zeppelin, what kid wouldn't be inspired? Alex bought his first guitar, without the amp, at the age of 12 at a garage sale and started practicing. His mother offered to arrange for guitar lessons, but he preferred to learn on his own. In high school he played in a few different bands, mostly heavy metal, and eventually started playing on his own.

I'd love to see buskers at all our markets and in towns right across the Laurentians, they would certainly provide a much deeper Laurentian experience for us all.





Zach Factor

# Unprepared: Season 1: Episode 3 Season Finale -The Big Currency Flip

Lys Chisholm & Marcus Nerenberg

John Pierpont Morgan (1837 – 1913) financier and investment banker, once said, “Millionaires do not consult astrologers, Billionaires do”. Astrology is more than the Zodiac sun sign of your birthday. It is used as a tool in many fields, either to complement decisions about psychology, health and spirituality, or personal finances. On a global level, it’s used to see how the aspects in a country’s birth chart relate and reflect ongoing economic and political changes. Upcoming signs indicate we may face changes that potentially revolutionize worldwide banking. How we bank, store our wealth, pay for goods and services is changing. The planet Uranus, transiting the sign of Taurus since 2018, will reach its critical and final 29th degree. Simultaneously, Planet Neptune, at 29 degrees of Pisces, comes into a highly charged opposition with the symbol of natal Neptune, in its second house of finances of the US birth chart (July 4,1776).

Neptune, in classical astrology, represents water and the dissolution of the material world. Water and money are closely related in our language. We use terms such as currency-current, or liquidity, cash flow or the dotcom “bubble”. Money is symbolized by currency, which has changed types and formats many thousands of times going back thousands of years from beads to metal nuggets, to colored paper and pieces of plastic. The upcoming US Neptune opposition implies financial disruption. Looking briefly at the last time this aspect occurred between 1856 and 1861, there were two very weak presidents that held office before Lincoln- neither of which had the courage to end slavery despite the growing outcry of the wealthy industrial US North. The aspect heralded the Civil War and a change in US monetary policy as 11 states seceded from the Union. Human rights, literacy and news media was spreading, books were becoming cheaper. After four years of war, the South surrendered, and the Confederate dollar collapsed. Neptune has a known historical energetic as a symbol of currency reset.

Uranus in Taurus (symbolized by the Bull) represents Internet, digital money and resources- think of the New York Wall Street Bull statue that lunges at onlookers in a charging pose. Yet Uranus is most uncomfortable in Taurus. Taurus is slow and methodical, careful and calculating. Uranus represents the opposite: innovative and electric, it symbolizes impulsiveness and independence. Its movement in the past years reflects our growing love affair with electronic devices and the Internet. Youth have embraced the digital world as a tool to generate income from anywhere in the world. Its no wonder we can’t find workers for Tim Hortons; they are on a beach in Costa Rica! Uranus positioned at the upcoming critical degree implies technological revolution.

As Neptune transits, we may yet observe the election of a female US President, but then witness the thirty-five trillion-dollar National Debt mire her economic options. She may have one choice: to activate the new American Digital Currency controlled by the Federal Reserve.

The implications are staggering. Those on fixed incomes or pensions will have all their currency in a government controlled digital account. The Central Bank will be able to control access to goods and services and where we can obtain them. Actual cash in our wallets will be phased out. Most of us now rely almost entirely on plastic. New AI accounting systems will quickly create the transitions across all financial investment sectors. As Uranus moves into the high-speed sign of Gemini next year, like taking the brakes off a sports car, these financial changes will happen so fast we may take years trying to understand long term effects sociologically especially on middle and lower classes.

We have already transitioned to digital banking. Most of us handle banking issues via phone or on banking web sites. We pay with debit cards, credit cards or smart phones. For those of us on pensions, or government paychecks, we are simply ‘transitioned’ to being paid by digital dollars. Business bonus’ will be digital dollars. Eventually our folding money is phased out, eliminating counterfeiting, and replaced by sophisticated hacking. Choices in how we use these digital dollars are tracked and monitored (but banks already track our purchases) and feasibly regulated.

How do we maintain independence in a world rapidly advancing towards using global regulated cryptocurrency? By staying connected to community, supporting each other locally or even creating ones’ own local currency. Or, we can watch the market choices around us diminish and remain simply... unprepared.



Photo: The Taurus Bull on the Shanghai Bund (plaza) in the old international financial district. A similar Bull charges at pedestrians on Wall Street in NYC.

Photo credit: L. Chisholm



The Story Behind

# The Third Station

Joseph Graham joseph@ballyhoo.ca

The old guys who valued our heritage in tools and equipment were practical. I often went to them when I needed help moving a heritage idea forward, and when we got permission to go into the station

in 1995, possibilities opened for us to take the next step and save it. After ten years of meetings and requests, in February 1995 the federal minister of heritage, Michel Dupuy, declared that our station would be classified as protected. It was a beginning. The station was not eligible for a demolition permit, but there was no obligation to restore it either. Anyone coveting the land for other purposes simply had to acquire the building and let it fall apart. Our objective was to redo the roof, because a good roof would buy us years to deal with the rest.

In a meeting in the summer of 1995, we boldly decided to redo the roof by inviting people to volunteer. We also began organizing a Katimavik project to clean up the inside. We posted a date for the roof bee, the weekend of September 9-10. A bit ambitious but something had to be done. We also asked Lortie-Martin if they could help us with the materials. It proved magical. That Saturday morning I was on the roof as the sunrise shone through a deep fog, slowly burning it off. People arrived. Boxes of material were delivered, and a team of us stripped off the old shingles. On the roof with me was the contractor Dorcy Laroche, who walked with the casual security of a cat. His whole team came out, as did many others. The station roof was huge, with a rotunda at one end – a beautiful old building from up there. We had just two days to finish the job.

Lortie-Martin came through with the materials including the shingles in just the right colour to commemorate the old building’s history, and on Sunday morning, as I treaded not-at-all-catlike to the edge of the roof to pick up a package of shingles for the professional volunteers higher up, I got a surprise. The volunteer handing me the package from the top of a ladder was Michel Charette, the mayor himself – no ceremony, no formality, just a volunteer with a package of shingles, dressed in rough clothes like the rest of us. And it led directly to the town signing a lease with CP.

The new roof was beautiful, and it became an emblem of our group of believers. Katimavik confirmed, and as winter came upon us, we had the team of young volunteers from across Canada cleaning up and preparing the large interior. They managed to find a lovely old door from someone else, not from the station itself, and they scraped it down and made it a gift to us. It still hangs in our house, the door between the entranceway and the living room.

Many of us put up the Katimavik volunteers who couldn’t return home for Christmas, and a young man from Saskatoon joined our household.

Soon, the Chamber of Commerce offered to take over the station and turn it into their office and an informal museum, a place where many heritage tools and other artifacts could be displayed. A client had given us a very old birchbark canoe, and we formally presented it to the heritage committee to have the Chamber of Commerce hang it from the ceiling of the rotunda inside that main room. Some aspects of the station were renovated and some were maintained as examples of their time, but overall it looked so modern to our committee that we asked them to try to preserve the exterior, keeping in mind how it would have looked in its time, a clapboard wall in the CP colours of cream and maroon.

We, the Corporation des gares, Secteur Ste. Agathe, had achieved our goal. The station was saved and restored. Other stations were as well, and, even though I had abandoned our initial foray to save the railway land that had served the early development of the Laurentians, we had sensitized the different players across the Laurentians to the concept of a linear park.

In 1992, my elder son had been a goodwill ambassador, cycling up the linear park as a summer job. He was 14 and his job was to tell people about the plans to make the property into a cycling park. A few times, he and his co-workers got threatened and chased off the right-of-way, cycling back to their base along the public roads. There was a lot of resistance and indifference. I worked closely with Yvan Dubois, the mayor of the Olympic Village at the Montreal Olympics and the owner of Camp Edphy in Val Morin, and it was the two of us who proposed the Solomonian solution of dividing the park between skidoos and skiers, just to get some unity. Somehow the idea was retained even after we had both withdrawn.

The turnaround in the fortunes of the linear park and the creation of the Parc linéaire le P’tit Train du Nord happened when Intrawest, with its private and government money, asked Gaz-Métro to supply natural gas to their massive condominium and real estate development at Mont Tremblant. The old rail right-of-way was suddenly needed, and though there are apocryphal stories about how it came into the hands of the very groups we had worked with, the park coupled with the gas line made the whole project work. The railroad stations were suddenly necessary again, but for an entirely different purpose.

Our committee was asked to continue working and to help explore and promote our rich built heritage. It was reborn as the Ste. Agathe Heritage Committee and that is how it came to be that, years later, we were again consulted when a new railroad station was needed 19 years after the last train had gone.





## Garden Talk

# Perennials: divide and conquer

June Angus - Main Street

Flowering perennials are a wonderful garden staple as they grow back every year and require minimal care. But after several seasons of growing in expanding clumps, even perennials need a bit of attention to do their best. The technique known as “division” is key to keep these garden troopers growing and thriving

Overcrowded plants compete for nutrients and water. “Dividing” perennials into smaller sections reduces this competition by allowing these plants to rejuvenate, stimulate new growth and improve the vigour of future blooming.

When is the best time to divide? Almost anytime during our short growing season can work. However, the rule of thumb is to divide plants only when they are not in bloom. That way they focus their growing energy on developing roots. Generally that means divide spring and summer bloomers in the fall, and divide late summer and fall bloomers in the spring.

To perform division, dig up an existing plant using a sharp-edged shovel and gently lift it out of the ground. Or simply dig up a part of the clump, leaving the rest of the plant in place. Gently remove any loose dirt around the roots. Separate the plant into smaller sections by pulling or teasing the roots apart by hand or cutting through the root zone with a sharp knife or spade. Some plants have tubers in their root zone; other plants have standard root balls. Either way try to keep as much of the plant’s root system intact as possible. Prepare the areas that will receive transplants before starting to dig anything. Also, if the garden soil is very dry, water it a day in advance to help loosen it up.

Treat your divided plants like new seedlings. Do the job on an overcast day – or at least not during the hottest part of the day. Don't leave the root region exposed. Hot sun and breezes will quickly dry the roots. Once back in the ground, keep the transplants well watered. Ideally, there will be several days of light showers after the job is done to provide enough moisture for the new plants.

In the late summer and fall, try to time this operation at least four to six weeks before the ground freezes so that roots have time to establish before harsher cold weather sets in.

Prime perennial candidates for fall division include: Asters, Astilbe, Bellflower, Black-eyed-Susan, Bleeding Heart, Coneflower (Echinacea), all Daylilies, other lilies, Hosta, Hardy Geraniums, Irises including Bearded and Siberian, Lily-of-the-Valley, Oriental Poppy, Peony, Phlox and Shasta Daisy to name a few.

Most of the plants already mentioned for fall division can also be done in the spring. However, the following perennials much prefer being divided in spring only: Bee balm, Clematis, Chrysanthemum, Ornamental Grasses, Primrose (after flowering) and Yarrow.

Dividing perennials is also an easy and inexpensive way to increase the number of plants in your garden. If you end up with too many, share them with friends, neighbours and fellow gardening enthusiasts. But remember to keep any exposed root regions moist and protected by giving them temporary protection in a soil-filled nursery pot until they find their new garden home.

While the idea of dividing perennials can seem intimidating, the more you do it, the better you will get at it and the better your perennial plant gardens will grow. Now is the right time to plan your fall division projects. Happy dividing!



## Word Play

# Facing inward: moving forward

Louise Bloom - louisebloom@me.com

In recent months I have had conversations with people who have felt particularly stuck in an uncomfortable emotional pattern, obsessive thinking that is repetitive and painful. I myself have lived through periods where I have obsessed over feelings that have imprisoned my being. The only relief I experienced came from “facing inwards”.

Facing inward refers here to looking inside us, opening a window through which you can view your thoughts and feelings as they sit within the confines of your mindscape. You are consequently examining the state and the content of the house and garden of your inner world.

As I face inwards, I can look directly at my particular *perspective*. From experience I know that looking inside myself might reveal the beliefs that are holding me hostage, as a victim to a past experience that has solidified a belief.

At a first glimpse inward, we might notice a wall of thoughts and feelings that we believe, are a result of our collision with the outside world. We can ask ourselves, for example, *why* we find ourselves deeply hurt or very angry. This is the moment of truth. We may notice (if lucky) that we are stuck in the habit of blaming circumstances or others for our distress, *or* we may follow the bridge across the gap I refer to as the “unknown” and move into the world of self-responsibility. What life experience do I recall, that supports my recurring anxiety? Can I bust out of this history (past this story) and rewrite a future without the limitations and constraints represented by the past in this recall?

As an artist who has learned to draw formally, I am very familiar with the following metaphor. As a beginner, one is faced with an arrangement of objects set on a table. Each student takes a position around the table, each establishing their viewpoint. A small movement from one’s workplace will cause the entire drawing scheme to shift. In order to complete (draw with fidelity) the still life, one’s position must remain fixed.

I remember this as evidence when I become aware of an opinion about a particular issue that reveals my fixed idea of ‘right’ or ‘wrong’. When adding facts that are relevant to a situation, I notice that my ‘position’ (idea) changes. Adding new facts crowds me out of my original seat, pushes me over, forces me to have a new view.

When taking the time and space to look inward we may discover that a particular emotional attitude is wholly dependent on a past experience, the incidence of which has created deep tracks. In such a circumstance, the human tendency towards self-protection fixes a storyline that limits our ability to explore a new trajectory. We, the vehicle, remain caught in those tracks, unable to shift perception: An example would be - Beware! Men with mustaches are noisy and aggressive. Often, we are unaware of the source of our prejudices. Facing inward, with conscious attention, can allow us to override our fixity.

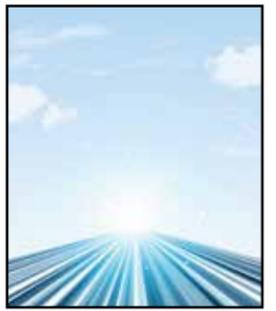
Psychologist Carl Jung was known to say that:

“Looking outward, we dream. Looking inward, we awaken.”

We can be sure that if we are obsessively and repeatedly besieged by an emotional complex: feeling rejected, disrespected or unheard, as examples, we have some cause to face inward and go digging in our storage until we discover that we have a choice as to how we react.

Once, when I was ill, I found myself the object of sympathetic attention. Unaccustomed to being taken care of, I interpreted this kind of attention as an indication that I had failed, was seen as a failure. After some curiosity and deep reflection, I understood that I was being loved.

*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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## The Other Side Of Getting Old

### What is acting your age?

#### Florian Gaudreau

I thought getting old was supposed to take a lot longer. While I was out there trying to leave my mark on the world, this old man came out of nowhere. The creepy part was that old man in the mirror, was me. Now some of you out there may think I'm a little slow and I can be at times, but it finally dawned on me... I'm old! "I'm screwed," was the first thought that came to mind. Then I flashed back to when I was younger. My mother would say, "Act your age," and that was probably around the time I mooned her.



"My back goes out more often than I do" (Phyllis Diller) - no arguing with that! It's been a while since I've gone dancing, but I still like to shake that old sexy, wilted body of mine. A barman once told me, he keeps getting complaints (about me), an old blind man bumping into everyone on the dance floor. I also remember once years ago, being on the dance floor with a distinguished lady, with the band blasting in the background, and I asked her name, stupid time to ask anyone anything. After the fourth time of telling me, she threw up her arms in frustration and walked off the floor. I guess I was off her "to do list".

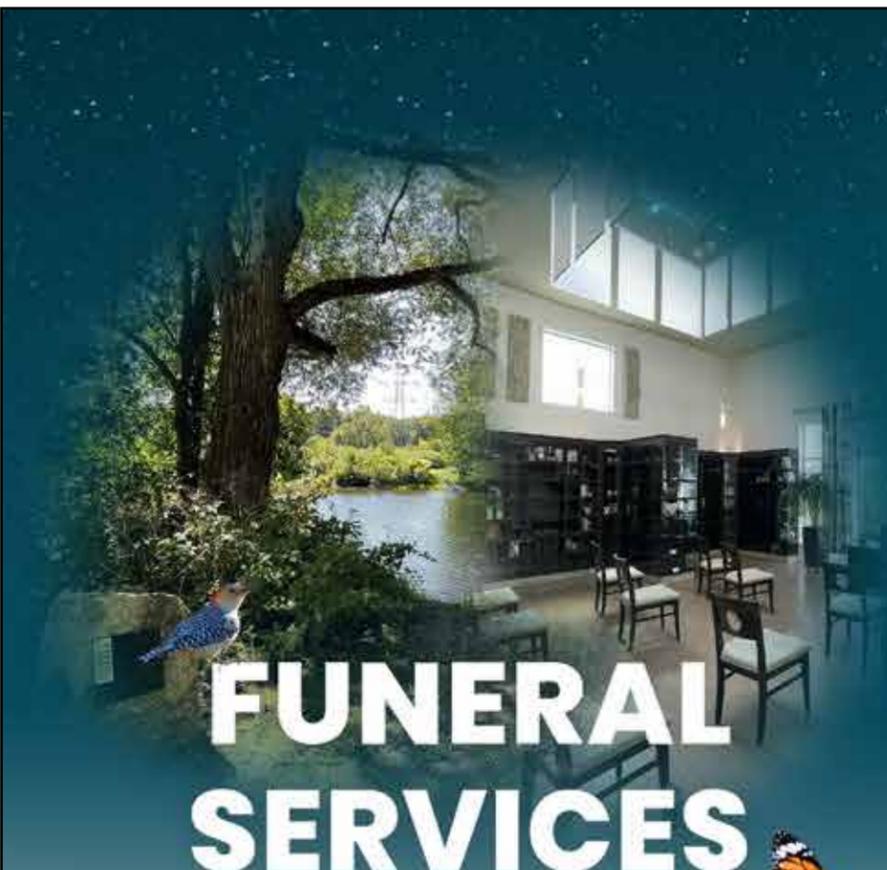
I'm still trying to figure out what acting my age would look like. At this point in my life, staying up past 10 pm is just a dream, so that would probably be one of my criteria. Going to the washroom several times a night would serve as good second. Having a padded toilet seat with a magazine rack would top the list. I'd have to say, teaching my grandchildren how to "eat & show" would rank pretty high on my "not acting your age list".

In Loving Memory of all our 4-legged companions who have crossed over the Rainbow Bridge

\* YOU LEFT \*  
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ON MY  
\* Heart \*



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## The Aerobic Corridor

# Laurentian's 2nd longest gateway to the outdoors

Susan MacDonald

The Aerobic Corridor, known locally as "Corridor Aerobique," spans nearly 60 km through the Laurentians, making it the region's second longest linear park. It stretches from Morin Heights in the south to Saint-Rémi-d'Amherst in the north, following the former CN railway line, much like the nearby 200 km "P'tit Train du Nord" trail. This scenic route showcases the area's natural beauty, offering vistas of mountains, lakes, and a portion of the renowned Rouge River.

This multi-use trail accommodates various activities depending on the section. The southernmost segment, between Morin Heights and Montfort, is ideal for cycling and walking in summer and transforms into a cross-country skiing

route in winter. Moving north, certain sections are designated exclusively for cycling and walking. Further along, from south of Lac-des-Seize-Iles through Montcalm (Weir) and Arundel, with a spur to Huberdeau, and ending at Saint-Rémi-d'Amherst, the trail is shared seasonally between cycling, walking, and snowmobiling.

On-going expansions at both ends of the trail are set to connect the Aerobic Corridor seamlessly with the P'tit Train du Nord. In the south, a loop via Saint-Sauveur will join the two trails, while in the north; the Corridor will extend exclusively for cycling and walking along Route 323 from Saint-Rémi-d'Amherst, through Brébeuf, to Saint-Jovite.

With an average grade of approximately 5%, the trail surface consists of compacted crushed stone. Cyclists will find the difficulty level intermediate, suitable for mountain or hybrid bikes. Cross-country skiers ranging from beginner to intermediate will enjoy the trail, while advanced skiers have access to connections with the region's extensive ski trail network.

Nearby attractions include water activities such as fishing, kayaking, paddle boarding & canoeing and rafting, historical tours, restaurants, relaxation centres, local markets, accommodations and more. Equipment rental is also offered at several sites along the route.

For more information please visit <https://corridoraerobique.ca/en/>

**Please note:**

- **The Bridge at KM 10.8 in the Lac Saint-François – Xavier, Wentworth-North area is closed indefinitely with no detour.**
- **Pets are prohibited on the trail at all times.**



## FROM SEPTEMBER 2024

### IN BULK OR IN PAPER IN THE BROWN BIN!

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- It creates confusion with other plastics non-compostable, biodegradable and oxobiodegradable.
- It does not degrade at the same rate as the composting process; plastic fragments remain and affect the quality of the compost.
- It contributes to the formation of methane, a greenhouse gas responsible for bad odors, given that the compostable materials are trapped, without air, in the bags.
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## FROM HARRINGTON Municipal changes at the EcoCentre

Now accepting trees and branches with a diameter not exceeding 6 inches, up to 8 feet long (placed in the same direction when deposited at the ecocentre. No roots or tree trunks accepted. The total volume per trip must fit within a trailer measuring 4' x 8' x 4' in height. There is no limit on trips per address, proof of residency mandatory.

### NOT ACCEPTED:

- Textile fibers
- Fiberglass
- Concrete, stone, ceramic, earth and asphalt.
- Hazardous household waste (gasoline, biomedical, explosive)
- Others: asbestos, cellulose vermiculite, animal carcasses.



## Real Wine for Real People Wine, a very old friend indeed

April Sirois - Sommelier - ISG

Wine is old... really old. So old, in fact that nobody's completely sure how it started or where it came from. However, very recent archaeological studies now have scientists claiming that Neolithic man was enjoying alcoholic drinks that were similar to wine. Imagine, the glass of wine you're enjoying today is not so different from the beverage a caveman may have sipped 13,000 years ago. While the how and why of Neolithic wine are still a bit of a mystery, it was discovered, after wine like particles were found on Neolithic tools. The best guess is that cavemen watched animals and birds eating rotten, fermenting fruit, tried it for themselves and before long, fruit was being fermented purposefully for its intoxicating effects. The making of wine had begun!

Proper wine production started a couple of thousand years later, in the Middle East. The ancient people of Georgia were the first, at a staggering 8,000 years ago. They were digging pits in the ground in order to make wine in bulk quantities. Burying huge bundles of grapes in the pit in the fall, they would dig them up again in spring after they had fermented. Over the next two thousand years, large clay vessels replaced the pits.

As time went on, ancient Georgian people became major trading partners, quickly spreading wine around to the neighbouring countries. By 5000 BCE, Armenia, Iran and parts of Greece were also producing their own wines, made from native grape varieties still growing to this day.

Winemakers of Armenia, around 4100 BCE invented the first winery. We know this because archaeologists recently uncovered the remains of a fully formed, working winery, complete with grape presses, large fermentation vats, and a wide range of different cups and glasses. If wine "made carefully and produced drink" was born anywhere, it was in a cave in Vayots Dzor, Armenia.

Carvings found in Persepolis from around this time depict Armenians presenting their wines to the king. While the vast majority of ancient wines were red, white varieties were also being made in Ancient Egypt. When Tutankhamun's tomb was raided, clay vessels were found that contained traces of white wine - something to accompany the pharaoh as he journeyed through the afterlife.

The following stages of wine production in ancient times passed quickly. Every new empire that rose around the Mediterranean used viticulture and vineyards as a key part of extending their influence. The Egyptians influenced the Phoenicians, who brought wine to Greece and the Greeks developed vineyards in Italy. Impressed by Italy's climate and soil quality, the Greeks named the country 'Oenotria' - the land of wines.

The introduction of wine to Italy was a defining moment for the rest of the world. Wine was even considered a method of payment for what was at the time the most powerful military force in the world, and the rise of the Roman empire saw grapes planted everywhere from North Africa to central Germany and Wales.

So, the next time you drink some of your favourite wine, raise a glass to those ancient pioneers, experimenters and innovators. We owe them a debt that goes back to the dawn of human history. A world without wine? Well, there really never was one.

Cheers

~ "Wine is, perhaps, the closest thing the planet has to an elixir of life." - Thom Elkjer



## Keeping it Weird

bywalterego@proton.com

It is great to be inspired. As they say, you find it in the most interesting of places. We are the special few that are blessed to be within the circulation of this inspired publication. We live in small towns throughout one of the oldest mountain ranges in the world. Great energy, the beauty of nature and wonderful people. It was in one of these towns, I saw a bumper sticker that read "KEEP MORIN HEIGHTS WEIRD". It was this that inspired me to write a series of just weird stuff.

Obviously, I had to have one of the bumper-tags, but mysteriously, no one knew where they could be had. Even the eclectic few that bore them on their cars did not seem to know where they got them. That's weird.

So, we will leave Morin Heights and the mystery behind, and wish them luck in their quest. We will head off on our own strange path, through the myriad of weird things that surround us or even within us.

To question everything is more important now than it ever has been. Have we been lied to? By our parents, our friends, our teachers, our government, history and science? Yes is the answer but not the point. The point is to question, to seek the truth, the correct answer. When you were young, and you began to suspect that there could not possibly be a Santa Claus, you asked questions, formed suspicions and came to the only possible conclusion - that your family, books, teachers and TV were completely messing with you and continues to do so. The government still has a postal code H0H 0H0 and replies back to children who mail in their letters. There is radar and weather-people tracking the fraud across the country, believe the science. Even more disturbing, is that a majority of us continue to perpetuate this hoax on our own loved ones. You can say whatever you want, that this is the Christmas tradition, but fraud is fraud and you were lied to, and you have, or you will, lie to your own children. I know I did, GUILTY!

Now, supposedly older and wiser, I watch as my children perpetuate the same hoax on my grandchildren. When I am asked about Santa, I take the fifth, drink a fifth and do not answer anything related to the red velvet fraudster. At least I did not lie... this time. Is it me or is this whole thing weird?

Ok, it might be a bit of a rant but what about the Easter Bunny? That lie was easier to figure out, right? A rabbit that lays eggs! Chocolate eggs! Trust the science and eat the chocolate, its great! Nonsense, it was all total nonsense wrapped in presents and chocolate and directly connected to religion and more lies. Good Friday, honestly what was so good about it? Celebrating the day they nailed Him to the cross and calling it good? Easter Sunday- more chocolate, the resurrection and, the day Jacob Roggeveen discovered an island, in 1722, and called it Easter Island because it was Easter Sunday? There were no egg laying rabbits, but they did introduce the Polynesian rat, which led to the deforestation of the entire island. They also found the Moai stones or heads, which is still a mystery to this day. Like many ancient structures found around our planet, there is more we don't know, than what we do know. There have been many scientific claims and theories, each one debunking the previous "fact". The only true fact is, we don't know. So, we must question everything. The questions I would have here would be...

How did they move these things?

The heaviest is 95 tons / the smallest 13.8 tons

Why are most of the statues buried?

This is the same for many similar buried artifacts and entire civilizations.



How were they buried?

The smallest Moai is 13ft high and the tallest is 29ft.

There are almost a thousand statues on this little island

They are still discovering more.

Do you think these people dug that hole?

You must admit it's weird. Stay with us until next month when we ask more questions.

Feel free to send in answers, theories, ideas, complaints and chocolate. I will share them in the next edition.

## FROM SAINT-SAUVEUR

NOTICE is hereby given that the municipal council, at a regular meeting held on July 15, 2023, adopted the following by-laws: • By-law 230-02-2024 amending by-law 230-2016 establishing an urban planning advisory committee (CCU) in order to amend several provisions (omnibus) • By-law 435-08-2024 amending by-law 435-07-2016 of the code of ethics and professional conduct of the members of the CCU in order to amend several provisions The by-laws are currently filed on the Ville de Saint-Sauveur website, where anyone can view them in the "Municipal by-laws" section. **DATED IN SAINT-SAUVEUR, this July 22, 2024.**

Clerk and Director of the Legal, Registry and Democratic Life Department  
Yan Senneville, OMA





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- Photos may be of nature, landscapes, summer activities – but limited to the Laurentian region
- All photos must be original and of high resolution (300 dpi)
- Text must include a title, name of person who took the photo and where the photo was taken
- Photos of children may only be submitted with parental consent

\*All participants and winners will be announced in the September edition



**I See You Too!**

This photo of a curious baby raccoon named Bear was taken in the Harrington Valley in July 2014. An orphan, he was assisted with some human intervention throughout the summer until he moved off on his own in the autumn. He survived his first winter and was a regular visitor over the following years.  
Photo Credit: Susan MacDonald

**Café P'tites Folies To Go  
Your first pit-stop in Arundel**

Susan MacDonald

At the entrance to the quaint rural village of Arundel, nestled alongside the Laurentian Aerobic Corridor lies a hidden gem: **Café P'tites Folies To Go**. This warm yet buzzing establishment isn't just a place to grab a cup of coffee and a pastry or sandwich; it's the beating heart of the community, a vibrant hub where locals gather to savour homemade delights and celebrate local talent.



Every morning, the tantalizing aroma of freshly brewed coffee, baked breads and pastries wafts through the air, drawing villagers in like bees to honey. Tom and his wife Lydia, the winning team behind the counter since 2021, are more than just proprietors; they're beloved members of the community who greet each customer with a smile and a genuine interest in their day.

The menu here changes seasonally to highlight the best of what the region has to offer, changing from a take-out menu of homemade sandwiches and pastries throughout the summer to more substantial meals during the cooler months. Pastries, bread and decadent desserts, all Lydia's own recipes and baked daily, are available year-round. Several local products, including coffee, honey, pastured beef and more are also available and, catered plates from the house menu may be ordered by advance reservation.

What sets Café P'tites Folies apart is its commitment to supporting local small businesses, artists, and musicians. Aside from the locally farm-sourced ingredients Lydia uses, the walls in the dining area are adorned with paintings and/or photographs from talented local artists, which are rotated monthly and available just for viewing or purchasing. Local musicians also find the back garden a great local to join up and let loose with their vibes on occasional Sunday afternoons, much to the delight of customers and those just passing by.

As the seasons ebb and flow, Café P'tites Folies to Go stands as a testament to the beauty of community connection and the joy of savouring locally sourced, lovingly prepared cuisine. With each changing menu and every artistic showcase, Tom and Lydia ensure that their café not only nourishes the body but also feeds the spirit of their beloved rural village.

**1 rue du Village / 819-969-1799 / www.ptitesfolies.com**



**What's New in Real Estate?  
How are you protected when dealing with a licensed real estate broker?**

Lucyne Farand

While most transactions go smoothly, when thorny situations arise here's how you're protected. The Organisme d'autoréglementation du courtage immobilier du Québec (OACIQ) protects consumers by ensuring that real estate brokers comply with current laws and regulations. Here's how the OACIQ ensures this protection:

**Broker supervision:** The OACIQ issues real estate brokerage licenses and ensures that brokers undergo mandatory continuing education. This ensures that brokers are competent and up-to-date with market practices.

**Information and transparency:** OACIQ provides guides and tools to inform consumers about their rights and the steps involved in a real estate transaction. A well-informed public is better protected.

**Assistance and complaints:** The OACIQ offers a help desk to answer consumers' questions and handle complaints against brokers. This ensures that disputes are resolved fairly.

**Compensation fund:** All brokers must contribute to a compensation fund that protects consumers in the event of fraud or professional misconduct.

In short, the OACIQ plays a crucial role in supervising brokers, informing consumers, and offering protection and dispute resolution mechanisms.



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**ST-SAUVEUR - 104 LANGLOIS**  
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**SAINTE-ADÈLE - 891 RUE DES BERGES**  
PRICE REDUCED: \$949,000  
Exceptional property in the prestigious Domaine des Berges - Ste-Adèle near Piedmont. Recent construction. RIVER EDGE. 3 bdr plus office, 2 bthr, powder room, garage, swimming pool, basement with patio door, and more. [23813806]



**SAINT-SAUVEUR - 192 CH. DE LA RIVIÈRE-À-SIMON**  
PRICE REDUCED: \$649,000  
Charming residence with an inviting, sunny interior. Solarium adjoining the garden, open dining space, living and a large den, wood fireplace, 3 bdr, almost 2 1/2 bthr. MUST SEE! [24689246]



**PIEDMONT - 312 CH. DES PINS**  
ASKING PRICE: \$697,000  
Mont Belvédère. Very cozy and inviting home perfect for entertaining, just a few minutes from St-Sauveur village and commodities. Spacious and very sunny. New swimming pool, gas fireplace, generator panel, electric car plug in the garage. [10455162]



**SAINTE-ADÈLE - 700 MTÉE DE L'ADRET**  
ASKING PRICE: \$1,295,000  
Mont Sauvage South. Fabulous property, full sun with a magnificent view of ski hills. Impeccable, high quality, 3 bdrm, 2 1/2 bths, heated floors, GENERAC, double garage and large veranda. Don't Miss that!!! [19219817]

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**Laurentian Lakeside Cottages:**  
[www.laurentiancottages.com](http://www.laurentiancottages.com)

**Jessica Million:** 1.819.323.6581 | [realtormillion@gmail.com](mailto:realtormillion@gmail.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

**Chez Giardino** 514-775-7936  
Event Catering & Weekly Menu  
[chezgiardino@gmail.com](mailto:chezgiardino@gmail.com) | [www.chezgiardino.ca](http://www.chezgiardino.ca)

**Simplement Vrac Inc**  
27B avenue de l'Église, Saint-Sauveur (located behind Les Écolorés) 450-744-1777  
Shop for your dry goods and fine unique ingredients  
[www.marchesimple.ca](http://www.marchesimple.ca)

**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](http://www.ptitesfolies.com)  
Coffee, fun food, frozen meals

### 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](mailto:leonard.lori@outlook.com), [www.lorislinks.com](http://www.lorislinks.com)

**YES Employment + Entrepreneurship**  
YES offers FREE career development and job hunting assistance to individuals 18-40 years old.  
All of our workshops and services are offered on-line: <https://yesmontreal.ca/>

### HEALTH & WELLNESS

**Soins Dentaires Prévost**  
450-335-2990 / [www.dentisteprevost.com](http://www.dentisteprevost.com)

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

**Kathleen Maurice Massage Shiatsu Therapist**  
514.249.4971 [katoumaurice@yahoo.com](mailto:katoumaurice@yahoo.com)  
St-Sauveur

**Rhonda Fogel, Lac Louisa, Wentworth**  
Craneo-sacral Therapy, Professional Massage, Yoga  
[info@hathayogashala.com](mailto:info@hathayogashala.com) / [www.hathayogashala.com](http://www.hathayogashala.com)

### FUNERAL

**Les Sentiers:** 1-844-565-6464 / [lessentiers.ca](http://lessentiers.ca)

**Granite Nadon:** 514-262-6220 / 450-597-0521 / [info@granitenadon.com](mailto:info@granitenadon.com) / [www.granitenadon.com/en](http://www.granitenadon.com/en)

### AUTOMOBILES

**Automod** 2252 Ch. Jean Adam, St-Sauveur  
(450) 744-0122 / [automod.qc.ca](http://automod.qc.ca)  
Services: windshield repair and replacement,  
sale and installation of car accessories, tires and  
mechanical repair

**Lachute Ford**  
400 Avenue Bethany, Lachute  
450-562-2454 / [www.lachuteford.com](http://www.lachuteford.com)

### ARTS & CULTURE

**Theatre Morin Heights**  
[www.theatremorinheights.ca](http://www.theatremorinheights.ca)  
579-765-3999 / [theatremorinheights@gmail.com](mailto: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](http://Centredartargenteuil.com), Instagram, FB

**Laurentian Ski Museum**  
The heritage of skiing in the Laurentians  
Open: Wed.-Sun: 11am-5pm  
[www.skimuseum.com](http://www.skimuseum.com)  
450 744-1723 | 1 877-744-1723

### 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

**Matériaux Robert Boyer**  
Everything you need for your home  
450 224-2068, [robertboyer@matrboyer.com](mailto:robertboyer@matrboyer.com),  
[matrboyer.com](http://matrboyer.com)

**Les Toitures Sommex Inc**  
514-839-0583  
Specialities : Asphalt and Shingle Roofs, Snow  
Removal from Roofs [www.toituressommex.ca](http://www.toituressommex.ca)

### **Fibre Argenteuil**

High speed Internet by Fibre Optics  
412, rue Principale, Lachute  
450-409-2012 | [fibreargenteuil.ca](http://fibreargenteuil.ca)

### **Canadian Tire**

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

### RESOURCES

**Laurentian Region Cancer Support Group:**  
450-226-3641 / [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca)

**Palliaco**  
819-717-9646 / 1 855-717-9464  
[info@palliaco.org](mailto:info@palliaco.org) / [palliaco.org](http://palliaco.org)  
Support, accompaniment and respite care

**CDC Lachute Adult Education Centre**  
57, rue Harriet, Lachute  
450-562-3721 / [bilingualtraining.ca](http://bilingualtraining.ca)

### **4Korners**

Your Laurentian resource for English information,  
programs and services.  
Tel: (450) 974-3940 / Toll free: +1 (888) 974-3940

### **Personalized Psychosocial Support for Caregivers**

L'Antr'Aidant| 579-888-0211#0  
[ligne.daccueil@lantraidant.com](mailto:ligne.daccueil@lantraidant.com) |  
[www.lantraidant.com](http://www.lantraidant.com)

### 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](mailto:info@station210.co)

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### **Mes Saisons en Couleur**

Useful things for the home and soul  
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### LIVE MUSIC

### **David Leask - Singer/Guitarist - 30 years experience**

House Concerts, Hootenannies & Holiday Parties  
(647) 897 6893 / [david@davidleask.com](mailto:david@davidleask.com)  
[www.meetmeinthemusic.com](http://www.meetmeinthemusic.com)

### **Cammac**

Sunday Brunch & Concert Series  
819-687-3938 | [www.cammac.ca](http://www.cammac.ca)

### STORAGE RENTAL

### **Station Wentworth**

Commercial space and heated mini warehouse  
For rent . Info: 514-292-3437

