

# MAIN STREET

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# The Laurentians: Connecting natural environments

## Nature Conservancy Canada

At Sainte-Agathe-des-Monts and Ivry-sur-le-Lac, the Nature Conservancy of Canada (NCC) protects a network of natural environments totalling 350 hectares (864 acres). They include the William R.-J. Oliver Reserve and the Ivry Wildlife Crossing property.

### Sainte-Agathe-des-Monts: The William R.-J. Oliver Reserve

The William R.-J. Oliver Reserve is located in the Lac Brûlé area, approximately 100 kilometres northwest of Montreal. It contains typical Laurentian forests, including sugar maple groves and yellow and white birch stands. These wooded areas are home to smooth greensnake, which is likely to be designated threatened or vulnerable under the Quebec Act Respecting Threatened or Vulnerable Species.

The Reserve's wetlands provide essential habitats for many amphibian species, such as green frog, wood frog and bullfrog. A large number of bird species have also been identified in the area by the Quebec Breeding Bird Atlas. One example is wood thrush, a threatened species according to the Committee on the Status of Endangered Wildlife in Canada.

The Reserve is crossed by an inter-village trail, managed by the organization Par monts et vals and dearly loved by hiking enthusiasts.

### Ivry-sur-le-Lac: Ivry Wildlife Crossing

This 27-hectare (66-acre) property, located along Route 117, is home to many plant species, including sugar maple, yellow birch and balsam fir, as well as a large number of animal species such as coyote, moose and waterfowl.

### Connectivity, an essential principle for the survival of species

This acquisition is a part of a larger-scale wildlife corridor project; NCC is working with many partners to protect and expand ecological corridors across the province.

An ecological corridor is a natural land or water passage linking natural areas together, allowing wildlife to move around and flora to disperse. Species with large home ranges, such as black bear, Canada lynx and white-tailed deer, require large areas to feed and reproduce.

Maintaining ecological corridors between natural environments also helps prevent species loss; the chances of animals and plants being isolated from their natural habitat due to, for example, human infrastructure, are reduced.

Preserving the William R.-J. Oliver and Ivry Wildlife Crossing properties contributes to the maintenance of ecological corridors. These link four major forest massifs: the Jackrabbit ecological reserve, located in the municipality of Montcalm, the Ouareau Forest regional park, the Val-David-Val-Morin regional park and the Mont-Tremblant national park.

### Road safety for all

The Ivry Wildlife Crossing property is strategically located along Route 117. NCC's goal is to develop a wildlife crossing that will reduce collisions between motorists and animals.

Wildlife crossings allow wildlife to cross some type of infrastructure, usually a road. Roads represent major barriers for several species that are frightened by vehicle noise and unaccustomed to the hardness of the pavement. Animals that do venture across roads can be injured or killed in a collision with a vehicle.

Three cameras have been installed on the property to document animals passing through. The information gathered will be used to plan a development project in collaboration with numerous partners.

### An engaged community

The engagement and motivation of local residents played an important role in completing these acquisitions. "It is a real pleasure to work with a community that is so aware of its natural environment and engaged in its protection. NCC's success in the area is largely due to the members of the Oliver Land Trust and the descendants of the Oliver-Walker family," said Annie Ferland, NCC project manager.

The Oliver Land Trust foundation was established by Barbara Walker Oliver and William Oliver to protect the areas surrounding Lac Brûlé and its rich biodiversity for the long term.

Private donors were also involved, including Russell Payson and Peggy Zafiris, Ken and Judy Atlas, Peter and Judy Russel, N. D'Artois Murdoch and Christine and Graham Bagnall.

### Partners

The conservation of these properties was made possible through financial support from the Ensemble pour la nature project of the Quebec ministère de l'Environnement et de la Lutte contre les changements climatiques, the Government of Canada's Natural Areas Conservation Program and Natural Heritage Conservation Program, Hydro-Québec, the Fondation de la faune Québec, and the MRC des Laurentides, through its Territorial Development Fund, as well as the U.S. Fish and Wildlife Service, through its North American Wetlands Conservation Act.

The Ivry-sur-le-Lac wildlife crossing development project brings together a large number of partners from the private and public sectors: Conservation Manitou, Éco-Corridors laurentiens, MRC des Laurentides, Corporation du parc linéaire du P'tit Train du Nord, the Woodcock Foundation, Trans Canada Trail, Fondation de la faune du Québec and Hydro-Québec.



# Morin Heights Historical Association

## Launch of new documentary Film

On Friday, December 2, MHHA held the official launch of its bilingual documentary film, "Music: The Official Language of Morin-Heights", at Chalet Bellevue. Twenty-one months in the making, the film explores the reasons why Morin-Heights became such a mecca for the music industry. It starts with live music in hotels from the 30's and travels through the heydays of The Commons and Rose's Cantina and on to the recording scene with segments on Le Studio and several of the six studios that presently exist in the area. Music in Morin-Heights today encompasses all genres from rock and roll to folk and classical. Interviews with musicians explain why they find the area conducive to composing and practicing in peaceful surroundings amongst the sounds of nature. The tradition continues with Superfolk, an annual three-day celebration of live music, at Basler Park

The documentary was directed and filmed by Daniel Voyer and produced by the Morin-Heights Historical Association that provided more than 500 hours of volunteer labour. The Municipality of Morin-Heights, The MRC des Pays-d'en-Haut, The Province of Quebec, The Quebec Anglophone Heritage Network and Basler Enterprises, furnished funding for the film.

The evening was a salute to the sponsors, the performers and the volunteers who made the project possible. Many of those were in attendance including Mayor Tim Watchorn, Councillors Leigh MacLeod, Peter MacLauren, and Claude-Philippe Lemire, General Manager Hugo Lépine and, Karyne Bergeron. Prefet André Genest and Cultural Committee member, Corina Lupu, represented the MRC and Désirée Oswald of the Provincial Deputy Agnès Grondin's Office represented the Province.

The overall response to the film was extremely positive and evoked many memories from long-time residents and music fans. USB copies are available on the Municipal website, or in person at the Chalet Bellevue.



Photo: L - R: Doug Simon (MHHA President), Leigh MacLeod (Councillor), Peter MacLaurin (Councillor), Tim Watchorn (Mayor), James Jackson (MHHA Vice President)

# Coupe des Fondeurs

The Fondeurs-Laurentides Club and the Rivière-du-Nord school service centre, in collaboration with Desjardins de la Rivière-du-Nord, invite you to come and take part in the Coupe des Fondeurs competitions, which will take place on Saturdays January 21 and 28 as well as February 4 on the Fondeurs trails, behind the Notre-Dame center in St-Jérôme.

Despite the pandemic, the 2021 and 2022 Fondeurs Cups were still presented in another form. Despite the complete cessation of several sports activities in the past 2 years, the club and the school service center wanted to present adapted editions according to the rules in force by public health. The 2021 edition took place in schools. CSSRDN students could ski evenings and weekends to earn points for their schools. This is how the Grand-Rocher school in St-Hippolyte was crowned champion. Same thing for the "Omicron" edition last winter with the Du Triolet school as the big winner.

The Coupe des Fondeurs is one of the cross-country skiing events bringing together the most participants in Quebec and Canada. Its objective is to promote the practice of cross-country skiing in the Laurentians region and to provide young skiers with the opportunity to experience an introduction to competition. Each year, more than 1600 participants took part in the 3 races. With the support of the City of Saint-Jérôme, this winter classic has brought together cross-country ski enthusiasts in the region for more than 37 years.

"The Coupe des Fondeurs is a unique event in the Laurentians. For some, it will be the start of a great sporting adventure. For others, cross-country skiing will become a sport for life. Despite the pandemic, we wanted to get our young people moving. The pandemic will have had the effect of raising awareness of the benefits of playing outside, of having spaces well suited to the practice of sport and of maintaining and safeguarding our parks and public spaces," says Martin Richer, the event manager, for more than 20 years.

For more details and to register, visit [www.fondeurslaurentides.ca](http://www.fondeurslaurentides.ca) under the Coupe des Fondeurs tab.





# How to make achievable New Year's resolutions

(NC) It's that time of year where many of us think about setting a goal or resolution for the year ahead. It will come as no surprise that keeping a New Year's resolution can be tricky for most people.

Fortunately, there are scientifically proven strategies that can be used to help people better realize their goals. Here are some simple, evidence-based tips to help you stay on track:

### Nudges

These are gentle reminders that work to influence the choices available to a person at the point of decision-making, so as to make it easier to comply with the desired behaviour. Try connecting with a friend or family member, telling each other your goals and committing to giving each other nudges to stick to them.

### E-messages

Electronic messages such as emails, texts and phone notifications will provide you with a series of prompts or reminders until the completed task is done. Set these up to get you started on your goal, and if it's something ongoing like exercising twice a week, make sure these reminders occur regularly to prompt you.

With COVID-19 still circulating and a bad flu season upon us, a great goal to set is developing a plan for if you develop a serious illness. Plan Well Guide is a free online tool that focuses on helping people make an advance medical care plan and uses these evidence-based practices to help people realize their goals.

The benefits of making your medical care plan in advance are that you are more likely to get the medical care that is right for you if you develop a serious illness, like COVID-19 or pneumonia, and you and your family will have greater peace of mind. Find more information at [planwellguide.com](https://planwellguide.com).



## What's On My Mind...

# Our community in the New Year

Susan MacDonald, Editor

With the rush of the holidays behind us, we now look forward to what's coming up for our community in the New Year. I say community, rather than communities, for despite the many individual towns and villages throughout our region that is what we are or, consider ourselves to be, the Laurentian Community at large.

For us here at Main Street, as we step into our 22nd year of production that means working even more diligently to help support our local businesses and organizations and, to continue to keep us all united by sharing the local news and events from each municipality. In order to do so, we need your help and invite you to participate actively in your local monthly read!

Over the past few months, we have re-instated our Upcoming Community Events column, previously cancelled due to the pandemic. Thankfully, all restrictions have since been lifted and we can now invite you to send along any and all events being organized in your community. Sports, arts, music, fundraisers and more are all welcome and, we will do our utmost to give mention to as many as possible.

Readership participation stretches even further so, if you have a short story or amazing photos to share, please do send them along. We are also seeking new content regarding local sports, articles of interest for young families, pets, news from and for senior community members etc.

To all our loyal advertisers, we thank you sincerely for your past support and look forward to your continued participation in our pages. Without you, we would not be able to publish and, our local communities would suffer greatly from the loss of their only local English newspaper. To serve you more effectively moving forward, we are actively seeking new sales people who will sit down with you to discuss your personal advertising requirements and help you reach your target market successfully. In addition, our outstanding graphic department is at your disposal to help create new and effective designs that are sure to attract new clients as well as your current loyal customers.

After the past few years of difficult times, it is exciting to look forward to a new year with such enthusiasm. It's a new year, folks and the sun is shining on us all. Let's make 2023 the best year ever. I look forward to hearing from you all and, from our home to yours, I wish you all the very best of good health, happiness and prosperity in the year ahead.

Enjoy the read...



# The City of Saint-Sauveur becomes a city friendly to monarchs



The City of Saint-Sauveur is proud to receive the Monarch Friendly City certification from the David Suzuki Foundation. The certificate confirms the City's commitment to preserving the monarch's habitat through eight concrete actions. Among those planned are:

- Educate citizens through various activities on monarchs
- Distribute native melliferous plants and milkweed plants to citizens to encourage the planting of these species in their gardens
- Stop using pesticides

The mayor of Saint-Sauveur, Mr. Jacques Gariépy, said he was enthusiastic about the commitment made by the City: "Preserving the environment for future generations is one of our priorities here in Saint-Sauveur. This is why the certification to help this migratory insect in serious danger challenged us. I am convinced that the Sauverois and Sauverois will join this movement, and that our collective efforts will make a difference in this fight for the survival of the butterfly".

In addition to the commitments made by the City, citizens will also be called upon to participate in various actions to contribute to the restoration of the monarch's habitat.

"Cities play a crucial role in the conservation of the monarch butterfly and its habitat. They can take simple actions that have an essential impact on the survival of the species as well as other pollinators, in addition to raising awareness among their citizens of the importance of taking part in this conservation effort. It is in this spirit that we salute the commitment of the City of Saint-Sauveur. We hope that this initiative can inspire other cities to join this vast movement to protect this emblematic butterfly," explained Alexandre Huet, head of mobilization and public engagement for Quebec at the David Foundation. Suzuki.

### AN INITIATIVE FOR ACTION: BUTTERFLY EFFECT

The monarch butterfly is an endangered species: its population has dropped drastically over the past two decades. Scientists attribute this decline to the degradation and loss of breeding habitats. However, municipalities can play a key role in protecting the habitat of this emblematic butterfly and contributing to the preservation of this species. In order to encourage municipalities to take concrete action to protect the monarch, the David Suzuki Foundation, in partnership with Space for Life, launched in 2017 the City of Monarchs in Quebec initiative, which aims to implementation of measures aimed at restoring monarch habitats and raising public awareness.

For more information on the Monarch Friendly City initiative, visit the website <https://fr.davidsuzuki.org/take-action/action-locally/butterfly-effect/monarque-friendly-city/>.

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Maya Khamala

Creating a strong business plan is a crucial step in the life of any entrepreneur. It provides an invaluable tool that can test the feasibility of your idea, identify pitfalls and challenges, and focus your objectives—all in service of getting your business up and running!

Here are a few helpful tips:

- Write your business plan in the third person to maintain a professional tone.
- Be accessible and clear. Avoid confusing jargon and spell out acronyms in full at first use.
- Write in paragraph form, using bullet points when you need to be more concise.
- Back up every claim you make.
- Be conservative with financial estimates.
- Be realistic with time and resources.
- Revise and modify your plan as circumstances change.

Key sections to include:

**Executive summary:** Include it first, but write it last! It should be 1-1.5 pages; one paragraph per main section of the plan and, should identify the key aspect(s) of each.

**Company profile:** Outline who are you and your company's story, providing a compelling overview and description of your product/service and business. Include details on management, location and, your vision/mission.

**Market research:** Identify information gaps and provide information on your target market and competitors. Analyze your business using a SWOT template (strengths, weaknesses, opportunities and threats).

**Marketing strategy:** Create a plan for making sales using the 4 Ps of marketing (product, price, place, and promotion). Create a pricing strategy and positioning statement, which explains how your product/service fulfills a particular need of your target market.

**Operations:** Run through how your business will function. Include where it will be located, materials needed, human resources, processes, as well as legal and insurance considerations.

**Financial projections:** Create a budget that shows how much is required, where funds will be spent, and how much you will earn. What is your breakeven point? Try to include 24 months' worth of projections.

**Conclusion:** Bring it all together by demonstrating that you have most factors under control, and end things on an inspired tone by referring to your company's vision.

**Appendix:** Include detailed financial projections, CVs of key individuals, leases, industry studies, letters of intent, in-depth reports, etc.

Now, where to begin?

Start by creating a W5 document that answers the 'who, what, where, when, and why' of your business. You'll finish with an ideal starting point for your plan!

A YES business coach has the experience and know-how to help guide you through the process and refine your plan. Visit [yesmontreal.ca](http://yesmontreal.ca) to book a consultation today.



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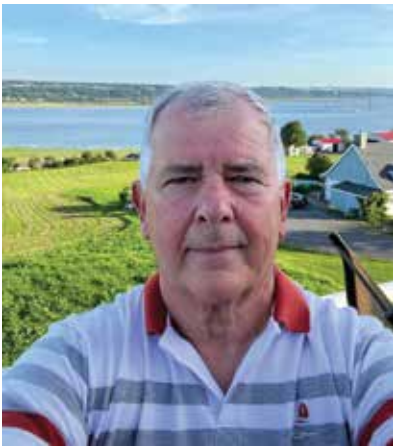


# Laurentian Personality Michel Brisson - a builder in many ways

Lori Leonard – Main Street

Michel Brisson moved to Morin Heights in 2000. He and his family moved here because “quality of life” was of utmost importance for them. Michel and his family moved into a beautiful, heritage, log home that was built in 1860. This home formerly belonged to the Forget family.

Michel comes from a large family of 2 brothers and 3 sisters. His brother, Jacques, a talented cabinetmaker also lives in Morin Heights. Another brother, Frank, is a well-known artist in Trois Rivières. He also has a daughter, Mia Maude, 21 years old, who currently is studying to become an English teacher.



Michel truly adores history and architecture and has renovated 3 houses located on Rang 2 in Morin Heights. He says maintaining the heritage of our ancestors is important to him.

Michel was integral in implementing and developing a major housing development called Le Beausoleil, which included construction of more than 50 homes on rue du Sommet and, another development on chemin de la Petite Suisse in Morin Heights. Michel says, “I believe the health of the community serves us all.”

Michel opened his business, Automod St. Sauveur, in 2016 with his partner, Marc Bonneau. Michel and Marc like to keep their business “in the family”. Michel’s sister, Louise, has worked there since the beginning and Marc’s daughter and husband also work there. It is very impressive to visit Automod as everyone who works there smiles, is friendly, accommodating and very efficient. It’s easy to see that everyone enjoys working there.

Automod is a franchised business that offers windshield replacement and car accessories, while providing full garage and body shop services. Prior to Automod, Michel worked as CEO of a software company. Quite a switch! Michel would enjoy volunteering more, but his work obliges him to travel internationally on a regular basis. However, Automod donates to, supports and sponsors many community events.

In Michel’s spare time, he enjoys walking in the forest, skiing down local hills and maintaining the estate where he and his family reside. Marc also enjoys spending time with his beloved golden retriever, “Scooby”.

Michel would like others to know that they should “dream big”! Michel walked the walk, talked the talk and worked hard and smart to accomplish his achievements. He resisted the temptation of procrastination. He says, “Success is team work that involves both your inner and outer circles to include caring people, then life will be good to you.”

Michel continues “Become the best version of yourself by adopting a continuous improvement life strategy.”

## Notice of Appointment to Transport Adapté et Collectif des Laurentides

The TACL Board of Directors is pleased to announce the appointment of Mrs. Marie-Claude Beaudet as Chief Executive Officer.

Holding a certificate in project management and a master's degree in management and development of organizations, Ms. Beaudet has 10 years of experience as a manager in both public institutions and private. She has also been a proud citizen of the Laurentians for several years.

“I am very happy to join such a competent and committed team as TACL. The mission and values of the organization fully resonate with me. Actively contributing to the outreach and to the socio-economic development of the region is an honor for me. Having the privilege of making a positive difference in people’s lives means a lot to me,” said Ms. Beaudet.

Ms. Beaudet will have several new projects to implement, including a new operating system allowing, among other things, real-time monitoring of taxibus and adapted transport vehicles in addition to making reservations and payment online. Setting up payment by credit card in Inter buses is another objective to put forward. Of course, optimizing the supply of post-pandemic service remains a priority.

Her managerial skills, her know-how, and her mobilizing leadership will be an appreciated contribution for TACL. We are convinced that Ms. Beaudet will be an asset to the organization. We welcome her to the organization and much success in her new role.



# In the Anglosphere Books and beyond - Part II: Information and news

Kathleen Hugessen | Penny Rose

Because you are reading this, you are a reader of Main Street. Applying impeccable logic, this must be true because:

1. This article appears only in Main Street, be it the print or the electronic edition
2. You are reading it.

But what is Main Street?

Main Street is the only English-language newspaper in the Laurentians. It is distributed, on the second Friday of each month, to all the towns and villages that appear on the banner across the top of its first page. It offers news that is more in the day-to-day line than in the breaking-drama line. It is useful. Content includes notices from municipal representatives, upcoming cultural events and Canadian Legion offerings. A number of columnists give advice on topics like language, gardening, finances. Two great favourites are no longer with us. Jim Warbanks wrote a gentle intelligent column, Ilania Abileah filled two pages with upcoming cultural events. Both are sorely missed.

Jack Burger founded Main Street in 2001 and served as its editor/publisher for the next 11 years. Susan MacDonald showed up one summer, after completing studies in Lachute, to spend two weeks on a stage with the paper. As she puts it, “He didn’t know what to do with me, so he sent me on errands.” Fortunately for us all, MacDonald was something of a self-starter. One of her earliest errands landed her at the museum in Carillon. She found it fascinating, took notes and wrote an article. Burger liked it and published it. She was off and running.

When MacDonald’s stage ended, she stayed on. A year later, she and Burger married. Then, in 2012, Burger died and the paper became MacDonald’s. She shouldered the yoke and soldiered on.

MacDonald recalls Steve Brecher selling advertising for the paper for a number of years. He was so good at it that at one time, Main Street stood at 72 pages. Eventually, Brecher left as he was aging and not in the best of health. Today Lori Leonard does some advertising sales, but the paper is smaller—usually 16 to 20 pages. Advertising is the lifeblood of community newspapers; it pays for production. For Main Street, it is the only source of income. The paper is distributed free and all contributors are volunteers. Even MacDonald has a day job.

There was inevitable shrinkage after COVID, when the paper stopped publishing for about three months. Disconsolate readers could be found wandering through villages asking if anyone knew where to find a copy. Fortunately, the hiatus was brief.

The paper is distributed up and down the Laurentians. “There are three delivery guys who go from Hawkesbury to Mont-Tremblant,” MacDonald says. A total of 14,000 copies find their way into selected grocery stores, libraries, depanneurs and the like.

Main Street is printed in St. Leonard. The layout and design are done by a graphic artist living in Pointe-Claire who also winters in Antigua. So, an international effort! And from all indications (and MacDonald) the paper will continue to be available and informative for years to come.

It should be noted that most towns and villages offer a newsletter, electronic or printed, often in both English and French. Do a Web search for the municipality of your choice. The sites are informative with budget information, council meetings, history and coming events all covered.

## Appointment of a new president and a vice- president on the board of directors of the Laurentian Ski Museum

The Laurentian Ski Museum (LSM) was very pleased to announce the appointment of M. Guy Thibaudeau as President and M. Daniel Dubé as vice-president of the Board of Directors at its December monthly meeting.

M. Guy Thibaudeau, well known in the ski world has been a ski and sport columnist for more than 50 years, now retired. He has been involved with the Museum since its beginning as well as the Ski Hall of Fame. Mr Daniel Dubé, businessman, is an affiliate owner of the Rachel-Béry health food store in Saint-Sauveur. Also passionate about skiing, he has been involved with the LSM since 2021. He is also a member of the Valley Chamber of Commerce and Tourism. This combination of presidency and vice-presidency will allow the LSM to project itself forward with confidence and ambition.

About the LSM

With forty years in existence, the Ski Museum has welcomed thousands of visitors, since its beginning. Its collection comprises 7500 diverse artefacts, recreational objects, old videos and works of art. The museum also manages a local archive centre dedicated to the history of skiing in the area. Finally, the Museum is happy to present to its visitors, since 2012, its permanent exhibition: The History of Skiing in the Laurentians, Live in winter, from winter and with winter, thus contributing to the preservation and distribution of the Laurentian heritage.





# Arundel News

Janet Thomas

**P’TITES FOLIES BLUES BASH JAM**  
**Sun, Jan 22: 2 pm - 6 pm**  
**Arundel Legion (79 Rue du Village)**

Have the January blues? Great, so do we! Join us for a fabulous Blues Jam, hosted in the spirit of the P’tites Folies Garden Party Jams, which were so much fun last summer. All the regular musicians will be playing, plus, some exciting new faces. Admission to this event is free. Come for the fun, music and mouth-watering P’tites Folies munchies. For more information, drop in at the Boulangerie P’tites Folies, 1 rue du Village, Arundel or email Ptitesfoliestogo@gmail.com.

**A TRIBUTE TO CAT STEVENS AND LEONARD COHEN**  
**Sat, Feb 18: 2 pm - 4 pm**

**Arundel United Church (17 rue du Village)**  
Acoustic guitar tribute by Guy Melhuish and friends. Tickets \$10. Space is limited, so please reserve in advance by contacting guymelhuish@gmail.com. Come early to enjoy the refreshments before the concert. Doors open at 1:30.

**IT’S TIME TO RENEW YOUR LOISIRS ARUNDEL MEMBERSHIP**

Think of all the good things Loisirs does for us. Wasn’t the Canada Day dinner and bash terrific? What about our cross-country ski and snowshoe trails? Loisirs is run entirely by volunteers and operates primarily on membership dues. It’s time to support by renewing your membership. Arundel residents get a discount. Forms are available at Arundel Provisions in the village centre. Cash or e-transfer to loisirsarundel@gmail.com

The Arundel ski and snowshoe trails are excellent. Volunteers set and groom the track regularly. Come and enjoy all 17 kilometers.

Membership for Arundel residents with a ski pass included:  
Senior (65+) \$35; Adult (12+) \$45; Family \$60; Children with adult: free.

Membership for Arundel residents without a ski pass included:  
Senior (65+) \$20; Adult (12+) \$25; Day ski pass \$12.

Membership for Non-Residents with a ski pass included:  
Senior (65+) \$45; Adult (12+) \$55; Family \$80; Children with adult free.

Membership for Non-Residents without a ski pass included:  
Seniors (65+) \$25; Adults (12+) \$30; Day ski pass \$15.

For information and to volunteer, contact President Patti Flanagan at 819-425-0898 / pattiflanagan@gmail.com / www.loisirsarundel.com

## Appointment of Marilyne Lortie as general manager of the P’tit Train du Nord

Following the selection process conducted by a committee appointed by the board of directors of Le P’tit Train du Nord linear park, the person chosen as general manager is Ms. Marilyne Lortie.

Ms. Lortie has nearly 15 years of management experience in various recreation departments in Laurentian towns, such as Saint-Sauveur, Sainte-Adèle and Sainte-Agathe-des-Monts.

During her professional career, she worked in consultation and collaboration with various partners, MRC as well as public security during the realization of various mandates.

Trained as a recreation technician, human at heart, she enjoys working with the orientations, missions and values of organizations.

**Marilyne Lortie CEO**

She has a great affection for the territory, being a resident and native of Sainte-Agathe-des-Monts and a user of the P’tit Train du Nord since a young age. She wishes to continue to promote the reputation of the park through various projects, while being the transmission belt between the Board of Directors and the Corporation team.

“It was on January 4 that I had the privilege of wearing, for the very first time, my new hat as General Manager. I had the pleasure of meeting an inspiring, dedicated and committed team. I am filled with gratitude to be able to join their mission and help promote our jewel of the Laurentians. I warmly thank the Corporation for the confidence shown in me.”



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## About Sainte-Adèle

**Chris Lance - Main Street**

On Tuesday December 20, I tuned into the tail end of the Sainte-Adèle’s council meeting on Nous TV. Mayoress Lalonde was fielding questions about the town’s budget. I noticed Lalonde was still sporting

the town’s old symbol lapel pin even though she had authorized a new pin and logo for Sainte-Adèle as was explained and described in Actualite Adeloise December 2022 issue. One concerned citizen, during the meeting, asked the Mayoress what it cost to develop the new symbol. Lalonde replied that this was a budget meeting and suggested that the cost should be discussed with someone else at a later date and place. I am guessing here, but the head of our town didn’t think it was part of the budget discussion and more to do with just spending our tax money as she sees fit. If only the town council could fix our potholes and spend money in a more productive way. At the end of every day, we drive over these massive potholes and pay hefty taxes as evidenced in the town’s budget.

Sainte-Adèle has a new ecocenter over near the Carriere Lafarge cement site. The new center is located on 1111 chemin Pierre-Peladeau. Opening hours Thursday and Friday 10 am to 4 pm; Saturday 8 am to 4 pm and Sunday 10 am to 3 pm. The center is closed Monday, Tuesday and Wednesday effective November 1 to April 30.

The skating rinks around town and Lac Rond are operating. The pool is now open. Opening hours and program information is available online at [www.centresportifpaysdenhaut.com](http://www.centresportifpaysdenhaut.com) or call 579-202-1722. The skating rinks at Lepine and Claude-Henri-Gagnon parks are open 9 am to 9 pm every day, but keep in mind certain hours of the days are reserved for organized activities. Lac Rond offers skating and walking and the rinks’ conditions are available online on the town Internet site – just click on INFO SPORTS D’HIVER.

Ski Chantecler ski program is up and running for 2022-2023.

While you pick up your library books, you can borrow a pair of snowshoes for a week. It’s first come first served. It’s a great way to see if you are interested in this sport and allows you to discover the Sentiers de Plein-air Sainte-Adèle.

On February 3 and 4, you can get out and enjoy ICEFEST Sainte-Adèle at Place des Citoyens. Visit the Internet site, [sainte-adele.net](http://sainte-adele.net) for the times and programs during the upcoming event.

Enjoy the winter season, wear your mask indoors, stay safe and hope the Mayoress plans on actually filling those potholes some day during her political reign here in Sainte-Adèle.



## Classique Jackrabbit Classic

The Classique Jackrabbit Classic will be held on January 22, 2023 at Domaine Saint-Bernard, Mont-Tremblant, Québec. For information and to register visit [www.skidefondquebec.ca](http://www.skidefondquebec.ca) and click the date on the calendar to find the event. An English page is available at the top.

If you are unable to attend, you can still participate by going to the website: <https://strava.com/clubs/1086487>. This platform will allow you to record the distance you will cover the day of the event, but also all the cross-country outings you will do during the season.

If you would like to volunteer, please contact the Classique Jackrabbit Classic Leadership Committee at [Committee at classiquejackrabbit@gmail.com](mailto:Committee@classiquejackrabbit@gmail.com)."



**Founder:** Jack Burger  
**Advertising Sales:** Susan MacDonald,  
**Publisher/Editor:** Susan MacDonald  
**Associate Editors:** June Angus  
**Art Director:** Laurie Roch

**Contributing writers:** June Angus, Louise Bloom, Lys Chisholm, Chris Collyer, Ron Golfman, Joseph Graham, Lori Leonard, David MacFairlane, Mat Madison, Marcus Nerenberg, Sue Rich, Janet Thomas and many other contributors from the Laurentian community at large.

**14,000 copies distributed throughout the Laurentians**

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**Susan MacDonald**  
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## NEWS BITS FOR JANUARY

### The SkiBus Argenteuil shuttle: simplified access to the mountains!

The MRC d'Argenteuil is pleased to announce that the SkiBus Argenteuil shuttle will return to the mountains for the winter season. Thus, every Friday evening, from January 13 to February 24, 2023, downhill skiing and snowboarding enthusiasts will enjoy a convenient and affordable round trip to the Sommets de Morin Heights and Saint Sauveur ski resorts.

Four boarding points are planned on the territory of the MRC d'Argenteuil in order to serve the greatest number of enthusiasts possible. The first two boardings will take place in Lachute, at École polyvalente Lavigne / Laurentian regional secondary school as well as at the Kevin-Lowe—Pierre-Pagé arena. The bus will then take the direction of route 329 to stop at the Gore community center and at the intersection of chemin Riddell, in Mille-Isles.

"Whether alone, with family or friends, the SkiBus shuttle offers a practical solution for fully enjoying the joys of the mountains without having to worry about transportation. The MRC d'Argenteuil is proud to offer this popular service since 2017 and encourages everyone to try it out and stay active this winter," said MRC Warden, Scott Pearce.

Skiers and snowboarders can reserve their place by purchasing their ticket on [lepointdevente.com](http://lepointdevente.com). Round-trip tickets at a cost of \$10 will go on sale weekly from 7 am on Saturday morning until 11 pm on Thursday.

In closing, remember that users can subscribe to text alerts in order to receive real-time news related to the shuttle and be quickly informed in the event of cancellation due to bad weather. To do this, simply text ALERT to 450 562-5797. Take out your skis or board, the SkiBus is waiting for you!

### Midi-Industriel: an inspiring entrepreneurial community!

On December 9, the MRC d'Argenteuil invited the entrepreneurial community and its partners in economic development to a Midi-Industriel on the theme of innovation. The event, which was intended to be an opportunity to engage the discussion on the automation of manufacturing companies, was a great success, being sold out with 46 participants.

The purpose of Les Midis-Industriel is to bring together the entrepreneurial community in order to share ideas, offer advice and forge business ties between local entrepreneurs in the manufacturing or industrial sector. This edition was hosted by Luxor Collection, a Lachutoise company specializing in the manufacture of medium and high-end cabinets, which has more than 200 employees. The new owners, Maxime Gagné and Sarah Granger, were also very generous, allowing the participants to visit the factory thanks to employees acting as guides in order to clearly explain the processes as well as all stages in the manufacture of cabinets : from order taking, to assembly, to shipping. In addition, participants were able to observe the many automated stations in the plant, which greatly optimize operations.

Representatives of manufacturing companies, twelve in number, were able to take advantage of the presence of economic development partners, such as Investissement Québec, Services Québec, Connexion Laurentides, Canada Economic Development and Innovation Canada, in addition to the Economic Development Department of the MRC d'Argenteuil. Participants were able to learn more about the programs, financial aid and support offered in the region to support innovative transitions and industrial automation, in addition to getting in touch with the economic agents assigned to Argenteuil.

"We are pleased with the high participation rate at this Midi-Industrial and its new company visit format. Argenteuil's business community is strong and tightly knit, and that's what makes it unique and gives it the ability to innovate," said Bernard Bigras-Denis, chairman of the economic development committee of the MRC d'Argenteuil and Mayor of the City of Lachute.

The MRC d'Argenteuil encourages innovation within its entrepreneurial community and works together with the many players involved in the field to facilitate the realization of flagship projects, from analysis to financing. She invites entrepreneurs to contact the members of her multidisciplinary team in order to benefit from personalized support, by email at [sde@argenteuil.qc.ca](mailto:sde@argenteuil.qc.ca) or by phone at 450 562-8829, or to visit [argenteuileconomique.com](http://argenteuileconomique.com).

## Harrington Golden Age Club

420 Chemin de Harrington  
Friday Night Dinner  
Feb 3: 6 pm

On the menu: meatloaf with mashed potatoes, roasted vegetables  
and a surprise cake for dessert  
\$15 for members, \$20 for non-members.



## STRICTLY BUSINESS

By Lori Leonard - Main Street

### Welcome to:

2023! A brand new year, we can finally turn the page on 2022. I hope all of you who have businesses will thrive and have a successful new year! I also wish everyone who doesn't own a business, a happy and healthy new year. Please remember to support your local businesses. They may be small, but they are of utmost importance to our community!

### Congratulations to:

The many local businesses that have survived the last few years despite unusual covid situations and rigid regulations. Take a few minutes to pat yourself on the back and congratulate yourself for being creative, for making changes and alterations to keep your business running smoothly and keeping your customers happy!

### Did you know?

That **Simin Foster**, owner of **Ateliers Müz** supports Laurentian artists and artisans and helps them to gain visibility for their creative talents and, to thrive? They assist artists and artisans to generate income effortlessly and cost-effectively by making it easy and convenient for art-lovers to find local artwork and creative activities through online services.

Ateliers Müz builds online galleries for local artists and artisans on its attractive e-commerce platform, [AteliersMuz.com](http://AteliersMuz.com). It also promotes these online galleries to residents and visitors of the region through social media campaigns, search engine optimization, public relations and print media.

They assist art event organizers to attract more visitors and boost sales by extending in-person art shows online or by holding stand-alone virtual events at minimal cost. It designs and hosts attractive virtual art exhibitions on its e-commerce platform where art-lovers can visit anytime.

Artwork can be seen on its online guide, Le Circuit des Arts des Laurentides / The Laurentians Arts Circuit, which can be accessed year around to allow discovery and purchase of art, online or in person, as offered by the participating artists and artisans. It also lists artistic services and studio tours in the Laurentians.

For info 514 243-0404, [info@ateliersmuz.com](mailto:info@ateliersmuz.com) / [AteliersMuz.com](http://AteliersMuz.com) / Facebook: Ateliers Muz / [Instagram.com/ateliers muz](https://www.instagram.com/ateliersmuz)

A happy and healthy 2023 to all!



## Theatre Morin Heights Launches 2023 Season Jan 25

Play readings and a spring production highlight the first half of the TMH 2023 Season. Join in the fun at a free play reading set for Wednesday, January 25 at Chalet Bellevue, Morin Heights. Doors open at 7 pm, reading begins at 7:30 pm. You can volunteer to read when you arrive or simply sit back, relax and enjoy. Cash bar.

Also save these upcoming dates:

**-February 22:** Annual General Meeting of TMH Members and Play Reading

**-March 29:** Rehearsed/Staged Play Reading

**-April 26 – 30:** Spring Production! 6 performances! Hansard by Simon Woods. Tickets go on sale in March!

For more information visit [www.theatremorinheights.ca](http://www.theatremorinheights.ca) or call 579-765-3999.



## Cancer Support Group Checks legal matters

The next meeting of the Laurentian Region Cancer Support Group is set for January 21 at 1 pm. Notary Barbara Thompson will lead a discussion about mandates,

wills, power of attorney and more – issues that are important when dealing with serious illness or caring for a loved one. The meeting will take place at Chalet Bellevue in Morin Heights. Option also to attend via Zoom.

Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the January meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca).











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## Loisirs Laurentides

Loisirs Laurentides is proud to announce the launch of the 2023 Snow Castle Challenge. This major event will take place from January 9 to March 13, 2023 inclusive.

Children and families in the Laurentians region are invited to take advantage of winter fun by indulging in a Quebec winter classic: building a snow castle! The main objective of the Challenge is to move outside and having fun. As a bonus, not only does it allow budding engineers to make a concrete gesture in favor of their physical and mental health, but it also offers them the chance to win magnificent participation prizes!

### A FREE CHALLENGE OPEN TO ALL

To participate, simply build a snow castle at the location of your choice, immortalize it in a photo and share it by registering it on the Défi château website at [www.defichateaudeneige.ca](http://www.defichateaudeneige.ca)

Prizes will be awarded randomly, both at the provincial and regional levels, among the people who will have registered their castle between the pre-mentioned dates.

When you register, you will have the choice to list your build in one of four categories:

**Family:** for everyone

**Early childhood:** for daycare services and early childhood centers (CPE) that supervise children from 0 to 5 years old

**Schools:** for primary and secondary schools

**Organizations:** both non-profit organizations (NPOs) and businesses and municipalities

### SAFETY FIRST

Any construction “work” comes with its share of safety measures. This is why we advise against building castles that feature roofs and tunnels. Indeed, the roofs and tunnels may be extremely dangerous for the safety of the participants, these are strongly discouraged.

### About the Snow Castle Challenge

Adopted by Quebec regions in 2014, the DCN is an outdoor challenge aimed at developing interest for physical activity and healthy lifestyles for children and families. More than 8,000 snow castles were built by families, friends, schools, early childhood centers or organizations across the province of Quebec for the past three years.

### About Loisirs Laurentides

Created in 1971, Loisirs Laurentides is a non-profit organization whose mission is to mobilize, support and act as a facilitator with local, regional and national actors in their individual and collectives aimed at promoting, enhancing and encouraging the practice of leisure by the citizens of the Laurentians.



## New 4Korners podcast empowers diverse Laurentian youth voices

Jude Hussain

Laurentian youth now have a unique social media vehicle powered by their own ideas and opinions, and focused on promoting diversity and inclusivity of voices.

Developed by 4Korners, the new Youth Korner Jeunesse podcast is a safe and inclusive platform for Laurentian youth with diverse cultural backgrounds to express their opinions and concerns on topics that are relevant to their lives. While there are other podcasts in Montreal made for youth, the 4Korners podcast is completely run by youth who live, study and work in the Laurentian region.

The project, which had been in development for many months, has now released four episodes available on YouTube, Spotify and Apple Music. Other episodes have already been recorded for broadcast starting in January 2023. The enthusiasm demonstrated by Laurentian youth to get involved bodes well for the podcast's future success.

“4korners wants to help demonstrate that, beyond our linguistic or ethnic differences, we can all live and help one another peacefully and empathetically,” says Ivan Barradas, the lead Project Coordinator of Youth Korner Jeunesse. “While watching the podcast, viewers will experience hosts and guests switch from one language to another, without any problem in understanding one another's opinions, nuances, or struggles. The larger message of this podcast is that, in the Laurentians, our common goals are bigger than our cultural differences, and despite cultural differences we can work together to achieve common goals.”

Inclusivity is a fundamental factor of what makes Youth Korner Jeunesse truly unique. The podcast is a forum of open expression for youth who speak English, French, Mohawk or any other language that they may speak at home (such as Creole, Arabic, Spanish, Italian, etc.).

“This type of inclusivity naturally has allowed the podcast to become increasingly visible among 4Korners' audience, partners and community,” says Barradas. “Based on feedback, we are seeing that more Laurentians-based youth are becoming interested in being involved with 4Korners. There's a common desire to have their voices and opinions heard.”

The second half of Season 1 of Youth Korner Jeunesse is set to kick back off mid-January 2023, with the fifth episode's topic centred on youth and entrepreneurship in the Laurentians. While all of Season 1 of Youth Korner Jeunesse has already been planned and completed, 4Korners is currently accepting volunteer applications to be apart of Season 2, which will start in April 2023. Additionally, we are currently looking for Laurentians-based non-profit partners who would like to support and participate in future episodes of Youth Korner Jeunesse.

If interested, or for more information, please contact [info@4korners.org](mailto:info@4korners.org). To watch the first four episodes of Youth Korner Jeunesse, visit our YouTube channel at [youtube.com/4kornerslaurentiancommunit822](https://youtube.com/4kornerslaurentiancommunit822), and look to the playlist titled '4K Youth Korner Jeunesse Podcast'. For Spotify and Apple Music, search 'Youth Korner Jeunesse' to watch or listen to the podcast.

## How to transition your pet to a new food

Mix in the new food with the old food gradually, over the course of 1–2 weeks. This is necessary, whether you are changing from puppy/kitten food to adult food or switching brands of foods any time during their lifetime, even if it's the same brand but it's a different formula or protein source.

### Transition Your Pet's Food Over 1 to 2 Weeks

**Days 1 and 2** (or 1–4): Mix 25% new food with 75% old food

**Days 3, 4, and 5** (or 5–10): Mix 50% new food with 50% old food

**Days 6 and 7** (or 11–14): Mix 75% new food with 25% old food

Taking one to two weeks to transition will help both your pet's taste buds and their tummy (intestinal enzymes and beneficial bacteria) adapt and become used to the new diet. Some symptoms that your pet isn't adapting to the new diet are vomiting, diarrhea, or skin issues.

If for some reason you are unable to get your pet's regular diet, there are options you can keep on hand to prevent gastrointestinal issues, including rice and instant potatoes. Both are gentle on the stomach and work well for food transitions.

Other items you can keep in your freezer for emergency purposes include plain Greek yogurt, sweet potatoes, frozen peas, carrots, green beans, eggs, chicken breasts, ground turkey or lean ground beef.

Also highly recommended is keeping probiotics on hand and starting it if there are any food changes. A healthy gut is important for your pet's immune system and these supplements can be used daily at the time of transition to a new diet. Purina's FortiFlora supplement is among those pet probiotic products that have been scientifically proven to work.





# COMMUNITY UPCOMING events

## SPECIAL YOGA CLASSES

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



## FREE ACCESS TO FCMQ SNOWMOBILE TRAILS MRC des Laurentides sector

Jan 14 & 15

Free access to 33,000 km of marked, maintained and secure trails  
514 252-3076 | [fcmq.qc.ca](http://fcmq.qc.ca)



## 14TH EDITION OF THE WINTER GAMES 50+ Mont-Tremblant

Jan 20 – Feb 28

FADOQ invites people of 50 years and over to participate in various outdoor activities. Curling and hockey tournaments and Évasion – Plein air weekend are on the program. Full details and registration available at 819 429-5858, extn. 227 | [www.fadoq.ca](http://www.fadoq.ca)



## SKI AND SNOWSHOE FESTIVAL

Ferme-Neive, Montagne du Diable Regional Park  
Presented by the Laiterie des trois vallées

Jan 21

Free access to snowshoe and classic cross-country ski trails  
Workshops, ski tours and igloo manufacturing (weather permitting), hot chocolate supplies by Laiterie des trois vallées.  
Info: 1 877 587-3882 | [parcmontagnedudiable.com](http://parcmontagnedudiable.com)



## JOINT FUNDRAISER

### Curling Dinner & Music

Legion Br. 71 and The Brownsburg Curling Club

Jan 28: Sat morning at the Curling Club / dinner at the Legion at 5:30 pm

Curling: \$25 / Dinner \$25 / Joint: \$50 per/person

Info: Graham: 450-612-1440 / Linda: 416-843-2192

\* Proceeds to benefit the Canadian Cancer Society.



## NORDIC SKI FESTIVAL AT L'INTERVAL

Sainte-Lucie-des-Laurentides

Jan 28 and 29: 9 am – 4 pm.

Trail access fees of \$9/ registration required before January 21. For more details, visit the event's Facebook page / 819 326-4069 / [intervalcoop.com](http://intervalcoop.com)

## 2023 BREAKFAST & CARNIVAL

Lost River Community Centre (2811, Route 327)

Sat, Feb 4: 9 am – noon (breakfast)

On the menu: pancakes, bacon, scrambled eggs, beans, fruit, toast, juice, coffee or tea

Sat: 1:30 pm – 5 pm: Music & cash bar.

Snowman contest voting & prize announcements.

Outdoor Activities: free skating, snow slide, kids games (11 am), pickup hockey (1 pm), broomball (3 pm), xmas tree toss (all afternoon), bucksaw, tug-of-war, hot chocolate and apple cider.



## ICEFEST SAINTE-ADELE

Place des citoyens

Feb 3 & 4

On the program: slides, light shows, street trucks, entertainment, torch skating and fireworks.  
450 229-2921, etx. 8300 | [sainte-adele.net](http://sainte-adele.net)



## CHOCOLATE CREATIONS

PLACE DES CITOYENS, SAINTE-ADELE

Sun, Feb 5: 2:30 pm

Decoration of 2 chocolate marshmallow lollipops and a Valentine's heart with various sweets and white chocolate glue. Reservations required.  
[ville.sainte-adele.ca](http://ville.sainte-adele.ca) | 450 229-2921

## FAT BIKE CHALLENGE

Parc de la Coulée in Prévost

Sat, Feb 18

Support children in your community

The Fat Bike Challenge is for teams of four mountain bikers, two of whom must be riding on the designated course at any given time. The event will take place at parc e la Coulée in Prévost. All participants ride together for the first and last hour. Reservations: Breakfast Club of Canada.  
1 888 442-1217 | [breakfastclubcanada](http://breakfastclubcanada)



## VIKING LOPPET MORIN-HEIGHTS




Viking Ski Club, 393, Jackson

Feb 24

Take on the three 5, 10 and 20 km races.

Details available at 450 226-1220 | [vikingskiclub.ca](http://vikingskiclub.ca)



 <b>ROYAL CANADIAN LEGION</b> <b>LA LÉGION ROYALE CANADIENNE</b>		<b>BROWNSBURG – BRANCH #71</b> 210 rue McVicar (450-533-6381) Wed: 3 pm – 7 pm Thurs: 3 pm - closing Fri: 3 pm – 7 pm <b>Valentines Dinner</b> Sat, Feb 11: 6 pm Three course menu: soup, main course and dessert. \$35 per person / \$70 per couple Tickets available at the bar or contact 450-533-6381	 <b>LACHUTE – BRANCH #70</b> 634, Lafleur (450-562-2952) Open Thurs – Sat: 4 pm – 9 pm <b>MORIN-HEIGHTS BRANCH 171</b> Open Wed – Sat: 3 pm – 6pm 127, Rue Watchorn, (450-226-2213) <b>ARUNDEL – BRANCH 192</b> 79 Rue du Village, Arundel (819-687-9143) Open daily from 3pm
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## On With the Show

# Live entertainment is the best

### Florian Gaudreau

There's nothing equal to live entertainment. I've never been to an event where someone said to me, "I'd rather be at home watching Netflix." Even the worse possible event beats another night at home listening to the dog snore. At one point, I was seriously thinking of joining Netflix Anonymous (N.A.) until I found my real passion at a live event. I may be over the hill and down the other side, but I still love life as much as I did when I was twenty. Yep, I'm seventy going on twenty, that's the way I look at it.

Live music and dancing might not be for everyone, then again, not everyone is like me, a lampshade always looking for a good party. Not to take away from Netflix, it serves its purpose. I can't say I've had a memorable experience doing so but I have seen a few memorable movies; that's about as good as it gets.

To me it's a no brainer; go dancing to music played by a live band or stay home and lay on the couch. Yes, it takes effort to get off the couch, to get out there and have fun meeting people, but it's well worth it. Live entertainment



is about being part of an art community. Perhaps you enjoy the mellow tones of folk or blues music, or being spellbound by storytelling, theatre or the wild side of comedy. Whatever your preference, you are sure to find something to entertain you. I remember seeing people I know do a comedy show at the legion in Morin Heights; it was a scream. Morin Heights making fun of Mille Îles and the other way around, it doesn't get better than that. Live entertainment is the hub of my heart; it picks me up and puts me where I want to be...happy.

Why is live entertainment worth the effort? The social aspect is the first and foremost thing that comes to mind. It's a shared experience and, unlike a movie, there's interaction between performers and their audiences. Sometimes it's good, sometimes not so much.

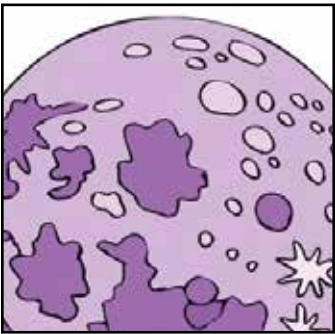
Feeling connected may not happen the first time you attend an event, but once you become familiar with the regular crowd, it usually goes somewhere. I love live entertainment - that's why I chose to write about it. It's such a thrill that it's hard to wipe the smile off my face. I want to share my enthusiasm. Where the creativity comes from is something I've always found fascinating.

Exploring the venues, performers and what it takes to organize these events are some of the topics that I will be featuring in future articles. Until then, turn up the volume and...

Go with the Flo







# Zach Factor

## Predictions 2023

### The year of shattering paradigms

Lys Chisholm & Marcus Nerenberg - Main Street

Happy New Year Zachians! In true form, we present to you the crème of the prediction pot, as each topic rose into our sphere for Main Street delivery. So, we ask again, don't shoot us... we are only the messengers. Enjoy!

We kick off predictions with a focus on the Astrological change of positions for four major planets: Jupiter, Saturn, Neptune and Pluto will all be changing signs, a reflection of the turbulence and transformation within our own personal lives, to upheaval of nations across the planet. Similar astronomical configurations heralded historic changes that go back hundreds of years to the signing of the Magna Carta and later to the French Revolution, yet these were also periods of cultural blossoming. There is no less in store for us over the next 20 years.

Jupiter moves into Aries, the traditional home of the God of War. Jupiter reflects expansion and there seems no backing off from tensions between Russian and its former breadbasket, Ukraine. Aries is a masculine sign: Jupiter's expansive energy aligns with our need to assert and be autonomous. Afghanistan's Taliban will enslave its women for only a little while longer. The seed of the Goddess energy has been growing now for over two decades. Signs of revolution are everywhere in the Middle East and soon Jupiter will move into Taurus- a powerful feminine sign and, women will continue to claim their power.

After over two years in the sign of Aquarius, Saturn, a symbol of structure, regulation and discipline gripped the freedom loving energy of Aquarius but no more! As we kick off the shackles of pandemic closures and prohibitive social control, Saturn moves into the sign of Pisces. Here the energetics speak to the disillusionment with all matters of unsustainable structures in our society. From overcrowded ERs in children's hospitals, to our mistreated elderly at the institutional level and, Provincial governments that believe they can ignore constitutional rights and freedoms of individuals. For not much longer will our economic system erode the security of millions for the profit of very few. On a positive note, Pisces challenges all of us to awaken to our own individual, spiritual integrity. Writers, such as Robert Temple, are closing the gap between science and spirit with his latest work, "A New Science of Heaven," based on the 4th state of matter in our universe: Plasma, a thought provoking read.

Neptune, Ruler of watery Pisces, moves into the home domain of fiery Mars. This heralds intense weather; floods, hurricanes, tornados, blizzards and, possibly increased seismic events. No further predictions here. Having alternate sources of energy will become necessary for everyone such as a home Hydrogen Fuel Cell. Hydrogen is the most abundant element in the universe and it provides energy without releasing carbon dioxide. In 2021 Volvo officially launched cellcentric, with Daimler Truck. It is now a lucrative source of emissions-free fuel to power trains, heavy-duty trucks, planes, and ships. Their ambition is to become a leading global manufacturer of hydrogen-powered fuel cells and be part of the Zero EU emissions goals by 2030. Says Volvo, "Hydrogen... also offer(s) a path to reduce CO2 emissions with a minimum of grid investment (expanding hydrogen infrastructure)" We've come a long way since the Hindenburg.

We get our first glimpse of slow-moving Plutonian energies in March this year when it moves from Capricorn (power structures and corporations) to Aquarius, home of wave energy and innovation (think digital and AI) and, where it will transit until 2043. Pluto, a Universal bulldozer, energetically represents demolition and transformation. Structures that are held together by secrecy, deception and out of control profiteering are destined to fall as the lowly people pull on the last Jenga block holding them up. Pluto manifestations are seen in the development of the technology of life renewing Regenerative Medicine. This science can potentially restore diseased and injured tissues and whole organs. There are numerous strategies, including the use of generated cells, to take the place of missing tissue, effectively replacing it structurally and functionally and to contribute to rapid tissue healing. <https://doi.org/10.1073/pnas.1508520112>. Yet Pluto represents power and control: The fight between large Internet and digital interests will rage while smaller local grassroot enterprises spring up.

On a final prediction as we evolve past killing each other, our membership in the Galactic Federation is being prepared. When all looks bleak, take a walk in the woods, watch the birds, hug a child, a grandchild, or a tree. We are all stardust ruled by Love after all.

Many thanks to Pamela Gregory, renowned Astrologer for inspiration.



Pluto into Aquarius: The first mini pop-up airport in Coventry, UK., designed for drones and air taxi. Electric flying taxis in and out of urban centers are closer than you think. Photo Credit: [www.weforum.org](http://www.weforum.org); Hyundi



# The Story Behind

## Are you there?

Joseph Graham - Main Street  
[joseph@ballyhoo.ca](mailto:joseph@ballyhoo.ca)

My grandmother told me that when she was young and the first phones came into western Australia, the person receiving a call would pick up the receiver and shout, "Are you there?" It evoked for me the early miracle of communicating with someone over a distance. It also describes how I feel today when reaching out to other members of our rural Laurentian English community. How often I have taken notes from someone who wants to save a memory about the history of a place. After the call is finished, I try to parse my notes and realize how much nuance I understood, listening over the phone, that was not caught in my scribbles. Nuance is hard to capture in scribbles...descriptions of old Christieville, St. Andrew's East, Mille Isle...the aura, that vast and deep sense of what lives on with each of us, was felt, yes, and understood, but hard to reconstruct from the scribbles. I could connect small details, like how the speaker discovered that the French kids on the English school bus were from a Huguenot family, French Protestants, not permitted to attend Catholic schools, or how the elders insisted on pronouncing and spelling Mille Isle in the Scots-Irish way with the long I, as aill.

It was Lyle Elder, at the time a resident of Christieville, who first told me the meaning of the Mark of the Arrow. The British Navy reserved large white pines for its own use and could take these trees down even if they were found on an otherwise settled farm. Lyle told me that oaks were also taken and were now hard to find. I could feel the frisson he felt when he did find a survivor. The navy's claim to these trees was one of the contributing factors in the American War of Independence. An early flag showed a pine tree with the words "An Appeal to Heaven." How do we learn to celebrate the heritage of those pine forests? Are our sentiments tied to their loss? As you drive towards Kanehsatake, you will know you are close when you can see the large white pine trees that the residents honour. If you live there or nearby, it will be one of those reassurances that you are home. The pine tree still holds its power for the Mohawk. Each leaf contains five needles, recalling the Five Nations. They once covered the country, many storeys high, from the Atlantic to the Great Lakes.

In Argenteuil, St. Andrew's East has always maintained its rich history. How do we celebrate its merging with two other municipalities to become Saint-André d'Argenteuil today? Its strong history shines through in the symbols retained by the new municipality, created so recently, in the year 2000. Elementary research can easily fill in the gaps, but does any of it keep the heritage alive?

Bishop Bourget named Curé Labelle to the St. Jérôme parish, encouraging him to use his influence to get to the Rivière Rouge north of Ste. Agathe before the Protestants did – French Protestants? The ones on the school bus? Who were they? How do we recall? Samuel de Champlain's employer sent him out to establish Quebec for them, the French Protestants. Were they always with us? Jean-Louis Ligonier, a Huguenot general serving British Prime Minister Pitt, named two men, General Jeffery Amherst and General James Wolfe, to take that colony back and, in the mind of Ligonier, to restore its original vocation of freedom of (Christian) religion. Sir William Johnson, an Irishman who learned the ropes with the Delancy family, Dutch-Huguenots of old Albany, befriended the Haudenosaunee, and fought the French Catholics. Was the Huguenot influence a factor in his relationship to New France? His son, Sir John, was faced with the colonists rebelling against the British Crown, craving Haudenosaunee homelands. He escaped these nascent Americans with the help of the Haudenosaunee, fought the rebelling colonists, and later bought the seigneurie of Argenteuil. Those Huguenot kids on the school bus had a history that traced back to these different people and times, a living heritage. Where are they today?

How do we celebrate the naming of the hamlet of Mille Isles? There is an island north of Downpatrick in County Down, but a bit south of Bangor and Donaghadee, off the Ards Peninsula, a water-covered, rocky expanse named Mill Isle. Did the Kilpatrick, the Deys, the Kirkpatrick recall a windmill from the time before they departed? Did that long-gone mill contribute the naming of their small new settlement that tenaciously kept the old name and spelling of a parcel of the Augmentation of the Seigneurie of Mille Îles?

My Australian grandmother moved to Montreal when she married my grandfather. She had a long relationship with the Laurentians, with Val Morin, and she kept in touch with her Australian roots, her own heritage, for the century she was with us. No doubt the cry "Are you there?" always resonated with her, calling across the world to her roots as it does for me phoning our English-Quebec community members strung thinly across the Laurentians today.

I have been invited to describe aspects of our early history next month, at several separate events, two in French, in Brownsburg and in St. Donat, the third, spread across English Quebec on Zoom through the Quebec Anglophone Heritage Network. I invite you to join me.

To register or learn more, go to [ballyhoo.ca/events](http://ballyhoo.ca/events)

### The Christian Invasion

Wednesday, February 8, 1:30 PM at UTA St. Donat, for a discussion on Insatiable Hunger, Colonial Encounters in Context. If you are not online, call Francine Chalut at 514 910-1946 to register.

### Dead of Alive? The pulse of heritage in today's Laurentians

Thursday, February 9, at 1:30 on Zoom. Sign up directly through [QAHN.org/heritage-line](http://QAHN.org/heritage-line) or through the Zoom link at [ballyhoo.ca/events](http://ballyhoo.ca/events).

### Nommer Argenteuil

Sunday, February 19, 1:30 at La Branche Culturelle in Brownsburg-Chatham. Contact them at 450 495-8022 or [brancheculturelle@outlook.com](mailto:brancheculturelle@outlook.com).





# Garden Talk Houseplants - a prescription for well-being

June Angus - Main Street

Why does living with houseplants make us feel good? Put simply, surrounding ourselves with plants gives us a direct connection to nature that helps to counteract the negative impact of spending too much time indoors cut off from the natural world.

The scientific theory behind this is known as the “biophilia” hypothesis, a concept defined as the innate human instinct to connect with nature and other living beings. This idea started to get widespread attention in 1984 when Harvard Naturalist Edward O. Wilson began writing about it for the general public.

Since then, decades of research spanning the globe have confirmed the hypothesis and shown that natural environments definitely help to increase positive emotions, while decreasing negative ones. Bottom line, visual contact with nature has a positive impact on our health and well-being.

Studies have found that as little as 20 minutes is enough to make us feel more at peace. In one experiment, participants who spent even five to 10 minutes in a room with a few houseplants felt happier and more satisfied than those in a room without plants. Many offices and other public spaces such as shopping malls have embraced this notion and created a literal oasis combining indoor plant and water features as part of their design plans.

While most studies are carried out in highly controlled environments, we can use suggestions from these to guide us in the creation of our own indoor garden sanctuaries.

How many plants? While there is no magic number, studies showed that as few as five small foliage plants such as philodendrons and a Chinese evergreen, or one tall tree-like palm, or even a few flowering plants including violets, a Christmas cactus or orchids are enough to create a positive effect. But if you only have room for one plant on your desk, or a couple on the kitchen windowsill, (some fresh herbs would be great here) that can be enough for your situation.

When it comes to choosing colour, anything green will increase feelings of cheerfulness and relaxation so your choice is wide open on any foliage plants. Flowering plants that produce purple, red, pink and white blooms were found to help reduce blood pressure and heart rates. But purple flowers were the best at generally improving mood.

The act of caring for your plants adds another dimension to your wellbeing by acting as plant therapy, a technique that relies on plants and gardening to help people overcome health issues such as high blood pressure and memory disorders. It can also greatly help those battling depression, anxiety, addiction and, for survivors of abuse.

Cleaner air and improved oxygen production in your home is another added bonus of keeping houseplants.

But coming back to mood enhancement, I still advocate for houseplants as a worthwhile prescription. Some studies have even shown that having artificial plants and flowers, or great nature themed artwork of plants and flowers helps.

Finally, if plants are really not your thing, pets are another great way to connect with the natural world. But that’s a whole other topic not for this column. Happy House planting and Happy New Year!



# Word Play Elemental: earth or fire?

Louise Bloom - [louisebloom@me.com](mailto:louisebloom@me.com)

I am approaching this New Year with thoughts of certain responsibilities, (elemental things) naming them not so much as resolutions, but more as strong intentions. I am talking about those tasks, which require tackling and finishing because I have an avoidant prejudice and habitual resistance about the work that I am referring to.

I am speaking about sharing my preferences concerning events that will come to pass at the time of my death. I am trying to give conscious attention to my final wishes, including coffin, interment, and any aspects of celebration. How do I want others to proceed if I am no longer able to make decisions? What spiritual traditions might I choose to salute at my funeral? Will the moments be experienced at the graveside outdoors, or will events happen indoors when weather might become a factor of discomfort for others?

It has been my wish to take care of these various arrangements to the best of my ability within the remaining time allotted to me while my reasoning is intact and enjoying good health.

As I share these thoughts on this page, I am aware that this subject is often viewed as morbid. The meaning of the word morbid is characterized as an unusual interest in disturbing and unpleasant subjects, especially death and disease.

However, I am referring here to the subject of death as elemental, as a fundamental reality that we all face. Death is inevitable, something experienced by everything and everyone that is living. A person's death is without question an inherent part of life and a great force of nature.

I am writing today to remind us of the inevitable ending for each of us and how we might prepare. I feel that conscious preparation for our own death signals a kind of respect for family members, or any other person that would be impacted by this event. Contributing to the decision making in advance simplifies matters. Taking an interest in your own death can soften or quell the obvious anxieties that accompany thoughts of one's own end of life.

How does one prepare? On some days, I have come to hold the event of my own death “in front of me”, in the same way as the carrot is dangled in front of the horse to keep it interested in moving forward. Addressing the inevitability of death adds the flavor of gratitude to the regular aspects of living, adding color and vigor to certain aspects of the everyday, maintenance, child-care, household tasks, those things that are repetitive and invite boredom and resentment. Knowing our own impermanence intimately expands an ability to be kinder and more conscious and acknowledging that we all share in this inevitability can also reduce the sharp edge of finality.

While confirming the elemental nature of death, I would underline that the choices available to us are fundamentally to commit our remains to the earth or to the fire. Eventually, we will all return to dust whether we are buried or cremated. For those of us who identify with a particular faith rooted in the Judeo-Christian tradition, burial is the customary decision. For those of us with an active commitment to simplicity, economy, respect for the dearth of space available for burial and an interest in scattering ashes as a part of the ritual, cremation is the preference.

What seems to me to be the critical consideration for the family and friends in our life is the adoption of a ritual that allows for shared grief, remembrances and the stories that populate one's affectionate thoughts. In the meantime, may the New Year bring us the impetus to express our lives as we put our best foot forward.

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

## NOTICE OF NOMINATION



Mr. Benoit Lemieux  
General Manager

Ms. Monique Éthier, Chair of the Board of Directors, is pleased to inform you of the appointment of Mr. Benoit Lemieux as General Manager of Caisse Desjardins de la Vallée des Pays-d'en-Haut.

Mr. Lemieux has 22 years of experience at Desjardins Group and holds a bachelor's degree in business administration. Before arriving in the Laurentians, he was general manager at the Caisse populaire Desjardins of St-Roch-de-L'Achigan in Lanaudière; he also held various management positions in Montreal in the caisse network. Mr. Lemieux is recognized for his local leadership and his ability to carry out the projects entrusted to him. With his team, he will therefore be able to continue the work in progress to propel our great cooperative even further, for our members and customers.

Join us in congratulating Mr. Lemieux and sending him your best wishes for success in his new role!





# Obituaries

**PATTERSON, William**  
**(March 7, 1938 to Jan 5, 2023)**

Peacefully at Glengarry Memorial Hospital, William (Bill) R.G. Patterson passed away on January 5, 2023 in his 85th year. Survived by his loving wife, Lois of 61 years and beloved children Robert (Jennie) and Lisa (Brian). Cherished "Big" Grandpa to Kristopher, Dylan, Ally and Kaitlyn. Predeceased by parents Russell Patterson and Agnes Butler and his brothers James and Thomas and sister-in-law Joyce (late Guy). Loving brother-in-law to Lyn (George). Dear Uncle to many nieces and nephews. Special cousin to Alex and buddy to our neighbor Charlie. Retired employee of Otis Canada and longtime member of IUEC (local 89).



Respecting Bill's wishes there is no visitation. Cremation has taken place. My heartfelt thanks to my children for their assistance and guidance during this difficult time. I am also indebted to the wonderful medical staff at GMH, to my neighbors and friends for their kindness, prayers and support. Funeral arrangements under the care and direction of Munro & Morris Funeral Homes Ltd., 114 Main Street South, Alexandria, ON (613-525-2772). In lieu of flowers, Memorial Donations to the Charity of your Choice would be appreciated by the family.

"Gone from our sight but always in our memories; Gone from our touch but forever in our hearts". Till we meet again.

## The other side of getting old

### Dating...

**Florian Gaudreau**

Some people would rather die than date. I'm not one of them, even though dating is a whole other ball game at my age.

I once tried to make conversation with a woman at a dance. I asked her name, but I couldn't hear so, I asked her again and, after the fourth time, she threw up her arms and walked away. Henceforth, I ruled out any loud places.

Bars and coffee shops are passé, besides, its more of a younger cliental and these women don't want old age creeping up on them. Creepy only works during Halloween, but I digress.

Online dating seems to be the norm these days. Aside from the photo touch ups, totally misleading profiles and boring depressing profiles, it can be fun! Actually going out with someone for the first time can be a little unnerving at the best of times, but meeting someone for the first time, who looks totally different from her profile picture, is beyond stupid. On one such occasion, the woman's profile I had perused was a pretty brunette with shoulder length hair, wearing a peasant dress; at the our first meeting, the woman who showed up was blond, immaculately dressed and resembled Barbie and, I walked right past her on the sidewalk. Not the best way to start things off. That was the first time I was told, "I should dress my age." That was years ago and I still don't understand what that means.

For the hopeful, love does exist through online dating. I fell big time for a gorgeous, confident, independent outdoor type of woman, she even had her own boat! It was awesome for a while and, I believed she was everything I wanted in a woman. The problem was... I didn't get along with her husband. Yes, turned out she was married! Ouch that hurt, lesson learned the hard way.

Online dating has its advantages. You can shop for dates, in your underwear, now there's an image you don't want stuck in your head! Anytime of day is suitable for browsing, for potential prospects and it's relatively safe. Reading profiles can be revealing or confusing. For example, "I love the outdoors" may mean; "I love St. Sauveur on a busy weekend". Asking a more specific question like "would you use an outhouse?" would likely result in a very different answer.

All joking aside, there have been many success stories and online dating can be a tool for finding that person you are looking for.

*\* A tip for the ladies and gentlemen dating out there, no matter how disappointed you are with your meet-up, never ask for your coffee "to go". Manners do count after all.*





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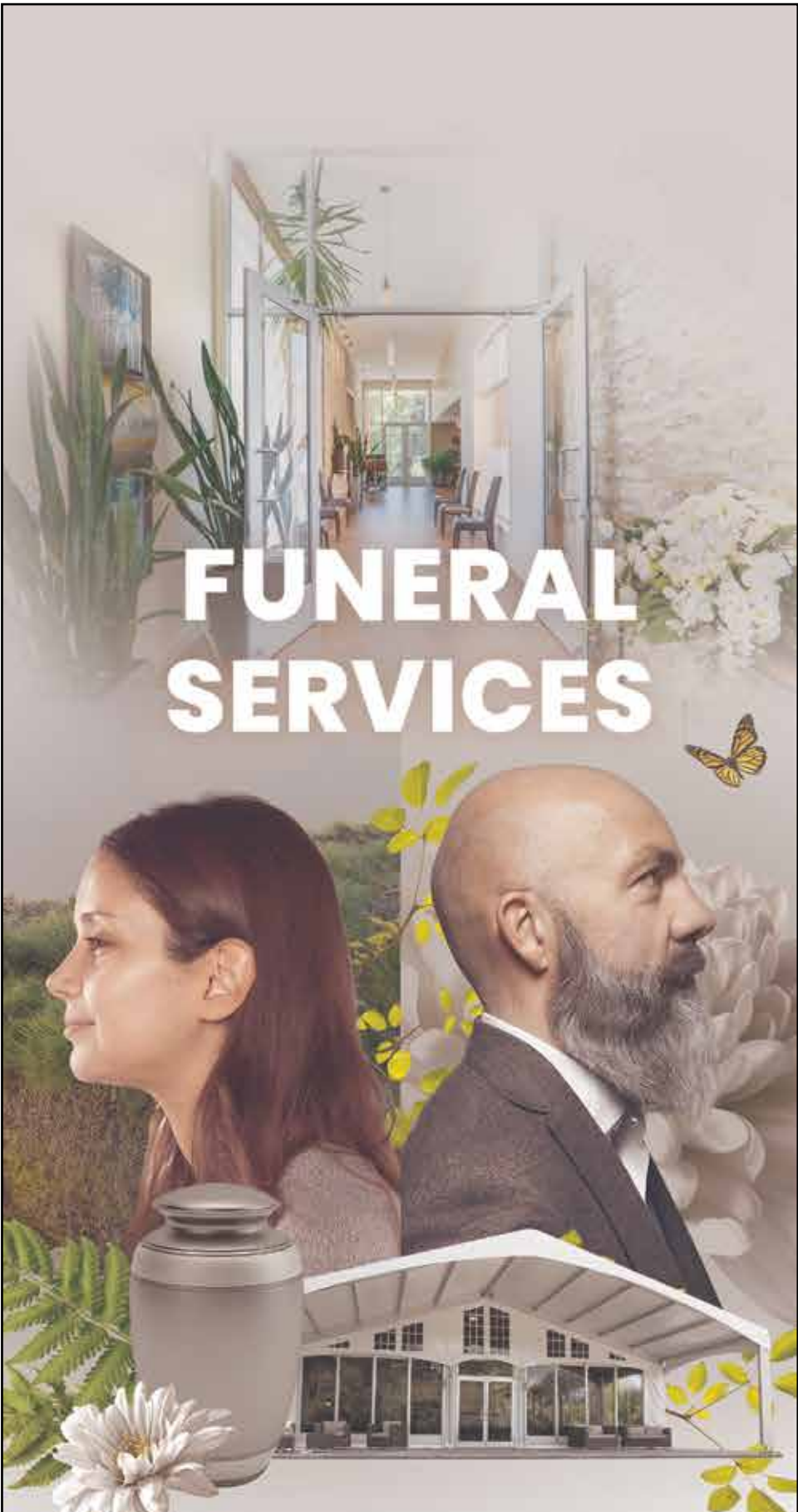
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# Main Street Money Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

## Do you have a trusted contact person?

Get an extra level of protection from elder abuse for yourself or someone you love

When the Nation Initiative for the Care of the Elderly set out to measure elder abuse in 2015, it found that about one in 12 Canadian residents age 55 and older (8.2 per cent) had experienced elder abuse in the previous 12 months. For 30 per cent of those people (1 in 40, or 2.6 per cent), the abuse was financial. (1) That translates into 244,176 Canadian fending off demands for their money, fighting to access their money or sometimes losing their money – in a single year.

Responding to worrying statistics like this, the Canadian Securities Administrators (the umbrella organizations representing all Canada’s provincial and territorial securities regulators) recently recommended that advisors ask their clients for the name of a “trusted contact person” (TCP) they can get in touch with if they have concerns about a client’s financial exploitation or diminished mental capacity.

To benefit from an additional safety net, consider connecting your advisor to a close friend, family member or caregiver who can be trusted to ensure your best interests come first. If your advisor’s dealer does not already have a procedure and form regarding the TCP, you should encourage the to adopt one.

It’s important to emphasize that a TCP is not the same as a power of attorney – another person your advisor should have on record. A power of attorney has authority to make financial decisions on your behalf under certain circumstances, such as if you become incapacitated. The TCP, in contrast, should have absolutely no interest or involvement in making financial decisions for you. In fat, the TCP is someone an advisor can reach out to if they feel your power of attorney isn’t acting appropriately.

That said, like a power of attorney, the TCP must be someone who has earned your trust and who you are confident will act in your best interests. Think about how anyone you’re considering would react if your advisor called to discuss concerns about your recent financial decisions or memory lapses. Would the potential TCP listen to your advisor with an open mind?

Just as important, is the potential TCP someone you would hear out if they in turn raised those concerns with you?

Once you have someone in mind, share the information from ‘TCP 101’ with your potential TCP. It is important for a TCP to understand exactly what the role is and is not. For example, it is an opportunity to help protect you if you become financially vulnerable, either because of age-related mental health issues or because other people in your life try to take advantage of you. It is not a licence to make decisions for you or to reduce your control over your own financial affairs. From your advisor’s perspective, it’s also not authority to share information with the TCP about your financial accounts, unless you’ve given separate permission for this.

Sadly, elder abuse is a reality for too many Canadian seniors. Naming a TCP allows your advisor to call the person you’d prefer if they suspect something is amiss. It’s a way you can provide an additional safeguard for your money and your well-being. It’s also an important part of good financial planning. Consider sharing this option with any loved ones who could also benefit from another layer of protection.

### What is a trusted contact person (TCP)?

A TCP is someone your advisor can reach out to if they are concerned you are being financially exploited or are making poor decisions based on diminished mental capacity.

#### Who needs a TCP?

Seniors, who can be more vulnerable to both financial fraud and age-related mental health issues, should have a TCP – but it’s also a valuable safety measure that can benefit anyone.

#### Why do advisors recommend a TCP?

Advisors are often in the best position to see changes in financial behaviour that may indicate a problem. With a TCP, they have someone to contact with their concerns who has your best interests at heart.

#### How is a TCP different from a POA?

A power of attorney (POA) gives someone else the authority to make financial decisions for you, either right away or if you become incapacitated. A TCP does not and will never have this authority.

#### How do you set up a TCP?

Talk to your advisor about what is required to name a TCP and allow your advisor to share limited information with that person. The paperwork is relatively simple but can vary from advisor to advisor.

Christopher Collyer, BA, CFP  
Investment Advisor, Manulife Securities Incorporated  
Financial Security Advisor, Manulife Securities Insurance Inc.  
200 – 9800 Cavendish Boulevard  
Saint-Laurent, Quebec H4M 2V9

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

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# The ten most frequently asked questions about coyotes

## SPCA - Montreal

In response to questions from several people regarding the presence of coyotes in Montreal, the Montreal SPCA wishes to share some practical information so that the coexistence between humans and wild animals is safe, and also better understood. Among all the questions we receive on this subject, about ten come up very often. To answer this, we enlisted the expertise of Adrian Nelson, director of wildlife conflict management at the Association for the Protection of Fur-Bearing Animals (The Fur-Bearers).

### 1. Why not just take the coyotes out of town?

Eliminating a wildlife species is never, in the long term, a good solution. Coyotes are here for a reason, be it to find food, shelter, etc. Killing or relocating them only temporarily creates a void that will quickly be filled by other coyotes. Several have demonstrated that a coyote population that faces external pressures, such as trapping and hunting, often spawns larger litters to compensate, resulting in more coyotes in the area than before.

### 2. Is coyote relocation cruel?

Relocating a coyote is very often synonymous with a death sentence for him. Coyotes are very territorial, and when moved, they will do anything to get back to their place of origin; in doing so, they risk being killed by cars. In addition, in their new territory, they find themselves artificially competing for space and food with other animals, which causes starvation and death. Finally, trapping and relocating coyotes that have recently had a litter means their young will starve.

### 3. Are coyotes a danger to our community, especially children and small pets?

Humans are very rarely bitten by coyotes. If this happens, the animal has been tamed by someone and is expecting to receive food from them. Coyotes are naturally afraid of humans; thanks to deterrence techniques aimed at maintaining this fear, interactions with them remain very rare. The city of Vancouver, British Columbia, has also set up a cohabitation program in certain schools and summer camps that teaches young children how to scare coyotes so that they stay away. Coyotes can obviously see small animals as a food source, which is normal considering their diet. That said, a study in Calgary, Alberta found that the diet of urban coyotes was very similar to that of their rural counterparts. In fact, pets represent less than 1.5% of their diet.

### 4. Do coyotes chase people?

A coyote will never see an adult or a child as potential prey, considering that its usual meal is just a mouse or a crabapple fallen from a tree. However, like all members of the Canidae family, including domestic dogs, they chase anything that runs away from them. This is why it is important never to run in front of a coyote. Stay put, wave your arms in the air, make noise or throw objects at the animal, without hitting it, in order to frighten it and entice it to leave.



### 5. Do other cities have coyotes on their territory? How is it going ?

Vancouver has excellent programs in place to facilitate cohabitation between humans and coyotes. These various strategies have worked for decades. The most recent population studies reveal that approximately 3,000 coyotes live in Metro Vancouver. However, despite such a large population of humans and coyotes, very few conflicts have been recorded. These programs are based primarily on public education and focus on the following points:

- How to manage your environment to make it uninteresting for coyotes.
- How to act when you see a coyote.
- How to deter a coyote from approaching (a conditioning process to maintain coyotes' fear of humans).

### 6. Are coyotes beneficial to biodiversity and the ecosystem?

About 85% of a coyote's diet consists of small mammals, such as mice, rats and other rodents. Coyotes therefore represent a natural, effective and free means of controlling rodent populations in our cities. A healthy and diverse fauna is a sign of the good health of

the ecosystem around us.

### 7. How should Montreal manage urban wildlife, especially coyotes?

The City of Montreal and local communities should invest in education campaigns to reassure its citizens. Considering that the relocation of coyotes outside the city is not the solution and that their presence has a positive impact on biodiversity and the ecosystem, we should simply learn to cohabit peacefully with them. Other communities have done it, why not Montreal?

### 8. How to avoid conflicts with coyotes?

Place garbage in secure containers with tight-fitting lids. Keep garbage cans indoors until garbage collection day. Use waterproof compost bins. Install a fence around your garden or grow your vegetables in a greenhouse. Pick up fallen fruit or berries from trees or bushes in your garden. Fence your land to make it less accessible. Fill empty spaces under the veranda, deck and shed. Do not leave your pet outside unattended. Teach your children to respect wildlife and keep their distance.

### 9. What to do with a coyote?

Do not approach it or try to touch it. Do not feed it or try to tame it. Don't turn your back on him and don't run away. Make yourself as tall as you can, wave your arms, make a lot of noise and shout. Do not let your dog chase it to avoid injury to both animals. Throw objects in his direction (without trying to hit him).

### 10. Where can I learn more about coyotes and other wildlife?

Association for the Protection of Fur-Bearing Animals  
Coyotes Watch Canada Humane Society of the United States  
City of Montreal

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# SUPPORT LOCAL BUSINESS

## REAL ESTATE

**Natalie Maheu:** 514-213-6207 / nmaheur@me.com  
**Lyndsay Wood:** 514-774-8019 / www.lyndsay-wood.com / lyndsay\_m\_wood@hotmail.com  
**Gillian Hartley:** 450-806-4646 / www.gillianhartley.com / gillianhartley@gmail.com  
**Jessica Million:** 1-819-323-6581 / info@equipe-million.com / www.equipemillion.com  
**Pippa Murray:** 450-530-8040 / philippa@philippamurray.com / www.philippamurray.com  
**Julie Ann Hess:** 819-421-0344 / jhess@richhess.com / www.julieannhess.com  
**Lucyne Farand:** 514-952-6316 / www.lucynefarand.com  
**Bruce Zikman:** 514-386-1939 / bzikman@gmail.com  
**Century 21**  
 276 rue Principale, St Sauveur  
 450-227-3334  
 Groupe21.com  
**Laurentian Lakeside Cottages:** www.laurentiancottages.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  
**IGA Marché Morin-Heights**  
 680 ch, du village, Morin-Heights / Tel: 450-226-5769  
 Open: Mon - Wed: 8 am - 8 pm / Thurs & Fri: 8 am - 9 pm / Sat & Sun: 8 am - 8 pm  
**La P'tite Polonaise**  
 105 rue Principale, St. Sauveur  
 450 227-7071 / www.laptitepolonaise.com  
 Grocery / Catering / Bistro Take-Out  
 Open: Tues & Wed: 9 am - 5 pm / Thurs & Fri: 9 am - 6 pm / Sat: 9 am - 3 pm / Sun & Mon: CLOSED  
**IGA Famille Jasmin:** 1300 Blvd. Ste-Adèle  
**Pickrell's Mobile Ice Cream:**  
 514-777-5858 / www.pickrellsicecream.com

## PROFESSIONALS

**Suzanne Singleton – Assuruni Insurance**  
 Tel: 514-447-7903 / www.sue-singleton.com  
 Services offered: Auto, Home, Business & Commercial Insurance Coverage  
 Opening hours: Always get back within 24 hours / email or phone

## Soins Dentaires Prévost

450-335-2990 / www.dentisteprevost.com

**Clareo:** 68, ave. de la Gare, Saint-Sauveur / 579-995-0130 / www.clareo.ca/en/saint-sauveur

## Lori's Links

450-224-7472 / lori.leonard@sympatico.ca / www.lorislinks.com

## YES Employment + Entrepreneurship

Services offered: YES Employment + Entrepreneurship provides English-language support services to help Quebecers find employment, and start and grow businesses.  
 YES offers FREE career development and job hunting assistance to individuals 18-40 years old.  
 Open: Mon - Fri: 9 am - 5 pm. Evening workshops are held between 6:30 pm and 8:30 pm. All of our workshops and services are offered online: https://yesmontreal.ca/

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

218, rue Principale, Saint-Sauveur / 450-227-8780

## SADC des Laurentides

1332 Divd. De Sainte-Adele, bureau 230 / 450-229-3001 / 1-888-229-3001 / www.sadclautentides.org

## HOTELS

### Éco Spa Highland inc.

18, Mountain Rd. Grenville-sur-la-Rouge  
 1 855-5-ECO-SPA (532-6772) / (450) 613-3485 / www.ecospahighland.com  
 Services offered: Hotel, spa, restaurant  
 Open: 10 am - 9 pm

### Auberge Val Carroll

50, Chemin du Val Carroll, Harrington  
 450-242-7041  
 https://aubergevalcarroll.com

## HEALTH & WELLNESS

### Centre Spa Pur Mer

250 rue Seraphin, Ste. Adele  
 Tel: 450 622-0787  
 Email: tsevapsidis@centrepurmer.com  
 Website: www.centrepurmer.com

## FUNERAL

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

**Granite Nadon:** 514-262-6220 / 450-597-0521 / info@granitenadon.com / www.granitenadon.com/en

## AUTOMOBILES

### Automod

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

## 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

### Lortie et Martin

20, rue Saint-Paul E, Sainte-Agathe / 819-326-3844 / www.lortieetmartin.com  
 Hardware and renovations  
 Open: Mon - Fri: 7 am - 6 pm / Sat 7 am - 5 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

## RESOURCES

**Palliacco:** www.palliacco.org  
 Offers accompaniment, respite and support to people with cancer and, their caregivers

**4 Korner:** 450-974-3940 / 1-888-974-3940 / www.4korners.org.  
 Community resources and programs

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

### La Traversée

5100 Montée Ryan, Mont Tremblant  
 819 421-2585 / info@fondationlatraversee.com  
 Services: palliative care for people at their end-of-life

### Laurentian Literacy Centre

505 Bethany, # 302 Lachute / 450-562-3919  
 www.laurentianliteracy.ca  
 Services: private tutoring

*And all our other valued local establishments*

