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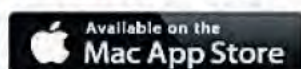
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# What's On My Mind... Local markets – a growing trend...

Susan MacDonald, Editor



Over the past several years, farmers' markets, farm stores and road-side stands have all enjoyed a steady rise in popularity; a true indication that shopping locally continues to be a growing movement and not just a passing trend. Why? Because here, the food is fresher, the prices lower and there's less packaging. As an added bonus, you reduce your carbon footprint, and you often get to meet, personally, the producer who stands behind the products you have come to buy. More than ever, people are heading to the local markets, just as soon as the season opens.

Enterprising entrepreneurs have also taken up the trend, and are carving out specialty niches for themselves. They're bringing to your table new and select products, such as preserves, baked goods, transformed dishes, and ready-to-eat meals in a variety of ethnic choices, and they have become huge hits with market-goers. Who wouldn't like to try something new? Potted fresh herbs, dried mushrooms and sprouts, specialty honeys, homemade vinaigrettes and sauces, wines and ciders, dairy products and selected meats, all now compliment the original fresh fruits and vegetables of yesterday, and, each week, the list of new discoveries continues to grow.

Many restaurateurs are taking advantage of the great selection of market products as well, and frequently place orders directly with the farms producing them. Check menus closely, and please take the time to congratulate the proprietors, or managers, on taking these supportive and healthy initiatives.

Artisans, too, are finding their way onto the market scene, and there are now several high-quality, handmade products to be found on the local stands. Quilts, fibres and sewing projects, jewelry, cut and dried flowers, specialty soaps, decorative items for homes, plus a variety of other, unique gifts can frequently be found. Quality foods, fresh produce, preserves, prepared dishes, hand-crafted items, and so much more are all available at community farmers' markets. But, if you are looking for commercial items, manufactured goods, or factory-farm products, well, you've just gone to the wrong place.

Modern technology and scientific research may have provided us with refrigeration, longer shelf life, and unlimited food choices from around the world, but at what cost? Today, people are deeply concerned about these issues and their possible long-term negative effects. They are waking up to the hidden costs these products are proving to have on our health and on the environment, and now question those unpronounceable ingredients listed on the fancy labels and pretty packages found at the grocery stores.

In many parts of the world, the weekly markets have always been a way of life, being the mainstays of communities, providing economic and social benefits to all. It is nice to see a return to the land and its local products, here at home.

Enjoy the season while it lasts.

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# Observations

## Brexit and the Shredding of Europe

David MacFairlane - Main Street

This British referendum over whether to remain in the EU or not, was promised to the citizens by Prime Minister, David Cameron, as a campaign sop to win the election that put him in the driver's seat. He fully expected the population to vote to remain in the EU, particularly after so many "experts" had warned about the dangers of an exit and the prospect of the loss of markets and jobs.

The battle was between the leave side - Brexit - and the stay side - Remain. To put this contest in other terms, this was a matter of the great unwashed, working class and middle class against the elites, conservatives, bankers and politicians. Contrary to all the polls and the bookmakers, the Brexit side won, 52% - 48%. Britain was changed, fundamentally, on that night of June 23rd, 2016. The Brexit vote was an EU-shattering, world-economy-shattering event, the consequences of which will continue to be felt around the world as the rest of this year goes by.

The people have spoken. They have rejected control from above. The EU is controlled by a group of un-elected, un-accountable bureaucrats, whose only objective has been to increase the power of the EU, while denying any expression of individuality by its constituent members. The European Union was originally organised to foster closer ties between former rivals, to stop wars between nations and to promote free trade within the European continent. Their currency, the Euro, was intended to be a unifying symbol of a unified region.

Unfortunately, the EU has morphed into a twisted, repressive travesty of its model, with the European Parliament over-riding all member states' parliaments and the European Court of Justice dictating laws that supersede individual states' laws. Therefore the sovereignty of member states has been abnegated, as well as their freedom to choose their individual destinies. Despite the EU founders' hope of achieving a sense of "European-ness," individual national identities have been guarded fiercely, as well as languages and cultures. It was insanity for unelected bureaucrats to attempt to rule over 500 million disparate people.

Increasingly, the EU has become a barrier to trade by imposing ridiculous restrictions and regulations. "Today, there are restrictions governing how "bendy" a banana must be - not bendy enough and it doesn't meet regulation. Cucumbers, on the other hand, can't be too bendy. Water retailers are banned from suggesting water would hydrate you. Prunes are not laxatives, turnips cannot be called swedes, and eggs are not allowed to be sold by the dozen - only by weight. Powerful vacuum cleaners are banned - they use too much energy. When looking at the sheer weight of unexplainable laws, you're left thinking only a mentally ill person could have put them together - and you'd be right. The European Parliament is mentally ill ... The single currency was always as terrible an idea as walking through Damascus with an 'I hate Muslims' T-shirt would be. You just knew it would cause pain and suffering ..." (source - Capitalist Exploits)

The global economy was struggling long before Brexit, but it did serve to open a real can of worms. Central Banks around the world have intervened heavily in the stock and bond markets before and since then, but it is now very obvious that a major secular decline is underway, and the consequences will be worse than the crisis of 2007. There is panic in the high circles of the elite and they will use all means available, both to prevent Brexit, and to stop other countries from leaving the EU. This, however, may be too late. Already Holland, Denmark, Czech Republic, even Germany's AfD nationalist party, have indicated that they wish to hold referenda. In France, Marine LePen of the Front Nationale, who will likely be the next President, has demanded a referendum. In Italy, the 5-Star Movement, led by Beppe Grillo, just won 8 of 9 Mayoralty elections, including Rome, and is decidedly anti-EU. On May 22nd, Austria's right-wing Freedom Party narrowly lost an elec-

tion for President by 31,000 votes. Just last week, Austria's Constitutional Court ruled that, due to massive voter fraud, the election must be held again, giving the candidate, Norbert Hofer, another chance to become President. He is firmly anti-immigrant and anti-EU. His election would install the first right-wing Head of State in Europe since WW2.

The voter fraud in Austria indicates the length to which elites will go in order to preserve the dying status quo. Just days ago, Foreign Policy Magazine ran a shocking editorial titled, "It's Time for the Elites to Rise Up Against the Ignorant Masses." The author is James Traub, an establishment, neo-con elite, who pointed out that this political schism of our time is not about the right vs the left, but about the sane vs the mindlessly angry. Ergo, the ignorant masses are mindlessly angry.

No kidding! I wonder why? Could it be you guys, in your ivory towers, have been robbing us blind for decades, without giving a damn for the well-being of the rest of society? What do you call 90 months of ZIRP and NIRP, if not robbery of savers, investors, bond holders, small businesses, pension funds and insurance companies that are the vital, stabilising elements of any healthy society? What do you call insanely high, manipulated stock markets, while the world is drowning in too much debt? Of course people are hopping mad, and they are not going to take it anymore!

That's why we have Donald Trump and Bernie Sanders in the US, and why Billary, no, Killary, must go to back to Arkansas instead of the White House. People are fed up and demand a change of the old order. That's why nationalist

movements are spreading throughout Europe. The cat is out of the bag and it will be impossible for the elites to stop this drive for freedom from the EU's shackles.

In five years, the EU will not exist in its present form.

**"The British have violated the rules. It is not the EU philosophy that the crowd can decide its fate."**  
**European Parliament President Martin Schultz, on June 25th, 2016.**



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# Simply Words on Paper I May Be Old But I'm Not Dead Yet

**Jim Warbanks - Main Street**

I am in the cast of a play, Les anges gardiens sont fatigués that explores a range of issues related to the stresses imposed on caregivers. A couple of the scenarios presented focus on the loss of identity experienced by those who must abandon careers or other cherished activities in order to care for a loved one.

Many of the cast members are at the pre-retirement or retirement stages in their lives. Some have already experienced the deprivations, which very often accompany the caregiver role, whether for a spouse, family member or friend.

Several cast members were friends or acquaintances of mine before we all engaged in this current endeavor. Others were total strangers that I only met during the casting stage. With rehearsals, travel and get-togethers related to the staging of the play, I have learned of, and come to appreciate, the very diverse careers and life experiences of these occasional, but enthusiastic and dedicated, performers.

## Retirement

Expanding the concept to a more general level, I came to see that many of the people “of a certain age” that I meet or befriend are only known to me by their current role or station in life. It is easy to ignore that they may have worked, lived or experienced environments far different from mine. Their achievements and the challenges they may have overcome remain in shadow. Reaching retirement age, whether well-prepared or not, should not signify that you must abandon any status you have attained.

For instance, I am well-acquainted with a group of retired teachers who meet regularly for a social evening. I have been a guest in the classroom of several of these teachers. Their level of skill, broad knowledge and ability to motivate students was truly remarkable.

## Accumulated experience

If you were to found a charter school, with the recruitment of an excellent, experienced staff as your highest priority, you would be well advised to attempt to entice members of this group to form the core of your administrative or teaching staff. Few, if any, would likely respond, as they have acclimatized to other roles, but their superior skill sets are undeniable. Except for their colleagues and appreciative former students, if you were to cross paths with one or more of the group, you would be likely to categorize them as “just some retirees.”

A relative of mine retired some years ago after a full career in industrial design, planning and construction. Because of his dogged thoroughness, attention to detail and extensive real-world experience, former employers enticed him to return to provide his expertise on current projects, particularly when it involved re-certifying or re-furbishing a plant where he had been involved in the initial construction phase.

On one particular project, a group of young, academically well-trained but inexperienced engineers so frequently sought his advice or input that they began to refer to him as Yoda, the sage of Star Wars fame. He was unaware of what a compliment and show of appreciation on their part that this entailed. I had to explain in detail the exalted status of his alter ego. As a testament to his valued contributions, they gifted him with a briefcase inscribed with the Yoda name at the conclusion of the project. Since his ultimate retirement, he might well be dismissed by someone who encounters him for the first time as “a guy who is in pretty fair shape and seems to know a lot about tools and gadgets.”

## Varied backgrounds

In essence, what I am urging you to do, particularly when dealing with those “of a certain age” is to be just a little more inquisitive, most likely by asking a few open-ended questions. You may well discover that many, if not most, can give you the benefit of their extensive and varied backgrounds.

The title of this text, “I may be old, but I'm not dead yet” is an adaptation of a line spoken in an earlier play which dealt with issues related to elder abuse. If you seek to benefit, at least occasionally, from the accumulated experience amassed through toil, time and assumed challenges by some of our more “experienced” residents, you may gain some wisdom without needing to consult Google, or at least acquire some great, funny or even atrocious stories to share with friends.

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“Remember the Commons? Remember the great rock and roll”? Of all the good bars in Morin Heights over the years (Bellevue, Carriage House, Rock-cliffe, Chuckies, Alpino, Swiss Inn etc.), the Commons was undoubtedly the best-known spot for music, drinking and dancing....”

The above excerpt is from an article written by Don Stewart that was published in our July 2015 edition, giving a background of this iconic Laurentian landmark in advance of the first fundraiser of its kind to benefit the Morin Heights (MH) and Laurentian Elementary (Lachute) schools' breakfast programs. The event was a huge success raising over \$6000.

While the building may be gone, loyal patrons still remember those “good ole days” and will be getting together once again to share memories and good times at this second event.

Join them for an evening of great music provided by SUMMIT / Barb Harris (Barband Barband), Sitchy Fingers (play the Rolling Stones) / Liz Harris (Ste Agathe Flyers) and featured guest, Gary Moffet (ex-April Wine guitarist) and help support the youth of your community.

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Chris Lance - Main Street

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The great outdoors

The black flies have been replaced by evening mosquitoes and buzz-diving, ambush-ing horse and deer flies. If you wear flip-flops, and you hit right handed, your footwear can perform like an old fash-ioned fly swatter to down those biting summer missiles. You might look funny swatting away but, dollars to donuts, you ain't gonna catch and release a fly with a quick flick of the wrist, like Clint Eastwood did in his spaghetti westerns. Those movie cowboys could just aim, spit and drown the fly before it hit the ground, embalmed in tobacco juice. Don't try that feat to impress your girlfriend, just grab your flip-flop and fly away.

Sports Season

Speaking of bugs – softball season is in full swing at our neighbourly town, Morin Heights. Grab a six-pack and a glove; they might need some pinch-hitting before their fall classic.

All the bike and walking paths are open now. Grab that red glider 3-speed bike and head out to enjoy the trails. Hills 40-80 have opened up to “free ride” enthusiasts. It is a great addition to the trails at the Chantecler. So, the young at heart can tear down the old ski hills.

Tennis season and tennis courts are open and busy. Mont-Gabriel's Friday doubles is extremely popular – for non-members it costs 20 bucks for organized tennis, from 10:30 to 4-ish. Bring your swimsuit (speedo) and workout clothes (gym shorts and t-shirt) – it's all in for Friday tennis buffs. Stay for lunch; a hot dog, fries and beer will cost almost as much as the tennis, but who's counting? It's the beginning of the weekend and it's summertime.

Still, the best court surfaces and lines are at the municipal courts in Sainte-Adèle. The weekend doubles are still competitive, not to mention the membership costs. Still great fun for weekend tennis warriors, and, to be frank, more welcoming than the other two local “members only” venues - depends on what you want from tennis.

Golf seniors

According to “golf godfather” Bert Emond, who plies his trade in St-Sauveur, opposite Provigo, the average golfer misunderstands who should use the new tees – for example, the green tees at Piedmont, just behind the reds.

Bert uses the metaphor that if the USA PGA tour players are able to play in the Senior Tour, at age 50, then that, in golf parlance, is a senior. The senior tour plays a shorter course – therefore, from the green tees. So, Bert suggests those of us, who hit about 210 yards (or less) off the tee, and score a 95, or more, should consider ourselves seniors and tee up on the green tees. Then, play will speed up. But, try telling that story to my partners, Butch, Tallahassee Ted, Jack and Gray... “We're not seniors till we have to get out of our golf cart and use walkers to get to the white tees. What, are you nuts?”

Enjoy the summer; keep walking, barbequing and telling yarns around the fire pits. Life is short, so enjoy it while you can, before you have to hit from the green tees.



## Village Of Weir Newswire

Claudette Smith-Pilon

### SUMMER IS IN WAITING

News from City Hall

**MRC Interactive Post: Discover the MRC Laurentide**  
To keep informed of all the activities happening on our territory, consult the interactive post in Montcalm (next to the library) 24h / 7.

Excessive Noise from Motorcycles

At the May council meeting, the municipality declared its official position regard-ing excessive noise caused by a minority of motorcyclists that disturbs residents and cottagers. The C.A.F.Q. supports the municipality of Montcalm for its request to change the legislation concerning non-conforming exhaust pipe systems.

Flea Market

The Flea Market will be held on Saturday, July 16 from 9 am - 4 pm. For infor-mation or to reserve a table call 819 687-9938

Family Fest

Join us for the Family Fest on Saturday, July 30 starting at 4 pm at the Community Centre. Lots of activities for everyone plus a BBQ, refreshments and fireworks.

**New Business in the Village: LANDSCAPE MULTI-CONCEPT:**  
proprietor, Christian Bénard (819 341-4242).

**VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH**

Our Laurentian Branch has distributed 605 quilts since our beginning. Nation-ally, 50,000 quilts have been distributed to cancer patients across Canada. Next Victoria's Quilts workday will be on Monday, July 18.

Please forward any comments, news or topics to [mmcsp40@gmail.com](mailto:mmcsp40@gmail.com)

6 [main.street@xplornet.ca](mailto:main.street@xplornet.ca)



## A Library Addict's Choice...

Grif and Marion Hodge - Main Street

From the collection of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by resi-dents of Gore, Harrington, Lachute and Wentworth

### ADULT FICTION

Roberts, Nora - The Obsession

If you like romance suspense novels – yes, this is a genre, then you probably have already enjoyed a Nora Roberts yarn. According to personal legend, this stay-at-home Mom was dealing with a bliz-zard, two little kids and cancelled school, and, so, she started to write her first novel. Although her first manuscripts were rejected, it wasn't too long before a publisher decided to pick her up. She is a prolific writer and produces several fictional works a year under the pseudonyms of Roberts, Jill March, J.D. Robb and Sarah Hardesty. In this story about obsession, the protagonist is the survivor of wit-nessing her psychopath father committing sex crimes. Through this character, Naomi, the author brings the reader other characters with their own kinds of obsession, most of them related to sex. Freud would have been so proud.

### NON-FICTION

Cerqueira, Elizabeth & Charron, Marise - Weight Loss 21 Days of Menus

This is a very sensible book that encompasses attitudes that con-tribute to well-being. It is very informative about basic metabo-lism as well as providing menus and recipes.

Mandarin Chinese English Bilingual Dictionary

The book provides more than 6,000 Mandarin Chinese words and phrases and features a wide range of illustrated objects and scenes from everyday life. There is a pronunciation guide and detailed index.

Pretty Hands and Sweet Feet

This is a Walter Foster Craft book featuring step-by-step lessons on nail art designs, tools and materials needed.

### JUNIOR NON-FICTION

Anders, Charlie Jane - All The Birds in the Sky

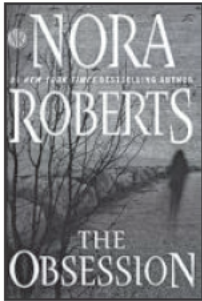
One of those stories that could be read by people of all ages, it is a rather weird and funny book that comments on life, relationships and global catastrophes. Anders is a well-established writer of sci-ence fiction. In this tale, she brings together two geeky outsiders: Patricia, who has magical powers and grows up to try and heal the world's ills, and, Laurence, a scientific genius who uses technol-ogy to bring about the same result.

Hébert, Marie France - Where in the World

Haunting and powerful picture book draws us into the mind of a little girl forced to flee in a moment of war. Who is this masked enemy who was once a friend? “Zolfe recognizes the...pharma-cist...but a stranger seems to have possessed them during the night. Draining away the gorcer's teasing laugh, the pharmacist's concern, the neighbour's kindness. Oh, it's certainly their hands that hold the rifles, but the invader seems to have loaded them during the night, And there they are, brains out of kilter, clutching these untamed beasts.” Marie France Hébert lives and writes in Montreal for children and young adults and the illustrator, Janice Nadeau has joined the league of young Quebec illustrators who are bringing a brilliant and unique artistic style to the world.

Willems, Mo - I Really Like Slop

Love Mo Willems humour. It is no wonder that many of his little books for young children (and grown-up kids too) have won the Theodor Seuss Geisel Award. It is also no surprise that Mo began his career as a writer and animator on the original Sesame Street, before that wonderful show was gutted by precious political correctness.



## Lachute Residence Fundraiser

A draw for a handmade quilt was held as a fundraiser by The Ladies' Committee of the Lachute Residence. The profits will be used for the Seniors of the Residence. Photo: the lucky winner, Mrs. Clarice Muir (center).



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# Federal Consultations David Graham Urges Residents of Laurentides– Labelle to Make Their Voices Heard

MP David Graham is encouraging the residents of Laurentides–Labelle to make their voices heard through the numerous federal consultations being held over the summer. “The government has decided to take the pulse of Canadians before designing its policies and programs, and this is a golden opportunity for our region to ensure its needs are taken into account in the decision-making process,” said Graham.



The federal government has launched a series of consultations on a number of pressing issues to help it make decisions that are consistent with the values and interests of Canadians. The topics include the design of the federal sustainable development strategy, the Employment Insurance service quality review, the important issue of electoral reform and the in-depth review of Canada Post’s services. These consultations are part of a new commitment to participatory democracy.

“Canadians clearly want to be more involved in the government’s decision-making process. That is why we want to develop programs and policies with more grassroots input. Too often, governments impose decisions that are out of touch with the facts on the ground, so we decided to take a different approach. But we are counting on Canadians to take advantage of this opportunity and let us know what matters to them,” added Graham.

Residents who want to voice their opinions can write directly to one of the MP’s offices by mail or email, or use one of the various options for participating in each consultation. The correspondence received will be forwarded to the appropriate government body. You can reach his office at david.graham@parl.gc.ca, by mail, postage-free to “David Graham, MP,” or by phone at 844 750-1650.

Consultations	For more information
Canada Post Review	<a href="http://goo.gl/LhkR7Q">http://goo.gl/LhkR7Q</a>
Have Your Say on Climate Change	<a href="https://goo.gl/lXCXzZ">https://goo.gl/lXCXzZ</a>
Public Consultation on the 2016–2019 Federal Sustainable Development Strategy	<a href="http://goo.gl/mf5gB4">http://goo.gl/mf5gB4</a>
Consulting Canadians on the Trans-Pacific Partnership (TPP)	<a href="http://goo.gl/ZWbu44">http://goo.gl/ZWbu44</a>
Employment Insurance Service Quality Review	<a href="http://goo.gl/MECILP">http://goo.gl/MECILP</a>
Canadian content in a digital world	<a href="https://goo.gl/JwdH1K">https://goo.gl/JwdH1K</a>
Electoral reform in Canada	<a href="http://goo.gl/Gp0G1L">http://goo.gl/Gp0G1L</a>
Next Agricultural Policy Framework – Share Your Experience and Ideas	<a href="http://goo.gl/MTY7tI">http://goo.gl/MTY7tI</a>
Revitalizing access to information	<a href="http://goo.gl/r6x2Ci">http://goo.gl/r6x2Ci</a>
The Future of Transportation in Canada: Developing a Long-Term Agenda for Transportation	<a href="https://goo.gl/Fj58Fr">https://goo.gl/Fj58Fr</a>
Measures under consideration for inclusion in the prescribed conditions regulations related to security inadmissibility	<a href="http://goo.gl/zB6sNu">http://goo.gl/zB6sNu</a>
Defence Policy Review	<a href="http://goo.gl/6O7dX4">http://goo.gl/6O7dX4</a>
Consultations on measures to strengthen Canada’s trade remedy system	<a href="http://goo.gl/gt3LJr">http://goo.gl/gt3LJr</a>
Consulting Canadians on flexible work arrangements	<a href="http://goo.gl/N5K4Kc">http://goo.gl/N5K4Kc</a>
Canada’s international assistance review	<a href="http://goo.gl/xHTy0o">http://goo.gl/xHTy0o</a>

# Off-Road Vehicles Regulations



The council of Grenville-sur-la-Rouge adopted a long-awaited by-law at its June 14 meeting, on the use of off-road vehicles (snowmobiles, quads and motocross) on certain municipal roads.

In a nutshell, the new by-law allows local residents to obtain an annual sticker, at the cost of 15 dollars, which will allow them to drive on the secondary roads north of Highway 50, on the condition that they respect a few basic rules of safety, and that they respect other residents. Kilmar and Harrington roads, as well as Scotch road, below McGillivray, will not be accessible by off-road users, because of the heavy truck traffic. Motocross bikes, which are not licensed by the SAAQ, will not be authorized anywhere. In fact, the Act respecting off-highway vehicles gives the power to municipalities to adopt by-laws allowing the use of off-road vehicles on certain roads.

Mayor Saywell sees a compromise. “Local residents will be able to maintain their lifestyle, using the quads and snowmobiles to gain access to the rural area. But, any abuse will earn the driver or owner a revocation of their privileges, in addition to their fines,” he added.

For off-road enthusiasts from outside the community, the municipality is working with the Club Quad Basses-Laurentides, snow mobile clubs, and the equestrian club, to promote the development of touring trails throughout the Municipality. “But these trails will, as much as possible, avoid public roads and inhabited areas” Mr. Saywell insisted. The Municipality did approve the final route for the provincial quad trail that follows the Highway 50 corridor.

Application of the by-law will be implemented in collaboration with the Highways Department and the Sûreté du Québec.

# Launching of the Accompanying Justice and Mental Health Program: A First in Quebec!

Representatives of the Criminal Division of the Court of Québec in Saint-Jérôme, Corrections Laurentides, Legal Aid, and the Integrated Health and Social Services Centre (CISSS) Laurentides, recently gathered to officially launch the accompanying justice and mental health program. The first partnership agreement of its kind in Quebec, the program in question will adapt the services offered to individuals who have committed a criminal offense, and who, at the time of the act, had indicators of mental health problems.

With this new approach, stakeholders of the justice system and the health and social services hope to ensure the safety of the population, and to support people with mental health problems. To do this, individuals will provide care appropriate to their situation in the context of an action plan developed by all partners. The aim is to allow the person to address the mental health problems that led him/her to commit a crime, to prevent such a situation from happening again and to protect society from another possible crime.

“The CISSS Laurentides is proud to be associated with this wonderful collaboration experience that goes directly to its mission to ensure the well-being of the population by timely access to quality services appropriate to their needs,” stressed Deputy CEO of Laurentian CISSS, Daniel Corbeil.

# Project Optilab There will be no lab closures in the Laurentians

The management of the Centre for Integrated Health and Social Services (CISSS) of the Laurentians wishes to inform the population that no closures of medical laboratories operating in the Laurentians are expected, even if the project Optilab, which aims to optimize their activities, is ongoing.

Contrary to what has recently been claimed in some media, laboratories, which are found in hospitals in Saint-Eustache, Saint-Jérôme, Lachute, Sainte-Agathe-des-Monts, Rivière-Rouge and Mont Laurier will continue to operate. Their activities will be reorganized in the coming years, but there is no intention to close them.

The Optilab project aims to reorganize the laboratory services in order to meet the growing needs of the population and to take advantage of technological advances that facilitate the work being done there. This project is currently being deployed throughout Québec. Therefore, the laboratories of the Laval, Laurentides and Lanaudière regions will be grouped. The laboratory of the Hospital of the Cité de la Santé in Laval has been designated as a server, where a majority of laboratory tests will be done. However, analysis from inpatient and emergencies, or analyses that cannot be transported, will continue to be processed in local laboratories, to continue their complementary operations.

Because of its scope, the Optilab project will continue to modify its operations over the coming years, with special attention being given to minimize the impact of this reorganization on existing staff.

# Road Repairs

The Minister of Transport would like to inform the population that, as of July 11, there will be a complete access closure on Chemin du Tour-du-Lac in Saint-Adolphe d’Howard. Repairs to the bridge on this road will be ongoing for two weeks. Road users are asked to exercise prudence while following the designated detour around the lake and are thanked for their cooperation and patience.





# STRICTLY BUSINESS

By Lori Leonard - Main Street

## Congratulations to:

Théâtre des Pays-d'en-Haut, 442 Avila Rd., St. Sauveur, that celebrates its 20th anniversary. The theatre has a diverse, broad program with shows to please every taste (comedy, music, drama etc.) and all ages. 450 224-5757. Check out their exciting program at [www.tpdh.ca](http://www.tpdh.ca).

Paul Gervais, previously Director of Fondation Médical des Laurentides, who has joined the team at Fondation La Traversée, Ste. Agathe des Monts. President of this Foundation, Chantal Roussel, is pleased to have Paul on board. He brings with him 25 years of experience in this domain. Paul will be responsible for the coordination of palliative care projects, renovations and a major campaign with an objective to raise two million dollars. Paul looks forward to these new challenges. We know that he will be an amazing leader and an asset to this foundation. 819 421-2585 / [www.latraversee.com](http://www.latraversee.com).

## Welcome to:

Steve St-André, Director, and his team, who officially opened their new Groupe Investors office, located at 1000 Avila Rd. (beside TD Bank) on May 12. They are pleased to offer their clients personal insurance (life, disability, serious illness), mutual funds, bonds and security services. Their team includes more than 20 members with lots of expertise. 450 227-8869 / [www.groupeinvestors.com](http://www.groupeinvestors.com).

## Did you know that:

After 60 years of the Chartier family owning and running Marché Tradition (including their new store, IGA Extra, for the past three years) in St. Sauveur, they have passed the torch over to the Jasmine family? The Jasmine family are also the owners of IGA Ste. Adèle and Bonichoix in Ste. Marguerite. Good luck to all of you!

Hotel Le Versailles (formerly Quality Inn), 50 rue Principale, St. Sauveur has undergone some exciting new renovations, including changing their color scheme? More important changes to come in the near future. Check out their website and specials at [www.hotelversailles.ca](http://www.hotelversailles.ca) or call 450 240-0808.

Medinord Medical Clinic, 68 de la Gare, St. Sauveur has enlarged their office space to better serve their clients? Dr. Sylvain Poulin and Dr. Marie-France Aumont, general practitioners, also specialize in sports medicine (musculo-skeletal problems). Dr. Aumont offers esthetic medical procedures too. Dr. Evelyne Gagné also recently joined the team as general practitioner. Offices are open Monday to Friday (regular hours), Tuesday, Wednesday and Thursday evenings, and Saturday morning from 9:30 am - 12:30 pm. Bilingual services. 450 744-0733 / [www.cliniquemedinord.com](http://www.cliniquemedinord.com).

Our heartfelt condolences to family and friends of Terry Morentzos (Lefty) who recently passed away. "Lefty" was well-known and an integral member of the business community in the village of St. Sauveur (Bentley's, Moe's, 40 Northhh). He will be missed greatly by his family, friends and the community at large.

## Grenville Women's Institute

Hannah Hoare and Joyce Crooks recently passed out prizes to students at Grenville Elementary School for the annual Quebec Women Institute Stories Competition. These are the winners from Argenteuil County for 2016.



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# 180th ANNIVERSARY St. Mungo's Church – Brownsburg-Chatham

Lori Leonard

St. Mungo's United Church was originally Presbyterian, built in 1836 by British settlers who worshipped at "Great Hall" (a Methodist church) across the road. There was dissention, which ended by Methodists locking the Presbyterians out. Presbyterian Minister, Reverend Mair, purchased the land surrounding St. Mungo's from Samuel Cushing in 1835. When the lockout occurred, the natural thing to do was to build there. The longest-serving Minister was Reverend James Fraser who presided for 40 years. The church has a glorious history, as it cemented the community when settlers were scattered across the new Township of Chatham. It's the 8th oldest church in Québec, and seats 100 people, with only seven active members. Three services and a special Christmas Eve service per year take place. The community is working diligently to revive its historical importance and integrity, to revive it as a community center/wedding destination church. Its uniqueness lies in its age, charm and location on the Ottawa River. Major renovations in excess of \$600,000.00 were completed and contributed through grants/private donations. Elaine & Donald Fuller & Sandra Goorberry were responsible for obtaining the grants.



To honor the longevity of St. Mungo's Church (661 route des Outaouais), a special celebration "Homecoming 2016" will take place on July 23 & 24. The celebration committee has 20 volunteers with Cecil McFee at the helm. Historical information, lively entertainment, including fiddlers and the Black Watch Pipe Band, will take place. Food and refreshments will be served. Many dignitaries will attend, everyone is welcome. Info: Kathy Wilson 450 533-4302.



## In a Class of Their Own

Ashley van Nieuwburg, Humane Society International/Canada

We couldn't do what we do without the support of people who care. Grandmothers, teachers, bankers – it takes individuals from all walks of life to marshal the resources needed to help animals in distress, and to make a better world for our four-legged friends.

And then there are the nine students from Montreal who formed a group called The Selwyn House School Dog Defenders – DD Boys for short. These dedicated teens set two campaign objectives for their extracurricular program: raising funds for emergency animal sheltering and education-awareness on the issue of puppy mills.

Not only did they achieve their goals – they wildly surpassed them. The DD Boys' initial fundraising goal was to raise \$1,000 for Humane Society International/Canada's Stop Puppy Mills campaign and emergency shelters. After giving presentations for elementary and middle school classes, they raised an impressive \$4,127. There's no magic formula to their success; they wanted to make a difference, and, that's exactly what they did. The group's fundraising strategy included bake sales, popcorn sales and creating a school "Dog Board" allowing students to post pictures of themselves with their dogs on the board for a \$2 donation. Along the way, they also encouraged people to "adopt not shop."

The DD Boys' help comes at a time when it's needed most; there are more puppy mills in Quebec than anywhere else in Canada. In fact, 90 percent of puppies sold in Quebec pet stores come from puppy mills. In puppy mills, animals are raised under horribly inhumane conditions, destined for sale on the Internet, or to pet stores. Males and females too old to breed, are often killed or left to die.

What can you do to help fight puppy mills and ensure better conditions for companion animals? If you're planning on bringing a pet into your life, opt to adopt. Animal shelters are bursting at the seams with adoptable pets who need loving homes, and you'd be doing your part to help end the vicious cycle of pets-for-profit. You can also donate much-needed materials to your local animal shelter, namely old blankets, new dog toys, and even cardboard and newspaper.

If you choose to purchase a dog from a breeder, make sure you are dealing with one that is responsible and reputable. Visit the premises where your puppy was raised and make sure you meet both its parents.

And, most importantly, as demonstrated by the amazing DD Boys, help spread the word! Visit [hsicanada.ca/puppymills](http://hsicanada.ca/puppymills) to learn more. The more people who know about them, the sooner we can make puppy mills a thing of the past.

Want to help? [friendsofhsi.ca](http://friendsofhsi.ca)



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# The Teacher Behind the 30-Year Record

Skye Barbic (nee Edwards)

On June 17, a 30-year record was broken. Nicholas Colagelo made the highest jump ever recorded at Morin Heights Elementary School (MHES) at 1.50 meters! He is acknowledged for his strength, technique, and high-flying abilities. I hope he pursues his Olympic dreams. However, if he does... he may have one woman to thank: Mary Antioco.

Ms. Antioco has been the Physical Education teacher at MHES for 30 years. Since her start, much has changed, but one thing that has not is the woman herself. She still looks 23 years- old, is just as energetic and dedicated to teaching as she was 30 years ago. She taught many the "Fosbury Flop," "Western Roll," and "Scissors," as well as to respect sport, hard work and the unknown.

Nicholas did not realize that 30 years of youth jumped before him. Thirty years of glassy-eyed students filled with tremendous fear that they might not clear the bar. Anxieties were always put at ease by Ms. Antioco's smile and infectious enthusiasm. In the moment before takeoff, she somehow made her students forget about peer pressure and what it was like to be a hormonal pre-teen in gym class. The sky was the limit.

I have had many mentors in my life, but Ms. Antioco was the first. She has been my coach for 30 years. I have been her fan for 30 years. Perhaps not ironically, my career has led me to be a teacher and a researcher. My work focuses on helping marginalized youth navigate physical, emotional, and societal barriers in their lives and I try to mirror Ms. Antioco's passion and teaching skills to help my patients and students soar over their personal challenges.

Thank you Ms. Antioco for your passion and excellence in teaching. I realize now that the high jump was about much more than simply clearing the height you set. Your lessons equipped us, early on in life, to know we can jump higher than we ever thought possible. You are a visionary, a champion, and I am proud to call you my greatest teacher of all time.



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# Out & About

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Note: Please visit the website of each venue provided below for complete listings.

## MONT TREMBLANT

July 7 - 17: 23rd International Blues Festival of Mont Tremblant

(P) Thurs, July 21: 7:30 pm: Église du Village- Jazz pianist Graham Wood with invited musicians Alexandre Da Costa (violin), Michel Donato (contrabass) and David Laing (percussion). Info: 1 855-776-4080.

Fri, July 29: 7:30 pm: Domaine St. Bernard - Free Outdoor Concert - Alexandre Da Costa and the soloists of the Orchestre de la Francophonie play Four Seasons, Astor Piazzolla and Johann Strauss. 1 855-776-4080



Alexander Da Costa

**JAZZ FESTIVAL:** Thurs, Aug 4: Jean-Pierre Zanella (saxophone) with Pierre François (piano), Paul Brochu (drums) and Rémi-Jean Leblanc (bass & contrabass). Fri, Aug 5: François Bourassa (piano) performs with André Leroux (saxophone), Guy Boisvert (contrabass) and Philippe Melançon (percussion). Sat, Aug 6: Wray Downes (piano), Aaron Doyle (trumpet) and Dave Laing (percussion). Sun, Aug 7: closing concert with Jocelyn Drainville, Joss Funk & Spin45, Michel Viau (bass), Will Pietrocupo (guitar), Camille Landry (keyboard) and Christian Desloges (drums). 514 994-0543 / jazzmttremblant.com.

## ST. FAUSTIN

Maison des Arts et de la Culture St. Faustin

1171, rue de la Pisciculture St. Faustin Lac Carré / 819 688-2676

Wed - Sun: 11 am - 5 pm - Free admission Sun, Aug 7: 7:30 pm - The Gelato Quartet and an opera tenor present music from operas, tangos, folklore and gypsy music. \$35. 1 855 776-4080 Until Aug 7: Exhibition: L'art en couleur.

## ST DONAT

Free outdoor concerts every Thurs until Aug 18 starting at 6:30 pm at Parc des Pionniers. In case of rain, concerts will be held inside the church, Free concerts by popular singers at the Place de l'Église, 473, rue Principale every Saturday at 8:30 pm until mid Aug. Full program available at [http://www.saint-donat.ca/files/Spectacles\\_ete\\_2016.pdf](http://www.saint-donat.ca/files/Spectacles_ete_2016.pdf). Info: 819 424-2833.

## STE-AGATHE

Théâtre Le Patriote

258, Rue Saint-Venant / 819 326-3655 / <http://theatrepatriote.com>

Thurs, July 28: 8:30 pm - Free concert with singers Salomé Leclerc & Jason Bajada and Mon Doux Saigneur. Check for reservations.

**Concerts - Place Lagny**

Sat, July 9: 7:30 pm: Flavie / 8:30 pm: Les Bouches Bée. Sat, July 16: 7:30 pm: Jérôme Charlebois / 8:30 pm: Luc De Larochellière. Sat, July 23: 7:30

pm: Luc Juteau / 8:30 pm: Habana Café. Sat, July 30: 7:30 pm: Samito / 8:30 pm: Radio Radio. Sat, Aug 6: 7:30 pm: Valérie Arsenault / 8:30 pm: Bet E & Stef. Sat, Aug 13: 7:30 pm: Hugo Paquette / 8:30 pm: The Lost Fingers.



Bouches Bées

## VAL DAVID

Val David Exhibition Centre

2495, rue de l'Église. 819 322-7474 / [www.culture.val-david.qc.ca](http://www.culture.val-david.qc.ca)

Until Sept 5: The theme is bicycles. Marc Dulude creates installations, sculptures & artwork in-situ and displays photographs as well. Stefan Lesage creates bicycles from recycled parts.



Stefan Lesage creates bicycles from recycled parts

Petite Gare de Val David

2525, rue de l'Église. 1 888 322-7030, ext. 4235

July 29 - 31: Songes d'été à Val David - See local artists on site

## ST. ADOLPHE D'HOWARD

Park Adolphe Jodin (by Lac St-Joseph)

450 745-3212 / [www.nuitsblues.ca](http://www.nuitsblues.ca)

Aug 5 - 14: The 8th Nuits Blues Laurentides opens for the first time in St. Adolphe d'Howard !

Sat, Aug 13: Performance by Michel Chasles and others.

L'atelier culturel - 1920 Ch, du Village / 819 327-5058

Open Tues - Sun: 11 am - 5 pm

Until July 25: Painter Fabienne Nozerand and cartoonist Denis Desjardins. "Je bicycle 2016," featuring Armand Destroismaisons sculptures displayed on lawns along the main Street of the village, continues throughout the summer.



Armand Destroismaisons sculptures

## STE. ADÈLE

**Amphitheatre of Parc de la Famille** (corner of Morin & Emile-Cochand) [www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca)  
15th Nostalgia Evening Concerts - Saturdays from July 2 - Aug 18 at 8 pm  
Sat, July 2: Justin Boulet  
Sat, July 9: Rosa Laricchiuta, Jean-Marc Couture and Matt Laurent play music by Queen, Elton John, Rod Stewart, Prince, David Bowie, Rolling Stones and more.  
Sat, July 16: Alter Ego performs Pop evolution, a music review of music medleys from the 70s, 80s and 90s. Sat, July 23: Marjo, the unique Quebec rock artist. Sat, July 30: Christian Marc Genfron « Piano Man Experience » playing the music of Elton John, Billy Joel, Jerry Lee Lewis, Ray Charles and others. Sat, Aug 6: Dan Bigras and invited musicians Marie-Hélène Thibert, Boom Desjardins, Marie-Chantal Toupin and Lulu Hugues.

## ST SAUVEUR

**Ça-me-dit Concerts** - See advertisement on page 13 for full line-up.



Elizabeth Bouin Brathwaite

**Dance in the Park:** July 3, 10 & 17: 2:30 pm - 3:30 pm: Line dancing. July 24: 2 pm - 3 pm: Zumba /Loco with Hamalian Dance of Gym St-Sauveur. Aug 5 - 13: Free dance and music shows offered by the Festival des Arts de Saint-Sauveur. Thurs, Aug 4: 7 pm & 9:15 am: 5 For Trio; Fri, Aug 5: 7 pm & 9:15 pm: Les Bouches Bées; Sat, Aug 6: 5:45 pm & 7:15 pm: Urban Dance Groupe (Zogma); Sat, Aug 6 & Sat, Aug 13: Caroline Laurin-Beaucage, contemporary choreographer's creative process; Sun, Aug 7: 1 pm - 4 pm: Tohu-Bohu, program for children; Aug 9, 10 & 11: sundown: Iconic dance movies screenings - bring a chair; Sat, Aug 13: 5:45 pm & 7:15 pm: A Flock of Flyers - dance / theatre piece.

**Exhibitions**

July 8 - 10: L'en Verre du Décor (metal, glass, ceramics - artist in the park).

July 22 - 24: Book fair of local authors.

## PIEDMONT

Théâtre de Pays-d'en Haut

- 442, Chemin Avila Nord, exit 58 off Hwy 15 north / 450 224-5757 / [www/tpdh.ca](http://www/tpdh.ca)

Tues, July 26 - Aug 6: 8 pm: American Story Show with the music of the Supremes, Bob Dylan, The Eagles, STYX, Billy Joel, Michael Jackson and others from 1960 - 1999; Vocals by Kim Richardson, Rick Hughes and Marc-André Fortin. \$46 & \$56.

Fri, Aug 12 - Aug 27: 8 pm: Dance into the Light: A tribute to Phil Collins. Marin Levac, accompanied by seven musicians will perform "In the Air Tonight" and "One More Night" plus others. \$46 & \$56.

## MORIN HEIGHTS

Morin Heights Library

823, Village Rd.

**Arts Morin Heights:** The Themed Exhibition, Portrait or Auto-Portrait continues until Oct 1. 450 226-3832 / [info@artsmorinheights.com](mailto:info@artsmorinheights.com).

**St-Eugene Hall** - 148, ch Watchorn Fri, July 22 - Sun, July 31: Arts Morin Heights Summer Exhibition. Also on display this year, are works by young artists and children. Vernissage: Sat, July 23: 5 pm - 7 pm.

## ST. PLACID

**19th Edition of Sundays in the Park** - on the shore of Lake of Two-Mountains 450 258-2211 / [www.artsetculturest-placide.com](http://www.artsetculturest-placide.com)

Sun, July 10: Trio Kontakto play a classical repertoire. Sun, July 31: Thomas Carbou and Éric Hove play experimental jazz. Sun, Aug 14: noon - Dance Argentine with an Argentinean BBQ and bar, Tango and a performance by the group Libertad Tango.

## BROWNSBURG - CHATHAM

**Collective Gallery Saint Louis de France Church**, 354, rue Principale 514 213-8180 / <http://www.routedesarts.ca>

July 1 - July 26: Route des Arts

July 24: 2 pm: Concert & visit of the St. Philippe Church, 231, Route du Canton. The church was inaugurated in 1891 and is listed among Quebec's historical sites. Visit the church during the concert intermission. Muffins and coffee will be served. Musicians are Alain Lauzon (hand-made wooden flutes), Ian Hepburn (36-string Celtic Harp), William Laurin (drum set, Djembe & Korg Wave Drum Synthesizer). Adults \$20 / under 12: free. [brancheculturelle@outlook.com](mailto:brancheculturelle@outlook.com)



Philippe Church

**Route des Arts:** Harington, Brownsburg-Chatham, Lachute, Wentworth, Gore, Mirabel, St. Joseph-du-Lac, Oka, St. Placide, St. André d'Argenteuil July 16 - 24: 11 am - 5 pm. 27 open studios to visit! Meet the artists at their own workshops; see how they work and enjoy great conversation. The brochure includes a map of the region. There are arrows pointing to individual studios along roads and at junctions. You may wish to start your tour at the gallery where you can see samples of each artist's work and also obtain a brochure. 514 213-8180 / [www.routedesarts.ca](http://www.routedesarts.ca).

## PRÉVOST

Diffusion Amal'Gamme

Salle Saint François Xavier, 994 rue Principale. 450 436-3037 / [www.diffusionsamalgamme.com](http://www.diffusionsamalgamme.com)

The season's closing concert was performed by the Raoul Cyr Jazz Ensemble featuring twenty musicians. We were treated to Moonlight Serenade, Georgia on My Mind, Blackbird, Sir Duke and much more. The concert ended with standing ovations and a magnificent encore highlighting each instrument. Sun, July 10: 2 pm - the annual Garden Concert presents Francesco Zappa Trio (violin, viola, cello) In case of rain, the concert will be presented in the Saint-François-Xavier Hall. Prévost Station - 1272, chemin de la Traverse. 514 833-8718 / [www.symphoniedeprevost.qc.ca](http://www.symphoniedeprevost.qc.ca)



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July 16th  
Elizabeth Blouin-Bratwaite at 7:30 pm (pop)  
July 22nd  
Orchestre harmonie LDV at 7:30 pm  
July 23rd  
Tribute to Bob Marley at 7:30 pm  
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# Morin Heights Legion Celebrates 70th Anniversary

Joan Beauregard

Saturday, June 18, over 160 members and friends of the Morin Heights Legion celebrated its 70th anniversary in grand style. The evening was opened by a piper leading a march-in of flags, followed by the national anthem, O Canada, and a welcome by Morin-Heights Legion President, Ed Black, and remarks by Mayor Tim Watchorn.



Special guests, from beyond Morin Heights, included Stéphane Lauzon, Federal MP - Argenteuil-La Petite-Nation, Norman Shelton, President of Quebec Command, Trevor Holmes, District Commander (and President of the Brownsburg Legion), Lani & Bob Todd, representing the Lachute Legion, and Norman Hess, President of the Arundel Legion. Some of them offered their congratulations during dinner. Live music was provided by Smokey Joe and the Stogies.

The consensus of comments by attendees is that the Morin Heights Legion brings an exemplary contribution to this community, through its many activities and social events for youth, adults and seniors, and for the great support it provides to its Veterans. Mayor Tim Watchorn said, "The Legion is always a great place for the community to come together, exchange, socialize and build community spirit . . . for happy occasions, community suppers and fundraisers or more solemn occasions. Morin-Heights Legion honours our veterans in such a great way every year. We are the only community in the MRC that has this attachment to our military history; the Legion's and the municipality's alliance with the Hussars is a perfect example. I congratulate the 171st Branch on their 70th birthday and wish them continued success."

The occasion was also a chance to recognize the Federal Government's generous donation, through the New Horizons for Seniors Program, to be used for much-needed building renovations.

Many thanks to the local businesses and residents for providing draw prizes for the event, and to the Historical Society for its exhibit of photos and the history of the Legion. Congratulations to the organizing committee: Charles Vaillancourt, Lynne Patterson, Scott James, Eddy Black, Joanne Williams, Andrea Basler, Matt Taylor, and all the members who assisted in providing the meal and setting up the site for this event.

## Amazing Performances Await Us at the Big Top!

Ilania Abileah - Main Street



Johan Persson, courtesy of the National Ballet of Canada

The 25th anniversary season's programming of the St. Sauveur Festival des Arts is very exciting with amazing artists. Here are some highlights:

**Wed, Aug 3: 8 pm:** The pre-opening show with Martha Wainwright who will create magic with her beautiful voice and amazing stage presence. Three young Montreal choreographers add a special treat with new pieces inspired by Martha's new album, which will be premiered in Saint-Sauveur.

**Thurs, Aug 4: 8 pm:** The Festival will open with the sexy and fiery Noche Flamenca, accompanied by award winning Soledad Barrio.

**Fri. Aug 5, 8 pm:** Award winning choreographer, Bryan Arias, and his dancers, come directly from the Jacob's Pillow Dance Festival with his new creation "A Rather Lovely Thing." These are dancers who have performed amazing movements, fascinating audiences around the world since 2013.

**Sat, Aug 6: 8 pm:** The Israeli Company L-E-V has been making waves in the contemporary dance world. They will bring their edgy and youthful choreography to Saint-Sauveur, with an amazing array of movements, danced to original, digital, D.J. music - a treat for dance lovers.

**Sun, Aug 7: 8 pm:** The Metropolitan Orchestra with Yannick Nézet-Séguin. Yannick was just appointed to conduct the New York Metropolitan Opera and will be back under the Big Top to enchant us again.

**Wed, Aug 10: 8 pm:** An amazing show is in store from Artistic Director, Guillaume Côté: two of his own creations based on Ravel's Bolero, and on Leonard Cohen's songs (Tonight Will Be Fine; Dance Me to the End of Love; Hallelujah; Suzanne; A Thousand Kisses Deep; Sisters of Mercy; Limelight and more). A Sleeping Beauty solo will be danced by Guillaume; plus a new piece, "The Story of Us," choreographed for Guillaume Côté and his partner, Heather Ogden, by American Ballet Theatre Principal, Marcelo Gomes.

**Thurs, Aug 11: 8 pm:** Louise Lecavalier is coming back performing "So Blue" with her partner, Frédéric Tavernini. The last time she was here, the audience was mesmerized by her energy.

**Fri, Aug, 12 & Sat, Aug 13: 8 pm:** The Festival has announced that Principal Dancer, Naoya Ebe and Selene Guerrero Trujillo will join the stellar cast of the Evening with the Stars. These two National Ballet of Canada dancers will join Nehemiah Kish and Yuhui Choe from the Royal Ballet, Misty Copeland and Blaine Hoven from The American Ballet Theatre, Guillaume Côté and Heather Ogden from The National Ballet of Canada, and independent artist, Anne Plamondon. These two incredible shows will give you a chance to see all these great dancers in one evening.

[www.festivaldesarts.ca](http://www.festivaldesarts.ca).

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# Garden Talk Peonies Pack a Punch

June Angus - Main Street

Peonies are perennial flowering wonders. Shoots first appear mid-May and by late June flower buds are bobbing on meter high foliage ready to burst into spectacular frothy blooms of white, various shades of pink or red. Once blooms fade, the lush, glossy leaves continue to green up a garden all summer long before turning purplish or gold in the fall.

Peonies are hardy enough for our Laurentian growing zones 3 to 5. They are easy to care for as long as they are planted properly and allowed to establish themselves. These plants can endure a long time in a garden; some have been known to thrive for 100 years, so they make a great investment. Individual plants make a showy addition to a perennial bed, or when planted in a row, they create a lovely low hedge.

Peonies don't require a lot of work. Dead-head peony blooms as soon as they begin to fade. Cut the foliage to the ground in the fall to avoid any overwintering disease. They generally tolerate winter well because they need cold weather to help set next season's buds.

Peonies basically require full sun and rich moist soil that drains well. New plants are often sold as bare-root tubers. These should be planted in late September or October. Set the root so the eyes face up and cover with only about 2 inches of soil. Water thoroughly. Once established, peonies don't like to be moved. But if you must, fall is the best time. I have done it and they survived and actually thrived better in their new home.

Young plants in nursery pots are also available and can be planted fall or spring. If done in spring they will only settle in and produce the following season. To plant, loosen the soil and mix in generous amounts of compost, then place the plant in the ground with the top of the root-ball level with the soil, taking care not to disrupt tender feeder roots.

Plant peonies where there is some shelter from strong winds. Heavy rain and gusty winds can do a lot of damage to heavy blooms. You can give flowers a bit of support by inserting a few discreet bamboo stakes around a blooming plant joined by string. Once the flowers are deadheaded, remove the stakes. Cages such as those used for tomatoes can also be inserted early spring allowing the new plant to grow up through the support structure. Don't try to remove these until fall when cutting back the plant.

Unlike most perennials, peonies don't need to be dug up and divided. They require little if any fertilizing. But if your soil is poor, the time to apply fertilizer, such as bone meal or compost, is early summer, after the blooms are finished.

If you see lots of ants crawling around your peony buds or blooms don't fret. The ants love the nectar, don't damage the plants and disappear once the flowers have faded. Peonies make great cut flowers for beautiful indoor bouquets, so remember to give them a gentle but thorough shake to dislodge any ants before bringing them in the house.

Plant and enjoy for many years to come!



# Symposium des Arts at Domaine Saint-Bernard 10th Edition !

We are proud to present the 10th edition of the Symposium des Arts and introduce our spokesman for the event, Michel Normandeau. An artist deeply rooted in the region, and, familiarly called "the snow painter," Michel draws the most beautiful landscapes in the area. With him, 35 creative and talented Quebec artists will be meeting this year to present their original painted or sculpted creations on the theme of Nature, inspired by the enchanting Domaine. The grand event will take place from July 29 to 31.

## New: creative workshops!

Adults and children are invited to take part in creative workshops animated by local artists. Come experiment with different artistic techniques, unleash your creativity, learn the appreciation of a work of art and deepen your knowledge about the history of painting!

## Welcome to art lovers and collectors

The Symposium is a unique opportunity to meet the artists and buy artwork directly from them. In addition, a silent-auction involving twenty works (on which the audience will be invited to trump) will take place throughout the weekend. Three prizes will be awarded: a Grand Prize and the Discovery of the Year, awarded by the jury, and, the Audience Award.

## Outdoor concert: Friday, July 29: 7:30 pm

Enjoy the music of Alexandre Da Costa and the soloists of the Orchestre de la Francophonie, presented free by Rona Forget Mont Tremblant in the traditional spirit of the Upper Laurentians.

The artists look forward to greeting you at their kiosks on Friday: 5 pm - 7 pm and on Saturday and Sunday from 10 am - 4:40 pm.

# Philippe Paré - Porte et Fenetre Imperial



Born and raised in a small parish in Quebec, Philippe Paré has spent a lifetime working in various sectors of the construction industry, starting as a young lad under the supervision of his father. From the beginning, and no matter the task, he took great pride in accomplishing whatever was required of him. One of his greatest accomplishments was when, while living in Vancouver, he initiated the concept of "lowering energy consumption." At the time (1995) BC Hydro was seriously concerned about a possible energy shortage and quickly adopted his idea. The plan was successfully realized soon afterwards. Energy efficiency has always been his passion.

After many successful business ventures, today, Philippe is the proprietor of the recently opened Porte et Fenetre Imperial in Piedmont. Cost-efficient energy remains his passion as can be seen in the quality of the products he sells. He strongly believes that any renovation to a house should be addressed as a system, whereby each change will affect another component and should be considered carefully before any project is undertaken. His specialty, and pleasure is offering free consultations for his clients to discuss various options.

Philippe moved to the Laurentians one year ago, settling in the beautiful area of Sainte-Anne-des-Lacs. He is the proud father of two lovely daughters and the loving grandfather of three.

For more information please see the ad on page 16.

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

## Branch 171 Filiale Morin Heights

Sat, July 9: Flea Market / Rain date Sun, July 10  
Fri, July 15: 6 pm - T.G.I.F Smoked Meat  
Sat, July 23: 6 pm - Famous Roast Beef on the spit BBQ  
Wed, Aug 3: 7 pm - 10 pm - Live music (TBA)  
Sat, Aug 6 - Flea Market / Rain date Sun, Aug 7  
1st & 3rd Monday of the month:  
1:30 pm - Military Whist  
Wed: 7 pm - Darts  
1st Wed of the month: 7 pm - to 10 pm -  
Music shows (BBQ during the summer months  
from 5 pm - 7 pm weather permitting)  
For information on any event call  
450 226-2213 (after noon)

## Branch 70 Filiale Lachute

Smoked meat dinners will continue to be held  
on the last Friday of every month except  
December & January  
Mon, July 25: 9 am - Bus trip to Carleton Raceway  
Casino in Ottawa  
Aug 13: Golf Tournament & Steak Dinner  
Tues: 1 pm: Euchre  
Every second Wed: 1 pm - shuffleboard games  
Every second Thurs: 1 pm - Cribbage  
Saturdays: 2:30 pm - Darts  
For information call: 450 562-2952 after 2 pm!

## Branch 71 Filiale Brownsburg

1st Tues of each month - Soup luncheon  
4th Thurs of each month - Military Whist  
Bar open Wed - Sat: 3 pm - closing  
Everyone welcome.  
For information on upcoming events or hall rentals  
please call Sheila or Trevor Holmes  
450 562-8728.

## Branch 192 Filiale Rouge River

July 22: 5:30 pm - T.G.I.F. BBQ  
Aug 5: 5:30 - BBQ  
Aug 12 & 13 - Neil Diamond Tribute Show.  
Tickets available for pre-sale at the Legion (\$20);  
At the door \$25. Info: 819-687-9143  
Weds: 1 pm - Bridge  
Tuesdays: 7:30 pm - cribbage  
Mon: 9 am - 10 am -Yoga Class  
Tues, Fri & Sat: 9 am - 10:30 am - Yoga  
Info: Marlene: 819-687-8665  
For further details call 819 687-3148 /  
819 687-9143 or email mmcsp40@gmail.com

## RELIGIOUS SERVICES

**MORIN HEIGHTS UNITED CHURCH**  
831, Village, Morin Heights  
Sundays: 10:30 am - Weekly services  
Join us and enjoy coffee and conversation  
following the service.

**HILLSIDE CHAPEL**  
755, du Village, Morin Heights  
Terry Sheahan  
Summer Sundays: 6:30 pm  
If you like country gospel and to sing old hymns,  
come and enjoy our Sunday evening services.  
We encourage you to bring along your  
instruments and join us for a one-hour hymn-sing.  
Everyone welcome!

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

**CHABAD OF SAUVEUR**  
Jewish educational & social events.  
Rabbi Ezagui 514 703-1770,  
chabadsauveur.com

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

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

**DALESVILLE BAPTIST CHURCH**  
245 Dalesville Rd, Brownsburg-Chatham  
Pastor Eddie Buchanan - 450 533-6729  
Wed: 7 pm - Prayer Meeting  
Sun: 10 am - Sunday School  
Sun: 10:45 am - Worship Service  
4th Sun of every month: 7 pm - Hymn Sing

**BROOKDALE UNITED CHURCH, BOILEAU**  
Info: 819 687-2752

**TRINITY ANGLICAN CHURCH - MORIN HEIGHTS**  
757, Village, Morin Heights (450-226-3845)  
Sundays 11 am: Worship service  
Please join us - everyone is welcome  
We are a member of the Laurentian  
Regional Ministry.  
Parking available on Hillside along the cemetery wall.

**MILLE ISLES PRESBYTERIAN CHURCH**  
Mille Isles Rd.  
Services to be held at 9:30 am every  
Sunday in July and August.  
Come and enjoy Christian fellowship in the country

**ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH**  
94 Ave. St. Denis, St. Sauveur 450 227-2180  
Sundays: 9:30 - Worship services.

**HOLY TRINITY ANGLICAN CHURCH**  
12, Préfontaine St. West, St. Agathe  
The Ven. Ralph Leavitt: 819 326-2146  
Sunday service: 9 am  
Fellowship in the church  
hall afterwards  
Christians of all denominations welcome.  
\*Parking and elevator  
for handicapped\*

**UNITED CHURCHES OF CANADA**  
450 562-6161 or 514 347-6250

**KNOX-WESLEY CHURCH**  
13 Queen Street, Grenville  
Sundays: 9:15 am - Weekly Sunday Worship  
and Sunday School

**ST. MUNGO'S CHURCH, CUSHING**  
**LACHUTE UNITED CHURCH**  
Hamford Chapel, 232 Hamford Street, Lachute  
Sundays: 11 am - Weekly Sunday Worship  
**HARRINGTON UNITED CHURCH**  
Last Sunday of each month: 1 pm  
**ST ANDREWS CHURCH, AVOCA**  
Please call Rev. Cathy Hamilton for dates

**ANGLICAN CHURCHES  
ALONG THE OTTAWA RIVER**  
Holy Trinity, Calumet, St. Matthew's, Grenville  
Sundays 9:15 am - Holy Eucharist:  
alternating locations.

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

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

**ANGLICAN PARISH OF  
ARUNDEL & WEIR**  
Grace Church  
Services are held at 11 am every week,  
followed by refreshments served in the Parish Hall.  
Everyone is welcome.

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

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

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

**THE CATHOLIC CHURCHES  
NOTRE DAME DES MONTS PARISH**  
Huberdeau 10:30 am • Laurel 9 am  
Morin Hts 10:30 am • Montfort 9 am  
16 - Island Lake 10:30 am • Weir 9 am

**LOST RIVER PRESBYTERIAN CHURCH**  
5152 Lost River Rd (Lost River)  
Rev. Douglas Robinson  
Services will be held at 9 am every Sunday  
throughout the months of July and August

**VICTORY HARVEST CHURCH**  
351 des Erables, Brownsburg-Chatham  
Pastor Steve Roach 450 533-9161  
Sunday: 10 am - Bilingual Service

**PARISHES OF THE LOWER  
LAURENTIANS**  
Everyone welcome and we look forward  
to seeing you and your family.

**ST. AIDAN'S WENTWORTH**  
86, Louisa Rd - Louisa  
July 17: 11 am - Morning Services  
July 31: 11 am - Holy Communion - joint service  
Services with gospel/bluegrass music

**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
July 10: 4 pm - Evening services  
July 17: 2 pm - Holy Communion (Beach)  
July 24: 4 pm - Holy Communion  
Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
July 10:11 am - Morning Services  
July 24: 11 am - Holy Communion  
Bilingual services with gospel/bluegrass music  
\*Special services: Soaking Time \*  
7:30 - 8:30 pm: A time of quiet reflection  
with classical music. These special times  
of quietude are offered on Sundays in  
addition to regular services

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
July 10: 11 am - Holy Communion  
July 24: 11 am - Morning Services

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
Venerable Ralph Leavitt and  
Rev. Nicholas Pang, associate priest  
All services are at 9:15 am  
July 10: Communion  
July 17: Morning Prayer  
July 24: Communion  
July 31: Communion  
Aug 7: Morning Prayer  
Refreshments follow most services

**ÉGLISE LAC MAROIS UNION CHURCH**  
802, Ch. Sainte Anne-des-Lacs (SADL)  
July 10: 5 pm - Hymn Sing by the Lake  
July 17:10:30 am - Services with Reverend  
Darryl MacDonald

**EGLISE SAINTE ANNE DES LACS**  
1, chemin Fournel, SADL  
All are welcome / Bienvenue à tous

## FAUBOURG SUICIDE PREVENTION CENTRE

24 / 7 HOTLINE  
1-866 APPELLE (227-3553)  
Intervention and help for all  
Laurentian residents.

For info and full services visit  
[www.cps-le-faubourg.org](http://www.cps-le-faubourg.org)



## An Evening of Tribute to our Irish Roots & French Canadian Surroundings

Holy Trinity Church  
4, Cambria, Lakefield (Gore)

Sat, July 16: 8 pm  
FreliCelt is a talented, bi-  
lingual Celtic folk pair  
from Frelighsburg, with  
Annie Moisan (flute and  
vocals) and Michel Col-  
lard (guitar & vocals).  
Their passion for Celtic  
music and their Quebec  
roots combine to produce  
a delightful evening filled  
with English, French and Gaelic musical expression.

For tickets or info: Contact Linda: 450 562-9620



**Laurentian Region  
Cancer Support Group**  
*Groupe de Soutien du Cancer  
de la Région des Laurentides*



**Our annual summer BBQ  
for cancer patients, families  
and caregivers is**  
**Thursday August 11, 2016 - 6 pm**  
for more information call June at 450-226-3641

**Next Meeting:**  
**Saturday, September 17, 1 pm**  
St. Eugene Hall (rear entrance) 148 Watchorn, Morin Heights

**Meetings are conducted in English  
ADMISSION IS FREE**

For more information about meetings and the group's  
other services call June Angus 450-226-3641  
Email: cancer.laurentia@yahoo.ca  
PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.



### COMMUNITY NEWS

#### AMI-QUEBEC PROGRAMS ACROSS QUEBEC

Tele-workshops/Webinars  
Info: 1 877 303-0264 (514 486-1448 in Montreal) info@amiquebec.org www.amiquebec.org

#### SOUPE POPULAIRE

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

#### VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

#### BAZAAR MPDA LACHUTE

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

#### BADMINTON – WHO'S UP NEXT?

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

#### WILLKOMMEN

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

#### ASSOCIATION ALPHA LAURENTIDES

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

### COMMUNITY EVENTS

#### LOST RIVER COMMUNITY CENTRE

2811 RTE. 327  
**July 11:** Public Council Meeting  
**Wed, July 20: 6 pm - Annual BBQ & Pub Night.**  
**Doors open at 5 pm.** Music & door prizes.  
Hamburgers / salads / desserts  
Adults: \$10 / children (12 & under) \$6.  
Cash bar  
**Sun, Aug 7: 9 am - noon:** August breakfast.  
Adults: \$7 / children \$3.50  
Basket draw proceeds donated to Canadian Diabetes Association.  
Like LRCC on Facebook at LRCC-Lost River Community Centre

#### HARRINGTON VALLEY COMMUNITY CENTRE

The HVCC is looking for a refrigerator - please call Deedy: 819 242-8939

#### HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)  
\*\*We are looking for volunteers for our community kitchen project.  
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.  
Info: Deedy: 819-242-8939

#### SCOUTS MORIN HEIGHTS

Morin Heights Elementary School / St. Eugene's Church  
**Wed evenings: 6:45 pm - 8:15 pm** - meetings. Come join us!  
Info: ScoutsMorinHeights@live.com

#### HOLY TRINITY CONCERT SERIES

4, Cambria (Gore)  
All concerts begin at 8 pm  
**July 16:** Frel Celte: Bilingual Celtic fold pair with Annie Moisan and Michel Collard.  
**Sept 3:** CR5 (Country Roads 5) - Bluegrass band playing a mix of contemporary and old-time bluegrass and classic country.  
Tickets: presale \$20 (under 16 - \$15) / at the door \$25 (under 16 - \$20)  
Info: Linda Cass-Jones: 450 562-9620 / Jim Kyle: 514-347-1788 / Hugh Mitchel: 450 562-9249

#### MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn  
www.morinheightshistory.org / mhha98@hotmail.com  
**Aug 6: 8 am - 2 pm:** MH Legion Flea Market  
**Sept 11: 11 am - 3 pm:** St-Éugène's Church - Annual Family BBQ

**Sept 17: 6 pm - La Grange Restaurant:** First Heritage Awards Gala. "Social Event of the Year!"

Tickets: \$50 per person (tip & taxes included), beverages extra. Available at Vaillancourt's and from the Directors.

**Oct 1: 10 am - 4 pm:** Library: Cultural Day

**Nov 13: 2 pm - St. Éugène's Church - Presentation:** "Irish Immigration into the Laurentians."

#### MEDITATION HOUR

St. Francis of the Birds Church  
94, St. Denis - St. Sauveur  
Wednesdays starting **7 pm - 8:15 pm**  
Followed by coffee and fellowship  
Everyone welcome Info: Peter: 450 227-3244

### ADVANCE NOTICE

#### YARD SALE & BBQ

Morin Heights United Church  
831, du Village  
**Aug 6: 8 am - 3 pm.**  
Lots of books, Knick Knacks, Odds & Ends  
BBQ Hamburgers, Hot Dogs chips & drinks.

#### ARGENTEUIL UNITED CHURCHES ANNUAL BBQ

Masonic Hall, 13, Canal North (corner of Principale and Canal, Grenville)  
**Fri, Aug 5: 5 pm - 7:30 pm**  
Bake table available. Bring a lawn chair  
Donation: \$10

#### VACATION BIBLE SCHOOL

Dalesville Baptist Church – 245 Dalesville Rd. S.  
**Aug 15 – 19: 9 am to 11:45 am**  
Bible Stories – Music – Games – Skits – Crafts – Snacks  
Children aged 4 – 12 yrs. welcome.  
Info: 450 533-6729 / 450 533-4567

#### WINE & CHEESE FUNDRAISER

Chalet Pauline Vanier, St. Sauveur  
**Sat, Sept 24**  
Hosted by the Viking & Kayak Club  
Tickets / info: Tanya Conklin: 514 608-5872 / tanyaw@bell.net

#### JOYFUL NOISE CHOIR

St. Eugene Community Hall  
148 ch Watchorn, Morin Heights  
**Tues, Sept 13: 7 pm**  
JNC invites you to participate and sing in the choir. Cost: \$130  
**Sept 13 – Dec 6 / Christmas show on Dec 8**  
If interested contact Penny Rose: 450 226-2746 / pennyrose@jenanson.com  
Visit the director's website (Ian Lebofsky) at <http://www.thephysicalvoice.com>

#### MONT TREMBLANT CHOIR – OPEN-HOUSE

Église du Village – 1829, Chemin du Village (Old Village beside Lac Mercier)

**Aug 13: 10 am – 3 pm**

The Choeur Tremblant invites people of the Laurentians, who have a love of music, to participate in their Portes Ouvertes / Open Doors.

Together, we will sing Mozart's Ave Verum. Lunch provided.

The ability to read music is not required.

Info / registration: Louise Marcoux: 819 425-4914 / info@cheurtremblant.com.  
Deadline for registration is Aug 5.

#### MORIN HEIGHTS DUPLICATE BRIDGE CLUB FALL SESSION

Église St-Éugène, 148, Watchorn, MH  
**Starting Thurs, Sept 8**  
Former and new players are most welcome  
Players are requested to arrive by 12:45 pm – prompt start at 1 pm  
Annual membership \$5 / weekly fee: \$4  
Info: Joan Ford: 450 226-2322 / joan-ford@cgcable.ca  
Dick Harling: 819 326-4406 / dickharling@hotmail.com

#### THE GREAT RELAY RACE – 30TH EDITION



#### Lake Louise Social Club (Lake Louisa South Rd) Saturday, July 30

**8am:** registrations / **10 am:** start  
Teams of 6 athletes to participate in the following:  
Cycling: 6.5 kms / run: 4.5 kms / tandem canoe: 2.5 kms / single kayak: 1.5 kms / swimmer: 0.5 km.  
Categories are determined by average age of all six team members – prizes awarded to the top competitors of each division.  
Various awards awarded to individuals and teams.  
Trophies to overall winner and highest scoring Ladies' Team  
Celebratory BBQ with refreshments following (\$)  
Info: Mike: 514 825-9255 / Lawrence: 450 533-4713  
**Come support your local team in the traditional spirit of the Lake Louise crowd.**

TO POST A NOT-FOR-PROFIT COMMUNITY NOTICE,  
EMAIL SUSAN MACDONALD: MAIN.STREET@XPLORNET.CA



Your care is our Primary Goal

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- Approuvés par le gouvernement
- Supervision & consultation de la mobilité
- Spécialisés en soins pour les personnes atteintes de démence
- Accès aux ressources sociales et à des services de santé
- Hébergement temporaire
- Care in a residence
- Accompaniment
- Supervision & Mobilité
- Approuvés
- Spécialisés en Care for those with Dementia
- Contact with Health & Social Services

1-866-522-7372 • www.laurentiancare.org/versassociation.com



819 324.4000 (ex: 4330)  
888 974.3940

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL  
info@4kornerscenter.org 4kornerscenter.org



FESTIVAL DES ARTS DE SAINT-SAUVEUR 25

MARTHA WAINWRIGHT

AUGUST 3, 8 P.M. | BIG TOP

Tickets : \$50-\$65

[festivaldesarts.ca](http://festivaldesarts.ca)

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Sur rendez-vous / On appointment: 1-866-663-2212

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# Healthy Channels Clearing Up the Qi

Christopher Garbrecht, Ac. – Main Street

What is Qi? Well, if you were to ask the majority of people (including acupuncturists) for a one-word definition of Qi, the answer would be “energy.” However, if you were to look up the definition of Qi in any reputable Chinese medical dictionary you might be surprised to find that energy is not even a choice! There would be about ten or twelve possible definitions depending on the context of the word. The most common translation for Qi is “air” or “vital air,” which we can then guess to mean oxygen. So why does everyone think Qi means energy?

The most ancient text describing Chinese medicine and acupuncture is called the Huang Di Nei Jing. It was written about 2,000 years ago on 18 scrolls. Fully translated, those 18 scrolls would fill about 800 pages. However, this text has never been fully translated into English. Now keep in mind how difficult it would be to translate from ancient Chinese into modern English. Qi was never translated to mean energy until 1939, when a French diplomat, named Soulie de Morant, partially translated the Nei Jing into French. He had lived for some time in India as well, so one can only guess that he assumed Qi in Chinese medicine was the same as Prana, which does mean energy, in Ayurvedic medicine.

Due to this continual mistranslation, acupuncture has been improperly assumed to be an energy medicine, where a patient’s improvement is thought to be due to the patient’s ‘energy’ becoming more balanced.

However, if one looks more closely into the ancient Nei Jing text, one can see that the Chinese writers were actually very much concerned with physical medicine, and actually performed many dissections of cadavers, in order to better understand how the body worked. They wrote about the average weight of individual organs, which would be impossible without dissecting the human body. There is never mention of famous sages who discovered that mystical energy flows throughout the body in energy channels called meridians. In fact, the meridians are another mistranslation by Soulie de Morant, and create another misunderstanding of Chinese medicine, which I will try to correct in next month’s issue.

I hope this gives you a better understanding about acupuncture and how it works. If you have any questions about acupuncture or would like to schedule an appointment in Morin-Heights or Val-David, you can call me at: 819-219-0048. You can also check out my website to read more articles and get an idea of everything that acupuncture can treat at: [acupuncturevaldavid.com](http://acupuncturevaldavid.com).



# Fit Tip #107 The Journey

Lisa Mclellan – Main Street

I am writing to you from the Coastal Mountains in beautiful British Columbia. I am on vacation. The last year has been filled with disappointments, failures, successes and unexpected. “Ça brasse” as we say in Quebec. Time for a break.

I used to live in the Sangre de Cristo Mountains in Colorado. I had forgotten about the huge vistas and the feeling of VASTNESS. I lived there from 1990 to 1995, up at 9000 feet - without electricity, or a phone, and with a brand new baby! Oh the adventures of youth. I can’t say it wasn’t challenging and difficult. It was. But at the same time the remoteness, the peace and quiet of the mountains, the presence of Nature, so enveloping, was a balm on my soul. Somehow, I needed that to get away from it all; education, family, culture, the do’s and the don’ts, the shoulds and should nots. A time of wild being, which allowed me to peel back the layers to meet with my raw, essential self.

The rudimentary nature of my living at the time, and the breaking-away from the safety of that which I knew, forced me to dig deep, to find resources and skills I didn’t even know I had. I stepped out of the Ivory Tower into the grey landscape of hardship and poverty. I was shocked and dismayed. I shed many tears. I learned strength and humility.

I chose the hard road. Not one my parents wanted for me ... perhaps I should have listened to them (lol). And although I have a few regrets, I am very grateful for my journey; for all the challenges, difficulties and gifts that have stoked my personal power and awakened my authentic self. The experience of single parenting, without financial support, of raising a severely but purely dyslexic child, of directing a non-profit Community Arts organization, not to mention a few toxic relationships, that pushed me beyond my limits, and helped me learn how to handle challenges and stress, to find solutions, balance my emotions and reframe limiting beliefs. The process was also exhausting.

I am on the other side now, and have been for a while. I know the grace, which comes from hard work, from meeting challenges, from growing, from accepting and letting go, from staying the course. Now, into the second half of my fifties, I again feel something new on the horizon. My wings are twitching. They want to spread. They want to fly. My climb up, from the depths over the last 25 years, is not yet over. I still have something important to accomplish, to share. The feeling is strong. Is it the mountains, here in Whistler, and the expansive nature of the environment, that are making me reflect this way? Let’s see what life has in store for me next.

I invite you to look into your life and map the journey. What golden nugget will you find? Bon voyage, mes amis.

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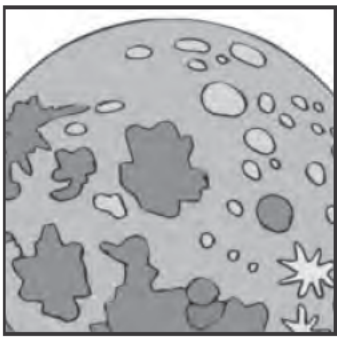
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# Zach Factor

## The Exopolitics of ET contact: A Report from 2016 Alien Cosmic Expo

Lys Chisholm & Marcus Nerenberg - Main Street

In several interviews presidential candidate Hillary Clinton has teased the public with media tidbits about extra-terrestrial disclosure. If elected, she states, she will share what the government knows about contact with ETs, if it does not compromise national security. Thousands of documented cases of ET contact, classified as Above-Top-Secret, have been buried by media distortion and manipulation. The cover-up of human and extra-terrestrial (ET) contact is one of the largest issues that major world governments are facing today.

Lying to the public about an ET presence began during WW II, when Churchill decided not to inform the public about Foo fighters. The glowing orbs observed the air battles between Allied and Nazi aircraft. President Truman later continued the “Truth Embargo” on Extra Terrestrial craft sightings. From 1947 to the present time, a strategy was employed by MJ-12 to completely cover up reports of Unidentified Aerial Phenomena (UAP); hidden were the recovery of crashed ET vehicles and the huge back-engineering programs to incorporate ET technology. The sudden appearance of night-vision goggles in the Vietnam War, or micro-circuitry in computer development, and many other hi-tech gizmos, have a dubious paper trail.

According to physicist and long-time Truth Embargo investigator, Stanton Friedman, there is, since 1947, a secret collection of data, controlled by a very competent group of individuals that is making decisions about ET Contact. Created by President Truman, this most secret arm of the CIA, originally called the Majestic 12 (MJ 12), was composed of military and scientific heavyweights. Founding members included General Hillen Koetter, Secretary of Defense Forrestal, General Hoyt S. Vandenberg, scientists like Jerome Clarke Hunsaker and imported Nazi scientist Donald Menzel. Working in the black world, beneath mainstream politics for years, this group has left a trail of memos and meetings about UAP incidents that never made it to public media. UAP events that were deemed so “disturbing” to American military security that no documentation was made public for seven decades. At a recent conference in Brampton, Ontario, Friedman presented page after page of documents on undisclosed events, released under the Freedom of Information Act. The documents, obviously pertaining to ET incidents and encounters, are redacted to 3 or 4 lines per page, or many are completely whited out. Based on his research, Friedman believes that ET contacts and treaties may have already occurred between specific governments and several different species of ET. He believes, as do many, including John Podesta, Hillary Clinton’s campaign advisor, that full disclosure to the public is only a matter of time.

Meanwhile, reported cases of ET contact with humans have been growing amongst private citizens not affiliated with any government or military organization. The most astounding is that of a Swiss farmer named Billy Meier. He was born on Feb 3, 1937. His first contacts with ETs are recorded to be with human-like life forms, from the Pleiadian/Plejaren Federation and, to date, he has 431 documented contact reports. His case was first examined by investigators in 1975 and, since that time, Mr. Meier has written thousands of pages of transcript on topics such as creation origins, Earth history, science, astronomy, spirituality, genetic engineering, interplanetary space flight, overpopulation of the Earth and the destruction of Earth environments - not subjects usually associated with a simple farmer. He has been permitted to take hundreds of photographs and videos. The photos and films have been closely scrutinized by professionals. The videos show flying ships and multiple craft. He has strong support worldwide, based on a number of global event predictions that have come true.

Globally, there are huge implications, for outing ET contact. In developed countries, vast numbers of citizens have abandoned traditional religions and are very comfortable with the idea that we are not alone. Even the Pope has absurdly stepped forward, ready to baptize ETs into the fold of the Catholic faith. The changes to our thinking, to our belief systems, to our educational institutions, will be profound. But not right away.

The day after disclosure, chances are you will get out of bed, go make a cup of coffee and scroll through the news to check the weather and what exoplanetary IPOs will be offered on the TSX. Chances are you will still have a bowl of Cheerios. The day after disclosure, life will go on. But, one day, a grandchild of yours may be going to university in another star system.



One of hundreds of photos shot by Swiss farmer Billy Meier who made direct contact on or near his farm. Photo credit: <http://www.ufocasebook.com/billymeier.html>. Insert: Billy Meier, 2015



# The Story Behind Inspired by the Arts

Joseph Graham - Main Street  
joseph@ballyhoo.ca

I took great pleasure in attending my last concert of the season at Diffusions Amal’gamme in Prévost, where we listened to Philippe Prud’homme, a pianist, composer and music historian. Over the past eight years, we have enjoyed three of his concerts, each one entertaining and informative. He turns 25 this year. That means we have been following him since he was seventeen. Diffusions Amal’Gamme’s programme includes a series called Jeunes Virtuoses, which highlights young performers who have already made a name for themselves in classical music. Some of these concerts are among the most inspiring events you are likely to be able to attend in the Laurentians. These young people are passionate artists who have dedicated their youth to their art, and good art is an elixir that can inspire and transform, an essential component of a happy life.

In early June, we followed our hearts to what, on the face of it, may sound humdrum. We attended the three-day annual convention of the Quebec Anglophone Heritage Network (QAHN). It is anything but humdrum. Each year, we have had the opportunity to listen to serious artists and historians describe aspects of their work. This year, we had the pleasure of attending a conference given – in English – by Serge Malenfant, founder of MURIRS, an acronym in French for Urban Murals for the Revitalization of Buildings and Social Reconciliation, a name that sounds like a mission statement that they fulfill in all its declarations. Their first mural was unveiled in 2002 as a part of Sherbrooke’s bicentennial celebrations, and a further 23 murals have been added since in both Sherbrooke and Lennoxville.

Somewhat skeptical that murals were a valid form of art or expression of history, I doubted that this would be the highlight of the trip, but as Serge Malenfant spoke and explained their work, I became increasingly enamoured. These are not some form of domesticated graffiti. They start with a contract that guarantees the long-term survival of the project, the legal rights to the space, and that is followed by years of historical and technical research that includes examination of the structure, how to refinish it to be able to receive a complex, integrated painting that can span an 80 foot wall, what happened on that spot throughout the history of Sherbrooke and who were the people of the times that are to be represented. On the business side, it also involves soliciting community support and money – these murals can run from \$75,000 to twice that. In most of the cases, the canvas for the mural is a massive horizontal slab of windowless concrete facing an otherwise attractive streetscape.

Aside from artistic expression, the other priorities listed in their name are very serious. A massive, blank concrete or brick wall can be more than an eyesore. It is lifeless and can detract from the pleasure people take in being in a place. Their objective is to transfer, not just the wall, but the community space surrounding it. Malenfant described one story of a large blank wall that stood across a fairly busy road from a seniors’ residence. One of the residents, who fought against having to move there, is a good example of how the beautification improves people’s lives. On the day that the team arrived to set up scaffolds, the elderly lady’s curtain was firmly closed, her balcony unused. As work began, they noticed that the curtain opened a crack, and then more. Malenfant described artists who are happy in their crafts and were an uplifting presence on a previously drab street. As the colours and images were added to the massive wall, the tenant across the street took greater pleasure in the development of the mural. The curtain opened in the morning. Eventually she enjoyed sitting on her balcony and telling people about the massive tableau that became her cherished view.

In another case, the muralists could document a revitalization of the immediate neighbourhood thanks to a more pleasant environment. An ice-cream stand opened up to offer something to the many people who came to see one of the murals. A park nearby became a more pleasant destination. The stories are numerous.

Malenfant’s talk took us out of the office of the Sherbrooke Historical Society and into the streets to see for ourselves. One of the murals we examined, as he described it in detail, became an historic re-enactment. “Those three men...” he told us pointing at three businessmen talking happily in one corner of the mural outside the painted door of a mural of what was once Boutique Skinner, “they never would have talked together in real life - they hated each other.” Then he proceeded to tell us why, basing his recounting on one of them, Daniel McManamy, the 1890s mayor who expropriated land for the electrical company that’s still owned by the town. In the representation, we imagine he is discussing the merits of the public utility with Frank Shea, a pulp and paper baron and Richard Heneker, the commissioner who controlled the dams, or did at least until then.

Along with the serious history, the murals contain details like a squirrel running along a telegraph wire or, as Malenfant guarantees, the ever-present leprechaun. It’s in every mural. The quality of artwork is so good that Malenfant told us of one journalist who asked one of the characters, painted into the mural, if he could stand aside so she could take a photograph of the mural. Even knowing this, I found myself, a bit later, approaching the painting of a general store hoping to make a purchase.

If you can’t get to the next QAHN convention in Montreal or to Sherbrooke to see the murals, you can still enjoy the Jeunes Virtuoses at Diffusion Amal’Gamme in nearby Prévost. Or you may have found your own muse in Laurentian arts. Let Sue MacDonald or Ilania Abileah of Main Street know – or tell me.





DE RAPP, William Richer  
May 3, 1937 - June 2, 2016  
Our brother Bill, resident  
of Lachute, passed away  
after suffering a heart  
attack on June 2, 2016.  
Most of his siblings were  
fortunate enough to cel-  
ebrate his 79th birthday  
with him a few weeks prior.  
Funeral will  
be held at Christ Church, Milles-Isles, July  
16, 2016 followed by a "Celebration of Life."  
Bill, 'if we never meet again this side of heav-  
en, we'll meet you on that beautiful shore.'  
And then there were six...



PAINTER, Kenny  
Suddenly at the Sacre Coeur Hospital, Mon-  
treal, Quebec on Thursday, June 23, 2016  
at the age of sixty-four. Dear father of Scott  
(Ashton). Also survived by Nancy, his  
brothers Bob and John, his sister Barbara,  
his niece Daphne and his nephew Steven.  
A Memorial Gathering was held on Sunday,  
July 3, 2016 at the J.P. MacKimmie Funer-  
al Home, 660 rue Principale, Lachute, Qc.,  
Kenny appreciated his friends attending in  
their plaid shirts, jeans and cowboy boots.

## Policy for Family and Seniors of the MRC d'Argenteuil

The MRC d'Argenteuil, and its nine constituent municipalities, recently launched their Family and Seniors Policy, along with the action plans that will soon follow. This policy will integrate the reflex "think and act - Families / Seniors," in the planning and administration of projects to enhance the vitality and well-being of seniors and their families.

In December 2013, thanks to financial assistance of \$82,000 from the Secrétariat aux Aînés, the MRC d'Argenteuil and municipalities were engaged in the project "Municipality Friend of Seniors" (MADA), to rethink all services available for seniors. In January 2015, the MRC council decided to do the same for families, this time, with grants totaling \$57,500 (\$15,000 for the MRC d'Argenteuil and \$42,500 for the nine local municipalities) as part of the support program for municipal family policies of the ministère de la Famille.

With the invaluable financial support of the Government of Quebec, more than 700 municipalities and MRCs have engaged in a MADA approach, and the number is equally important regarding municipal family policies.

The work, spread over nearly two years, mobilized nearly a hundred citizens, partners, elected officials, and municipal employees, concerned about the well-being and quality of life for families and seniors, across the territory of the MRC of Argenteuil. A local committee has been set up within each of the constituent municipalities to participate in the development of regional policy. Primarily formed of citizens, the committees have piloted a brilliantly extensive consultation of the population: 1,390 questionnaires were completed and more than 35 families and 120 seniors participated in one of 27 organized focus groups.

The action plans indicate the measures envisaged to meet the needs expressed during the citizen consultations in the following areas of intervention:

- Housing and living environment
- Security
- Transport
- Health and Community Support • Social Participation
- Communication
- Managing and Monitoring

The MRC d'Argenteuil wishes to underline the remarkable contribution of citizens and community partners invested in the approach: Carrefour Jeunesse-Emploi, Volunteer Argenteuil Cooperative, Helping Hand Argenteuil Committee local Action Argenteuil, CISSS Laurentians, Family House in the heart of Argenteuil generations, Québec en Forme Argenteuil, Sûreté du Québec, youth and Table Argenteuil, Argenteuil Word to seniors. Finally, the MRC d'Argenteuil wishes to thank the Carrefour Municipal Action and Family for much appreciated support throughout the process.

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## 4 Korner Working for the Community

By Kim Nymark

4 Korner Family Resource Center held their Annual General Meeting on Wednesday, June 15, sharing this fiscal year's accomplishments with an audience of just under 20 people. The complete report is available on the 4 Korner website at [www.4kornerscenter.org](http://www.4kornerscenter.org). I may be a little bias but the numbers are astonishing to me and I would like to share a few with you.

4 Korner's primary objective is to assist people of all ages to access information, resources and services in English. Therefore, the staff's main role is to ensure that health and social services are accessible to members of the English-speaking community. 4 Korner, over the year, also offered 19 conferences, 14 video-conferences, 12 programs, and, on average, 28 reassurance calls per week. In 2015-2016, there were 1,288 inquiries made by people from all over the Laurentians. Also, over 2,360 individuals benefitted from programs, services, information and referrals in English. These statistics make me proud to be able to say that I am a part of this dynamic team!

4 Korner could not have accomplished all of this without the dedicated volunteers who contributed more than 1,434 hours. They make it possible for us to do what we do!

If you would like to get involved and become a volunteer, please contact us at 1-888-974-3940 or by email at [info@4kornerscenter.org](mailto:info@4kornerscenter.org).

## The Argenteuil Hospital Foundation announces the first edition of the À "fonds" la musique event on August 6 starring popular rapper Koriass!



The Argenteuil Hospital Foundation is proud to announce its very first edition of the À "fonds" la musique event, a planned, annual musical family day, which this year, will be held on August 6 from 2 pm 10 pm on the grounds behind the Kevin-Lowe Arena, in Lachute. À "fonds" la musique is part of The Argenteuil Hospital Foundation's major financing campaign started in 2013, which aims to raise more than \$2.2 million to fund three projects: The renewal of all medical imaging equipment, the enhancement of hosting services in CHSLDs and the integrated management program for chronic disease Agir Santé.

À "fonds" la musique is a friendly summer gathering of citizens and friends of the nine municipalities of the MRC d'Argenteuil and an invitation to take part in the great musical festival. This day is also in partnership with community organizations from the region. The sale of food and drinks will be assigned to the family intervention agency Jusqu'au bout, which will work with the specialized school, Le tremplin, for dropouts.

The artistic direction of the event is also a community affair, and the Argenteuil Hospital Foundation turned to Michael "DPillz" Ahern, a well-known promoter and artist from the Lachute area to program the featured artists for the event. A portion of the program is dedicated to emerging artists, an important matter for the Foundation. There will also be attractions for children (inflatable games, face painting, etc.) and everyone will be allowed to bring their own chairs.

To kick off this first edition of À "fonds" la musique, well-known artist Koriass will have the pleasure of headlining this big musical event, followed with performances by DPillz, Ryan Stevenson, Janis Rock, In Saïgon, Henri Band, Cobna, Rude Mood and Two Miles Left.

Tickets are \$10 and available by calling 450 562-3761 # 72100 / [fha@ssss.gouv.qc.ca](mailto:fha@ssss.gouv.qc.ca)



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### Upcoming Activities

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Fri, July 29: 10 am - 11:30 am (Ste-Agathe)

Coffee Meeting for the Bereaved  
Tues, July 12: 7 pm - 8:30 pm  
(Mt-Tremblant)  
Wed, July 21: 1:30 pm - 3 pm (Ste-Agathe)





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### A SOUND INVESTMENT PLAN - IDENTIFY SPECIFIC GOALS AND THE STRATEGIES TO MEET THEM

#### Maximizing Savings

The financial investment industry often emphasizes the importance of starting to save when you are young. Does that mean that at 40-something you should give up on saving for retirement? Of course not!

In your 40s, you may have to work harder at building your savings but you still have time on your side. Start by crunching the numbers with your advisor.

Together, you will answer questions such as:

- How much have you saved so far?
- How much income do you expect to receive in retirement from government and workplace pension plans?
- How much income do you need to sustain your lifestyle throughout retirement?

Next, to help make saving a priority, set specific saving goals – as much as you can afford – and check-in every year to see the progress you’ve made, and to fine-tune your plan if necessary.

It is also critical to maintain a long-term perspective, since you may have 20 years or more of saving and investing ahead of you before you retire. To help with that, here’s a refresher on some timeless principles of investing.

#### 1. Always diversify

This year’s top performer is not likely to be next year’s star. One of the most effective ways to reduce investment risk is to diversify – across asset classes (e.g. stocks and bonds), geographic regions (e.g. Canadian and international investments), and product solutions (e.g. mutual funds and guaranteed investments). Your advisor can help you select the strategy appropriate to your tolerance for risk.

#### 2. Be rational, not emotional

In good times, investors are excited; they may want to invest more and often ‘buy high’. When markets turn negative, investors sometimes become fearful and decide to cut their losses; they ‘sell low’. Stay disciplined and committed to your long-term investment plan to avoid riding the emotional rollercoaster.

#### 3. Stay invested

Jumping in and out of the market increases the chance that you will miss the times

when investments perform best. By staying fully invested, you can help ensure that you capture those best days, which can add significantly to your long-term returns.

#### 4. Focus on the long term

Markets move through cycles but, if you’re investing for the long term, longer-term trends are what count. Keeping that in mind, and measuring your performance over time rather than overnight, will help you stay the course through market crises and opportunities.

#### 5. Turn market ups and downs to your advantage

Investing a fixed dollar amount every week or every month helps to keep you on track towards your saving goals. It also means that fixed dollar amounts will buy more units when prices are low and fewer units when prices are high – a benefit that is often described as dollar-cost averaging.

#### OLDER AND WISER

You may not be fresh out of school and at the start of your career – but that is an advantage, both in life and in investing. As you move through your peak earning years, you have a tremendous opportunity to build your savings by creating and following a financial map designed to your needs and to achieve your dreams.

Now, it is time to get started. Summer is here, and you have time to meet with your advisor to discuss your personal situation. Together, you can design strategies to help eliminate debt and build savings through extra contributions and appropriate investment choices. With a comprehensive investment plan in place, and updated regularly, you can have confidence that your finances are heading in the right direction to achieve your goals for the future.

#### STAY MOTIVATED!

As anyone who has ever started an exercise or diet regime can tell you, the key is to follow through day after day, and year after year. These ideas may help you sustain the momentum and reach your saving targets.

Find inspiring pictures that represent the future you want to build, and display them where you will see them every day.

Write down all the reasons you want to achieve your goal – how they will benefit your lifestyle, broaden your children’s choices and enhance your confidence in your future.

Set intermediate goals – for example, paying off a certain percentage of your debt, or accumulating a certain amount of savings – and reward yourself for achieving them.

Plan what you will do if you experience a setback, so that it does not stop you but becomes a detour.

Talk to others about your goals, your successes and your challenges – because everyone needs a support system to stay on track.

Speak with your advisor

If you want to discuss this with me, please call me at 514-788-4883, my mobile is 514-949-9058 or email me at Christopher.collyer@manulifesecurities.ca

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

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# I'm Just Saying Don't Shoot the Messenger

Ron Golfman - Main Street

It would appear that following the tragic events in Brussels, Paris, Tel Aviv, Orlando and scores more locations, wherein gun violence took the lives of many innocent people, the same old tired rhetoric still prevails. It is true that lawn darts and Kinder Surprise are banned in the U.S.A., yet assault weapons are not. It is also true that there are many hunters who are responsible people and not cold-blooded murderers. Herein lies the tired old Republican dialogue, which is fanned by the N.R.A gun lobby regurgitating the adage that “guns don't kill people, people kill people.”

Allow me to throw the notion that “ if we do not learn from history, we are doomed to repeat it,” as we bear witness to countless massacres perpetuated by the mere fact that gun access in the United States is not monitored and it is as easy to purchase a weapon as it is to buy a Pez dispenser. The notion that the second amendment is an inalienable right did not include any thoughts about what the world would be like 240 years after it was ratified. It was also written during a time when bearing arms meant muskets or similar firearms, not assault weapons capable of firing 30 rounds per second.

I know people who vehemently defend these high powered killing machines, are dismissive when I ask why you'd want to shoot a duck with a weapon that will only have your retriever dog pick up pea sized fragments of your favorite fowl. There are several issues here; one: why is it so reprehensible to gun lovers, who say they are responsible folks, to have a registry and background checks? If you have nothing to hide, view the exercise as the same process as getting your driver's license.

While not a perfect scenario, it has become convenient to add the “terrorist” factor as the N.R.A. and other pro gun groups do when lumping the blame for horrific events to a small minority. Even the mass murderer in California, who was on a “watch list” didn't have any serious scrutiny when purchasing heavy weaponry for his spree, in part due to the zealous right wing based lobby, which buys the ability to deny responsible legislation in this area.

There will be more and more mass killings with gun control in its present tepid state. People will again explain that terrorism, the issue of bullied youth turning on his or her aggressors, to name a few, are the real causes. This is a manufactured half-truth. Sadly, our world is in a horrible conflict with radical extremism, and we need to confront and defeat this real threat. At the same time, bullying is an awful social issue that also needs our immediate attention.

However, saying that the answer to gun violence is to arm everyone is pure madness! If this were the case shootouts would be the new norm in how to defend oneself. There is no perfect solution, but limited access and stricter controls, as is the case in several other western societies, will do more to keep us safe than having anyone and everyone armed and potentially dangerous.

I'm Just Saying!



# Making it Work in the Laurentians What's Your Next Move? Career Planning for Artists

By: Andrew Taylor

For many, summer is the time of year to slow down and enjoy the hot sunny days but if you're a self-employed artist, it can be an ideal time to plan for the year ahead. Here are some strategic tips on how to map out your career so that by this time next year, you are exactly where you want to be.

## Getting the Lay of the Land

Any achievable career plan needs to be practical and realistic. So, before you go about listing goals, you need to have a clear understanding of the local arts environment, and where you fit into it. The clearer your understanding, the easier it is to steer your goals towards success.

Research what trends are emerging now that could influence the arts over the next 12 months. Are any new cultural organizations opening soon that could help further your work? Are any new grants being developed in the next year that you could apply for?

A large part of gathering this information involves leveraging your network, so maintain connections with peers, collaborators, agents and anyone that has insights into your industry and who might help you identify career opportunities. Summer is a great time for networking.

## Goal Setting

With an understanding of the local arts environment in mind, the planning stage can begin! As with all goals, yours should be: Specific, Measurable, Achievable, Relevant and Time-based (SMART).

When listing goals, go into detail - if you plan to exhibit your work in a gallery later next year, break down all the actions you need to take to make that happen i.e. venue booking, sending invites, and organizing catering.

And don't forget to give yourself deadlines – this way you'll ensure that your professional goals don't fall by the wayside.

## Money Matters

Unfortunately, plans to launch your next exhibition or latest play won't go anywhere if you can't afford to implement them. So part of your 12-month career plan should involve budgeting.

Map out your predicted expenses for the year (venue hire, cost of materials etc.) as well as your planned sources of income to see which projects you'll be able to carry out, and which ones can be left until later on.

Grants often play a large role in any artist's finances, so make a list of all relevant ones coming up in the next 12 months. You don't want to miss out on a potential source of funding just because you missed the deadline, so note closing dates too.

For anyone serious about making their art their livelihood, career planning should be taken seriously. Take advantage of this summer by mapping out how you can turn your artistic dreams into a reality.

*Want to know more about strategic planning for artists? The Artist Coach at YES is available to help with your career development. For more information, visit us at [www.yesmontreal.ca](http://www.yesmontreal.ca) or join YES on Facebook.*



# The English Link Moisson Laurentides: Helping Feed the Laurentians

By Kim Nymark – Main Street

I recently learned that Moisson is the French word for harvest, which is an appropriate name for this organization. Of course, as English-speaking people, we would not necessarily know this word or what this organization does. They most often go unrecognized and yet they touch almost every single community in the Laurentians.

Moisson Laurentides is a food bank that, in partnership with the community, fights hunger and feeds hope in the Laurentians. Their territory extends from Ferme-Neuve in the north to Rivière-des-Mille-Îles in the south, and, from east to west between Lachenaie and Grenville-sur-la-Rouge. Basically, they solicit, collect, sort, store and distribute perishable and non-perishable groceries weekly to 78 accredited community organizations throughout the Laurentians. By supplying these organizations with the necessary food, Moisson Laurentides allows them to focus their efforts on direct intervention with people in need to maximize the positive effects. Just in the Laurentians, more than 21,657 people, 36.5 % being children, use a food bank at least once a month. Moisson Laurentides ultimate goal is to combat hunger and alleviate the financial burden on people, allowing them the time to improve their situation and become independent.

Moisson Laurentides distributes more than 2.9 million kilograms of food and other essential products, representing a market value of over 16 million dollars per year. Every day, Moisson Laurentides sends their 4 refrigerated trucks on the road to collect the donated goods from more than 200 suppliers across the region. These local suppliers range from farmers and market gardeners to wholesalers, distributors, large chains and food processing companies. The harvest is then sorted and redistributed to the community organizations. Dedicated volunteers do most of this work; nearly 2,160 of them contribute

over 18,788 hours annually in pursuit of this mission. With new inventory daily, planning is very difficult and every day is a challenge. It is a continuous race against time to get the harvest to the community before it spoils.

Despite the heavy load carried by Moisson Laurentides, it is also responsible for assembling and distributing all the Good Food Boxes in the Laurentians. Approximately 700 food boxes are delivered every second week across 7 MRCs. Of all the groceries distributed through community organizations in the Laurentians, Moisson Laurentides supplies between 80 and 100% depending on the year.

Moisson Laurentides does so much for our communities and yet so very few people are aware of it. For more information on this organization, visit their website at: [www.moissonlaurentides.org](http://www.moissonlaurentides.org). Unfortunately, it is completely in French at this time.

[kim@4kornerscenter.org](mailto:kim@4kornerscenter.org) for the English Communities Committee of the CISSS des Laurentides (des Sommets region) and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext.34330.



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