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Photo credit: Jeanette Bak

See ad on page 15

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See Ad on p.4

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See ad on Page 7

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See page 13 for Ad and article

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What's On My Mind...

Showing our summer support...

Susan MacDonald, Editor

Supporting local community events such as fundraisers, farmer's markets, live music venues, and other initiatives brings forth a plethora of advantages and benefits that enrich both individuals and the community as a whole.

These events foster a sense of community spirit and cohesion. By participating or attending, individuals develop stronger bonds with their neighbours and fellow community members, creating a supportive network that enhances social connections and reduces feelings of isolation. This sense of belonging contributes to overall community well-being and resilience.

Local events also stimulate the local economy. Farmer's markets, for instance, provide a platform for local farmers and artisans to showcase their products directly to consumers, keeping money circulating within the community. This supports small businesses and entrepreneurs, encouraging economic growth and sustainability.

Supporting fundraisers and charitable events directly impacts community welfare. Whether it's raising funds for local schools, healthcare facilities, or social services, these events address community needs and improve the quality of life for residents. They also encourage philanthropy and volunteerism, inspiring individuals to give back and contribute to causes they care about.

Events featuring live music, arts, and cultural performances contribute to the vibrancy and cultural richness of a community. They provide opportunities for local artists and performers to showcase their talents, preserving and promoting cultural heritage while offering entertainment and enrichment to residents and visitors alike.

Supporting local events often promotes sustainable practices. Farmer's markets encourage environmentally friendly farming and consumption practices, while community clean-up events promote environmental stewardship and beautify public spaces.

Summer is here, the heat is on and so are numerous events happening across the Laurentians. Check out what's happening near you on our community page and let's all show our support!

Enjoy the read...



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4korners

Imagine Festival – a celebration of creativity



The 4Korners team

4Korners is proud to present IMAGINE FESTIVAL, an arts festival that will take place at Dunany Country Club on August 4, 2024. The festival is a celebration of creativity and, while offering an inclusive and supportive autistic experience for neurodivergent people, it is open to all to enable all communities to share common interests in the arts. The festival will showcase six neurodivergent artists and we'd like to put the spotlight on Ismael Bello who is one of those extremely talented people and has agreed to answer a few of our questions.

Ismael's autism influences his art in that he's very meticulous and detail oriented with every creation. His autism enables him to complete work in a project-based manner rather than being driven by time. His goal is for his creation to match the perfectness of the image that he has in his mind. If it's not perfect to him, he will dispose of it regardless of how long it took him to create it and what deadlines he has committed to for that project.

Ismael's journey as an autistic artist is a testament to his resilience and creativity. He faces various challenges, from time management to stepping out of his comfort zone. Yet, he has found innovative ways to overcome them, such as breaking down projects into manageable parts and seeking support from his family. His story is a reminder of the power of determination and support in the face of adversity.

But being autistic also has its advantages when you're an artist! Ismael is extremely detailed, which allows him to create original handmade cards incorporating intricate origami. His exquisite calligraphy adorns his creations to perfection. Finally, his intuition and empathy are sure to bring a smile to the recipient of the poetry inserted personally in each card.

Ismael is not only influenced by his autism but also by his South Korean heritage, using Asian influence in his creations such as the Yin & Yang symbol, cherry blossom tree and lotus flower. One shouldn't forget his intricate origami shapes such as octagonal boxes for light pieces of jewelry.

When it comes to his oil and acrylic paintings, Ismael likes the symmetry of colours and shapes. He uses the full spectrum of colours when painting trees and landscapes, gradually changing tone and shade from light to dark. He has an affinity for painting organic shapes, such as natural landscapes and animals. He also loves to create bright colours and compositions in his minimalist-style artwork.

Be sure to come and say "Hi" to Ismael when you visit the IMAGINE FESTIVAL and check what all the other amazing artists have to offer and share with you!

Imagine Festival, August 4 at Dunany Golf Club, 2053 Ch Dunany, Wentworth, QC J8H 0B5. Free entrance for all.

The MRC d'Argenteuil launches regional plan

The MRC d'Argenteuil recently launched its Regional Plan for Wetlands and Water Environments (PRMHH) alongside thirty partners and elected officials. During this event, the MRC exhibited the results of the mobilizing approach to the protection and restoration of wetlands and water environments started in 2017. The launch was also an opportunity for people to participate in the creation of a work of art, a symbol of the commitment of the community to ensure the sustainability of natural environments.

Produced in consultation with more than 80 partners in the field, the PRMHH aims to integrate the conservation of wetlands and water environments into territorial planning of the MRC. The primary objective of the PRMHH is to identify the environments to be conserved, restore and create.

The PRMHH of the MRC d'Argenteuil draws a portrait of the wetlands and water environments present on the territory, establishes a diagnosis, proposes conservation choices and puts forward an action plan to achieve the objectives set by the government of Quebec towards the principle of 'no net loss'. The process was enriched by numerous consultation exercises with the population, landowners, farmers, community stakeholders and experts.

With the adoption of the Act in June 2017, all MRCs in Quebec were entrusted with the responsibility of developing and implementing a PRMHH on their territory. Financial assistance from the government was granted to the MRCs in order to make the achievement possible. The PRMHH of the MRC d'Argenteuil was approved by the Ministry of the Environment, the Fight against Climate Change and Wildlife and Parks on April 10, 2024.

Those present at the launch were invited to contribute to a participatory mural, signed by local artist, Sophie Stella Boivin. The work and the activity was financed by Abrinord, the Rivière du Nord watershed organization, thanks to the financial support granted by the Government of Quebec.

The artwork will be exhibited at the centenary building of the MRC d'Argenteuil, located on Grace Street, in Lachute.

4 main.street@xplornet.ca

July 2024

MAIN STREET 

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4korners
Réseau communautaire
anglais des Laurentides | Laurentian's English
Community Network

imagine Festival

Sunday August 4th 2024 10 am to 4 pm
Dunany Country Club

An inclusive, free arts and family-fun festival celebrating autistic and neurodiverse creativity, diversity, talent, and spirit showcasing artists of varying abilities, while offering fun for the entire family.

FEATURING

- Indoor and outdoor art exhibitions
- Art kiosks (100% going to artists)
- Info kiosks
- 50/50 raffle & other prizes available
- Morning Painting workshop by Carol Lyng
- Afternoon martial arts workshop by Autisme Karaté
- Lunch available to purchase from Chez Giardino at a reasonable price



**Painting Fun from Imagine Festival
2022**



Ismael Bello



Jonathan Pepin



Zach Reisman



Lena Baldoni



Ben Lachapelle



Ryan Botelho



Carly Hay MC



Partners and community supporters



Arundel News

Janet Thomas

RAY SEALEY AND FRIENDS IN CONCERT
Arundel Centre (Arundel United Church)
17 rue du Village
Sat, July 20: 7:30pm

Celebrated songwriter and classical guitarist, Ray Sealey will partner with four friends for a knock-out concert showcasing unusual arrangements of Ray's originals and a selection of his favourite songwriters – Gordon Lightfoot, Raymond Lévesque, Bob Dylan, Blaze Foley and The Amazing Rhythm Aces. Joining him will be four musicians who are accomplished in their own right: American vocalist Karen Brooks; flutist and recorder player, Lucie Bouchard; percussionist Rémy Sealey and well-known local harmonicist, Florian Goudreau. Ray has won multiple awards for his songs and is renowned as one of the finest finger-style classical guitarists. For most of his career, Ray taught at the University of Western Ontario and the University of Ottawa. He was also Director of CAMMAC in the Laurentians for 9 years. This concert completes a full circle of his musical life. Lucie and Rémy accompanied him in his final classical concert some 12 years ago. Now, here they are again performing with Ray as a singer songwriter. This concert marks Ray's return to his folk roots when he first met the guitar, the instrument that has marked his entire life. Check him out at <https://www.youtube.com/watch?v=YuqfkuN0i1A>
Reservations: janet.thomas700@gmail.com

ARUNDEL SPEAKER SERIES PRESENTS
DAVID CARRUTHERS: THE ART OF HANDMADE PAPER
Arundel Centre (Arundel United Church)
17 rue du Village
Fri, July 12: 7 pm

Have you ever wondered how specialty fine paper is made? David Carruthers established the Saint-Armand paper mill in 1979. Through the years, it covered markets as varied as wallpaper, artist paper, historical reproductions of documents, theater costumes and designer handbags. These niche markets sold paper on five continents. In August 2023 the closure of the mill was announced for December, creating quite an emotional reaction from the customers. But the most important for David were the bookmakers that he was meeting supposedly for the last time at CODEX in February 2024. However, he returned from the farewell meeting with new book projects as if nothing had happened. These projects are the most challenging papers to make. David will bring books to admire and touch and images of books he worked on.

ARUNDEL ART SHOW: CELEBRATING
10 YEARS
Arundel Centre (Arundel United Church)
17 rue du Village
Sat, Aug 10: 10 am – 4 pm

Thirty professional and semi-professional artists will gather to celebrate 10 years of showcasing the work of talented artists from across the Laurentians. Painters, sculptors and stained glass artists will show and sell their work. Everything from landscape to abstract to pop and folk art. It will be a feast for your senses! Buy a ticket for our raffle and you may walk away with a treasure. Bring the kids to participate in an art project and a scavenger hunt while you browse. We will also have a Bake Table of homemade goodies.

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Real Wine for Real People BBQ and wine pairings made easy

April Sirois – Sommelier - ISG

Summer is finally here; time for BBQs and grilling! With all the bold smoky flavours wine pairings can be fun - it's time to bring out those bold wines that you have been waiting to open. Let's start with the classics.

BBQ Pork Rib: If you're preparing pork flavoured with sweet BBQ sauce, opt for a Zinfandel or Riesling. These two wines are great entry-level wines, enjoyable and match well with BBQ sauce.

Spicy, Peppered Steak: Try a medium-bodied red like Italian Sangiovese or Spanish Tempranillo. Both have cherry notes, herb flavors, and medium-high acidity. You'll find high-quality, affordable options of both at the SAQ.

Grilled Chicken: Try a Sauvignon Blanc or, try something new like a Portuguese Vinho Verde, a sure summertime crowd pleaser. Both are lean, acidic and refreshing with hot or cold chicken.

Beef Burgers: You can't go wrong with a Cabernet Sauvignon, a Syrah or even a Shiraz. Cabernet Sauvignon's black fruit flavors combined with notes of cedar, baking spices and graphite, pair well with grilled red meats and zippy sauces. If you're trying to choose between Cabernet Sauvignon vs. Syrah, choose Cab Sauv for black peppery burgers and Syrah for Jalapeño burgers with a spicy kick.

Grilled Salmon or Trout: Try something sparkling. I like a Cremant du Alsace with its crisp citrus notes and fine bubbles. It comes off luxurious with salmon or trout brushed with olive oil, salt and pepper and then grilled. For white fish, use those wines for grilled chicken, especially the Vinho Verde.

Veggie Skewers: Try Chenin Blanc. Vegetables are often an afterthought at the cookout yet they can be the stars of the show. My top pick for grilled veggies or veggie skewers is Chenin Blanc or white Bordeaux. Chenin Blanc is a light-bodied, high-acidic wine with refreshing fruit and floral notes that match well with vegetables.

Whatever you decide to grill this summer enjoy the weather, the sunshine, the company and a nice glass or two of wine to go with it all. It really is the simple pleasures of summer that we remember the most fondly.

~ Cheers

"The air of summer was sweeter than wine." — Henry Wadsworth Longfellow.



Cancer Support Group Meets again in August...

For more than 20 years the Laurentian Region Cancer Support Group has provided peer support services

through regular meetings to people living with cancer and their loved ones or caregivers. The next meeting is August 31 (no meeting in July) at 1 pm at Chalet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free. Donations are welcome (tax receipts provided). To reserve a place or receive the Zoom link for the August meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.



• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

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STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Senior Citizens Heritage Club who celebrate their 50th anniversary this year. In 1974 the Federal government gave a grant to Morin Heights to establish a leisure club for seniors. Some suggestions were for members to do "good deeds" by visiting sick members at home or in hospital, attend funerals and to provide entertainment, to arrange activities and celebrate anniversaries and birthdays of club members. Bertha Lecqère purchased material and made tablecloths, which the club still uses today at meetings. There has been a wonderful Christmas dinner served every December for 50 years. There have been trips to Montebello, CTV studios, Botanical Gardens, Ausable Chasm and more. Games like chess, sandbags, bingo, cards, dominoes and scrabble were played. Wishing the Heritage Club many more years of fun and activities for seniors. If you are interested in becoming a member, please call Eddy Black 450 712-8606 / eddyblack71@gmail.com

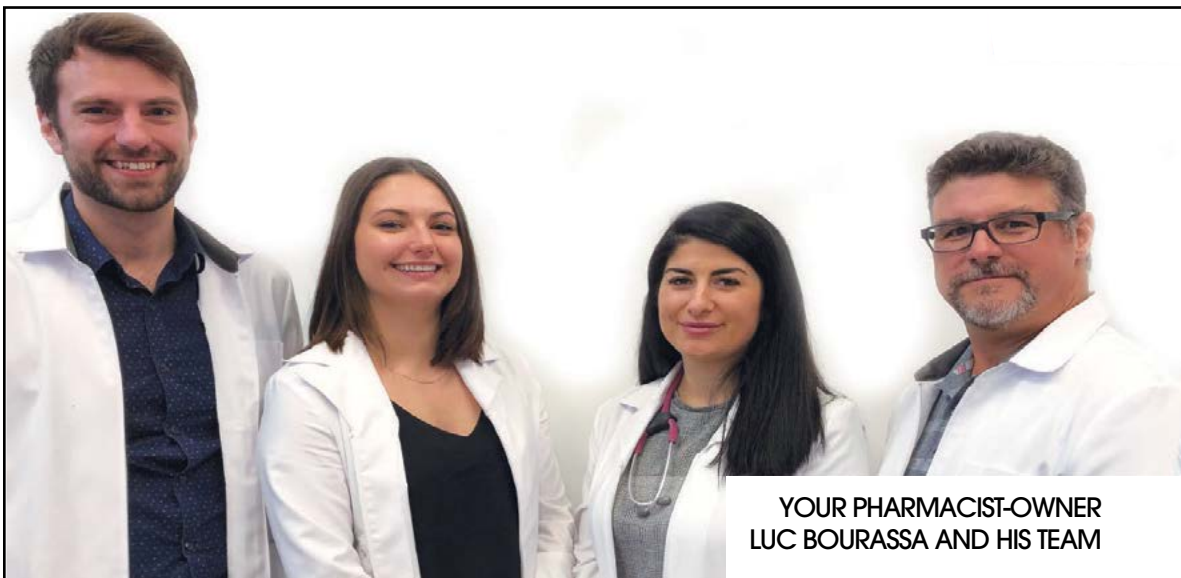
Did you know that:

If you are looking for beautiful fresh flowers, you can go to **Fleuriste Fleur Solitaire**, 7 ave de l'Eglise, Place de L'Eglise, St. Sauveur? Owner **Fania Daoust** opened her boutique in 2020. Fania's specialty is fresh flowers. She also has a lovely variety of indoor plants and unique artisanal gift items created by local artisans. Fania has everything you need for your special event from ready-to-go creations. Fleur Solitaire is a place where floral art meets personal expression, leaving a memorable imprint on each visit. Open Tuesday-Saturday from 10 am -5 pm. Closed Sunday and Monday. 450 275-9041 / info@fleursolitaire.com / fleursolitaire.com / Facebook: Fleuriste Fleur Solitaire / Instagram: Fleur Solitaire Fleuriste

If you are searching for a beautiful gift that reflects Mother Nature and all her glorious beings that you can check out the work of **Wildlife Photographer Lyse Samson**? Lyse started her nature photography after she retired in 2019. She recently held an outstanding exhibit of her fabulous nature photos at Chalet Bellevue. Included were stunning, magical photos of owls, loons, foxes, wolves, moose, birds and many other wonderful creatures. She travels throughout the province and across Canada to capture her subjects in their natural environment. Lyse has a great eye for capturing wildlife and thanks each and every bird and animal for the special moments she shares with them. Her framed photographs are inexpensive and make beautiful gifts for someone special in your life. Lyse currently has a display of her nature photos at La Fouine Restaurant in Morin Heights. Phone 514 912-7497 / slysou@hotmail.com / Facebook: Slysou. samson

If you are a senior and need support because you are facing a situation that puts your quality of life or autonomy at risk, or you feel you are in a vulnerable situation such as experiencing abuse, mistreatment or fraud, you can contact **Prévoyance envers les aînés des Laurentides**:

With the support of a volunteer network, they offer all of these services to seniors at risk. Their objective is to direct/accompany seniors to the appropriate resources according to their needs and their willingness. All services are free, confidential and are offered in French and English. They serve the MRC Pays d'en Haut, MRC Argenteuil and MRC des Laurentides and Antoine Labelle regions. 1 844-551-6032 / info@prevoyanceaines.org / www.prevoyanceaines.org



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Laurentian Personality The Lady with Laurentian “Roots”

Lori Leonard – Main Street

Elizabeth grew up in Morin Heights where she lives now, in fact, in the very same house she grew up in. When Elizabeth completed high school, she moved to Montreal, then New York, then Cape Breton. However, Elizabeth spent each and every summer and Christmas in Morin Heights.

Morin Heights provides Elizabeth with creative energy and is the place she calls “home”. Her parents were artists so she grew up in an extremely creative environment, which shaped her character and values.

Elizabeth spent her first 2 years at French school in Morin Heights, which connected her to the French-English culture. Later, she embarked on an educational journey in the arts in Montreal and acquired degrees from Brooklyn College. She specializes in painting, drawing and printmaking. The Performance and Interactive Media Arts program at Brooklyn College enticed her to dabble in technology, 3-D and participatory projects.

Elizabeth believes that making, doing, imagining and creating are good for society. She thinks these activities keep our minds free from consumerism. Elizabeth enjoys making and looking at pictures, telling and listening to stories, music and building things.

Elizabeth started Arbre/Moi in February 2023 as she was curious about people’s personal connections to individual trees. She says “the environment is alive and ever-changing. I wanted to create a space where people could talk about their connection to the natural world by focusing on a specific tree. I think the expression of these feelings is good for our community and sends the message that economic issues are not the only thing to be considered in policy making.”

Elizabeth reveals “I would say that reading Emmanuelle Coccia’s **La Vie des Plantes** has given me a heightened awareness of how plants, with their magical chemistry, create a living environment for all organisms.”

“I realize that in urban/suburban managed agricultural settings trees are given human-related roles that we take for granted. They provide decor, shade, border markings, wind-breaks, crops, lumber, resins and saps; just like people in jobs, they live out their lives in their roles without really being trees in the sense of being part of the biological niche.”

Elizabeth continues “People find privacy and personal space among trees and exhilaration and joy in large, complex landscapes full of trees. Trees seem to add dignity and permanence to the memory of people who died. People appreciate their material presence in man-made things like furniture, architecture or tools. People can project their fears onto trees and it seems that all aspects of human nature can be revealed in relationships to trees.”

Elizabeth’s next tree project is related to Arbre/Moi, creating screen prints inspired by what people have written about their connection to a particular tree and how their experience plays out in her imagination.

Elizabeth will spend the rest of this year on a commission for 2 large canvases on the theme of Dostoevsky’s novels **Crime and Punishment** and **The Idiot**. Working on Dostoevsky paintings has immersed Elizabeth in narrative painting. She has looked at different ways stories have been told in the static pictorial space of a painting and finds it fascinating!

Elizabeth, we find you and your work fascinating and we cannot wait to see your next projects!

The City of Mont-Tremblant launches new innovative pilot project

The City of Mont-Tremblant has launched an innovative pilot project of bins intended for the cultivation of edible products accessible to the population on a self-service basis. Recently, ten small bins were installed in four locations and the City planted fruits, vegetables, herbs and edible flowers.

Citizens are invited to contribute to this collective project and to visit these mini-vegetable gardens now. Although available in limited quantities, plants, vegetables or mature fruits can be harvested and shared by those who wish, in a spirit of solidarity and conviviality.

Locations, quantity and format of bins:

- Voyageur Park (4 bins of 32 x 32 in.)
- Public space (4 bins of 32 x 32 in.)
- On the outdoor site of the Aquatic Complex (2 tanks of 32” x 32”)
- Curé-Deslauriers Park (planting in the watering trough)

For more information about this pilot project, please contact the



Making it Work in the Laurentians 5 AI tools to harness when looking for a job

Maya Khamala

There’s a lot of talk these days about AI replacing jobs, but it’s important to remember that AI tools can also help you find a job. AI is being harnessed at every step of the career-planning process. With the unstoppable rise of technologies like ChatGPT and Gemini (formerly Bard), more and more career-oriented tools are adding AI features to their arsenal.

Forty-six percent of job seekers surveyed by Resume Builder used ChatGPT to write their resumes or cover letters - and 3 out of 4 who did so got interviews. In addition to helping you write, AI can tailor resumes and cover letters based on any job; unearth jobs that suit you, identify skills you should highlight for a particular job and even help you practice for interviews.

AI can make job-hunting less painful, while also helping you make it through the Applicant Tracking Systems (ATS) many recruiters are now using. Of course, AI is not perfect and should be used as a tool rather than an all-knowing robot!

Consider integrating the following 5 AI tools into your job search:

1. ChatGPT: ChatGPT can act as your career assistant, offering tailored support throughout the phases of your job search. Whether you're struggling to identify your standout skills, identify the jobs you're suited to, draft an engaging cover letter, or tweak your resume for a specific role, ChatGPT can help. Remember, it’s all about the prompts.
2. LinkedIn: LinkedIn has been using AI for years now to show you relevant people and jobs based on your experience. Take advantage of LinkedIn’s newest AI features by keeping your profile updated and stacked with the skills and content recruiters want. Not sure how? YES employment counsellors can help!
3. Google Gemini: Gemini can help with resumes, cover letters, and interview prep. But because it also has access to real-time data on the Internet, along with Google’s hyper refined AI algorithms, it can be a more accurate job discovery tool than ChatGPT. That said, you can’t go wrong using the best of both worlds.
4. JobScan: Tailoring your resume to land a specific interview is an essential part of the job search. Upload your resume along with any job listing - JobScan analyzes the two before sending you a report identifying compatibility and skills gaps alike. It also provides actionable insights to increase your chances.
5. ResumeGenius: ResumeGenius uses guided steps and AI-driven recommendations to make resume building more efficient and less overwhelming. It offers tips on the wording and skills that are more likely to work in your favour. Choose from templates and designs to personalize your resume and align it with industry standards.



Searching for and applying for jobs is undeniably a full-time job, but AI tools can make the process just a little easier. At YES, we can help you develop your competitive edge and take it even further! Reach out to us at 514-878-9788 or by emailing info@yesmontreal.ca to schedule an appointment with a job search counselor.

The Argenteuil Regional Museum launches its summer season

The Argenteuil Regional Museum is pleased to announce the opening of its summer season, which will be held at the former Anglican Christ Church (163, route du Long-Sault, Saint-André d’Argenteuil. Until September 1, visitors are invited to discover five captivating exhibitions from Wednesday to Sunday: 10 am to 5 pm.

For more information, follow us on our Facebook and Instagram pages, visit our website or contact via email or phone. Tel: 450-528-5955

Website: <https://www.museeargenteuil.ca/> Email: info@museeargenteuil.ca Facebook: www.facebook.com/museeargenteuil Instagram: www.instagram.com/museeargenteuil Argenteuil Regional Museum Jean-Cristophe St-James, Director 163, route du Long-Sault Saint-André-d’Argenteuil J0V 1X0



COMMUNITY UPCOMING events

ARUNDEL JAM SESSIONS

Arundel Legion

Next dates: Thurs, July 18 & Aug 1: 5 pm – 8:30 pm

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

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

CENTRE D'ART ARGENTEUIL - LACHUTE CURRENT EXHIBITIONS – UNTIL JULY 28

585, rue Principale, Lachute

Suzanne Saindon: ‘Quand mes taches et mes couleurs vous parlent!’ and **Stéphane Circé:** “Nous sommes des animaux”

Info: 450-562-9090 / info@centredartargenteuil.com

ARUNDEL SPEAKER SERIES PRESENTS - ARUNDEL DAVID CARRUTHERS: THE ART OF HANDMADE PAPER

Arundel Centre (Arundel United Church)

17 rue du Village

Fri, July 12, 7 pm

Please see page 6 (Arundel News for details)

ÇA ME DIT CONCERT – ST-SAUVEUR

McGarrigle stage at Parc Georges-Filion, St. Sauveur

Sat, July 13: 7:30 - Tribute to ABBA

Sat, July 20: 7:30 – Tribute to Fleetwood Mac

Free entry – bring your own chair!

Info: www.valleesaintsauveur.com

Arundel Centre (Arundel United Church)

17 rue du Village, Arundel

Sat, July 20: 7:30 pm

RAY SEALEY AND FRIENDS IN CONCERT

Celebrated classical guitarist and songwriter Ray Sealey partners with vocalist Karen Brooks, Lucie Bouchard on flute and recorder, Florian Gaudreau on harmonica and Remi Sealey on percussion for a mix of Ray's original tunes and covers of work by his favourite musicians.

ARUNDEL ART SHOW CELEBRATES 10 YEARS

Arundel Centre (Arundel United Church)

17 rue du Village

Sat, Aug 10: 10 am – 4 pm

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



RICKKS ROOM – WENTWORTH NORTH

Aug 25: 2pm

Performing artist: Leverage for Mountains

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

In 2022, the trio launched their second record, Love Out of the Dark, at a sold-out show at Salle JeanDesprèz (Gatineau) in only a few hours. This makes LFM record-breakers, the first emerging group or artist to sell out the venue so quickly!

They are back from a Northern Ontario tour and a full week of music in Kansas City showcasing their spicy acoustics.

RSVP: email, text, call 514-895-5785. Donation: \$25 (prepayment via e-transfer preferred to ricksroom@gmail.com or cash in person). BYOB. We will have our shared snack table, feel free to bring something to share but no obligation. If you have something to add to our food bank donation we continue to collect for our local food bank. You can drop in the container, which will be at the front door. Upcoming performances: Jerry Leger (Sept 29), Rob Lutes (Oct 19).

MUSIC IN THE ARUNDEL MARKET SQUARE

Sat: Every Saturday throughout the summer

Live music during market hours

MUSIC JAM & GARDEN PARTY AT PETITE FOLIES

Main intersection in Arundel

Sun, July 26: noon – 6 pm

All the usual fun we have come to expect from Petite Folies:

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

UPCOMING CHURCH SERVICES

ST. SIMEON'S ANGLICAN CHURCH (

445, rue Principale, Lachute)

Sunday morning services at 10 am

GRACE ANGLICAN CHURCH

(7 Chemin Church, Arundel)

Sun services at 11 am – children's programming on 2nd & 4th Sundays

TRINITY ANGLICAN CHURCH

12 rue Préfontaine O., Ste-Agathe-des-Monts

Sun services at 10 am – children's programming on the 1st & 3rd Sundays

LOST RIVER PRESBYTERIAN CHURCH (5152 Lost River Road, Harrington)

Sun services: June 30 – Aug 25: 9 am



ROYAL CANADIAN LEGION

LA LÉGION ROYALE CANADIENNE

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

BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs –

Sat: 4 pm – 9 pm

MORIN-HEIGHTS BRANCH 171

Mon, Wed and Sun: closed

Tue & Sat: 1 pm – 5 pm

Thurs: 1 pm – 6 pm

Fri: 1 pm – 8 pm

July 19: 6 pm – TGIF smoked meat

July 27: 8 pm: The Blue Continentals with Stephen Barry

Aug 3 & Sept 7: Flea Market

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

Sat 1 pm – 5 pm / Thurs 1 pm – 6 pm /

Fri 1 pm – 8 pm / sat 1 – 5 pm

For more information [arundellegion@](mailto:arundellegion@gmail.com)

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

Hall rental / Location de salle: [legion171](mailto:legion171cgocable.ca)

cgocable.ca Info: 450-226-2213

Email/Courriel legion171@cgocable.ca

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

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

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

ARUNDEL – BRANCH 192

79 Rue du Village, Arundel

(819-687-9143)

Open daily from 3pm

Mondays 1:30pm Bridge

Fri, June 28: 6 pm - Canada Day Steak

Supper \$35

Next Jam Sessions: Thursdays, July 18, &

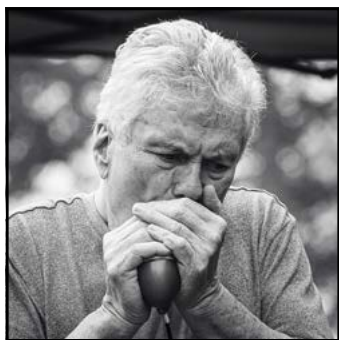
Aug 1: 6 pm

Bar open every day from 3 pm

For more information

arundellegion@gmail.com

819-687-9143



On With the Show “John’s Touch”

Florian Gaudreau

Music is a gift that just seems to attract good times and lasting relationships. Music can be non-verbal and still convey a myriad of emotions such as excitement, sadness, loss, and of course, love.

When musicians get together, there's a certain

admiration they have for each other's talent. I appreciate and admire those talents as much as just listening to a musician play.

I've been lucky enough to play with John Bendzar, a local musician, here in Arundel. He's so exciting to listen to - if you're not up dancing, you're either dead or deaf. He's got such a sharp ear and it shows in his music. He's able to bring the music to where it needs to go, like “follow the leader”, only musically. At the same time, he's always interested in what other musicians have to say. John is all about the music, not about himself; he's a very humble musician and that's what I like about the guy. His attitude is what can” we” do with the music.

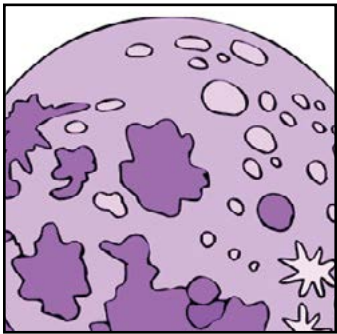
When John's got something to say musically, he will knock your socks off! It's like he's quoting verse and chapter when he plays a song, every note is where it should be, honouring the original artist. I love the spin he gives to familiar tunes, as they sometimes sound better than the original version. Maybe it's his rendition of the song, I can't really say, it's just the way I feel. My only conclusion is that it's “John's Touch,” which should be his stage name.

John's interest in playing the guitar began during his teen years. His older brother played and every once in awhile John would tinker on his guitar. His brother was 7 years older, so they didn't hang out much, but his brother's musical interest influenced John's choice of music and included such legions as Led Zeppelin, The Beatles, Eric Clapton and the Stones. John also created his own bands, such as One Night Stand and Shameless.

John and his wife, Susan, have been coming up to the Arundel area for quite some time. In 2020 when he retired from his job as an aeronautical engineer, he bid adieu to the West Island, leaving all his musical friends behind and moved to Weir, on the outskirts of Arundel. Eventually, he met Neil & Chantal, which led him to also meeting Guy Melhuish, the ‘gateman’ to the musical world in the Laurentians. John, along with Guy, Neil, Chantal and many other local and talented performers, rock the hall of the Arundel Legion every 2nd Thursday evening starting at 6 pm so be sure to drop by to enjoy their beat.

We are blessed to have such great musicians living in this area, come on out and enjoy the show, let's give them all a big round of applause!





Zach Factor

Unprepared: Season 1, Episode 2

Lys Chisholm & Marcus Nerenberg

Ancient vases of exquisite beauty, flawless proportions, with technically perfect and symmetrical craftsmanship inside and out, and made of some of the hardest stone on the planet, sit on shelves in the Cario Museum and in some private collections around the world. Because of the provenance of these vases there is no possibility that they are modern fakes. More to the point, as far back as the mid 20th century, no one had equipment, technical know-how, or the financial resources to micro-machine these granite, alabaster or shist vases.

Many of these vessels were found in pre-dynastic burial sights. The dynastic period of ancient Egypt dates from 3,500 BC putting the age of the vases at minimum 5,500 years. Some sites are dated at 8,500 years old. Tools that have been unearthed and displayed along with these stone marvels are either copper or bronze age implements. It is impossible to machine such artifacts with those essentially crude tools and absurd to consider it. These pots were clearly inherited from earlier civilizations.

In an engineering facility in Danville Illinois, Christopher Dunn, his son Alex, and Nick Sierra (Authors, Lost Technology of Ancient Egypt) are looking at these pots with our modern understanding using present technical and computerized skills. They measured granite pots from private collections with the latest measuring equipment (metrology analysis). They tested concentricity, roundness, continuity, and thickness. Most of the readings were within a thousandth of an inch of perfection, staggering many engineering minds. These results change our understanding of linear history in a profound way.

Classic academic Archologists and Egyptologists have created a narrow timeline of the history of humanity on this planet despite mounting evidence to the contrary worldwide. Their established and inflexible version insists that prior to dynastic Egypt, we were all hunter / gatherers, with no agricultural knowledge or practices and that humans today are the pinnacle of wisdom and creativity. With the discovery of Gobekli Tepi and its excavation in the past thirty years, the classic timeline has been thrown into disrepute. Dated from at least 11,500 years ago, it is apparent that it took a large work force supported by an equally large number of farmers with the necessary knowledge and skills from stone carving to astronomy. ‘Pre-history’ has a lot of ‘splainin’ to do.

Precision machining is also found in the largest creations of the ancient world. In Egypt, the ‘Serapeum’ complex lies deep in the limestone bedrock of Saqqara. In tunnels for hundreds of meters are found chambers containing twenty-four huge single piece polished smooth black granite stone boxes with equally massive lids. They weigh about 100 tons each. The sides, ends, and top of the boxes are milled perfectly square and flat. The interior machining of the boxes is precise to one thousandth of an inch and the boxes have tonal resonance. The entire complex fails to align with conventional timelines. Who built these megaliths, when were they built, and why?

The ancient city of Tanis in the Nile delta was merely a legend until it was discovered in 1939. It was slowly dug out of the sand in the years that followed to reveal marvels of massive proportion. It was completely obliterated by an unknown catastrophe at an unknown time as stone rubble does not radiocarbon date. Huge pink granite chunks of shattered statues and columns litter the site. The largest statue carved from one piece of granite, once stood 28 meters tall and weighed about 1100 tons was moved 1000 kilometers from the Aswan quarry. Today, we are challenged to achieve engineering of that magnitude.

Clear marks of machining and the perfectly carved symmetry on the massive stones suggest technology far beyond the use of a chisel and almost beyond our own capability today. Scorch marks on some remnants are so deep that they show melted granite and the absolute shattering of all the structures suggest that its destruction was not a conventional military event. Something more violent happened at Tanis. Perhaps along with the intentional burial of Gobekli Tepe, ancient stone calendars and cataclysmic legends that refer to this period of human existence, we need to reexamine the concept of early advanced civilizations.



If it is delicate little vases or giant megalithic constructs and time pieces that warn us of impending and cyclical cosmic or earth events that affect our planet, it seems apparent that we are neophytes just scratching the surface while still running around bashing each other on the head. For any real global disaster, we remain clearly, unprepared.

Photo: At the lab in Danville Metal Stamping, Danville, Illinois. Predynastic Egyptian granite vase is measured to one-thousandth inch accuracy with unexpected results. Photo credit: UnchartedX, Nov 2, 2023 <https://www.youtube.com/watch?v=QzFMDS6dkWU>



The Story Behind Exploring Heritage

Joseph Graham joseph@ballyhoo.ca

Our little committee, first organized to save the Ste. Agathe railroad station, grew into the Ste. Agathe Heritage Committee. I had never given much thought to heritage. My real passion was history and I had suspicions about the purpose of heritage. Cecilia Morgan, author of Commemorating Canada was quoted in the autumn edition of Prairie History Magazine describing heritage “...as a means of justifying particular courses of action (and not others) and upholding certain political and social values...” That resonated with me. We want to save something, a structure, an object, a building that serves a function, because we see heritage value in doing so, but we know that there is more to it than the thing being considered.

There were men in Ste. Agathe who valued heritage and did something about it. I admired and learned from them, sometimes with pleasure and sometimes through rancour. As a teenager, I bought a small building that was a 10’ by 11’ squared log structure that Mr. Legault had found on a farm nearby and dismantled, marking each log, the old tin from the roof and the planks, so it could be reassembled. I was too young to negotiate with Mr. Legault, but my brother helped. Mr. Legault lived on highway 11 (now route 117) in Ste. Agathe South and had sheds filled with stuff he had acquired. He knew where and what every piece was. He valued them... for the heritage they represented? Yes, but also for their functionality.

I carried the logs, planks and tin way into the woods in Ste. Lucie and, following Mr. Legault’s marking, rebuilt the farm shed on a stone base made up of rocks I found in a pile, rocks cleared from a field decades earlier.

A few years later I spent some time in France learning French. I was drawn by the stories of the student uprisings of the spring of 1968 and wanted to learn more. I also had to convince a French language teacher who neglected his English students to stop giving me failing grades. When I returned in the spring of 1969, I redid my French exams so I could get out of high school. He grudgingly gave me a barely passing mark even though I was fluent, had audited courses at the Sorbonne, and easily thought and even dreamed in French. He was not one of the men I admired. He possessed an image of a heritage that Cecilia Morgan would have seen through. His heritage could not be shared, especially with an English boy.

Later still, I decided I could live in my little log house in the woods, but I would need to find a heater. This time I was old enough to negotiate – I thought. I stopped off at a general store on Highway 30 (329 today) in Ste. Agathe North, on my way to Ste. Lucie. It was a family business and was surrounded by dozens of sheds full of stuff. The head of the family was known locally as “Sale”(dirty) Menard. The store was his living-room and he sat there while the world went by, his heavy frame carried above legs that splayed out to left and right, often half asleep with drool falling to the floor in front of him. No-one disturbed or crossed his formidable presence. Except me. I was told that he had everything somewhere in his sheds. He looked at me from his sitting position as I presented my request, then he slowly stood up, his walking stick a loyal helper in the effort. He walked out of the store slowly. I followed although he had not yet spoken. We moved through a series of sheds on paths that I could not understand. Finally, he took out a key, opened a lock, pulled a door back and we entered a gloomy space. He moved something out of the way exposing the perfect heater. Then he spoke. “Quinze piastres.”

Young buck that I was, moving back and forth from one foot to the other, I believed I had to negotiate. I proposed a lower number, feeling that this was called for. Sale Menard’s eyes opened as though for the first time, took me in, scowled and thundered, “Pas à vendre!” He turned and walked away. I had to follow, bewildered and out of my depth, a lesson delivered and learned.

Eventually I did find a heater and also discovered other men like Menard and Legault, some younger and more sophisticated, but all savvy and independent. They possessed the true heritage of our society although they were often embarrassments to their own families for clinging to junk and to the past. One whom I found, a plumber, in fact the plumber’s plumber, Ed Le Saux, generously guided me years later, finding the oddest fittings as though they were common. There was also Mr. Heroux with his machine shop. I even discovered that my near-contemporary, Gord Savery, who became one of my closest friends and confidants, had the same passion as these heroes of yore. He had everything and knew where it was. I remember once being bewildered that I could not find a simple bar sink in any of the stores. He invited me around and when I arrived at his place, he offered me a display of bar sinks laid out under the trees for me. He helped me understand the merits of each one. He could pull this kind of miracle off for just about every problem he faced. He definitely dealt in neglected heritage items and often wanted only to make sure they were appreciated.

That is an aspect of our community heritage that I understand and that I did not want to lose.

I am sorry that I have not yet arrived at that third railway station, but, as we know, trains don’t always run on schedule. Please bear with me.





Garden Talk

Tips to beat the heat and weather extremes

June Angus - Main Street

With heat waves in May and June already under our belts, we can expect more extreme temperatures in July and August. Seems we are on track for summer 2024 to be our hottest on record. Meanwhile, in late June we experienced exceptional rainfall.

Even cooler spells and bouts of heavy rain may not be enough to keep our gardens growing happily this summer. What can we do to help deal with the heat and other weather extremes? Here are a few tips to keep in mind.

When to water: Early morning is the best time to water a veggie patch, flowerbed, containers or hanging baskets, before the heat of the day sets in. Late afternoon or early evening is another option when there is still enough sun left to dry foliage before nightfall. If plants have wet leaves when night comes, this encourages fungus problems such as powdery mildew and other molds that can harm vegetables. Avoid watering during the peak heat of the day between mid-morning and mid-afternoon, as the water likely will evaporate before being properly absorbed by the soil. Expect that container gardens and hanging baskets will need more frequent watering than garden beds. If there are prolonged heat spells and no rain, everything will need more watering.

When too much rain falls, check your garden to ensure proper drainage is taking place. Water that pools and is left to stand in puddles may be drowning some of your plants. Also water that collects in puddles or wheelbarrows can become a breeding ground for mosquitos. Ultimately, either too much water or not enough can cause problems.

Mulching: Mulch such as shredded bark or woodchips is one easy way to help retain moisture and reduce evaporation in your garden beds caused by long hot spells, intense sun and wind. The added benefit is that mulch discourages weed growth.

Dealing with high winds: Light winds are generally good for the garden. In fact, greenhouse growers go out of their way to simulate light breezes in order to strengthen plants and provide adequate air circulation to keep garden crops healthy. However, severe storms with high winds can cause a great deal of damage. While we can't stop the wind from blowing – or even prevent all damage that may result – we can take a few precautions when significant wind events are forecast. For example, lightweight planters or hanging baskets can be moved against an exterior wall or placed undercover in a carport. Periodically check plants that are staked or attached to trellises and fences to be sure they remain adequately secured. Loose items, such as lightweight garden furniture, should be secured too. If blown into your garden beds, these items can cause a lot of damage by breaking or flattening your plants.

Vacation planning: If you are away for a few weeks or even a few days, some advance planning is wise. Ask a neighbour or friend to pop by to check on your garden and to do any necessary watering. Some people find it worthwhile to invest in irrigation systems that can be put on timers or simply activated when required. A simple trick for container gardens is to fill a glass or plastic bottle with water and invert the first few inches of the bottle into the garden pot. As the potted soil dries out, the bottle releases water as needed. While this might seem like magic, it works according to the laws of physics.

As we try to enjoy our short gardening season, being prepared for weather extremes is one way to gain some peace of mind.



Word Play

Are you what you eat?

Louise Bloom - lousebloom@me.com

It dawned on me some days ago that in my constant search for clues and commitments to well-being that it would be well to explore the domain of food, meaning food preferences, frequency of eating, intolerances, allergies, addictions and in fact, all the ways in which we might direct our 3-square a day to maximize the benefits. How to do that?

The basic research and thinking behind the idea that “you are what you eat”, postulates that the food one eats has a bearing on one’s state of mind and health. Food culture is a vast subject. In the process of writing about those things which steer my interest, I spend time doing research, (both reading and Internet searches) to help me to transmit a particular part of my universe, with support from others.

I entered the phrase “you are what you eat” into Google search, and came upon a book by that very name, by Dr. Gillian McKeith, published by Plume (Penguin) in 2006. Curious, I ordered and received the book within 24 hours. On reading Dr. McKeith, I realized I had had my head in the sand. While I pride myself in having a healthy diet, keeping my weight stable, I came to realize that I am missing some important nutritional elements. Blind to my own habits, I understood that I have also been blind to certain proven truths about optimal nourishment.

I am really inspired by this book, beautifully produced, clear, friendly, colorful and incredibly informative. While the information therein mirrors the complex and detailed world of the Naturopath, it encourages us to take charge of our own health and energy before any need for consultation with a professional.

I came to realize that food, beyond the obvious pleasure, could be the infinite form of good medicine. Taking charge of how we eat is a form of empowerment that when recognized, can make us more independent in the realm of health. The most important fact revealed by Dr. McKeith’s offering was that small shifts in perception and habit can make large changes in your well-being and your energy levels.

The book opens with a simple list of food facts, the good and the bad and the most common eating habits. Next, is a section on the body, and concise information on how to read the diagnostic signs the body provides. The tongue is the first organ examined, and it was here that I paused, examined my tongue, and realized that my good health was not indicated by the size of my waist. The tongue can tell you about your heart, lungs, gallbladder and liver, the condition of your stomach, back, spleen, kidneys, intestines, bladder and womb. And I was only on page 33.

There is a short section on supplements, what they assist, which to take when, which can be taken together etc. There is a section (2 pages) on food combining that clearly explains why we do well to heed the advice, making the science easy to understand and useful. In each case there are lists of possible deficiencies and suggested resolutions, what diminishes our well-being, and what alimentary process can help.

In short, this book opens the world of conscious eating in an attractive, truthful and illuminating way. At the very least, this compelling compendium gives you some of the information you might need before consulting a health professional, allowing you to better identify the source of your discomforts, helping you to form the best questions regarding your physical challenges.

Information gives us agency (an action or intervention), and Dr. McKeith provides us with the options to adventure forward in the world of gastronomy, with tools to step up your health.

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





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STARTING AT 12H

GOLF + CART

SUPPER (RIBS & FRIES)



Obituaries

SHIRLEY MACGEORGE BEALS

1939-2024

A celebration of the life of Shirley MacGeorge Beals will be held at 2 pm on July 28 at the Dunany County Club, 2053 Dunany Road, Wentworth, Quebec.



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

* YOU LEFT *
Paw Prints
ON MY
* Heart *

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Sunday: closed

**The Other Side Of
Getting Old
Living in a different
time**

Florian Gaudreau

I've learned so much from my mistakes I think I'm going out there to make some more. It goes along with, I still do stupid stuff only slower. Boy, when I think back to the stuff I've done in my life, I can only shake my head and laugh.

Once, I was suspend for playing frisbee off the school's cafeteria roof. The honest to goodness truth, I only climbed on to the roof to retrieve the frisbee, but every time I threw it down, some clown would throw it back up. So, me being on the roof stuck out like a sore thumb and yes, I got a suspension... again. I received the customary hit on the back of the head "What were you thinking?" speech, along with being grounded. It's the price we pay for being impulsive.

No matter what anyone says, I grew up in the best of times. Rock & Roll ruled, and freedom of expression was accepted. Doing stupid stuff was not only accepted but also encouraged. I was living in the suburbs and decided to move up north with no real plan in mind. I was armed with tools, "The Whole Earth Catalogue", a few issues of Harrowsmith magazine (which is in print again), a couple beehives and high hopes. By the end of the summer the house had electricity, but no indoor plumbing or real heating system. The orchard was back to its original state before it was left to nature, but produced very few apples and the bees swarmed to another location. That convinced me to move back to town with my tail between my legs before the snow arrived. I could almost feel my mother's hand hit the back of my head...



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Theatre Morin Heights

“GamePlan” underway for Theatre Morin Heights

Make “GamePlan” by Alan Ayckbourn part of your fall plan as Theatre Morin Heights presents this dark comedy at Chalet Bellevue October 23-27 (six performances including 2 matinees). Tickets \$25 go on sale mid-September. The play is cast and rehearsals begin soon. If you want to be part of the behind-the-scenes action, let us know. We are always looking for volunteers to join our exciting team.

The “GamePlan” storyline features a teenager who fights to keep herself and her abandoned mother, once a dot.com businesswoman, financially afloat by setting up as a classy call girl, advertising for clients on the Internet and persuading her tearful school chum to act as her secretary. Just when you wonder what will happen in this terrible situation, the play becomes a farce about body disposal, police questioning and media intrusion. The playwright admits to his delight when an audience leaves a performance saying: “Well, I never saw that coming!”

For more info visit www.theatremorinheights.ca or theatremorinheights@gmail.com



Local athlete to participate in the 2024 Olympic Games

Susan MacDonald

This year, the Summer Olympic Games of the XXXIII Olympiad will take place in Paris, France, from July 26 to August 11, 2024. Two hundred and six countries will be represented by approximately 10,500 athletes who will be participating in 329 medal events, the second highest in the history of the games, just slightly behind the Summer Olympics held at the Tokyo games in 2020.

Among the competing athletes will be 22-year-old Scarlett Finn representing Canada in the artistic swim event, previously classed as synchronized swimming. Scarlett and her other team members have had an exceptional year so far, capturing one gold, five silvers and one bronze medal at the Markham World Cup, and a silver and two bronze medals at the Paris World Cup. This young team is eager, synchronized and ready to give their best performance yet, united strongly with the goal of realizing their dream of earning a position on the podium.

As I write this, Scarlett is currently in Budapest participating in the final competition before the Olympics, but excitement and anticipation is also running at an all time high in the Finn household in Morin Heights where Scarlett’s parents live and where Scarlett enjoys spending her free time.

As Scarlett says, “My parents retired to the lovely village of Morin Heights in 2021. I love visiting them every Sunday on my day off from training and also whenever I can. Visiting them in the beautiful, relaxing Laurentians feels like a little escape from my fast paced training life as an athlete in Montreal. Every time I visit it feels like a little holiday.”

Wishing you all the best in the upcoming games, Scarlett. Enjoy this experience of a lifetime!





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