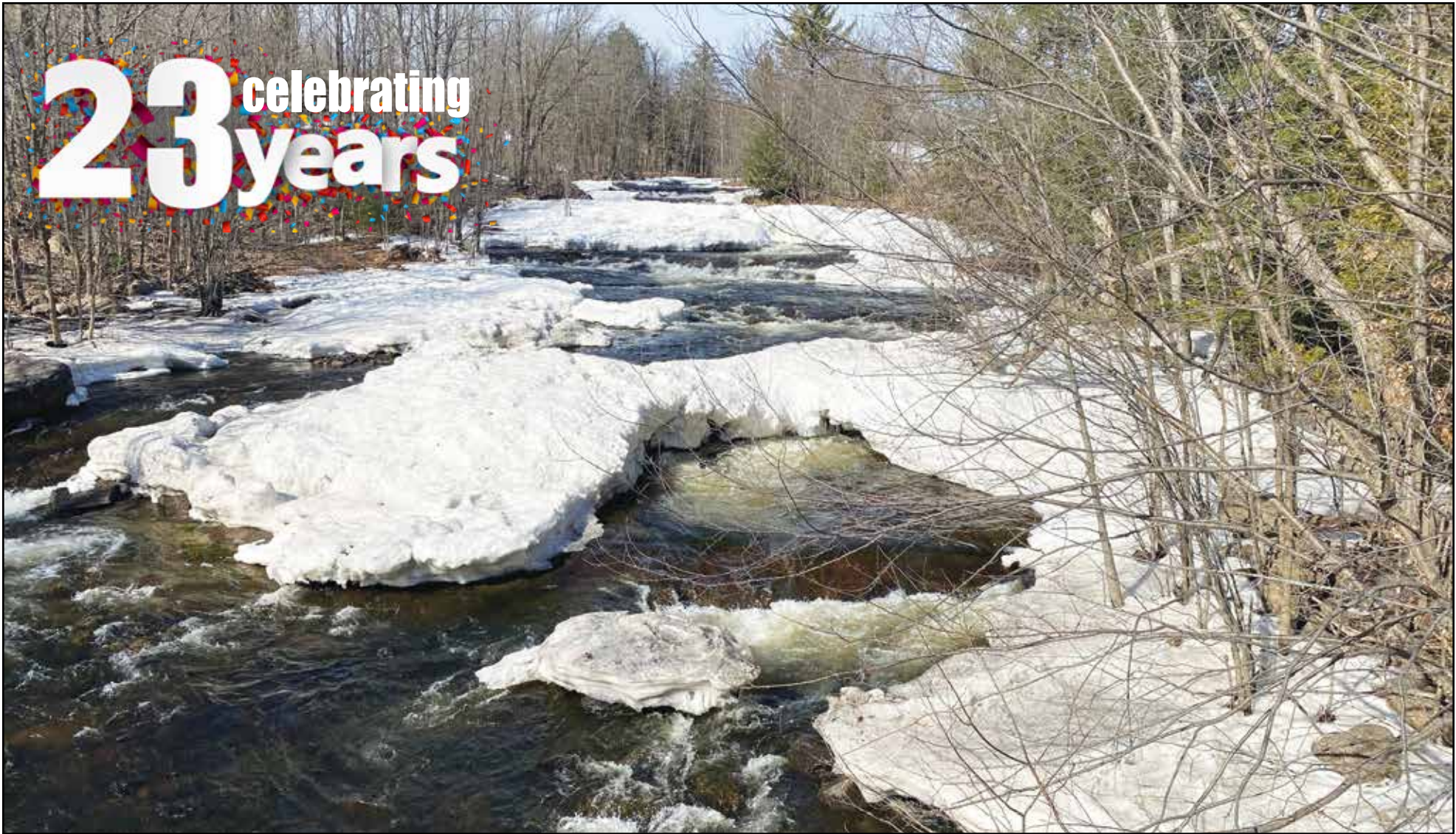


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See page 3 for Ad and Page 12 for article







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March 2024

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What's On My Mind...

## What's coming up in March...

Susan MacDonald, Editor

I must say that was the easiest winter I can ever remember, a far cry from the towering snow banks and heavy snowstorms of the past. While I empathize with the ski centres and clients for the lack of snow, I am relieved those living in lower regions will not be facing another damaging flood season. March can still be a challenging month with unexpected surprises and plenty of snow but I think it's safe to say the backbone of winter has been broken, just hold off on getting those tires changed quite yet.



There's so much to look forward to this month including the increase of daylight hours, which will happen when we spring our clocks forward on March 10. This will soon be followed by the Spring equinox on March 19, officially heralding the arrival of spring in the Northern Hemisphere, as well as providing 12 hours of sunlight nearly everywhere on the planet. As we publish after the total eclipse on April 8, I'll mention here to prepare in advance and purchase the necessary eyewear if you plan to watch it.

This month we can also expect to see an early return and reappearance of our wildlife. The first flocks of migrating geese have already arrived and sightings of raccoons and skunks have also been noted. It's breeding season for many, which means they will be out and about seeking mates and nesting sites and may be more visible than during other seasons. Please pay close attention and exercise caution to avoid any unpleasant interactions.

Domestic pets and those living a feral life will also be following the same natural instincts as their wild cousins and within a very short time and, despite their best efforts, our local rescue groups will soon be full and overwhelmed. The only solution to putting an end to this problem is to spay and neuter your pets, keep them indoors and not abandon them if you are unable to care for them properly. Over-population, particularly in cats, is a major problem everywhere. Please be part of the solution and not the cause behind the problem.

On a closing note, this month's edition marks Main Street's 23 Anniversary. I would like to thank our readers, our advertisers and my infallible Main Street team for the hard work, dedication, support and trust over the past many years. It is a humbling experience to sit behind the desk of such a well-appreciated and valued community newspaper. "Local" is the key... let's work together to continue to keep our communities vibrant and alive.

Enjoy the read...

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700 MTÉE DE L'ADRET, SAINTE-ADELE  
ASKING PRICE: \$1,395,000  
Fabulous property, sunny with view of four ski mountains. Impeccable cottage with 3 bdrms, 2 1/2 baths, generator, double garage. Perfect fit to live in harmony with nature at its best (trails & mountain for training). [19219817]

CH. DE LA PINERAIE, SAINTE-ANNE-DES-LACS  
ASKING PRICE: \$175,000  
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# Making it Work in the Laurentians

## 6 essential steps to pricing your art

Maya Khamala

Knowing how to price your art is crucial. It affects the perceived value of your work and ensures fair compensation for your time, talent, and effort. Consider the following 6 essential steps to effectively pricing your art!

### 1. Know thyself

Before thinking about prices, it's important to reflect on your identity as an artist. Ask yourself:

- Who are you? What is your artistic identity, style, and niche?
- Why are you telling your story? Why do you want to share it with the world?
- Does your art resonate with your target audience?
- What aspects of your art are you most passionate about?
- What do you most value about making art (i.e., creative expression, financial gain, etc.)?

### 2. Know your costs

Understanding the costs associated with your art is fundamental to pricing it effectively. Considerations include:

- Material costs: break down the cost of materials per piece (i.e., paint, canvas, brushes, labour).
- Digital costs: if selling online, factor in expenses like website maintenance and shipping.
- Time: calculate the number of hours you spend creating each piece.
- Wage: use Quebec's minimum wage rate to set a baseline rate for your time.

### 3. Know your ambitions

Determining the ultimate goal of your art can really help shape your pricing strategy. Consider the following:

- If you want to sell your art casually, your prices may differ from that of a full-time artist.
- If you want your art to be your primary income source, your pricing must reflect this.
- A hybrid approach based on your ability/desired balance is also allowed!
- Establishing timelines can help keep you on track.

### 4. Know your competition

Analyzing how other artists are pricing comparable works can help you set competitive prices. Consider adding the following to your task list:

- Conduct a little market research by studying the style, medium, size, and appeal of similar art.
- Determine the price range for comparable items.
- Rank your art in comparison to the competition (i.e., similar/better skillsets).
- Based on your overall assessment, come up with a competitive price.
- Consider input from others to refine your pricing.

### 5. Know your target market

Identifying which markets you want to target is a helpful exercise. A few ideas to start with:

- Consider local exhibitions as a way of reaching the local population.
- Tailor your pricing and marketing to attract tourists.
- Explore partnering with wholesalers/retailers such as galleries, stores, and novelty distributors.

### 6. Make decisions

Once you've reflected, considered, and assessed, it's decision time. Consider the following when setting prices:

- Ensure your pricing aligns with your market...and your goals.
- Optimize your costs by finding ways to save on production.
- Determine whether your art is reaching the right audience—if not, adjust your marketing.
- Plan future steps based on your new pricing strategy!

Pricing art is not always straightforward, so be open to adjustments as you and your art evolve. Need support? A YES Arts Business Coach would be happy to help you through the process!



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# Laurentian Personality Carly Hay – girl with the big heart

Lori Leonard – Main Street

Carly Hay is a unique 21-year-old girl who was born in Dunany. Her mom Danielle Desrosiers says she was an easy baby who didn't cry much. However, at 6 months old, the family realized she was not reaching the usual milestones that babies reach. Her family sought assistance from pediatricians and at 14 months old, Carly was followed by a neurologist and referred to the MacKay center with no firm diagnosis. Back in those days, Carly didn't speak until she was 5 years old. Finally, it was determined that Carly has muscular hypotonia and she falls under the pervasive developmental umbrella, which makes her neurodiverse. Today, Carly is a real "Chatty Cathy".



Carly and her family spent 10 years living in St. Adolphe, then travelled for 5 years in exotic places such as Australia and Bali. She feels at ease learning languages and learned how to speak Indonesian. There were many roadblocks for Carly and her family. Finally, she attended Ste. Agathe Academy, which was like walking into sunshine. Her teachers were like family; she attended kindergarten to grade 8 there. The family then decided to move back to Montreal to have better educational services.

Carly is a connector, not only connecting people, but ensuring everyone is included, no one is ever left out. She loves celebrating, partying and is a girly-girl with the latest hair-do and nail polish to match. She is proud of her nickname "DJ" Carly because she "blasts" her music. On weekends she enjoys walking with her dad on country roads, spending time with her 3 sets of grandparents, with her mom, her sister or friends. One of Carly's biggest cheerleaders is her sister, Juliette, who is quite an athlete. They share a special kinship and help each other out. Carly loves watching hockey and enjoys swimming in a Montreal pool and in Lac Claire (a true Pisces!). She has tons of friends whom she refers to as "homies". Carly's autistic and neurodivergent friends all support each other whether on a bus downtown, in art or music classes, at a party or otherwise. They are protective of each other.

Carly currently attends Wagar School in Cote St. Luc. She has been a member of AAL (Autism and Arts Laurentians) since 2017, takes part in Special Olympics, downhill skis at Mt. St. Bruno and other Laurentians ski hills and enjoys bowling. Carly was a member of the Viking Canoe and Kayak Club special program Paddle-All. Mom Danielle says, "it's difficult to let go". Understandably, she still wants to protect Carly. Carly calls a spade a spade as she really has no filters. She has many strong supporters including her family, Jason, her grandparents, her friends and the community.

Carly would like people to know she loves drawing, enjoys spending time in Montreal with her Mom and Juliette and time with her Dad in Dunany. She enjoys being an MC at events and was a truly special one at Festival Imagine in 2022.

Carly's dad, Joel Hay, says that since she has lived in so many places she learned about poverty and luxury. He lets her choose whether she wants to stay in Montreal or come up north on weekends. Joel says, "I am most proud of Carly for reaching a level of independence, she is still climbing and, the fact that she is able to make healthy, mindful decisions."

As Danielle points out "Carly is everyone's girl!" Carly, all of us are so proud of you, our Girl with the Big Heart!

## Morin-Heights Legion Events 127 Watchorn

**Saturday, March 16: 6 pm - Traditional St. Patrick's Day Dinner** featuring authentic, Irish corned beef, cabbage and potato dinner, dessert, coffee/tea for \$25. Irish coffee will be offered at the bar. Tickets are limited, so call to make your reservation at 450 226-2213.

The Legion also hosts **Smoked Meat Nights, sometimes with trivia/name that tune games**. The next special evening including trivia/name that tune games will be held Friday, March 29 at 5:30 pm. Prizes to be won. Donation: \$20. Info: 450 226-2213 / Facebook: Royal Canadian Legion Branch 171 Morin Heights.

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# Disco Evening – 2nd Edition a great success

It's under the sign of glitter and songs emblematic of the 60s and 70s that the 2nd edition of the Disco Evening took place. Despite the cold, the group Les 4midables, DJ Tom and dancers knew how to warm up the audience of more than 1,000 people, danced to the beat on Saturday, February 17.

On site, a photobooth and a relaxation section made up of illuminated tables and chairs as well as a fire were available to all. The Chamber of Commerce and Tourism of the Vallée de Saint-Sauveur/Piedmont, partner of this evening, provided bar service where coffee, hot chocolate and alcoholic drinks were offered to participants.

The City of Saint-Sauveur is proud of the success of this winter event and would like to thank the many participants



## Petition For Small Assistance

# Service dogs signed by 869 people

Lori Leonard

In the January-February issue of Main Street there was an article entitled "Miracles Can Come in Tiny Packages". The story was about Karina Pommainville-Odell and her lovable Yorkie Mia whom she found on the street. Mia has been a lifesaver for Karina who suffers from mental illness. Her life has completely turned around since she found Mia. Karina wrote an article in Main Street with the hope of obtaining 500 signatures for her petition to have small dogs accepted as service dogs. People often associate service/working dogs with larger breeds only. Karina is out to prove that small dogs work just as hard as larger dogs and that they are real life savers for so many people. Also, many people suffer from invisible disabilities such as diabetes, cancer, mental issues, epilepsy, POTS, etc... and these maladies are just as important as illnesses that are visible on the exterior.



Karina who is naturally a gentle, shy person showed her true colours and passion by speaking out about this subject on a video for TVC Argenteuil, by speaking on CJAD 800, by writing in Main Street and appearing in a segment on CTV News. Well, her passion and courage certainly paid off as her petition included 869 signatures when it closed on February 21. Karina then received an official email from the House of Commons to state that her petition was approved and certified.

Karina would like to thank everyone who signed her petition and those who supported and encouraged her along the way including: all those who shared and passed on the information, Main Street, TVC Argenteuil, CJAD 800 and CTV News. This will definitely raise awareness about small dogs and their vital importance as service dogs. Karina promised she will keep us in the loop as to what happens next. Bravo Karina on an excellent job! We cannot wait to hear what happens next!



**Élections Canada**

With the creation of the new electoral district of Pays-d'en-Haut, the office of the returning officer for the electoral district of Laurentides-Labelle will now be located in Mont-Tremblant (Saint-Jovite). In pre-preparation for the next federal election, Elections Canada invites people who may be interested to submit their candidacy for several positions:

• Computerization coordinator	• Service point supervisor	• Office Coordinator
• Financial agent	• Training attendant	• Office messenger
• Poll Operations Manager	• Bilingual receptionist	• Service agent
• Recruitment supervisor	• Electoral materials coordinator	• Support agent

For more information regarding the different positions, visit the site: **elections.ca/Employment/Staff at Returning Officers' Offices**

Staff at the returning officer's office are hired for a period ranging from 35 to 50 days, depending on the position. Their schedule varies from 7.5 hours to 10 hours per day. Electoral or management experience is an asset; a bilingual linguistic profile (French and English) is preferred.

**For more information, contact Pierre Tison the returning officer:**  
**24038.24036\_Pierre.Tison@elections.ca**



# Arundel News

Janet Thomas

### UKRANIAN EGG WORKSHOPS

Grace Anglican Church (7 Church Road)

March 8: 10 am – noon or 2 pm – 4 pm

March 16: 10 am – noon or 2 pm – 4 pm

Join us to learn how to fashion beautiful Ukrainian Easter Eggs. All materials are provided. Any donations collected will be sent to The Primates World Relief and Development Fund. For more information, please contact Astrid Norquay at [astridnorquay@yahoo.ca](mailto:astridnorquay@yahoo.ca)

### HONEYMEAD BREWERS WILL ROCK YOU!

Arundel Centre (Arundel United Church -17 rue du Village)

Sat, March 9: 3 pm – 5 pm

Admission: \$20 at the door

The Honeymead Brewers are back! Bluegrass, Celtic, fiddle and folk at its best. Space is limited. For reservations, please contact [janet.thomas700@gmail.com](mailto:janet.thomas700@gmail.com)

### ELVIS IS IN THE HOUSE!

Arundel Centre (Arundel United Church - 17 rue du Village)

Sat, April 6: 7 pm – 8 pm

Admission \$20 at the door

This trio won “Best Elvis” 5 years running! They have been awarded top honours in Canada and also in the United States. Ditch that “Hound Dog” look, put on your “Blue Suede Shoes” and get ready for some fun! Refreshments will be served after the concert when you can meet Elvis for a photo op. Space is limited. To reserve, please contact [janet.thomas700@gmail.com](mailto:janet.thomas700@gmail.com),

### NEWS FROM VICTORIA'S QUILTS – LAURENTIAN BRANCH

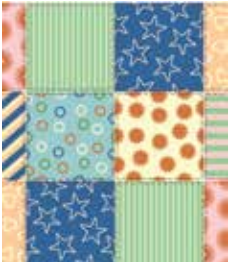
Our meetings will resume in March at Grace Church, 7 Ch. Church in Arundel. Please follow us on Facebook. All our quilts will be posted there so you can see what we do.

### NEWS FROM THE ARUNDEL LIBRARY

After sixteen years as the award-winning “Director” of our town library, Fran Jones has retired. Luckily for us, she has agreed to continue as a knowledgeable volunteer for the near future. We welcome Kim Morrison as the new “Director” to lead a small team of active volunteers.

Arundel is the only English library in our region. We have a great collection of fiction, non-fiction, and children’s books, and can access many more through the inter-library loan system. We also offer a wide selection of e-books for you reading pleasure. YOU ARE VERY WELCOME TO BECOME A MEMBER.

Volunteers are necessary for the library to thrive. If you have a couple of hours to spare, please contact [biblio@arundel.ca](mailto:biblio@arundel.ca) or call 819-681-3390 and leave a message. We will happily call you back.



## Chorale Musikus Vivace Upcoming concert...



The Chorale Musikus Vivace will be presenting a spring concert that will take place at the Chalet Pauline Vanier, 33, ave de l’Église, Saint-Sauveur, on Saturday, May 25 at 3 pm.

This amazing group is a mixed choir that follows a unique and varied program, which has been delighting their audiences since 1992.

Tickets are \$25.

For more info visit their website at [www.musikusvivace.com](http://www.musikusvivace.com)



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## News from Saint-André

# The bell tolls still...

Karen Feiertag

In November, I introduced Saint-André-d’Argenteuil by asking you to follow the North River to where it joins the mighty Ottawa, to place us geographically in your mind’s eye. From here, within the controversial limits of space and time, we’ll hop and skip amongst the multifarious and alluring interests of this unique sub-region, if not the vagaries of my own mind.

I had made brief reference to our sister-village Carillon, but failed to mention how very charming a sister she is. Even today, it is not this lovely, warm-hearted creature that is subject of the month, but the holy treasure that beats within her bosom. The St-Joseph de Carillon Church, a wooden parish built in 1916, had served as a place of worship for a century before being divested by a share of its followers and the Catholic Archdiocese itself. How to preserve its heritage, its beauty, its gravitational social pull for the close-knit community that surrounds it, their visitors and future generations? Enter Daniel Beaulieu, close neighbor, who arranged that the building be sold, and saved, for a dollar.

Ah, but saving a church requires an ongoing influx of cash: a Miracle - or at least as much devotion as the church might have once received from its original congregation.

Enter Lise Roy, whose two grandfathers helped to build the church and whose legs grew gangly in its pews, now president of the Conseil de Sauvegarde de l’Église de Carillon. Enter Denise Richer, Angel of Books, enter Mary-Ann Basquill who makes the Bazaar bustle and other dear souls hors champ who are mending the hallowed halls of this noble structure by running, within it, the vibrant Friperie – Bazar Carillon.

Visit this well-tended market any 3rd Saturday of the month from 11am to 4pm. March 16, there’s a Grand Clothing Sale. But come early. First, to find your treasures before the pickers abscond, and better still, to hear a sound that will make your heart sing: the welcoming chimes of the recently restored St-Joseph church bell, all thanks to the Carillon gang, their friends and your inspired thrift buys.



Photo: L-R: Lise Roy (President of the Conseil de Sauvegarde de l’Église de Carillon) and Denise Richer (Angel of Books)



## Cancer Support Group Cancer Support Group Talks About Nutrition March 16

The next monthly meeting of the Laurentian Region Cancer Support Group will take place Saturday, March 16 at 1 pm via Zoom and in-person at Chalet Bellevue, Morin Heights. Susan Campbell-Fournel will join us to provide information about how diet and nutrition can work to support our immune system. Meetings are free and open to people living with cancer and their loved ones or caregivers. To receive the Zoom link, to reserve a place for the March meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca).



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March 2024



# Daylight Saving Time Starts Sunday, March 10, 2024: 3 am

Sunrise and sunset will be about 1 hour later on Mar 10, 2024 than the day before. There will be more light in the evening.

Also called Spring Forward, Summer Time, and Daylight Savings Time.



## INVITATION

# Virtual annual general meeting

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- Tuesday, April 16, 2024**
- 6:30 p.m.**
- The meeting link is available at [desjardins.com/caissevalleepaysdenhaut](https://desjardins.com/caissevalleepaysdenhaut)**

## Vote online until April 20, 2024 | 11:59 p.m.

You can vote\* on how to distribute the annual surplus earnings (dividends) and vote to elect directors (if applicable), **after the meeting broadcast**, by visiting:

The caisse website | [desjardins.com](https://desjardins.com) | AccèsD

If you're unable to vote online, a **voting station** will be available at your caisse.



\* Certain conditions apply.

# STRICTLY BUSINESS

By Lori Leonard - Main Street

## Congratulations to:

**Mamo and Canan**, the new owners of **Carole Deli Pizza & BBQ**, located at 490 Rue Principale, Lachute. They took over ownership of the well-renowned resto on January 16, 2024. This restaurant has been a legend since 1971. Mamo and Canan would like you to know that their legendary recipes for pizza, subs, fish & chips, their authentic Greek salad, smoked meat and hamburgers will remain the same. They will also feature their delicious homemade fries and will also add some exciting new meals to their menu in the near future. These meals will include tantalizing grilled steaks and pork chops and they will feature a new daily menu with lunch specials. They will also offer yummy breakfasts on weekends. Open Sunday to Wednesday (closed Monday) from 11 am - 8 pm and Thursday through Saturday from 11 am - 9 pm. Mamo and Canan also plan to feature live music in the near future. 450 562-9000 / [carolelachute.ca](https://carolelachute.ca) / Facebook: Carol Deli Pizza & BBQ. Wishing you both much success with this wonderful new venture for many years to come.



**Philippe Perreault**, owner of the new **Studio de boxe Laurentien/Boxing Studio Laurentien**, 568 ch. du Village, Morin Heights, Room 104. The Studio opened on January 8, 2024. Philippe is a trainer and offers boxing group classes (10 pers. max), private and semi-private boxing lessons for all levels and open gym hours. There is a fully equipped gym affiliated with the Boxing Federation of Quebec with a small weightlifting section. There are memberships available for members for 13 years old+ up to adults. 514-567-4316 / email: [laurentien.boxe@gmail.com](mailto:laurentien.boxe@gmail.com) / FACEBOOK: boxe laurentien / INSTAGRAM: boxe laurentien



## Did you know that:

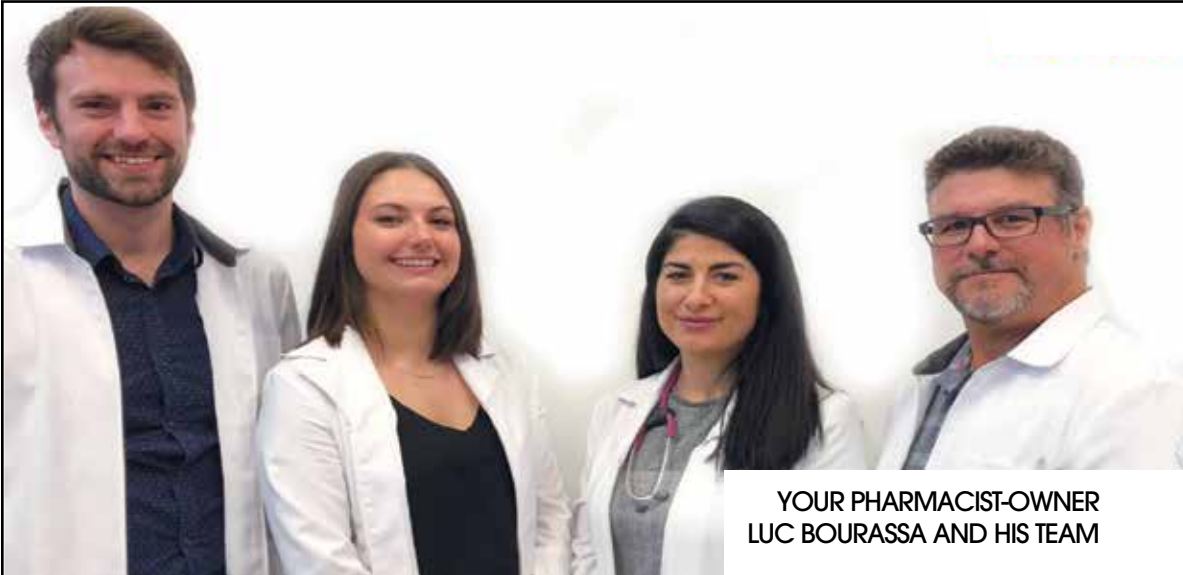
If you are a female entrepreneur who would like to meet other local business women, that you could come and join the **LBWNG (Laurentian Business Women's Networking Group)**? We share ideas, encourage each other and promote each other's services. Sometimes we do community events. We also have interesting, knowledgeable presenters at our meetings to provide a wealth of information on a wide variety of business-related topics in English. We meet one evening per month from 7 pm to 8:30 pm at Chalet Bellevue, Morin Heights. For more info call Lori Leonard at 450 224-7472 or write [leonard.lori@outlook.com](mailto:leonard.lori@outlook.com). We look forward to welcoming you!



**La Tonkinoise Restaurant** located at 310, rue Principale, St. Sauveur will move to **120, rue Principale, St. Sauveur** (where Orange et Pamplemousse was located)? Their move will take place at the end of March. They are pleased to advise that they will still have the same delicious menu and same prices. Their renowned delicious Tonkinoise Soup, Pad Thai, shrimp/beef brochettes, stir-fried dishes will be available. Also, they will offer many tasty vegetarian and gluten-free dishes. We would like to wish to wish the owners David and Marianne Tran the best of luck in their new location! 450 227-9980.



Happy Spring everyone!



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Saturday: 9 am - 6 pm  
Sunday: 10 am - 5 pm







# COMMUNITY UPCOMING events

## ARUNDEL JAM SESSIONS

Arundel Legion

Next dates: Thurs, Mar 17 & 21

## SUPERFOLK PRESENTS

Bluegrass Jam Sessions with David Laflèche

Café Mickey's (832, Ch. Du Village, Morin-Heights)

3rd Sunday of each month at 7 pm – FREE!

## JOYFUL NOISE CHOIR

Chalet Bellevue (27, rue Bellevue, Morin-Heights)

Jan 23 – May 28 (Tuesdays at 3 pm)

Info: Penny Rose: 450-226-2746 /

pennyrose@jenanson.com

## ARUNDEL CONCERT SERIES -

### HONEYMEAD BREWERS

Centre Culturel Arundel (United Church,

17, rue du Village)

Sat, March 9: 3 pm – 5 pm

Get ready to clap your hands, stomp your feet, hoot and holler. Bluegrass, Celtic, fiddle and folk at its best. Space is limited. For reservations, please contact janet.thomas700@gmail.com. \$20 at the door

## FEST'ÉRABLE – SAINT-SAUVEUR

Georges-Filion Park

Mar 9: noon – 5 pm

Maple-themed activities, games, taffy tasting, workshops and more. Free entry.

## HARRINGTON GOLDEN AGE CLUB

259 Chemin Harrington, Harrington QC

Fri, March 15: 6 pm – 11 pm

St Patrick's Warm-Up with the Honey Mead Brewers. Beer and wine are available - \$4 / and a late lunch.



## FRIPERIE BAZAR “DE LA CAVE AU GRENIER”

St-Joseph de Carillon Church (8 Route du Long-Sault, St-André-d'Argenteuil)

Mar 16: 11 am – 4 pm

Grand clothing sale. Info: 450-537-1238

## FUNDRAISING DINNER TO BENEFIT ARGENTEUIL HEALTH CARE

Restaurant Bouillon 16 (575 rue Principale, Lachute)

Wed, Mar 20: 5:30 pm

6-course dinner & silent auction. To donate prizes for the auction or to sponsor the event call 450-562-3761 ext 72100 or email fha@sss.gouv.qc.ca . Tickets \$155, taxes included available at

www.fhargenteuil.com / does not include alcoholic

beverages

and tips. Places are limited - a tax receipt of \$60 will be available on demand.

## ELVIS IS IN THE HOUSE!

Arundel Centre (Arundel United Church,

17, rue du Village)

Sat, April 6: 7 pm – 8 pm

Ditch that “Hound Dog” look, put on your “Blue Suede Shoes” and get ready for some fun! This trio won “Best Elvis” 5 years running! Space is limited. To reserve, please contact janet.thomas700@gmail.com, \$20 at the door.

## CHORALE MUSIKUS VIVACE CONCERT

Chalet Pauline Vanier, 33 ave. de l'Église, St. Sauveur

May 25: 3 pm

Tickets: \$25. Info: Theresa Mascis: 450-227-9093

## 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



**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

Open Wed – Sat: 3 pm – 6pm

Darts every Thursday at 3 pm

Sat, Mar 16: 6 pm - St.

Patrick's Day Supper

Hall rental / Location de salle:

legion171@cgocable.ca

Info: 450-226-2213

Email/Courriel legion171@

cgocable.ca

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

Facebook: legion171

Music shows Facebook:

morinheights live

## ARUNDEL – BRANCH 192

79 Rue du Village, Arundel

(819-687-9143)

Open daily from 3pm



## On With the Show Paul Arthur

Florian Gaudreau

I was on my way to a show featuring Paul Arthur and Andrew Cowan. I don't get out much, so I was hoping for a good time. I was invited to join Steve & Darlene Kenndy, and I accepted, because nothing beats company

at a live show. Being a harp player, (harmonica) I was looking forward to hearing some sweet bluesy tunes. What I didn't expect was a spectacular act of showmanship.

I'm a pretty good musician, but Paul is not only a great musician, but a captivating performer as well. He rhymed off lyrics, like there was no tomorrow. The act was storytelling put to music and, what sweet music it was! Backing Paul was his one-man band Andrew Cowan surfing up and down the strings like it was a natural occurrence. The result was the sound of two guitars coming out of one. I'd hear the bass and rhythm and, every once in awhile Andrew would throw in some finger picking... clearly, not the man's first time. The guitar was so smooth and blended really well. I love Andrew's style, understated yet he's there, showing up as the band. A magical blend of two talented musicians playing together gives the excitement of a band, without being overpowered by the sound.

On my way home, I kept reviewing the night in my head and wondered, “Who are these guys?” As I figured Paul has been playing for 40 plus years, he has some serious musical history dating back to “The Rising Sun & G Sharp” bars of the 80's. Paul has played Tremblant's Blues Fest, Argenteuil en Blues and continues to play numerous Blues Festivals throughout Quebec. He's blessed with the Blues; he won “Battle of the Blues Bands” in 2015 and ended up in New Orleans.

Andrew Cowan has played with some of the greatest Blues artists of our time. He's toured all over the world and has collaborated on several albums. Andrew is a founding member of “The Steve Barry Band” and has been playing with the band for close to 50 years. It's a treat to listen to this calibre of musicians in such an intimate setting such as a small bar.

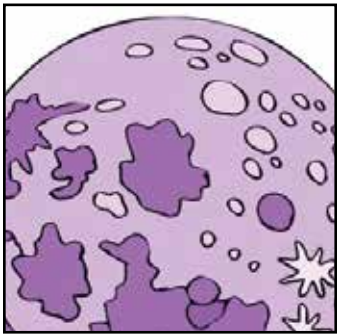
The show was hosted by a local bistro in my town so it was great to be able to stagger home afterwards and not worry about driving, carrying nothing more than the money in my pocket and my phone. I almost felt naked.



Photo: L-R: Andrew Cohen on guitar and Paul Arthur on harmonica

Photo credit: Rand Lauren





## Zach Factor

# Looking down on creation

Lys Chisholm & Marcus Nerenberg

When I was a boy, the Soviet Union launched Sputnik into orbit. At that moment our horizons were expanded beyond the confines of the gravity well that binds us to our planet. On that day in 1957, a man-made rocket was able to accelerate to a speed of more than 40,000 kilometers per hour and push a little metal ball out of Earth's grasp. Then, what went up did not come down.

On a warm July day in 1969, folks of a certain age watched Neil Armstrong set foot on the moon. We were all there with him as humanity began exploration of celestial bodies. We now have astronauts living for extended periods at the International Space Station (ISS). Blasting into low earth orbit is almost a daily occurrence. Thousands of satellites with specific purposes encircle our planet, collecting and sending data of every type imaginable. Other spacecraft are exploring the Martian surface and traveling to all the other planets of our Solar System as well as exploring asteroids, comets and many of the moons that orbit the planets.

In our infancy as space-people, only a few hundred, highly trained astronauts were sent into space although many of us dream of what that experience would be like. In the 2020s as private companies deliver payloads and people into space, the possibility of private citizens experiencing space travel is becoming a reality. There are now four companies offering this excursion.

Richard Branson, the founder of Virgin Airways, will take a small group of adventurers to the edge of space for the sum of \$450,000. For that price you, three other passengers and a crew of two will have a 90-minute sub orbital flight that will take you to an altitude of 50 miles where you will experience about 4 1/2 minutes of weightlessness.

If you want the Amazon experience, Jeff Bezos' Blue Origin Rocket will blast you about 60 miles straight up where you will experience 2 to 3 minutes of weightlessness in the new Shepherd Capsule and land you back on earth in a Prime delivery-efficient 11 minutes. This flight will cost about \$300,000. One of their very first passengers was William Shatner, better known as Captain Kirk in the first Star Trek series. He reported that space appeared very hostile to him, and now has a greater respect for that thin fragile layer of atmosphere that surrounds our beautiful planet.

Elon Musk, owner of SpaceX offers complete space experience because SpaceX makes regular trips to the ISS when they are not putting thousands of satellites into orbit and routinely deliver astronauts and cargo to the space station. SpaceX has perfected the practice of returning the first stage booster rocket to the launch area where they are reused many times. SpaceX offers a three-day orbital excursion in a SpaceX dragon capsule at 574 kilometers into space for a princely sum of \$55 million. The second option is a 10-day excursion to the ISS, orbiting at 408 kilometers. In partnership with Axiom Space Inc., they are planning to put a private space station into service. The third option is a trip, which will orbit the moon and return to earth powered by the SpaceX Starship which is still in the testing stage. Sponsored by a Japanese billionaire, the trip cost is estimated at 500 million dollars.

If you are looking for a space experience that is a little less dramatic than the high G-force acceleration of a rocket ride, then you may be interested in the voyage offered by Space Perspective. This is a gentle ride in a luxury capsule complete with food, beverages and a bathroom, suspended beneath a giant hydrogen filled balloon. This option takes the passenger to the edge of space at a gentle ascent of 12 feet per second. After a 2-hour climb to slightly over 100,000 feet, the balloon spends two hours where you observe above you the blackness of space and below you the beautiful curve of the earth's surface and the thin blue layer of our atmosphere. At the end of six hours the balloon returns to its launching point. All this can be had for a bargain price of \$125,000. Considering the first flat screen TV cost \$15,000 in 1996, in 10 years, you might yet be affordably riding to the top of the world for the price of a first-class airline ticket. So, when you go, keep your cell phone on video and eyes peeled for ET squadrons. Reserve your ticket here: <https://spaceperspective.com/>



Photo 1: Interior of the Neptune Spaceship. Photo credit: <https://www.youtube.com/watch?v=vglw2hB2rJQ>

Photo 2: Space Perspective's patented new commercial capsule design, Neptune, with a wait list of 900 customers will launch this year from Operations Center at NASA's Kennedy Space Center. The pioneering 360-degree windows will be accompanied by satellite imagery and 360-degree cameras to zoom in and out on the spectacular vista. Render courtesy of Space Perspective.



## The Story Behind

# How English Quebec is Heir to the Huguenot Legacy

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

The colony that became Quebec was originally conceived to be a place of safety for French Protestants, called Huguenots. Their leader, Good King Henri, led a civil war to have his accession to the throne recognized. The French Catholic League did everything to stop him, and the English and Dutch Protestants had a role in his ultimate success.



The Huguenots were a persecuted minority in France. Quebec was the fifth Huguenot attempt to create a colony that would be safe for Protestants, but the first ones to succeed, Port Royale and Quebec, were set up during the time of Good King Henri, in the early 1600s. King Henri established the Edict of Nantes in 1598, protecting his French subjects from the ongoing horrors of the Wars of Religion, but he still saw the need for a refuge.

The Catholic Church's historic role has been to secure the people for the local king, supplying healthcare, welfare, education, registry of births, deaths and marriages, and of course the Sacraments. Over one thousand years, the church gained so much control over their congregations that we have come to accept Catholic Church concepts as reality. The founders of Protestantism believed most of it but felt that the Catholic Church was abusing its position of power. One absurd example was its sale of Indulgences that allowed the wealthy, in exchange for large donations to the Church, to be reassured of their place in heaven. The Church became the largest single landowner in Christendom by these means, and Henry VIII of England saw that by leaving the Church, he could confiscate their holdings in his kingdom.

Samuel de Champlain came to the Maritimes and to Quebec as an employee of Pierre Dugua DeMons. A French Protestant who served with King Henri in the wars against the Catholic League, Dugua DeMons was the single most important person in the creation of both Acadia and New France. He was written out of our history by the Catholic Church because, unlike Champlain, he never converted to the Catholic faith. His objective was to build a colony that would allow both Catholic and Protestant congregations to co-exist.

Two years after Quebec was established, King Henri was assassinated. His assassination was as important to French history as Kennedy's or Lincoln's were to American history. Champlain had to choose between saving the colony by asking for the help of the Catholic Church or by digging in and protecting its original vocation. Without King Henri, Pierre Dugua DeMons did his best to find funds and he managed for another decade, but within less than 20 years, the French King Louis, child of King Henri, had named a Catholic, Cardinal Richelieu, as his first minister. Richelieu suspended the Edict of Nantes in New France meaning that only Catholics could come here – no non-Catholic religious practices were tolerated here. He also created the exclusively Catholic Company of 100 Associates and attacked the Huguenot-Protestant port city of LaRochelle. The English navy tried to protect the Protestants there, and three Huguenot brothers offered to sail for the English king in order to capture Quebec, and to return it to its original status as a religious free port. They were the captains Kirke and they succeeded, taking Champlain prisoner in 1629, but, unknown to them, the French and English kings had signed a peace treaty, obliging the English to return the colony to France.

Champlain, who had abandoned the Huguenot purpose of Quebec, was released from English custody and returned to take charge in 1632. He discovered that the Huguenots had not continued to insist that Indigenous trading partners become Catholic, as Champlain and the Jesuits had done. This caused Champlain interminable problems because the Mohawk of the Haudenosaunee controlled the St. Lawrence River and acquired arms from the Dutch and later English Protestants. The French Catholics, needing their Indigenous people as colonists since they had closed the door to French religious minorities were too distrustful of their own Indigenous allies to sell them arms.

It was always a Catholic-Protestant thing; language was not the issue. The French, Dutch and English imported the Wars of Religion even though many had come here to flee them.

French Huguenots, arriving as late as the 1670s, often discovered only upon their arrival that the Edict of Nantes that had protected them to some degree in France did not apply here. Many moved to New Amsterdam, not because it was Protestant, but because it was a religious free port. It was a company town and religion was not one of its obsessions.

In France, the Edict of Nantes was revoked in 1685. Jean-Louis Ligonier, who was five that year, left France in his teens and arrived in London some years later, penniless and shoddily dressed. His family back in France suffered from the forced conversion to Catholicism and 400,000 Huguenots, a vital business class, fled – but not to New France. They went to Holland, Germany, Switzerland, England and the English colonies. Ligonier joined the British army, working his way up the ranks to become a respected general, feared by the French.

Ligonier, who was seventy-five when the Seven Years' War began, was asked to head the British war effort. He chose and oversaw people like the generals Jeffrey Amherst and James Wolfe. By 1757, he was effectively the British minister of war. Ligonier never hid his roots, and he, a Huguenot, took New France back – for the English, yes, but also for its original mission as a free society for Christian religions.

Catholic Quebec, in our times, has left the Church and declared itself secular, but has not challenged its Catholic-taught history. By the time the Quebecois threw off the blinding robe of the clergy, there were very few French Protestants left for them to see, and so their politicized leadership turned its vitriol against its minorities, particularly the English, heirs today to that Huguenot legacy.





# Garden Talk

## Spice it up by growing ginger

## June Angus - Main Street

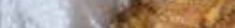
Ginger is a perennial plant that grows from fleshy underground rhizomes that resemble roots, but actually serve a dual purpose. They produce both the shoots/foilage visible above ground and the roots that anchor and nourish the ginger plant from below.

It is the actual rhizome portion of the plant that we harvest to eat. This edible part of the plant commonly referred to as ginger root, is sliced, chopped and grated to season different types of cuisine all over the world.

Even though the ginger plant is native to humid, partly shaded tropical and subtropical forests of Southeast Asia, we can easily grow our own here in a container garden. Since ginger requires a long growing season of 8 to 10 months, we can't keep these plants outdoors when the temperature falls below 10°C. Growing in containers makes the plants portable so they can be moved from outdoors to inside when our weather turns cold.

While there are hundreds of varieties of ginger plants – including many featured as attractive houseplants – the most readily accessible culinary ginger is known as Common Ginger or, Chinese Ginger.

Last year I received one such ginger plant as a gift. It was just starting to sprout so I had the pleasure of watching it grow beautiful long pointed leaves on stems that reached about 70-80 cm tall. The plant spent much of the summer outdoors on my deck and part-time in my screen porch. It moved back indoors last fall. The plant recently started to drop its foliage, a sure sign that it had reached maturity and was ready to harvest – just in time to add to winter stir-fries.



*Photos courtesy of Latia Anderson*

To get growing with your own ginger, simply follow these few easy steps. Start by buying a piece of ginger root, preferably organic, from your local grocery store. Choose a specimen that looks plump and young. Any growth buds—called eyes—are a plus, as they are already beginning to sprout.

Prepare a deep pot with a drainage hole in the bottom. Keep in mind that even a small piece of ginger root can produce foliage up to 90 cm tall along with deep roots. Fill the pot with a loose, rich, well-drained potting soil. Before planting, soak the ginger root in a bowl of warm water for several hours or overnight. Plant the ginger root in the prepared pot with the bud pointing up, and cover the root with 2 to 5 cm of soil. Water lightly. Sprouts should emerge from the rhizome in two to three weeks.

While growing indoors keep the container in a warm room where the base of the plant is exposed to indirect sunlight. While growing outdoors, place the ginger plant in a spot that receives morning sun but stays shady during hot afternoons – maximum of 2 to 5 hours of direct sun a day. Water as needed to keep the potting mix moist, but not soggy. Feed with a light organic fertilizer about every 3 weeks. When outdoor temperatures drop to near 10°C it's time to move container-grown ginger plants indoors.

When the stems and foliage of your plant begin to turn yellow harvest time is near. Cut all of the foliage just above the level of the soil two to three weeks before you intend to harvest the rhizomes. Allow the soil to dry completely then gently dig up the rhizomes and cut off the remainder of the stems. Decide how many plants you want to grow next season and set aside some cuttings of your rhizome to replant later. Then simply enjoy your fresh ginger.

Now is the perfect time to get your ginger started so it will be ready to harvest early next winter.

Happy growing and flavourful cooking!



*Photos courtesy of Latia Anderson*



# Word Play

## Managing your energy

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

Each of us has, or is given, a finite amount of energy available to accomplish our daily round, our ambitions, our efforts, our obligations and our pleasures. Some of our activities require our energy, and some behaviors can refurbish our regular supply. What kinds of awareness can we develop that respects our available energy, at any given time, so that we do not end up “running on empty”. How do we determine when we are spent, before the vehicle comes to a halt?

One of the chief situations that threaten our energy reserves is our unconscious tendency to overextend ourselves. We are living in a time when many people in their middle years are falling into a dangerous red zone, where burnout is frequent, and seemingly unavoidable. Many in today's workforce are overburdened because of a frequent and ever-creeping reality that finds them working extremely long hours in so many different circumstances, due to a reduction in available staff. Since the COVID pandemic, this demanding energy stretch in the workplace has become the norm. The core problem with working longer hours is that time is a finite resource. We can recognize that time equals energy, and our energy weakens as a result of repetitive over-giving. It is clearly mathematical.

In my own experience, a recent and unexpected serious health scare, (a heart attack, albeit healing well) has been teaching me about the need to protect and regulate my energy output, in order to promote healing in an environment that recognizes what is necessary for my own maximum care.

The optimal environment or setting for me revealed itself as silence, good food, romantic TV, loving kindness and more silence, no phone calls, in fact, no human interactions where I could fall into my own habitual overextension of energy. I came to understand early in this healing process that restoring my energy was my responsibility.

Each of us has our own specific way of stretching beyond our capacities in any given moment. Mine hides in the realm of “enthusiastic response”. In the extreme, the interest I have in tending to others, scoops a great big portion out of my own energy stores. The nature of the other person has nothing to do with the way I dump out my allotment. I have begun to take notice of a tendency towards a kind of generosity of giving that in my challenged circumstances leaves me on the floor, panting like a dog that is thirsty and heat stroked. And to what end? The world will survive without my assistance, but I will not maintain a healthy and vital existence, without paying attention to how to rest and restore.

Turning off our habitual way of behaving in our world is a deeply demanding challenge. In my case, I needed to be thrown against the wall to rise to the occasion, to develop a self-awareness that is self-instructive.

Finding myself in circumstances that initially promoted shame and frustration about “doing nothing”, gradually transformed into a sense of caring and pride in developing the boundaries that are necessary to ensure my own well-being.

I share this experience because it supports the fact that we learn something new continually. I also wish to awaken in the reader, an awareness of the preciousness of the life force. It is not unending, and while alive it requires tending. Sleep, good food, time for family and for self-reflection are a valuable source of strength that we might place ahead of our habitual sense of what is success. Take a moment to reflect. And if you are already well balanced, and ahead of the curve, Bravo!

To the rest of us, it simply remains to take good care.

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.

## Danielle Gauthier, Mark Bédard and Valérie Barrette-Mayrand

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# The Other Side Of Getting Old

## Time to shop

Florian Gaudreau

Getting old isn't always about lousy news; there is some good news along the way. When I turned 65 a few years back, I sold my old car to someone in the city. To get home the next day, I had to take the bus located near Ste Jovite / Mont Tremblant. I didn't realize that particular day happened to be my birthday. When asked if I was 65, I started to jump up & down with excitement saying, "I just turned 65 and I get a discount". The two young women behind the wicket started to join me in the excitement. It was like my private birthday party at 6:30 in the morning!

The one thing I love about getting older is the senior's discount. It's not as wonderful as getting something for nothing, but a small reduction still beats nothing at all. If you don't ask you usually don't get it, so keep that in mind. Since I tinker with a lot with things, I love any discount I can get from building supply stores like Reno Depot who offer 10% discount every first Tuesday of the month. Home Depot also offers a 10% discount, depending on the location, so it's up to the manager and, how well you suck up.

I love clothes so the Bay's senior's discount also caught my attention with the 15% discount on the first Tuesday of the month. Truth is I browse through clothing stores but rarely find what appeals to me at a reasonable price. My "go to place" is Value Village and they offer a 30% discount every Tuesday at participating locations. I like their return policy too; no questions asked as the size estimates are sometimes labeled incorrectly. Salvation Army Stores also offer a 10% discount at select locations.

Another great resource for seniors is the Canadian Seniors Directory so check out their website at <https://www.canadianseniorsdirectory.ca/>

Looks like the first Tuesday of the month is the time to shop.



## What's New in Real Estate?

# How long must you live in your principal residence before selling?

Lucyne Farand

In Canada, the rules for qualifying a principal residence for the capital gains tax exemption are governed by the Canada Revenue Agency (CRA). As of my last update, which was January 2022, here are some key points regarding the capital gains exemption for a principal residence:

- Ownership and Usage:** The property must be owned by an individual or individuals and must be ordinarily inhabited by the owner, the owner's spouse or common-law partner, former spouse or common-law partner, or child.
- Designation:** You must designate the property as your principal residence for each year during which you are claiming the exemption. You need to fill out Form. Designation of a Property as a Principal Residence by an Individual (Other Than a Personal Trust) for the years you are claiming the exemption.
- One Property per Family Unit:** A family unit (which includes you, your spouse or common-law partner, and any children under 18) can only designate one property as a principal residence for any given year.
- Partial Exemption for Non-Qualifying Years:** If you didn't designate the property as your principal residence for all the years you owned it, you may still be eligible for a partial exemption based on the formula provided by the CRA.
- As of January 1, 2023,** the rule on the hasty resale of a property in Canada offers a clear answer. The principal residence must be occupied for more than 365 days.  
The occupancy period begins when you take possession of your home. From that date, a 12-month holding period is required to dispose of the property without being subject to the new rule, nicknamed the "anti-flip rule".
- Change in Use:** If you change the use of your property (e.g., from a principal residence to a rental property), this could have tax implications. You may be subject to capital gains tax on the portion of the property that was not eligible for the principal residence exemption during the period it was not your principal residence.
- Special Considerations:** There are additional rules and considerations for situations such as owning multiple properties, owning property through a trust, or if you're a non-resident of Canada.

These rules can be complex, and it's advisable to consult with a tax professional or the Canada Revenue Agency for specific guidance tailored to your situation.



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# Theatre Morin Heights Upcoming Highlights

MARCH 27: Join us for a staged play reading complete with costumes, props, sound, and lights, but scripts still in hand on March 27 at 7 pm, Chalet Bellevue, Morin Heights. Free admission. Cash bar. Let us know if you wish to be part of the show! It will only take a few rehearsals and no lines to memorize. Every show also needs an audience, so if, you're not acting in the reading, come, sit back, relax and enjoy!

COMING MAY 8-12: TMH presents "Three Tall Women" by Edward Albee. Tickets \$25 go on sale late March with six performances at Chalet Bellevue. Check our website for more information. This Albee classic was awarded the Pulitzer Prize for drama in 1994. The play's protagonist, an imperious, acerbic ninety-two-year-old woman, reflects on her life with a mixture of shame, pleasure, regret and satisfaction. Our cast is already in rehearsals. We are always looking for volunteers to help with hospitality front of house or behind the scenes (stage manager, script assistants, green room, set decor and props ...visit our web site for job descriptions).

Theatre Morin Heights members also elected its new board at the recent AGM held February 21. Jillian Dobson will be joining re-elected board members Corina Lupu, June Angus, Robert Slaz and Jacklyn Laflamme. TMH also proudly introduced its new logo and look for the theatre that will be reflected in all new publicity and on the theatre's website.

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

# Laurentian Elementary School

The Pre-Kindergarten Team of Laurentian Elementary School is excited to welcome new children to our bilingual, pre-kindergarten program for 4-year old students.

The experienced, fully qualified teachers and early childhood educators strive to provide an inclusive, warm and caring environment for all children to thrive at their level.

In the pre-kindergarten program, students have access to the outdoor classroom and a free-flow multi-sensory indoor setting to explore the world around them. Monthly, planned activities with parents create positive relationships between the home and school communities and foster strong bonds between parent and child.

The program provides unique, play-based opportunities to explore current themes, to raise phonemic awareness, literacy and numeracy skills, to help the children's transition to kindergarten.

Every week dedicated physical education teachers challenge the children to hone their gross motor and coordination skills. We also offer music and art classes for a fully rounded pre-school education.

The environment is designed to support each child and his/her individual needs. Many social and emotional learning opportunities are provided to support the children's development to enable independence and autonomy.


Parents and their children are welcome to visit the pre-kindergarten department and tours can be arranged upon request.

Spots are filling up quickly. Enroll soon and join the LES Family. See Ministry of education's link for more information:

<https://www.quebec.ca/en/education/preschool-elementary-and-secondary-schools/kindergarten>

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# Real Wine for Real People

## Decanting wine... why, when and how

**April Sirois – Sommelier - ISG**

The act of decanting is to pour wine from the bottle into another vessel, then serve it from that vessel into each person's glass. This seemingly ceremonial act isn't just for show. Sometimes, it's to remove sediment from a very old or unfiltered wine, or to ensure that a young or "tight" wine smells and tastes its best. What wines should be decanted? Well let's have a look at this historical practice and figure it out.

First, what is a decanter? Any vessel can become a decanter depending on the wine and the reason to decant. Oftentimes, it is because the wine is coming from a larger container that is not suitable for a table, such as simple Greek wine that is stored in a barrel in the basement of the restaurant or that box on your counter. Any nice pitcher will do. However, if the wine is very old, expensive or one that has sediment, you may want to find a proper glass, wide-bottomed decanter. Some red wines, particularly aged or bold ones, need a little time to 'relax' in order to show their full potential. Wine bottles have a narrow opening, so even when you uncork the bottle, not much air flows through. Wide bottomed decanters are designed to let air flow. A wide-bottomed decanter will create a shallow pool of wine with a large surface area. This exposes the wine to oxygen more quickly.

Decanting wine brings out the best flavours in robust red wines. It can also help eliminate unwanted aromas, such as the burning smell of alcohol. If you're serving an aged wine, decanting gives you the opportunity to remove any sediment that may have formed in the bottle. As a bonus, decanters are beautiful and will add an elegant touch to your table.

First, taste your wine. Pour a small bit of the wine directly from the bottle into a glass and taste it. If you don't smell and taste much of anything, that's a sure sign that decanting is necessary. Start by "blessing the decanter." Place your clean decanter on the counter, pour a small amount of wine into it and swish it around. If the wine you are decanting is old or special use a less expensive similar type wine for the blessing. Pour out the wine once the bottle is blessed and then decant the wine into it. If you're serving an aged wine, decant slowly and carefully. Stop once you start to see the sediment sliding into the neck. Leave that behind in the bottle. Be gentle with the decanter and the wine so you don't beat up the aromas. If you are decanting a younger wine that needs to open up, you can do so roughly, even swirling the full decanter a bit to add some air to the wine. After an hour, take another sip. Do you notice a difference? The wine's aromas and flavours should be more obvious.

Decant wines that have aged over 7 years and bold red wines like California Cabernet Sauvignon, Bordeaux, or Zinfandel. Let wine breathe for about an hour before serving. You can always open a bottle of sparkling to enjoy while you wait.

Cheers

“Be wise, decant the wine, and since our space is brief, cut back your far-reaching hope. Even while we talk, envious time has fled away: seize the day, put little trust in what is to come.” ~ Horace, - Carpe Diem



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