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The MRC d'Argenteuil and its constituent municipalities reiterate their requests to increase the level of safety on Highway 50

During the regular meeting held on April 10, the council of the MRC d'Argenteuil adopted a resolution reiterating its requests expressed to the Ministry of Transport and Sustainable Mobility (MTMD) in order to increase the safety level of Autoroute 50 (Guy-Lafleur). Faced with the worrying number of accidents and deaths that have occurred there in recent months, and in the meantime of the widening of the highway announced by the government of Quebec, the MRC is calling for the implementation of safety measures and effective security as quickly as possible.

Since 2017, the MRC of Argenteuil has increased its requests to the MTMD in order to make the authorities aware of the dangerousness of this highway, the majority of which is made up of lanes only divided by a double median line on the territory. Among the measures already demanded by the MRC council are the installation of flexible high-voltage safety barriers between the oncoming lanes in the portions deemed the most dangerous of the territory. These barriers, as installed on Autoroute 50 in Gatineau in 2020 as part of a pilot project run by the MTMD, offer increased protection to motorists by preventing frontal collisions from occurring.

Other requests were also expressed by the council. In 2023, following the government's announcement to increase the number of photo radar devices in operation on the province's road network, the MRC of Argenteuil asked the authorities to consider its territory in the choice of locations. Note that a reduction in the number of accidents has been recorded in places where these devices have been installed.

The MRC d'Argenteuil welcomes with relief the commitment of the Government of Quebec to proceed with the widening of Highway 50 to four lanes. However, until the work is carried out, our council wishes to make the government aware of the urgency to act in terms of safety, given the road toll which continues to increase in terms of loss of life and accidents causing serious injuries,” said the prefect, Scott Pearce. In addition to its active involvement in the safety of Highway 50, remember that the MRC d'Argenteuil has also been calling on the MTMD since 2018 in the matter of the intersection of Route 148 and Chemin Kilmar, in Grenville-sur-la- Rouge. The MRC is asking the ministry to consider reinstalling part or all of the road signs that were once in place and were subsequently removed, which could have prevented the death of a motorcyclist in 2017.

MHES PPO Fundraiser/ Garage Sale May 18

Morin-Heights Elementary School PPO (Parent Participation Organization) will be holding a Garage Sale Day on Saturday, May 18 from 10 am to 3 pm, in the MHES schoolyard. MHES PPO will also be selling hotdogs at the event! Come shop for some hidden treasures and support our students all at once! If you wish to purchase a table to sell your own used treasures, or for more information, please contact Stephanie Cabral at scabral@swlauriersb.qc.ca before May 14, 2024.

Thank you for your continued support!



Morin-Heights Elementary

Uncontrolled Cat Population: A Growing Concern

Susan MacDonald

In Quebec, the issue of cat overpopulation presents a complex challenge affecting feline welfare and community well-being. Despite efforts by local animal welfare organizations and governments to promote spaying and neutering, the problem persists due to inadequate resources, cultural attitudes toward pet ownership, and the transient nature of stray populations.

Paws R Us, a local cat rescue, stands as a frontline responder to these pressing issues. This non-profit organization operates solely through volunteers and foster families, lacking a physical location. It relies heavily on donations and some financial support from local municipalities like Grenville-sur-la-Rouge and Harrington. However, the costs for basic care and medical services remain high, posing a continual challenge.

The mission of Paws R Us is twofold: to assist cats in need, finding them permanent homes, and to educate the public to be part of the solution. Their primary objective is to tackle the overpopulation crisis by ensuring every cat in their care is spayed or neutered before adoption.

Despite their efforts, many cats pass through the rescue without finding permanent homes, often due to severe medical issues. Last year alone, Paws R Us spayed and neutered 310 cats and kittens, but the demand for help consistently surpasses their capacity. Consequently, some requests for assistance have to be declined, leading to cats being abandoned, perpetuating the cycle of overpopulation.

The causes of the problem are multifaceted:

- Uncontrolled Breeding:** Cats can start reproducing as early as 4 months old, with a single pair capable of producing multiple litters annually.
- Irresponsible Ownership:** Some pet owners neglect spaying or neutering due to lack of awareness, financial constraints, or misconceptions, contributing to accidental litters.
- Stray and Feral Cats:** Abandoned or homeless cats and their offspring form stray and feral populations, which grow exponentially without intervention.
- Cultural Attitudes:** Regions where cats are viewed as disposable or where there's a lack of understanding about spaying and neutering contribute to overpopulation.
- Limited Access to Veterinary Care:** Inadequate access to affordable spaying and neutering services hinders population control efforts.
- Feeding Outdoor Cats:** Feeding stray cats without taking responsibility for their care leads to increased reproduction rates and the spread of diseases.

To address these challenges, solutions are imperative:

- * **Spay and neuter all cats.**
- Keep cats indoors for their safety.
- Refrain from feeding outdoor cats unless committed to their care.
- Contact a rescue if a cat appears at your door for appropriate assistance.

Several programs aim to mitigate the issue:

- Spay the Mama Program:** Mother cats and their kittens receive medical care and are spayed/neutered before adoption.
- Trap/Neuter/Release Program:** Feral cats are neutered and returned to their territory to prevent further breeding.
- Surrender Program:** Cats and kittens are surrendered to rescues for adoption after receiving full medical care.

Contrary to popular belief, cats are not elusive, independent creatures concerned only with their own personal comforts and interests. Having shared my home with multiple groups over my lifetime, all of them being rescues, I can personally attest to how much comfort and joy they bring to a home.

For further information or to contribute to solving this community problem, visit the Paws R Us Facebook page.





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Laurentian Personality

Masterful artists, extraordinary humans

Lori Leonard – Main Street

Agnes Jorgensen and André Chatelain met each other at art class at the Academy of Realist Art and have now been married for 17 years. Agnes was born in Winnipeg, Manitoba and André was born in Vaudreuil-Dorion, Québec. They currently reside in Ste. Anne des Lacs, in the heart of nature with their beloved golden doodle dog, Whisky.

Agnes and André create figurative oil paintings that use Old-Master techniques combined with a contemporary, narrative style. Their specialties are figurative works, portraiture and scenery.

Their artwork is part of public and private collections throughout the world. Agnes was awarded a commission from the Manitoba Métis Federation to paint a figurative portrait of Prime Minister Paul Martin. Her painting was presented in the National Gallery of Canada in Ottawa. Agnes and André have been featured in many publications.

Agnes and André have received national and international awards, participated in several solo and group exhibitions and have been featured in galleries and museums including the Regional Museum of Vaudreuil-Soulanges, the Leonardo da Vinci Center, the Waldorf Astoria Hotel and Rockefeller Center and the Winnipeg Symphony Orchestra Concert Hall.

While Agnes and André are passionate about art, André has yet another passion - Africa. So, they embarked on their initial trip to Kenya in 2008 and travelled with Free the Children Organization. Agnes was charmed with Africa too.

André and Agnes founded the non-profit organization *Painting a New World*. Through the sales of their artwork, Agnes and André support artists in Africa, helping to create positive community changes. In 2009, they were presented with the Humanity Art Award from the Académie Internationale des Beaux-Arts du Québec.

One of their proudest achievements is the sale of one auctioned mural in Kenya, which generated \$15,000 to provide a community with a new school and a well of clean water. Another proud moment was when Agnes and André were named “**World Changers**” by Manhattan Arts International. Many incredible accolades!

They state, “We believe that art has the power to create positive change for the benefit and sustainability of communities locally and in developing countries. **Painting a New World** focuses mainly on supporting artists in Africa and Haiti through a mural art program. The murals must be appropriate to the context of the community and present a socially conscious message. Murals are painted on school walls or community centers by local artists. The aim is to create positive change by employing local artists and educating communities about their environment and future.”

To date, their combined artworks have raised enough money for artists in African villages to paint 34 murals on buildings.

Their artwork is stunning and touches both “heart and soul”. André says, “I fell in love with the African people because they are so proud, dignified, simple and generous. They don’t have much, but there is always a smile on their face.”

Agnes affirms, “Travelling changes you and humbles you and makes you more empathetic”. They state, “We are artists helping artists, painting a new world, one brushstroke at a time. We created a mural art contest named THE GIFT OF ART, that ran consecutively for three years in schools across Canada. All the funds that were generated from the sale of murals to sponsors were then distributed equally between local charitable organizations and Painting a New World.”

Agnes and André explain that, “this experience has taught us that we can make a difference in the world and that we are changing lives. It has made us believe art is indeed a catalyst for positive change.”

Agnes and André, you are indeed changing the world in so many positive ways. Thank you for being so kind and generous and for sharing your artwork, making the world a better place to live.

For further info, check out jorgensenart.com, paintinganewworld.com and andrechatelain.com Please note that Agnes does commissions upon request (including portraits, pet portraits, travel).



Making it Work in the Laurentians

Scaling your business 101

Maya Khamala

While running a business that thrives to the point that it grows is every entrepreneur’s dream, identifying strategies that actually achieve this can be less straightforward.

While growth typically necessitates increased costs, scalability is the ability to increase output or revenue without increasing costs at the same rate.

North Star metrics

A North Star metric is the single most predictive measurement of a company’s long-term success, and it fulfills three criteria necessary for sustainable growth:

- **Leads to revenue**
- **Reflects customer value**
- **Measures progress**

Companies use North Star metrics to simplify their overall strategy and get everyone on the same page. Although different teams will have their own smaller metrics, having a North Star creates an environment in which every sub-team is working toward a single, larger goal, and can draw a clear connection between their daily tasks and the North Star.

To land on your North Star metric (i.e., making customers happy; generating profit; or measuring overall progress), it’s necessary to identify that which is truly essential to your business.

To help you narrow it down, consider the following questions:

- What is essential to my business’s functioning?
- What KPIs and metrics measure the top few key factors?
- What metric encapsulates all the above?

Write down your answers in list form, gradually building a metric hierarchy with the North Star metric at the very top of the pyramid.

The ‘One Metric That Matters’

While a North Star metric is a long-term guide, the ‘One Metric That Matters’ (OMTM) is for specific teams and projects over a fixed period of time. An OMTM can strengthen your North Star metric by accelerating short-term goals.

Your OMTM is defined as the figure you expect will have the most significant impact on your growth over the next 2-6 months. Once identified, every marketing task and growth activity should be focused on improving this figure over a given period.

Having an OMTM allows you to put all your time and energy into one achievement, helping you get much further than you would if you were distracted by multiple goals.

Consider following these steps to help you find your OMTM:

1. Focus on the area where you can make the most impact - often the area that performs most poorly. Try the Pirate Funnel (a framework that helps you view your company in distinct pieces—Awareness, Acquisition, Activation, Retention, Referral, Revenue).
2. Set a S.M.A.R.T. goal—one that’s Specific, Measurable, Attainable, Relevant & Timely.
3. Ask yourself, “is this experiment going to contribute directly to our OMTM?” If the answer is no, don’t prioritize it.

Stuck for [ideas on how to scale your business](#)? Learn and be inspired from [others’ definition of success](#), like Lindt Chocolate in Carrefour Laval:

- North Star: foot traffic;
- OMTM: percentage of online coupons used at the store (in line with conversion).

Still have questions on how to scale your business effectively? Book a consultation with a YES business coach today by calling 514-878-9788 or emailing us at info@yesmontreal.ca



The Show is On May 8-12!

It’s not too late! The Theatre Morin Heights spring production of “Three Tall Women” by Edward Albee is underway with just a few performances left. The show runs from May 8-12 at Chalet Bellevue, Morin-Heights. The cast and crew are proud of the work put into bringing this challenging play to life. Visit theatremorinheights.ca to check for ticket availability (tickets \$25).

Auditions for the fall production that will run October 23-28 will be taking place in June. TMH is also recruiting for its staged play reading for Journée de la culture on September 29. For more information email theatremorinheights@gmail.com or call 579-765-3999.



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Arundel News

Janet Thomas

AN EVENING WITH JASON LANG IN CONCERT
Arundel Centre (Arundel United Church)
17 rue du Village

Sat, May 11: 7:30 pm – 9:30 pm

If you missed him last time, don't miss him now! Back by popular demand, celebrated singer-songwriter Jason Lang (son of famed musician Penny Lang), has just returned from touring with Roch Voisine. Last year Jason wowed the crowds with his roots-rock-folk music, accompanied by keyboard and guitar. If you can treat yourself to only one concert, this is it! Check out a clip of Jason singing solo at <https://youtu.be/gt9JJhm7kE0?feature=shared> Tickets are \$25. Space is limited. To reserve, please contact janet.thomas700@gmail.com Doors open at 7 pm. Refreshments will be served

THE ARUNDEL SPEAKER SERIES PRESENTS
The Hilarious Adventures of Bob Mady
Arundel Centre (Arundel United Church)
17 rue du Village
Fri, May 10, 7 pm

Bob is known as an amusing raconteur. His travel adventures will have you in stitches. Mark the date on your calendar! Free admission. Refreshments will be served.

ARUNDEL GARDEN SWAP AND SHOP
Arundel Centre (Arundel United Church)
17 rue du Village
Sat, May 18: 10 am – 2 pm

Seeds, seedlings, shrubs and flowers – everything you need for your garden. If you have too much of something, bring it labelled to swap for something you want at our Swap Table - free. Handmade garden deco and some food products will also be sold. Come and join us!

ARUNDEL MARKET NEEDS HELP

Help is needed to set up tables and chairs on Saturday mornings, 7 am – 8 am and to put them away on Saturday afternoons, 2:15 pm – 3 pm. Generous terms are offered. Please apply to arundelmarche@gmail.com No help, no market.

HEADS UP! ROB LUTES AND ROB MACONALD ARE COMING

Arundel Centre (Arundel United Church)
17 rue du Village

Sat, June 15: 7:30 pm – 9:30 pm

Popular singer- songwriter Rob Lutes is back! Just returned from a European tour, he has linked with Rob MacDonald to treat us with their new releases. Tickets \$20. Space is limited. To reserve, please contact Janet. thomas700@gmail.com.



News from Saint-André Culture, like WOW !

Karen Feiertag

There are much better pictures of this lovely 1830s church, but I needed one that shows you the powerhouse behind a new, unbelievable project, nine minutes from Saint-André.

When Nathalie Bélanger was a year and a half old, she was regularly sleeping through the magical evenings of a love affair between her trumpapist father and pianist mother. Nestled softly somehow at her mother's foot pedals, inspired unconsciously and later consciously by the creativity and passion of an evolving entourage of talented musicians and musical forms as time went on, she'd come to have two big, seemingly contradictory dreams. One was to really make a difference working in remote communities, that which she does with passion as a certified super-nurse in Nunavik six months a year.

The other dream was in the music. Not in performing it on stage as she came to realize during her years at the conservatory, but in what it and all forms of creative expression mysteriously DO to provoke – in the maker and the witness– synergy, movement, emotion ... Experience.

That dream is now being wonderfully articulated too, here at the Saint-Gilles Cultural Centre where Nathalie now directs a multi-disciplinary program of projects that generate memorable and even life-changing experiences for artists and visitors of all sorts.

First, films, fresh off the international festival circuit, are shown here every few weeks. Just for fun, book off Wednesday May 22 and check out British black comedy Wicked Little Letters. Original English, French subtitles: \$10 at the door.

Second, review the live music line-up. World-class musicians from here and abroad offer classical, jazz, world, blues, folk, opera ... I've been brought to tears at breakfast more than once researching the eclectic sounds on the Saint-Gilles music roster.

Third, the Café Canopée activities program for one and all offers voluntary-donation conferences, exhibits, craft workshops and ... gumboot ateliers? For instance, mark June 2 on your calendar.

Finally, professional creators should know there is more behind the scenes. Have an idea for a stay as an artist-in-residence? Developing a new artistic concept? Do your

homework then talk to the new kid in town.



Photo:
Nathalie Bélanger
at the Saint-Gilles
Cultural Centre
9 minutes from
Saint-André



Cancer Support Group Next Cancer Support Group Meeting May 25

Join us for the next Laurentian Region Cancer Support Group meeting on May 25 at 1 pm at Chalet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the May meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.





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MAIN STREET 

Inter des Laurentides

Adapted and Collective Transport of the Laurentians is proud to announce that ridership has returned to normal, pre-pandemic levels in its public bus transportation service, Inter des Laurentides.

Inter ended the year 2023 with 137,231 passagers, which exceeds the traffic recorded in 2019. A new round trip to Saint-Jérôme from Mont-Tremblant at 11 am was even added to the schedule on January 29.

“This new departure was greatly requested by users and will fill a service hole in the schedule,” mentions Steve Perreault, mayor of Lac-Supérieur and president of the TACL board of directors.

The taxibus, a collective taxi service, is enjoying unprecedented popularity in the MRC des Laurentides, where demand is rising sharply with 7,577 trips made. In the MRC des Pays-d'en-Haut, a slight increase was noted, ending the year with 2,285 transports. The director of TACL, Marie- Claude Beaudet explains that several factors come into play: “Many people from urban areas took advantage of the context of the pandemic to move to the region. Many of these people are accustomed to using public transportation services to get around and therefore expect a certain level of service.”

The year 2024 will be marked by technological advances. The TACL team plans to make online payments accessible this year. The team will also analyze how to optimize the services of taxibus.

The Government of Quebec in Action for the Regions

More than \$449 million to make travel safer in the Laurentians

The Deputy Prime Minister and Minister of Transport and Sustainable Mobility, Ms. Geneviève Guilbault, and the Member of Parliament for Blainville, Mr. Mario Laframboise, announce an investment of \$449,342,000 for the next two years in the road transport networks of the Laurentians region.

For the occasion, they were accompanied by the Member of Parliament for Mirabel, Ms. Sylvie D'Amours, the Member of Parliament for Argenteuil, Ms. Agnès Grondin, the Member of Parliament for Plaines, Ms. Lucie Lecours, and the Member of Parliament for Labelle, Ms. Chantale. Jeannotte. The amounts granted allow the deployment of significant projects, such as: • the development of a reserved lane on Highway 15, heading north, between Boisbriand and Mirabel; • the repair of the roadway on Route 364, between Saint-Sauveur and Morin-Heights; • repair of the Lac-des-Sables bridge on Route 309, above the Lièvre River, between Notre-Dame-de-Pontmain and Notre-Dame-du-Laus.

For more information visit: Investissements routiers, maritimes, ferroviaires et aéroportuaires 2024-2026

Argenteuil Hospital Foundation

More than \$11,000 raised

The Argenteuil Hospital Foundation benefit dinner was a success! On March 20, nearly 100 guests were present at the Bouillon16 restaurant as part of our benefit dinner, to taste the 6-course gourmet menu created by chef Sylvain

During this evening, participants were also able to bid on the 42 pieces of our silent auction. Thanks to the participants and our valuable partners, an amount of \$11,252 was raised to support the mission of our organization. Thank you from the heart! We would like to thank the Bouillon16 restaurant, Audrey Marleau and Sylvain Leseize, for their exemplary involvement in making this event a great success.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Did you know:

That well-loved and sought after notary Barbara Thompson will move her office to join notaries Voizard Rochon, at 1080 Valiquette, Ste. Adèle as of May 15, 2024? Barbara has had her office location in Morin Heights for the last 13 years. She is pleased to join her new team and is looking forward to assisting you with your important notarial requirements. Barbara will offer the same notarial services including wills, mandates, liquidation of estates and homologations. She will also continue to service her clients with real estate refinancing, servitudes and legal advice. Same excellent service, same notary...only a short hop and a skip away from her previous location. Best of luck Barbara at your new location! 450 229-3551 or 450 644-0444 / ba.thompson@notarius.net / vrnotaire.com

That Magnolia Fleurs et Saveurs have merged with Miss Lili's and are now located at 20 ave. Lafleur sud, St. Sauveur? Owners Venita Payette and Elizabeth Alarie are pleased to offer you beautiful fresh flowers, colourful dried flowers and a variety of incredible house plants. As well, they offer delightful gifts such as candles, diffusers, vases and lots more. Order some flowers for a special occasion or drop by to see what they have at their boutique. 450 227-1120 / info@magnoliafleursetsaveurs.com / magnoliafleursetsaveurs.com

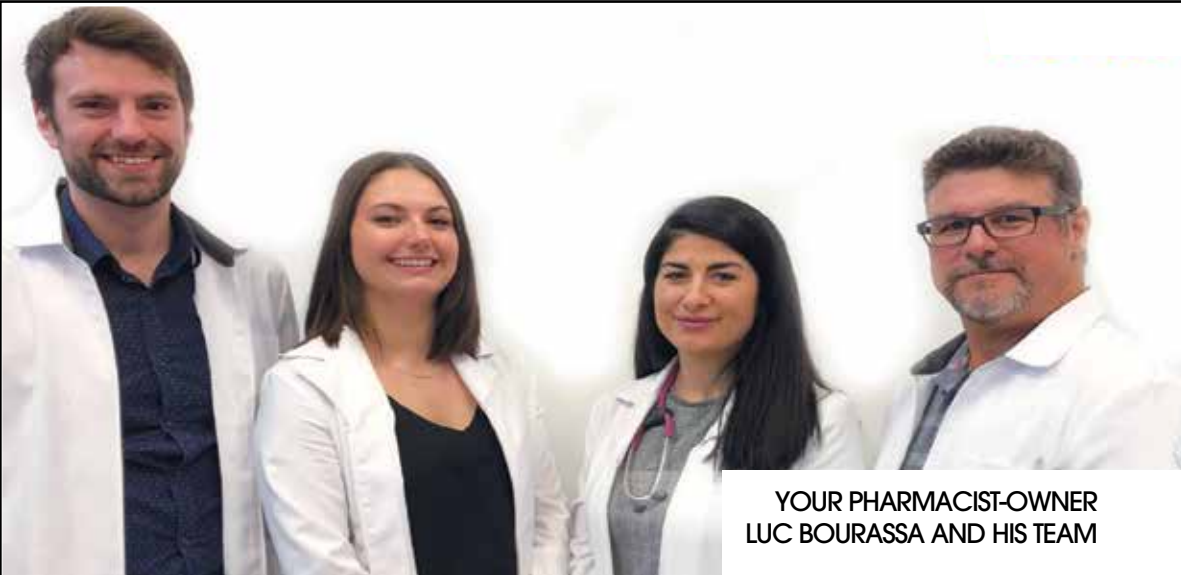
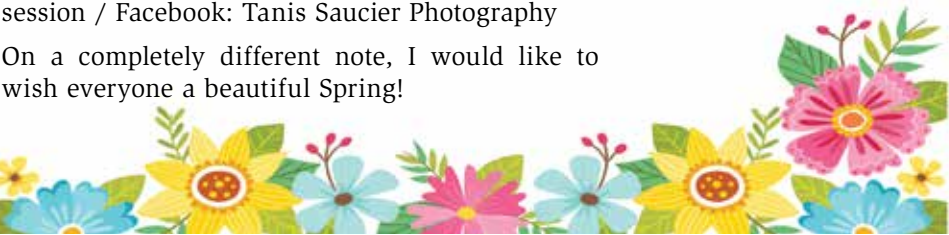
That if you are seeking a new place to buy your bulk food or healthy food items, you can check out Simplement Vrac, 27 de L'Eglise, St. Sauveur (located behind Les Écolorés)? Owner Annie Bergeron is proud to own a truly unique health food store that offers great coffee, flavourful tea, healthy seeds and dried fruits, chocolates, flour, sugar, maple syrup and honey. The herbs and spices they sell are from “La Clef des Champs”, Val David. There are also many other excellent health food choices that come in bulk format. Annie offers it all... and all under one roof. Stop by to check it out! 450 744-1777 / marchesimple.ca

That if you are looking for an amazing photographer, that you can call photographer Tanis Saucier? Tanis offers professionalism combined with superior quality photography. She truly cares about her clients and is dedicated to satisfying her clientele, while offering a flair of creativity and originality. She catches the true essence of an individual whether it is a newborn baby, child or adult. Tanis is known for transforming special moments into masterpieces. Whether it's to capture your business image or your precious family milestones, Tanis will deliver exceptional results. Tanis' studio is located in the heart of Saint Sauveur at 28 rue de la Gare, Ste. 102. 514 935-7266 / tanissaucier.com to schedule your session / Facebook: Tanis Saucier Photography

On a completely different note, I would like to wish everyone a beautiful Spring!



simple



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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, May 23: 5 pm – 8:30 pm

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

JASON LANG DUO IN CONCERT

Arundel Centre (Arundel United Church)

17 rue du Village, Arundel,

Sat, May 11: 7:30 pm – 9:30pm (doors open at 7 pm)

Tickets: \$25. Space is limited.

To reserve, please contact janet.thomas700@gmail.com

SPRING CRAFT FAIR

Morin Heights Legion # 171

127 Watchorn Rd. Morin Heights

Sat, May 18: 9:30 am - 3:30 pm

Contact Carol Howell 450-226-2664

YARD SALE

Lachute United Church (232 Hamford Street)

Sat, May 18: 8 am – 12 pm (noon)

Bake table, plants, books and treasures sale

MUSIC IN THE ARUNDEL MARKET SQUARE

Sat, May 18: 10 am – noon

Shop or browse at the Garden Swap & Shop while enjoying the talents of local musicians

Sat: June 22 -& every Saturday throughout the summer

Live music during market hours

GARDEN SWAP & SHOP

Arundel Centre (Arundel United Church)

17 rue du Village

Sat, May 18: 10 am – 2 pm

See Arundel News (page 6 for details)



COMEDY SHOW WITH CATHY FUOCO

“My Green Bananas” (in French)

Holy Trinity Church, Gore

Sat, May 18: 8 pm

Tickets \$35

Reservations at <https://lepointdevente.com/billets/ncu240518001>

SCOTTISH SETTLEMENTS IN ARGENTEUIL

St Mungo's Church (661 Route des Outaouais, Cushing)

May 19: 1 pm

André McNicoll is a direct descendant of the McNicolls from Scotland who settled on John Nairne's seigniory at Murray Bay in about 1762. He will be giving a presentation on Scottish History from the Romans to the Scottish Settlements in Argenteuil. Free admission – donations to Mungo's Restoration Fund appreciated.

Reservations: 450-562-7470 / andremcnicoll5@gmail.com

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

BENEFIT CONCERT - LES SENTIERS DE GORE

Holy Trinity Church (4, Cambria Rd., Lakefield)

May 25: 7 pm

This fundraiser is to benefit the re-publishing of Margaret Cook's book, Land Possessed. Entertainment provided by Catherine Planet and Guillaume Jabbour & Alexis Vaillancourt-Chartrand and Vincent Julien.

The music will be a mix of Cajun, folk and French songs - a mix of original songs, covers and instrumentals.

Tickets \$15 / reservations at finance@lessentiersdegore.com

GARDEN PARTY AT PETITE FOLIES

Main intersection in Arundel

Sun, May 26: noon – 6 pm

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

BBQ, pizza, 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



**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

May 17: 2pm - Celebration of Life for Heather Hodge

Mondays 1:30pm Bridge

June 7 & 14: 11am - Beginners Yoga - Free

June 29: 6:pm - Canada Day Supper

For more information arundellegion@gmail.com

819-687-9143

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

May 17: 2pm - Celebration of Life for Heather Hodge

Mondays 1:30pm Bridge

June 7 & 14: 11am - Beginners Yoga - Free

June 29: 6:pm - Canada Day Supper

For more information

arundellegion@gmail.com

819-687-9143



On With the Show For the love of it

Florian Gaudreau

I'm sure it's everyone's dream to do what he or she loves, but it's not everyone who can. There are those who would rather not follow their passion for

fear that making a living from their heart's desire

would take the love out of it. A gardener doesn't necessarily want to be a farmer much the same as a musician wouldn't necessarily want to be a professional. So, this article is dedicated to those who love playing and listening to music. Apparently, that's everyone living in Arundel. Music is a wonderful way to meet people and I've met quite a few during my travels.

Neil Swail is one of those people. I originally met Neil, not through music, but rather as his position as a Fire Marshal for Harrington. In passing, he mentioned he liked my music; he had heard me play at a Canada Day event. At that time, he never mentioned he was a musician. Years went by, I'd know him to wave at, but no more than that.

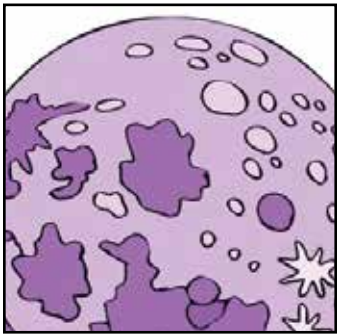
I was invited to a musical dinner, one day; no, not to play for my dinner, more like a kitchen jam, when I walked Neil and Chantal, high school sweethearts, recently reunited through Facebook. Right out of a fairy-tale, two musicians united in love and live happily ever after. Chantal's musical style was much the same as

Neil's, understated and modest. Humble pie is the main dessert served at the Swail's residence.

That night there were 4 guitars, a banjo, a mandolin and, me on harmonica. It was a magical musical event. Throughout the evening Neil had a binder full of music to which he referred. He still has and uses it and recently, when I heard him play at the Arundel Legion, he had people dancing in the isles. He has as much material as any professional musician. Neil's style of music ranges from rock'n' roll to bluegrass and pretty much everything in between.

So, where does this inspiration come from, to dedicate the time it takes to do this? Neil had played music as a teen, but since Chantal came back into his life, music has become the center point of their lives. Neil practices often and he has nail hard callouses on his fingers to prove it so, don't get on his wrong side or he's liable to poke you in the eye and that would be the end of it.





Zach Factor

The Plejaren prime directive

Lys Chisholm & Marcus Nerenberg

The television series Star Trek first aired in September 1966. The mission of the Starship USS Enterprise was, "to explore strange new worlds, to seek out new life and new civilizations, to boldly go where no man has gone before." In the fictional universe of Star Trek, the explorations of the USS Enterprise were governed by the concept of 'Prime Directive' (also known as "Starfleet General Order 1", and the "non-interference directive") guiding principles of Starfleet that prohibit its members from interfering with the natural development of alien civilizations. In parallel, we have the story of Billy Meier, who, for the past eighty years, claims to be in contact with a space travelling race of humans that has been nudging us Earthlings towards a more harmonious existence.

Eduard Albert "Billy Meier" was born in a rural Swiss village in 1937. At the age of five he was visited by a human extraterrestrial named Sfath who identified himself as a Plejaren and, communicated with him telepathically in German. After 1953, Meier said he began communicating with another extraterrestrial woman (though not a Plejaren) called "Asket". As a young man he traveled to many countries learning about various cultures and religions. When he was twenty-eight, he lost an arm in a bus crash in Turkey. All ET contacts ceased in 1964, he said, then, resumed on January 28, 1975 when he met "Semjase", the granddaughter of Sfath, and shortly thereafter, another Plejaren man called "Ptaah".

Over two decades, Billy took 1200 photos of flying saucer-shaped craft that were laughed at and ridiculed when published, yet Dr. Michael Malin of NASA, along with many other professional film experts, found the photographs credible. Meier gave a metal sample of the ships to Marcel Vogel, famed herbalist, who had worked at the time in IBM's research lab for twenty-seven years, from 1957 to 1984. Vogel was unable to duplicate the strange alloy.

Meier's space- faring mentors dictated information from over 30 scientific disciplines as well as spiritual and moral lessons. He received and transcribed more than 26,000 pages of information, an exceptional feat for someone who left school in grade six. From that amassed knowledge he wrote at least six books and dozens of pamphlets, and attracted the quiet attention of both scientists and spiritual leaders from around the world. Michael Horn, a scientist and researcher who has followed Meier since the 70's and himself, at first a sceptic, now remains the American media representative. When Horn met with astrophysicist David Froning, a person with top-secret security clearance, Froning said, "I will only tell you that I and a small group of scientists I work with think we have made breakthroughs in our understanding of hyper-space propulsion, zero-point energy, from Meier's information". Froning has since published a book, **'Faster Than Light: Warp drive and Quantum Vacuum Power'**.

The Plejaren's are not making a splashy entrance on the Whitehouse lawn. According to Meier's transcriptions, The Plejaren's say our human development towards galactic citizenry begins when we stop making war on ourselves. As nuclear devices exploded in 1945, all our cosmic neighbors sat up and took notice. Meier's early transcripts explain (before modern science did) how radiation negatively alters the atmosphere, the oceans, our DNA, as well as affecting all living things.

The Plejaren's convey the need for humans to understand effects of energy consumption and waste products due to overpopulation. Pumping hydrocarbons out of the ground is a mistake. The atmosphere, water and soil are being poisoned by the thousands of chemicals we use and then can't dispose of properly. Micro and nano-plastics have become part of our physical bodies. They also say that the Planet is reacting to this imbalance in many ways. Over the past few decades, the sperm count in males of all species has been dropping dramatically.

Our cosmic neighbors are heeding the prime directive. They want us to understand they are not white knights coming to rescue us. A shift in consciousness is up to us; it cannot be imposed from the outside. Billy Meier, now 86, faced decades of ridicule and 25 assassination attempts yet he has been sharing insightful information from a variety of ET sources since 1958 that is helping humanity wake up. The energy in the universe is light, is love, and is respect for every living thing including the Earth itself. If arriving today, Captain Kirk, Spock and the USS Enterprise landing team might take a close look at us and chose instead to move on.



Photo: One of thousands of UFO photos captured by Billy Meier at his farm in Switzerland before the advent of digital photography, some witnessed by multiple people. Photos have been highly scrutinized and deemed legitimate. Photo Credit: Eduard Albert Meier - <http://www.figu.org/ch/ufologie/strahlschiffe>; Wikipedia.org Fair use, <https://en.wikipedia.org/w/index.php?curid=38565813>



The Story Behind Ste. Agathe, a railroad boomtown

Joseph Graham joseph@ballyhoo.ca

In Ste. Agathe, our current railroad station is our third. In 1892, when the train first arrived, the station that welcomed its first passengers was south of its current location, at the corner of de Montigny Street. It was a smaller building, part of what you see today, the part without the rotunda. CP Rail could not have foreseen that this little town would grow to 20 times its size in the 20 years following the arrival of the train. Five years before the station opened, the town's existence was threatened and the total turnaround was unimaginable, even though Curé Labelle believed that the train would save us. His belief was very practical. There were large forests to our north being actively exploited, but the northern rivers could handle them, floating wood to the Ottawa. The town was not particularly known to anyone except to the decreasing number of farmers who struggled to make ends meet after a three-year drought. Many of their children were moving north into the fertile valley of the Rouge River, but something else was starting to happen. People from Montreal and the United States were coming, but what was the draw to Ste. Agathe? There were lakes everywhere. What made Ste. Agathe stand out so much?



Somewhere between 1892 and 1894 a geological expedition left Montreal to explore the hills surrounding the new rail line north. The organizer was Sir John Dawson, principal of McGill University and an amateur geologist. After his visit he wrote an article about the wonderful Laurentian Mountains bringing particular attention to Ste. Agathe. He identified the hills as the oldest in the world and somehow caught people's imagination. He may have mentioned that the Ste. Agathe station was one of the highest points on the line at 1214 feet above sea level. In contrast, the St. Jovite station was at 690 feet and Ste. Adèle, at 660 feet. The article was published in the American magazine, Harper's, and it certainly influenced American readers. Was it a catalyst for what followed?

The people who were already here had come north only fifty years earlier, encouraged by the Catholic Church, in order to keep them from moving into the cities, or worse, to the small industrial towns in the United States. The people who came were self-reliant, independent and even, at times, ornery. They made their own homes, their own homespun clothes, their own wooden shoes and of course, they grew their own food. The hills had mostly been cleared of trees and the cleared areas had been fenced. Little herds of sheep and a few cows, oxen, chickens, horses and tidy houses beside barns must have presented a bucolic scene to the Montrealers. In her short book describing Ste. Agathe in the 1890's, Elizabeth Wand describes the residents of Ste. Agathe as being particularly fastidious: *"I found Ste. Agathe a village nestled at the lower end of the lake. The houses mostly built of logs, with plaster in between, and white-washed. Little gardens with vegetables and flowers, all so neat and trim-looking. The people clad in homespun of their own weaving, knitted stockings, good thick ones, also the work of the women and girls. The catalogue carpets and braided rugs, such a happy-looking industrious people, hospitable and kindly to a degree."*

A happy-looking industrious people who had lived through plague, famine and poverty in just a single lifetime, the farm families watched as many left for more promising soil to the north.

The newcomers, Montrealers and Americans, were a part of a new economy that resulted from infrastructure investments made to throw off the residue of an international market crash, and just like we saw during the COVID pandemic, the smallpox epidemic of 1885 encouraged them to move out of the city – at least for the smelly summer season. New banking rules stabilized the money supply and banks were encouraged to lend more freely.

The farmers knew well how vulnerable their lives were on these subsistence farms and were happy to sell the bucolic dream to wealthy Montrealers. Many of the Montrealers were business leaders in an important colonial city of the British Empire, a city whose growth had not stopped since the American War of Independence. A major North American port, Montreal was also a point of entry for waves of European immigrants. Its infrastructure could barely keep pace, and sewage and garbage collection systems were in experimental stages. This was a city that dreaded the arrival of spring because the thaw brought with it the stench of uncollected wastes, a city that also boasted the Square Mile where Canada's economic leaders lived.

The train was moving moneyed people through the Ste. Agathe station. The big steam engines pulled cars for products but also for people and some of the wealthier even travelled in their own train cars.

This new economy destroyed the subsistence farming community, not because it wasn't viable, but because farmers were receiving astounding offers for their farms and the farmers began to open businesses and build houses in the village, creating more opportunities for growth and employment.

CP eventually moved its station to its current location and added the rotunda. The sleepy village of Ste. Agathe had become a real town and the station grew even larger.

The new and old communities never joined. A hundred years later, the descendants of the farmers saw the descendants of the parttime communities as tourists. Enormous tuberculosis treatment centres became the largest employers, and then, when antibiotics made them redundant in the early 1950s, that infrastructure became a part of the local health system. Roads replaced rail and country estates became weekend getaways.

The third station was built eighteen years after the railway had been removed. The era of trains was over, but not of train stations.

...to be continued



Garden Talk

Bountiful beans are easy to grow

June Angus - Main Street

Beans are one of the most rewarding crops found in any vegetable garden. They are easy to grow – even for beginners – and produce a plentiful harvest.

There are many varieties to choose from including all sorts of green beans, as well as yellow and even purple or variegated specimens. Some are called bush beans, meaning they grow as short bushy plants. Others are pole beans, which require staking to give them free rein to grow.

Bush varieties are my personal favourite – especially in our climate with a relatively short growing season. They grow quickly from seed sowing to harvest (45 to 60 days depending on the variety) with a minimum of fuss and maintenance. Pole beans are also delicious but require a bit more attention including support to help these plants thrive. Most pole beans take longer to mature than bush varieties (60 to 75 days).

Beans grow best directly sown as seeds in the soil as soon as the risk of frost has passed. To ensure a continuous harvest over many weeks, plant seeds every 5 or 6 days at the start of the season. Some years, I’ve started harvesting by mid July and continued till early September.

Beans prefer organically rich loamy soil with a slightly acidic pH. Good drainage is also key. Remove weeds prior to planting to prevent competition for soil nutrients and moisture. As beans grow, weed carefully around the plants, as their shallow roots are easily damaged.

Beans require generally moist but not overly wet soil. If the season is dry, they will need extra watering. If the season is unusually wet, check plants regularly for signs of rotting beans or leaves and remove any affected plant material immediately.

Most bean varieties are self-pollinating as their flowers include both male and female parts. Pollination within each flower usually happens reliably just from gentle breezes, though bees and other pollinators can assist. Therefore, it’s not necessary to grow different varieties or multiple plants in order to ensure cross-pollination.

As harvest nears, check your plants daily and pick any that are ready. Rest assured smaller beans that remain on the plant will be ready sooner than you think. While freshly harvested beans are ideal, they will store well when refrigerated for up to a week.

While I favour bush beans, indigenous cultures throughout the Americas often prefer pole varieties, which they integrate into a type of companion planting method know as the “Three Sisters.” This refers to growing tall corn stalks, which the beans use to climb and act as their supports. Around the base of the corn various types of squash are grown. The beans get enough light, air, nutrients and moisture to reach maturity long before the corn or squash is ready for harvest. Beans are well known to be nitrogen fixers as their root zones act like a nitrogen production factory. Corn and squash just happen to need more nitrogen to thrive than is generally recommended in most garden plots – truly a symbiotic relationship.

In case it wasn’t already obvious...I love beans!! Happy planting!



Word Play

Words

Louise Bloom - louisebloom@me.com

Words, how they weep, wrangle, wail, warp, and wander. I think of words as living entities that when arranged and spoken by living beings, create world upon world of both the frank and the phantasmal. Granted, in whatever language, words are guaranteed to inform, entertain, deceive, seduce, and sometimes to create beliefs, on which we become dependent. How conscious are we of our use of spoken life?

The printed page, the distribution of the written word, began influencing human consciousness in 1452. Johann Guttenberg (born Johann Gensfleisch, (“John Gooseflesh”) changed his name, and printed the first Bible. While he may have had the desire to enlighten the world through print, he nonetheless adjusted his public persona to read “good-berg, or mountain hill”, already clued into the advantages of a rebrand.

Words are vital for our working life, our family life and our social life. It’s important to have the words you need to communicate how you feel, what you need or what you are going to do next. Our culture is reliant upon words to sell us whatever is the current shiny object of any new contractual agreement. The economy relies on words to operate. For the most part, humans are dependent upon language to be able to function.

Even when silence is promoted, as with meditation, we are encouraged to hear ourselves, our own conscious thoughts, which will come to us in our own words. And these words inform us as to what is foremost in our personal world, the things that are currently most important to us.

The expression “word” has been crowned with importance through language itself.

In English, for example, we might ask, “Can I have a word?” or exclaim, “I give you my word!” You might introduce a subject with the phrase, “In a word...” or deliver “empty words”. You may in fact “have the last word while spreading the word.” The power of the word is hereby acknowledged.

In a 2013 TED talk, “Does Language Bring Us Together or Pull Us Apart?” biologist Dr. Mark Pagel speaks of the potency of our words. He explained that through language we can “implant our ideas” into another’s mind. Language carries our thoughts. The way in which we implement words literally shapes the way we perceive the world and participate within it.

Because of today’s technology, words rain upon us constantly through text messages, status updates, interminable ads and news stories on our phones and computers. And while language is what promotes connection and solidarity, it can also deteriorate our relationships and our communities in the event of exaggeration and hypocrisy.

Now, science has confirmed the huge power our words have on us - our communities and the world at large. It has been proven that words have the capacity to give form to matter. Our words not only reflect but also shape the structure of our brains (Neuroplasticity, Sharon Begley, “Can Thoughts and Action Change Our Brains?”) by altering the structure and promoting regrowth of brain cells, once deemed impossible. By changing our “words” we can also remodel our brain structure, adjusting our mental tendencies. How magical!

We might possibly consider expanding our conscious focus when communicating. Whatever the intention, we have the choice to pause and reflect before speaking, tailoring our communication by intending the best outcome, elevating our intention to speak our truth without aggressing another.

Recently, a friend whose frustration in a particular situation was emphasizing each phrase with the (very commonplace) vulgar f-word expletive. This choice really substituted his feelings of sadness and helplessness in a difficult situation. There are so many ways to configure a message. “Word on the street” tells us to let these words settle. Like an interesting word game, we can work our own magic to reduce miscommunication and conflict in a world that is too often triggered in this regard.

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.

Gardening volunteers wanted!

The local gardening society Tournenvert will once again team up with Morin Heights Elementary School to help students create a garden designed for hands-on learning about food production. The garden opening is set for May 29 from 9 am till noon. Volunteers are needed for general gardening chores. No pre-requisites required; tasks are assigned according to experience, interest and physical ability. Volunteers are also needed over the summer months to help maintain the garden while students are on summer holidays. For more information or to volunteer call Micheline at 514-984-5489 or email tournenvertshet@gmail.com.



Exhibition: Collective of the Route des Arts Artists



Le Centre d’Art d’Argenteuil is proud to welcome you to the Collectif de la Route des Arts exhibition, featuring 28 artists and artisans. This exhibition, which celebrates the 25th anniversary of the Route des Arts, will be held from May 11 to June 9, 2024, offering visitors a taste of what they will be able to discover during the Workshop Circuit from July 13 to 21, 2024.

The opening will take place on Saturday, May 11, from 1 pm to 4 pm, at Le Centre d’Art d’Argenteuil, 585, rue Principale, Lachute.. This opportunity will be ideal for meeting the participating artists and artisans, as well as discovering their varied and inspiring works. As a first, you will have the pleasure of reading the artistic fact sheets created by Sylvie Coutu, M.A., art historian and regional expert at the Ministry of Culture and Communications of Quebec, proud partner of the Route des Arts since 2022. These sheets, offering a detailed overview of the artists and their work, will be available during the opening and, on the Route des Arts mobile application.

For more information please drop by, call 450 562.9090 or visit www.centredartargenteuil.com

Obituaries

SHIRLEY MACGEORGE BEALS
1939-2024

Shirley MacGeorge Beals passed away on April 7 at the Argenteuil Hospital.

She was predeceased by her parents Mona Kennedy and Norman (Bud) MacGeorge.

She is survived by her husband of over 60 years, LeRoy Beals, and by her sons Howard (Robyn) of Rockland Ontario, and David (Sandra) of Seagrave, Ontario. In addition, she leaves dearly beloved grandchildren: Amanda (Tyler Bell) and Nathan Beals, Candace Regimbal (Adam Cybulski) and Luc Regimbal (Jen). A source of great joy are the four great grandchildren: Jack Bell, Annabelle and Keira Cybulski and Ronan Regimbal. She is also survived by several cousins in the Kennedy family.

Shirley began her teaching career in 1957 at the age of 17, and except for a few years when her sons were young,



she continued until retirement in 1996. Shirley was a great teacher, a great mother and a wonderful wife. She had a large group of friends, ranging from early childhood years to a new group she made in Florida during 25 years of retirement. Shirley held her friends dear to her heart, and she stayed connected with them over the years.

At Shirley's request, there will not be a funeral. A Celebration of Life will be held at a later date. A donation in her memory may be made to the LRHS Alumni Scholarship Fund, Laurentian Regional High School, 448 Argenteuil Ave, Lachute, Que, J8H 1W9

MEMORIAL SERVICE FOR
VERA EVANS (née Jane)

A memorial service for Vera Evans will be held at the Arundel United Church, 17 rue du Village, on Saturday, June 1 at 2 pm. All welcome.



CELEBRATION OF LIFE
THOMAS GORDON SMITH
5 JULY 1926-11 DECEMBER 2023

Tom passed away on December 11, 2023, at the age of 97 years.

He is survived by his wife Margaret (Brass) and his children Linda, Rick (Dianne) and Kathy (Mike) as well as numerous grandchildren. He also leaves his family-in-law: Barbara (late William Brass), Jim (Pat Brass), Karen (Waren Boese), Ian (Manon Brass) and Heather (Bob Blair) and fondly remembered by his many nephews and nieces and extended family.

Funeral service will be held on Saturday May 18, 2024 at 2:30 pm at The Presbyterian Church St. Andrews, 5 John Abbott St. St. André d'Argenteuil. Visitation at the church from 1:30 pm.

In his memory, a donation to The Montreal Shriners hospital foundation (<https://www.shrinerschilchildrens.org>), to The Protestant Lachute cemetery, Box 174

Lachute (Qc) J8H 3X3 or to The Presbyterian church St. Andrews, 5 John Abbott St. St. André d'Argenteuil, Qc, J0V 1X0 would be appreciated.



In Loving Memory
BURGER, Jack
(1954 – 2012)

Your shining star
still shines brightly upon our hearts
Lovingly remembered and deeply missed
Sue, Greg and Joel



Memoriam_ Claude Smith
January 25, 1953 – April 15, 2013

If ever there is a Tomorrow.
I can't possibly believe it has been 11 years; time has truly flown by.
You were my rock, my soul mate, you were my everything.
You live in my heart everyday and I have my memories.
I have lost my life companion but I know that you watch over me and that you are still guiding me through the rest of my life.
I may dream a million dreams but there will never be another you.
Love you a Bushel and a Peck and a hug around the neck
Forever your wife, Ilene xxxxx



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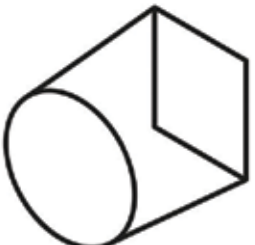
The project has been spearheaded by Louise Bloom and Elizabeth Whalley, two artist members of the printmaking collective Atelier de l'île, Val-David. The project has given the artist participants an opportunity to experiment with the folding of paper and transforming two-dimensional prints into 3-dimensional art objects.

You will discover the diverse exploration of each of the artists. Paul Ballard displays a myriad of delightful imaginative structures and the ultimate puzzles of folding. Louise Bloom exhibits a rotating flag-book, mirroring and expressing the major inventive moments of a fruitful printmaking career. Michel Depatie, with profound nostalgia, unfolds a pensive photographic record of a marriage, a ghostlike distant past at La Sapinière Hotel. Clemence Gagné, repurposes a favorite leather jacket, finding in its folds and prints, the infinity of the 'blind spot'. Claudette Domingue prints, folds, and fans the accordion to exhale a concept of TIME, both boundless and limited. Denis Dulude dramatizes in print: "Pages soiled with ink, in poster dimensions. Folded, to conceal, unfolded to show. To remember where I come from." Marie-Josée Lebel devotes herself, through print and fold, to Quebec Victorian architecture, once lost, now finding a new form. "Le coule à pic" by Normand Ménard, records personal reflections on his own inebriation, unfolding ingeniously from a storage box. Olga Ines Magnano explores with a passionate regard, the fabric-like flowing materiality of Japanese paper. Richard Purdy's minimalist view - "The General Explanation of Absolutely Everything", offers a powerful revelation from the gutter of the book. Cristine Rolland creates a flaming river of fire, a striking assembly of pleated prints. Jessica Thibault invites us into a miniature beehive, revealing through print and fold, the secrets within. Elizabeth Whalley electrifies a series of over 100 water-colored folded cubes, reflecting an astonishing landscape.

Many thanks to ATELIER DE L'ÎLE, Val-David, Municipality of Morin Heights, MRC des Laurentides and the Conseil des arts et des lettres du Québec for their support.

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The Other Side Of Getting Old Extraordinary

Florian Gaudreau

I have never thought of my life as being extraordinary, not that it was ever ordinary. At the age of 13, I learned that working in a pickle factory was not something I wanted to do. My summer job was to push the pickles deeper into the jar so the lid could go on. When my friends asked me what I did for the summer, I'd let them smell my fingers. I've done a lifetime of different jobs since then. I have to say I worked hard, but it was never my passion. I envied those who found what they love to do.



When I was put out to pasture, my retirement plans changed as my vision of living 6 months here and traveling 6 months a year was no longer possible. I felt grateful for the exciting life I lived, but felt I was living in a time of broken dreams. Sad thing about perspective, it colours everything dark and grey, hope is no longer a guiding light.

To find my way back to the light I began building a social network to get out of the house. I've always been drawn to live entertainment. Theater, storytelling, comedy and of course live music and open mic night. I started to play more music and discovered I was better than I thought.

Passion started to fall into my life. One day when I wasn't looking, I was hit by a surge of passion. I met the love of my life at the age of 68 after 30 years of being single. Never in my wildest dreams did I think this was possible.

Now, at the age of 70, I appreciate everything and everyone in my life. No plans, I'm just happy to be happy. I've turned to an ordinary life but let me tell you, it's extraordinary.

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Nouvel Angle/New Perspectives



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Fourteen artists of the Atelier de l'île, Val David, explore the art of the fold.
Quatorze artistes de l'Atelier de l'île, Val David, explorent l'art du pli.

Artist talk by Louise Bloom and Elizabeth Whalley at 7 pm
Conférence d'artiste par Louise Bloom et Elizabeth Whalley à 19h

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Theater Troupe La Belle Gang Returns to the stage for seven performances dealing with elder abuse

The Users' Committee of the Laurentians Integrated Health and Social Services Center (CUCI) invited the theater troupe La Belle Gang to present a play addressing the issue of mistreatment towards the elderly. Under the evocative title "Faudrait pas prendre grand-mère pour une dinde et grand-père pour son dindon", this piece will be performed seven times over the coming weeks in the Laurentians region. For thirteen years, the La Belle Gang theater troupe has traveled the province to raise awareness of the problem of elder abuse as well as the reality of caregivers. Lasting 90 minutes, this play includes a question session at the end of each performance, during which a specialist on mistreatment will be available to answer the audience's questions.



The CUCI would like to thank the collaboration of community organizations in the region as well as the local user committees which made this event possible. To obtain further information on the locations and dates of performances of the play as well as on the activities of the users committee of the Laurentides integrated center, visit www.santelaurentides.gouv.qc.ca, in the about section. us, user committees.

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Argenteuil among the best migration rates in Quebec for 2022-2023

It is with great pride that the MRC of Argenteuil learned that it occupies 2nd place in the ranking of migratory rates of the 104 regional county municipalities (MRC) for 2022-2023, according to the Bulletin sociodemographic from the Institute of Statistics of Quebec. The MRC thus maintains its advantageous positioning for a third consecutive year, after having held 1st place in 2021-2022 and 4th place in 2020-2021.

Each year, the Quebec Statistics Institute draws a portrait of migration in Quebec in order to determine the movements of the Quebec population across the territory. Positioning is determined based on the number of incoming and outgoing individuals, i.e. the number of people who decide to come and settle in Argenteuil compared to those who move outside. For Argenteuil, in 2022- 2023, 2,134 people entered for 1,394 people who left, resulting in a net gain of 740 residents in the region, representing a net rate of 2.04%, one of the highest in the Quebec.

“This data confirm that the MRC d’Argenteuil is one of the most attractive regions of Quebec. An ideal geographic positioning, access to housing for all budgets and a pace of life harmonizing proximity to nature and accessibility to services: so many ingredients that make our MRC top the ranking. to rejoice the prefect of the MRC, Scott Pearce.

For more information on this campaign visit: www.inspirer-brere.com



Real Wine for Real People

Red wine and your gut microbiome

April Sirois – Sommelier - ISG

Did you know that your gut has a lot to do with how healthy you are? That your digestive tract is responsible for about 80% of your immune system? When I learned this recently I was intrigued. It fascinated me to think that what I eat and drink has such a huge effect on my ability to fight viruses and bacterial infections. So, of course, I had to research the heck out of this and find out if wine has a positive or negative effect on my gut microbiome and that system’s ability to keep me healthy. Based on a report in the January 2020 issue of Gastroenterology, consumption of red wine does indeed increase gut health. White wine had only weak effects, with beer, cider, and spirits having none. The researchers propose that even infrequent red wine consumption has benefits on gut health. This is possibly via effects of polyphenols on the intestinal microbes - feeding them and helping them to maintain a healthy, robust colony.

The reason for all the polyphenols is that in the production of red wine, the skin of the grapes is used; the grapes soak and ferment with the skins and stems still on while in the tank, resulting in 10 times higher amounts of polyphenols than in white wine. In white wine, the skins are removed immediately Polyphenols are not new to researchers and have been previously associated with health benefits such as reducing cardiovascular disease risk factors, metabolic syndrome, depression and improving cognition. The effects of polyphenols are now also believed to be involved with positive effects on intestinal microbes.

The red wine polyphenols also include flavonoids that can reduce oxidative stress and increase beneficial gut bacteria. It was found that red wine consumption was associated, depending on amounts consumed, with increased and more viable, healthy gut flora, showing that even rare consumption had an effect. White wine was associated with a lesser increase, and there was no association with other alcohol categories. Sorry cocktail lovers. It was also concluded that even rare consumption of red wine is sufficient to increase diversity of the intestinal microbiome, which contributes to some of the debated health benefits of red wine such as increased cholesterol metabolism and reduced fat in the blood.

The proportion of Barnesiella, which supports the immune system and overall health, was higher in the gut microbiota of red-wine consumers. This was also consistent with findings from studies of rats. The group conducting this study agree that although it is clear that a robust gut microbiota can affect health, that high consumption of alcohol also has many adverse health effects. So, my take away from all of this is that yes, in moderation, wine and, in particular red wine, does contribute to a healthy gut microbiome and by default, a stronger and healthier immune system.

So take your probiotics and your prebiotics and don’t forget to also enjoy a glass of red wine from time to time and when you toast, “to your health.” You know it’s true.

Cheers.

~ Wine is the thinking person’s health drink – Sr Phillip Norrie





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I’m Just Saying

Life is a highway

Ron Golfman - Main Street

After recently listening to the old classic "Oh La La" by Faces, I found myself thinking of a few wisdoms imparted by my late dad that I now know to be true. He often remarked that "if" is not a formula, to depend upon or expect, given life's many curveballs. Instead, he'd remind us that obstacles are inevitable but that there is no shame in falling down as the glory is always in getting back up again. While I'll admit that I used to fall prey to the hippy trope of not trusting anyone over the age 50, I've come to appreciate this wisdom. Akin to the state of our roads, I've hit a few holes along my journey and I've found that the ticket has always been to keep moving forward.

The older I've become, the more I share tales of becoming accustomed to illness and loss with many old acquaintances. Similar to the parable of how unstoppable water is in the face of any obstacle in its way, the same can be true of the inevitability of aging but also of the resiliency of spirit

My own recent experience of illness has provided me with an outpouring of connection and kindness. To the many who selflessly give up their time to drive me to appointments, you've turned the mundane into making me feel like I'm Jerry Seinfeld riding in cars with comedians. We grow closer, share in laughter, and you have provided a true silver lining to sombre times. There are also many others who drop off home cooking for me, including some nostalgic recipes from my youth like matzo ball soup or my mom's eggplant dish. Setting the illness aside, I've never eaten so well. I am repeatedly told to stop saying thank you so often and, to welcome the support whilst being reminded that over the years, I've done a good deed or two that have warranted the favour being returned.

Along with jokes from my kids about being a sentimental hoarder, I happily accept the label for keeping closets of photos, knick-knacks, and mementos as these souvenirs trigger many fond memories. I've made many travels down memory lane by tagging photos so that my family and friends have a point of reference of the many 'good old days' that were had. I would be remiss at this juncture if I did not acknowledge a wonderful man - Sheldon Segal - who taught me that history is important and that the act of holding on to cherished keepsakes helps serve as a bank to preserve your memory. Alongside the many gifts and wisdom he's imparted on me from his kind and generous heart, I thank him sincerely.

Bravo to all who are going through tough times and find strength to keep moving. It's not always easy but, I'm just saying, it's worth it. As I look to what's next, I look forward to seeing you all in warmth and longer days as the summer approaches.

Be well and see you soon!



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