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See page 3 for listing



See p.14 for listings



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What's On My Mind...

Country roads to local venues...

Susan MacDonald, Editor

The day was cold and damp as I drove up Route 327 to Arundel to catch the seasonal closing of the local market and the first hint of flurries was in the air as I stopped in to say hello to Debbie at the General Store. It had been quite a few years since my last visit so I was happy she was there and that we had the opportunity to chat, if only for a few minutes. Crossing the street to the market scene, I could see local musicians, Victor Courte and Florian Gaudreau, setting up their equipment and doing sound checks, several vendors set up and waiting to welcome shoppers and, several visitors already heading onto the site. Despite the chilling temperatures, spirits were high and smiles were abundant.



Making the rounds, I discovered products from a local lavender farm, homemade jams and pickles, fresh produce, wood carvings, a variety of handcrafted items and even a local author of children's books. Missing, was Pickrell's Mobile Ice Cream truck... sorry to have missed you Pete, will catch you next season.

Out of nowhere, chairs appeared magically and I was happy to sit down to enjoy the music and take in the warm ambiance of the day. It was heartwarming to see friends meeting friends as they picked up their weekly goods at the vendors' tables while catching up on each other's weekly local news. It was also a pleasure to be introduced to Rick and Celia of Rick's Room, whom I hope to visit next season. Before leaving, I received several hugs goodbye from new friends and was gifted with a copy of Victor's CD. I thoroughly enjoyed the morning and couldn't help thinking this was what community was all about.

I pulled out of the parking lot as the first song of my new CD began to play and headed down the Rouge River Road back to Harrington. The gravel road had been freshly graded, the scenery was spectacular, the music was in tune with it all and, I can't remember ever enjoying a drive as much as I did that morning. As I reached my turn-off, I hesitated, wrestling with the choice of turning left to go to work or right to some unknown destination, I just wanted to keep on driving. On that day, work won out, but there will be others...

I carried that wonderful feeling with me for the rest of the day, I still do. It wasn't just the market, or the music or drive, it was a sense of belonging, of coming home, a reminder of what living in a rural community is all about. Local markets and other similar venues are important to us all. They encourage and help support local entrepreneurs and, most importantly, they bring their communities together.

Country roads along the most scenic routes you will find anywhere are what we travel to get from one venue to another. Now, that's country living at its best.

Enjoy the read...




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Making it Work in the Laurentians

6 ways to make your first online sale

Maya Khamala

It's a wide, wild world out there, with endless creative ways of promoting your product or service online. Finding a way to entice people to buy what you're selling online will set you apart!

Here are 6 of the most successful ways to make your first online sale:

1. Free gift campaigns

Freebies are often a hit, but since your offer doesn't grow on trees, choose your participants well. Your target audience should want to buy rather than be satisfied with a one-time giveaway. Consider offering your gift to key influencers in exchange for a post or review. Send them a promo code they can share, as a way of boosting traction and conversions. Hot tip: use gift campaigns to collect info for future campaigns (i.e. require email addresses to receive promo codes).

2. Affiliate marketing

Provide extra motivation to the influencers you're gifting by looping them into the sales facet of your operation. Get affiliates involved by offering a commission on every customer purchase - they can trumpet your wares by sharing a link (and accompanying promo codes) via social media, YouTube, and/or their blog, to name just a few.

3. Social media connections

Why not harness the power of your established social media network? There is zero shame in doing some meaningful outreach to your existing personal contacts if you think they may be within your target market. Sharing and promoting your products/services within your Facebook, Insta, or TikTok universe is sure to raise awareness of your offering, at the very least.

4. Strategic alliances

Building short or long-term mutually beneficial relationships can be a highly effective, well-supported way to enter a new market. For instance, if you sell coffee mugs, partnering with a coffee company to sell combos that will benefit both of you is a great way to quickly raise your profile and perhaps theirs. For the strongest partnerships, seek out companies of a similar size to yours.

5. Marketplace platforms

Marketplace platforms take a commission on sales, so always check their rates before signing up. That said they could be worth it for new businesses thanks to their high traffic and buyer intent. Think multi-sided marketplaces, like Amazon, eBay, and Bonanza, which sell their own products along with that of competitors. You might also choose more niche marketplaces, like Wayfair, Joss and Main, NewEgg, and DeviantArt.

6. Ad networks

If your budget allows, try an ad network like Google shopping, Facebook ads, Instagram ads, or Google ads. How does it work? You pay for exposure to your products/services. Using a PPC/CPC model, you may soon find that buying ads is well worth the expense. But budget carefully, as low margins will quickly be swallowed up by the cost of ads.

YES' workshops will teach you how to create an effective digital presence that stands out. Find out more and register here: <https://yesmontreal.ca/calendar/>. And no matter how you happen to land that first online sale, remember to celebrate when it happens!




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Tickets going fast for TMH "Perfect Timing"

The Theatre Morin Heights stage is set, the cast and crew are ready for the lights to come up for six laugh-filled performances of "Perfect Timing," a comedy by Kristi Kane. The show runs from October 19 to 23 at Chalet Bellevue, Morin Heights.

The cast of eight, featuring some familiar faces and a couple of newcomers, is ready to deliver their witty repartee as they work through some mistaken identities and confused love triangles in this classic drawing room farce.

Due to popular demand, an additional matinee was added. Evening performances run from Wednesday through Saturday at 7:30 pm, with two matinees on Saturday and Sunday at 1:30 pm.

Tickets are \$20 and must be purchased in advance either online from the Morin Heights Municipal website at www.morinheight.com or in person at the reception desk of Chalet Bellevue (27 rue Bellevue, Morin Heights).

For more information, visit theatremorinheights.ca or call 579-765-3999.



◀ The cast of "Perfect Timing" is ready to hit the stage (from l.) Alessandra Guindon, Sarah VanHove, Brian Anderson, Anita Stranzl, Steve Gillam, Corina Lupu, Noel Burton, David Potter.



Laurentian Personality

Kim Kasprzyk - water warrior

Lori Leonard - Main Street

Kim Kasprzyk has lived in the Laurentians all her life, grew up in Wentworth and attended Laurentian Regional High School (LRHS) in Lachute. She currently resides in Mille-Isles.

Kim's family home had a pond on the property, which is where Kim learned to swim (even if the pond water was freezing!). Kim says "I don't think that I was a natural when it came to swimming, I took formal swimming classes at school once a year. I failed the Red Cross red and maroon swim classes. I could get around in water, but learned formal swim techniques when I started my aquatic journey." Later, her mother's friend, Lois, introduced Kim to lifeguarding and drove her to lifeguarding/instructor courses. The rest is history!



In 1993, Kim acquired her bronze medal at Lake Louisa Country Club and bronze cross at Lachute in 1994. She acquired her accreditation as National Lifeguard in 1996 and Waterfront National Lifeguard, Water Safety and Lifesaving Instructor in 1997. Kim became a Master Instructor Trainer for Red Cross and Water Safety Expert, a lifetime trainer for Lifesaving and national lifeguard. Kim has several other accolades / accreditations, too many to list.

Kim humbly states, "Working in aquatics, teaching and training thousands of people is one of the most rewarding aspects of my life. It's so special when you see a person's confidence grow and see the pride of accomplishment, particularly when a person was afraid of water or felt it was too difficult to accomplish."

Drowning is amongst the 10 leading causes of death for people aged 1 to 24 years old. It is quick and silent! So, 2 years ago Kim started À Leau Natation, her own company, providing backyard pool swim instruction, first aid and safety management. She also works with LRHS, offering lifesaving courses. Kim is not affiliated with a particular facility, but travels to help people learn how to swim, train and to certify lifeguards/instructors.

Recently, Kim proudly awarded a service coin to Lac Marois Country Club, Ste. Anne des Lacs for dedication to instructor training and drowning prevention. The club trains their staff as instructors over the summer and runs swimming lessons for members.

Kim was Aquatic Supervisor for Hawkesbury and is in her 3rd year at LRHS as Activities Coordinator. She teaches first-aid year long and aquatics in summer. Kim states "many people are afraid of water, but if they want to learn to swim, I can work with them on a personalized program."

"Lifeguarding teaches people invaluable skills in leadership, teamwork, communication, PR, first aid and problem solving, which are all transferrable skills into any career. Swimming is a lifelong skill that is inexpensive, sociable and therapeutic. Walking in water can alleviate pain, improve circulation and flexibility. You can swim as a baby and up to 110 years old!"

"It's important that children know SAFETY around and in water. Formal swimming lessons not only teach swimming technique and endurance, but important water safety skills can save them or others. You are never too old to learn."

Kim has two beautiful daughters, Taegan and Clara, their mom's biggest supporters. Taegan will start Lifesaving Training this year. In her spare time Kim enjoys cooking and is a "bit obsessed" with instant pots (she suggests you get one!) She loves baking, reading and shenanigans.

Kim, we are extremely grateful that you play such an important role to others as mentor for water safety and swimming. Teaching others has undoubtedly saved many lives. Thank you for your inspirational dedication!



In the Anglosphere

Peer support for those touched by cancer

Kathleen Hugessen | Penny Rose

It can safely be said that a diagnosis of cancer would qualify as one of the most devastating events anyone can experience. In addition to feelings of fear and anxiety, there is a maelstrom of medical tests, scans and personnel surging around one. Simply understanding what's going on is a challenge.

When Claude Forget of Val David was diagnosed with prostate cancer, he sought out English-language support and found little to none available in the Laurentians. He investigated prostate cancer support groups in Montreal and Ottawa, and came away believing an organization would be more valuable if it offered services to the wider community of cancer patients, their families and caregivers. So, in 2003, he led a team of volunteers in creating the Laurentian Region Cancer Support Group (LRCSG). Forget organized monthly meetings in St. Sauveur until his death in 2007. His creation continues its work to this day, now meeting at Chalet Bellevue in Morin Heights.

On a sunny Wednesday morning, in the small conference room that is home to its meetings, LRCSG President June Angus gives a Zoom presentation to a small audience, describing the group and its goals. With support from 4korners in the form of Lisa Agombar, Community & Support Worker, Seniors & Caregivers, at the head offices in Deux Montagnes, and Chloee Alary, NPI program manager, who makes sure the technology behaves, the presentation is recorded for future distribution to interested parties.

Angus, herself a cancer survivor, emphasizes this is a peer group. While guest speakers from a range of fields attend meetings to give advice and guidance, the main thrust is "a community of support". The confidentiality of participants is strictly protected. "Meetings are not recorded. Anything personal is not shared outside the meeting. People need to feel free to express themselves," Angus explains.

Angus says that, for the newly diagnosed, the tests, scans, and different specialists can become a bewildering blur. "At times you feel as though you're dealing with a stable of medical personnel," Angus says. "You ask yourself, who's in charge? The answer is: You are."

Among tips she provides: "Always take a friend to key appointments; two sets of ears are better than one. Take notes."

LRCSG meetings bring together individuals newly diagnosed, those undergoing treatment, those in remission and people who have been declared cancer-free. Family members and caregivers also attend. The information available from this range of experiences is both reassuring and invaluable. Topics covered include treatment information from pharmacists, diet and nutrition, dealing with the stress and anxiety, grief counseling, legal issues. Some referrals to the group, as well as speakers, come from the Canadian Cancer Society (CCS), Quebec Cancer Foundation, Palliaccio, CLSC and, of course, 4korners.

Andrea Seale, CEO of the CCS, was recently visiting her family cottage in Wentworth. "Having a circle of support from people who truly understand the cancer journey is so beneficial," she said.

Meetings are generally on the third Saturday of each month, starting at 1 pm and lasting no more than two hours. Participants can also use Zoom. Journaling for well-being will be presented on October 15, and November 19 will have a family therapist address calming our nervous system during challenging times.

LRCSG is a registered charity with a small budget financed by personal donations. If you or someone you know can benefit from LRCSG, call 450 226 3641 or email cancer.laurentia@yahoo.ca



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ArundelNews

Janet Thomas

Garage Reopens

As you probably know, Jean Brosseau sold his house and garage to Eric Bonneau last spring. Eric is a licensed mechanic who previously operated his family's garage in St.- Joseph-du-Lac. Over the summer, Eric, his partner and their baby moved into the house. Now the garage is open for business, under the name Garage Atelier Jean-qui?, which is a playful tribute to his father, Jean-Yves Bonneau.

Laurentian Masonic Lodge

With thanks to the many participants, the Laurentian Masonic Lodge ran a very successful golf tournament at the Arundel Golf and Country Club, raising over \$4500, which will support various charities. This money will be put towards educational bursaries for local students, donations to local senior residences and shelters for battered women and, to support Victoria Quilts, which provides quilts for cancer patients, as well as other charitable initiatives.

Laurentian Lodge #81 has been a local Arundel institution for more than 110 years. It is part of a worldwide Masonic fraternal organization, which encompasses philanthropic activities such as the Shriners with their 22 hospitals for children and other charitable endeavours. The local body is comprised of a band of men of goodwill who have chosen to benefit their Laurentian community in some small way through supporting various worthwhile activities. Anyone interested in knowing more about who we are and what we're doing should contact the lodge at Laurentian.81@hotmail.com or Jim Ross at 514-775-4989.

Arundel Farmers Market

All the farmers and crafters join me in saying a big Thank You to our faithful clientele for another successful season. We held 17 markets this year and hosted hundreds of visitors each week. The Arundel Farmers Market has become a hub for our community. It is an outing where young and old come to chat with neighbours while buying fresh, organic produce, eggs, meats, and cheese. The very young enjoy dancing to the music while their parents sit for a bit, to savour the day and share the moment with others. Our mission is to build local food security by supporting young families on the farm. At the same time, we support local artists, artisans and musicians. An additional outcome is the pleasure of bringing the community together in harmony. Many thanks for your faithful support. We cannot do this without you. See you next May.

If you are a food producer or an artisan and would like to join, please contact janet.thomas700@gmail.com



About Sainte-Adèle

Chris Lance - Main Street

The busiest, boozy weekend-long event, Oktoberfest 12th edition ended on October 2. The carnival has left and you can park in town again. The sponsor, Joanne Dube of the Metro, can get away on holiday. All the Quebec politicians can stop shaking hands. Our Mayor can get back to municipal priorities. The planning starts for next year's event. You can play tennis again as the town had banned play for the weekend because of parking issues during the beer fest.

The road link between Sainte-Adèle and Esterel/Sainte-Marguerite du Lac Masson (Route 370) will introduce a speed zone change from 90 k/h to 70 k/h by the end of this month; slower for the racy crowd in Esterel, but presumably a safer speed. It will just take me a little longer to get to Chez Claudette for breakfast.

"La Famille Fermanian" a newly published book written by Stephane Desjardins is available at local libraries and, at the Cinema Pine. Desjardins writes about the key role Cinema Pine has played in Sainte-Adèle history since 1948 (the year I was born). The Fermanian family has run the Pine, since it's inception and it's Perry's dream to keep it going after his dad, Tom, decides to step aside and watch Netflix from the comfort of his home.

Now that the cooler weather is here and before we turn up our furnace, the fireplace is a gathering spot in our home. As I light up the fireplace I noticed that my stack of newspapers dates back to spring/summer. I have used up the Gazette, Main Street, Acces, Le Devoir and Journal des Citoyens dating back to almost the month of March. In March there was snow on the ground and news about Covid, ski racing, the NHL and more Covid and Easter bunnies and the Beijing Olympics. I have also used the contents of Public Sac from Transcontinental: with flyers from Metro, IGA, Jean Coutu, Super C, Canadian Tire, Maxi, Brick, Materio, Uniprix and others.

It's time to put away the shorts, jogging shorts, jean shorts, biking shorts, short shorts, tennis shorts, golfing shorts, garden shorts, working shorts, PJ shorts, workout shorts, ripped shorts, those tight-fitting shorts that should be thrown away, patched shorts and of course your favorite shorts and replace them with long pants.

It's flu shot season. You can now make your appointment and don't forget your 5th Covid shot.



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MAIN STREET



NEWS BITS FOR OCTOBER

More women firefighters in service in Mont-Tremblant

The Mont-Tremblant Fire Department (SSIMT) is proud to have a growing number of women on its team. There are 10 firefighters and officers who now work within the SSIMT, or 11% of its firefighting workforce. This is the highest proportion of women ever observed in Mont-Tremblant!

On October 1, the internal night guard at barracks 52 was provided by a 100% female team for the first time in the history of the service. This team was made up of firefighters Stéphanie Deschamps, Marie-Lou Chalifour and Mélissa Martin-Poirier as well as Lieutenant Kimberley Reid.

"We are proud to be recognized as a welcoming service for firefighters. Contrary to a well-established idea, strength and size are not the primary qualities we look for in candidates. Intelligence, efficiency, empathy and the ability to work as a team are even more decisive qualities for doing well in this profession in which women excel and compare favorably to their male colleagues. If you are interested in being a firefighter, there is room for you at SSIMT!" said the director of the SSIMT, Mathieu Darmana.

The SSIMT is recruiting

Several career opportunities within the SSIMT are available to women and men who wish to embrace the profession of firefighter. Whether as a firefighter and peripheral firefighter on call, on duty or, as a preventionist, the SSIMT wishes to welcome more and more women into its ranks and opens its doors to those who would like to take the leap into this thrilling profession. Training to become a firefighter and peripheral firefighter is offered free of charge.

To apply for the Mont-Tremblant Fire Department, call 819 425-8614 or register your interest by email at fire@villedemont-tremblant.qc.ca.

The Mont-Tremblant Fire Department has 88 firefighters in addition to preventionists and administrative staff, which totals a dozen people. In addition to the City of Mont-Tremblant, it serves 11 other municipalities in the MRC des Laurentides, namely Amherst, Arundel, Barkmere, Huberdeau, La Conception, La Minerve, Lac-Supérieur, Montcalm, Mont-Blanc, Brébeuf and Lac-Tremblant- North.



Photo L-R: Stéphanie Deschamps (firefighter), Marie-Lou Chalifour (firefighter), Kimberley Reid (lieutenant), Mélissa Martin-Poirier (firefighter) proudly pose in front of the ladder truck of the Mont-Tremblant Fire Department on the occasion of the first 100% female internal guard in the history of the service.

Secondaire en spectacle

For the first time in history, the regional final will take place at Polyvalente Lavigne in Lachute!

Loisirs Laurentides is proud to announce the location that will receive the regional final of the Secondaire en spectacle program in the Laurentians. With the superb collaboration of this school, the final will take place at the polyvalente Lavigne high school in Lachute!

For the first time in the history of Secondaire en spectacle in the Laurentians region, three finalists from each local final among the participating schools, will show off their talents next April in the beautiful performance hall at École Polyvalente Lavigne in Lachute!

The program is divided into three main stages: the local finals, the regional finals and the Rendez-vous pan-Quebecers. These are performances that highlight the young artists of tomorrow, but also young animators, technicians, journalists and organizers who wish to live their passion for the performing arts.

The regional final of Secondaire en spectacle will be a good opportunity for these young up-and-coming youths to perform on stage as well as meet the winners of each of the schools. "We are very happy to be welcomed at Polyvalente Lavigne in Lachute. It will be the first time that the finals will take place there", according to Dominic Brisson, regional coordinator of the program Secondary in show.

Schools still have a few weeks to register for the program, edition 2022-2023. For more than 20 years, the Secondaire en spectacle program has had as its mission the cultural development and artistic expression of young people in Quebec secondary schools, focused on experimentation, learning and training. Each year, the program brings together nearly 10,000 young people in nearly 250 local finals and more than thirty regional finals in the 15 participating regions.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Marie-Claude who opened **Lili Urbain Friperie Deluxe**, 1332 boul. Ste. Adèle, Ste. Adèle in July. This friperie (boutique) offers high-end women's clothing including shoes and boots, dresses, skirts, pants, purses, jewelry, jackets, etc... If you have clothing that you would like to give Marie-Claude on consignment, please call her to book a rendez-vous at 438 227-4302. Facebook: Lili Urbain Friperie Deluxe.



Did you know that:

The beautiful new sports center called **Centre Sportif Pays d'en Haut** has finally opened its doors? This long-awaited center is located at 252 boul. Ste. Adèle, Ste. Adèle (neighbor to A.N. Morin High School). There is a large parking area situated behind the center. The center features a large semi-Olympic 25 metre heated swimming pool with 8 lanes for laps and competitions, along with two other special heated pools for recreational swimming. One is for family usage and the other is called Keeno River, which makes you feel like you are in a river; very therapeutic for those who need rehabilitation or massotherapy. Keeno River has a small circle in the middle that is similar to a Jacuzzi. There are benches located above the pools to watch competitions, etc. There is also an amazing skating/hockey rink. Huge windows upstairs offer a bird's eye view of the mountains in close proximity. There is a fireplace and seating area to relax, locker rooms, washrooms and changing rooms and, a place to bring and eat your lunch. A small resto will be on site soon. A special room will be set up for yoga and exercises very soon. This center offers membership to all Laurentian residents, with reduced rates for those who reside in the MRC Pays d'en Haut, which includes Lac des Seize Iles, St. Adolphe, Morin Heights, Ste. Anne des Lacs, St. Sauveur, Piedmont, Ste. Adèle, Ste. Marguerite du Lac Masson and Esterel.



Open Monday, Wednesday and Friday from 6 am to 9 pm and Tuesday and Thursday from 7 am to 9 pm. Saturdays and Sundays, they are open from 7 am to 6 pm. They have free rink time for children aged 2 to 15 years to practice their skating. There are different levels of aqua fitness classes offered at the center. When you purchase a membership, a membership card is provided. They are still seeking swimming instructors, life guards, skating instructors, etc.. 579 202-1722, centresportifpaysdenhaut.com, info@cspdh.com Finally, after so many years, we have a sports center in the Lower Laurentians!

Residents of Ste. Anne des Lacs may possibly have 5 different sites in the region for swimming, picnicking, outdoor activities, and a boat launch soon? The first two sites will be announced and ready to go as of May 2023. For answers to your questions regarding these sites, please write to leaupourtous@sadl.qc.ca. One can also check out information updates on the Ste. Anne des Lacs website at sadl.qc.ca. There have been policies put into place regarding management of dams for Lac Johanne, Lac Suzanne, Lac Collette, Lac Loïselle and Lac Ouimet. These will help to manage the water levels in these lakes. 450 224-2675.

Soupe et Cie. des Pays d'en Haut, 205 rue Principale, St. Sauveur opened its hot meal services as of August 23? The dining area has been freshly renovated. Volunteers are on hand to help you. Meals are served on Tuesdays and Thursdays between 12 pm and 1 pm. As of September 16, their Internet Café will be open on Fridays from 10 am to 11:30 am. You will have access to use an Ipad. The café offers you the time to enjoy a good coffee and to share conversation with friends. It is strongly suggested to call and reserve a place in advance. 450 744-0207. For info, check out soupeetcompagnie.com



Cancer Support Group Journaling to help support your journey with cancer

The next meeting of the Laurentian Region Cancer Support Group (LRCSG) is set for October 15 at 1 pm. Due to popular demand, Jill Grumbache, Founder Holistic Journaling, returns to lead the group through more journaling techniques and exercises that can help with processing one's journey with cancer. The meeting will take place at Chalet Bellevue in Morin Heights. Option also to attend via Zoom.

Save the date: At the November 19 meeting, Family Therapist Lois Wilke will offer tips and techniques for calming the nervous system to help cope with illness and chronic pain.

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 October meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.

Living without Violence: An anger management program for men

Andie Bennett

4Korners has partnered with Accroc and PAIX to offer a 20-week program geared toward men living in the Laurentians who acknowledge the need to stop using violence in their marital-family life and who wish to develop stronger communication and conflict resolution skills. The courses consist of small online groups of four to five men exploring different themes including understanding anger and violence in ourselves and realizing that beneath anger and fear we often find shame and powerlessness. The classes address different triggers and delve into the past to identify wounds and the sensitive spots they leave behind. The meetings are complemented by personal work such as videos to watch, documents and exercises.



Like many working in this field, clinical consultant and supervisor for Accroc, Pierre L'Heureux, has some personal experience with family violence; his aunt and grandmother were both victims of marital abuse and kept it well hidden for a long time. When he started working in family violence in the 80s, the average age of men they saw was 40-50 year olds and three-quarters of the men were referred by judges, lawyers or probation officers. What he has seen recently is a big change. Barely over 40% now come through mandated channels and the average age is the early to mid 30s. L'Heureux says this is trending in the right direction. He says there is more awareness among women and men about the destructiveness of family violence. He also says that many women will now confront their partners earlier about this kind of behaviour, prompting men to reach out from the first episode of violence, rather than suffering in silence the way so many women have done in the past.

This program is free and confidential. Registration is open and men can join anytime. For more info or to register please contact info@4korners.org or call 1-888-974-3940|450-974-3940 ext.601

Mont-Tremblant Elementary Campus takes ownership of its new green schoolyard!

As World Teachers' Day was celebrated, the City of Mont-Tremblant and its partners were pleased to see that the entire elementary campus team and its students took ownership of their brand new green schoolyard, which made their back-to-school season more enjoyable! The two open-air classrooms contribute to providing the teaching staff with a stimulating and engaging work environment, in addition to contributing to the motivation and enjoyment of the children.



In addition to landscaping the two outdoor classrooms, work completed this summer included adding and replacing trees and installing new play modules.

Benefits

This versatile, original and fun space also contributes to reducing the heat island effect that was characteristic of this schoolyard, which is the main heat island in the city center. Reducing heat islands on the territory is also one of the objectives of the Climate Plan adopted by the City to adapt to climate change, in addition to fighting against it.

The schoolyard is now more attractive and has become a place for the entire community to enjoy after school hours to play and relax.

A community-supported project

We owe the idea of developing a green schoolyard to teacher and committed citizen, Karine Lachance who proposed the idea as part of the participatory budget of Mont-Tremblant. The City's Economic Development Department then took the project in hand and brought together several partners to bring it to fruition, namely the Mont-Tremblant primary campus, the Center de services scolaire des Laurentides, the Ministry of Municipal Affairs and Housing, the MRC des Laurentides and the Economic Development Corporation of the MRC des Laurentides.

The partners would like to thank the teachers of the primary campus for having jumped into this exciting project, to the delight of the students and, to wish them an excellent World Teachers' Day.

Town of Brownsburg-Chatham joins Village-relais network

HAPPY HOUR INVITATION

Nov 17: 5 pm – 7 pm
Salle du Centre Louis-Renaud
270, Rte du Canton



The Town of Brownsburg-Chatham has begun steps to obtain Village-relais certification, in order to be recognized as a place to stop that is safe, pleasant and offers a variety of services and attractions that meet the needs of visitors. On November 17, merchants and citizens are invited to a 5 à 7 which will allow them to give their opinions and suggestions on the actions to establish.

What is a Village-relais?

A Village-relais is a municipality of less than 10,000 inhabitants, meeting certain Quebec Ministry of Transport criteria such as diversity and commerce, as well as the presence of secure parking lots. The initial objectives of the program are to reduce the effects of driver fatigue and improve safety on roads. Quebec has more than 45 Villages-relais certified by the Government and which have increased visibility to road users.

Why become a Village-relais?

Currently, the nearest Village-relais is located in Montebello, more than 50 km west of Brownsburg-Chatham. The Ministère des Transports du Québec, having recognized a void of services between these two municipalities, gave the green light to Brownsburg-Chatham to submit an application.

The certification leads to a local and regional influence which joins the values of the elected officials of Brownsburg-Chatham, in addition to targeting specific economic, cultural and touristic development objectives. In addition, the Town of Brownsburg-Chatham already has a good number of elements favorable to a Village-relais. Its geographical position strategic makes it a privileged place to ensure the relay of travelers on routes 148, 158, 327 and 344 and, Highway 50.

Take part in the project for the influence of an entire community

A municipality wishing to apply as a Village-relais with the MTQ must first have obtained the support of its Municipal Council, the recommendation of its MRC with the MTQ as well as the authorization of the latter in order to submit his candidacy. However, Brownsburg-Chatham has already taken these steps and is currently developing its application file. Also, a five-year action plan containing the steps to be undertaking in order to comply with the quality charter of Villages-relais must accompany the case.

In such a process, the participation and support of the population and merchants are strongly recommended, as it is a collaborative and evolving work that aims to promote Brownsburg-Chatham as well as optimize its tourism development and economy.

For more information and to confirm your presence before Nov 3 call 450-533-6687 post 2855 or email info@brownsburgchatham.ca

The Laurentian Women's Network celebrating its 35th anniversary!

Surrounded by 50 representatives of its member groups and about twenty of allies and partners the Laurentian Women's Network (RFL) celebrated its 35th anniversary on September 22, at Place des Citoyens in Sainte-Adèle.

The organization works to improve the living conditions of women in the region, ensuring that their realities are better known, recognized and taken into account at all local and regional levels. With the aim of inducing curiosity about its mission, the RFL offered its guests a quiz on four major issues relating to women:

- The economic autonomy of women
- Women, governance and power
- Women's health
- Violence against women

Through this fun and informative activity, the most recent projects carried out by the RFL were discussed, namely: the awareness campaign on sexual assault, *Show your colors*, which is aimed at young people from 15 to 25 years old, *the Point of view of women on their experience of post-separation domestic violence*, which highlights the need to set up 2nd stage shelters to support women and their children, *Women's Meetings for Optimal Mental Health*, which offer a wide range of training to workers in the region, as well as *Les Laurentides united for parity!* which aims to encourage and support the involvement of women in municipal politics.

Vicky Langlais, Acting General Co-Coordinator, points out that: "The myth of equality achieved remains very present, but it suffices to present some statistics on conjugal violence and sexual violence experienced by women and girls, or on pay inequalities or the under-representation of women in decision-making places, to see that there is still a long way to go to achieve de facto equality". Colleague Isabelle Thibault, general co-coordinator, goes further by mentioning the importance of an organization like the Laurentian Women's Network to enable concrete progress for women in the region.

The Laurentian Women's Network (RFL) is a regional group that brings together and represents twenty-one women's groups and committees in the Laurentians' region. The organization works with its members to improve the living conditions of women from a feminist perspective of gender equality and social justice.

PUBLIC NOTICE

REVISION OF THE URBANISM PLAN

To persons interested in a draft by-law modifying the Urbanism plan

PUBLIC NOTICE is given of the following:

1. At a meeting held on September 14th, 2022, Council adopted the draft by-law number (641-2022) entitled Urbanism plan;
2. A public consultation meeting will be held on Tuesday, October 18th, 2022 at 19:00 at Chalet Bellevue located at 27, Bellevue Street. The purpose of the meeting is to hear all interested persons on the above-mentioned draft by-law, to receive any proposed amendments as well as any comments and to clarify, if necessary, any provision contained therein;

During this public consultation meeting, the Director of Urbanism and Environment department will briefly explain the draft by-law and the consequences of its adoption and coming into force and Council will hear the persons and organizations who wish to express themselves.

3. The summary of the draft Urban Plan By-law may be consulted at the Town Hall during regular business hours or on the Municipality's website at www.morinheights.com, under the heading "Revision of Urban Plan By-laws";

Summary of the Draft Urban Plan:

Council is proposing a revision of the Urban Plan to :

Better respond to the needs of citizens, particularly with respect to:

- Housing and construction;
- The protection of the environment;
- The revitalization of the heart of the village;
- The harmonization and compatibility of uses.
- To have a simpler, more accessible and understandable regulation for all and to allow :
- To give meaning to the regulations by updating their content;
- Move from a purely regulatory urbanism to an innovative urbanism adapted to our reality.

The urban plan now contains a reminder of the strategic vision statement of the Municipality, which is stated as follows:

"Morin-Heights is a bilingual municipality with a strong sense of belonging that lives in harmony with nature, its history, its culture and its family values".

This draft plan contains the territory's assignments.



LEGEND

LAND USE PLANNING

- | | |
|---|---|
|  MUNICIPAL LIMITS |  Recreation and conservation |
|  Urban |  Multi ressources |
|  Local Commercial-Industrial |  Residential and vacationer |
|  Recreational |  Agro-Forestry |

New orientations arise from the strategic vision statement and they intervene on the living environment, the collective heritage and the village core.

The orientations are accompanied by objectives and means of action.

Orientation 1 - Living in a quality living environment

1. Control the occupation of the territory in order to contribute to the fight against climate change;
2. Enhance the opportunities for outdoor activities and recreation;
3. Secure areas where land use is subject to particular constraints for reasons of public health or safety, environmental protection or general wellbeing.

The actions related to this direction are as follows:

- To circumscribe the sectors suitable for residential and resort development to sectors with the least impact on the natural environment;
- Adopt regulatory provisions applicable to residential developments that reflect a quality of life and architectural environment that is in keeping with the values of Morin-Heights;
- Adopt a regulatory framework governing architecture and land development and the conservation of private woodlands;
- Promote the integration of innovative and sustainable practices for a construction or a development;
- Adopt a bylaw on site planning and architectural integration plans (SPAIP) establishing objectives and criteria relating to the impact of the height and clearance of buildings on the landscape

Orientation 2 - Preserve the collective heritage of Morin-Heights

1. Preserve the built heritage ;
2. Preserve the environmental and landscape heritage.

The actions related to this orientation are the Develop a master plan for the parks and outdoor network of Morin-Heights;

- Develop a land acquisition plan to ensure the sustainability of the outdoor network, including the interconnection trails with neighbouring municipalities;
- To adopt a regulatory framework allowing for the sound management and adequate control of short-stay rentals on the territory;
- Regulate interventions in and around wetlands, hydric environments and flood zones;
- Set a target of 20% of green space conservation on the territory of the municipality of Morin-Heights;

Orientation 3 - Revitalize the village core

1. Make the village core attractive;
2. Improve the conditions of active mobility;
3. Encourage the creation of gathering places.

The actions related to this direction are as follows:

- Provide incentives for the renovation or transformation of buildings and land development, such as through the implementation of a revitalization program;
- Establish bicycle and pedestrian links between the village core's service points and recreation areas, while promoting walkability;
- Identify development opportunities in vacant or underutilized spaces in the village core;
- Plan for the development of a new public access to the Simon River;
- Improvements to the public realm and mobility spaces (sidewalks, safe pedestrian crossings, outdoor terraces and placards on the public realm, etc.)

The by-law may be consulted at: www.morinheights.com

Given at Morin-Heights, September 28th, 2022

General Manager



Hugo Lépine
Registrar-treasurer

EDUCATING THE NEXT GENERATION

Community newspapers fight the scourge of fake news

BY RUBY IRENE PRATKA



Quebec's community newspapers have spent much of the last two years keeping readers informed about how to combat the COVID-19 pandemic – from providing updates on case numbers and new public health measures, to documenting community self-help efforts, encouraging local businesses and providing much-needed distraction.

They have also played a role in helping readers distinguish reliable information from the swirl of pandemic-related misinformation making the rounds on social media. Statistics Canada refers to this information crisis as an “infodemic.” A Statistics Canada survey found that 96 per cent of Canadians had been exposed to pandemic-related misinformation and 40 per cent reported believing something they had seen online before later realizing it was false.

“Fake news is a scourge,” said Nikki Mantell, publisher of the *Low Down to Hull and Back News*. As a mother of two elementary school-aged kids, she said she is disturbed by what her own kids tell her they “learned” on Youtube and other sites and is considering a media literacy program at her local school. Some years before the pandemic, the paper did classroom workshops on news literacy and debunking, and a Letter to the Editor activity in an elementary school classroom. Publishers Penny MacWhirter of *The Gaspé Spec* and Lily Ryan of

“As access to information gets easier, the line between what’s real and what’s not online is particularly hard to find...”

~ GORDON LAMBIE, ASSOCIATE EDITOR, SHERBROOKE RECORD

the *West Quebec Post*, *Aylmer Bulletin*, *Gatineau Bulletin* and *Pontiac Journal* have also invested considerable time in outreach to local schools and school boards.

At the *Sherbrooke Record*, publisher Sharon McCully, editor Matthew McCully and associate editor Gordon Lambie are giving students at local English schools the tools to fight misinformation, while improving their writing skills and creating connections with their community newspaper.

In 2019, the *Record* received funding from the Official Languages branch of the Department of Canadian Heritage under the Community Media Strategic Support Fund to scale up its existing program of journalism workshops in schools. Lambie, a former teacher, planned

to visit local schools, walk students through the work of a reporter and guide them as they produced their own reporting. He intended to offer workshops in classrooms for grades 3 to 11. During the pandemic, the activity went virtual. Lambie said most of the classes that have taken part have been in grades 4-6.

“After a bit of trial and error, the format that we settled on was to introduce students to the work of the newspaper first – things like how to find sources and verify information,” Lambie explained. “Then we transitioned into a writing exercise, where we touched different themes. We wrote some editorials and some reported articles and discussed the difference between opinion and fact-based reporting.”

Lambie believes in the importance of giving elementary school students the tools to navigate the infodemic. “As access to information gets easier, the line between what’s real and what’s not online is particularly hard to find and people aren’t necessarily getting their information from sources with rigorous fact-checking. Encouraging curiosity and skepticism in students from an early age is really important for society.”

Lambie has also led workshops in university classrooms and at the Wales Home, a retirement home for English-speaking seniors in Cleveland, Que. Sharon McCully

says workshop materials have been shared with the *Townships Sun*, a local English-language magazine, and the *Spec*, both QCNA member publications. In the future, she hopes to create a regular section in the *Record* with student-generated news and features.

In Lambie’s experience, students are eager to learn and explore. “For the most part, students are really engaged and curious,” he said. “They want to know where the news comes from, how we figure out what to say and what not to say and where those decisions get made.” Lambie and his colleagues also created a video tour of the *Record* office, and many students were fascinated by the paper’s in-house printing press.

For Lambie and Sharon and Matthew McCully, the project serves multiple purposes – reinforcing students’ media literacy, improving their writing skills and reinforcing the connection between the paper and schools in the English-speaking community. “The *Record* is, first and foremost, a community paper, and engaging with the community is a key part of everything that we do. When students ask where our stories come from, I say our most interesting pieces come from people calling us or walking in the door saying, ‘Did you hear about this?’ Connections with students and teachers help keep those connections alive,” Lambie said.

This  Quebec Community Newspaper Association special feature is made possible through the generous support of our sponsors:



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Persévérance scolaire summer project

37 students from Argenteuil take part in the Persévérance scolaire – Summer 2022 project and benefit from the benefits of work/study balance



With great pride the MRC d'Argenteuil and its partners in the education sector take stock of the innovative project Persévérance scolaire – Summer 2022, in which 37 young people from the 3rd, 4th and 5th secondary classes actively took part. The efforts of the students, combined with the benevolent collaboration of some

twenty employers in the region and the invaluable support of community partners, have enabled these young people from École polyvalente Lavigne to retake their final exams and, in some cases, to be promoted to a higher level.

Launched in the summer of 2020 at the initiative of a concerted effort by community partners, the School perseverance project aims to allow young people struggling with academic difficulties to follow summer academic training while benefiting from favorable conditions for reconciling studies. / work. Remember that this initiative was launched in response to the challenges of school perseverance and educational success, greatly affected by the COVID-19 pandemic.

In order to provide students with the flexibility and motivation necessary to take summer refresher courses, the MRC d'Argenteuil has paid a financial contribution to each deserving young person as compensation for the hours not worked during the course weeks. In addition, the MRC d'Argenteuil, through its Transportation Department, offered a free daily shuttle service by taxi and minibus to 26 students.

“As a local government, the MRC is proud to stand together with the teaching staff and management of École polyvalente Lavigne, the Center de services scolaire de la Rivière-du-Nord, community partners and employers to promote school perseverance and educational success. Beyond this successful consultation, there is the success of our young people, to whom we would like to express our sincere congratulations for their adherence to the process, their diligence and their efforts. Good continuity to all!” underlined the prefect of the MRC d'Argenteuil, Mr. Scott Pearce.

Now firmly rooted in the school, the project experienced a record number of registrations for summer courses or exam retakes this year. According to school staff, the Perseverance in School program favorably influences the participation of students and their families by eliminating the majority of constraints related to the logistics of transportation or student employment.

Remember that this initiative is part of the efforts made by the community to promote school perseverance among young people in Argenteuil. Several partners from the institutional, municipal, community and private sectors make up this consultation.

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We'll see each other more often!
As of October 4, the Morin-Heights library is expanding its schedule
Come and see us to enjoy our books, puzzles, and friendly staff!
Tuesday to Friday: 10 am to 6 pm
Saturday: 9 am to 5 pm
MORIN-HEIGHTS 1855
www.morinheights.com/Library

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• Painting
• Tree cutting, landscaping
• Window cleaning
Anyone or anything...

COMMUNITY UPCOMING events

SPECIAL YOGA CLASSES

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



HARVEST TEA & CRAFT SALE

Harrington Golden Age Centre
259 ch. Harrington, G-S-L-R
Oct 22: 1 pm - 3:30 pm
Hand crafted items for sale by local artisans.
Tea & sweets \$7 / draws for various items to benefit the HGA
To book your table contact Ellie: 873-481-0251

COMEDY NIGHT FUNDRAISER

Harrington Valley Community Centre
420, chemin Harrington
Sat, Oct 29: 8 pm
Internationally renowned comedians starring Gino Durante and featuring Neil Jenna (MC), Viveth K and Lawrence Corber
Tickets \$30 / limited seating
Cash bar and finger food available.
Info / tickets: 514-577-4169. Also available for purchase from a committee member or on Facebook. Proceeds to benefit roof repairs and / or septic/weeping field



HALLOWEEN CAR RALLEY

St-Colomban: 450-426-1453 / st-colomban.ca
Sun, Oct 30: 10 am - 2 pm
Free activity for the whole family, no registration required

ENCHANTED LABYRINTH

Cardinal Park, 13519, rue Brault, Mirabel
Fri, Oct 28 - Mon, Oct 31: 6 pm - 9 pm
Free activity open to all. Info: 450-475-8653 / facebook.com

MORIN-HEIGHTS HISTORIAL ASSOCIATION

Chalet Bellevue
Fri, Nov 4: Heritage Awards Dinner
The MHHA announces their Heritage Awards Dinner, twice postponed by Covid regulations and once by a power failure will finally be taking place. Tickets previously bought for May 28 will be honoured, otherwise they will be on sale at Chalet Bellevue. Watch for the official notice that will include a surprise announcement that will make this an event not to be missed!



BLUEGRASS CONCERT

NOV 5: 3 pm
Arundel United Church
17 rue du Village, Arundel
When the Honeymead Brewers 'rock' us with Bluegrass and Celtic music, you can't help but jig to the fiddle, stomp your feet, clap your hands and, hoot and holler. Sponsored by Arts Arundel. Tickets \$20 at the door. Refreshments at intermission



HAPPY HOUR INVITATION

Nov 17: 5 pm - 7 pm
Salle du Centre Louis-Renaud
270, Rte du Canton
The Town of Brownsburg-Chatham has begun steps to obtain Village-relais certification, in order to be recognized as a place to stop that is safe, pleasant and offers a variety of services and attractions that meet the needs of visitors. On November 17, merchants and citizens are invited to a 5 à 7 which will allow them to give their opinions and suggestions on the actions to establish.

MUSIC CIRCLE

Morin Heights Legion, Branch #171, 127 rue Watchorn
Sun, Nov 20: 2:30 - 6 pm
Calling all musicians for a music circle, a venue where we can play, listen & celebrate life. Music menu would be folk, blues, pop, bluegrass and country. The last Sunday of every month starting Sunday, November 20: 2:30 pm to 6 pm. For more information and to confirm your attendance (mandatory) please call 514 942-2284.



**ROYAL CANADIAN
LEGION**
**LA LÉGIION
ROYALE CANADIENNE**



LACHUTE - BRANCH #70
634, Lafleur (450-562-2952)
Open Thurs - Sat: 4 pm - 9 pm
BROWNSBURG - BRANCH #71
210 rue McVicar (450-533-6381)
Open Wed - Fri: 3 pm to closing
MORIN-HEIGHTS BRANCH 171
Open Wed - Sat: 3 pm - 6pm
127, Rue Watchorn, (450-226-2213)

ARUNDEL - BRANCH 192
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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.

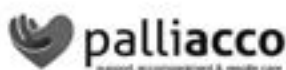
Palliative care services

The Palliaco organization, which has been working in the community since 2007, and Maison La Traversée, which opened in 2021, offer direct and individualized palliative care services.

Our two organizations, although distinct, work in the same perspective to offer people from the MRCs of Laurentides, Pays-d'en-Haut and Antoine-Labelle the possibility of benefiting from this specialized care and the precious services of accompaniment offered by Palliaco and Maison La Traversée. Whether in the comfort of their home or at Maison La Traversée, each person is surrounded with dignity and respect by trained volunteers and dedicated staff. Our fellow citizens can therefore count on these two resources dedicated to them and see their choices and decisions respected, for them and their loved ones.

Palliaco

The mission of the Palliaco organization is to contribute to improving the quality of life of people with cancer, end-of-life patients, their caregivers and people in mourning, by offering them free accompaniment, support and respite at home. The volunteer companions trained in palliative care also offer a presence and a listening ear at the oncology clinic and in other living environments such as CHSLDs and private residences.



La Maison La Traversée

La Maison La Traversée welcomes and offers free individualized palliative care intended to relieve, comfort and support each resident and their loved ones. Each of the four (4) bedrooms offers a serene environment, close to nature. It's a "home away from home"! Also, two (2) rooms are available free of charge to relatives who wish to be present with their loved ones until their last breath ... 24 hours a day. Thanks to a multi-professional medical and nursing team, assisted by generous and trained volunteer teams, our residents and their families can aspire to live this last part of the journey peacefully.



Regardless of each person's choice, each life story deserves to be respected with kindness, dignity and peace.

The CISSS des Laurentides wins special prize at the 2022 Quebec Consulting Engineering Grand Prix Gala

The 20th edition of the Gala des Grands 2022 Quebec Consulting Engineering Prize, which rewards engineering projects, took place on September 27. Of the 61 projects, the Integrated Health and Social Services Center (CISSS) of the Laurentians (with the firm gbi) won the award in the Mechanical - Electrical Building category, with the reprocessing medical (URDM) mobile device unit.

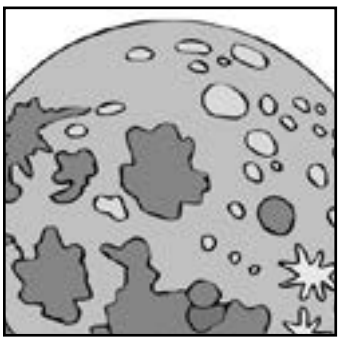


Martin Roberge and Mario Desroches of the CISSS des Laurentides as well as members of the GBI management team

This project consisted in setting up a mobile URDM unit and having all the required sterilization equipment that could be moved to various facilities. This initiative makes it possible to maintain or increase the reprocessing capacity of a facility during the performance of various works. This mobile URDM has allowed medical teams to carry out work at the Mont-Laurier mobile sterilization unit and to sterilize more than 10,000 medical instruments. It is currently at the Saint-Jérôme Regional Hospital as part of renovations to the current unit.

The CISSS des Laurentides teams have shown great innovation by creating this mobile and modern unit that can be transported from one place to another, a first in Quebec for this type of specialized equipment.

The CISSS des Laurentides is proud to have won this award at this prestigious gala.



Zach Factor Shooting for the moon

Lys Chisholm & Marcus Nerenberg -
Main Street

This past month Hurricane Ian drove the Artemis I rocket from launch pad 39B atop the crawler-transporter to begin its disappointing 4-mile trek back to the Vehicle Assembly Building (VAB) at NASA's Kennedy Space Center in Florida. For those of us alive at the time, we remember soaking in the historic moment of the first Apollo XI steps on the Moon in 1969. After 17 Apollo spaceflights, the first 4 unmanned, the program was ended in 1972. Now, with multiple countries shooting for Mars, the fierce competition that existed between the Soviets and the US to get people on the Moon has rekindled in the incarnation of Apollo's mythological Goddess-sister: Artemis.

There are 3 planned missions in progress: Artemis I will be crewed by a robot named Arturo Campos, named after the Apollo engineer who brought the failing Apollo XIII safely back to earth. He will be wired from head to toe to test all factors that can impact humans in long duration space flight. Artemis 2 will be crewed to take humans the farthest they have ever been in space and, Artemis 3 will land the first female and first astronaut of colour directly on the Moon to perform studies and experiments on the lunar surface.

The choice of the Moon Goddess Artemis as mission name is interesting and clearly bespeaks of someone who understands early myth as an intelligent symbolic retelling of the cataclysmic and somewhat violent history of our planet in its infancy. In the original myth, Artemis is the daughter of Zeus and Leto, a secret liaison that angered his wife Hera. Hera (the Elemental Wind) chases Leto all over the Earth to prevent her from birthing her twins. Leto escapes to an island and births Artemis in an olive tree- this a symbol of peace and reconciliation. However, Hera forbids the Olympian midwives to attend Leto and instead, Artemis becomes a midwife to her own mother and helps in the birth of her twin, Apollo. Artemis became the guardian of young animals and children and a protector of women in childbirth. In modern interpretation, the Artemis mission will be humanity's infant birthing into interstellar cooperation. As the mission crew travels on the deep space Orion spacecraft, they will actually "birth" the new lunar-orbiting Crew Modules called the "Lunar Gateway". The Human Landing System (HLS) will detach from Lunar Gateway and bring the astronauts to the Moon surface and back.

Key NASA mission objectives include equality amongst race and gender for participation in the Artemis astronaut training programs. The technology, from rockets, spacesuits and lunar habitats, has been under development for years. NASA will be partnering with commercial enterprises including SpaceX and Boeing. The plan is to go from a record 3-day excursion to full lunar base installations occupied by humans for months at a time. Today, our knowledge of the Moon, computing, and space technology have greatly advanced since the Apollo days of 50 years ago. The discovery of water on the Moon and deposits of rare minerals and resource extraction strategies aim to make the next missions self-sustaining. Yet there is much more to understand.

Ancient Greek myth is often told in words that are culturally understood in their historical and religious context. In one myth of Artemis and Apollo, the two siblings (representing the Sun and the Moon) were very protective of their banished mother. Another Olympian goddess- Niobe – a mother of six boys and six girls – boasted that while Leto gave birth to only two gods, she herself delivered a whole Olympus. In defense, Apollo and Artemis killed all her children. Scientists (<https://www.newscientist.com/article/dn13836-did-earth-once-have-multiple-moons/>) think the Moon was created when a Mars-sized object struck Earth, some 4.5 billion years ago. The ancient crash that gave birth to the Moon probably produced massive chunks that lingered in Earth's skies for tens of millions of years, perhaps as Niobe's children. Eventually the violent instability of our early solar system tore away Earth's mini moons, leaving only Artemis herself.

Artemis, affiliated with the constellation Sagittarius, is the archer/hunter and the guardian of wild nature. Artemis' arrow is now the world's most powerful Rocket, weighing in at 6 million pounds; more powerful than the original Saturn V launcher that first took astronauts to the Moon. This super heavy-lift rocket is taller than the Statue of Liberty at 322ft and is estimated to cost \$800 million per launch. After two setbacks, Artemis I will return to Launchpad 39B in late October or early November. Goddess speed.



Artemis will shoot her rocket from Kennedy Space Center later this month or early next. After 2 setbacks, Phase 1 of the first 3 planned missions will begin. Photo credit: NASA media images. Artemis sculpture by Michiel Van der Sommen available in bronze for sale at www.mvandersommen.com. Photo credit compilation: Randall Beaudin randbeau@sympatico.ca.



The Story Behind Hallowe'en

Joseph Graham - Main Street
joseph@ballyhoo.ca

The Celtic culture once spread from near the Black Sea to Ireland, and from Scotland to Spain. It was a bridge between earlier Indigenous cultures and the Roman conquest of most of the Celtic territories. The Celts had a calendar spanning the four seasons, the solstice or equinox of each season in the middle of theirs, and the year ended at sunset of the last day of the autumn equinox. That day is celebrated in our calendar as the last day of October, with the next year coming at sunrise the next day, November 1. In Celtic tradition, the night between was a crack in time, a period when spirits and faeries were free to move, a night of numinous experience when anyone might see into that otherworld space from which some never recover.

The 'numinous experience' is a human attempt to describe the indescribable, that otherworldly power that defies our limited senses, that overwhelms the personal shoreline of our being under waves of fear, dread, majesty and awe, leaving a barren emptiness, sometimes more than temporarily outside of the secure space of personal identity. The experience is deeply subjective and personal, but is papered over with religious interpretation and hidden in our most frightening and inspiring stories going back to the earliest times of oral history. Every human is susceptible to it and every religion struggles to harness it. It is personal but cannot be possessed. It is what we belong to. Its character may be in the soil, in the wind, in the running water, in colours, the sky, the sunsets, faeries and the distant stars, or all of the above. It is no-one's place to tell you what it is, but it is. It is your personal challenge to confront, and you will, if you haven't yet.

The surviving Celtic Irish still call the harvest season Samhain, and it ended with cattle brought from their pastures in the downs and highlands. On that first night after the end of the harvest, bonfires burned and spirits returned to the living, feared, if not honoured and fed. The people, by that last evening of harvest, were exhausted and no doubt vulnerable and exposed to powers beyond their control and comprehension. Long departed ancestors may return that night, expecting to sit at their place at the table, and woe onto you if their place was not set and they were not treated well.

The power of tradition, especially when reinforced with supernatural – numinous – beliefs and fears is hard to overcome. Whether they are formulated into a religion or live as stories, they bring people into a culture. They can be indelible, too, staying with people and spreading even after the culture appears to be gone. The Roman Catholic Church attempted to exploit this by systematically absorbing these numinous influences into their celebrations and sacraments, papering them over and harnessing them in their process of colonization of the human mind. In that way, they absorbed and attempted to obliterate any possible challenger to their homogenizing, domesticating, influences. The long night at the end of Samhain, though, took some time to paper over. It was a real crack in time, space and reality. There are others.

The Church created a different feast to celebrate the unknown saints and martyrs, but their objection to celebrating any force that could not be interpreted as benevolent and controlled uniquely through their interpretation meant that the long night at the end of harvest in the Celtic culture remained a pagan event. They could not celebrate the first night at the end of harvest when powers not in the Church's control prowled the darkened world. Some scholars argue that it was the British Catholic Church that initiated the solution in the 8th century as a way of countering its influence. They began celebrating All Saints' Day on November 1, even though, in 610 CE, Pope Boniface IV had designated May 13 as the celebration of the Blessed Virgin and the martyrs. The objective behind the British move was to eliminate the Celtic numinous interpretation of the last night of the Celtic year, thereby eliminating any force that could not be benevolently interpreted by the Church. Also called All Hallow's Day, the celebration began on the eve of the day, All Hallow's Eve, celebrating all departed holy people. The Church thereby attempted to limit the Celtic numinous memory to include only good, holy people. The celebration of the saints and martyrs was soon moved to this new date displacing the May 13 date throughout Christendom.

The jack-o'-lantern, a turnip carved to hold a light within, symbolized the light of the sun staying with the fruit of the field during the long night. It was also associated with the Will-o'-the-wisp, a bog light that suggested a lantern and offered guidance to a place of false hope. A thousand years after the creation of All Hallow's Day, these new fires began to appear in Ireland and parts of England, as though signalling that the Celtic numinous was still with us, still seeping through that crack in time. This small, carved vegetable was recalling the bonfires that once burned strong. Both the small lantern and the fires were intended to ward off the faeries and ghosts. When the Irish arrived in North America in the mid 1800s, the pumpkin they discovered here displaced the carved turnip. The Celtic numinous interpretation had simply adopted the name given to that night when the crack in time, space and reality opened. It is still with us and has been gaining popularity at an amazing rate across most of that old Celtic region of continental Europe as well.

Remember this Hallowe'en to set an extra place at your table – or offer a treat – so you can avoid the wrath of the faeries, ghosts and unhappy ancestors who come knocking at your door with their tricks at the ready.





Garden Talk

Preparing fruiting trees and plants ready for winter

June Angus - Main Street

With fall well underway, it's time to take care of some important chores in backyard orchards and berry patches to prepare for winter.

Let's start with fruit trees. While some varieties of plums, cherries and pears are grown in the Laurentians, apples are by far the most popular and easiest of the fruit trees to grow. They are available in many different varieties and can be prolific. This year in particular, most folks reported very bountiful harvests. In fact, I have never seen so many apples on the very old Macintosh that grows near our backyard deck. Needless to say, my applesauce production was in full swing over the last month. Our neighbourhood doe and two fawns were also very impressed with this year's bounty.

Even though harvesting is done for the season, there are still some tasks to take care of before winter sets in. First, remove any fruit that remains on trees or has fallen on the ground. Doing this now reduces the risk of disease or insect problems for next year's growing season. Also rake up leaves from around fruit trees. This is especially important for apple trees because apple scab, a common fungal disease, can overwinter in leaf debris ready to infect new growth come spring. Fortunately, discarded apples and leaves are compostable.

Use tree or trunk guards to protect fruit trees – especially younger specimens. Voles and other small rodents can do a lot of damage to a tree trunk. In some cases, if they nibble off bark around the entire trunk – called girdling – the tree may be irreparably damaged and die. Use bits of mesh made of galvanized steel or deer fencing staked around the base of a tree about 10 cm out from the trunk. Also place the protective material about 5 cm into the ground to the height of about 45 cm. This type of barrier can stay in place year round. If you decide to simply wrap the tree trunk with flexible mesh or garden fabric, wait till November to apply and remove it come spring. Removing dead or broken branches in the fall is also okay, but any significant pruning should wait till spring. Careful pruning is important so there will likely be a future column on that subject.

Moving on to berries...while strawberry plants grown in the ground are quite cold hardy, our frigid winters mean they need some protection. Apply a thick layer of weed-free mulch – 10-15 cm – on top of the planting area after the ground freezes. Clean straw is ideal. Remove the mulch in late April or once the snow is gone. Do not transplant in the fall; wait till spring. If foliage wasn't cut back after harvest, leave it in place now under the mulch until spring.

Since blueberries tend to have shallow root systems, it's best to protect them by applying a thick layer of mulch too. Wood or bark chips, pine needles and leaves (or any combination of these) make for great mulch. Moisten the mulch before applying it and avoid piling it directly against the trunk of the plant. Rodents such as voles can also be a problem for blueberries, but short of setting traps there's not much to be done.

Raspberries don't require mulching. These hardy plants do best if you simply cut out any spent canes or other dead wood throughout the season. However, if significant pruning is still needed, wait for spring.

A little bit of effort now will set the stage for next year's bountiful harvest of fruit.



Word Play

The mind: materialism vs. spirituality

Louise Bloom - louisebloom@me.com

"I do not mind", she said when he offered to mind the store. She thought it was very mindful of him because she would have less on her mind.

What is "mind" and where is it located? And, when taking a microscope to the subject, how can we benefit?

In the past, I have often referred to the word 'consciousness'. I have been talking about that which is the mind, as the generator of thoughts. The mind is the thing that perceives and, thoughts are the result of perception of something that stimulates the mind. That something could be exterior, as an event, thing or person, which activates thoughts, or interior, as an activation of the mind because of memories, problem solving, daily trivia, etc. The more I dissect the words that refer to this extraordinary human capacity –mind -the more complex it becomes.

The foundation of Buddhist thought is to recognize "the nature of mind", to understand mind (consciousness) as a fluid entity that can be reformed and re-educated so that the thoughts and emotions that cause human suffering may be tamed, subdued, diminished. Spiritual intervention influences our future, beyond death. This view opposes the scientific materialist theory.

During a recent examination of death according to Buddhism, I was awakened to the idea that the mind is not the brain, that the consciousness, our inner objective experience, that is that which sees red, smells garlic, hears Beethoven, is other than the brain. While consciousness lives in the brain, it is not synonymous with it.

I understood that Buddhism identified consciousness as the part of the human makeup that moved on after death, slipping out of the body and remaining (in different forms) throughout the afterlife experience and rebirth. Consciousness is therefore an entity that outlives the physical body and is characterized by certain aspects of our spiritual development.

Following this thread, I watched an interview about consciousness that was predicated on these questions.

"Here's the big question about consciousness, our inner experience of what things feel like. Is consciousness a product of the physical world alone? Because if consciousness is the output of the physical brain by itself, however complex, then consciousness as physicalism would defeat those who believe, or hope for, the existence of nonphysical realities." and can consciousness, the thing we all seem to know, but find so hard to understand, defeat this materialism?"

(<https://www.closetotruth.com/series/consciousness-entirely-physical>)

Are we merely physical accidents with no meaning beyond this one lifetime, cycling through the experiences of a physical world, or are we devolving or evolving from one lifetime to the next, giving increased meaning and dimension to our experience here on earth?

As well, how do we benefit by considering a microscopic analysis of the essence of the mind?

If we are awake to the spiritual point of view, we try to live consciously, increasing our depth of awareness. We thus take responsibility for our thoughts, speech, and actions, monitoring the mind and modifying our behaviors, to adopt a value system in keeping with that responsibility. This is the flow characterized by a spiritualized consciousness.

I intend to continue this examination, this analysis of consciousness, in my next article, THE MIND: PART II.

The website, (<https://www.closetotruth.com>) provides a non-bias examination of this fascinating subject. I am told that a true seeker is identified as one who takes nothing at face value... that asks all the difficult questions.

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

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Obituaries

William Griffith Hodge 1936 – 2022

Peacefully and with family by his side, Grif Hodge passed away on September 8th, 2022 in Lachute, Quebec. William Griffith Hodge was born on December 1, 1936 in Montreal, Quebec to William A. and Mildred (née Griffith) Hodge. His early years were spent at Montview, the Hodge family farm in Ville St-Laurent, at Lac Louisa on Griffith Island, and later in Town of Mount Royal. Grif attended McGill University, graduating with a Bachelor of Arts in History in 1958 and a Bachelor of Library Science in 1959. Grif had a long and successful career in information studies, particularly in pioneering the use of educational multimedia. His career began at Macdonald College and Lakeshore School Board in Montreal and later for the Visual Education Centre in Toronto.



himself with building a home near Lac Louisa, compiling family recipes, writing book reviews for the local newspaper, enjoying Griffith Island, fishing, working on his model trains, and researching the history of the Argenteuil region. Neighbors at the lake always knew when Grif was in charge of a celebration when the fireworks started.

Grif is survived by his wife of 50 years, Marion (née McGill) Hodge, his children Robin (Amy), Laurie, Kim, Erin (John), Heather (Fred), and Shannon (Jason) as well as his grandchildren Danny, Justin, Alexandra (Thomas), Hollie (Addison), Samantha (Clay), Adam (Crystal), Rebecca, Caitlin (Tony), Megan (Jordan), Joshua (Dayna), Elizabeth and Malcolm. Also survived by great-grandchildren Gabriel, Theo, Andrew, Lucas, Charlie, Ari, and Xavier. Also survived by his sister Elaine (née Hodge) Anderson and numerous nieces and nephews.

He is predeceased by his parents William and Mildred Hodge and daughter Marnie and son-in-law Tony.

Interment to take place in Lachute, Quebec, immediate family only. In lieu of flowers, donations may be made to the Canadian Children's Book Centre (<https://bookcentre.ca/support-us/donations>) or charity of your choice. In keeping with Grif's love of storytelling, if you have memories you would like to share with the family please email griffithisland.stories@gmail.com.

PITCHER Dawn 1942-2022

Suddenly on Tuesday September 6, 2022.

Daughter of the late William James Pitcher and the late Amy Margaret Jones. Left to mourn her sister, Dorothy Balint Pitcher, nephews and nieces, other relatives and friends.

Funeral service was held on Saturday September 17, 2022 at 2 pm at the Salon Roland Ménard Inc. Funeral Home, 395 Grâce Street, Lachute (Qc).



Lilianna Heid Ramos August 4, 1975 – October 31, 2002



Ahora estás reunido con tu mamá, tu papá, tu abuelita y tus primos. Cuidense el uno al otro..

In 1972 Grif was invited to create a school library system for the new city of Thompson, Manitoba. With a spirit of adventure, Grif and his wife Marion moved to Thompson, initially planning on staying for 2 years. Finding a welcoming and vibrant community with many new friends and opportunities, the couple set down roots and stayed for 30 years. Visitors to their home were always met with Grif's gourmet meals and lively discussion and debate.

During his time in Thompson he established a professional library for educators, a studio for educational films, organized artist-in-school programs, and served for many years as a leader at the provincial level in the introduction of new technology in schools and libraries. Grif also provided leadership to various organizations such as University Colleges North, the Thompson Public Library, and the Heritage North Museum. In the 1990s, Grif's leadership was instrumental in the creation of Mysterynet, which provided free internet service for northern Manitoba schools during the early years of the World Wide Web. The success of Mysterynet led to the creation of the Boreal Distance Education and Technology Consortium, which sought to connect isolated communities to the internet. In 2009, the Manitoba School Library Association named him an Honorary Life Member for his dedicated advocacy for school libraries in rural and isolated communities.

Grif loved theatre, music, and storytelling. He was a founding member of both the Lakeshore Players in Montreal and the Thompson Playhouse.

Grif retired to Quebec where he busied

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Main Street Money Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Have suitcase, will travel

Your vacation prep list should include travel insurance

Canadians are dusting off suitcases, renewing passports and starting to travel again. According to the Conference Board of Canada, more than 3.3 million of us returned from an overnight trip outside Canada during the first quarter of 2022. That number was seven times higher than during the same period in 2021 and split fairly equally between trips to the United States and other international destinations (1)

However, travel has changed, with more elements to consider. COVID-19 is still a factor around the globe, and contracting it before leaving or while away may mean cancelled flights and extended hotel stays with all the associated costs. In addition, the travel industry is still navigating the challenge of maintaining appropriate staffing levels to meet pent-up consumer demand. Understaffing can lead to unexpected delays and cancellations. All this uncertainly makes travel insurance more important than ever.

Protection from travel risks

Nobody wants to lose money for a trip they can't take or pay additional expenses because they can't get home as planned. Depending on the policy, single-trip or multi-trip travel insurance can help provide protection against a wide range of things that everyone hopes won't happen - but that just might.

Emergency medical coverage helps pay costs for hospital stays, physician consultations, paramedical and ambulance services, emergency dental treatment and emergency medical evacuation home. Importantly, it can also cover expenses for extended hotel stays, extra meals, phone calls and child care, as well as the cost to bring someone to your bedside if you are hospitalized abroad.

Trip cancellation and interruption coverage helps take care of non-refundable or non-transferable costs for prepaid travel bookings in various scenarios - for example, if there is an unexpected medical emergency or death, a Canadian government-issued travel advisory for your destination, a cancelled business meeting, an unissued travel visa or a missed flight connection.

Baggage loss, damage or delay coverage generally provides a set amount per trip to compensate travellers for lost or damaged luggage and, in the case of delay, the purchase of necessary toiletries and clothing, as well as costs for replacing a lost or stolen passport, driver's licence, birth certificate or travel visa.

Specialized COVID-19 pandemic coverage can provide emergency medical coverage for illness due to COVID-19 after a positive test result at the destination, including emergency air transport home, quarantine expenses and costs related to being denied entry to another country. It can provide an extra level of comfort while COVID-19 remains a potentially disruptive risk.

Wishing you safe travels

In many areas of our lives, including when we travel, we hope for the best. But it's important to plan for the unexpected too. Medical coverage is essential when travelling outside Canada to help cover the costs of anything that goes wrong with your health. Non-medical coverage is important as well, to protect your investment in your vacation and reduce expenses when a flight is delayed or a bag goes missing.

Speak with your advisor to find the right travel insurance to meet your needs, or visit coverme.com for more information. Having appropriate protection can make your anticipated trip that much safer.

(1) Conference Board of Canada, Outbound Canada - May 2022

Christopher Collyer, BA, CFP

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Christian Côté appointed director

The Council of Prefects and Elected Officials of the Laurentians Region (CPÉRL) is proud to announce the appointment of Mr. Christian Côté as director. Mr. Côté, who will officially take office on November 1, will replace Mr. Philippe Leclerc who is leaving to take on new challenges at the MRC des Pays-d'en-Haut.



Director General of the Laurentian Sports Excellence Development Council (CDESL) since 2017, and proud Eustachois, Mr. Côté has had the opportunity to collaborate with municipal, territorial, national and federal elected officials, as well as each of the MRCs of the Laurentians region, the City of Mirabel and various departments.

"His knowledge of the nuances and territories of the Laurentians region, as well as his ease in the workings of the Government of Quebec, bring great added value for the MRCs and for carrying our voice in the public square", rejoices Mr. Scott. Pearce, president of CPÉRL, prefect of the MRC d'Argenteuil and mayor of Gore.

A committee, consisting of two directors general of the MRCs and two prefects of the Laurentians, was set up to select the new director of the CPÉRL. "Among the fifty applications received, the profile of Mr. Côté, who has a long track record as a manager, really stood out," said Mr. Marc L'Heureux, vice-president treasurer of the CPÉRL, prefect of the MRC des Laurentides and mayor of Brébeuf, who also sat on this selection committee.

"During my years at the CDESL, I greatly appreciated serving the youth of the Laurentians. With this new challenge, I will have the opportunity to continue to serve the region at another level. It is extremely motivating! exclaims Christian Côté, the new designated director.

The CPÉRL would like to warmly thank Mr. Philippe Leclerc for all the work accomplished over the past five years to ensure the foundation and development of political actions and regional consultation of this important regional body. Mr. Leclerc will be in charge of the general management of the MRC des Pays-d'en-Haut as of October 11. We wish him the best of success!



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Real Wine for Real People Funny and strange liquor laws from around the world

April Sirois – Sommelier - ISG

While researching some of my articles I have come across some pretty interesting liquor laws. Now, every place and country has its own laws around liquor and most of them make sense. But every now and again you hear of one that makes you chuckle or scratch your head. Below are a few of the stranger ones that I have come across.

El Salvador: Drunk drivers face a firing squad

Okay, I agree that drinking and driving is dangerous and stupid but a firing squad, even for a first offence, does seem a tad excessive. Who wants shots?

United Kingdom: It's illegal to be drunk in a club or pub

In the UK, it is technically illegal to be drunk in a pub or club. Not sure how this could be enforced. They would need a lot more jails and police.

Scotland: No riding a cow while drunk

This old but, still on the books law, states that it is illegal in Scotland to "propel" a cow while drunk. I feel like there is a good story to go with this law.

Sweden: Only the government can sell beer higher than 3.5 percent ABV

Want to pick up a six-pack in Sweden? You'll need to head to government-run liquor stores or a pub. They are the only places in Sweden where you can buy beer with an ABV of more than 3.5 percent.

France: If you're driving, you need your own breathalyzer

In most places, owning a breathalyzer is a sign that you're someone who has previously been arrested for drunk driving. In France, though, it is required if you plan on driving at all.

Germany: Riding a bicycle while drunk can get you sent for a psychological review

Drunk bicycling is not a good idea anywhere, but in Germany, they take it to a whole new level. Not only will you lose your license, you can also be ordered to undergo an MPA, or medical-psychological assessment.

Bolivia: Married women can only drink one glass of wine in public

Bolivia, where married women are allowed only one glass of wine when out at a bar or restaurant... I really hope it's a big one.

Thailand: You can't buy alcohol between midnight to 11 am and 2 pm to 5 pm.

Buying booze is legal in Thailand, but only at very specific hours of the day. Between midnight to 11 am and 2 pm to 5 pm no alcohol is to be sold. And, the law applies to bars and restaurants.

Turkey: You can't buy alcohol on Election Day

In Turkey they prohibit the sale of alcohol of any kind on election day.

Scotland: Underwear beneath that kilt? You're fined two beers.

Another one from our fun friends from the land of the bagpipes: if you get caught with underwear, under there, you owe someone two beers. Not sure to whom you pay that fine or even who's checking...

Hope you got at least a chuckle out of a few of these.

~ "Here's to alcohol, the rose-colored glasses of life." – F Scott Fitzgerald



I'm Just Saying Hypocritical oaths

Ron Golfman - Main Street

As I sat down to prepare my October entry for my favorite newspaper, I read the last article produced by Joseph Graham, a fellow Main Street author. As we approach the October 3 election, I found it to be the most honest, reflective and factual chart to explain how we ended up bullied by our own representatives. Aside from being sadly aware that much of our lives are influenced by people who misread history, rarely learning from it as the saying goes and, repeating the sins of the past. I thank him for his effort and wisdom.



It is easy to find people on the Internet who insist that it's thinking their way or the highway. Both the Quebec government and the self-righteous segment of the right wing have become masters of the blame game while calling themselves 'us' and ignoring the 'all' that makes up a vibrant society. I am not left or right, I am a citizen.

Between the sanctimonious stances of some to proclaim they need guns to protect their homes, while simultaneously stomping on that same desire of the people in Ottawa by disrupting local citizens, there is no regard for the contradiction. While the economy suffers from a shortage of manpower, there has been no outcry about our premier's disdain for immigration. I guess it's a variation on the 'us' and 'them' mentality, which handicaps everyone. We seem to have lost our collective ability to listen and accept the views of others, unless it is the view of those who believe the louder you shout, the more correct you are.

I recently went to a social event in an outdoor venue and, given the resurgence of COVID derivatives at the time, I decided to wear a mask. While I was not alone, I was taunted and poked fun at for doing so while getting a beverage. I responded by asking why there was a need to give up one of the most precious gifts this society has, personal options.

Just before falling into direct earshot of some inane soapbox about the fraud of science and medicines, I was rescued by someone who recognized me and who told the heckler that I am recovering from cancer and perhaps should be left alone. I have not used my plight as an excuse for anything over the last year and, as tough as it was, I refrained from orating that both science and medicine have me standing in front of this ignoramus, preferring to respect the fact that without doctors, nurses, medicine and science I would not be vertical.

I don't know why and, I'm just saying that reading accurate history is becoming replaced by those who insist on their versions of the truth. To end my rant, I will leave you with one of my favorite stories. My good friend, Tommy Courte, was working with a moving company years ago and was assigned the task of packing up books at the home of a McGill professor. He picked up a book, authored by the homeowner who exclaimed, 'that's my first book' to which, in his dry humor replied, 'I know what you mean, I hate reading too'.

Peace!

Festival Imagine Celebrating neurodiversity



Lori Leonard

On July 9 & 10, the community came out in grand numbers to attend FESTIVAL IMAGINE, a one-of-a-kind arts festival celebrating the passion and creativity of neurodivergent artists.

Hosted at the Dunany Country Club and presented by Autism & Arts in the Laurentians (AAL), the 2-day event showcased 6 established, emerging autistic artists: Lena Baldoni, Ryan Botelho, Benjamin Lachapelle, Jonathan Pepin, Zach Reisman and Casey "Remrov" Vormer.

Festival attendees met and conversed with these incredibly talented artists, admired and purchased their drawings, paintings, sculptures and wood burnings. The event also exhibited 100+ beautiful artworks by AAL members and neurodivergent students from 8 special-needs school communities. Carly Hay served as an excellent Master of Ceremonies, artist-educator, Carol Lyng, led morning painting workshops and, a variety of fun, interactive activities (slime making, face-painting, carnival games, crafting, etc.) were provided by dedicated AAL members and volunteers.

Community, inclusion and celebrating neurodiversity were major goals for Festival Imagine and, by all accounts, these objectives were met. As described by Lorri Benedik, mother of featured artist Zach Reisman, "I think I have finally grasped the true meaning and significance of the festival's name. Imagine ... spending two days with like-minded, fabulously talented, neurodiverse artists and their loving families. Imagine ... being surrounded by people who "get" you - no rolling of eyes or strange looks, no questions asked - just unconditional inclusion and tons of love and affection."

Festival Imagine's organizers would like to thank its volunteers, partners, sponsors and supporters for their help and generosity: Dunany Country Club, 4Korners, CLC, MRC Argenteuil (notably the Townships of Gore and Wentworth), ELAN-Quebec, NS Virtual Services, Main Street and Inspirations Newspapers, IOOF - Beaver Lodge, MNAs Agnès Grondin, Nadine Girault, Eric Girard and Jennifer Maccarone, Ateliers Müz, Mode PEP, NAYA, DD Creations, François Parizeau et Assoc, Jean Coutu Archambault & Morisset, Montreal Autism Community Lions Club, Lori Leonard, Kathy Low, Carol Lyng, Joel Hay and our amazing AAL members and their families.

Organizers were also overwhelmed by community support! 30 original artworks donated by Dunany Studio Artists and other renowned Laurentian artists were on display and auction. These artworks raised \$2,650 to date and purchases to support AAL can still be made at www.ateliersmuz.com/collections/aal-fundraiser-art-sale. AAL is also very grateful to local merchants who donated raffle prizes: Carol Lyng, Baton Rouge St-Sauveur, Patty Desrosiers, J.B. Dixon, Chaussures Monik, Koura Olives, Wendy Trautwein, Angi Bloom, Jayne Pollock, Josephine Piazza, Annie Deport, Heather MacLeod, Le Coin de Poilus de Nord, Ultramar Darcy (Lachute), Natacha Dufour, Lori Leonard and Ben Animalia.

Furthermore, special guest appearances were made by Sheldon Kagan & Phil Shaw to promote and celebrate neurodiversity. At the fledgling festival's closing, an unexpected \$1,000 donation from St. Paul's Dunany Church was made, which ended this beautiful weekend on a very happy note. In total, nearly \$5000 was raised at Festival Imagine to support AAL's future activities.

Thank you for helping us "Imagine".



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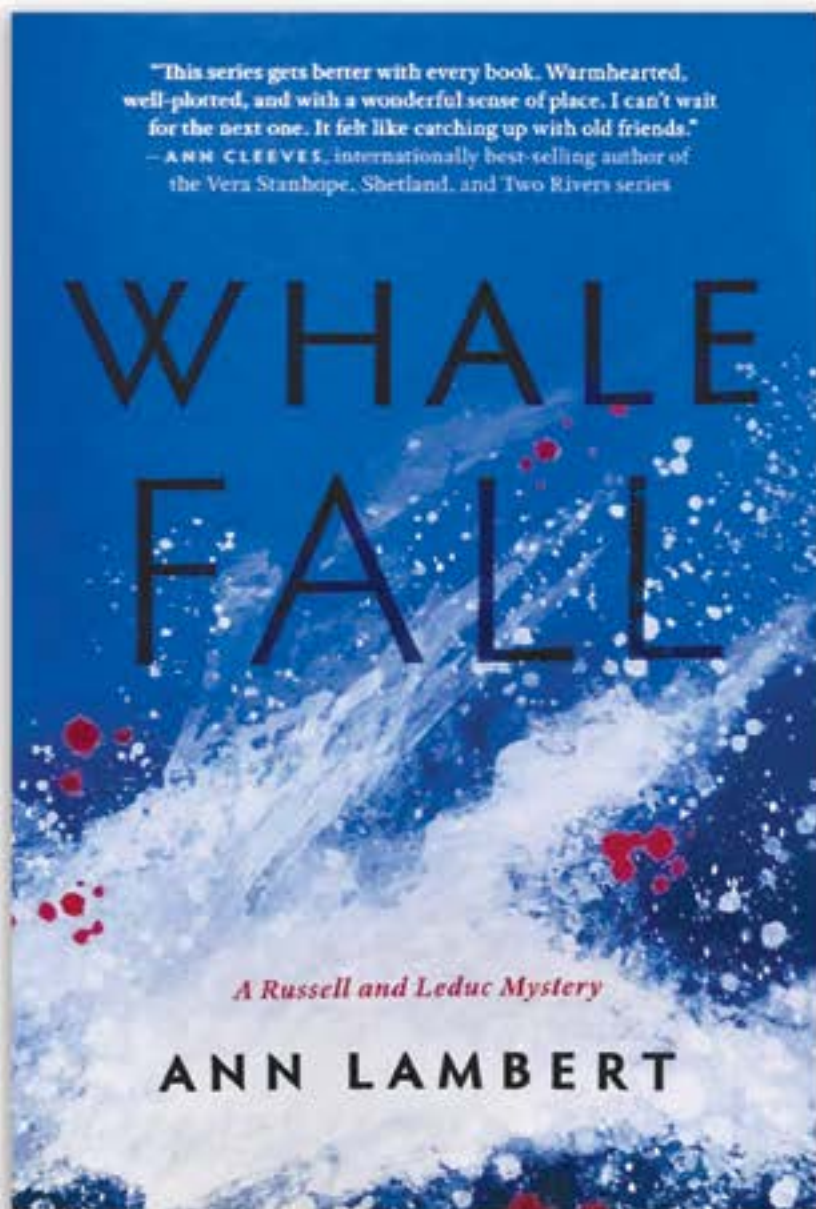
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4K SPEAKER SERIES



Ann Lambert Presents her New Book: **Whale Fall**

Ann Lambert was “just a kid with a dream” when she wrote her first novel at the age of sixty.

Join her for a discussion of her Russell and Leduc Mystery series, set right in the heart of the Laurentians, and help her celebrate the the release of the third book in the series, Whale Fall. There will be a reading and a Q and A afterwards.

Whale Fall

The Third Russell and Leduc Mystery

There's blood in the water....

Surrounded by friends and family in the heat of a lush Laurentian summer, Marie Russell and Detective Roméo Leduc are getting married at last, but the joyous occasion is overshadowed by an unexpected arrival: Magnus Sørensen, renowned eco-warrior – and Marie's first love. Magnus is planning a dramatic protest against a local resort development that will destroy a beloved nature preserve—but when the unthinkable occurs, Roméo and Marie are forced to abandon their honeymoon to bring a murderer to justice. Their investigation will plunge them into the bigger battle for environmental justice, and force them to dig up some long-buried secrets. Meanwhile, an elderly couple from a local seniors' residence have gone missing, and Romeo and Marie must join the race to find them before it's too late. Fast-paced and chilling, Whale Fall is a thrilling tale of love and vengeance.

Wednesday, October 26th at 10 a.m.

This Speaker Series presentation is also being presented as part of our 4K Wednesday Wellness series!

Live presentation: In-person at Holy Trinity Church in Ste-Agathe:
12 Rue Prefontaine O, Sainte-Agathe-Des-Monts

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: connect on Zoom from the comfort of home

Meet the Author **Ann Lambert**

Ann's first novel, *The Birds That Stay* was published in 2019 and was a finalist for the Concordia Best First Book Prize that same year. Her second book in the series, *The Dogs of Winter*, was published in the fall of 2020, and was a finalist for the Canadian Crime Writers Award of Excellence. Both books were released as audiobooks in the fall of 2020, narrated by Ann herself. *The Dogs of Winter* won an Audiophile Award in 2021.

Ann has also written over 20 plays for the stage and radio over forty years in the theatre. Several of her plays, including *The Wall*, *Self Offense*, *Parallel Lines*, *Very Heaven*, *The Mary Project*, *Force of Circumstance* and *Two Short Women* have been performed in Canada, the United States, Europe and Australia. Ann is the former head of The Playwriting Program at the National Theatre School of Canada.

Ann recently retired from Dawson College in Montreal where she was a teacher of English literature for almost thirty years, and where for the last 13 years, she wrote, directed and produced shows with The Dawson Theatre Collective.

Ann is the co-founder of Theatre Ouest End in Montreal, which was launched in the spring of 2019. It is dedicated to producing work new work that brings together an intergenerational community of both emerging and experienced theatre artists.

www.theatreouestend.ca

Ann is also the vice-president of The Theresa Foundation, dedicated to supporting AIDS-orphaned children and their grandmothers, the education of Malawian girls, and alleviating food insecurity in several villages in Malawi. (www.theresafoundation.com)

Ann lives in Montreal and Ste. Lucie des Laurentides, Quebec with her husband David, a school principal, and their dog, Lucy. Her daughter Alice is a playwright, librettist and video game writer. Her son Isaac is a high school Social Sciences teacher.

