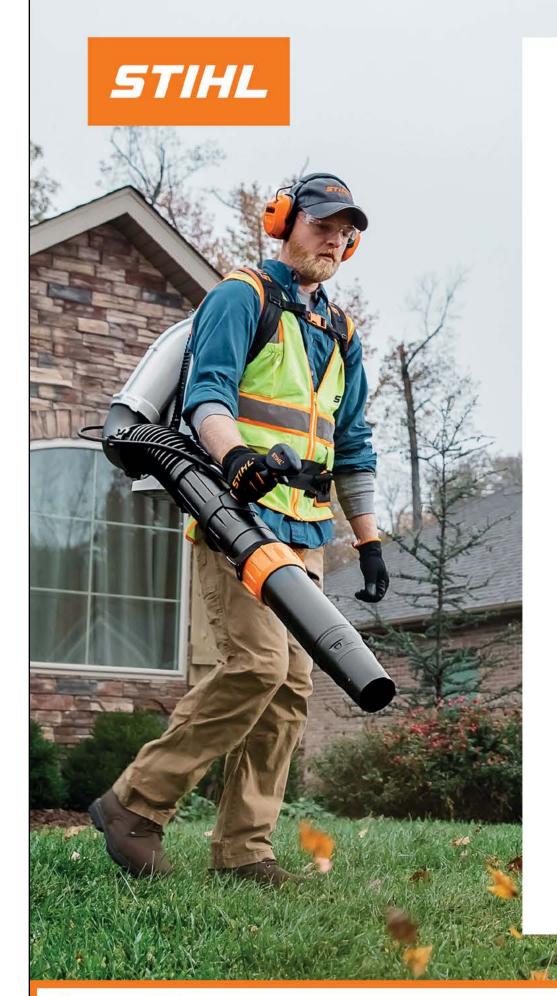


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What's On My Mind... A farewell to Ron Golfman

Susan MacDonald, Editor

It is with deep sadness that I share with our readers, the news of the recent passing of one of our dear and longest-term writers, Ron Golfman. Ron passed away on September 18 after a long and courageous battle with cancer, and friends and family joined together at the Morin-Heights Legion on September 29 to share memories and to celebrate his life. Ron was a familiar and loved figure in Morin Heights and will be deeply missed by his entire community.



Ron was a member of the original Main Street team; his column, I'm Just Saying, stretches back many years, dating back even before I came on board. On our first meeting, at an annual Main Street backyard BBQ, he was warm and welcoming, and encouraged me to pick up a pen (yes, a pen) and start writing, something I had always wanted to do. I'm sure he also quoted, or sang, a line or two from his favourite song at the time, as he was prone to do.

Over the many years that followed, we only connected personally a few times but we did correspond regularly, going back and forth with a bit of banter each month when he sent in his monthly article. On the rare occasion when I returned it for one reason or another, he would only laugh and promise a rewrite 'asap' with never a complaint. His love of writing and his connection with Main Street ran very deep.

Through our emails, he shared with me his love of community, the Morin-Heights Soft Ball League, his closeness to family and friends. His passion for music always shone through and oftentimes, he would end his article with a verse or chorus from a song by The Beatles or Van Morrison. Music was passion, I remember him saying.

We talked of his illness, a topic not to be ignored, but always Ron kept the conversation light, remained positive and never failed to mention how blessed and supported by friends and family he felt. "Live each day as if it's your last" he told me, because you just never know.

We will miss Ron dearly and to those who knew and loved him, we extend our most heartfelt sympathies. May his memory live on forever in our hearts. ...

Rest in peace, Ron, keep smiling and as the umpire says, Play Ball...

"Here comes the sun And I say, it's alright

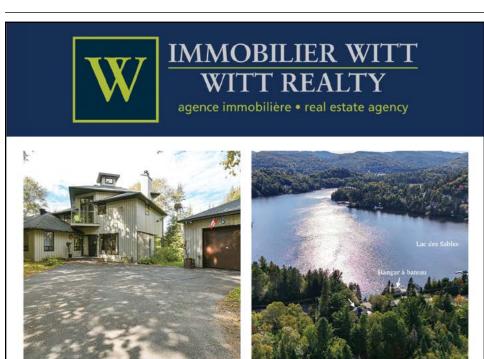
Sun, sun, sun, here it comes"

The Beatles – song from the 1969 album Abbey Road

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Theatre Morin-Heights It's showtime for "GamePlan"



Audiences are in for a treat when the lights come up on the Theatre Morin Heights (TMH) production of "GamePlan" by Alan Ayckbourn, directed by TMH veteran Steve Gillam. The show opens October 23 at Chalet Bellevue, Morin Heights with six performances running October 23-27, including two matinees.

With some 90 plays to his credit, playwright Alan Ayckbourn usually writes about relationships and people's foibles, and "GamePlan" is no exception. In order to help her mother out of financial difficulties, teenaged Sorrel sets herself up as a classy call girl at home while her mom is working. Persuading her best friend to act as her secretary, things don't go quite as planned. Comedy? Drama? Tragedy? Thriller? Social Commentary? The audience will decide.

The TMH cast and crew are ready to welcome you to this great show. The intimate theatre setting complete with a cash bar is the perfect way to sit back, relax and enjoy this latest offering from TMH. Some tickets (\$25) are still available so don't delay; get yours today.

Now is also a great time to support this local English community theatre troupe by signing up or renewing your TMH membership for \$20. This can be done online or in-person at any TMH event.

WAKORNERS Empowering English speakers through community action

Gaëlle Giraudeau

At 4Korners, we are proud to be part of the Autonomous Community Action (ACA) movement, which plays a vital role in supporting communities and driving social change across Quebec. ACA organizations, created by and for the community, work to address local needs and promote long-lasting transformation. In the Laurentians, 4Korners is committed to ensuring that the English-speaking population has access to essential health and social services.

With more than 4,500 organizations across Quebec, ACA has been a pillar of social development for over 50 years. The movement focuses on empowering individuals and communities by enhancing social participation, offering support, and promoting equality. As an ACA organization, 4Korners aligns with these goals through our various programs and initiatives that strengthen community bonds.

One of the key ways we engage in Autonomous Community Action is through the Networking and Partnership Initiative (NPI). Funded by the Public Health of Canada, this initiative aims to improve access to health and social services for English speakers in the region by building partnerships with local health providers and community members. Through NPI, we actively promote collaboration and ensure the needs of our community are addressed.

We are thrilled to welcome Emma Foreman, our new Community Development Coordinator, who will be leading our efforts in the MRC d'Argenteuil and MRC des Laurentides. Emma will work closely with people and community partners to facilitate access to programs and services for the English-speaking population. Her role also includes engaging with community members, organizing activities, and representing 4Korners at local events. As an Argenteuil local, Emma's commitment to fostering inclusion and addressing community needs aligns with the core principles of ACA.

From October 21 to 25, 2024, we will proudly take part in the 23rd edition of the National Week of Autonomous Community Action (SNACA). This event celebrates the significant contributions of ACA organizations, worker and volunteers across Quebec. It's a time to recognize the 54,000 workers and 425,000 volunteers who, through their dedication, help build a stronger social safety net for all. During SNACA, we invite you to learn more about the ACA movement and how organizations like 4Korners are making a difference in their communities.

4Korners remains committed to empowering the English-speaking residents of the Laurentians. Through our programs we strive to create a vibrant, inclusive community where everyone feels connected and supported.

By working closely with our partners and engaging with the community, we aim to continue building on the ACA legacy of social transformation. Through initiatives like NPI and the hard work of dedicated team members like Emma, we are proud to contribute to the well-being and resilience of our community.

For more information about our programs or how you can get involved, visit our website 4korners.org or call us at (450) 974-3940. Together, we can continue to create a stronger, more inclusive Laurentians for all.



For tickets or more info visit: www.theatremorinheights.ca.



Actors Anita Stranzl and Alessandra Piazza-Guindon with Director Steve Gillam and Stage Manager Corina Lupu.

4 main.street@xplornet.ca

Sunday, October 6 – Saturday, October 12 Fire Prevention Week – time to check your fire alarms and change batteries

Monday, October 14 – Thanksgiving A festive time to give thanks and share the seasonal harvest with friends and family

October 31 – Halloween

Dress up the kids and pull out the candy... scary trick & treaters will be knocking at the door. Remember to put the pets in a safe place...

November 3 – Daylight Savings Time

Enjoy one extra hour of sleep when the clocks go back...

An earlier start and finish to our daylight hours..













STRENGTHENING COMMUNITY VITALITY in the Laurentians

Established in 2005, 4Korners is a community-based organization dedicated to supporting the well-being of English-speaking residents of the Laurentian. Our goal is to offer inclusive and empowering services that meet the diverse needs of our communities regardless of age or background.

Our programs span a broad spectrum, from educational workshops and cultural events to social support initiatives and health services. We take pride in embracing diversity, ensuring every community member feels valued and included.

Join us to enrich the lives of communities in the Laurentian region.

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October 2024

Arundel News

Janet Thomas

ARUNDEL SPEAKER SERIES PRESENTS GUY MELHUISH, THE MUSIC GUY

Arundel Centre (17 rue du Village) Friday, October 11: 7 pm - Free Admission

Guy will present a brief history of how he was in the London folk music scene with Paul Simon and Cat Stevens and Al Stewart...plus stories of Hendrix/ Bowie/Van/ Dylan/ all in London mid 60's. In his own words "I was there then...I'm here now."

THANK YOU FROM THE ARUNDEL FARMERS' MARKET

On Saturday, October 12, visit us for our last Harvest Market from 9 am to 2 pm.

A deep thank-you goes out to all our customers. We look forward to seeing you again in the spring. A warm thank-you also goes out to our wonderful vendors and volunteers. Without everyone's support - customers, vendors, and volunteers - there would be no market. We welcome new vendors. If you are a food producer or artisan and would like to participate next year, please contact Janet Thomas janet.thomas700@gmail.com

If you have comments and / or suggestions for next year, please send them to arundelmarché@gmail.com. We are always looking for ways to grow and improve. We are actively looking for help for the 2025 season and we pay! If interested, please contact Janet Thomas at janet.thomas700@gmail.com

ARUNDEL CONCERT SERIES UPCOMING SHOWS Heads up! Don't miss our fabulous line-up.

Sat, Oct. 19: 3 pm: Bowser and Blue (sold out; wait-list only)

Sat, Nov. 16, 3 pm: Guy Melhuish: From Folk Clubs to Rock Bands: A Musical History of London in the 60's Sun, Dec 8: 3 pm: Musikus Vivace: 27-voice choir for the Christmas season

For more information and for reservations, please contact Janet Thomas janet.thomas700@gmail.com

MONTCALM COMMUNITY LUNCHES ARE BACK! Montcalm Community Centre,

33 Rte. Lac Rond Nord, Montcalm

Last Friday of every month, 11:30 am

Join your friends for a delicious three-course meal provided to seniors over 55 on the last Friday of every month. Only \$10. Don't miss the next lunch on October 25. These get-togethers are popular. To reserve, please call (819) 681-3383 ext 5811.



News from Saint-André **Our boutique & restaurant** strip

Karen Feiertag

A small ribbon of boutiques and restaurants line our "downtown core" in very close proximity to all the attractions I've written about. Today, I offer an ode to those who offer this eclectic range of services along our Main Street.

START: Nine minutes south from Lachute on the #327, junction #344, the newly furbished Crevier Station is where cars and boats of all sizes gas up. Look south...

+130M - LEFT An impressive menu of classics have Roxane and Daniel of PIZZA 3000 celebrating their 20th successful year. Fueled by kids Amélie and Robert and a varied menu of evening activities, this family institution is a mainstay.

+0M - RIGHT Across the street, the award-winning STATION 210 BOUTIQUE CAFÉ that Louis-Robert and I run offers quality objects for home, leisure and health, along with a gourmet food shop. Lamps, linens or a cappuccino to go anvone?

+70M - LEFT Tucked behind an historic stone house are the CAMPAGNARD/ MONDOU farm supply stores. Mélanie and the gang feed your cats, dogs, cows and plants & provide farm tools and even soft, chirping chicks if you reserve in advance and come on the right day.

+30M - LEFT How sweet is your pharmacist? For service with soul, visit Céline and her team at PROXIM.

+150M - LEFT A perfect season to visit Max at MAXO2 for a great onsite selection of wood stoves. Expect a few surprises and great support services.

+40M - LEFT The unstoppable duo Mélanie and Jean-François at LA SHOP À MÉMÈRE cook up traditional meals and buffets just like mama used to make, for pick up or delivery, 7 days a week.

120M - LEFT Visit SPEEDTRIX brothers Steve and Mike, famous worldwide for the artistry of their custom motorcycles, for your dream build, bike merch, or just a peek at all those awards.

160M - RIGHT Céline and Sandra of MARINA RESTO & BAR offer poolside cocktails, a place to dock your boat and paddle-board rentals until October. Thereafter, you'll still get inexpensive breakfasts from 6am as well as karaoke and games on cold winter nights.

But it's fall. Get out those walking shoes and come say hello.





Cancer Support Group Support mental health while coping with cancer

Psychotherapist Lois Wilke will offer tips and techniques to help support one's mental health while dealing with serious health issues at the next meeting of the Laurentian Region Cancer Support Group (LRCSG) set for October 19 at 1 pm. The meeting will take place at Chalet Bellevue in Morin Heights. Option also to attend via Zoom.





MORIN HEIGHTS UNITED CHURCH 831 DU VILLAGE

Thursday/Jeudi: October 24 from 5pm to 8pm Friday/Vendredi: October 25 from 12pm to 7pm Saturdav/Samedi: October 26 from 10am to 3pm

Meetings are free and open to people living with cancer and their loved ones or caregivers. (Donations accepted and tax receipts issued.) 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.



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14,000 copies distributed throughout the Laurentians

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IF YOU WISH TO PLACE AN AD CONTACT :

Susan MacDonald 450-533-0222





The City of Saint-Sauveur inaugurates its new skatepark

It is with great pride that the City of Saint-Sauveur inaugurated its new skatepark on Friday, October 4, in the company of representatives from Canada Economic Development for Quebec Regions, firms that collaborated on the project, its regional partners, the media, and mayors of the cities of the MRC des Pays-d'en-Haut and the Laurentides.

Located in Parc John-H.-Molson, the new skatepark, with an area of 1,140 m2, was designed to offer scalable modules for users of all ages and levels. The modules create linear and safer paths that will please both skateboarders and scooter enthusiasts, and will encourage their progression.

The skatepark includes 7 ramps, 9 sliding boxes and over 15 modules, including a quarter moon, a volcano, pyramids, and balance boards. These modules rise to heights that vary between 0.5 and 2 meters.

The traditional asphalt surfaces have been replaced by smooth concrete, which allows for a smoother ride and greater safety in the event of a fall. The City also made sure to harmonize this sports area with its environment and the surrounding nature through landscaping that offers an exceptional visual experience to users and spectators.

A reduced ecological footprint

In order to meet its commitments in terms of sustainable development and reduce its environmental footprint, the City designed the retaining walls and landscapes with granular materials and blocks recovered during work carried out during the summer season, in particular those of the excavation operations for the construction of the skatepark.

The mound for the snow slide in winter, formerly built each year using snow cannons, has also been permanently integrated into the skatepark. This structure offers visitors an elevated rest area as well as a viewpoint over the entire sports area. This inclusion will allow the City to reduce its environmental impact as well as the operating costs dedicated to the construction of the snow slide by \$10,000 per year.

A long-awaited skatepark

Listening to its citizens and keen to develop a concept that meets their needs, the City held a public consultation in May 2021 to gather the wishes and proposals of nearly 75 skatepark users. Open since Saturday, September 21, the skatepark has already welcomed hundreds of skateboarders and delighted citizens, who had been eagerly awaiting it for several months. The inauguration was followed by a civic party hosted by Technical Skateboards, where professional performances, skate clinics, live artistic creation, door prizes, booths from various skateboard companies, DJs and BBQs were on the program. Nearly 750 citizens of all ages attended the event.

This project, totaling \$1.6 million, was made possible in particular thanks to a financial contribution of \$366,000 from Canada Economic Development for the Regions. For more information, contact the Communications and Citizen Relations Department at 450 227-0000, ext. 2700, or at communications@vss.ca.



STRICTLY BUSINESS By Lori Leonard - Main Street

Welcome to:

Jesse St-Germain and Marc Chemali, owners of the new Poulet Rouge St. Sauveur, 153 ch. Jean Adam, St. Sauveur. They opened this new restaurant on June 15 and it has become popular very quickly. On the menu are delicious grilled chicken in bowls served in many different flavours, along with fresh and tasty salads and condiments. Generous portions of healthy food. They also offer gift certificates, which make great gifts for friends or family. They use Door Dash for delivery service. Open Monday through Sunday from 11 am to 11 pm. 450 227-5253 / pouletrouge.ca / Facebook: Poulet Rouge Saint-Sauveur

Congratulations to:

Clinique Vétérinaire de la Rivière-du-Nord, 450 ave. Barron, Lachute. Dre. Caroline Normand and Dre. Emilie Roy are the owners and veterinarians. Dre. Jessica Cinq-Mars is also a veterinarian there. They opened this new clinic on July 8. Services they offer for dogs and cats include: vaccinations, emergency care, regular surgeries, x-rays, ultrasounds, dental work, euthanasia, routine check-ups, nail trimming, microchipping and prescription medications. Dog and cat food brands they sell are Royal Canine, Purina and Hill's. Best of luck to all of you! Open Monday and Thursday from 8 am - 8 pm, Tuesday, Wednesday and Friday from 8 am -5pm and Saturday from 9 am - 3pm. 450 495-2428 / info@ cvrdn.ca / Facebook: Clinique Veterinaire Riviere du Nord / website: veterinairerivieredunord.ca

Did you know that:

There will be a special Ski Hall of Fame Evening - A Tribute to Women in Skiing hosted by the Musée du Ski held at the Main Pavilion, Sommet Saint-Sauveur, 655 ch. Louis-Dufour, St. Sauveur on October 19 at 6 pm? This event is in honour of women in the ski world. There will be a cocktail reception and guests will be honoured by the presence of honorary Co-Presidents Lucile Wheeler and Nancy Greene, as well as well-known St. Sauveur native Jocelyne Cazin. New inductees into the Hall of Fame will be Maxime, Chloé and Justine Dufour-Lapointe, acrobatic ski mogul champions presented by Hall of Fame members Marie-Claude Asselin, Jean-Luc Brassard and Michel Daigle. The award to Mélanie Turgeon, World Downhill Champion in St. Moritz in 2003 will be presented by Erik Guay. Sharon and Shirley Firth, cross-country skiers, the first indigenous women to represent Canada at the Olympic games will also be inducted. If you are unable to attend, you can still make a donation to the Musée du Ski. Further info: Guy Thibodeau 514 386-5437 / guyleski@gmail.com. Tickets may be purchased on the website museeduski.com

The annual **Foire du Cadeau will take place at Centre Communitaire**, 1 rue Fournel, Ste. Anne des Lacs on Saturday, November 16 from 10 am – 5 pm and Sunday, November 17 from 10 am – 4 pm? So, if you are looking for artisanal items, uniquely crafted pieces, hand-knitted woolens, carved wood items for Christmas gifts, be sure to check it out!

Well-known local singer and performer/diva **Meredith Marshall** is now offering **Vocal and Performance Coaching**? Meredith has won multiple awards for her extraordinary singing talent on an international level and her records have gone gold and platinum internationally. Meredith often performs locally with Slim Williams (Atomic Glam) and has performed for years at the magnificent Le Balcon, as well as other top venues in Montreal and around the

world. She coaches all ages. Classes for young children are 30-45 minutes, while older youth and adult classes last an hour. Price is \$50 per hour. So, if you have a yearning to sing out loud other than in your shower, check out her Facebook page at Meredith Marshall. These classes are sure to be lots of fun! For class availability, call 514 714-1506 or write her at meredithmarshall@me.com

Happy Fall to everyone!

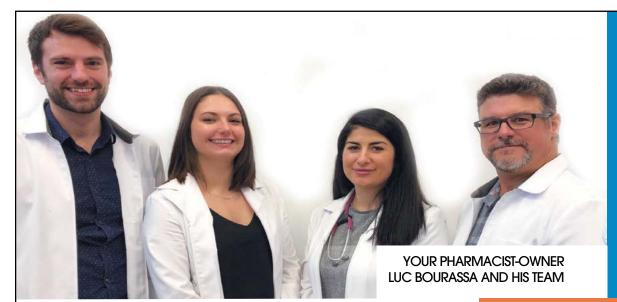














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Laurentian Personality Meredith Marshall - divine diva

Lori Leonard – Main Street

Meredith Marshall was born in Austin, Texas and moved to Los Angeles at age 18 to pursue music.

Born for the stage, her family was her first best audience. She was discovered as a child model at 7, when she got her first laugh on a fashion runway. After a choir competition when she was 15, attendees told Meredith she had brought them to tears, which made her understand how deeply music connects people. Her first voice coach introduced her to Sara Vaughn and Meredith's mom Mary, also a wonderful singer, introduced her to "Ella and Duke Live at the Côte d'Azur", (her heroine and hero to this day).



At 17, Meredith auditioned for and was accepted at Booker T Washington Arts Magnet in Dallas. Shortly after graduating she moved to Aspen, Colorado where she perfected her incredible voice with star-studded local bands.

Meredith studied French throughout school and in 2001 moved to Val David in "La Belle Province" to improve her grasp of the language. Meredith now resides in Ste. Anne des Lacs and has always felt that the Laurentians were and are "her spiritual home".

During her first summer here, Meredith was introduced to Slim Williams, the rest is history! Six months later, Dawn Tyler Watson invited them to Club Med to perform with her and they became very close friends.

In 2004, at the old Carol a Go Go, Meredith met Guy Fauré, father to their amazing son Liam, now 19.

In 2013 Meredith was chosen for the premier season of Canada's "The Voice (La Voix)", and Atomic Glam was born! Ghislain Roy, entrepreneur and executive coach, messaged Meredith to say he thought she was Atomic after her La Voix appearance. She and Slim loved the term. They have performed in Montreal, notably Le Balcon, throughout Canada, the US and internationally. This summer, Slim and Meredith initiated "Soul Fest" with Kim Richardson and Dawn Tyler Watson. They are all friends and avid fans of each other. The first edition was a huge success for Julien Robitaille, owner of Le Balcon, Jack Cheam and their team. It's now a landmark event in Montreal's Summer Festival scape.

Meredith believes "singing is about emotion, vulnerability, rawness and generosity.

There's a loop of energy and love between an audience and performer, the very essence of life. Humans are made for connection, and music is one of the deepest forms." Meredith's performances are authentic – what you see is what you get!

One of Meredith's favourite beings is Papaya, her 6-year-old Taiwanese street dog mix. Meredith claims she is "absolutely funny-beautiful". Papaya was rescued by her friend Chris, from the streets of Taiwan.

Meredith enjoys tennis and has a passion for cars and travel. She and her son Liam have visited Mexico, Barbados, Dominican Republic, Texas, New York and Vermont. They have fun discussing life, cars, philosophy and politics along the way.

Her "sisterhood" is her bedrock, and her friends are her chosen family.

Recently, Meredith started offering Vocal Coaching, encouraged and mentored by amazing local voice teacher Shirleen Hayes and her talented husband Guy Gagné, a professional trumpet player.

Meredith is passionate about mental health and healing and is actively involved in Co-dependents Annonymous (CoDA). She and her writing partner, therapist Alli Wigton, are currently writing an accessible, sometimes comical book on selfworth, called "*Stop Giving a Sh*t What Other People Think of You*"; the title perfectly suits the subject matter.

Meredith and Slim recently performed at an event I attended where she performed



Making it Work in the Laurentians 7 tips for negotiating your best job offer

By YES Employment + Entrepreneurship

During the pandemic, workers largely had the upper hand due to a favorable job market and the ability to work remotely. But fast forward to 2024, and a weakened labor market has left candidates with fewer options, less bargaining power, and employers well-positioned to dictate terms. But this doesn't mean you shouldn't use whatever leverage you have at your disposal to negotiate an offer that works for you!



Consider the following tips for making job negotiations go your way.

1. Determine your ideal salary. Research the market average for your position; determine what the company can afford. Also, consider your goals: do you want to hit a certain income to support your family or pay off loans? Finally, determine the lowest salary you're willing to accept.

2. Be ready for challenging questions. You may face questions that make you uncomfortable. Always focus on the questioner's intent. For instance, an employer who asks whether you would accept an immediate offer may simply be interested in gauging your interest, rather than trying to corner you. Answer honestly without giving up too much bargaining power.

3. Understand your audience. Negotiating with a prospective boss is different from negotiating with an HR rep. While you may be able to bombard the latter with questions about the finer details of the offer, you don't want to rub a potential future manager the wrong way. Pinpoint the interests and concerns of the person you're speaking to.

4. Be your charming, likable self. When people like you, they're more likely to try and improve your offer. Help them understand why you deserve it. Don't just say what you want (a higher salary or remote work Fridays). Explain why: your unique experience warrants higher pay or trust to work remotely.

5. Recognize constraints / **recognize wiggle room.** Even if they love you, they may need to contend with inflexible constraints like salary caps. At the same time, they might be flexible on start dates, vacation time, perks, and signing bonuses, all while offering stellar growth opportunities. Look at the whole package.

6. Make it clear that you want to work for them. If you're set on negotiating, make it clear that you're serious about working for them. If you're planning to mention the other options you have as leverage, balance that out by saying why you would love to forgo those alternatives and accept an offer.

7. Wait until you have an offer. Make sure you have an official written offer before negotiating terms. You have more leverage when you're certain they're serious. This also gives you more time to read the situation and prepare for your negotiation.

Bottom line: remember that what's not negotiable today might be tomorrow. Once you've earned some trust and demonstrated your value, your boss may be willing to press for something they weren't open to before. Be willing to continue the conversation! At YES, we can help you practice for that win-win situation. Email info@ yesmontreal.ca to book an appointment with an employment counselor - it's free!

What is FeederWatch?

Projet FeederWatch is a joint research and education project of Birds Canada and the Cornell Lab of Ornithology that depends on volunteers like you to help us learn more about bird populations.

Project FeederWatch turns your love of feeding birds into scientific discoveries. FeederWatch is a November 1 to April 30 survey of birds that visit backyards, nature centers, community areas, and other locales in North America. You don't even need a feeder! All you need is an area from which you like to watch birds. Plus, the schedule is completely flexible: you can count every week or once all winter, for as much or as little time as you like.

La Vie En Rose a cappella so beautifully that guests were left speechless.

What's in the future for Meredith, our Divine Diva? You can see her at Café Morin (42, rue Morin, Ste-Adèle) on October 19! She also looks forward to performing at winter shows in hot spots like Barbados and Mexico. And well.... other interesting projects, which we will leave as a surprise! We look forward to seeing more exhilarating local performances by this amazing diva who can hit notes that no one else can!

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- Home Décor
- Electrician, plumber
- Fireplaces, chimneys
- HVAC specialist (thermopumps, AC, heat)
- Painting
- Tree cutting, excavation
- Window cleaning
- New roofs
- Anyone or anything...

When you join FeederWatch you will receive:

- Tools to track and learn about your birds on our website or mobile app
- Our year-end summary, Winter Bird Highlights
- Our double-sided poster of eastern and western common feeder birds (optional)
- Our calendar (optional)
- Digital access to the Cornell Lab's Living Bird magazine (U.S. participants)

For more information or to register please visit www.feederwatch.org



8 main.street@xplornet.ca

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Les Contacts de L

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Lori's Links

450.224.7472

October 2024

MAIN STREET



ARUNDEL JAM SESSIONS Arundel Legion Next dates: Thurs, Oct 24, Nov 6 &

21: 6 pm Casual, no agenda: a musician's night to practice and exchange ideas. Free... Enjoy the music and support local venues and musicians.



ARUNDEL SPEAKER SERIES PRESENTS ... Guy Melhuish, THE MUSIC MAN Arundel Centre / United Church 17 rue du Village

Fri, Oct 11: 7 pm Guy will present a brief history of how he was involved with the London folk music scene with some of the great performers. Free admission

RICKKS ROOM – WENTWORTH NORTH Oct 19: 2pm – Rob Lutes

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

BOWSER AND BLUE TICKETS NOW ON SALE Arundel Centre / United Church (17 rue du Village) Sat, Oct 19: 3 pm

The famous musical comedy duo Bowser and Blue are returning to Arundel! (Sold out – waiting list only). Info/reservations: janet.thomas700@gmail.com

LACHUTE RESIDENCE FUNDRAISER Hosted by the Ladies' Committee of the Lachute Residence

Tues, Oct 22: 5 pm – 7 pm Resto Bar Ton Shon (417 rue Pi

Resto Bar Top Shop (417, rue Principale Lachute) Menu: ½ rack of baby back ribs, fries, sauce & coleslaw with dessert table \$20 (free parking at rear)

ROYAL CANADIAN

ROYALE CANADIENNE

LEGION

LA LÉGION

The legions are asking the community at large to inform them of any veterans they may know of who may be living in and / or

with difficulties. These could be veterans suffering from PTSD or other medical issues or who may be homeless. Please help them help others; discretion is assured.



BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Fri: 3 pm – 7 pm

Open Thurs -

Sat: 4 pm - 9 pm

Thurs: 3 pm - closing

LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

MORIN-HEIGHTS BRANCH 171

Mon, Wed and Sun: closed

Tue & Sat: 1 pm – 5 pm

Thurs: 1 pm – 6 pm

Fri: 1 pm – 8 pm

CHILDREN'S CONCERT FOR ALL AGES Trinity Anglican Church (12, rue Prefontaine O. Ste-Agathe-des-Monts) Sat, Oct 26: 11 am Fischule: ancient and modern music for violin

and guitar Free (suggested donation \$20-\$30)

CHRISTMAS CRAFT SALE Morin-Heights Legion (127 Watchorn) Sat, Nov 2: 9:30 am – 3:30 pm Many artisans and fabulous gift items for the holidays

HARRINGTON VALLEY CRAFT SALE 420, chemin Harrington Sat, Nov 2: 10 am – 4 pm 20 booths – baked goods, jams, condiments,

cards, knitting items, Christmas ornaments, jewelry, paintings, clothing, stationary and more. The canteen will be opened and people can buy homemade soup and grilled cheese.

FROM THE HEART – ART SHOW Lost River Community Centre (2811 Route 327, Harrington)

Sat & Sun, Oct 12 & 13: 10 am – 3 pm Fine art, photography, fibre art, sculpture, stained glass and musical artistry by Arnold Westram Info: Margaret Ann Adams: 819-341-7832 / info@ redfoxhillstudios.com

BOTTLE DRIVE FUNDRAISER Harrington Valley Community Centre (420 ch. De Harrington)

Sat, Nov 16: 11 am – 4 pm

Drive & Drop your wine, beer, pop and liquor bottles all in one spot!

All proceeds will be use to support your local rescue, Sauvetage Bennie's Rescue, ensuring stray, feral and abandoned cats in our community receive proper medical care and food before finding their forever homes. Your bottles can make a difference! Info: 819-242-9276 or

benniesrescue@gmail.com / https://sauvetagebenniesrescue.ca/en/

UPCOMING CHURCH SERVICES

ST. SIMEON'S ANGLICAN CHURCH (445, rue Principale, Lachute)

Sunday morning services at 10 am

GRACE ANGLICAN CHURCH (7 Chemin Church, Arundel)

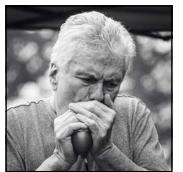
Sun services at 11 am – children's programming on 2nd & 4th Sundays

TRINITY ANGLICAN CHURCH

12 rue Préfontaine O., Ste-Agathe-des-Monts Sun services at 10 am – children's programming on the 1st & 3rd Sundays

Hours: Mon, Wed, Sun (closed) / Tue & Sat 1 pm – 5 pm / Thurs 1 pm – 6 pm / Fri 1 pm – 8 pm / sat 1 – 5 pm Hall rental / Location de salle: legion171 cgocable.ca Info: 450-226-2213 Email/Courriel legion171@cgocable.ca Web site: https://www.legion171.net Facebook: legion171 Music shows Facebook: morinheights live

ARUNDEL – BRANCH 192 79 Rue du Village, Arundel (819-687-9143) Open daily from 3pm Mondays 1:30pm Bridge Fri, Oct 18: Smoked Meat Night Wednesdays: 5pm – 7 pm: Spaghetti Supper (\$10) Everyone welcome Bar open every day from 3 pm For more information arundellegion@gmail.com 819-687-9143



On With the Show The man behind

fine-tuning and the only way to keep the balance intact is for the sound engineer to set up the cables himself so he knows where to make the necessary adjustments. It's a time













Donations

the scenes

Florian Gaudreau

There are those involved in the music industry that rarely take centre stage yet are the unsung heroes to each musician and member of the audience.

Their dedication and intricate work happens behind the scenes as they complete pre-performance set-ups, ensuring each will be its best. Back stage we find the sound engineers, lighting technicians and stagehands. Here in the Laurentians, Simon Pressey is our local audio engineer, a man who has spent a lifetime perfecting his profession... and it shows.

As a child Simon sang in a church choir in England that was being recorded by the BBC. This was his first experience with recording equipment and he was captivated. His father, a biotech engineer, encouraged his curiosity and Simon's understanding of music laid the path to his career as an audio engineer.

Sound engineers are vital to the music world and if you have ever attended a performance, you would have noticed the myriad of cables connecting microphones and instruments to amplifiers and speakers. These connections are fundamental to producing and balancing the volume, tonality and resonance for each musician and his/her instrument. Too much on one will over-ride the others, not enough and a musician will be drowned out. It's a game of constant consuming and tedious task! Most often, post-performance, the sound engineer will pack everything up himself to keep organized and ready for the next gig.

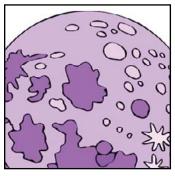
I heard a rumour that Simon had worked at "Le Studio" in Morin Heights. Le Studio (built 1972 by

recording engineer Andre Perry) hosted several world-renowned artists of our time including Keith Richards, David Bowie, Jeff Healy, The Bee Gees, Celine Dion, Cat Stevens, Rush and Nazareth... the list goes on. I asked Simon what it was like working with such talent, figuring it would be a difficult task, but it was just the opposite. Simon was there to inspire and bring out the best of their work, Le Studio was equipped with state-of-the-art sound equipment and the musicians supplied the talent; somehow, it always came together flawlessly. Le Studio was also set in a tranquil setting overlooking a lake, which gave a chance for artists to unwind from the usual grind of their profession. Simon mentioned that he once skied with Sting and no one really noticed them.

Over the span of his lifetime, Simon has recorded over 70 albums and toured with the biggest names in the industry. He still works in the recording industry with composers from all over the world, making music for the gaming world, out of the comfort of his home. What a privilege to have such talent in our area.

f MAIN STREET

October 2024



Zach Factor Sasquatch Stories

Lys Chisholm & Marcus Nerenberg

In 1969, two outdoorsmen, Richard Patterson and Bob Gimlin went on a curiosity trek to film a documentary in the Northern California woods. Halfway through their journey, while on horseback,

Patterson's horse spooked and threw him. When he saw what startled the horse, he managed to override his astonishment and pull out a movie camera to capture 59 seconds of what would become the first definitive sighting of Bigfoot on film. Since that time, experts and academics from around the world have scrutinized that footage. The camps are still divided, but the film has never been disproven. The film caught a muscular 6- foot bipedal creature with silvery brown fur and mammary glands walking with a unique low gait through a dry riverbed. It confirmed for thousands of others who ran from, or quietly observed, a similar sight over thousands of years.

Bigfoot or Sasquatch sightings often occur in old growth forests or rivers flowing through them. In 2014, outdoorsman Sander Jain, writing for Paddle magazine, kayaked to a remote cabin in the quiet and pristine wilds of Clayoquot Sound, Vancouver Island. He planned to spend a few weeks writing. One night he was awoken by the sound of large boulders being thrown, the booming sounds creeping closer. Confused by the heavy sound of clattering rocks, soon he experienced hooting and stomping outside his cabin that shook the earth and the cabin for hours. Terrified, he radioed for a float plane the next morning seeking the security of a "city office job". The pilot and later, others, confirmed to him that the area is known as "The Home of the Sasquatch". Jain remains convinced that these beings do not want any encroachment by humans, and he has no plans to return.

From Abominable Snowman to Yowi, the names are numerous, but the reports and sightings around the world are similar. In Sam Houston National Forest, USA, there are an average of 40 Bigfoot reports per year in this area alone. On the very long list of Canadian "cryptoid" mountain men are the Algonquin Windigo of Hudson Bay, The Chenoo of the Mi'kmaq, the Tornit of the Labrador Inuit, and for our story, the Sasquatch that wanders the mountains of Vancouver Island, the BC interior, Alberta and Yukon. Reports include seeing strange shadows of what looks like someone walking, yet no being is making the shadow; powerful putrid or acrid smells; large wild predator animal corpses violently beheaded; huge bipedal footprints that dwarf a human adult male foot; haunting hoots and howls, which have been recorded and identified as some type of primitive communication, as well as small trees broken at heights of 8 feet or higher forming strategic path markers. Those who see them report huge 8 ft-9ft primate-like beings with massive teeth and claw-like nails.

Cryptozoology is the scientific study of unknown animals about which only circumstantial, or at best insufficient, material evidence is available. Specialized "Bigfooters" have spent decades interviewing witnesses, following ancient legends and indigenous lore, and, despite vast amounts of ridicule, continue collecting data and evidence. Primatologist John R. Napier and anthropologist Gordon Strasenburg have suggested an extinct species, Paranthropus Hominoid, as a possible contender for Bigfoot's identity. Paranthropus, an extinct primate, vanished 300,000 years ago. Bigfooters point out it would not be the first time we have found species of creatures considered officially extinct or fantasy. The long list includes the Kangaroo, the Narwhal, the Pelican, the Komodo Dragon, the Giant Squid, the Hobbit Man and many others.

The name Sasquatch comes from the Vancouver Island Salish Sasquits, the translation somewhat anglicised but the original word se'sxac means 'wild man'. The Salish are deeply respectful of them. The indigenous belief is the Sasquatch appears to humans in times of danger to forests. Other tribal nations agree: the sighting of Hairy Mountain Man is a warning not unlike the Lorax; he tells you that he "speaks for the trees".

There are many occurrences on our planet that defy explanation. Some can easily be understood if we exist in a multi-dimensional reality, a subject of great debate. The possibility of portals challenges our three-dimensional concept of time and space. Sightings of orbs are occurring planet wide. Military aircraft chase UFOs that transcend the laws of physics. Joe Rogan, a popular podcaster suggested that perhaps Grey Aliens are humans from the distant future and Bigfoot is a visitor from our past; not totally outrageous if, in fact, we live in a reality that transcends time and space. As Halloween draws nigh Zackians, lets, at least, stretch our imaginations



The Story Behind The Immortals

Joseph Graham joseph@ballyhoo.ca

The Immortals are our single-celled ancestors and companions. In 1991 I attended a round-table course on life as a geological force at the Thomas More Institute in Montreal. My desire was to better

understand the Gaia theory, developed by James Lovelock. He suggested that the world – Gaia – should be understood as a single system. He described Daisy World as an illustration - a world of bright white and dark blue daisies. White daisies would reflect heat away, while blue ones would absorb heat. In the model, the world would cool if heat is reflected away and warm if it were absorbed. Together the reflectors and absorbers would find a balance, controlling the temperature. The course I took there involved much more than daisies. It covered the history of the world.

To try to better understand that long history, I had made a graph hoping to understand the scale of time. Graphic representations tend to give way too much space to the present, the last five to ten thousand years. How do you correct that on a graph that covers four-and-a-half billion years? Would it have to be as huge as the time it wants to show properly? I gamely decided that my graph would be 23 feet - seven metres – long with our time at the end. I used an adding machine roll 1.5" – 4 centimetres – wide, rolled it out across the kitchen and living room floor, taped it down and started at the beginning.

It could not sit on the floor forever, so I diligently got to the end as quickly as spare time would allow. Each ancient period, illustrated in colour, would begin and end with a thin black pencil line drawn across the narrow width. By the end I found that a sharp pencil described a line too thick to represent 5000 years. Our history since the time of the first recorded writings in the Middle East was too short a span of time to illustrate on my 7-metre-long graph. The graph was way too short. It showed our history as such a small part of time that we seem unimportant.

If we are unimportant on the time scale, what is important?

Major events affecting our world are the periods when it was frozen, and this is because these frozen periods don't seem to have been there during the first few billion years. According to current theories of astrophysics, the sun has been getting hotter at a rate of 10% per billion years, and that with the passage of another billion years, Earth will no longer be in the habitable zone, that narrow zone where water, the state between ice and vapour, can exist.

There is evidence of life inhabiting water and evolving into complex forms when Earth was only two billion years old, and Earth was about 2.5 billion years old before the planet started experiencing ice ages. That means that ice ages, perhaps due to their albedo effect, their colour reflecting heat out to space, have probably prolonged the length of time Earth has remained in that habitable zone.

Does that mean that recurrent ice ages are essential to the survival of the habitable zone on Earth? Is our planet maintaining its habitable zone by using ice to reflect excess heat back into space? Does Earth know? Apparently.

At least one of the many computer simulations that I learned about in 1991 suggested that global warming could cause one of the two major Antarctic ice shelves that hang above the sea carried by islands to collapse into the Antarctic Ocean, and, as it melted, its fresh water would float on top of the salt water and freeze seasonally, creating such a huge albedo effect that the planet could be plunged into an ice age within 15 years. Neither ice shelf has yet collapsed.

Hang on. The sun is getting hotter and Earth could be getting cooler? Can this be logically explained?

I am an historian, not a scientist. As an historian I remember learning in the 1970s that an ice age was due, that 10,000 years was about what we can expect to get between them. Ice ages involve icecaps one to two kilometres thick spreading from the poles towards each other. They cover the oceans and the land, pushing everything along in front of the ice. What the records tell us is that, when Earth was 3.7 billion years old, Snowball Earth, perhaps the coldest ice-age where the ice caps met at the equator, caused such a setback to life that only prokaryotic forms, single-celled organisms, survived. These cells, the Immortals, reproduce by dividing into two identical sister cells, absorbing nutrients. James Lovelock gained great credibility by showing how they control the winds. While they evolved slowly, these cells also developed photosynthesis, separating oxygen into a gas in the atmosphere. Oxygen was a toxic gas – pollution – that could destroy them.

As the world became polluted with oxygen, prokaryotes bonded together creating multi-cellular life, called eukaryotes. This change, called the Cambrian Explosion, rebuilt life over 12 to 24 million years. They developed life as we know it, hiding out inside their structures, exchanging data through their new invention, sex, to help them adapt to a polluted world, and accepting death of each eukaryotic entity as the price.

imaginations.



Clipped image of female Bigfoot from film taken by Patterson and Gimly in 1969. The film has been scrutinized repeatedly and never discredited. Photo credit: Wikipedia. Original film and discussion here: https://www.youtube.com/watch?v=cdSTuuGfvNk

The photosynthetic cells formed plants, and the others formed animals, fish, molluscs and so on. One absorbed carbon dioxide and emitted oxygen, while the other absorbed oxygen and emitted carbon dioxide. They have maintained atmospheric oxygen at 21 % ever since.

Earth has also become dependant upon ice and glaciers to maintain itself in the habitable zone, as though it needs to have periods of sleep, reflecting excess heat away.

Given global warming, if that computer simulation that had us tumble into an ice age turns out to be correct, we, modern industrial human civilization, may be the switching mechanism.

Based on talk first given at the Arundel Nature Centre, 2011



10 main.street@xplornet.ca





Garden Talk Keep seeds viable season after season

June Angus - Main Street

How do you keep seeds viable and ready to plant next Spring? The simple answer is store them in a cool, dry place away from direct sunlight, sealed in an airtight container.

When handled correctly, most packaged seeds can remain good up to a year or more beyond the "sell by" date. The same applies to seeds that you harvest as they will generally follow the expected longevity rules-of-thumb for particular plants. While all seeds will eventually degrade naturally, the following tips on proper handling can help keep seeds growing year after year.



For starters, all seeds should be dry before storing, especially seeds you have freshly harvested. Store seeds in sealed containers, plastic bags, and wax-coated or paper envelopes. Ensure that no moisture is trapped within the storage containers. If you see condensation forming, beware as you may be creating future problems such as mold growth or premature sprouting.

Around 10-15°C is the ideal temperature for short-term storage. Temperatures above 30°C will significantly decrease the viability of seed germination. Seed shelf life can be extended by a few years when stored in a refrigerator. When the seeds come out of cold storage, let the container reach room temperature before opening. This helps avoid sudden condensation forming on the seeds before you are ready to sow. While keeping seeds dry is a priority, they will tolerate relative humidity between 40-50 percent. Storing seeds in garages or sheds is not recommend as both temperature and humidity are hard to control no matter what the season.

Different seeds have different expected shelf lives, even with the best conditions. Parsnips are notoriously short-lived seeds. Tomatoes, lettuce, beans and peas benefit most from careful handling. Here are examples of how long seeds from common vegetable plants typically remain viable when handled properly:

- 2 years (corn, lettuce, onion, parsley, parsnip, pepper)
- 3 years (bean, broccoli, carrots, peas, spinach)
- 4 years (beet, cabbage, kale, pumpkin, winter squash, Swiss chard, tomato, turnip, watermelon)
- 5 years (Brussels sprouts, cucumber, radish)

Once optimal storage times have elapsed, germination rates reduce, but this doesn't mean none of the seeds will germinate. For some insurance with old seeds try a germination test before fully committing them to your garden plan. A popular testing method is to count out a certain number of seeds and place them on absorbent paper spaced about a centimeter apart. Fold the paper over the seeds and wet it lightly. Roll it up and keep it slightly moist for up to a week. Then check to see how many seeds sprouted, how many are just beginning to sprout, and how many show no action at all. If during the test seeds germinate well, they're good, even if they're fresh.

It's economically tempting to buy larger quantities of seeds as this can save money with bulk purchases. It also allows you to hang onto favorite varieties in case there are ever availability issues.

One strategy to lower risk when using older seeds is to mix in and sow new seeds along with the old. Another option is to seed at a higher rate to account for the reduced germination rate of older seeds.

In 2024, I used a number of old seeds that had not been properly stored. The result was poor germination and some disappointing results in my garden. I look forward to starting fresh for the 2025 growing season and can't wait for the new round of seed catalogues to arrive. Happy storing and future sowing!



Word Play RECONCILATION... beyond resolution

Louise Bloom - louisebloom@me.com

As a painter, I have always been interested in *contrast* as a visual element. Contrast, from light

to dark, defines an object and describes its full volume by the way light falls. Observing opposites is often the way we can perceive and understand each element; big and small, hot and cold, soft and hard, loud and quiet, happy and sad. It must be remembered however, that the terms I have listed are all subject to relativity, the dark only defined, for example, in terms of how light the light might be.

We are well acquainted with conflict, opposing opinions that raise the hackles in us all. I ask myself often, how to approach, manage and resolve conflict in my personal space, and how I might conceive of *resolution*. In observing current world prejudice and intolerance, I face this question more and more often, beyond the personal.

Polarities sometimes invite violent expressions of feelings with regard to identity. When that with which we identify is threatened, it awakens in us the instinct for survival that is the foundation of human existence. While *contrast* often infers *opposites*, it does not always imply conflict. The responses to the questions I ask concerning conflict have their sources in the spiritual realm.

In my university years I was introduced to the poetry, philosophy (and art prints) of William Blake, a writer who was deeply connected to his trust in God as the loving father, who had created both good and evil, heaven and hell. Questioning the responsibility of the divine source, for all of existence challenged Blake's ability to make sense of the world. His questions were no different than those we might pose today, as we observe the chaotic upheavals that encircle the globe. As my six-year-old asked me almost 40 years ago, "Who made this up?"

Blake employed the term 'contraries' in his Songs of Innocence and Experience. He believed that there is no progression without contraries, rather that the two states complement each other. One cannot understand 'innocence' (associated with the 'good' part of the human soul) without understanding 'experience' (associated with the 'evil' one). The two opposites are to be *reconciled* at the end, for in his view they do not negate one another. It is the term *reconciliation* that, for me, needs clarification.

Reconciliation: rec·on·cil·i·a·tion Noun

- 1. the restoration of friendly relations.
 - "his **reconciliation with** your uncle"
- the action of making one view or belief compatible with another.
 "he aims to bring about a reconciliation between art and technology".

Reconciliation goes one step beyond *resolution*.

"Conflict resolution is defined as finding a cordial solution to a problem. Reconciliation is the act of two individuals or parties becoming friendly again after an argument or conflict."

I return to the idea of polar opposites that exist on either end of a continuum. What happens to light and dark, hot and cold, big and small (as examples) as we watch each of these aspects move towards the centre, (less hot, less cold,) approaching the opportunity to merge. Things start to relate to one another with regards to their sameness rather than their differences.

Blake was able to demonstrate in a myriad of poetic formulations, how the Lamb and the Tyger could "lay down together", having the same father (creator). As aspects of sameness override the polarized differences, reconciliation becomes perceivable.

I share here what kind of thinking might encourage us to disidentify with an extreme position, to take into account that there are many shades in the realm of beliefs. Developing a belief that opposites do not negate one another and move (better informed) towards the center can help to mitigate personal discomfort and reconcile what seems contrary.

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



f MAIN STREET

October 2024

Obituaries

Dubois, June Ann (1938-2024)

Peacefully on March 30, 2024. Interment Ceremony was held October 5 at 1 pm at the Hillside Cemetry, Morin Heights. Refreshments

followed at the Royal Canadian Legion, Branch 171 in Morin Heights. Thank you to everyone who came out to honour June's memory and celebrate June's capacity for kindness. For June, the answer to every problem included three directives: support with your head, volunteer with your time, and donate what you can.

With all our love and thanks, R.I.P.

Marie Egan (Megan) Hayes, 74, in Montreal, QC, passed away on September 7, 2024. At the beginning of her retirement, Megan relocated to Lake Indien, Pine Hill to enjoy the fresh country air with her 'pups', 2 Bernese



Mountain dogs. She loved the country living along with her yoga classes, both for the exercise and her friends. In recent years, she had relocated back to Montreal. She is missed by all.

Megan was predeceased by her father, Matthew Joseph (Frank), and her sister, Margaret. She is survived by her mother, Mary Burns, her sister, Maureen, and her brother, John (Janis).

She has been interred at Coté de Neiges Cemetery in Montreal.





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The Other Side Of Getting Old What's my passion...

Florian Gaudreau

Some say getting old is easy; you just stand there and wait for it. In a way that's true and there's nothing you can do to change that but the good news is 'passion' never gets old. There is no age limit to having a passion, it's as young as you want it to be; it's wanting to be better than you are at something you love to do. Easy to understand, harder to find.



Passion comes to you, not the other way around and sometimes it pops out of nowhere and you can't let it go.

It's like finding that lucky penny. So, where am I going with this? I've been meeting more people lately who are taking up new interests like there's no tomorrow (sorry I couldn't resist). Painting classes, acting lessons, pottery courses and even reviving old passions. What is going on with these people? "Getting a life" is what's happening! Trying something new is exciting and if you leave your doubts at the door, anything is possible. The secret to finding passion is trying new things without judgement especially because you're doing it for fun. You can't say, "I can't draw" if you've never taken a lesson. It doesn't always work out and you may

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suck when it comes to drawing, but like a coin toss, you've got a fifty-fifty chance of finding your passion. If not try something else, next...

I am going on about passion because recently I've been having regrets about having regrets and that's not good. So, I asked my inner child (who mooned a bus load of rafters on the Rouge River Road), what he would do. He said the same thing he had told all his clients before heading into the Harrington Canyon: "Paddle or we're all going to die!"

In the meantime, act stupid every once in awhile and make someone laugh. It's a game changer if you can laugh at yourself occasionally.





12 main.street@xplornet.ca







Thank You To Our Local Musicians Local talent exceeds all expectations

Susan MacDonald

This summer, the Laurentians came alive with music, filling venues both indoors and out in nearly every city, town, and village across the region. From intimate in-house concerts and backyard garden parties to campfire gatherings and vibrant street festivals, music was everywhere, resonating in the air and in our hearts. What a fabulous summer it was!

The musicians I am most familiar with are local residents, mostly in the Arundel and surrounding region and, are equally as talented as any musician you will ever hear on the radio. They have day jobs, families and busy schedules, are not paid for their efforts, but find pleasure in joining together for the love of sharing music and entertaining their audience. When they're not playing outdoors, they're jamming at the Arundel Legion (Branch #192) on occasional Thursday evenings with their local fan club dancing and singing along.

At an early event this summer, our musicians caught the attention of photographers Mike Birmingham and Diane Gordon who captured some amazing outdoor photos and graciously offered to share them with our readership. I took the other photos when I wasn't kicking up my heels with friends on the dance floor.

So, a big round of applause to all our musicians, those hosting the venues and working behind the scenes, and for Mike and Diane for sharing these precious memories that will last a lifetime...

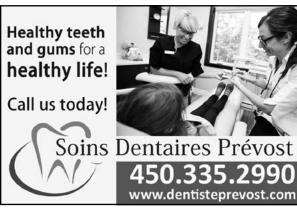














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Real Wine for Real People What is the difference **between Sherry** and Port?

April Sirois - Sommelier - ISG

I don't know when Port and Sherry fell out of fashion, or even why, but I suspect that at least some of the problem may be that a lot of people are not too sure what they are and what the difference is between them. Both are classified as "fortified wines" or wines to which a spirit alcohol has been added. This makes them stronger in flavour with a higher alcohol level than other unfortified wines. So, they are served in smaller pours. But, that is where the similarities end.

Port is a fortified wine that can only come from Portugal's Douro Valley. Like Champagne from the region of Champagne, Port is a protected designation. Port is made with red grapes and comes in two main styles, Ruby and Tawny. Port is sweeter than sherry because it is fortified halfway through the fermentation process leaving residual sugars behind. Port is delicious with strong cheese, dark chocolate and dried fruits - think Christmas cake with a caramel sauce.

Ruby is a younger fresher style that is aged for about 18 months, allowing it to keep its bright red or "Ruby" color and fruit flavors and, is about 20% ABV. It is often filtered and ready to drink right away.

Tawny ports are richer in flavour and colour, being more brown or Tawny, with a nutty almost fruitcake with caramel flavour that is caused by long contact in oak casks for as long as 10, 20, 30 and even 40 years and, is about 18% ABV.

White port exists and has fresher tree fruit and almond flavours and is mostly served as an aperitif.

Sherry is made with white grapes and from the Jerez, in Spain. Like Port, the name Sherry is protected and can only legally be used if it is made in this area of Spain. Sherry can be dry or sweet and comes in different styles. Fino, Oloroso, Amontillado, and Manzanilla Sherries are all forms of dry sherry. While sweet versions bear the name of the varietal on the bottle, they can be 15% to 22% ABV.

Sherry is a more intricately made fortified wine. Sherry is all about the production and the aging process. It is fortified after fermentation is complete, giving it a dryer flavor than Port. The production of Sherry includes the "Solera system" where casks are stacked in rows with the oldest wine on the bottom getting progressively younger as the barrels go up. As the wine from the bottom level are pulled off and bottled wine will be replaced by the row above and so on right to the top where newest wine will be added to keep the entire thing topped up and filled keeping a consistent style and quality of wine over years. Sherry is best served with Tapas like olives, cured meats, almonds and hard cheeses.



Keeping it Weird

bywalterego@proton.me

Back again!

If you are going to write and share it with others, you must accept criticism and editing, but what about censorship? This takes me back to the 1972, 'Seven Words You Can Never Say On Television' monologue, by the great comedian/philosopher, George Carlin.

His predecessor, Lenny Bruce, was arrested in 1966 for uttering these same words during a performance. Carlin too, was arrested in 1972 for 'Disturbing the Peace' when he performed the routine. Now, fifty years later, we have the Internet, which has given freedom of speech a (almost) global platform for people to say whatever they want.

Now all those dirty words can be said on television, but I cannot write them here. I would be censored. WTF! This is a can of worms that I do not have enough words to write about in this article, but I do have questions about our Canadian media. How many of you trust our Main Stream Media? The polls say a majority of Canadians do not



trust our government funded MSM. Personally, I definitely don't trust the weather people either! We, as Quebecers, understand restrictions a little more than most because we are the only population in the world controlled by language police. Now, that's weird.

So, the next question might be, do you trust the government? I question everything (of course) that MSM and the government spews out. The real truth lies in what they aren't telling us though, isn't it? Half-truths and / or omissions can equally distort the truth without actually being an outright lie. Today when I watch the news, I hear many similarities to what was written in George Orwell's novel "1984" - politicians talking in circles...(https://search.brave.com/search?q=1984+circle+s peak&source=web&summary=1&summary_og=3a151aeeaffbf4cb592fda)

If knowledge is power then what we don't know puts us, as a population, in the backseat facing backwards. Looking blissfully out the back window, do you feel safer now that Canada has legislated the Online Harms Bill?

We all want to feel safe and, keep our children safe. Looking out the rear window at where we have been historically (Soviet Union, Germany, even going back to Greek and Roman times), has government censorship proven to be successful in keeping us safe or has it just eroded our freedoms and provided us with a false sense of security?

What is hate speech? Who gets to define it? Well, it is the Canadian Digital Safety Commission and its newly hired 330 full-time staff, of course. This too, is familiar from our past.

What is 'online harm' you might ask? It is vaguely defined as...

"Content that incites violence, that foments hatred, that incites violent extremism or terrorism, is used to bully a child, that sexually victimizes a child, that induces a child to harm him/herself, or intimate content communicated without consent."

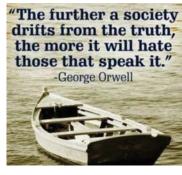
Penalties range from 5 years to life plus fines. Many physical, violent crimes carry a lesser penalty. Across the pond, the UK is in full swing locking up evil hateful Tweeters and posters. So much so that (yes this is true) they are releasing prisoners to make room for hate speech violators. The UK, the EU, Brazil and Venezuela want to ban X (Formerly Twitter) for refusing to censor its content to their definition.

Do you trust your government and your television? Do you trust AI as well? Everything is daffydills

and pansies until the 'thought police' knock down your door.

I would close this by saying for the sake of our children and grandchildren... let's make Orwell fiction again. MOFA!

Available for adoption



So, the next time you have the opportunity to enjoy some Sherry or Port, go for it.

Cheers

~ If penicillin can cure those that are ill, Spanish sherry can bring the dead back to life.

Alexander Flemming



Luna is a 4 year-old beautiful cat looking for a new forever home. She is up-todate on all vaccinations and has been spayed. Luna was adopted last summer but sadly, her owners have to move and the new landlord does not permit cats. What a shame... This little girl is as sweet as they come and gets along well with everyone. She is currently living in the Montreal area but transportation can be arranged.

If you would like to welcome this lovely feline into your home please contact Pam Hall via messenger or Sauvetage Bennie's Rescue on Facebook.



October 2024



Royal Canadian Legions **Poppy Campaign - October 25 to November 11** Pierre Lamy CD - Poppy Chair RCL Branch #171 - Moring Heights

This year the Poppy Campaign starts Friday, October 25 with the presentation of the first Poppy to the Governor-General in Ottawa. The campaign ends on Monday, November 11.

The Poppy Campaign is held at Legion Branches across Canada, the United States and Europe and is run by Royal Canadian Legion volunteer members. The Campaign collects funds through public donations, money that stays within the community to help veterans and their families.



Previously, the focus was on WW I, WW II and Korea veterans. As the years pass those vets are getting fewer and fewer, with no living WW1 vets still with us. Even the youngest WW II and Korea veterans are now in their mid to late 90s. As of March 2021, sadly, there were only slightly over 20,300 Canadian WW II vets still alive out of almost 1.2m Canadians who served.

Currently, there are more and more Afghanistan veterans and their families who have very different needs than their predecessors. The Legion and its Branches are adapting to the needs of our newest vets but we still need the help of the public.

A perhaps little known activity of the Poppy Fund is to provide bursaries to veterans, their children, grandchildren and great grandchildren. These bursaries are another way the Legions give back to the community with bursaries of up to \$1000 per student.

Another part of the Poppy campaign is school visits. We were privileged last year to be invited to a number of local French and English schools during the days leading up to Remembrance Day. I spoke at four schools and was struck by the interest shown by our youngest citizens. They were so concerned over what happened in the past and how we should do everything we can so as not to repeat the mistakes.

The COVID years were challenging for us but with the help of the community we survived. With COVID now behind us, we're looking forward to holding events such as suppers, pancake breakfasts and flea markets as well as events geared towards youth. We also recently applied for a bingo license and have hopes of starting a monthly bingo in the New Year.

We've recently created the position of Outreach Officer, which Marielle Demers has kindly accepted. She will work to show the Legion is a member of our community as a whole. Of course, our founding aim was to serve veterans, but we're also here, today, to help our community.

War Amps Committed to improving the quality of life for Canadian amputees

www.waramps.ca

The War Amps is a Canadian registered nonprofit organization, established in 1918 with the purpose of assisting veteran amputees. Initially founded to serve war veterans with financial and advisory supports, the nonprofit has since expanded their services to







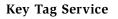
From October 21 to 25, 2024, we will proudly take part in the 23rd edition of the National Autonomous Community Action Week (SNACA). This event celebrates the significant contributions of ACA organizations, worker and volunteers across Quebec. It's a time to recognize the 54,000 workers and 425,000 volunteers who, through their dedication, help build a stronger social safety net for all. During SNACA, we invite you to learn more about the ACA movement and how organizations like 4Korners are making a difference in their communities.

For information please contact us at 450-974-3940 / www.4korners.org



assist all amputees in Canada.

Thanks to your support of the Key Tag Service, The War Amps is making a difference in the lives of amputees by providing financial assistance for artificial limbs, peer support and information on all aspects of living with amputation.



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To date, The War Amps has returned more than 1.5 million sets of lost keys to their owners. With the high replacement cost of keys and remote devices, this service is more important than ever!

To order your tags please visit www.waramps.ca

Meetings we enjoyed

After a successful party for our volunteers, our team met some great people at the first Seniors' Fair, a very well-organized event in Sainte-Agathe-des-Monts.

We would like to thank the spokesperson Sister Angèle as well as the Chamber of Commerce of Greater Sainte-Agathe for this heart-warming experience!



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October 2024



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