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The Laurentian Ski Museum

The Laurentian Ski Museum (MSL) is pleased to announce the renewal of its accreditation as a museum institution by the Government of Quebec. This distinction, valid for the next five years, marks the culmination of an ambitious project and demonstrates the recognition of our commitment to providing a quality museum experience.

Since its creation in 1982, the MSL has had a twofold objective: to preserve the memory of the role that this activity has played and continues to play in the economic, tourist, technological and even cultural development of the Laurentians region and to perpetuate the memory of those who, as amateurs, athletes, businessmen, promoters, administrators, instructors, and coaches, have contributed to the progress of skiing as a recreational and competitive sport.

After more than 40 years of moving and adaptations, the museum found a permanent home in 2007 thanks to the valuable collaboration of the Société d'histoire et de généalogie des Pays-d'en-Haut, the Chamber of Commerce, and the city of Saint-Sauveur, with the transformation of a former police station and fire station into a museum, marking a decisive turning point for the institution.

In 2023, the museum moved to the corner of Principale and de la Gare streets in Saint-Sauveur. This new location offered increased visibility, leading to a considerable increase in the number of visitors over the past year. This site has strengthened the museum's presence in the community and has made it possible to share the history of skiing even more with a wider audience.

The renewal of our accreditation is therefore the culmination of a long project, in addition to an important recognition of our ongoing efforts to meet international standards in museology, protection and heritage development. It confirms our essential role in preserving the history of skiing in the Laurentians, the cradle of skiing in Quebec and Canada, and underlines our commitment to excellence in research, conservation and education.

We thank our community, our partners and all those who contributed to the realization of this project and this recognition. We look forward to continuing to share the fascinating history of skiing in the Laurentians and to enriching the experience of our visitors. To learn more: <https://www.quebec.ca/culture/museums>



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Embrace the new season with 4Korners: Fall Activities

Gaëlle Giraudeau

As summer comes to a close, the changing seasons bring new opportunities for growth, learning, and connection within our English-speaking community. At 4Korners, we're excited to welcome everyone back with a full line-up of activities designed to meet the needs of English-speaking families and seniors across the region.

Whether you're a parent, a teen, a senior, or a caregiver, 4Korners has something for you this fall. Our programs are organized into several key areas, each offering tailored activities that promote well-being, inclusivity, and community engagement in many MRCs.

Early Childhood & Families Program

Our Early Childhood & Families Program is here to support new and seasoned parents. Expecting parents can join our pre-natal classes, while post-natal support is available on demand in the comfort of your home. For little ones, we offer Baby Sensory sessions, Tiny Tots activities, and parent-child bonding opportunities like Play to Learn and Parenting Circle. These activities are held in various locations throughout the week, giving families the chance to connect and learn together. A new program tailored specifically for fathers will be available this fall.

Neurodiversity Program

We are committed to supporting neurodivergent individuals through our Neurodiversity Program, which includes Autism and Arts activities at various schools across the Laurentians. We also offer Convo & Crafts for neurodivergent teens and young adults, as well as a caregivers' support group specifically for parents of neurodivergent children. These programs provide a creative and supportive space for both participants and their families.

Youth & Mental Health Program

For teens and young adults, our Youth & Mental Health Program offers Art & Wellness evenings, providing a safe and creative outlet at our Deux-Montagnes Activity Center. Additionally, our Here4You sessions cater specifically to 2SLGBTQIA+ teens, offering them a space to connect and find support in Sainte-Thérèse and Deux-Montagnes.

Seniors & Caregivers Program

Seniors and caregivers have a range of activities to look forward to as well. Join us for Tuesday walks, yoga in the park, or our Wednesday Wellness educational sessions. We also offer a caregivers' support group, providing a community of understanding and encouragement. If you prefer to stay connected from home, our online classes offer a fun and interactive way to develop new skills.

Socio-economic Development Program:

Finally, our Socio-economic Development Program is kicking off with a cultural activity in Gore. This event is a great opportunity to enjoy an ethno-cultural cooking class and a meal together while celebrating the diverse cultures that make up our community. We are also launching a new employment program. Stay tuned for more info.

As we transition into this new season, 4Korners is here to support the English-speaking community. Our programs are designed to be inclusive and accessible, ensuring that everyone in the Laurentians has the opportunity to thrive. For more information on our activities or to register, please contact us at info@4korners.org.

We look forward to seeing you this fall!



Birds Badminton Club

Founded by St-Sauveur residents Barney Aylett and Bobby Ronalds, the Birds Badminton Club played their first match in 1970 at St. Francis of the Birds Church hall. 54 years later, the Birds are still playing, now at Trinity Church hall in Ste-Agathe. During this time, they have had changes in venue and membership but continue to work on their technique and fitness with laughter and camaraderie. We are always looking for new members to share in the fun so please join us!



Monday and Friday mornings from 9 am – noon beginning September 16.

For information please contact parker.kimberlee@gmail.com

A Lifetime with Animals

Lost in Flight - #3180

Susan MacDonald

It was early August, mid-afternoon and I was driving home from work when out of nowhere, a pigeon suddenly appeared in front of my vehicle, taking up a new flight position at the hood level of my car. With only mere inches separating those tail feathers from my front grill, I eased off the gas hoping it would fly off but instead, it rose up and over the top of my car. A glance in my rearview mirror confirmed I had not hit the bird, which continued to fly at the same height and in the same direction behind me for a minute or two, before descending to the ground. I almost didn't go back, but curiosity got the best of me and I turned around.

I found the bird where I had seen it land and was able to approach it easily. Much to my surprise and relief, I discovered it was a beautiful pigeon wearing ID leg bands and was unharmed so I brought it home. Knowing nothing about pigeons, I contacted Le Nichoir, a bird sanctuary in Hudson, and between us we determined the bird was registered with the Canadian Racing Pigeon Union, a Club for homing /racing pigeons.

Through their website and with the pigeon's ID number, I was able to locate the owner, who lived in Saint-Vallier, Quebec, over 400 miles away. Mystified, he confirmed the bird was from his 'loft' but that his records showed it had been lost since 2021! He also confirmed he had never 'trained' in the Laurentians and that most of his training was done in the Gaspésie area. He was not interested in taking the bird back, so a message was put out to Club members and the next day, Gelu, a kind gentleman from Laval adopted her.

So, this story about a lost creature does have a happy ending but questions remain... how did this homing pigeon end up in our area, 400 kms from home three years after being lost? Where has she been and how has she survived on her own? Did she follow another pigeon home and join another loft?

I'm unaware of any pigeon lofts in the area but she could also have taken refuge in a barn or been seen visiting local bird feeders. I'm hoping that perhaps a reader or two might be able to help fill in some missing blanks to this story. It would be so interesting to solve the mystery. Please contact me at main.street@xplornet.ca if you have any information...

A big Thank You to Le Nichoir (<https://lenichoir.org/>) and the Canadian Racing Pigeon Union for their assistance in helping to re-home this lost pigeon.

Editor's Note: To learn more about racing pigeons visit the Canadian Racing Pigeon Union website at www.crupu.ca where you will find a plethora of information on these incredible birds and the hobby they fly in. The site is in English and very easy to navigate.



History of the Dunany Country Club

The hidden gem of Wentworth



Susan MacDonald

Founded in 1922, the Dunany Country Club in the Laurentian foothills stands as a vibrant hub for over 400 members, offering a blend of golf and social activities centered on its charming nine-hole course and clubhouse. The club's origins trace back to 1914, when Miss Katherine McRobie created a three-hole course on Dunany farmland, which led to an enduring passion for golf within the community. Remarkably, no searches have discovered any other Canadian golf clubs founded by women.

The nine-hole, par-36 course is a hidden gem in Quebec, renowned for its stunning views, elevation changes, and meticulously maintained fairways. It offers a delightful challenge for golfers of all skill levels, a testament to the vision and commitment of past and present members. The course features multiple tee boxes to accommodate everyone from seasoned players to newcomers.

Dunany Country Club is more than a golf destination; it's a community cornerstone. It fosters a sense of fellowship through various golf and social activities. Weekly leagues for men, women, and juniors, along with a full schedule of tournaments, enhance the social fabric of the club. Noteworthy are the Junior golf programs, which have seen alumni excel at university-level golf both in Canada and the U.S.

The recently renovated clubhouse, maintaining its rustic charm, serves as a focal point for community gatherings. **The fully private club ensures a welcoming environment by capping membership numbers, and is currently open to new applications.** Notably, children of regular members aged 16 and under, can golf free of charge and partake in summer lessons and activities, enriching the club's intergenerational spirit.

The club's historical significance is underscored by the Parkes Culross Trophy, first played for in 1918, and still a highlight on Labour Day weekend after 106 years. In 1921, the Smith Farm property was acquired by a group of 20 dedicated golfers, who purchased it for \$1,000—an excellent deal considering its previous sale price of \$76 in 1870.

Info: 450-562-4885 / dunanycountryclub@gmail.com / www.dunanycountryclub.com



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Winners!

1st prize:
Heron (Erika Bruderer -SADL)

2nd prize: Bee (April Sirois - Lachute)

3rd prize: Tree Frog (Charles Eadie –
Lake Louise, Wentworth)



Arundel News

Janet Thomas

ARUNDEL SPEAKER’S SERIES PRESENTS
JOE GRAHAM: The Immortals: The Long History of Arundel
Arundel Centre (Arundel United Church), 17 rue du Village
Fri, Sept 13: 7 pm
Free Admission / Refreshments available
In 2011, at Kym Pedicelli’s invitation, Joseph Graham told the story of the natural history of Arundel to the children at the Arundel Nature Centre. They were spellbound and left with a deeper understanding of the world around them, the place where their roots ran deep. He is looking forward to sharing that story with residents and friends of Arundel, perhaps with some of the now grown-up students he first met more than a dozen years ago.

TENOR NILS BROWN IN CONCERT: UNA NOTTE ITALIANA
Arundel Centre (Arundel United Church), 17 rue du Village
Sat, Sept. 14: 7:30 pm
You begged him to return – and here he is! Last time he came to Arundel the crowd went wild. Classical tenor Nils Brown will serenade us with Una Notte Italiana, featuring the Dorsoduro Trio: Nils Brown vocalist, Peter Hay on mandolin and guitar, Mark Peetsma on contrabass. Nils will treat us to an evening of classical Italian arias. This concert is a WOW! Not to be missed. Tickets are \$20. To reserve your place, please contact: janet.thomas700@gmail.com Doors open at 6:45. Refreshments available.
N.B. Please note the change of date from the original schedule.



HEADS UP! BOWSER AND BLUE TICKETS NOW ON SALE
Arundel Centre (Arundel United Church), 17 rue du Village
Sat, Oct 19: 3 pm
The famous musical comedy duo Bowser and Blue are returning to Arundel! Guaranteed to give you belly laughs, they are perhaps best known for their Tribute to Colorectal Surgeons entitled “Working Where the Sun Don’t Shine” and their satirical “C’est la faute du fédéral”. This event is sure to sell out. Tickets are only 35\$. To reserve, please contact janet.thomas700@gmail.com

ARUNDEL FARMERS MARKET IS IN HARVEST MODE
Arundel Centre (Arundel United Church), 17 rue du Village
Every Saturday until Oct 12: 9 am – 2 pm
We are overflowing with farm-fresh organic fruits and veggies. Come and visit us for fresh breads and baking, cheeses and meats, mushroom products, jams and more. Marie Claude will treat you to freshly squeezed lemonade and fruit shooters. Pete will tickle your sweet tooth with ice cream. Every second week, Rosie cooks up delicious spring rolls and stir-fry. A variety of local craft people join us each week for a surprise treat, and there is always LIVE music to bring some joy. Come and enjoy the village market experience.



News from Saint-André

Up, Way Up ...

Karen Feiertag

The Carillon Locks, open until the 2nd Monday of October
Place your bets, people. I wager that right beside the Traversier Le Passeur and Carillon Bazaar projects we’ve discussed, there’s an experience you’ve not had, here by the Carillon Canal National Historic Site.

So you picnicked on the grassy knoll overseeing the mighty Ottawa River and Hydro Dam. And you meandered to the Collector’s House, where, like the collectors of the 1830’s, you surveilled the historic locks which, like their counterparts, were built to ensure a clear sail from England to Kingston, an alternate route via Ottawa (aka “Bytown”) in vestige fear that the Americans might blockade the St. Lawrence.
But have you travelled “Up The Road”? The road between these former locks and the fence delineating the Carillon campgrounds? Because if you seemingly transgress past the Hydro Reception Booth in a right bend upwards, then a long twist left and upward still, you’ll be high above the downstream park you visited. You’re no longer looking up, way up, at the current lock system completed in 1963, but smack-dab into it atop the biggest drop of any lock in Canada. Up here, on the downstream side, engineering buffs can contemplate 6 large counterweight cables from just feet away as they raise a 200-ton vertical-lift guillotine door almost entirely by gravitational pull and, cherry atop, watch westbound boats rise by a dramatic 20 meters to meet the upstream river level, thanks to the Principle of Communicating Vases. When upstream vessels arrive, ornithologists can study the happy fishing rites of cormorants in the spill.

What’s to the west? A jetty where the most beautiful sunsets in the region unfold, according to Acting Lock-Master Anne-Marie Moran. Then? Well, just about anywhere: Montebello, the Rideau Canals, the Great Lakes, Chicago, New Orleans, Tarpon Springs ... And to the east? Montreal, New York, The Mississippi, Miami ... a full loop, anyone?
But here, Lock Master and team remain at their posts directing the tethering of vessels great and small via VHF radio and warmly answer questions from anyone who is aware that this remarkable site is open to the public. Another secret treasure in Saint-André.



A personal invitation from Lockmaster Anne-Marie Moran herself



Cancer Support Group

Meets September 21

The next meeting of the Laurentian Region Cancer Support Group will feature a group discussion on September 21 at 1 pm at Chalet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free. Donations are welcome (tax receipts provided). To reserve a place or receive the Zoom link for the September 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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Published by
Les Éditions Main Street Inc. P.O. Box 874,
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450-533-0222
email: main.street@xplornet.ca
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 **TheMainStreetNews**
main.street@xplornet.ca

Founder: Jack Burger
Advertising Sales: Susan MacDonald,
Publisher/Editor: Susan MacDonald
Associate Editor: June Angus
Art Director: Laurie Roch

Contributing writers: June Angus, Louise Bloom, Lys Chisholm, Chris Collyer, Ron Golfman, Joseph Graham, Lori Leonard, Marcus Nerenberg, Janet Thomas, Florian Gaudreau, April Sirois and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

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September 2024


• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: OCTOBER 11TH


IF YOU WISH TO PLACE AN AD CONTACT :

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ISSN 1718-0457

MAIN STREET 

Dunany Studio Artists

Recent art exhibition a spectacular success...

Susan MacDonald

The Dunany Studio Artists presented a two-day art exhibition at the historic, 102-year-old Dunany Golf and Country Club. It was a highly successful event with the highest number of visitors ever. People's comments were full of praise for the astounding collective talent on display.

15 artists participated, exhibiting new work in various mediums, including two new women artists who have recently joined the group, plus paintings by a special invited guest Dave Glionna. This year's theme was "In Praise of Loons". In the centre of the exhibition was a table featuring individual loon paintings, highlighted with an authentic 'loon nest' hand-made by Dave and Diane Glionna.

The group was first formed in 2006 when founding members Reville Sauvé, Annabelle Wood, Joanne Moore, Sandra Laroche and Ginette Masson set up a location where the five of them could meet regularly and paint together in Annabelle's small guest house. This ultimately became the "Studio" for these Dunany artists, and consequently, became the group's permanent name.

18 years later, the group has expanded and now, as well as the founders, includes Maureen Cameron, Lyne Chouinard, Lois Finch, Judy Hammond, Marion McGill Hodge, Julie Huguet, Angela Macleod, Jane Pilon, Caroline Roy, Carol Sauvé, Barbara McCullough Scales, Carol Wilson, Barb Armstrong and Coreen Berry. This is an extraordinary, congenial, creative group. What is especially endearing is that this is a close-knit, community-supported group of people who are also friends as well as neighbours.

Dunany is known for its four small but beautiful, fresh-water lakes, its historic golf club and its many generations of families who have settled there for over 100 years. Close-by is its equally beautiful, but much larger neighbour, Lac Louisa, where currently two of the Dunany Studio Artists reside. The Municipalities of Wentworth, Wentworth North and Gore encompass these lakes. Within that area, an abundance of artistic talent flourishes prolifically.



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STRICTLY BUSINESS

By Lori Leonard - Main Street

As I was on vacation during the month of August up in Yukon, I thought I would write about how important our business community is to our local community newspaper Main Street.

Thanks to you, we are still distributing Main Street free-of-charge each month across the Laurentians. Main Street is delivered to local stores and popular locations in Arundel, Brownsburg-Chatham, Gore, Harrington, Hawkesbury, Huberdeau, Lachute, Mon-Tremblant, Morin Heights, Piedmont, Ste. Adèle, Ste. Agathe, Ste. Anne des Lacs, St. Adolphe d'Howard, St. André d'Argenteuil, St. Sauveur, Val David and last but not least, Wentworth and Wentworth-Nord.

Here are a few facts about Main Street you may not know:

- Main Street celebrates its 23rd anniversary this year
- Its founder was Jack Burger
- Main Street is the ONLY English newspaper servicing the entire Laurentians region.
- There are approximately 35,000 readers (Anglophone and Francophone)
- 14,000 copies of Main Street are published each month.

When a business purchases an ad in Main Street, they not only purchase an ad, which will be visible in the newspaper and on-line for one month, but they help promote community and in turn, become a community member.

The pages in Main Street are filled with good news and informational news. There are no negative stories or politically charged features. This is done on purpose as there is enough negativity in the world and Main Street wishes to promote community, businesses and share positivity and friendships.

Having been a writer of two separate columns in Main Street for the past several years, I feel like fellow writers have become my comrades. By perusing the pages of Main Street, we learn about history, gardening, local business, local events, wines, local successes, new restaurants, new businesses and much more...

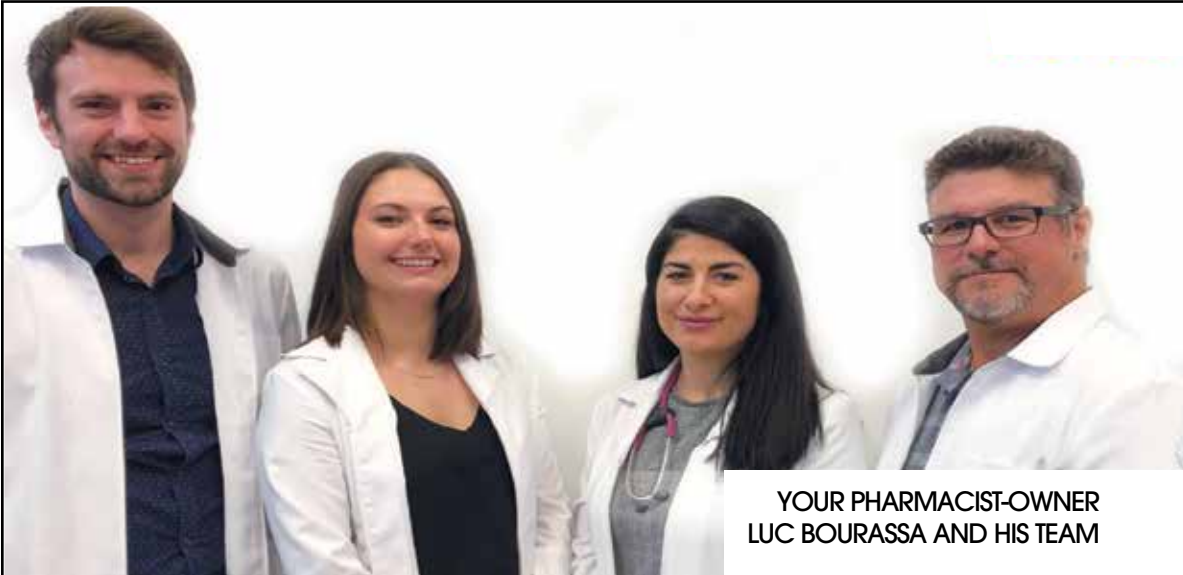
Our leader and Editor, Susan MacDonald, has done a fantastic job and forged ahead through difficult times during covid, through hard economic times and so much more to get Main Street out into the hands of the Laurentian community.

So, if you have advertised, are currently advertising or are thinking about placing an ad in Main Street, we thank you from the bottom of our hearts for keeping our "little community paper" alive and well! Thank you to our Advertisers and thanks to our Editor, Susan MacDonald!



Loon Nest (Diane Glionna – Lac Curran - Wentworth)

This photo was not submitted for the contest but was too lovely not to publish



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Laurentian Personality

Lyse Samson - Exceptional wildlife photographer

Lori Leonard – Main Street

Lyse Samson is the youngest of 3 children. She lost her mother to suicide when she was only 6 years old. Later, she also lost her two brothers to suicide. However, Lyse says that her life brings her much happiness. She has been married for 20 years and she and her husband Jacques have 5 grandchildren by marriage who bring her much joy.

Lyse started her career as a licensed practical nurse. She returned to school to complete nursing courses and her degree. However, Lyse faced a real twist in her life when she was diagnosed with stage 3B ovarian cancer and given a maximum of 5 years to live. Lyse survived through all of this and is proud to be a cancer survivor. She returned to school once again for Nursing Management courses. She then worked as Head Nurse at the Montreal Chest Institute and in 2019, after 37 years of loyal service, ended her career as a Director, nursing at a CISSS in Laval.

Lyse always enjoyed photography as a hobby. When she retired, she became interested in nature and the birds and creatures in her yard. Initially, she took photos with her camera in automatic mode and jpeg as she knew nothing about camera technique. Slowly, with the assistance of her husband Jacques, Lyse began to manipulate her camera in manual mode.

Then she met wildlife photographers in the field and learned special techniques from them. Lyse joined 2 photography clubs, one in St. Sauveur and another in Boisbriand. This pushed her to challenge herself and to think “outside of the box”. Lyse learned bit by bit, then entered and won competitions. She became passionate and inspired. Now, Lyse never leaves home without her camera. She exclaims “You just never know what life and nature will offer you. I thank Mother Nature each and every time as I feel highly privileged to witness such amazing, unique highlights in nature. Sometimes, I’m even left totally speechless!”

Lyse says her photography is a great source of rejuvenation. She enjoys being alone with nature and appreciates the unique moments. She enjoys face-to-face contact with animals and the calmness nature offers. These special moments provide Lyse with the strength to continue her photography and to share her passion with others.

Lyse travels throughout Quebec, Canada and other places around the world to capture her nature shots. She states “It’s crazy how much nature can be found around your own home. You just have to stop, listen, observe and repeat these steps regularly. Animals usually remain in the same environment for stability and security, similar to human beings.”

Lyse reveals “To capture a good photo, it takes patience, fitness, a lot of walking and observation. Determination, good equipment, creativity and a love of nature are all part of the game as well.”

The first animal Lyse fell in love with was a barred owl. She says “I love owls because they are peculiar and difficult to spot due to their camouflage. When you share eye contact, the emotion is difficult to translate into words, it is experienced from the inside, a silent, secret communication.”

In Lyse’s spare time other than photography, she enjoys travel, family, friends and gathering around a table to enjoy a good meal.

Lyse has exhibited her work at photo clubs and won the CALACS competition in Ottawa. Her first photo exhibit took place recently at Chalet Bellevue in Morin Heights. Everyone who visited the exhibit was truly impressed!

Lyse looks forward to learning more about different types of photography and to teaching photography in schools. She hopes to become renowned throughout Quebec and Canada and anticipates creating more sophisticated exhibitions with new materials such as acrylic and white metal. Lyse would like to develop a particular technique so that people will recognize her work immediately as a Lyse Samson! Well Lyse, we think you are well on your way!

Please check out Lyse’s photography on her Facebook page slysou.samson. A website is forthcoming in the near future.



Making it Work in the Laurentians Quebec: A Utopia for Artists

Maya Khamala

Stacey Lavender, an Artists Coach at YES Employment + Entrepreneurship, has spent the last decade combining her love of travel with a career as an arts worker and artist across the independent theatre and festival landscapes in New Zealand, Australia and the United Kingdom. She has lived and worked in the arts sector in five countries and counting and, travelled through many more, Canada included.

Lavender told YES that she considers Quebec the ideal place for artists to thrive, calling it a “utopia for artists.” “The Quebec community celebrates art,” she says. “Making a creative living is encouraged through education, the media, public and private funding opportunities and audiences alike. This is unfortunately not the case in other places I’ve lived and worked in, at least not to the same degree.”

Quebec invests in the arts

Indeed, the province contributed \$11.5 billion of the \$55 billion brought into the Canadian economy through art in 2021. As Lavender points out, Quebec invests significantly in the arts, providing grants, subsidies, and other forms of support to artists and cultural organizations.

Quebec also allotted \$561 million to the culture industry in its 2023-24 budget, a move that’s set to benefit filmmakers, publishers, and musicians. Additionally, the Canada Council for the Arts reported \$33.7M in total arts grants across Canada in 2022-23, with \$12.7M of that going to Quebec.

Quebec: the perfect environment for an artistic practice

Quebec is also home to numerous galleries, theatres and cultural institutions that provide platforms for artists to showcase their work and connect with audiences. Add to this the diverse blend of cultural influences and the result is an enriched artistic landscape.

“There is an established community of practising artists, meaning inspiration abounds and emerging artists are more likely to see a viable pathway forward,” says Lavender, “with so many others successfully building creative careers and businesses.” She points to the many globally renowned artists hailing from Quebec as evidence of this, “from musicians to circus performers to documentarians and more.”

“In other places I’ve lived,” she adds, “there has been a sense of needing to justify pursuing a creative career or vocation whereas in Quebec, it feels acceptable...without this need for justification.”

Challenges can be overcome

While Lavender acknowledges the challenges for artists who may be limited by language or citizenship status, she calls the sheer number of opportunities available at any given time “unique to Quebec.” She believes that whenever possible, overcoming language barriers is worth it, given the diversity of funding opportunities across the anglophone and francophone arts landscapes, as well as the potential to reach new audiences.

Bottom line: Quebec stands as a beacon of sorts for artists seeking a nurturing environment that supports artistic expression. If you’re committed to making a career in the arts, why not opt for an environment in which creative visions are valued and appreciated? Our artist coaches at YES can help you pursue your venture and transform your passion into profit. Email info@yesmontreal.ca to schedule a free consultation!





Oct 23-27
Chalet Bellevue Morin-Heights
TheatreMorinHeights.ca 597-765-3999

GamePlan

Tickets \$25
By Alan Ayckbourn
Directed By Steve Gillam

COMMUNITY UPCOMING events

ARUNDEL JAM SESSIONS

Arundel Legion

Next dates: Thurs, Sept. 26: 5 pm – 8:30 pm

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

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



CHORALE MUSIKUS VIVACE

Chalet Pauline Vanier Saint-Sauveur

Starting Sept 4, Wed 7:15 pm - 9:30 pm

Now recruiting for the mixed choir

Experienced or not, come enjoy the many pleasures singing can bring.

Choir director: Lorraine Gariepy

Contact: musikusvivace@gmail.com / 514 209-1771



TRADITIONAL RUG HOOKING WITH DAWNA

Gore Community Centre (2, ch. Cambria)

Alternating Tuesdays starting Sept 10 from 1 pm - 4 pm.

Starter kits available for beginners, all levels welcome.

Info: dawnamattthew123@gmail.com



ARUNDEL SPEAKER SERIES PRESENTS ...

Arundel Centre / United Church

17 rue du Village

Fri, Sept 13: 7 pm: GUY MELHUISH, THE MUSIC GUY

Guy will present a brief history of how he was in the London folk music scene with Paul Simon, 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."

FREE ADMISSION



TENOR NILS BROWN IN CONCERT

Arundel Centre / United Church

17 rue du Village, Arundel

Sat, Sept 14: 7:30 pm

Tenor Nils Brown in Concert: UNA NOTTE ITALIANA

Tickets \$20. Reservations: janet.thomas700@gmail.com



RICKKS ROOM – WENTWORTH NORTH

Sept 29: 2 pm Jerry Leger

Oct 19: 2pm – Rob Lutes

Jerry is a Toronto based singer songwriter who has been making significant contributions to the music scene. A favourite of Uncut Magazine and Rolling Stone Germany, he has also earned the praise of fellow artists Ron Sexsmith and Doug Paisley. Check out the link to his website below to learn more about Jerry and why you do not want to miss this show in our intimate listening room.

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.



MUSIC IN THE ARUNDEL MARKET SQUARE

Sat: Every Saturday throughout the summer

Live music during market hours 10 am – 2 pm

MUSIC & GARDEN PARTY AT P'TITES FOLIES

Main intersection in Arundel

Sun, Sept 29: noon – 6 pm

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



UPCOMING:

LAURENTIAN AREA MINISTRY FUNDRAISER

Tues, Oct 1: 5 pm – 7:30 pm

Resto Bar Top Shot (417 rue Principale Lachute)

Pork sparerib supper with all the trimmings. Donation: \$20. Parking at the rear of the restaurant.



HEADS UP! 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! Guaranteed to give you belly laughs, this event is sure to sell out. Tickets are only 35\$. See page 6 – Arundel News for details. To reserve, please contact janet.thomas700@gmail.com



TRADITIONAL THANKSGIVING DINNER

Morin Heights United Church

L'Église Unie de Morin Heights

831 chemin du Village

Saturday, October 12: 5 pm

On the menu: Turkey, gravy, mashed potatoes, vegetables, stuffing, cranberries, apple or pumpkin pie, coffee or tea. \$25 pp /2 for \$40 / children \$12 – take out meals available.

* Reserve by Oct 5: Lucille Green: 450-226-6681 or/ Barbara David: 450-613-7085 / barb.david54@gmail.com



UPCOMING CHURCH SERVICES

ST. SIMEON'S ANGLICAN CHURCH

(445, rue Principale, Lachute)

Sunday morning services at 10 am

GRACE ANGLICAN CHURCH (7 Chemin

Church, Arundel)

Sun services at 11 am – children's programming on

2nd & 4th Sundays

TRINITY ANGLICAN CHURCH

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

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



ROYAL CANADIAN LEGION

LA LÉGION ROYALE CANADIENNE

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

BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs –

Sat: 4 pm – 9 pm

MORIN-HEIGHTS BRANCH 171

Mon, Wed and Sun: closed

Tue & Sat: 1 pm – 5 pm

Thurs: 1 pm – 6 pm

Fri: 1 pm – 8 pm

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

Next Jam Sessions: Sept 26 &

Oct 10: 6 pm

Everyone welcome

Bar open every day from 3 pm

For more information

arundellegion@gmail.com

819-687-9143



On With the Show Rob Lutes in concert

Florian Gaudreau

Rob Lutes & Rob MacDonald are coming to Rickksroom in Wentworth North so, if you missed their Arundel concert in July, here's your last

chance to catch them up north this year. I'm a huge fan; I have been for a few years. I caught their performance in Arundel and their performance was excellent, from the sound and ambience, to the music. These musicians left me wanting to hear more! Honest, soul-searching lyrics that come from the heart would be the best way to describe Rob's work. Delivered in a funky, laid back, bluesy/folk style of guitar, both Rob Lutes & Rob MacDonald make it look easy.

Rob Lutes is one of six children who grew up in Rothesay New Brunswick. His mother played piano and there was music in her family. Rob's other siblings were not musical but Rob found a guitar in his oldest sister's closet, fixed it up and started playing at the age of 12. Mostly self-taught, he developed a passion for the instrument; that inspiration brought him to creating the music he's doing today. It's so easy to connect with his music, as his songs are so expressive. The best way I can describe it is he paints imagery of feelings in his songs that brings you to what he's feeling. Stories of "living our lives" with all that life throws at us, and how everyone deals with it, delivered in a foot tapping style that can't

be mistaken for anyone else. Rob's debut album, Gravity, came out 2000 and he has since released 5 albums; he's newest release is coming out this month with his band, Sussex.

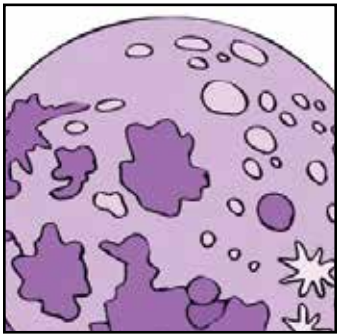
Rob MacDonald is no slouch either, he adds his style to the musical canvas. They've been playing together since 1997, to say these guys are seasoned musicians, is an understatement. Rob MacDonald also plays with Guy Belanger and The Durham County Poets. I like his style, he plays a Dobro, a guitar with a steel cone center, which gives it a rich sound when he's finger picking or using the slide. The reason it's so amazing is that it's transparent and blends in with whatever Rob Lutes is playing. They are certainly musically suited to each other.

This performance coming up at Rickksroom on Saturday October 19, 2024 will be a real treat. Nothing beats a house concert - it doesn't get cozier than this. Sad to say, this will be the last concert at Rickk's Room for the year.

Advance reservations are required: Email, text or call 514-895-5785. Donation: \$25 (pre-payment via e-transfer preferred to rickksroom@gmail.com or cash in person).



PHOTO CREDIT: James St Laurent



Zach Factor

Back to Battery School: The EV 2.0

Lys Chisholm & Marcus Nerenberg

A few short years ago we wrote about the exploding electric vehicle industry and its path to future sustainability in our increasingly polluted environment. We got some of it right and some of our predictions fell a little short. The lithium-ion battery showed great promise, it is energy dense, and each improvement made it more efficient. However, its one flaw has not been overcome. The lithium-ion battery when damaged or overworked tends to burst into flames.

Cell phones have ignited in pockets, purses, in the middle of phone calls, and sitting on nightstands being charged. Teslas and other EVs have burst into flame while being driven and more concerning, while parked. Last October 10, a fire in a car park at London, England’s Luton Airport, destroyed 1400 vehicles and was so intense that part of the parkade collapsed. Witnesses said that it started in an EV. Months later, on March 21, a report stated that the cause was a diesel vehicle having an electrical short in the engine compartment while being driven.

In August, two fires of note broke out; one in a valet car park in Lisbon, Portugal and the other near Seoul, South Korea. The fire at the Lisbon airport burned 200 cars and was observed starting in a Tesla although police refused to reveal parking security camera video to the press. The Korean fire started in an electric Mercedes parked under an apartment building; it incinerated over 100 cars and sent 20 residents to hospital after they inhaled toxic fumes. Korea now limits electric cars to an 80% charge in underground parking and many parkades are banning them outright. Governments, EV producers and media are going very easy on lithium vehicles and public awareness is being shielded from the overwhelming danger of lithium-ion batteries. Insurance companies are making it very expensive to cover EVs. Even though many countries have legislated the end of gas and diesel cars (Canada 2035), EV sales are slumping in many markets.

New battery technology is coming to the rescue of the faltering, fledgling EV industry. In development for less than a decade, the graphene aluminum battery is in many ways safer, cheaper, and several times more efficient than any current EV power supply. Lithium is environmentally dangerous to produce. The present source of refined battery grade lithium mostly comes from China. They are controlling the supply to battery plants as countries like Australia and Canada race to develop their lithium deposits and refineries. Refining lithium is a dirty process that leaves several toxic by-products to manage. Aluminum is a relatively easy metal to refine, and Canadian plants have over a century of expertise while our refineries are constantly upgrading. Aluminum is 1000 times more available and 10 times cheaper to produce than lithium.

Graphene was discovered in 2004 by Andre Geim and Konstantin Novoselov who received the Nobel Prize in Physics for this in 2010. It is a material made of a single layer of carbon atoms arranged in a hexagonal lattice. Being a million times thinner than a human hair, it is the thinnest object ever created. Not only is graphene lightweight and flexible, it is also the world's strongest material, being 200 times stronger than steel. It also conducts electricity faster than most other materials. Our common graphite pencil consists of multiple layers of graphene. The bulk of research in the past twenty years has been how to manufacture large sheets of graphene for industrial use.

In battery production, aluminum-graphene is five times more energy dense than lithium-ion. They can take a charge several times faster, full charge in less than fifteen minutes. They can take up to 10,000 charging cycles, equivalent to 2,000,000 miles of usage.

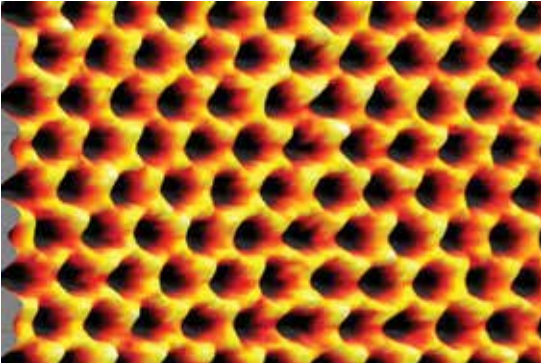
The news keeps getting better. An aluminum-graphene battery will not overheat and catch fire. Tesla and other companies are in the process of eliminating the driving range limitations that make many potential EV buyers hesitant to get on board. Another bit of good news is that Quebec has the only operational graphite mine in North America, making Canada the sixth largest miner of graphite in the world.

Often enough, we humans don’t get it right the first time. But that doesn’t mean that we give up. Making cars that put billions of tons of poison into the atmosphere seemed like a good idea 100 years ago, until it wasn’t. We found a way to make EVs practical. Very soon we will be driving EVs that don’t burn down parking garages.



Graphene – a perfect carbon atomic lattice and the strongest and thinnest material in the world. Without sticky tape, it would not exist. Graphene’s extraction creates endless application possibilities for scientists looking to make the world a better place.

Photo and caption credit: abitape.com/an-unlikely-hero-how-sticky-tape-led-to-the-nobel-prize



This image of a single suspended sheet of graphene taken with TEAM 0.5, the most powerful electron microscope in the world at Berkley Labs shows individual carbon atoms (yellow) on the honeycomb lattice.

Photo credit: newscenter.lbl.gov/2008/09/09/graphene-images/



The Story Behind The Third Station, Conclusion

Joseph Graham joseph@ballyhoo.ca

After the train station was saved and restored, our committee was reborn as the Ste. Agathe Heritage Committee. We did studies identifying some of the spectacular architecture that characterizes Ste. Agathe’s history, created a walking tour and awarded plaques of recognition to owners who had restored aspects of their homes and businesses. We even explored the whole tuberculosis treatment history and twinned with Saranac Lake, New York, our real sister city, with a very similar history.

The more we explored, the more we could identify the deep English roots that made Ste. Agathe a special place, and we explored all the great historical figures, French and English.

That is how it came to be that, years later, we were again consulted when a new railroad station was needed 19 years after the last train had gone.

We have recurrent political tensions that can cause quite a focus on elections, especially federal ones – we are all familiar with that. On Election Day, October 14, 2008, the railroad station was not on our minds. Stephen Harper, Stéphane Dion, Jack Layton, Gilles Duceppe – they were. But the sun rose the next morning on a whole other story. Kids, probably unwatched because of all our political preoccupations, played with fire on the receiving platform of our gigantic railroad station in Ste. Agathe.

During the Katimavik events in 1995-96 when we first got full access to the station, I remember finding burn marks where kids had played with fire, and I remember thinking that they never could have escaped through their little hole if the fire had caught more seriously. This time, though, the fire started on the outside platform with the full stock of the Chamber of Commerce’s offices, with artifacts, an antique camera collection, our birchbark canoe hanging from the ceiling, all caught inside. The massive building’s roof had two holes the size of cars. The peak of the rotunda still stood, but the air could move through unimpeded. The stationmaster’s second-floor apartment was just a hole beside a chimney. The contents of the building were ashes, the building a write-off.

After days of shock, some kids were identified. What should we do? It is never the children’s fault—that is the definition of underaged—but the parents’... The young people who set the fire were easily identified but no action was taken.

Fire insurance would not cover replacement. In any case, the many archives, including the camera collection and the canoe, were simply not replaceable. We discussed the fire as an opportunity to start over. The huge building that had burned had been built to service different needs. It was a wonderful heritage building but it was too big for its new usage, a stop on the linear park that followed the old railway line.

The building did not need to be replaced in whole. Instead, I proposed that we look at the elegant station that had been built before Ste. Agathe’s golden age forced the construction of the major building that we had just lost. The second station had been built in its current location only ten years after the first train came through in 1892. That original building, complete with the rotunda, was a more modest structure and, more importantly, the plans for it were available. Going back would be going forward. We had established a lot. The linear park, along with its stations, had the resilience to rise to the challenge of a setback of this nature and now the focus was simply on doing it well, and, in the meantime, we had retired from the committee. We would no longer need to take the active role we had taken in saving the original.

Today, if you look at the new building, you will see its clean lines and solidity, its colours, its original function – and the building as it appeared to tens of thousands of English Montrealers, their first view of Ste. Agathe. Our initial motivation for valuing the heritage of the railroad station was to commemorate that period, and while the current building did not experience the community bee to change the roof, nor the work of the young Katimavik team, nor the canoe hanging below the ceiling of the rotunda, nor the antique camera collection, it is alive with a real purpose, a real function and still evokes the fascinating history that made Ste Agathe into a boom town, and that changed the face of the Laurentians well over a century ago.

The book Naming the Laurentians was inspired by these same incidents, this same heritage movement, and the heritage study contributed to the core identity of the eastern Laurentians, the extraordinary energy that exploded out of the smallpox epidemic that hit Montreal in 1885 and sent us north into the Cantons du nord. While the foundational history was French, the first townships north of the limits of the seigneurial system in old Terrebonne were Abercrombie, Wexford, Beresford, all names that reflected British governance but chosen at a time when the capital of the Province of Canada was Montreal, a bilingual city with a minister of colonization, Augustin-Norbert Morin, representing the political party that spanned present-day Quebec and Ontario. Morin’s objective was to develop farmland for the large population of French Canada crammed into the seigneuries and needing a place to go. Their government’s mentality was secular, but the French side of his government was supported by the Catholic Church, and when Morin co-wrote the first civil code that would apply to Canada East, he shocked the church into action and the bishop gave the Parish of St. Jerome to the ambitious Curé François-Xavier Antoine Labelle. It was Labelle who conceived of tying the eastern Laurentians together with a railroad that would stimulate the French Catholic settlements. Even the bishop could not have conceived what the consequences would be, what actually happened, how the train brought along English Montreal, skiing, boating, camping and hotels.





Garden Talk

Garden notebook 2024

June Angus - Main Street

As our gardens ramp down for the season, now is a good time to take stock while our memories are still fresh. What worked this year? What didn't work so well? What to do differently next year?

The Charles Dickens' quote "It was the worst of times, it was the best of times..." aptly applies to my garden this year. Despite the early start to our growing season, I got a bit of a late start and was continually playing catch up.

But here's the good news. It was a wonderful season for all my perennial flowers and shrubs. They grew and bloomed on schedule providing a continuous and changing display all season long. The same can be said for most of my neighbours' gardens and the public garden displays around Morin-Heights too. The floral displays were quite spectacular. Unfortunately the deer decided to feast on some of our hostas and hydrangeas again so I expect to have a better protection plan for those next year. But I do have quite a few perennials that need dividing so I will get busy moving these "free" plants to areas of my garden that are in need of sprucing up.

Fruiting bushes and trees also did exceptionally well this year. We had a continuous harvest of blackberries throughout August. I froze the berries and have enough to make several batches of jam this fall. The ancient apple tree near my back deck was literally raining apples most of August too. Blossoms on this tree took a beating in the spring of 2023 when a late frost killed the flowers translating into very few apples. This year the blossom display was spectacular and undisturbed. The result was the production of more apples than I have ever seen from this tree. It is old and tall. We don't spray it, so basically we collect intact, ripe apples as soon as they hit the ground and then turn them into applesauce and whatever else my imagination can produce. Meanwhile, ground hogs, squirrels and deer are having a feast.

And the bad news? My vegetable garden did not do well this year. While growing conditions were reasonably good, other factors worked against it. The deer fence got badly damaged by raccoons last fall, so it needed to be fixed this spring before planting. I didn't get that job done till near the end of May and then rushed to plant whatever I could. I usually mix some fresh earth and compost into to my raised beds, but decided to skip that step this year to "save" time...sheeesh!!

Even though I know better, I made the mistake of using old seeds...some were 3 or 4 years old meaning their expected germination rate would have dropped dramatically. I only got 3 zucchini plants instead of 8 and only a handful of fruit. The kale and most of the green beans, peas and carrots didn't appear at all. What worked were the radishes, yellow beans and heritage carrots that were all grown from fresher seeds in my collection. (More about seeds another time.)

My lessons learned? Buy fresh seeds for next spring. Take the time to make sure my soil is in the best condition it can be before planting. Get jobs like fixing fences etc. done before the growing season launches. Do a better job of allocating precious gardening time when the growing season arrives!

Finally everything we do this fall to clean up our gardens to prepare for spring 2025 will help pave the way to a smoother launch into the new gardening season!



Word Play

The green all around us

Louise Bloom - louisebloom@me.com

Last week, while driving my usual route to attend to errands, I noticed the enticing vital quality of the greenery all around me. The mature trees on my own road provided a cooling vibrant canopy and the highway was bordered by abundant greens and led on towards a mountain scape dressed in happy forestry, framing my view.

The green was breathtaking and freely offered. I began to acknowledge that plant-green, abundant and life affirming, is what so consistently strikes the eye. Think of how the green spaces in cities draw our attention. And how nature's greenery may soothe and regenerate us if we can rest outdoors.

In this very "green" moment, I had a memory of a prediction I had heard, about how colored light therapy would one day be the major healing modality in the world.

It is currently known that colors can energize us, improve our mood, or help us focus, while others may be more calming and soothing. Color therapy—known as chromotherapy—uses the power of color in our everyday lives to support our mental, emotional and physical wellbeing.

Researching chromotherapy, I came across the following.

"Chromotherapy is a narrow band in the cosmic electromagnetic energy spectrum, (visible color spectrum). They are composed of reds, greens, blues and combined derivatives, perceivable colors between ultraviolet and infrared ranges of energy or vibrations. Each carries a unique wavelength that combined with a light source and applied to impaired organs or life systems, provides the necessary healing energy required by the body."

"Light affects both the physical and etheric bodies. Colors generate electrical impulses and magnetic currents or fields of energy that are prime activators of the biochemical and hormonal processes in the human body, the stimulants or sedatives necessary to balance the entire system and its organs."

I recalled the colors that are attributed to each of the energy centers that make up the chakra system. The Chakra system is an arrangement of energy centers, or "wheels of light", (7 in all), that are organized along the spinal column from the base to the crown of the head. GREEN is the color given to the heart chakra at the center of the chest, recognized as the balance anchor for all the other energy centers in the body. Known as Anahata, it promotes compassion, love and forgiveness.

It came to me, that surrounded by the green that graces us, most especially in the summer months here in the lush and leafy Laurentians, we are given a considerable advantage with regards to our well-being. True, there is no calculated artificial light source applied to our landscape, but as our green-view lights up daily, we might take some meditative moment to lay our eyes upon our world, and move our consciousness to the heart, focusing our gratitude on our home ground.

All of this has brought to mind Charles Reich, Yale professor of law, who wrote the article, THE GREENING OF AMERICA in 1974. He predicted that a third consciousness (Consciousness III) would necessarily develop in America. Reich had identified Consciousness I and II which "subordinate man's nature to his role in the economic system". His predicted Consciousness III, however, would "seeks restoration of the non-material elements of man's existence, the elements like the natural environment and the spiritual", which were passed by in the habitual rush of the century's material development.

It is interesting to note that in 1974, following the back-to-the-land consciousness of the 1960's, Reich understood the imbalance in the culture. In 2024, it is once again evident that the material/economic culture we are experiencing presently needs to shift. May humanity seek to restore the qualities of GREEN.

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





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Obituaries

**CELEBRATION OF LIFE
FOR TERRY EDMUND
(CONRAD) COURTE**
December 14, 1957 to
January 3, 2024.



A Celebration of Life for
Terry Edmund (Conrad)
Courte, son of Maurice
Courte and Lucy McAndrew, brother of
Ron (Heather), Roger (Andrea), Mark,
Tommy and Bruce (Leigh Ann). Uncle

to Sarah, Emma, Spencer, Tyler, Jason,
Megan and Dylan will be held Saturday,
September 28, 2024 at the Harrington
Golden Age Centre, 259 chemin de
Harrington, Harrington, Quebec,
starting at 11:30 AM.

Please come and share some fond
memories

A light luncheon will be available



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Saturday: By appointment
Sunday: closed



The Other Side Of Getting Old Change

Florian Gaudreau

The toughest part of aging for
me is dealing with change; it feels like a dark cloud on the
horizon, especially with how everything has become so much
more expensive. Some houses cost more than I've ever made
in my lifetime. I've reached the point where every time I buy
something "ouch" is the first thing that comes to mind.

By the end of the week, I end up spending more on gas, than
I do on food. I can go on forever, but all that does is tie my
shorts in a knot. There's nothing I can do about it, all I can
do is go with the Flo and adapt to the change.

"Change your thoughts and it will change your world" (Norman Vincent Peale).
I try to focus on the tiny flowers in my life such as a cool swim on a hot day,
children's laughter from the park next door, the sound of rain tap-dancing on the
roof of my trailer. No, it doesn't pay the bills, but the prospect of embracing my
life rather than enduring it, seems like a smoother way to go. "What can I do with
what I've got?" The "MacGyver" outlook on life, (TV show 1985 to 1992) may fix
the problem, but being truly happy is what we're all striving for.

Tripping over myself is something I do, often. On my path to happiness, I keep
tripping over worry. "Don't worry be happy" (Bobby McFerrin 1988). Often that
song comes to mind. These words may be easy to say, but hard to live by. The truth
is, worrying about something is like hoping for a tragedy - something I've heard
along the way. What worries me most now is time, so I think it's best to approach
life as a dance rather than a race.



In Loving Memory of all our 4-legged companions
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* YOU LEFT *
Paw Prints
ON MY
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TMH presents “GamePlan” along with a dash of mystery

Get ready to be captivated by the latest offering from Theatre Morin-Heights (TMH) as they bring Alan Ayckbourn’s sharp and witty play, “GamePlan,” directed by TMH veteran Steve Gillam to life this October 23-27 at Chalet Bellevue in Morin-Heights. This must-see show is set for six performances. Tickets \$25, are available starting mid-September.

“GamePlan” dives into the story of a family struggling to navigate hard times, offering audiences a blend of humour, drama, and Ayckbourn’s signature wit. This production shines a spotlight on two of TMH’s young rising stars, Alessandra Piazza-Guindon and Sarah Vanhove, supported by a talented cast of seasoned and new performers.

Steve Gillam makes his directorial debut with TMH after several standout performances in recent productions, including “Have a Heart” in 2023, but he is no stranger to the role of director. Expect a show full of unexpected twists and thoughtful commentary on the challenges women face.

For an extra special treat, don’t miss “Journée de la culture” on September 29 at 3 pm at Chalet Bellevue, where TMH will present a free staged reading of some Agatha Christie mysteries. It’s a unique opportunity to see actors perform live with scripts in hand, supported by lights, sound, and minimal costumes, all in an intimate setting.

To learn more or to get involved, visit www.theatremorinheights.ca or reach out via email at theatremorinheights@gmail.com.



“GamePlan” cast members Anita Stranzl, Alessandra Piazza-Guindon and Sarah Vanhove with Director Steve Gillam.

Top Hats & Tails A chimney sweep’s attire

Florian Gaudreau

Chimney Sweep is a profession that dates back to the 1600s in England. It was deemed necessary, after the grand fire of London in 1666. After the fire, the building code required that all chimneys must be cleaned and inspected for obstructions. It was a dark profession as children were used to clean the chimneys up until 1670 when it was outlawed. Legend has it that a chimney sweep saved a king’s life, so it was decreed that chimney sweeps could wear the traditional top hat & tails, a privilege reserved for royalty and the privileged, because ‘sweeps’ were considered good luck. Most likely, the reason was because it instilled a sense of pride and dignity to the profession.



To find a certified, professional chimney sweep, refer to The Association of Heating Professionals (APC). Members are properly trained to ensure your job is done properly. Max Rodbrum is one of the oldest members of this organization. His family has been here, in Saint Andre d’Argenteuil, for five generations. Growing up, the family home was heated with wood so you can say it’s in his blood. Wood heating isn’t what it was and has now evolved to a science of secondary burns, which burns off the remaining smoke. Another development is the catalytic converter or combustor that lowers the temperature, which is necessary to burn off the smoke. Today, wood stoves burn much cleaner and are better for the environment than they were in the past.

Don’t waste your money or time buying a cheap stove, higher quality stoves are better built and designed, burn better and last longer. As Max puts it “We’re too poor to buy cheap.” To have a much cleaner home environment Max also provides duct cleaning service, sells central vacuum systems, hot water heating systems, pellet stoves and of course, heat pumps. Max’s store Centre de Chauffage des Laurentides Max02 is located at 225 Route du Long-Sault in Saint André de Argenteuil.

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Real Wine for Real People Lebanese wines

April Sirois – Sommelier - ISG

This month I have decided to dedicate my article to one of my favorite wine regions, Lebanon. I know at first this seems like an odd place to be producing high quality, super drinkable wines but trust me, they do and it's worth seeking some of them out.

Officially, winemaking in wineries in Lebanon started in 1847 at Chateau Joseph Spath.

French wines and culture were appreciated in the area during this time and had a huge influence on the wines being made and in encouraging more wineries to begin operation. This was the time that my personal favorite winery was founded.

In 1930, Gaston Hochar's Château Musar was established after Gaston returned from Bordeaux where he was studying wine and wine making at University of Oenology in Bordeaux. Up to the 1970s Musar was mostly sold to domestic markets in Lebanon until the late 1970s and early 1980s, when it was discovered by a more international market that appreciated while it had a lot of similarities to Bordeaux, Burgundy and Rhone wines, it also had its own, not so subtle, uniqueness. No one seems to be indifferent to this wine and I will warn you, it's not for the faint of heart.

Lebanon's wines, though they lean towards their French counterparts with grapes like Cinsaut, Carignan, Cabernet Sauvignon, Merlot and Syrah and the most important white varieties being Chardonnay, Sauvignon Blanc and Clairette, are unique and like nothing else that you have tried before. The bulk of Lebanese wineries are clustered around Bekaa Valley with it's high altitude at 3000 feet above sea level, with hot dry summers and cool nights for yielding fruit with a high level of flavour intensity and structure that makes for luscious Lebanese reds that are as ready to drink now as they are age-worthy. The Bekaa area produces about 90% of Lebanon's wine and includes most of the big names in Lebanese wines.

I have scouted out a few wines at the SAQ that are worth looking for and if you are lucky enough to spot one, to try. I have even added one white wine that I think is particularly good.

- **Château Musar 1999 Red wine**
SAQ Code 13390669. \$69.75
- **Château Musar Jeune 2021 Red wine**
SAQ Code 13210197 \$26.70
- **Massaya Le Colombier Valée de la Bekaa 2020 Red wine**
SAQ Code 10700754. \$20.80
- **Massaya 2021 White wine**
SAQ Code 13925002 \$20.10
- **Ixsir Altitudes 2016 Red wine**
SAQ Code 14251222. \$22.45

As a side note The Bekaa Valley in Lebanon makes wine but also makes a very strong liquorice flavored liquor, called “Arak” also known as “Tigers Milk”. It's similar to Ouzo of Greece or the Sambuca of Italy, but much less sweet. The SAQ carries a few for the brave among us.

Cheers!
~ "So that they will blossom as the vine and fame be like the wine of Lebanon."
The Israelite prophet, Hosea



Keeping it Weird

bywalterego@proton.com

Well, look who's back. Another issue and more weird things to question...

We will start with errors and complaints; sadly there was no chocolate. The above email address is the correct one, last month's mistake was my own. Comments, none so far but we have only just begun.

We will begin with the first Electric Kool-Aid psychonaut Albert Hofmann, a Swiss chemist who first synthesized LSD in 1938. Its psychedelic properties were only discovered five years later (1943), when Hofmann, re-synthesizing LSD, accidentally ingested a small amount himself and experienced its effects. It was later released as a psychiatric aid in 1947 when it was widely used to treat everything from schizophrenia to criminal behaviour, 'sexual perversions' and alcoholism. It did not take very long for the CIA to get hold of it and spread the love. In the early 1950s, MK Ultra director Sidney Gottlieb arranged for the CIA to buy the entire supply of LSD for \$240,000, which in 2024 would be \$4,227,079. The illegal Project MK Ultra was born, and they found many evil uses for the substance such as brainwashing and torture. (https://en.wikipedia.org/wiki/MKUltra#Experiments_on_Americans)

This LSD supply gave them the ability to experiment by administering LSD to citizens in prisons, hospitals, institutions, clinics, and foundations to see how they would react to the drug, all this without their knowledge. This struck close to home, where a series of mind control and brainwashing experiments were conducted at Allan Memorial Institute, a psychiatric teaching hospital affiliated with McGill University in Montreal, between 1957 and 1964, mostly on unsuspecting subjects. (https://en.wikipedia.org/wiki/Montreal_experiments) Imagine being slipped a dose then being subjected to shock therapy or sensory deprivation! This psycho-date rape was allegedly financed by our parent's tax dollars and of course, the CIA. Since then, LSD has been explored and exploited by some of the greatest artists, inspired the generation of love and is now making a comeback in psychotherapy. Many describe the experience as an altered or enhanced reality, or peeking into another dimension. It is still listed on the DEA website as...

“Lysergic acid diethylamide (LSD) is a potent hallucinogen that has a high potential for abuse and currently has no accepted medical use in treatment in the United States.” (<https://www.dea.gov/factsheets?page=2>)

Although illegal in Canada, you can buy LSD and mushrooms online. (<https://www.zoomiescanada.ca/shrooms-delivery/lsd/>). With most substances now legal in Canada, should LSD be also?

I invite you to tune in, drop out and explore the MK-Ultra rabbit hole for yourselves, as we take a slight detour into quantum mechanics, a mind-boggling theory where science is apparently discovering other dimensions and discussing the possible existence of a multiverse. There are theories that this may be time travel, being able to move between these dimensions and that these dimensions may have touched ours.

Would this explain many unanswered questions of archaeology? About UFOs? Even science, as our quest for knowledge evolves and expands?

Might these dimensions be accessible through our consciousness? For centuries there have been witch doctors, mediums, gurus and visionaries who have claimed to see the future or alternate realities.

I will leave you with this weird thought of one of the late John McAfee's last Tweets,

He committed suicide in 2021 despite having tweeted and even tattooed on his arm that he would never take his own life.

Question everything...



John McAfee 
[@officialmcafee](#)

Follow 

Russia's first time traveller has returned.

Guess what he said:

In September Biden is medically diagnosed as unfit for office and quits.

They discover that the DNC has legal power to choose a replacement without a National vote!

Weird huh?

You'll never guess who they chose.

6:33 PM · 7/18/20 From Earth



What's New in Real Estate? Residential pools: not to be overlooked

Lucyne Farand

Pool owners have until September 30, 2025, to bring their installations into compliance, including enclosures, access doors, decks, platforms, and more. Have you taken note of the current provincial regulations?

Rules concerning residential pool safety have been in force to protect children from drowning since July 1, 2021. These regulations include enclosure fences, gates and locking systems, and installations in the vicinity of the enclosure, such as pool operating equipment and diving boards. These rules have the particular effect of forfeiting certain acquired rights for owners whose pools were built before November 1, 2010. They have until September 30, 2025, to bring their installations into compliance.

Non-compliant installations or those requiring modifications can represent a significant investment. It's also important to note that, when it comes to residential pools, each municipality is free to adopt rules and penalties that are stricter than provincial regulations.

If you think you may be affected by these rules, it's a good idea to check with your municipality.



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SAINTE-ADELE - 700 MTÉE DE L'ADRET
ASKING PRICE: \$1,295,000
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MILLE-ISLES - 46 MTÉE DE L'ÉGLISE
ASKING PRICE: \$649,000
Superb residence on 316,000 SF land ZONED FARMHOUSE! See zoning grid - allows 2 horses and several small animals, a kennel, family daycare, resort, B&B. Stone masonry, spacious and sunny, wood floors. 3 bdrms upstairs, 2 bthms, finished basement with potential for 2 additional bedrooms. Living room with gas fireplace, garages and much more.

PIEDMONT - 312 CH. DES PINS PRIX REDUCED
PRICE REDUCED: \$649,000
Mont Belvédère. Warm and welcoming home perfect for entertaining. Spacious and very sunny. New swimming pool, gas fireplace, panel for generator, electric car plug in the garage and much more. A few minutes from St-Sauveur village. To discover!

192 CH. DE LA RIVIÈRE-À-SIMON - SAINT-SAUVEUR,
PRICE REDUCED: \$649,000
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891 RUE DES BERGES - SAINT-ADÈLE,
PRICE REDUCED: \$949,000
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 - Commissaire – Circonscription électorale 9
- Toute déclaration de candidature à ces postes devra être produite au bureau de la présidente d'élection, aux jours et aux heures qui suivent, sur rendez-vous :

24 septembre de 13 h à 17 h
25 septembre de 9 h à 17 h
26 septembre de 14 h à 20 h
29 septembre de 13 h à 17 h
- Si plus d'une candidate ou d'un candidat pose sa candidature à un même poste,
 - un scrutin sera tenu le 3 novembre 2024 de 10 h à 20 h et,
 - un vote par anticipation sera tenu le 27 octobre 2024 de 12 h à 20 h.
- Dennis Gosselin a été nommé pour agir à titre de secrétaire d'élection.
- Une électrice ou un électeur qui n'a pas d'enfant admis(e) aux services éducatifs de la commission scolaire anglophone ou du centre de services scolaire francophone qui dessert son domicile peut choisir d'exercer ou de révoquer son droit de vote au sein de sa commission scolaire anglophone. Ce choix est fait en présentant un avis écrit signé à la présidente d'élection de la commission scolaire anglophone, du 20 septembre au 15 octobre, à 22 h.
- Vous pouvez me joindre, ou joindre mes adjoint(e)s, aux coordonnées suivantes :

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Returning officer

Lorraine Sperano Gauthier
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Rosemère (Québec) J7A 4Y6
450 621-5600, poste 3420
lsperano@swlauriersb.qc.ca

Secrétaire d'élection
Election Clerk

Dennis Gosselin
235, montée Lesage
Rosemère (Québec) J7A 4Y6
450 621-5600, poste 3420
elections@swlauriersb.qc.ca

Adjointe habilitée à recevoir toute candidature
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Lise Bonenfant
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