

# MAIN STREET

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THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

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Mtre Lucie Brunet, Notary  
Mtre Barbara A. Thompson, Notary

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Jacques Gariépy - Mayor of Saint-Sauveur

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Ville de MONT-TREMBLANT  
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**MORIN HEIGHTS 1955**  
Measures implemented by the Municipality of Morin-Heights to support its citizens, and its employees, during the present public health situation related to the coronavirus  
See back page





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**STAY HOME – STAY SAFE**

## What's On My Mind... Coronavirus from a different perspective

Susan MacDonald, Editor



The global outbreak of the Coronavirus has shocked the entire world, setting us back on our heels and reeling us into a new and uncertain reality. Life has come to a near standstill as we struggle to adjust to this insidious invasion into our lives and fight to stem its spread. Our health is at risk and our futures uncertain. It's a dark time in our history and my heart aches for the lives lost, and the devastating effect this will have on our economy. COVID-19 has taught us all some harsh lessons and as a consequence, new values.

The pandemic has taught us how dependent we are on our local shops and services and how quickly we become disorientated when they are no longer available. Sadly, we've lost some of our local merchants, as many doors will never re-open. Those that manage to survive the current shutdown will be struggling desperately to continue their operations and they will need our loyal support if we wish them to continue. Through this crisis, I do believe Canadians, Quebecers and Laurentianers have finally recognized the true value of local, small businesses and now, more than ever, will help boost our economy by spending their dollars where they belong, here at home. Let's all shop local!

Social distancing and self-isolation have become our reality and the new definitions for social propriety. We now communicate with friends and family virtually, through social media, emails and the telephone, or from a distance of at least 2 meters. The emotional turmoil is difficult for everyone, but necessary. This new reality includes a more personal understanding of the term 'for the good of all' and should continually remain in our thoughts.

It is difficult to fight the unknown but our governments, at all three levels, are doing their utmost to contain the situation and support us all. Jointly, they have put strict confinement measures in place, are offering financial assistance and have increased their support to our health care system. As a result, we have been impacted less than other regions and if they wish that trend to continue, it is imperative for them to maintain their cautions and avoid making rash decisions. To do so now, would only jeopardize all what they have gained.

We want life to get back to normal as soon as possible. We miss our friends and families and the security we find through our daily routines. We are anxious and tempted to expedite a return to normalcy, but we must exercise patience for a little while longer. Take this time to step back, reflect and re-evaluate your future priorities.

A heart-felt thank goes out to all those who are working on the front lines... we thank you for your dedication and commitment for putting our health above yours in an effort to help us all through this crisis.

Enjoy the read....



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We're doing everything we can to support our members and clients. We're also supporting at-risk populations by making donations to Centraide's Emergency Fund, the Canadian Red Cross and Food Banks of Quebec.

We want to thank our 47,000 employees for joining forces to help their communities through this unprecedented situation.

We're here to make your life easier. If we work together, we'll get through this!

For more information, please visit  
[desjardins.com/ca/covid-19](https://desjardins.com/ca/covid-19)







# 4K Community Cup winner of the month!

**Andie Bennett**

4 Korner's will be dedicating this spot to shining a light on individuals making an impact on their community. Our inaugural 4 Korner's Community Cup winner is Parent Participation Organization (PPO) leader at Sainte Adèle Elementary School, mom of 2, Tara Carter.

When I meet up with Tara at Sainte Adèle Elementary, she is proudly sporting her black hoodie with #SMALLSCHOOLBIGDIFFERENCE running down the sleeves. It is just one of the fundraising initiatives the PPO developed to support the students of the 92-member student body of Sainte Adèle Elementary, all of whom seem to greet her in the hallway with either a hug, high 5 or fist bump.

While most activities organized by the PPO are purely fundraising initiatives for student enjoyment and family engagement, the event I am attending on this day addresses a problem that has long plagued elementary and high schools: bullying. We all know these scars last. Some of us are still carrying them while also trying to help our own children navigate this unfortunate rite of passage. For principal Peter Clark, this is an issue they address every year and he says that with the increasingly tight budgets in schools these events would not be possible without Tara and the work of the PPO.

Tara and the PPO group brought in DJ Malik from the Youth Stars Anti-Bullying Tour for a hybrid dance party/information session ([www.youthstars.org](http://www.youthstars.org)). It was a raucous affair that managed to even get SWLSB commissioner Peter MacLaurin and Chairperson Paolo Galati on their feet and busting a move. (I have video evidence.) Most importantly, it kept the kids engaged and talking about how to recognize and put a stop to bullying.

Tara always seems to find a way to go the extra mile, not just with her time, which is considerable, but also in the execution of the school events. A teacher appreciation night is not merely a happy hour. It's a fancy-dress Oscar party complete with Oscar statuettes, paparazzi and stars on a walk of fame. A Christmas breakfast involves a fully realized Polar Express theme, an end-of-year celebration includes a dunk tank where kids can drop teachers and their principal into a giant tub of water. It is outside-the-box thinking that comes right from the heart and it is why Tara is our very first 4 Korner's Community Cup winner!

Help me recognize the difference-makers in your community! Send your nominations for our monthly Community Cup winners to [andie@4kornerscenter.org](mailto:andie@4kornerscenter.org).

Subscribe to our newsletter at [info@4kornerscenter.org](mailto:info@4kornerscenter.org) or check our website [www.4kornerscenter.org](http://www.4kornerscenter.org)

# COVID-19 designated clinic in the Laurentians

The Laurentian Integrated Center for Health and Social Services (CISSS) has obtained the approval of the Minister of Health and Social Services to open a clinic designated for COVID-19 in the Laurentian region.

The clinic is accessible by appointment only.

The designated COVID-19 clinic is intended as a complementary measure for non-severe cases. It aims to support hospitals, family medicine clinics and public health teams. The clinic will help avoid overcrowding and prevent sick people from coming to a medical clinic.

If you have any concerns regarding your state of health, the CISSS des Laurentides invites you to contact the general line 1 877 644-4545. A nurse will assess your situation and make appropriate recommendations.

If a medical consultation is required, the nurse will direct you so that you can get an appointment.

## REMEMBER

The clinic operates only by appointment.

People who think they have symptoms of COVID-19 should call 1-877-644-4545.



# Spring Recipe – Fiddleheads

From [www.almanac.com](http://www.almanac.com)

Fiddleheads are the first wild edible of spring but only last a few weeks. They are the furled fronds of a young fern, harvested for use as a vegetable. Look for fiddleheads in local markets. If you forage, fiddleheads are the very top of a young ostrich fern and must be picked before unfurling. Otherwise the leaves are poisonous. They make great pickles and a delicious vegetable side dish.

## INGREDIENTS

- 1 pound fiddleheads, rinsed well
- 1/2 cup plain yogurt
- 1/2 cup mayonnaise
- 1 tablespoon lemon juice
- 3 teaspoons prepared Dijon mustard
- 3 tablespoons chopped scallions
- salt and pepper, to taste

## INSTRUCTIONS

Boil or steam the fiddleheads for 5 to 10 minutes, or until tender. Drain. Whisk together remaining ingredients and serve the fiddleheads, while still hot, topped with the sauce.



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**14,000 copies distributed throughout the Laurentians**

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Jim Warbanks - Main Street

Due to the spread world-wide of the Coronavirus (Covid-19), we are all facing unanticipated challenges. There seems to be an endless stream of doom and gloom with which we must now cope.

Queen Elizabeth II, in her recent address, expressed it simply and eloquently, "...a disruption that has brought grief to some, financial difficulties to many, and enormous changes to the daily lives of us all."

In seeking some positive aspect to highlight in this miasma, I came across some references to the emergence of telemedicine as a favoured means of delivering and receiving required medical care safely through online communications platforms, ranging from a simple telephone contact to text messaging, e-mail and even videoconferencing.

#### Data privacy

Health care professionals, particularly doctors, have seemed reluctant to adopt these technologies. Telemedicine represented only 0.15 per cent of all billable services in the Canadian health care system in 2014 (latest data available). The impediments concern poor support for technological infrastructure, insufficient compensation models and patient data privacy.

Referrals, requisitions and prescriptions have been mainly delivered by fax. The electronic medical records (EMRs) revolution, long-promised and now slowly being implemented, does not have integrated digital platforms, such as Zoom, Facebook Messenger, Doxy.me, or GoToMeeting, Google Hangouts Meet. Free versions may be adequate for home use.

With the implementation of stringent physical distancing protocols to prevent the spread of the virus and to protect both caregivers and patients, pre-screening questions and physical barriers quickly proved insufficient.

#### Incompatibility

Based on my personal experiences, I can recall a presentation made while I was sitting on a regional committee, perhaps as long as fifteen years ago. Significant funds had been allocated and spent on an EMR model that was "almost ready for launch." It proved to be laden with incompatibilities and was scrapped. We now have systems partially in place, but many facets still require resolution.

During the same era, Manitoba had implemented the delivery of French-language and certain health care services electronically to small, isolated majority French-speaking communities. A similar program operated in certain Native peoples' communities. Former Quebecers played key roles in development, implementation and system maintenance. There were also experiments here involving the setup of costly infrastructure in certain remote communities.

What is happening now? In a St. Leonard clinic recently designated as an accredited evaluation resource (CDE), one of 93 in the province, the waiting room is empty. But, over 200 patients with Covid-19 symptoms had scheduled consultations with doctors. Most did not actually have to visit the clinic.

#### Self-quarantine

The CDEs don't do the screening, they treat patients with symptoms. Most will not be tested to confirm whether they have the virus. They will be advised to self-quarantine for 14 days to avoid contaminating anyone else, rest, stay well hydrated and be monitored for signs of respiratory distress. They will not see a doctor, unless they develop a more serious infection.

In British Columbia for instance, payment models have been adapted. Phone calls can now be billed to the equivalent of an in-person visit raised from \$20 to \$34. Video conferencing fees are now billable.

Keeping business offices open and functioning with telemedicine is critical during this pandemic. Otherwise, patients with flare-ups of chronic diseases, such as heart failure and asthma, will also end up in emergency rooms right next to critically-ill patients with Covid-19. This is a recipe for an overwhelmed and collapsing health-care system. Streamlined and effective telemedicine will also protect health-care workers and the community from unnecessary exposure.

#### Clinical exam

Prenatal visits and back pain, for example, necessitate a clinical exam. But telemedicine will remain the mainstay of health care for months to come. This gives credence to the old saying - necessity is the mother of invention.

With no end in sight of the physical distancing measures, rapid and thoughtful investment in telemedicine infrastructure is critical. Our Canadian health-care system can capitalize on the momentum made in telemedicine. By then, the majority of Canadian physicians will have experience with telemedicine - knowing when it is appropriate to use and when a face-to-face visit is required.

I am fortunate that one specialist who has treated me recently responds promptly to e-mail queries. Very few do. He regularly refers to other professionals' files online during a consultation, but then he scribbles quite indecipherable notes. A colleague of his did not respond to an email of some consequence, but I received a later call from a nurse on his staff who suggested quite forcefully that, if I had any urgent concerns, I should try to reach her by phone. My family doctor relies on my making telephone contact - with his receptionist.

## Simply Words on Paper

# The emergence of telemedicine as an outgrowth of this pandemic





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Jacques Gariépy  
Mayor of Saint-Sauveur

### IMPORTANT MESSAGE FROM THE MAYOR OF SAINT-SAUVEUR

Measures put in place to counter the spread of coronavirus

First, I would like to thank the people of Saint-Sauveur for their tremendous collaboration and their resilience in the light of the current situation. We have received numerous calls from citizens saying they are in favor of the measures implemented by the City in recent weeks. We greatly appreciate these testimonies and assure you that we will continue our monitoring and adjust our actions according to government directives.

The many measures implemented by the City of Saint-Sauveur, include the cancellation of courses, activities, events and conferences given by the City; the closure, until further notice, of the municipal library and Chalet Pauline-Vanier; the maintenance of emergency services, the Ecocentre and essential services, including collection of residual materials. Also, since March 16, we have restricted access to municipal buildings to employees only but have maintained all services to citizens. They are now available by phone and email during regular business hours.

I would like to take this opportunity to invite you to encourage the merchants and businesses of Saint-Sauveur, who are also impacted by the current context. By promoting local purchasing, we collectively contribute to maintaining services and jobs, while helping to boost the local economy.

In closing, I would like to reiterate that the primary objective of the city council and the city's general management is to ensure the health of its staff and the population. As the situation is evolving rapidly, I invite you to follow us by consulting the City's Facebook page or its website at ville.saint-sauveur.qc.ca.

Thank you, good luck and take good care of yourself!



## Mont-Tremblant public transportation reserved for essential travel only

The City of Mont-Tremblant wishes to remind the population that the Public Transit (TCMT) has been maintained to serve workers in essential services who must travel by bus, for lack of having access to an alternative mode of transportation to get to work. The service is also offered to get to the grocery store or pharmacy only.

"You know, it is time for confinement and social distancing. So, if you don't need to take the bus, avoid doing it. It's not for recreation; it's an essential service for essential travel. Unfortunately, there have been some users using the public transportation service to pass the time. Instead, I invite you to walk in your neighborhood, practicing social-distancing," said Mayor Luc Brisebois.

The City of Mont-Tremblant thanks its residents for collaborating to curb the COVID-19 pandemic.







# About Sainte-Adèle

Chris Lance - Main Street

Hotel Chantecler has an authorized demolition permit provided by our town council. This spring, a part of the historic building will be demolished and so begins a 2-phase project by owner Jacques Goupil. Phase 1 will be erecting a building, Le

Lux Gouverneur, which is directed to an elderly generation that wants luxurious accommodation rentals.

Phase 2 will be developments on Mountains 2, 3 and 4. These developments of Goupil’s project have not been sent to the town’s administration. According to Mayor Briere, the Phase 1 has been authorized with consideration to preserving the integrity of Lac Rond. It will be a dusty and noisy summer for those who live on the uphill road to Hotel Chantecler.

Work presumably will begin in April to upgrade rue Valiquette between boulevard Ste-Adèle and rue Belec. Parking on that street can be a problem; the car doors can scrape on the sidewalks and the sidewalks are dangerous: walking adventures in spots with unlevel areas where citizens can trip and fall. The parking lot on rue Forge, also a precarious slanting area, will be redone at the same time. And, with a smile, work will be completed by June 24 and I hope before the snow flies in November.

Speaking of snow, it was sad to see the ski hills close so early just when the conditions were fantastic. When you looked outside there were still 2 to 3 feet of the white stuff in backyards. There is always a chance of a big dump of snow in April. Ski schools have shut their doors. I was hoping that cross-country and snowshoeing would continue around our region in the north. Ski hill websites like Mont Habitant are asking skiers, snowboarders and tobogganers not to use the hills as these areas are closed, and there are no ski patrollers. So keep an eye on your kids and youthful selves and respect the wishes of hill owners and operators, municipalities, and the provincial government.

On the brighter side of winter ending, the robins are back. The geese will soon be honking overhead, the streams will course towards our lakes and the gentle warmth of spring winds will push away the cold long winter months. Summer seems so long ago, when the kids raced to the lake and get-togethers were planned: BBQs and friends, a fishing trip, a tennis match, a long walk in shorts, a leisurely game of golf with friends, a morning coffee outdoors watching the flowers grow, a dive into fresh water, the sun forcing you to seek shade, a bike ride in the early morning, fresh market food shopping, seeing the kids play with friends through your screened windows, a hand holding walk with your lover, a guiltless trip to visit the in-laws, without health worries.

Here’s to an end to those unwanted tears of tension and sudden emotional upheavals during the long days, an end to virus newscasts, medical opinions, economic warnings, distancing, recessions, job loss, and picking up something without worrying about re-washing my dry clean hands and an end to looking at people, and things, as a threat to my life.

Until then stay healthy and pray that life as we knew it will return this sunny summer when we can walk-up the new rue Valiquette and say Bonjour-Hi to the neighbourhood.

## Work efficiently at home during the Coronavirus outbreak

Susan MacDonald

Working proficiently from home can be challenging, particularly if there are little ones underfoot demanding your attention. Your workday will be easier if you set up a flexible schedule and follow a few simple guidelines.

### Stick to a routine

Follow the same morning routine as if you were heading to the office. That means scheduled wake up times, feeding the kids or walking the dog, dressing appropriately and mentally preparing for the day. Work the same amount of hours and take your regular breaks. Be flexible and handle interruptions calmly.

### Create your work space

Setting up your computer in front of the television or in a busy area of the house is inviting interruptions and distractions. Choose a quiet corner where you can stay focused and, at the end of the day, walk away and ‘leave your work behind.’

### Get some fresh air

During this time of isolation be sure to get some fresh air. Open windows and doors to let in as much natural daylight and fresh air as possible and take short walks while maintaining social distancing.

### Stay connected

Keep in regular contact with your colleagues at work through email and phone calls. You can also use messaging programs such as Skype, FaceTime or Zoom for video- conferences. It is important to let everyone know you are on top of your game.

### Avoid multitasking

Stay focused and don’t let household chores or cooking distract you from your work. During working hours, keep your concentration on your work and instead, use your gained ‘travel time’ to catch up on things around the house.

### Kids and distractions

Above all else, be flexible and prepare for distractions. If you are able to do so, split your hours between work and family, and schedule accordingly. If the youngsters have your attention for short periods throughout the day they will be less likely to interrupt you when they know you are working. Keep a few new toys, games or activities on hand that you can pull out when necessary.



## The English Link The Heart of Palliaccio

Andie Bennett

It’s a unique skill to be able to comfort and support someone going through the most difficult time of his or her life. Palliaccio coordinator Céline Séguin can’t put her finger on it but says it’s something from the heart, something special within, that their volunteers possess to offer the range of services and support available at Palliaccio.

This amazing group of employees and volunteers support people who are either living with terminal illnesses such as cancer, their caregivers, and those who are grieving. Because the connection is so personal, Palliaccio takes care pairing volunteers with individuals. They try to find the best possible chemistry in order to offer the most helpful support. Céline has learned to truly appreciate how precious life is by watching the deep human interactions between the volunteers and the people they serve.

The support offered by Palliaccio includes respite care, relaxation courses, restorative yoga, grief support groups... the list is long, (and quite innovative) but most importantly Céline says they are there to listen. To listen without judgement or advice and help people go through this period with dignity.

Palliaccio has 80+ volunteers who will provide these services wherever you feel comfortable. They provide respite for caregivers and one-on-one support in-home, but you can also go and relax on one of the many comfortable couches sprinkled throughout the homey headquarters of Palliaccio. The house is a physical representation of the community support that keeps Palliaccio humming. At one time an après-ski venue nestled in the area surrounding Mont-Tremblant, it was transformed 13 years ago by volunteers into the welcoming refuge it is today. (Fair warning; do NOT follow the google map directions that would have you turning directly onto a cross-country ski trail. Wait to see the cute little sign with the Palliaccio heart on it at 2280 Labelle.)

Palliaccio also has offices in Saint-Sauveur and Sainte Agathe to better serve the territory it covers in the Pays-d’en-Haut, Laurentides and the southern part of Antoine-Labelle MRCs. All their services are available in English and French, a fact they would like more of the English community in the Laurentians to take advantage of.

Volunteers with Palliaccio undergo 3 days of training as well as ongoing training that is offered once a month with specific topics of interest.

For more information, contact Palliaccio toll-free at 1-855-717-9646 or [direction@palliaccio.org](mailto:direction@palliaccio.org).



## Arundel News

Janet Thomas

### POST-SECONDARY SCHOLARSHIP: APPLY NOW

The Masonic Lodges of Arundel and Lachute are inviting applications for a newly initiated scholarship program. These scholarships are available to CEGEP or university students who reside in the areas served by the two lodges, and who are following or have been accepted into a program of studies focused on Climate Change or Environmental Issues at a Canadian post secondary institution. For further information, contact (514) 236-4591 [repottawadistrictglq@yahoo.com](mailto:repottawadistrictglq@yahoo.com). Deadline June 30, 2020.

### ARUNDEL SPEAKER SERIES

Please note that the traditional Library Lecture Series has changed its name and venue. We continue to offer exciting local lectures in a convivial, cozy atmosphere, now under the name Arundel Speaker Series at the United Church.

Due to the current COVID-19 situation all lectures have been postponed until further notice.

### TENTATIVE MAY EVENTS: RESERVE NOW

#### Loisirs Flea Market:

Sunday, May 16

\$10/table; rain date

To reserve, contact Patti Flanagan at (819) 425-0989

#### Garden Swap & Shop:

Do you have flowers, vegetable plants, seeds or seedlings to sell?

\$20/tent and table. To reserve a space, please contact [janet.thomas700@gmail.com](mailto:janet.thomas700@gmail.com)







# NEWS BITS FOR APRIL

## MRC d'Argenteuil launches radio campaign aimed at seniors

The MRC d'Argenteuil has called on Roland Richer and Peter Haldimand, two senior citizens who are well known in the community for their longstanding commitment and involvement, to record messages on local radio reminding people aged 70 and over of the importance of respecting public health guidelines to stop the spread of COVID-19.

Starting April 1, 2020, listeners of WOW Radio 104.9 and 102.1 will hear the voices of Roland Richer in French and Peter Haldimand in English at different times of the day. The content of the messages is based on telephone recordings by actress Dominique Michel and former news anchor Bernard Derome, launched by the Government of Québec to reassure seniors and encourage them to follow the recommendations for self-isolation. The MRC d'Argenteuil sincerely thanks Mr. Richer and Mr. Haldimand for eagerly and enthusiastically agreeing to the request.

The MRC d'Argenteuil now invites the region's seniors to follow the valuable advice provided by Mr. Richer and Mr. Haldimand. To hear the radio messages, the public can tune in to 104.9 or visit the Coronavirus (COVID-19) section of the MRC's website, [argenteuil.qc.ca](http://argenteuil.qc.ca).

## Town planning: the City of Mont-Tremblant - post-COVID-19

To ensure the health of its employees as well as the clientele while respecting the prevention measures decreed by the Government of Quebec, the Urban Planning Department of the City of Mont-Tremblant is maintaining its services with a reduced team.

The City's priority is to collaborate with the population and businesses so that construction projects are maintained and that the economic activity generated by them is there when the government lifts the restrictions on construction as well as non-priority shops and services.

The Planning Department is also ready to respond to any urgent permit requests, such as the reconstruction of a septic system and major repair or construction work following a disaster.

"I am fully aware that several companies are or will be in difficulty if we do not prepare. Construction is a first lever to restart the economy and we asked the Urban Planning Service team to lend their support and do whatever it takes to help our entrepreneurs," said Mayor Luc Brisebois.

The work of the Planning Advisory Committee is also continuing by conference call and meetings may be added to the regular calendar to speed up certain projects.

To prepare for this revival, the City intends to use, in certain cases, the possibility offered by the government to replace public consultations by a written consultation, announced by a 15 days prior public notice. We invite you to follow us at [villedemont-tremblant.qc.ca/avispublics](http://villedemont-tremblant.qc.ca/avispublics) and [villedemont-tremblant.qc.ca/consultations](http://villedemont-tremblant.qc.ca/consultations) as well as on our Facebook page to be informed.

For any questions, please contact us by email at [urbanisme@villedemont-tremblant.qc.ca](mailto:urbanisme@villedemont-tremblant.qc.ca) or by calling 819 425-8614, extension 2400 from 8:30 a.m. to 4:30 p.m., Monday to Friday.

## COVID-19: First successful meeting of the ReMont-T committee

The Mont-Tremblant Economic Resilience Committee (ReMont-T) held recently a very productive first meeting to identify the best tools to support Tremblant businesses as part of the COVID-19 pandemic.

It was decided that the coordination of information on assistance to businesses be carried out by the Corporation for economic development of the MRC des Laurentides and the Corporation for assistance in the development of communities in the Laurentians. Information on the various resources and assistance programs is available at [cdemrclarentides.org/covid-19](http://cdemrclarentides.org/covid-19) and [sadclarentides.org/covid-19-dossier-complet](http://sadclarentides.org/covid-19-dossier-complet).

The Grand Mont-Tremblant Chamber of Commerce, Tourisme Mont-Tremblant and the City's Economic Development Service will collect the needs of businesses and will refer them to the appropriate resources.

In a proactive perspective in the face of future economic and commercial challenges, discussions have also been initiated with a view to developing programs to concretely help businesses to successfully weather the COVID-19 crisis.

About

The partners of Résilience économique Mont-Tremblant are: the City of Mont-Tremblant, the Corporation for economic development of the MRC des Laurentides, the Society for assistance in community development in the Laurentians, the Chamber of Commerce of Grand Mont-Tremblant and Tourisme Mont-Tremblant. The mission of this emergency economic committee is to coordinate support for businesses in the context of the COVID-19 pandemic.

## Saint-Jérôme regional hospital becomes a designated centre for people with COVID-19 in the Laurentians

The Ministry of Health and Social Services (MSSS) has identified the Saint-Jérôme regional hospital as a newly designated COVID-19 centre for the Laurentian region. As a result, people testing positive for COVID-19 needing hospitalization can receive care there from now on.

Until very recently, people with COVID-19 from the Laurentians were automatically transferred to a hospital in another region as soon as they required hospitalization. As of now, the Saint-Jérôme regional hospital will be added to the possible options for hospitalization. However, patients testing positive for COVID-19 in need of obstetrical and pediatric care will not be taken to Saint-Jérôme but will be transferred to a center designated for that purpose.

"The hospital has been waiting for the ministry's approval for a while. We have therefore had the time necessary to adequately prepare ourselves. Our staff is ready, and we have a 63-bed section available to provide the care necessary for people who develop complications related to COVID-19. I'm proud of my teams on the ground who are adjusting to all these changes and are mobilizing to take on this situation. Everyone is putting their hearts into it and it is very beautiful to see," said Ms. Rosamonde Landry, présidente-directrice générale of the CISSS des Laurentides.

This designation by the ministry required a lot of preparation on the part of many teams in order to free up the units that will admit people who test positive for COVID-19. Many rooms are now specially set up for maximum reduction of the risk of contagion. Furthermore, strict demarcation of zones within the hospital will make it possible to provide services without putting at risk the units that receive patients for other types of care.

# STRICTLY BUSINESS - COVID-19

By Lori Leonard - Main Street

Due to the unforeseen circumstances of the Covid-19 virus, I thought I would forego my regular column and write about some of the hardships that various businesses, hospitals and organizations are facing these days.

Local restaurants are closed or offering only take-out. Small business owners are worried about how they will make ends meet financially as they are unable to collect unemployment insurance. Hospital physicians and staff are worried about the limited number of beds available and being able to provide excellent medical care, while simultaneously defending all against this damn virus.

Schools are closed and students are wondering if they will be able to pass their year, and if they can pay for their education. Parents are staying home from work, challenged by bored young children. Middle-aged people have the extra concern of being unable to visit elderly parents at residences. Pharmacists and staff are working diligently to fill prescriptions the best way possible. Grocery stores are trying desperately to keep stock on the shelves, particularly toilet paper and canned goods.

The travel industry is experiencing loss of revenue and travel restrictions. The Snowbirds are trying desperately to "fly" back to Canada. Air Canada announced major employee layoffs. Families are unable to have children or friends visit. Non-profit organizations that normally have difficulty to acquire funding are experiencing even more difficulty. Radio personalities are working overtime, learning new routines quickly and are trying to stay on top of Covid-19 news. They also have the task of trying to sound cool, calm and collected for their listeners.

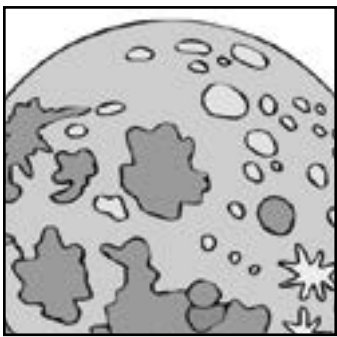
Despite all the negativity, it's amazing to see how many people are supporting and helping each other in this time of need. Neighbors are picking up groceries for each other. People are reaching out on Facebook and social media to ensure their friends and elderly folk are well. Pharmacies and grocery stores are making home deliveries to the best of their ability. Physicians are working overtime and calling their patients to help them. Restaurants are offering to deliver. Others are offering services for free to help out.

Although these are extremely tough times, we are still lucky we are not a war-torn country, that we are able to walk outside and enjoy the beautiful Laurentian scenery. We can pick up a phone or use social media to check on family members. We can Skype to see and talk to our friends and family. We can chat by texting. Maybe Mother Nature is telling us in her own way to slow down and smell the roses. Good news, we are heading into Spring, that happy time of year when snow dissipates, the first buds show their heads and birds start to twitter. Let's work together, help each other, reveal our heartfelt feelings and smile at someone else. Before you know it, we will be on the other side of this virus.

Together, we can do it!







# Zach Factor Omens in our time: Comet ATLAS

Lys Chisholm & Marcus Nerenberg - Main Street

This past March, a recently discovered comet has been consuming the attention of both professional and amateur astronomers alike. It was named C/2019 Y4 ATLAS, after the Asteroid Terrestrial-Impact Last Alert System, an observatory perched atop a Hawaiian volcano. On December 29, astronomers identified this 8th magnitude brightness comet, which can now be seen through binoculars or small telescopes in a dark sky. ATLAS is currently moving through the Constellation of Ursa Major (the Big Dipper to those of us who have a little knowledge). It will become brighter and may be a spectacular show through May- even visible by the naked eye.

For thousands of years, Comets have alarmed mankind. Their telltale bright head and streaming tails were once likened to the “Finger of God” and, for many sky watchers the appearance of ATLAS at the onset of the CoVid-19 outbreak, is no coincidence. Comets have been heralds of plague and other epidemics.

Comets, to enthusiasts like us, are a wonder. Most appear unannounced, out of nowhere. Some are amazingly bright, only a few become spectacles. They are small irregularly shaped ice bodies- a mixture of dust and frozen gas and aptly named “dusty snowballs” by famed American astronomer Fred L. Whipple. Most have highly elliptical orbits that bring them around our Sun- then back out into deep space beyond Pluto. Some appear regularly like Halley’s, every 75 -76 years, yet others have such massive orbits they drop in once every hundreds or thousands of years.

Some of the frozen gases on its surface evaporate as it closes in on the Sun and an expansive outer layer develops called the ‘coma’. As the gas molecules burn off and ionize, they are affected by solar winds and radiation pressure. The coma fans away from the sun to form the famous tail we recognize, some nearly one hundred million miles long. While the nucleus remains frozen, the comet is faint and only reflects a small amount of sunlight. As it develops, the dust ball grows; gas in the coma absorbs the Sun’s UV rays and starts to fluoresce. This is when we humans take notice. One Astronomical Unit or AU, the distance between the Earth and the Sun, help astronomers describe the proximity of heavenly bodies. At discovery, ATLAS was a weak 19.6 magnitude (star brightness calculation) yet only 3 AU from our Sun. As we write this, ATLAS has surged 4 magnitudes and is increasing.

Historical record tells us that comets have heralded great changes. When Halley came by in 1066, William the Conqueror defeated the Anglo Saxons- and created the first wave of franglais in England. When the Great Comet of 1882 passed by, Edison threw the switch on the age of electricity that paved the way for Facebook. Steve Jobs and Steve Wozniak sold their first Apple 1 personal computer out of their garage as the 1976 Comet West whizzed by. In 1986, when Halley’s comet returned, the Internet broke out with its first virus. Today, the 3D printing industry changed its production focus on a dime and started creating breathing ventilator parts and protective face shields bridging the medical supply gap until such time that larger mass production could get up and running. ATLAS passed through Gemini (an air sign) and will soon be closest to Mercury, a symbol of our rapid communication systems. Wuhan used its new 5G technology to accurately track the spreading of the CoVid-19 outbreak before and after its citizens were quarantined.

Whether Comet ATLAS is a dud and breaks apart as it reaches its closest approach to the Sun on May 31, or it burns brighter as it loops back out towards the depths of space might hint that we are not finished with CoVID-19. Signs indicate we may face more medical and economic challenges before next winter. In any case the revolution occurring with the passing of ATLAS has all of us slowing down, looking at the critical essentials of life and rapidly issuing us passports to Global citizenship and responsibility. As the levels of CO2 drop and the Earth catches her own breath, we can now rebuild the world in better ways to share this planet we call home, in health and in peace, even as we wash our hands once again.



# The Story Behind The Lost Trails of Paul d’Allmen Part One

Joseph Graham - Main Street  
joseph@ballyhoo.ca

*In memory of Fred d’Allmen who passed away on February 21, 2020, in his 92nd year. He conserved his father’s ski maps and donated them to the Laurentian Ski Museum.*

Jackrabbit Johannsen has been celebrated for his dedication to skiing, but he was far from the only person out in the woods developing trails. Another pioneer, too long unsung, cut, marked and documented many trails in the Laurentians, and started before the famous Maple Leaf Trail was conceived. His maps survive, but for the most part, his trails have disappeared beneath the developing communities between Ste. Anne des Lacs and St. Sauveur, or have lost their identity, being absorbed into other trail systems. Nothing is named in Paul d’Allmen’s memory, yet he was present, not just in skiing, but when his generation was called upon to go to war. Most of us have stories of ancestors like d’Allmen, stories of people who arrived in Canada like unwanted plants pulled from a garden and thrown to the side but determined to survive in the new soil. Some had easier starts than others. Paul d’Allmen was one of the others.

Elizabeth Schurch von Allmen had to carefully examine her options in 1893 after the death of her husband Fritz. Living in Interlaken in the canton of Bern in Switzerland, a region that had not yet discovered its modern vocation as a premier tourist destination, she lacked the resources to properly provide for her 10 children. Among the options open to her was to emigrate. Leaving what had been home to the von Allmen family since the 1200s was a drastic measure, but even their new life in Geneva could not supply them with the essentials for survival. A resourceful woman, she found a position for herself with the Parkers, a wealthy family from England, and soon departed, leaving her teenage daughter, Emma, in charge of the younger children.

While some of the older kids adapted to their new life in Geneva, others, including Paul, followed their mother. The Swiss government had a policy of encouraging emigration as a means of reducing the human burden on the Swiss infrastructure. The local council offered the equivalent of six month’s wages for anyone who emigrated, but if an emigrant returned, he would have to pay the money back with interest. It was a cold, hard policy aimed bluntly at reducing the numbers of society’s most needy. Six months’ wages must have seemed like a considerable grubstake to someone who could not find any wages at all. Elizabeth, their mother, had earned the respect of her British employer and could help her children find work, so she could boldly encourage them to leave. She found her daughter Martha a position as the nanny for the Holt family, and she encouraged Paul to leave Switzerland. He began working for the Parker family, and within a year he was hired as a butler for the Drummonds, while his older brother became their groom.

Paul von Allmen arrived in Canada in 1910 with Lady Drummond. He became the butler at their home on Sherbrooke Street in Montreal, and being only 16 years old, was soon as much a part of the family as he was a servant. He must have idolized his employer’s dashing son, Guy, who volunteered for service when the Great War began in 1914. Guy enlisted in the 5th Royal Highlanders.

When the Canadian armada set sail in October 1914, it was the largest army that had ever crossed the Atlantic. Most of the soldiers, Canadian volunteers, had never seen action and, in Flanders, would participate in one of the most horrific battles in the history of war. By late April 1915, both German and Allied forces were locked in conflict in the two-dozen kilometres between Ypres and Passchendaele, digging themselves into defensive trenches, churning the ground into a sea of mud. To break the stalemate, the Germans introduced the use of poison gas to the battlefield. The first victims, soldiers of the French army, were overwhelmed, and being unfamiliar with this new weapon, they retreated downwind – and therefore moved with the gas. They sustained heavy casualties, leaving the Canadians almost surrounded by numerically superior German forces. Incredibly, the concept of defeat or surrender did not occur to the isolated Canadians. Thanks to the quick thinking of the Canadian front-line doctor, A.C. Scrimger, the stubborn Canadians adapted to the gas attacks by holding urine-filled kerchiefs over their faces. They rapidly replaced a series of fallen officers, advanced on the German positions, and regained the line. At one point, when a particularly popular leader was killed, a cry of anguish could be heard and the soldiers pushed on, the deaths making them more determined. As romantic as it might sound today, these men were trudging through thigh-deep mud and the abandoned corpses of soldiers in a garish nightmare world of barbed wire and exploding shells. In the midst of this madness, working to help the French re-establish their line, Captain Guy Drummond was killed.

In Montreal, Paul was twenty-one and had married a co-worker in the Drummond household named Rhoda Clark. When the news of Guy’s death got back to them, Paul von Allmen presented himself for enlistment and Lady Drummond closed down her home. To his surprise, Paul learned that his very name, von Allmen, centuries old and meaning ‘public pastureland’ in the mountains of Switzerland, was too German. He had to change it for his own safety. Dropping the prefix ‘Von’ he added a d’ and on May 15th Paul d’Allmen enlisted in the 2nd University Company of McGill.

In November 1915, d’Allmen fell victim to influenza, the killer that took the most lives during that war, but he recovered. He was wounded a year later at the Battle of the Somme, but again returned to active duty. Another year later, he was wounded in the First Battle of Passchendaele on October 19th, but again returned to the front lines. Finally, he was reported killed on the first day of the Second Battle of Passchendaele on October 30th, one of the most vicious battles of the war, and notice was sent to his wife, Rhoda, back in Montreal.

To be continued.





# Garden Talk

## Victory Gardens 2020

June Angus - Main Street

The current COVID-19 pandemic is adding a lot of stress to our lives. While a few of us may be navigating the actual illness, most are learning to live with social distancing and isolation as well as the unpredictable availability of grocery supplies.

During past global crises – such as the two world wars of the last century – people throughout Canada, the United States and Great Britain were encouraged by their governments to grow Victory Gardens. These were meant to not only augment food rations and add stability to the food supply, but also to boost morale. While most rural folk already cultivated their own kitchen gardens, Victory Gardens extended into urban backyards, rooftops, public parks, and empty lots. At one point during WWII there were 800 gardens in Golden Gate Park in San Francisco, and First Lady Eleanor Roosevelt even planted a Victory Garden at the White House.

Already this year, in parts of the world where spring has fully arrived, the act of home gardening has taken off in a big way as an act of faith to not only help maintain our sanity and dispel boredom, but also to help prepare us to take some control of our food supply.

As we also head into spring, we can jump on this bandwagon immediately. If you already have a veggie patch waiting and ready beneath the snow you are largely set to go.

If you are just starting out and don't have any experience, be patient. Like any new activity it takes time to master. I have already had lots of questions from friends and family anxious to get going with a garden this year. My first piece of advice is to take things one step at a time.

To begin, decide where you are going to plant your garden. Using multiple growing containers on a sunny deck, balcony or patio is the simplest way to get started. A flat sunny spot in your yard is also ideal. Building a raised bed garden with a wooden frame that holds the soil in place can be easier than digging a new bed into hard packed earth. Figure out a way to enclose this space with poles, mesh or deer fencing to keep critters out. Allow enough space for you to walk around the growing bed.

Now is also the perfect time to order seeds online or buy them from a local garden center or hardware store. Within a month or so, I suspect seeds will become hard to find. Start seeds for peppers, eggplant and tomatoes indoors now. These seedlings will then be well established and ready to transplant into your outdoor garden when conditions are right. Other crops such as leafy greens and herbs can also be planted indoors now and will be ready to harvest early to mid June indoors, even before your outdoor garden really gets going. These crops will grow continuously on a sunny windowsill year round too.

Seeds for crops such as beans, peas, beets and carrots can be sown directly into your garden soil along with the next round of leafy greens and herbs. Keep a record of when you planted so you can monitor your veggies' development, then harvest when they're ripe, usually within 40 to 90 days (or more) depending on the crop. Some plants, such as spinach and kale, can offer multiple yields before going to seed, as long as you leave younger leaves intact.

While gardening takes time, patience and discipline, it's also the perfect way to de-stress while you're self-isolating. And by growing your own COVID-19 Victory Garden you are doing something you can control that will help turn today's anxiety and boredom into calm productivity.



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# Word Play

## An artful pause

Louise Bloom - louisebloom@me.com

Today is the 7th day of self-quarantine as a result of COVID-19. I am aware that those in my sphere, here and far away, are paused. Everyone who has withdrawn to his or her 'home' is on pause. We have dealt temporarily with the issue of feeding ourselves, rushing about to fill the fridge before hunkering down to becoming stationery and solitary.

Each of us is readjusting as the outside world and all that it offers has been slowed, closed down or forbidden. Acceptance is primary. I imagine the world as a very large puddle that is slowly evaporating; its shiny liquid contracting at time-lapse speed. It is as if Mother Nature has decided to impose a situation upon us that forces us to move from our habitual outside distractions, sending us home. I envision Junior out on the summer sidewalk at dusk in 1956, stamping his feet in resistance and exclaiming "Awww" – as he slowly slithers up his driveway in time for dinner. As I watch, I know that he's actually already ready for bath, bed and book, tired and grateful for the restriction. I believe that is us.

In a sense, the Sabbath is upon us and we are left in the quiet with the task of reorganizing our time and looking at our own priorities. Some of us may conclude that we are long overdue this forced rest.

This is a complicated and stressful time. There is no way to simplify the real consequences of these events. I can only share what seems to reduce my own anxiety. I try as much as possible to stay in the present moment, to allow my awareness to carry me to the next task or the next rest period, without much mental judgement or interference. I try to leave tomorrow to tomorrow and bask in the possibilities of today. Otherwise, I find that I am sifting – sifting through items of the past and combing through the small possibilities of the future, cooking, knitting and reading. I revisit those areas of my life that have gone unattended, music in my case, specifically. I use the Internet to investigate art, look at the history, dive into the images and research the artists. I explore music, recipes, knitting instructions, books and stories for which I have the time and taste.

Already I have come to acknowledge pleasures that would have escaped me. I am writing to friends, checking on children, taking the time to allow a greater intimacy to flourish. In that regard, I am thinking of these efforts and experiences as 'creation', committed to seeing life in this moment as more artful.

As that big puddle, that I identified as the world at large evaporates, what I notice is the uniformity of that which lies underneath, the quiet earth, smooth and fertile. This image comforted me, reminded me that we are all the same, us humans, sharing the experience of restriction and contraction that hopefully will change in our perception from the cup half empty, to the cup half full and filling – artfully.

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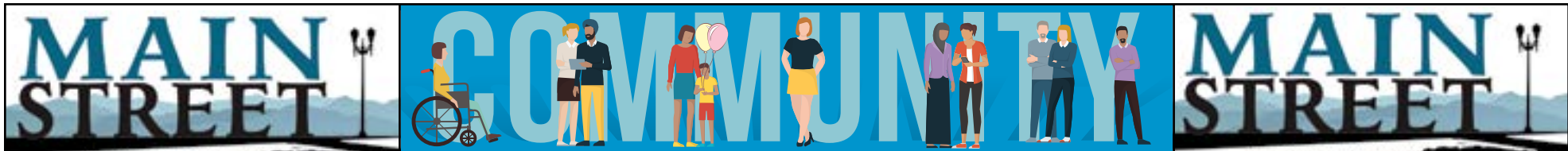
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The legions are asking the community at large to inform them of any veterans they may know of who may be living in and / or with difficulties. These could be veterans suffering from PTSD or other medical issues or who may be homeless. Please help them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

### Branch 171 Filiale Morin Heights

Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice.

We look forward to seeing you again when the restrictions have been lifted.

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Facebook: legion 17

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For information call: 450 562-2952  
after 3 pm - 634, rue Lafleur

### Branch 71 Filiale Brownsburg

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We look forward to seeing you again when the restrictions have been lifted.

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Contact Sheila: 450 562-8728 / 514 909-8885

### Branch 192 Filiale Rouge River

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Email: [legion.stjerome@hotmail.ca](mailto:legion.stjerome@hotmail.ca)

PTSD/Suicide hotline for veterans and family

24/24 & 7/7 at 450 848 4362

(English/French) Michel

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We look forward to seeing you again when the restrictions have been lifted.

Stay home – stay safe

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#### ST. ANDREWS EAST PRESBYTERIAN CHURCH

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#### LOST RIVER PRESBYTERIAN CHURCH

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**Sun: 10:45** - Worship service

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The Reverend Nick Brotherhood -  
Interim Priest  
The Reverend Tania Lesack  
Services are held every **Sunday at 9:15 am**.  
The second Sunday of each month is a  
fun Family Service  
Everyone is most welcome to join us.

#### ANGLICAN CHURCHES ALONG THE OTTAWA RIVER

Holy Trinity, Calumet,  
St. Matthew's, Grenville  
Holy Trinity, Hawkesbury  
Info: 613-632-9910

#### UNITED CHURCHES OF CANADA

450 562-6161 or 514 347-6250

#### KNOX-WESLEY CHURCH

13 Queen Street, Grenville  
Contact: James Hocquard - 819-242-4722  
**Sundays: 9:15 am** - Weekly Sunday Worship  
and Sunday School

#### ST MUNGO'S UNITED CHURCH

661 Rte. Des Outaouais, Cushing  
Contact: Sandra Goorbarry - 819-242-5523

#### LACHUTE UNITED CHURCH

Hamford Chapel, 232 Hamford Street, Lachute  
Contact Pat Hodge 450-562-8365  
**Sundays: 11 am** - Weekly Sunday Worship

#### HARRINGTON UNITED CHURCH

370 ch. Harrington, Harrington  
Contact: Eleanor Morrison: 819-429-1925  
**Last Sunday of each month: 1 pm**

#### ST ANDREWS CHURCH, AVOCA

150 Avoca Rd, Grenville-sur-la-Rouge  
Contact: David Elo 819-242-6559  
**2nd Sunday: 1 pm - April - December**

#### SHAWBRIDGE UNITED CHURCH

1264 Principale, Prévost (at de La Station)  
Contact Sandra Trubiano - 450-224-5188  
**Sunday service time is 9:15 am.**

#### ARUNDEL UNITED CHURCH

17, du Village, Arundel, 819-687-3331  
Contact : Heather Hodge - 819-687-9230  
**Sundays: 10 am:** Worship service.

#### MORIN HEIGHTS UNITED CHURCH

831, Village, Morin Heights  
Contact Catherine Davis – 514-712-8863  
**Sundays: 10:30 am** - Weekly services

#### STE-ADELE UNITED CHURCH

1300 ch. du Chantecler, Ste-Adèle  
Contact: Jacques-Henri Honoré /  
450-512-8007 / [eglise.ste.adele@gmail.com](mailto:eglise.ste.adele@gmail.com)

#### BROOKDALE UNITED CHURCH, BOILEAU

Info: 819 687-2752

#### PARISHES OF THE LOWER LAURENTIANS

Everyone welcome

#### ST. AIDAN'S WENTWORTH

86, Louisa Rd - Louisa

#### ST. PAUL'S - DUNANY

1127 Dunany Rd, Dunany

#### HOLY TRINITY - LAKEFIELD

4, Cambria Rd, Gore  
Bilingual services with gospel/  
bluegrass music

#### CHRIST CHURCH - MILLE ISLES

1258, Mille Isles Rd - Mille Isles

#### VALLEY GATE CHURCH

Pauline Vanier, 33, de l'Église, St. Sauveur  
Info: [porte.valle@gmail.com](mailto:porte.valle@gmail.com)  
Website: <http://www.portedelavallee.org/>  
Please join us every **Sunday at 10 am**

#### VICTORY HARVEST CHURCH

351 des Erables, Brownsburg-Chatham  
Pastor Steve Roach 450 533-9161  
**Sunday: 10 am** - Bilingual Service

#### FABRIQUE DE LA PAROISSE ST-SAUVEUR

205 rue Principale, Saint-Sauveur  
**Saturdays: 5 pm** - The parish offers a  
bilingual mass

#### SAINT SAUVEUR CHURCH

205, rue Principale, St-Sauveur

Please note that all services  
have been temporarily  
suspended due to the covid-19  
virus and the safety measures  
put in place.  
Services will resume when the  
current situation changes.  
Please contact your individual  
churches for updates  
We will keep you advised

### LAURENTIAN CLUB NOTICE

Due to the COVID-19 virus and current health  
measures in effect all meetings have been  
temporarily suspended until further notice.  
We look forward to resuming our regular  
meetings as soon as possible.



Info: 819 326 4401  
[www.laurentianclub.ca](http://www.laurentianclub.ca)  
[facebook.com / LaurentianClubofCanada](https://facebook.com/LaurentianClubofCanada)

LAURENTIAN CLUB OF CANADA

### Laurentian Region Cancer Support Group

*Groupe de Soutien du Cancer  
de la Région des Laurentides*



Due to the current situation regarding  
COVID-19, our monthly meetings are  
cancelled until further notice.

Fortunately, our previously scheduled  
speakers have agreed to reschedule  
for a future meeting.

Meanwhile, please call if you need  
information or a friendly ear regarding  
your current journey with cancer  
**450-226-3641**

Meetings are conducted in English  
**ADMISSION IS FREE**

For more information about meetings and the  
group's other services call June Angus 450-226-3641  
Email: [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca)

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## COMMUNITY NEWS

### AMI-QUEBEC PROGRAMS ACROSS QUEBEC

These are tough times for us all.  
Ami is still here for you  
Tele-workshops/Webinars  
Info: 1 877 303-0264 (514 486-1448 in  
Montreal) info@amiquebec.org www.  
amiquebec.org

### VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg –  
Corner /coin - des Érables & McVicar  
Currently on hold

### WILLKOMMEN

Sind sie interessiert and der  
Pflege der Deutschen Sprache?  
Deutschsprachiger Klub sucht neue  
Mitglieder. Treffen einmal im.  
Monat: Kontakt: Luise 613 678-6320.  
Eva: 450 451-0930.  
Currently on hold

## COMMUNITY EVENTS

### LOST RIVER COMMUNITY CENTRE

2811 RTE 327  
Due to the current COVID-19 virus, all  
events and activities have been cancelled  
or postponed.  
Check for updates on our Facebook page  
See event details and photos on our  
Facebook page  
Like LRCC on Facebook at  
LRCC-Lost River Community Center

### HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)  
Due to the current COVID-19 virus, all  
events and activities have been cancelled or  
postponed.  
Check for updates on our Facebook page

### SCOUTS MORIN HEIGHTS

Morin Heights Elementary School /  
**Wed evenings: 6:30 pm – 8 pm**  
Come join us! Info: scoutsanh@gmail.com

### ARGENTEUIL GIRL GUIDES

Laurentian Elementary School  
455 Court St, Lachute  
(side entrance on Bellingham)  
**Wed evenings: 6:30 pm - 8 pm**  
Any girl (age 5+) or woman is  
welcome to join us  
All meetings are currently suspended  
until further notice

### THEATRE MORIN HEIGHTS

For more news call 579-765-3999 or visit  
or Facebook.com/TheatreMorinHeights.

### LACHUTE ARMY CADET CORPS

Lachute Army Cadets activities are tenta-  
tively suspended until further notice  
All active Cadets are expected bac after the  
suspension has been lifted.  
Can't wait to see you all back.  
Info: Captain Dan Demers:  
514-927-9260

### ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

### ALCOHOLICS ANONYMOUS MEETINGS

Holy Trinity Church Hall, Ste-Agathe  
Corner of Préfontaine St. W  
& Tour duLac Road.  
All meetings are temporarily  
suspended.  
We will advice you when they  
will start back  
Having problems with alcohol?  
Looking for help? Join us for a  
group meeting  
and support.

### MORIN HEIGHTS HISTORICAL ASSOCIATION

Chalet Bellevue  
75, Chemin du Lac Echo  
Morin Heights J0R 1H0  
Due to measures taken over COV-  
ID-19 concerns, we have been forced  
to cancel our presentation  
“The Development of Skiing in the  
Laurentians” that was scheduled to  
take place on April 19.  
We will re-schedule the event at a  
future date.  
The Morin Heights Historical  
Association invites you to visit their  
new website at  
morinheightshistory.org.  
It features interesting articles, an  
online store for publications and on-  
line membership options  
mhha98@hotmail.com /  
www.morinheightshistory.org

## ADVANCE NOTICES

### SPRING BAKE SALE & COFFEE HOUR

Due to the COVID-19 virus and social  
distancing  
the May Bake Sale is on hold until  
further notice  
We will keep you posted

### LACHUTE UNITED CHURCH EVENTS

United Church, 232, Hamford Street  
Due to the COVID-19 virus social  
distancing  
all activities and events have been  
temporarily suspended.  
We will keep you posted

### LACHUTE UNITED STRAWBERRY SOCIAL

Grenville Community Centre  
Thurs, July 2: 6:30 pm - 8:30 pm  
Currently on hold with the possibility  
of being postponed or cancelled

### AUPC CRAFT SALE

Grenville Community Centre  
Sat, May 2: 10 am - 3 pm  
Light lunch available  
Currently on hold with the possibility  
of being postponed or cancelled

### AUPC BARBEQUE

Along the Grenville Canal  
Fri, Aug 7: 5 pm - 7 pm  
Bake table available /  
bring your lawn chair  
Currently on hold with the possibil-  
ity of being postponed or cancelled

### LAURENTIAN AREA MINISTRY ANNUAL CHICKEN DINNER

Top Shot Restaurant,  
417, rue Principale, Lachute  
Wed, Sept 16: 5 pm - 7 pm  
Currently on hold with the possibility  
of being postponed or cancelled

## VIRTUAL EXCURSIONS & CULTURAL EVENTS FOR PARENTS

### Music

**Apr 12: 1 pm ET - Classical**  
Andrea Bocelli: Music For Hope –  
Live from Duomo di Milano  
Link: YouTube

**Apr 13: 4 pm ET (Folk)**  
Pickathon Presents A Concert A Day:  
Damien Jurado  
Link: Facebook / Ywitch / YouTube

**Apr 17: 6 am ET (Folk)**  
Nadia Reid Link: EventBrite

**Apr 18: 8 pm ET (multi-genre)**  
One World: Together At Home: Lady  
Gaga, Paul McCartney,  
Billie Eilish, Kacey Musgraves, Lizzo  
and others  
Link: ABC, NBC, CBS, iHeartMedia.  
For more detail check the Global  
Citizen's website

## Museums - Virtual Tours

### The Louvre

World's largest art museum offers  
free online tours of exhibits.  
www.louvre.fr/en/visites-en-  
liegne#tabs

### Georgia O'Keeffe Museum

Six virtual exhibits  
www.okeeffemuseum.org

### National Museum of Anthropol- ogy - Mexico City

Pre-Hispanic history of Mexico  
with 23 exhibit rooms full of Mayan  
artifacts  
museu.ms/museum/details/16762

### British Museum – London

The Rosetta Stone and Egyptian  
mummies are part of the virtual tour  
of the museum  
www.britishmuseum.org  
National Women's History Museum  
Educates and shapes the future by  
integrating women's  
distinctive history into the culture  
and history of the U.S.



## Space

### NASA

Step inside NASA and take a 3-D  
virtual tour of NASA's Armstrong  
Flight Research Centre and discover  
links to other virtual journeys dealing  
with space.

www.nasa.gov/centers/armstrong/  
feature/go-for-flight-in-a-virtual-tour-  
of-nasa-armstrong

Try some 'augmented reality experi-  
ences via The Space Center Hous-  
ton's app.

### Virtual Planet Tour

Take a magical virtual tour of six exo-  
planets and read the story  
Stunning Virtual Tour of Exoplanets  
Takes Its One Hundredth 'Passenger'



## FAUBOURG SUICIDE PREVENTION CENTRE

24 /7 HOTLINE  
1-866 APPELLE (227-3553)

Intervention and help for all  
Laurentian residents.

For info and full services visit  
www.cps-le-faubourg.org



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**4 Korers** 888 974.3940  
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A Cornerstone of the Community

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL  
info@4kornerscenter.org 4kornerscenter.org

**PAIX**  
Programme d'aide en intervention  
PAIX: To fend off violence!  
819-326-1400 / 1-800-267-3919  
www.organismeapix.ca

**Alcoholics Anonymous**  
Helpline:  
1 877 790-2526

**GA**  
Help for compulsive  
gamblers  
514 484.6666  
866 484.6664  
gam-anon.org





Ville de  
MONT-TREMBLANT



### IMPORTANT MESSAGE FROM THE CITY OF MONT-TREMBLANT

- Ski resort is closed**
- All trails are closed**  
(fatbiking, walking, cross-country skiing, snowshoeing)
- Shops, bars and restaurants are closed**  
(except delivery and take out)
- All activities and events have been cancelled until further notice**

All Quebecers and travelers are being asked to avoid travelling from one region to another or from one city to another, except when necessary.

**Thank you for not coming to visit us.**







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**THANK YOU FOR YOUR CONTINUED SUPPORT.**

If you live in the MRC des Pays d'en Haut, Argenteuil, Antoine-Labelle or des Laurentides, you can get your coffee delivered to your home or come and pick it up directly at la Brûlerie des Monts.



It will be fine. Let's buy local.  
197, rue Principale, Saint-Sauveur  
450 227-6157

\*Some conditions apply.



## Laurentian Personality Faubourg Suicide Prevention Centre

Lori Leonard – Main Street

Since 1993, the Faubourg Suicide Prevention Centre has been a community organization whose mission is to prevent suicide and lessen its impact in the Laurentians. Michaël Dusseault is responsible for Marketing and Philanthropy. He states that, “the Centre ensures access to quality services for suicidal individuals, their families and the bereaved (those who lost someone as a result of suicide). The organization also raises suicide awareness.”

The Faubourg Suicide Prevention Centre was initiated as demand grew with no solution for suicidal victims in the Laurentians. The Centre is located in St. Jérôme, but the address is not publicized to protect stakeholders and users of their services. If someone feels suicidal, they can call the Centre at 1-866-277-3553. The Centre also offers bereavement services as well as other training. The address is distributed to these users only.

According to data provided from the Institut national de la santé publique du Québec (INSPQ), its report for 2014 to 2016 indicated the adjusted suicide mortality rate in the Laurentians was 14.8 per cent per 100,000 inhabitants. In 2016, eighty suicides took place in the Laurentians.

All age groups are affected by suicide, but the 50 to 64 age group is most affected. 75% of suicides are committed by men.

Michaël says, “People commit suicide because they can no longer see a solution to their problems. Reasons range from financial difficulty to loneliness, a family situation, loss of job, etc... Most suicides are committed due to multiple factors. There is rarely one cause that leads to suicide, but an accumulation of reasons.”

They refer and receive clients from many organizations working in the mental health field, including the CISSS and have only one public grant. To fill the financial gap, they apply for private grants, host a fundraising gala (which raised over \$60,000 this year), and other fundraising activities.

The Centre has 16 employees with 6 individuals on the Board of Directors. Although the Centre has a French website, they offer trained English personnel to respond to calls, to meet with individuals and provide training.

Each year they receive 8,000 to 10,000 calls on their hotline. They also host a 24/7 intervention line at 1 866-APPELLE and have bereavement support groups. There is a wide range of calls, from those who say they don't feel good to someone ready to commit suicide. Many calls come in from relatives who are worried about family members.

website: [cps-le-faubourg.org/](http://cps-le-faubourg.org/)  
Facebook: [cpsfaubourg](https://www.facebook.com/cpsfaubourg)  
phone: 450 565-0490 Fax: 450 569- 9726  
e-mail : [administration@cpsfaubourg.org](mailto:administration@cpsfaubourg.org)  
mailing address: C.P.1, Saint-Jérôme, J7Z 5T7

## COVID-19: we stay at home... even at Easter!

The mayor of the City of Mont-Tremblant, Luc Brisebois, asks citizens to continue to comply with the confinement measures during the Easter weekend.

“Celebrating Easter with the family is part of our traditions, but COVID-19 requires adjustments and changes. It is an exceptional situation, which is not obvious and I understand you by being myself a father and a grandfather... Let us be creative, we can send self-portraits to our loved ones, telephone those who are dear to you or even use video conferencing software. If we want to win against the pandemic, we have to stay at home ... even at Easter! I take this opportunity to wish you a very happy Easter where we will be linked in thought, "said Mayor Luc Brisebois.

The City of Mont-Tremblant reminds you that only essential travel (ex. essential service workers) and utility travel (ex. grocery) is authorized. If you want to go for a walk, do it from your residence to explore your neighborhood, respecting the rules of social distancing with other walkers who do not live at the same address.

If we all follow the instructions, it will be fine!







# Making it Work in the Laurentians

## The emerging artist's portfolio

Maya Khamala

Artists often prefer making art to writing about or documenting it, yet these tasks are equally important.

Putting together your artist portfolio is an invaluable exercise for an emerging artist. It will help you better understand your work and is also practical for populating your website and social media presence, using in promo materials, and providing explanatory texts at your exhibitions.

Typically, your portfolio should include:

### Your artist CV

Your artist CV should summarize your artistic trajectory. While your website should contain *all* your relevant experience, you must curate your information when applying for specific opportunities.

Aim to include the following sections in your CV, omitting those that don't apply:

- Header. Include crucial information like your name and contact info.
- Education. List any education associated with your artistic development.
- Exhibition history. List any festivals, screenings, performances, etc., starting with the most recent. Indicate whether they were group or solo events. If you have 15+, show a 'selected' history. If you have 5+ solo exhibitions, create a separate section for these.
- Collections. List any public or private collections you're included in.
- Publications. Include any online or offline publications which have published your work.
- Awards, Grants & Residencies. Mention your accolades, big and small.
- Other Professional Activities. List jobs, activities, or pastimes relevant to your art.
- Affiliations & Memberships. List any connections relevant to your art.
- Footer. Encourage the reader to contact you for references.

### Your artist statement

Use two paragraphs to communicate to your audience clearly, concisely and consistently the context which gave rise to your art. Anticipate and answer questions your audience will have, revealing the how, what and why.

**How?** Describe your artistic process. Unless your work is about materiality or process in some conceptual capacity, keep it brief.

**What?** Include a general description of your work and its contents. What is it you create?

**Why?** Explain the reasons behind your chosen work and subject matter. Be sure to update this if your focus shifts.

### Your artist bio

Write 1-2 paragraphs about you. Create a narrative summary of your most significant achievements, adding in some personal details, like where you were born, where you're based and the last book you read. You might include a point or two from your artist statement. Update your bio when you achieve new things.

### Documentation of your work

You're responsible for documenting your work. Your files must be digital, well-sized, and high quality. If you're a visual artist, document your work from every angle, capturing details. If you work in installation, do your best to capture the experience of being there.

### Your project description

This is a project-specific write-up which physically describes the art, explains its making and unpacks its underlying meaning.

A strong portfolio is an indispensable long-term tool and creating one can make you a wiser artist, better equipped to tackle new and exciting opportunities. YES has many resources to help you take your arts career to the next level. Visit us at [yesmontreal.ca](http://yesmontreal.ca) to find out more.

# Distribution Points

We are often asked where our FREE copies of Main Street are available while there are too many locations to list them all, below are some of our major distribution points across the Laurentians where your copies can be found on the 2nd Friday of each month. Better be quick as they generally fly off the shelves! Enjoy the read...

**MORIN HEUVEL** – 100 copies  
Available at IGA, Proximo, and other local stores.

**ROQUEFORT** – 2675 copies  
Available at: IGA, Provigo, Rachelle Béry, Petino's, Jean Coutu. TD Bank, Brulerie des Monts and Fumoir des Lacs, Chalet Pauline Vanier

**STE-ANNE-DES-LACS** – 50 copies  
Available at Marché du Village

**STE-AGATHE** – 1950 copies  
Available at Metro and IGA, ST. ADOLPHE D'HOWARD – 50 copies  
Available at the Marché

**ST. JOVITE** – 1150 copies  
Available at Maxi, Bourassa, Metro & Rona

**VAL DAVID** – 175 copies  
Available at Au Petit Poucet Restaurant, Familiprix and Metro

**STE-ADELE** – 535 copies  
Available at IGA, Valso Esso, Tim Horton's and Chateau Stationary

**STE-MARGURITTE DU MASSON** – 100 copies  
Available at Le Magasin Legare

**PIEDMONT** – 100 copies  
Available at City Hall, Couche Tard, Tim Horton's and Hopital Vétérinaire Piedmont

**PRÉVOST** – 200 copies  
Available at IGA, Jean Coutu, Tim Horton's, Microbrasserie Shawbridge and Floral Fatimo

**LACHUTE** – 3500 copies  
Available at IGA, Super C, Giant Tiger, Canadian Tire, Dépanneur Campbell

**GRENVILLE** – 650 copies  
Available at IGA

**ARUNDEL** – 150 copies  
Available at Arundel Provisions

**HUBERDEAU** – 125 copies  
Available at Dépanneur Au Petit Centre

**HARRINGTON** – 40 copies  
Available at the Municipal Town Hall

**LOST RIVER** – 50 copies  
Available at Dépanneur Lost River

**GRENVILLE-SUR-LA-ROUGE** – 50 copies  
Available at Dépanneur Kilmar

**HAWKESBURY** – 650 copies  
Available at Freshco



# Nature Everyday

## The ecology of coronavirus... and humans

By Mat Madison, biologist

As long as biology has existed, we have used classification to organize life forms into groups, what we call taxonomy. Therefore, life on Earth has been placed in categories according to taxonomic ranks as follows: domain, kingdom, phylum, class, order, family, genus and species. Humans fall under: Eukarya, Animalia, Chordata, Mammalia, Primates, Hominidae, Homo, sapiens. Covid-19 is caused by a virus strain of coronavirus (species) of Betacoronavirus (genus) in the Coronaviridae family. Virus don't have a domain, they have a realm as the highest taxonomic rank.

Taxonomy allows us to classify and better understand the life form we are dealing with. The realm of Riboviria to which the coronavirus is considered means first off that the virus has only one cell and that this cell duplicated using RNA (humans use DNA). RNA duplication means that there are much higher rates of mutation than DNA duplication (like humans do). This is why we consider the virus behind Covid-19 as a strain, a mutation of a previous version of the coronavirus. It means that technically, the virus behind SARS (2002-2003) is the same species as the one causing Covid-19, just a different form and mutation of it. There are also numerous strains of this species that are found in bats, which bring us to the subject of virus ecology.

In ecology, we talk about natural habitats as where species live and interact with other life forms and non-life elements (water, air, soil). In infectious disease ecology, we talk about natural reservoirs, where the pathogen naturally lives in interaction with other life forms, as well as with water and air. The major difference is that pathogens' natural reservoirs are mostly inside other living species, often without causing disease to the reservoir itself.

The natural reservoir of the coronavirus are bats, more specifically bats of the Rhinolophus genus, commonly named horseshoe bats, in the Rhinolophidae family. In the Laurentians, we do not have horseshoe bats. We have bats of the Vespertilionidae family (vesper bats), the most diverse and distributed families of bats in the world. The ancestor of both vesper bats and horseshoe bats can be traced back to the Eocene (34 - 40 million years ago).

Rhinolophus has a total of just over 100 species, all located in Africa, Asia, Europe and Oceania, mostly in tropical ecosystems. These bats are quite small (30 mm to 110 mm in length, and barely a couple dozen grams in weight). The International Union for Conservation of Nature has evaluated many species as threatened, vulnerable or endangered, mostly due to human activities that are linked to loss of habitat.

In general, bats are the natural reservoir for many known pathogens, including Nipah (Bangladesh, 2014 and India, 2018), Hendra (Australia 1994 and 2016), Marburg (Germany and Serbia, 1967, Uganda, 2008) and Ebola (West Africa-2014 to 2016 and Democratic Republic of Congo, 2018-2019). These four diseases can kill up to 90% of infected humans! SARS coronavirus has a much lower mortality rate, but spreads much faster, as we have seen in the last couple of months.

So why do bats carry so many pathogens? First, bats are a community living and housing species. They tend to share living quarters with large numbers of bats from the same species and from other species. This obviously helps the virus spread between individuals. No social distancing in bats! Secondly, infected bats don't die from the pathogen. They have co-evolved with pathogens, probably due to their high metabolism, and high quality genetic defenders (subject of another article). But the pathogens also co-evolved with the bats' internal temperature that can be feverishly higher than other earth walking mammals. This makes the situation even easier for pathogen transmission between individuals.

To be clear, my position is not that this disease outbreak is the bats' fault. Not at all! These bats live in deep, dense and diverse tropical forests, making close interactions with humans difficult. But, over time, humans have settled in these forested areas and modified them for agriculture and for pastures, thereby making it easier for the pathogen to pass from the bat to the livestock or, in the case of Covid-19, directly to humans through the wet markets of Wuhan, China.

As we venture out into natural ecosystems and transform them to fit our needs, what other diseases will we discover inadvertently? What exactly is our ecology? What exactly would we consider human's natural habitat? How do we interact with other life forms and the water, air and soil? These are all questions worth asking in times like these where clearly we might be locked in our homes due to the fact that we overstepped ecological boundaries. This might be an opportunity to re-imagine our ecology, and to remind ourselves that bats are not the species that carry the most human pathogens; humans carry the most human pathogens! Maybe we should find better ways of interacting with natural ecosystems while we find better ways to control diseases within our own urban and human ecosystems.





## Obituaries

### HARLING Richard Anthony 1936 - 2020

Richard Anthony Harling, known to all as Dick, passed away suddenly at his home in Ivry-sur-le-lac, Quebec in the early hours of Monday March 16. His immediate family are grateful to have been by his side in his final days.



Dick is survived by his soul mate, partner in crime (and in bridge) and wife of 62 years, Wendy, as well as his three sons Trevor (Sharon), Bruce, and Geoffrey, his two grandchildren Sarah and Macaulay and sister Pamela (Denny Haskell). He will also be missed by his loving pets Trixie and Rosie, both of whom brought him much joy.

Dick will be remembered for his warmth, his ready smile and his genuine interest in people. He was a man of action who loved to help others and to get things done. During his career with Canada Post he traveled to all corners of the world, but he was never happier than when he was at his lakeside home on the shores of Lac Manitou where his family roots go back to the early 1900's. He loved the lake and its community, for which he played an active stewardship role for many years. He never grew tired of staring out at the lake from the boat-house at sundown, a tradition that his family will gladly continue. Cheers, Dick.

A celebration of life will take place at a later date.

### SCOFIELD Muriel

Muriel was a long time resident of Ste-Adèle. She was pre-deceased by her husband Frank and granddaughter Bree Scofield. She is survived by her daughter



and caregiver, Sco, her grandchildren Meghan Stewart (James Acker), Danny Stewart (Jaime Dubman ), and Laura Stewart, her great grandchildren Emerson Acker and Sienna, and Sloane Stewart, her daughter-in-law Wendy Gilker (mother of Bree Scofield ).

Murie, as she was known to friends and family, was a past President of the Senior Citizens Heritage Club and a volunteer at the Library in Morin Heights.

Murie and Frank were both well known in the ski industry. Murie loved to ski, snowshoe and swim at Lac Renaud.

Special thanks to Domicile Santé (Natalie, Arianne, Agathe, Jocelyne and Izabella). Thanks also to L'Entraide Bénévole (Marc and volunteers), Joan for bringing books, and Gail for everything!

Donations to War Amps or Welcome Hall Mission would be appreciated.

### In Memoriam

**SMITH Claude**  
January 25, 1953 -  
April 15, 2013


Seven Years My Love  
It still feels like Yesterday

Life was so much easier then  
However Life is and will never be the same without you .You were my world  
Lonely is my Home without you but my memories keep me going .

A Husband that I was so proud of ,  
and when I look up to the sky I see the brightest star shinning down and I know that you are watching over me.

Miss you everyday and will always love you a Bushel and a Peck and a Hug around the neck

Forever in my heart  
Your wife Ilene xoxo

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## Argenteuil launches a solidarity movement and sets up a phone line dedicated to recruiting volunteers

In the context of COVID-19, the MRC d'Argenteuil is joining forces with some twenty community partners to announce the creation of a phone line dedicated to recruiting volunteers to provide the population with support and solidarity.

As of Monday March 23, Argenteuil residents who wish to give generously of their time to help organizations and people in need are invited to call 450 409-2015.

Volunteers will be asked to prepare food baskets, deliver food and other basic necessities, make friendly phone calls, etc.

Calls will be handled in person from Monday to Friday, 9 am to 4:30 pm.



**Palliacco has had to cancel several activities due to COVID-19. Please see information below.**

### Palliacco is suspending the following services:

- Home care support, except for those people at the end of life;
- Massage therapy at home;
- Individual follow-ups;
- All activity groups;
- Our presence at the oncology clinic. We have agreed to support the CISSS des Laurentides by providing volunteers or workers to ensure people wash their hands;
- All basic, end-of-life and ongoing training;
- The volunteer recognition meeting scheduled for April 23;
- Dr. Brian Goldman's Palliacco lecture scheduled for April 26 in Saint-Sauveur;
- The Rockettes pancake lunch scheduled for May 3.

There will be somebody in the office as usual. Palliacco's managers and service coordinators are available to telecommute, but they will limit home visits. No direct intervention with customers, except at the end of life. We ask people aged 70 and over not to come to our office.

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# Main Street Money

## Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Break the habit

**How small changes can help reduce your debt load and improve your financial outlook.**

Debt – a four-letter word that many of us know all too well. In fact, according to Statistics Canada, Canadians owe, on average, \$1.78 for every dollar of disposable income earned.

Whether or not you currently have debt, you likely have a good understanding of how easily it can accumulate and how challenging it can be to change spending habits. It’s no wonder, when you factor in the rising cost of living – from near-record-high housing costs to increasing child care, gas and grocery expenses – and how relatively cheap it is to borrow money, with interest rates at historically low levels. With borrowing costs so low, it can be easy for debt levels to rise. So what’s an indebted Canadian to do?

In good company

Whether you spend more than you earn, make regular impulse purchases or have no idea how you are going to get rid of your debt, you are not alone. According to a recent survey by Manulife Bank, over one-third of Canadians living with debt admitted it was because they lived beyond their means, and nearly one-fifth said their debt was due to bad spending habits. Nearly one-quarter said they were making poor progress paying it down.

Making small changes can go a long way to fighting debt.

**16%** For example, the survey found that 16 per cent of indebted millennials said their debt is due to costly social outings.

**32%** However, 32 per cent of millennials said they are willing to skip dining out in order to pay down their debt.

**2/3** What’s more, two-thirds of all Canadians said that eliminating their debt would bring them joy.

### Learning better habits

People with good financial habits are less likely to be in debt and are better savers. And good financial habits cross all demographics with the same results: Manulife Bank found that more than half of indebted boomers pay their credit cards in full and on time; 40 per cent of millennials with debt say they put money into savings regularly; and over one-third of Generation X Canadians follow a household budget.

When you can shift your focus to better spending and savings habits, you’ll be able to make a good dent in your debt – even a few small steps could make a big difference. And if you can start now, even better. Here are some tips.

Keep a budget and track your spending. If you know where you’re spending your money, you’ll be able to make adjustments more easily – and there are numerous online applications and tools available to help. Some banking apps can help you evaluate your bills and spending habits, track your spending, and even help you determine what you can save and automatically shift that amount into a savings account. Some individuals might even find it helpful to have multiple accounts for different savings goals.

Adjust your non-essential spending. There’s usually a difference between what you want and what you need. Do you really need to get the latest smartphone release, or can you make do with your current phone? Examine all your spending and see what you can eliminate or reduce. Live simpler. The last thing you want to do is forgo fun with family and friends because of the cost. But restaurants, entertainment and travelling can be pretty expensive. Instead of dining out at that fancy new restaurant, think about entertaining at your home or, better yet,

hold a potluck dinner. You may find cheaper seats for midweek theatrical shows, or discount concert tickets online. If you’re a sports fan, maybe opt for a live game with a local amateur division or farm team rather than a costly professional game. Or watch the big game at home with friends.

Pay yourself first. Use automatic payments to deposit a small amount from each pay cheque into a high interest savings account. You probably won’t miss it, and your savings could grow faster than you expect.

Consolidate where you can. Interest can be costly, so if you are able to consolidate your credit card balances onto a line of credit at a lower interest rate, consider it. You could save money, and it’s easier to pay one bill instead of a few.

Can’t tackle your debt alone? Help is available

If you’re worried about debt, your advisor is probably the best person you can speak to. They can help you put a savings and debt repayment plan in place, consolidate debt at a lower interest rate and regain control of your finances.

Breaking bad habits can be tough, but getting your spending under control and managing your debt is an important step to a better financial outlook – and you’ll feel better too!

Christopher Collyer, BA, CFP  
Investment Advisor, Manulife Securities Incorporated  
Financial Security Advisor, Manulife Securities Insurance Inc.

This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

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# I'm Just Saying Hiding in plain sight

Ron Golfman - Main Street

As I write this article, I am in the middle of a two-week, self-imposed isolation due to catching a bug, fortunately not the bad one. Sadly, I am confident that this entry will be somewhat out-dated by publishing time. My only hope is that it rings true and provides a knowing smile to the rest of you.

Early on, feeling quite poorly, I alternated between scaring myself with news reports of the spread, consequences of the virus and reading idiotic posts from people who either denied the threat or accused a myriad of others of creating a fake hysteria. Whether it was Bob down the road, Fox news, the American President or others, I had to take a break from reading those bits of poison so as to get an accurate reading on my thermometer. Did I have a fever or was I simply boiling from their ignorance?

Taking the availability of food and other supplies for granted is common, but when some of my wonderful friends called to ask me for a ‘needs and wants’ list to be picked up on my behalf, focus was a challenge. The first draft included wine, chips, ice cream and such, along with Kleenex, toilet paper and a few logical choices. At second glance I realized canned goods and foods I could cook and freeze were either absent or listed below cookies. Delivery to me by my guardian angels was odd in that passing money, the most contaminated material in circulation, to my friends seemed counter productive.

Communicating with family and friends via social media and the phone has helped greatly in maintaining my social sanity and I am so appreciative of the efforts of others. In between times are different. By day three, my two cats began suggesting that I had already told them that story or observation and that I was boring. It became clear that I was affected more than I thought when I searched the basement for a soccer ball, a la Tom Hanks, in an attempt to widen my social circle.

Television is a great babysitter at times, but the absence of audiences for late night talk shows took its toll, as reruns were the only offering. In that vein, I can now lip sync Law & Order and The Big Bang Theory, and accept that soon, nobody will be able to ask, 'did you see the episode where...’

Once better, I will go out at off-hours to use the ATM while wearing gloves, and anticipate the post-apocalyptic experience of shopping at empty stores with limited supplies on shelves. Gas prices are lower than in years, yet the expression, ‘all dressed up with nowhere to go,’ surely applies.

Interestingly, in a moment of self-awareness, and I'm just saying, given the long time I spent alone, I now know what it is like for others to be with me, poor souls. In the end we will prevail if we respect isolating, making sure everyone is okay, and keeping the lines of communication and care flowing.

Stay safe!

## The Argenteuil MRC makes contribution

The Argenteuil MRC is proud to support the most vulnerable people in overcoming the COVID-19 crisis by donating \$5,000 in financial assistance to the Emergency Fund of Centraide Laurentides. Established to allow front-line organizations to continue their activities, this Fund aims in particular to maintain and improve essential food distribution services to the most vulnerable people in the Laurentians.

This contribution of \$5,000, voted unanimously by the council of the Argenteuil MRC, is in addition to the creation of an emergency fund of \$30,000 announced on March 27, 2020 and intended for communication purposes with the population, public security, promotion of local purchasing, translation, food security and others.

"It is when we face such crises that mutual aid takes on its full meaning and we can see how essential the social safety net of the organizations supported by Centraide Laurentides is. Let us be united and help each other so that together we can get through these moments," said the prefect of the Argenteuil MRC, Mr. Scott Pearce, while inviting those who can to participate in this important mutual aid movement at [www.centraidelaurentides.org](http://www.centraidelaurentides.org).

Among the organizations subsidized by Centraide Laurentides in 2019, were the Maison de la famille Au Coeur des Generations d'Argenteuil, the Center d'Entraide d'Argenteuil, the Café Partage Argenteuil, the Comptoir d'entraide de Lachute, the Réseau de dépannage alimentaire in the western sector of the Argenteuil MRC as well as the organization Concertation Hébergement Argenteuil.



# Let's go to the zoo

Susan MacDonald



Tired of being indoors? How about visiting a few zoos and aquariums from around the world all in one afternoon? Let's group up the kids and go check out what the animals are up to.

**\*\*San Diego Zoo:** this zoo wins a ‘thumbs up’ for its great videos and live cams of some of the animals. There are also plenty of games and activities for the kids as well as some very educational information. Have fun and learn at the same time.

<https://zoo.sandiegozoo.org>

**Chester Zoo (UK)**

Choose your favourite animal, amphibian or bird from a wide selection and learn all about its habits and diets as well as some fun facts all with one click. Also provides links to past virtual visits and videos on Youtube.

[www.chesterzoo.org](http://www.chesterzoo.org)

**Monterey Bay Aquarium**

Sit back and enjoy the tranquility of the ocean creatures from the comfort of home. Lots of interesting sea life plus live cams on many of the species. <https://www.montereybayaquarium.org/animals/live-cams/open-sea-cam/>

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## Appointment of Mr. Jean-Philippe Cotton to the post of Deputy Chairman and Chief Executive Officer of CISSS des Laurentides

Mr. André Poirier, Chairman of the Board of Directors of the Integrated Center for Health and Social Services (CISSS) of the Laurentians is proud to announce the appointment, by the Government of Quebec, of Mr. Jean-Philippe Cotton as Deputy President and Chief Executive Officer (PDGA) of the CISSS des Laurentides. Mr. Cotton took office on April 2, 2020.

Mr. Cotton takes over from Mr. Yves St-Onge who will be retiring after a career spanning over 30 years in the Quebec health and social services network.

Mr. Cotton is very familiar with the population served by the CISSS des Laurentides and the care and services it provides. For the past five years, he has served as Director of Intellectual Disability, Autism Spectrum Disorder and Physical Impairment Programs. In addition, he also acted as interim director of multidisciplinary services and professional practices as well as interim director of adult mental health, addictions and general psychosocial services programs. He also served as Director General of the Gingras-Lindsay-de-Montréal Rehabilitation Institute from 2011 to 2015.

He holds a bachelor's degree in occupational therapy from the University of Montreal, a graduate certificate in the micro-program in public management from the National School of Public Administration as well as a graduate diploma specialized in management of organizations, and a Master's degree in administration, management and organizational development from Laval University. Mr. Cotton has acquired solid experience in the health and social services network.

“Mr. Cotton is recognized for his mobilizing leadership and his strategic vision. He is considered a benchmark in terms of the involvement of partner users and staff when reviewing various processes aimed at optimizing and improving hospital or ambulatory clinical services or various administrative or human resources support services. He also has in-depth knowledge of clientele with specific needs. He is the right person to successfully tackle the challenges ahead. I wish him the best of luck in his new role,” said Mr. Poirier.

In closing, Mr. Poirier also wanted to thank Mr. Yves St-Onge for his loyal and judicious services while wishing him a very pleasant retirement.







# Real Wine for Real People

## What is corked wine?

April Sirois – Sommelier - ISG

I have written before about wine faults as a whole, but I would like to expand this month on one type of fault that is the most common to come across - corked wine.

### What exactly is corked wine?

Well, I can tell you that corked wine is not a glass of wine with cork in it! Although this is unpleasant, it can be easily fixed with a decanter and a coffee filter. Corked wine? Not so much.

When a wine is corked, it means that the wine has been contaminated with fungi called trichloroanisole (TCA). TCA is air-born and likes the bark of cork trees. It can also be found in the winery. It may be present in the wood that the wine comes into contact with such as the barrel, large fermentation wood tanks, structures in the building, the winemaking materials... even a screw cap bottle of wine can be corked. A very small amount can infect an entire batch of wine or even an entire winery.

This contamination has a very distinct smell, and gives a nasty taste to the wine. It is believed that up to 5% of all wine bottled under natural cork, is actually corked. So if you drink wine, chances are that you will have come across it.

Many people are unaware of this. I remember serving a particular bottle of wine. I could smell the TCA as I poured out the initial sample for the host to taste thinking he would immediately send it back. I was trying to remember if we had more of that particular bottle in the cellar when the host sniffed, sipped, smiled and said: that's fine! I had to gently disagree with him and explain to him that it was corked, and that I would find him another bottle.

I was able to find another bottle of that wine and served it alongside the glass that was corked so he could smell the difference himself. By now, the whole table was interested in the corked glass vs the clean wine. They were all able to smell the difference between the two and just like that, voila, a table full of people that would never drink corked wine again.

So, what was it we could smell that let us know the wine was off? Corked wine has a very distinct smell similar to that of wet cardboard, a mouldy, dank basement, or even wet dog. It smells damp and unpleasant and not at all like something you would want to drink. This smell can be subtle and light or 'full on - smell it across the room' strong! Once you are able to identify it you will always recognise it. If you dare to taste this stinky wine you will find it to be lifeless and dull, with all the fruit absent.

My rule of thumb is; if I think a wine is corked, it usually is. Seal it back up and return it to the SAQ for an untainted bottle.

~Cheers



## The Argenteuil MRC supports its producers and food processors

The MRC d'Argenteuil is proud to contribute financially to the Maude - Marché locavore initiative, an online grocery store launched by the team of the work cooperative Pub Sir John Abbott of Saint-André-d 'Argenteuil, to allow the population of Argenteuil and the surrounding area to order local, fresh and quality products. In line with the measures previously deployed to stimulate the local economy in the context of COVID-19, the council of the MRC is paying \$5,000 to the cooperative to launch the "Maude" boxes, named in the honor of Maude Abbott, the pioneer of medicine born in 1869 in Saint-André-d'Argenteuil.

The Sir John Abbott Pub offers citizens of the Lower Laurentians the opportunity to choose from a wide selection of local and regional products, as well as ready-to-eat meals and fun meals to assemble as a family, as a couple or solo. All orders placed before Thursday will be delivered free (with any purchase of \$30 or more) to citizens domiciled in the territory of the Argenteuil MRC, on Saturday.

The public is invited to visit Maude - Marché locavore at [www.MaudeMarket.ca](http://www.MaudeMarket.ca). For more information or to add a company to the directory, simply contact Mr. Denis Pelland at (450) 996-1022 or at [info@pubsirjohnabbott.ca](mailto:info@pubsirjohnabbott.ca).

This good news is in addition to the announcement made by the Argenteuil MRC on March 27, 2020 of \$ 5,000 in support for the local purchasing platform [www.achatargenteuil.com](http://www.achatargenteuil.com), operated by Trifecta Médias de Lachute. This online store allows traders in Argenteuil who do not have a digital platform to continue to offer their goods and services and sell their products during and beyond the period when businesses are closed.



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## CISSS des Laurentides' maternity wards and birthing centre remain open for expectant mothers and the person accompanying them

Saint-Jérôme, April 9, 2020 – The Centre intégré de santé et de services sociaux (CISSS) des Laurentides would like to offer this reassurance to the region's expectant mothers who are due to deliver in the next few weeks: teams in the maternity wards and the birthing centre remain ready to receive you for the births. The other parent or the significant person chosen to accompany the expectant mother will also be admitted for the delivery and for the postnatal stay.

However, here are some of the measures in place for the protection of pregnant women and their newborn babies:

- No visitors are allowed during pregnancy-monitoring appointments. This includes spouses, children and companions.
- The second parent or the significant person is allowed to attend the delivery and to remain during the postnatal stay if they do not present any risks of infection or symptoms related to COVID-19.
- All parents must remain in their room during their stay and cannot circulate freely.
- Meals are provided for the mother and, under these exceptional circumstances, to the person accompanying her, as leaving the room is not allowed.
- No visitors will be permitted during the stay.
- Women who do not present any risks of infection or symptoms related to COVID-19 can be monitored by the midwifery service.

CISSS des Laurentides takes this opportunity to wish all the families awaiting a birth in the next few weeks a period of much happiness and discovery.







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# COVID-19: street sweeping and reopening of the ecocentre

The City of Mont-Tremblant will begin street sweeping operations on its territory from Tuesday, April 14, for a period of four weeks. It will also reopen the Mont-Tremblant ecocentre, considered an essential service, being directly linked to the management of residual materials.

Please note that the ecocentre will reopen on Wednesday April 15 during regular business hours. The City of Mont-Tremblant relies on the cooperation of users to respect social distancing measures during their visit to the ecocentre.

The government has also authorized the reopening of bicycle repair shops as an essential service, since the bicycle is considered a mode of transportation just like the car or the bus.



# 3 steps to turning your home into a concert hall

Many of us miss live concert experiences, especially as the weather warms up. Fortunately, creating a night of entertainment in your own home is easier than you think — here’s how:

The right sound system. It may sound like a no-brainer, but putting serious thought into your speaker system and arrangement will make a world of difference. You don’t need to rattle the rafters, just fill the space with sound. Prioritize clarity over power and rely on the spread of surround speakers to create a truly immersive experience. Or, if your space is limited, consider a smart speaker, which offers a quality listening experience in a compact package.

The right furnishings. Even the most thought-out sound system won’t be at its best in a bare room. The key to great sound is to have lots of soft surfaces to absorb sound rather than reflect it. A carpet beats out hardwood and curtains beat out blinds. You can even set up a curtain rod on the wall to quickly convert a hard surface into a soft one for listening. A comfy couch will absorb sound and you, as you lie back and enjoy the music.

The right tunes. Even if your setup doesn’t change, your tastes and mood always will. Give yourself the greatest variety of music you can with the SiriusXM streaming app. It’s ad-free, so nothing gets between you and the music. You can now also set up personalized radio stations for your favourite artist, and even watch exclusive in-studio performances. The only thing left to do will be to lean back and enjoy.

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# Successful Fest’Hiver Viking Loppet event



Derek Wills

The Municipality of Morin-Heights declared the weekend of 22/23 February 2020 as a Fest’Hiver and was bookended with Municipal organized snow related activities on the Saturday, and with the local Viking Ski Club Loppet event on the Sunday. This latter event, now in its 48th year, offers classic cross-country ski races of 5, 10 and 20 km on the Viking racing trail network. The erratic nature of winters these days sadly led to the cancellation of this event in 2017 and 2018, and although held in 2019, proved to be a rather wet affair! However, this year the club was blessed with a beautiful, windless, sunny day with comfortable “just below zero” temperatures, which were welcome for participants and outdoor volunteers alike! Some 175 registered and participated in the event, with ages spanning from 5 to 82 years old. The longest course, the 20 km, seemed to be the most popular as it attracted over half the total number of racers, with the balance split between the 5 km and 10 km race courses. Perhaps as a reflection of the fit nature of the cross-country ski community, most of the 20 km race participants were in the 40 to 70 years old age category. Remarkably, the fastest skier completed the 20 km course in just under an hour; all detailed results can be found at [www.msltiming.com](http://www.msltiming.com). Following completion of the race, skiers and volunteers were able to enjoy post-race refreshments and nibbles, all thanks to the generosity of the local IGA Supermarket. The Viking Ski Club President, Brent McCosker, presented special medals to the fastest men and women in each of the 5, 10 and 20 km courses. In case you are wondering, Loppet simply means “The Race” in Swedish and reflects the Nordic origins of the Viking Ski Club, founded back in 1929.





# Réseau BIBLIO des Laurentides (RBL)

The Réseau BIBLIO des Laurentides (RBL), in collaboration with the MRC des Pays-d'en-Haut, the MRC des Laurentides and the Quebec Ministry of Culture and Communications, has set up a program aimed at improving the quality of animations in libraries.

The RBL, which brings together more than sixty libraries in the Laurentians and Lanaudière, is looking for animators to complete its Les Z'ANIMÉS directory. Les Z'ANIMÉS is a bank of artists and animators who offer entertaining activities aimed at all ages and interests.

### ALL TYPES OF ANIMATIONS ARE WELCOME

In order to promote the library as a « third place » (after home and work), the program wishes to develop a bank of diversified activities ranging from practical workshops to conferences, from dance to music, from history to gardening... All subjects are welcome. For more information and to download the registration form, simply visit [www.leszanimes.ca](http://www.leszanimes.ca) (site in french).

### VIRTUAL INFORMATION MEETINGS

Those interested in obtaining more information can participate in one of the two information meetings, Wednesday April 15 at 5 pm and Thursday April 30 at 10 am. Participation in these information meetings is not mandatory to register for the directory, but a specialist will present the program, answer all questions and assist future animators in planning their workshops. To register and get the link to participate in these Internet meetings, simply send an email to [umonticone@crsbpl.qc.ca](mailto:umonticone@crsbpl.qc.ca) (note: the meeting will be held in French).

### THE LAURENTIANS BIBLIO NETWORK

The Réseau BIBLIO des Laurentides (RBL) is a non-profit organization set up by the Quebec Ministry of Culture and Communications. For over 35 years, the RBL has supported the development, operation and enhancement of the libraries in its region. Its members benefit from significant savings in addition to professional and technical expertise to provide citizens with high quality service at an affordable price.

### The Laurentian BIBLIO Network in figures:

61 municipalities | 44,000 subscribers | 900,000 loans | 685,000 documents





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- The MRC des Laurentides, Pays-d'en-Haut and the southern part of the Antoine-Labelle region



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[admin@palliacco.org](mailto:admin@palliacco.org) | [palliacco.org](http://palliacco.org)



# COVID-19

The Canadian Emergency Benefit (CEB) is available to any worker and self-employed worker:

- who lives in Canada and is at least 15 years of age;
- who is no longer working because of COVID-19 or who is eligible for regular employment insurance or sickness benefits and who has not voluntarily left his job;
- who has earned income of at least \$ 5,000 in the past 12 months or in 2019 before the date of the request;
- who lost or will lose their regular employment or self-employment income due to COVID-19 for at least 14 consecutive days in the initial four-week period.

If you were born in the month of	Apply for the CEB	The best day to apply
January, February, March	Mondays	Starting April 6th
April, May, June	Tuesdays	Starting April 7th
July, Augus, September	Wednesdays	Starting April 8th
October, November, December	Thursdays	Starting April 9th

Fridays, Saturdays and Sundays if you failed to register on the other days.

Online registration on the Canada Revenue Agency website / My file or by phone: 1-800-959-2019



**Stéphane Lauzon, Federal M.P.**

Argenteuil-La Petite-Nation

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Buckingham: 819-281-2626

Ottawa: 613-992-0902

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<https://www.facebook.com/StephaneLauzon.ALPN>

Follow my Facebook account for daily information and the latest government announcements.





Here we present to you the details of the measures implemented by the Municipality of Morin-Heights to support its citizens, and its employees, during the present public health situation related to the coronavirus:

- On March 13, access to all municipal buildings, as well as to the skating rink and the Outdoor Network, was closed, and all scheduled activities were suspended or canceled. As a preventive measure, the frequency of janitorial maintenance has been increased to ensure the safety of our employees.
- Following the ministerial decree of April 5, 2020, regular municipal services are suspended until May 4 inclusively, unless otherwise advised. Essential and emergency municipal services are maintained. Dial 911 if necessary.
- A public notice was issued on March 17 to announce that council meetings will be held in closed sessions until further notice.
- The council gave notice of motion for a by-law that suspends interest and penalties on late payments of municipal taxes for the year 2020. This suspension will be valid until July 31 and may be renewable depending on the circumstances which will prevail on that date.
- A new emergency communication program with our citizens has been implemented, so we invite all Morinheighters to visit [www.morinheights.com](http://www.morinheights.com) to update their information and determine how they wish to be contacted.
- We invite the most vulnerable people in our community to contact the Red Cross at 1 800 863-6582 to ensure that they have the necessary support during this exceptional situation.
- On March 18, the council authorized to prolong the expired collective agreement for blue-collar and white-collar workers, until December 31, 2020, to allow employees to be able to receive immediate salary indexation and help them given the current circumstances. Negotiations for the renewal of the agreement are continuing.
- We want to assure our support to our local merchants by informing them that we will offer them all the support needed to make the most of provincial and federal business assistance programs to get through this challenging period.

We urge you to comply with the government directives issued and to consult the municipal website and Facebook page regularly in order to follow the progress of our local measures.



[www.morinheights.com](http://www.morinheights.com)  
[facebook.com/MunicipaliteMorinHeights](https://facebook.com/MunicipaliteMorinHeights)