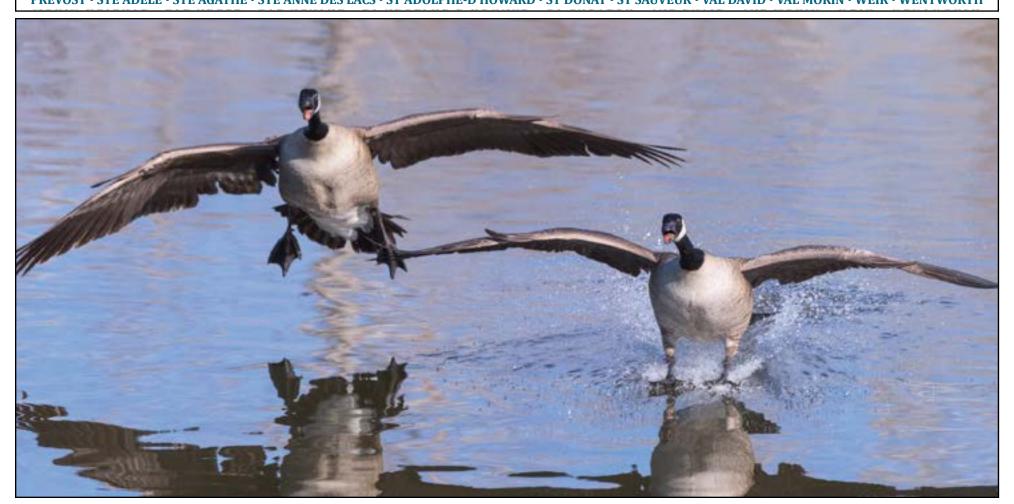


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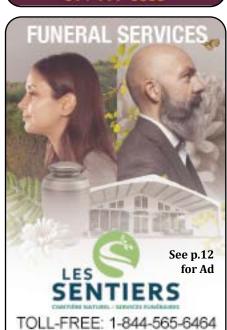
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Labour shortage leaves veterinary world "in crisis"

Local veterinary practices are feeling the bite of the provincewide labour shortage, according to The Brome County News. "The veterinary world is in crisis and there is a huge lack of employees (veterinarians and veterinary technicians) and there's also an increased demand for our services, because a lot of you have decided to adopt a new pet," Valérie Forest and Alexandre Carrier, co-owners of the Animavet clinic in Bromont, wrote in a recent Facebook post. Half of new veterinary technicians will leave the profession after a few years because of poor working conditions, a lack of work-life balance and low pay of \$18 to 19 per hour, says Francis Rousseau, a Sherbrooke-based veterinary technician and president of the Association des techniciens en santé animale du Québec. He called on the province to set up a certification program which is valid in other provinces and mandates continuing education, to encourage young vet techs to stay in the profession. Dr. Gaston Rioux, president of the Ordre des médecins véterinaires du Québec, says the vet shortage is attributable to a number of factors, one of which is a lack of new graduates. The pandemic delayed vaccinations and surgeries and safety measures meant clinics had to receive fewer clients. People were also adopting more pets because of lockdown, and the first year of life is when an animal needs the most vet care. Rioux hopes to encourage the province to make it easier for foreign-trained veterinarians to have their credentials recognized in Quebec. In the short term, he advises pet owners to limit contact between their dogs or cats and other animals, and to ensure that accessible vet care is available in their region before adopting an animal.



What's On My Mind...

A lesson from nature

Susan MacDonald, Editor

Last autumn, I remember looking to the skies and watching as the last flocks of geese flew overhead, south-bound on their annual migration to warmer climates. It was difficult to imagine such relatively small creatures making the long and arduous journey, so fraught with danger. I pondered that many would have followed the same route for years, while others, only a few months old, would be embarking on their first voyage. Several would not



survive, but those that did would pass the winter and return to the lake of their birth come spring. Nature had provided them with the instinct to survive, to reproduce and, carry on in spite of adversity, a natural force they could not ignore.

Now, the flocks are returning; the skies are dotted with the habitual V formations and bare fields are filled with geese stopping to rest while seeking bits of grain left over from last year's harvest. Exhausted from the long journey, they honk less as they wait patiently for the ice to give way and the lakes to re-open once again.

In a way, I imagine a similarity between the geese and us. We, too, have experienced a long and difficult journey, albeit on a different path. The winter has been cold and harsh, our economic and social structures have been fractured and, trusts have been broken. Government restrictions and enforced health measures have distorted our lives completely and left us all in a turmoil never seen before. Our future still remains uncertain, forever at the whim of those who govern.

However, for the moment, at least, it seems we have been graced with a respite from the unrest and we should take advantage to enjoy this time while it lasts. Most restrictions have been lifted, family and social gatherings are now permitted, sports and cultural venues have re-opened and, there are many outdoor activities and events to enjoy.

Over the past two years, much like the geese, we also have had to reach inside ourselves and, to the best of our abilities, find and use our natural instincts to survive. We have done so well, and we, too, have survived. Life is short; live each day as if it is your last because you just never know what lies ahead. We have also learned that lesson, only too well.

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Dining halls are open, but commercial sugar shacks continue to struggle

Although Quebec's commercial sugar shacks have reopened their dining halls for this year's sugaring-off season, many are still struggling to stay afloat, writes The Advocate.

According to Les Producteurs et productrices acéricoles du Quebec, climate change, inflated production costs and changing consumer habits are some of the main challenges facing sugar shacks. "The pandemic has changed everything," said François Béliveau, who represents the organization in the Montérégie Ouest region. "Will business ever go back to the way it was before? I personally don't think so."



In 2020, the pandemic hit just as Quebec's sugaring-off season was about to hit full swing. As a result, a quarter of the province's 200 commercial sugar shacks folded; another quarter shifted their business model to focus solely on producing maple syrup, earning revenue from year-round grocery store sales rather than seasonal dining room operations.

Last year, surviving sugar shacks were denied serious revenue for a second season in a row. Stéphanie Laurin, president of the Association des salles de réception et érablières commerciales du Québec, says her sugar shack lost 90 per cent of its revenue during the first year of the pandemic. Despite launching the Ma Cabane à la Maison take-out initiative, Laurin continues to struggle under the weight of "exorbitant, catastrophic" production costs. Laurin and Béliveau add that the pandemic has led to major shifts in consumer habits, with all signs pointing to many customers who are still uncomfortable eating in large dining halls and prefer consuming sugar shack fare from home.



Welcome welcome Whalecome Home, Though, it is hard to part with thou. When I call your name out loud, Come and see me beside my bow. I will always be your pal!

Finally, she collected a bottle of water from the baby whale's hometown, headed to Baie de Tadoussac and concluded her Tadoussac journey.

A few days after we arrived home, we heard on the news that two more whales had died. The carcass of one of the world's largest animals, the endangered blue whale, had washed ashore in Nova Scotia and the second, a fin whale, had been found entangled in a navigation buoy in New Brunswick.

It was an upsetting moment for Koko as she realized the plight of the whales would continue and, that her trip to Tadoussac had been just the first step of a never-ending journey.

As a family, we often think and discuss the frequent, unfortunate deaths of whales caused by human activities or, sickness from pollution, also caused by mankind's careless actions. Koko's two younger brothers have been coming up with creative ideas as to how to set the entangled whales free. In June, 2021, Koko wrote a letter to Ms. Bernadette Jordan, the Minister of Fisheries, Oceans and the Canadian Coast Guard, expressing her concerns of the methods practiced by the Canadian fishing industry; she received no response.

We realize such an issue is far too large for our family to think about alone and we encourage our communities and, society in general, to give thought to this issue and take action.

A Special Thank You

We are very grateful for the cheers, support and encouragement that we received along the journey. Thank you to our families and friends, the school community of Arundel, the swimming community (CNMT) of Mont-Tremblant, the dentist and optometry clinics in Mont-Tremblant, the OPTI sailing community (CODA) across Canada, people from near and far, people we know and those we have never met, for your kind and generous support.

And thank you Susan for bring Koko's story to life!

Koko Lee's Whalecome Home Journey

Part 3 - conclusion

Editor's note: Due to space issues, we were not able to publish the conclusion to Koko's journey last month. We hope you have enjoyed following Koko and her family's exciting adventure.

The morning of August 24 was truly a fairyland at Baie-Sainte-Catherine; it was so misty that we couldn't see more than two meters. According to the tide chart, Koko and her father would have an open window between 1 pm - 3 pm for crossing without worrying about the high tide effects. We waited for the fog to break and the wind to pick up. Finally, around 2 pm, with clear skies and fair wind, Koko was ready to cross. With the music on and the sail up Koko launched her boat in high sprits.

The crossing was very smooth and at 4 pm, Koko landed on the Islet Point, Tadoussac. It was a very exciting moment for Koko and the entire family. We stayed for nearly an hour just to absorb it all. Koko read a poem to the whale and said her good bye. The poem goes like this:

Take you home with my Petite Opti Boat

Once upon a time there was a Humpback Whale, Wondered up the Saint-Lawrence River. Found in the old port of Montreal.

You were loved, cherished, but lost forever! Let me, let me take you home, Take your soul and spirit home.

With my Petite Opti Boat, From Montreal to Tadoussac Bay, Down the St-Lawrence River we go.

Sprit of the Humpback Whale, Blows gently on my sail. Let me sing you a river song, Soon you'll see your mama and shoal!





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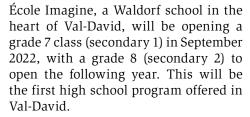
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AJRQ ISSN 1718-0457

Waldorf High School class opening in Val-David

École Imagine



École Imagine, a French-language, independent, private school, opened its doors in 2013. It moved to its permanent and renovated home in the former convent of the Sisters of Saint Anne, in 2018. Currently offering kindergarten and primary grades, the school has 110 students.

In addition to meeting Quebec Ministry of Education requirements, École Imagine offers the Waldorf curriculum, supported by two main programs: 'Arts

and Music', and 'Nature and Outdoor Activities'. The high school will add a third area of focus, 'Performing Arts', with circus and theatre. Lead teacher Lise-Anne Champigny says, "this is an ideal age for the 'arts de la scene', allowing the growing adolescent to build confidence and to joyously, safely and creatively explore facets of themselves and ways of being in the world in relationship with others".

École Imagine is part of the global Waldorf school community, with families from many corners of the world, including many anglophone families. Almost 3000 Waldorf schools and kindergartens in 70 countries aim to offer a developmentally appropriate, hands on and, academically rigorous approach to education. Integrating the arts in all academic disciplines, Waldorf teachers work to inspire life-long learning in all students and to enable them to fully develop their own unique capacities.

an arts, music, and nature program with a performing arts Waldorf high school (secondary 1 and 2) curriculum, and highly qualified teachers with international backgrounds to the Laurentians' community".

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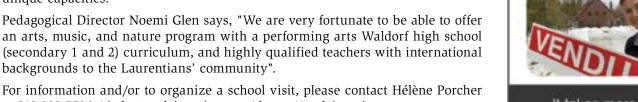


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Testimony: Big thanks to Lucyne Farand for selling our property in Ste-Adèle. With her professionalism and knowledge of the real estate market in the Laurentians, she stood out among other brokers. Her detailed analysis helped us make good decisions and her marketing plan for going to market was flawless. The follow-up and the reports of the visits were very much appreciated. She is always positive and motivated, thank you again Lucyne.

It takes more than a sign to sell... It takes a BIG HEART



Student mental health took big hit during pandemic, study reveals

Symptoms of anxiety, depression higher in **English-speaking youth**

By Ruby Irene Pratka

A study of Quebec students has revealed the significant impact of the COVID-19 pandemic on youth mental health, with worrisome implications for English-speaking youth.

The study found that more than 40 per cent of high school and adult education students and nearly 60 per cent of CEGEP and university students experienced symptoms associated with moderate or severe depression or anxiety.

involved more than 33,000 French-English-speaking high school, CEGEP, university and adult education students in the Estrie, Lanaudière, Laurentides and Mauricie-Centre-du-Québec regions.

When the study began in January 2020, it focused on substance use. However, after the pandemic began, the study was expanded and reoriented to track mental health more



Photo: Dr. Mélissa Généreux, of the Université de Sherbrooke faculty of medicine and health sciences

closely. Young people aged 12 to 25 in more than 100 schools participated in the final round of surveys in January 2022.

A quarter of students had considered self-harm or "thought they'd be better off dead" during a given two-week period, said study leader Dr. Mélissa Généreux, of the Université de Sherbrooke faculty of medicine and health sciences and the CIUSSS de l'Estrie-CHUS.

Symptoms higher in English-speaking youth

The proportion of English-speaking youth who reported symptoms of anxiety and depression was significantly higher than that of francophone youth.

The study found that 43 per cent of English speakers reported moderate to severe anxiety compared with 28 per cent of French speakers; 44 per cent reported depression symptoms compared to 36 per cent of French speakers, and 36 per cent reported considering self-harm or thinking they'd be better off dead compared to 28 per cent of French speakers, Généreux said. More than half (52 per cent) of English-speaking respondents reported symptoms of either depression or anxiety.

"Everyone is exhausted – the parents, the students, the teachers – but it's worrisome to see gaps [between French speakers and English speakers]," said Généreux. "For the English-speaking community in Estrie, it's hard to have services in your language and there's a certain mistrust of the health system. The services we have in place are insufficient."

Non-binary students (those who identified as neither male nor female) experienced particularly high levels of distress, with more than 70 per cent saying they had considered self-harm or would be better off dead. "That's enormous," commented Généreux. "One of the roles of public health is to concern ourselves with subgroups, such as anglophones, such as trans people, and see if their needs are different."

About one in 50 participants across all language and geographical groups identified as neither male nor female. These students had higher overall levels of mental distress - 73 per cent of non-binary high school students and more than 80 per cent of non-binary CEGEP and university students reported "passable or bad" mental health, compared to 25 per cent of all high school and adult education students and 42 per cent of all CEGEP and university students.

"Saddened and concerned" by results

Emmanuelle Gaudet, director of complementary educational services at the Eastern Townships School Board, was "saddened and concerned but not surprised" by the study results.

Gaudet noted that while English-language public high schools have mental health teams including a psychoeducator, a psychologist, a substance abuse counsellor, a guidance counsellor and a spiritual and community life animator, access to mental health services in English for more complex situations isn't always easy.

"Especially where mental health services are concerned, you need to be able to say what you need to say in your mother tongue...but waiting lists can be very long," she said. "It's a challenge we share with our partners in the health sector."

Généreux said the fact that more than 33,000 young people responded to a voluntary survey sent a strong message. "Crises are managed by adults through a very topdown decision-making structure, and we tend not to talk to youth enough, which can be very disempowering."

The study's authors tried to correct that by asking respondents at the end of the survey what schools could do to better support student mental health. Sports activities (especially in secondary school), academic and professional guidance, spaces for relaxation and opportunities to "create significant links" with teachers and staff were among the most frequent suggestions.

"We're glad to get recommendations, because now we have something concrete that we can work on," said Gaudet, adding that existing sports, relaxation and school spirit activities took on additional importance during the pandemic.

"We need to keep developing meaningful relationships [between students and staff] and be there for them.... we lost those links a little when we were alternating between online and in-person learning," she said. "Schools are way more than just places to learn English, French and math; they need to be caring communities."

Arundel News

Ianet Thomas

ANNOUNCING: LAURENTIAN HOUSE

Laurentian House (31, Ch. de Barkmere, Arundel), owned and operated by Taessa & Mat Lincez, will open its doors and property this summer for private dinners, events and workshops. The 240-acre property in Arundel includes 60 acres of fields, a mature forest mountain backdrop with trails, as well as 3 outbuildings to host events of up to 75 guests.

The best of Quebec will be celebrated at Laurentian House; every product connected to a grower, distiller, fermenter, fromagère, baker, or farmer.

Laurentian House will not be your traditional venue space. It will be so much more!

It will be solar, vintage, grown for you and then composted, carbon positive, energy efficient, pollinator friendly, "grey water" fed, and intentionally circular design.

The mindset is not just of one special day, this is a story in itself. To book a private viewing of the property, contact info@laurentianhouse.com

CALLING ALL ARTISTS: JOIN THE ARUNDEL ARTS GROUP

Are you a hobby artist or an aspiring professional? You are invited to join the Arundel Arts Group who meets to paint and sculpt together on Thursday afternoons (1 pm – 4 pm) in the Arundel Cultural Centre, 17 rue du Village (Arundel United Church) just 10 minutes from Mont Tremblant. This vibrant group meets weekly to encourage and mentor each other while enjoying a social outing. No need to register or reserve a place. Just come and enjoy the welcoming companionship. This is a Bring-Your-Own materials event. We will provide the cheer. For more information, contact Janet Young at jp_travel25@sympatico.ca

ART AT THE MARKET: A VENUE FOR ARTISTS

Artists, both hobbyists and aspiring, are invited to sell their work at the Saturday Markets on the premises of the Arundel United Church in the heart of the village (10 minutes from Mont Tremblant) every Saturday from July 2 to October 8 between 9 am and 2 pm. The market attracts an average of 400 visitors per day. Expand your visibility. Go home with some cash in your pocket. We have a tent and table for you! To reserve your spot, contact Janet Young at jp_travel25@sympatico.ca

CALLING ALL GARDENERS: ARUNDEL GARDEN SWAP AND SHOP MAY 21

If you are an agri-producer with seeds, seedling plants, herbs, flowers and bushes or other gardening goods and craft, join us for our annual Garden Sale. We help gardeners to diversify their gardens, both vegetable and flower. For more information, please contact Janet Thomas, President of Arundel Public Market at 819-238-1829 / janet.thomas700@gmail.com /



About Sainte-Adèle

Chris Lance - Main Street

Although April

is usually a rainy month (April showers bring May flowers) on those days when the sun does shine you can feel its warm rays and enjoy that wonderful feeling of spring. The skiing has been pretty good, the shovelling has become a workout; just one shovel left from April's sticky snow. The dust from left over sand, salt and tiny rocks swirl on the roads as the trucks and cars pass by.

Somewhere in early May you will receive 500 political bucks from the CAQ; a buy-your-vote package offered in the March 22 Quebec budget.

During the March municipal meeting, questions from citizens arose concerning the 2 large housing projects in Ste-Adèle. The housing projects are: La Metsa and GeoLagon. Councillor, Richard Allard, said that to date neither project has opened or requested permits from the town. Google both projects and check out what are potentially two huge projects that could bring hundreds of weekenders to our region. According to the respective websites of both La Metsa and GeoLogan, they have presold portions of these mega projects.

Sainte-Adèle has a new Facebook page. Check it out! You can read about the town's upcoming activities and sports. Our Mayoress, Michele Lalonde, will be hosting café causerie on the Saturday, following the town council meeting, from 9:30 am to 11:30 am. Each causerie will have a specific theme.



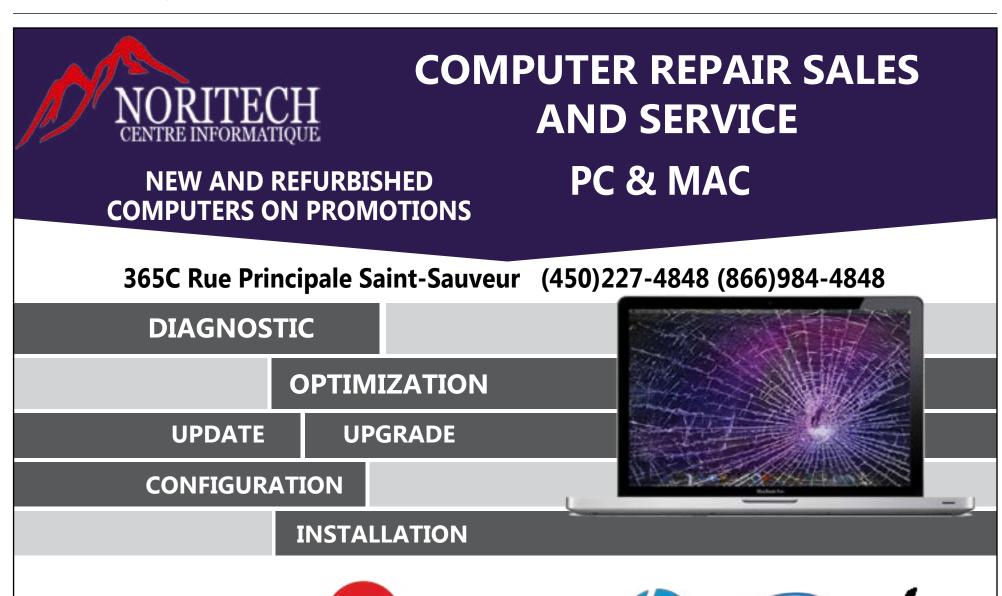




Northbound Friday night and Saturday morning traffic, not to mention the Sunday drive south, starting at noon, will be a complete nightmare every weekend. It makes you wonder if our mayoress has a plan for our town housing, water, sewage, roads etc., or is it a Rube Goldberg approach to planning.

All things considered in this Covid era and war- torn world, we are fortunate to have beautiful surroundings and our glorious seasons. We are alive and enjoying the beginning of spring. Take it all in: our stay on this earth is short; make the most of life, be kind to others and stay safe.

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Double resignation within the administration of the municipality of Piedmont

The Director General and City Clerk, Mr. Hugo Allaire and, the Assistant Director General and Director of Finance, Ms. Sylvie Dupuis, announce their departures from the Municipality of Piedmont. The city council and employees were informed of the departure of the two directors on Friday, March 18.

Mr. Allaire and Ms. Dupuis wish to indicate that personal reasons motivated their decision. Mr. Allaire will remain in office until May 2 in order to make an efficient and professional transition. Steps to ensure the interim are already underway.

The municipality would like to warmly thank its two directors for their dedication to the well-being of the population. The mayor and three councilors also announced their resignation last week. An extraordinary meeting is therefore necessary and will be held soon, in order to ratify these resignations. This implies that partial elections will have to be held soon.

In the meantime, since there is no longer a quorum within the municipal council, that is to say that the number of four (4) counselors required to ratify decisions made during council meetings is no longer respected, it is the Commission municipale du Québec (CMQ), which then administers the municipality during the period when the council can no longer hold meetings. The Commission may, as long as the situation lasts, adopt by resolution any measure it deems necessary for the administration of the municipality.

Closure of three vaccination sites in the territory

The Laurentians Integrated Health and Social Services Center (CISSS) wishes to inform the public that as of March 25, the vaccination sites of Saint-Sauveur, Argenteuil and Rivière- Rouge will be closed.

As observed throughout Quebec, the marked decrease in the number of vaccination sites and the number of appointments made in recent weeks has prompted the Vaccination Department to review the vaccination offer on the territory in order to better adapt it to the current needs of the population.

People who already have an appointment scheduled at the targeted sites, after March 25, will be contacted personally to obtain a new appointment at a site near their place of residence. Also, in order to continue to ensure a local vaccination offer in various communities in the territory, mobile vaccination planning is underway.

Details will be communicated in the coming weeks. Walk-in vaccination remains available at vaccination sites for all eligible individuals who wish to receive a dose of the COVID-19 vaccine. The Blainville, Saint-Jérôme, Sainte-Agathe-des-Monts and Mont-Laurier sites remain open and accessible. An interval of eight weeks or more is recommended between the 1st and 2nd doses. To get a booster dose, an interval of three months or more is needed after the last dose. For full details, visit santelaurentides.gouv.qc.ca.

Argenteuil... road investments 2022-2024

The MNA for Argenteuil, Agnès Grondin, welcomes the investments recently announced by the Minister responsible for the Laurentians, Nadine Girault, on behalf of the Minister of Transport, François Bonnardel, for maintaining and improving the state of road infrastructure in the Argenteuil riding for the next two years.



Among the announced projects are works long awaited by citizens and local elected officials. The first is the improvement of Autoroute 50, in the Lachute-Mirabel section. The start of the work, which consists of doubling and separating the lanes, is scheduled for the end of 2022, as the Minister announced in September 2020. In connection with Highway 50, paving work on the access ramps and Bethany Avenue is also on the work schedule.

Users of the boulevard de la Providence sector (route 327) and the rue Principale bridge (route 158), over the Rivière du Nord, will be relieved to learn that paving work will also be carried out on this section, between rue Roy and avenue Argenteuil. Elsewhere in the territory of the riding of Argenteuil, other expected projects appear in the MTQ's 2022-2024 calendar, including:

- reconstruction of the Henri-Raby bridge on rue Principale, over the Rivière de l'Ouest, in Brownsburg-Chatham;
- reconstruction of the bridge on Route 344, over the Saint-André River, in Saint-André-d'Argenteuil;
- redevelopment of the intersection of Montée de l'Eglise and Chemin de la Rivière-du-Nord, in Saint-Colomban;
- curve correction on rue Principale, in Wentworth-Nord.

This work is part of the 15 projects specifically planned in the riding of Argenteuil. These will allow citizens to benefit from safe, quality transportation networks. In the current context, these investments will have significant spinoffs in the continued economic recovery of all communities.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

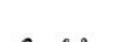
Roxanne Presseault, owner of the new grooming salon, Le Coin des Poilus du Nord, 6 chemin des Lilas (in shopping center), Ste. Anne des Lacs. Roxanne opened her new salon on February 7. She provides full grooming services and offers bath only and nail clipping only services for cats and dogs as well. Roxanne is primarily focused on the health and well-being of your furry loved ones and provides excellent services in a calm, safe, cage-free environment. She can also desensitize your pet to get him/her used to grooming. Pet accessories are also available. For grooming, please call for an appointment. For nail clipping, no appointment is necessary. Open Monday to Saturday from 9 am – 4 pm. 514 703-9879 / Facebook: Le Coin des Poilus du Nord / R_presseault@hotmail.com



Congratulations to:

Jennifer Turcotte and **Ricardo Frattolin** who recently officially launched their new business **Chez Giardino**, 634 du Village, Morin-Heights.

While they have been in the catering industry for almost 10 years, Jennifer and Ricardo only recently officially launched their new company, Chez Giardino. Their passions are cooking and gardening and they work hard on fusing the two together. They harvest vegetables, fruits, berries and herbs directly from their home garden and conserve them immediately to maintain vitamins and nutrients. They incorporate homegrown goodness and freshness into everything they create and pride themselves on sourcing local produce as much as possible. Their food is made from scratch and is full of flavour. Please note that they do not have a store front and all orders must be ordered and prepared in advance. 514 775-7936 / Facebook: Chez Giardino, chezgiardino@gmail.com / Instagram: @chezgiardino



Did you know that:

If you are looking to participate in some wonderful art, candle making or other artisan workshops, you do not need to look any further? Amazing and talented artist **Carol Lyng** has just completed her beautiful, brand-new website for you to check out at carolyng.com. Also, if you are looking for a very special gift for a family member or friend, Carol can complete an excellent portrait of a family cat, dog or horse. Her sketches and paintings are incredible true likenesses of her subjects. You can sign up on her website to be notified of all her workshops. For more info, call Carol at 450 613-0193.



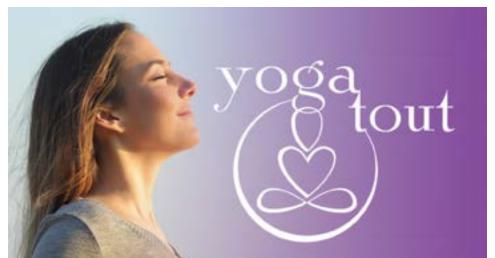
Many stores and restaurants no longer require proof of your vaccination codes? However, with new variants of covid on the horizon, please be sure to continue to wash your hands vigilantly and wear your mask when necessary. Let's keep safe.





Cancer Support Group Next Meeting April 16

The Laurentian Region Cancer Support Group will next meet on April 16 at 1 pm at Chalet Bellevue in Morin Heights. Option also to attend via Zoom. An open group discussion will follow some breathing and meditation techniques led by Josephine Piazza of Yoga tout, Laurentides. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the April meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.





Launch of the "Footprint" **Project!**

Loisirs Laurentides, in partnership with La Station Cultural, recently launched, at the Vieille gare de Saint-Jérôme, the regional project "Footprint". This initiative highlights importance of involvement volunteers of the 16 historical and genealogical societies of the Laurentians region.



Their history, as well as that of their region and involved volunteers, are often overlooked. What if we took the time to tell the origin of each of the 16 historical societies and genealogy in the form of tales and video recordings that demonstrate these volunteer involvements? This is what this project does.

"Footprint" offers people the opportunity to discover the many treasures of our historical and genealogy societies while meeting the people involved in them.

This first unveiling was made in Saint-Jérôme in order to emphasize the wonderful collaboration that exists between Laurentian History and Archives and the City of Saint-Jérôme. The Laurentian History and Archives will be installed from April 4 to May 27, 2022 at the Place de la Gare. A QR code on the poster allows you to view the video highlighting their involvement.

To view all of the audio and video clips visit the Loisirs Laurentides website: HISTORY SOCIETIES

This initiative was made possible thanks to the financial support of the Ministry of Culture and Communications.

For more information on this project, contact Mr. Dominic Brisson at 450-504-6080 or by email: dbrisson@loisirslaurentides.com





Laurentian Personality

Dakota Sbrega -Natural listener, natural athlete

Lori Leonard - Main Street

Dakota Sbrega, 23, was born in Montreal but has lived his entire life in the Laurentians. Dakota lived in Prévost until he was 10 then moved to St. Sauveur where he currently lives.

Dakota enjoys dual citizenship - being Canadian and Italian. He enjoys a variety of sports including the unusual sport of spearfishing, snowboarding, snow skating, skate boarding and climbing, to name a few. He takes to sports like a duck does to water, as sports come naturally to him.

In summer, Dakota is employed with the city of St. Sauveur for his skate program to help youth. Dakota has always enjoyed helping others achieve their dreams. Helping others also comes naturally to Dakota. He started by teaching skateboarding to one young person, then the word spread and before he knew it, he was helping many young people including friends who struggled with a certain trick. Dakota says "it is fun to help because even if I am advancing quicker than them, I still learn at the same time, sometimes they teach me a new trick. We learn together."

Since Dakota was young, he has enjoyed listening to friends, playing the role of "therapist". Gradually, he learned that sports and physical activity could greatly enhance someone's overall mental health.





Dakota usually helps youth aged 6 to 17 years old, whether it is a sport, or, by listening to or answering questions they have about a problem. He says it is extremely rewarding to see the positive impact after he has spent only a few minutes or a few hours with kids.

When asked how Dakota sets an example, he said "I set an example by being polite and helpful to others in need, but mostly by promoting a healthy lifestyle. He continues "I am not perfect, but drinking or smoking cannabis in a public area is unacceptable. More importantly, it's the values of sharing and caring that I truly believe make the difference."

Youth who frequent the skate park often go to Maison des Jeunes, St. Sauveur. Dakota has a partnership with them to provide 10 new helmets and skateboards every summer so youth can learn for free. It is a win-win situation.

Through helping kids, many parents have befriended Dakota over the past 5 years. Each summer the city receives letters from parents who are very thankful to Dakota for helping their children. This encourages Dakota to do even more good work with youth.

Dakota's words of advice for teens: "you are your own worst enemy! Never forget this. You can achieve great things with your own willpower if you truly desire."

His advice for parents: "Don't be too hard on your kids. They need to make their own mistakes to become the person they truly want to be. Children who do the worst things are often the ones who have strict parents. The more you push, the more they will push back. Just be there for them and help guide them so that they can learn that they are in control of their own life."

Thank you Dakota for keeping "an eye out" for our local youth. You truly make a difference in our community.

Program with Loisirs Laurentides: Let's get moving!

One hundred and sixty (160) projects, totaling requests in the order of nearly \$1M, have been submitted as part of the Loisirs Laurentides program promoting physical activity. Of this number, sixtytwo (62) projects were selected for a total allocated amount of nearly \$250,000.

Program management and coordination

With Loisirs Laurentides, "Let's get moving"! has been entrusted to Loisirs Laurentides by the Ministry of Education. This program aims to promote the regular practice of physical activities, sports and outdoor activities, with the population, from an early age and throughout life.

MAIN STREET **II**

For more information visit https://loisirslaurentides.com

April 2022



Making it Work in the Laurentians

Crucial skills for entrepreneurs: delegation 101

Regardless of how many employees you have, time management is a skill every entrepreneur needs. Carving out the time to develop and grow your operation and, hone your most valuable skills, is everything.

While delegating tasks may seem like a time investment you can't afford, laying the groundwork for effective delegation will save you so much time in the long run! When mulling over how you might begin to delegate tasks to others, consider using the three-phase approach of planning, delegation and control.

1 Planning

This first stage is all about clearly outlining your needs. Start by identifying the tasks that need to be assigned. Then, create task descriptions and guidelines that can serve as a helpful reference. Avoid overwhelming with details; whenever possible, allow your employee some freedom to complete tasks in the ways that work best for them. Finally, decide which employee(s) are best suited to the assignment(s) at hand.

2. Delegation

Stage two requires you to clearly communicate the intentions behind a given assignment; the strategies to be used, the timeline and, the expected results. If there is time, use a combination of emailing, calling and meeting in person to create space for questions and discussion. Once your employee understands the tasks at hand, it may be time to give them all the tools they need by planning and scheduling a training session, enrolling them in a course, or, investing in other resources that will help them successfully take the reins.

3 Control

The third phase, control, may require more of you at the start, but your role will likely become less exhaustive as you and your employee(s) become more accustomed to the process of delegation. Essentially, your role here is to monitor the employee's progress, perhaps even helping them to complete their first tasks and, getting them to report back regularly, on how it's going. Once a given assignment is complete, you'll want to evaluate the process as well as the final results achieved, give feedback and discuss any future areas of responsibility you're thinking of bestowing upon the employee(s) in question.

Bottom line: handing off tasks to others may not come easy at first. Many entrepreneurs are not natural delegators. Instead, they want to be personally involved with all aspects of their business and hold the belief that they're the only one with enough attention to detail and quality to get the job done. This is understandable: your business is your baby, after all. But, too often, this is exactly the thing holding businesses back from blooming. Learning to delegate properly will help you successfully grow your business as well as improve your work-life balance. Who doesn't need that?

A YES Business Coach can help you design an effective strategy for delegating. Visit yesmontreal.ca to book your appointment.

A support plan for the business community generates positive spin-offs

Adopted on June 14, 2021, the support plan allows the establishment, by regulation, of an assistance program for businesses to revive their activities. With a budget of \$300,000, it is part of the City's strategic planning to support entrepreneurship and maintain jobs in the area. The Support Plan is made possible through a partnership with the Economic Development Corporation (CDE) of the MRC des Laurentides.

"It is important to support our entrepreneurs, because the pandemic is not over. In this sense, the Support Plan makes it possible to promote the revival of our businesses, while innovating. To qualify for a grant, you must meet the evaluation criteria. One of these criteria is to integrate sustainable development practices within the company. Sustainable development, in our view, also means working on our behavior and our business practices to do something for the planet. The experts are categorical: the economy must be made consistent with ecology," explains Luc Brisebois, mayor of Mont-Tremblant.

More specifically, the financial assistance granted to businesses takes the form of a grant, the amount of which cannot exceed 50% of the eligible expenses of the recovery project, for a maximum of \$20,000 per beneficiary. Note that this assistance program will end when the envelope has been exhausted or no later than December 31, 2024.

Some benefits of the Support Plan in figures:

- Number of companies that have benefited from the grant program so far: 8
- Number of jobs maintained or created in the territory: 76
- Total amount of grants awarded since the program was established (from June 2021 to March 2022): \$145,235
- Residual amount on the envelope of \$300,000: \$154,765
- Investment generated:
 - These 8 recovery projects generated \$600,212 o Per job created or maintained, this investment represents \$1,910
- The ratio of dollars invested to dollars generated is 4 to 1

For assistance or for any information on this program, contact the CDE at 819 681-3373 or visit the Ville de Mont-Tremblant website at villedemont-tremblant.qc.ca/plan-soutien.

4korners

4Korners satellite office orbits Thérèse-De Blainville

Andie Bennett

When Jaime Bisaillon was hired as Family and Youth Coordinator with 4Korners two years ago, part of her mandate was to develop services and establish a presence in the MRC Thérèse-De Blainville. Currently, the 4Korners head office is situated in Deux-Montagnes and we have three satellite offices in Sainte-Agathe, Saint-Sauveur and Lachute respectively. Now, 4Korners will have a permanent dwelling inside the Église Chrétienne Évangélique situated at 2, Rue du Ravin in Sainte-Thérèse.

Until recently, Jaimie has been running her workshops and operating within the MRC but without a true home base. The journey to open this satellite office has been a little bumpy but Jamie tells me that in the end, it is the spot she always hoped would become permanent. Since January, Jaime has been operating out of the Church, running both Baby Sensory Classes and Play to Learn from one of the warm and cozy activity rooms that her clients all say gives them a good feeling every time they visit. However, she is still shlepping all the necessary equipment in and out until 4Korners permanently takes over the space in May. (Crossing our fingers since it has been pushed back a few times.)

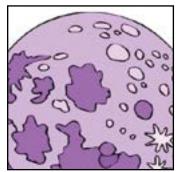
Before January, Jaimie was holding her activities in a temporary spot in Rosemère, which also required lugging her giant toy box, smaller toy box, old-lady-shopping-cart filled with coffee maker and kettle as well as one other bin of arts and crafts supplies, to and from her twice-weekly activities. When not in her car or being used, they currently reside in her basement and garage, an arrangement she says her husband is just about done with. "I think he will be happier than anyone when we are fully moved in," Jaime tells me with a laugh.

The new spot is currently being shared with one of our partner organizations PANDA BLSO, which will be moving to a Blainville location that was at one time the proposed office for 4Korners as well. That building, however, is undergoing a massive renovation and as the construction dragged on and, the new lease agreement priced us out, it turned out to not be a great fit. Jaime says it is a blessing in disguise since the spot at the church is centrally located and suits our needs to a T. Once PANDA vacates, Jaime will be able to finally make herself at home and park the toy boxes for good. (Although she does admit she has been stealthily hiding the coffee pot and kettle in little nooks at the church to save a trip to and from the car during the winter months.)

Subscribe to our newsletter at info@4kornerscenter.org or check our website www.4kornerscenter.org



April 2022



Zach Factor

Old stones speak -Part 2

Lys Chisholm & Marcus Nerenberg - Main Street

There is something about the spring thaw, with its typical flooding, that recalls Noah's Ark of the Bible or, the ancient Sumerian legends of Gilgamesh. Nestled deep in our collective consciousness is the engrained truth that our planet experiences periodic catastrophe.

Flood myths are found in cultures the world over, from the ancient Hindu and Mayan texts to the oral traditions found in indigenous cultures, on every continent. Earth, perhaps, experienced several events that left few human survivors, now evident through the modern study of geology and astrophysics. It was once taught that earth changes were gradual, over millions of years. Scientists now realize that there have been many sudden natural cataclysms some of which submerged costal cities under rising oceans. The mountains of western Canada were thrust up from the ocean floor from at least three events. The oldest, the Rockies, are eastern-most; the youngest is the costal range. In between lie several mountain chains. Seashell and snail fossils are visible in the highest, angular sedimentary rock layers that rose thousands of meters in a single day. Those moments are named 'extinction' events as many species were obliterated. Over time, new species appeared.

It was 19th century French scientist, Georges Cuvier, who first speculated that the Earth was not thousands of years old, but millions, due to patterns of extinction, later called the "Theory of Catastrophism". Studying layers of deposit, he believed that there had been multiple and recurring events between long periods of stability. Religious dogma caused some scientists endless grief trying to wedge fossil records into the Biblical timeline. From 1850 to 1980 academic geologists followed the 'gradual theory' leaving us with the concept that terraforming is a relatively gentle combination of volcanism, earthquakes, erosion and sedimentation. The idea of great and sudden cataclysmic events occurring on a cyclical basis was ignored.

What cannot be ignored are the thousands of megalith stones discovered or exposed for eons around the planet. A megalith is a large stone that has been used to construct a prehistoric structure or monument, either alone, or, together with other stones. There are over 35,000 in Europe alone.

There are two vectors of reality that don't square the circle in ancient historical timelines. In sites worldwide these huge stones, even today, are almost impossible to transport from quarry to building location. The granite beams in the great Pyramid at 70 tons each, the megalithic stones so perfectly joined together at Machu Pichu, Cusco, Puma Punku and Tiwanaku in South America are examples. In Baalbek, Lebanon, the largest dressed rectangular megalith, weighing 1800 tons, is still attributed to the Romans, but there are gaping holes in that assumption. Problem number two is the technology required to quarry, shape, transport and fit these magnificent stones together, without mortar. Bronze Age copper tools of that era are incapable of working stones rated 8 on the hardness scale. These perfectly level-cut massive stones need diamond or laser technology to machine them to the precise tolerances they display to this day- a sign of advanced technology long forgotten.

In addition, sites such as Tanis in the Nile Delta, the Karnak Temple in Luxor Egypt, Puma Punku in Bolivia, and other magnificent ancient ruins reveal megalithic stones shattered and scorched by intense heat. It is not just ruins; it is devastation that rained down with unimaginable fury. It seems clear to an astute observer that before "the flood" or before a potential celestial disaster, a civilization or civilizations flourished on earth that were all but erased by events. Perhaps we are still too vain to accept that other prehistoric societies were far more advanced than our own

Frozen in the Siberian tundra are forty-foot layers of shattered vegetation, trees and animal parts, flash frozen and perfectly preserved. Mastodons have been found frozen with buttercups in their mouths. It takes temperatures of minus 250 degrees to accomplish that. What caused the frigid air in the upper atmosphere to plunge to the surface at hundreds of miles an hour is still a mystery.

Some astrophysicists who have studied the Sun and our galaxy for decades have theorized that our star has a mini-nova every 12,000 years. This event plays havoc with our weather, seismology, sea level and for a few years, our ability to survive as earth is hit by intensely hot plasma. The cosmos treat us well, mostly, but from time-to-time, space can be a dangerous force for our precious planet.



Caption: Snapped in two: a massive megalithic stone at Cusco, Peru. These stones predate the Inca by thousands of years.

Drone photo credit: Paleo-researcher Brien Foerster- https://hiddenincatours.com



The Story Behind

The Sound of Silence

Joseph Graham - Main Street joseph@ballyhoo.ca

The original Sumerian story that led to the biblical one of Noah's Ark shows how much the ancient gods valued silence. That story, complete with an ark, had a different ending and, a different reason for the great flood. There were a lot of gods and no concept of good and evil. The sun god, Enlil, decreed a flood to wash everything away. The river god warned a human couple through a dream. When Enlil discovered that there were survivors, they were commanded to present themselves. Nervously, the couple did and the sun god passed judgement on them, cursing or blessing them, depending on how you see it, with immortal life. After understanding the judgement, they asked why the gods flooded the whole world and drowned all the creatures?

Why? answered the sun god, why? Because you were making too much noise.

We're getting noisy again.

Simon and Garfunkel visited an old friend, Darkness, in their song The Sounds of Silence. Both Darkness and Silence are among our lifelong companions, chased away too often in our modern world. Darkness scared me as a child, but soon became my friend too. Silence became a companion later. My first really powerful recognition of that companion came in January 1960.

Grieving has lots of elements that cannot be foreseen. In December 1959, my father died, leaving my mother with six children, from 16 to under one-year-old. I was ten, in the middle. Death was surreal, inconceivable to me in many ways, conceivable though in its brutal finality. My mother was the one carrying the burden – not just of grieving, but of the unforeseeable stresses that accompany it. She moved us out of the city to a small house on Aimé and Lucia Viau's farm in Val Morin. It was there that she dealt with every possible childhood illness, mumps, measles, and chicken pox that each of us succumbed to in turn. The house was not designed for so many of us, and we boys were obliged to make the trek through the back door to not overwhelm the septic system. That was where I discovered my new companion, Silence, dwelling in the snow-covered fields and distant trees. Maybe my memory contrasted the soundscape with my experience in the city, but I do not remember hearing so much as a bird.

I had lived at the corner of two busy streets in the city and could not have conceived of such silence. I came to treasure the silence of the countryside and was happy that we did not return to the city. For three years in the early 1970s, I became a hermit and lived in the silence of the remote woods of Ste. Lucie. Troubled by a distant mechanical noise that reverberated through the forest, I traced it down. The noise would start off as two beats, thrums, that travelled right into my head, and then the noise would continue, gathering speed until the spaces between were impossibly small. I imagined a machine pulverising something to dust in a shop far away. I resented the human-made interference carrying through the forest and cursed industrial noise.

I had been surprised numerous times, flushing a ruffed grouse, a bird that could explode out from under the snow as I approached, making a loud wind-beating noise in its escape. I never guessed that this amazing creature was the source of my industrial interference in the woodlands. The ruffed grouse produces this beating noise as a part of a mating territorial call. The thrumming carries for long distances through the woods, the loudest noise in the forest that somehow emphasized the silence.

Fifty years on, and the sound has been gone for decades. I think it has been overwhelmed.

My mistaking it for an industrial noise was ominous. Something was on its way, something that would produce the industrial noise. Now, from the same location that I once heard the ruffed grouse, I can hear a crusher, creating crushed stone. I can hear gravel being sifted and tires rolling endlessly along rough asphalt roads. I can also hear jets flying far overhead, smearing the blue sky with streaks, and in the summer season, private planes and helicopters showing no consideration for anyone's pleasure but their own.

I was distraught. In those early days, it was possible, with very little detective work, to find the owners of the machinery that caused the noise. That led me to finding the owner of the crusher and, when its noise woke me well before six a.m., I took to calling the poor man at home, waking him up and telling him as pleasantly as I could that his machinery had started up. I never lost my cool, but presented myself as a friendly so-and-so who just wanted to let him know that, at some ungodly hour of the morning, his equipment had woken the neighbourhood on schedule. I was pretty good at that pat American line, too, of telling him to "have a good day" once I was sure he was thoroughly awake and doing his best to keep his cool.

I was not alone with my discouragement and soon the towns started enforcing rules about sound barriers and times of day that equipment could run. Of course, that did not reduce the ever-increasing road noise as traffic grew and tires widened, improving road security, and all the other noises just increased. If you live in a city, you just have to learn how to shut the noise out and stay inside.

Then the Pandemic began.

The skies turned blue again. The noise rate dropped in every direction. Even the roads were quieter. I began to wonder if the pandemic was the sun god asking us to be more considerate. I wonder how many warnings that couple got so long ago.

Do you think, if we listen, we will hear a few more warnings – or have they all been sounded already?

Merci à Huguette Viau de Val Morin



Garden Talk

Celebrating **National Year of** the Garden

Year of the Garden

Année du jardin

June Angus - Main Street

Canada's National Year of the Garden 2022 officially kicked off the first day of spring. This yearlong celebration, officially proclaimed by Parliament, marks the centennial of our country's horticultural sector. Its goal is to educate and inspire Canadians about the vital impact of gardens and gardening on our quality of life, at home, in communities and, across Canada. All the while, celebrating Canada's rich gardening heritage while helping to create important legacies for a sustainable future.

According to the Canadian Garden Council, which speared-headed this event, we are a nation of gardeners. About 83% of Canadian households tended some form of a garden in 2021, whether indoors, on balconies, in yards, in schools, at work or in communities.

While public gardens, garden centres, horticultural associations and many municipalities plan to participate, there are lots of things we can do as hands-on gardeners to join in the celebration. Everyone is invited to take part, whether you already enjoy gardening, recently discovered the pleasure of spending time in a garden because of the pandemic, or want to learn more about how gardens impact our lives.

A main theme for the Year of the Garden is to Plant Red in tribute to lives lost and to honour frontline workers during the pandemic. The Plant Red campaign is also a symbol of your pride in Canadian gardening. Everyone is invited to register your Plant Red Garden at no cost and then submit a photo. Entries will be pinned onto an online map (by community not exact location) and you will receive a special downloadable Plant Red Garden certificate

of participation. (The official "Live the Garden Life" website link with complete details is noted as the end.)

You can also register your themed celebration garden under the following headings: Pandemic Garden, Therapy Garden, Climate Action Garden, Edible Garden, Native Plant Garden or Social Garden (a pleasant place to hang out).

The website also contains a wealth of information including "Canada's Garden Route Map" featuring public gardens, parks, suggested road trips and much more. There are also resources listing garden festivals and events across the county.

Throughout the year, there will be lots of posts to highlight the many health and well-being, economic, and environmental benefits that gardens and gardening provide. For example, putting some time into your garden, getting exercise and fresh air outdoors, and getting your hands in touch with the soil has been shown to reduce stress and make Canadians feel better and be healthier.

Growing food, on a balcony or in your backyard, is rewarding and, also good for the environment. Fresh herbs and vegetables make delicious and nutritious meal additions and help reduce the carbon footprint of the foods we eat.

Every tree, shrub, or flower we plant has an impact on the environment by producing oxygen, creating shade, reducing water run-off, or helping pollinators thrive. As a side benefit, improving our yards contributes to improved property values, too.

Throughout the year, helpful tips and tricks for gardening success will also be posted. To learn more visit:

livethegardenlife.gardenscanada.ca or visit Facebook

https://www.facebook.com/Year-Of-The-Garden-2022-104864894754611

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Word Play

Working with yes and no

Louise Bloom - louisebloom@me.com

It might be considered that we spend all our days in the world of choices, minute by minute, hour by hour, day by day, to buy or no, to go or stay, to befriend or not. We have been navigating through choice making since birth. We choose in every moment, yes... or no.

In the adult world, where shopping is our lifeline, we choose continually what to accept, what to reject, what to want or to eliminate that desire altogether.

We can raise our conscious awareness in this regard and experiment with the larger significance of choices, with a trip to the grocery store. This, in fact, is a microcosmic practice in which we can open our awareness to our habits regarding our choices and, what regulates those decisions. As an example, I was brought up on bakery loafs of bread that were prized when they were pumpernickel or rye. I am habituated to rushing past the white sliced loaves in any grocery store. That aisle doesn't register any consideration. How has habit installed itself? What am

I believe it is fair to say that people, in general, are affected by their decision making based on an automatic pilot response when confronting buying choices, but rarely think beyond the usual, due to time and financial constraints. In the world of buying choices these are the two areas that have supreme authority. We might be too pressed to consider a new choice, or, financially challenged and therefore most comfortable with the usual. Can taking the time to consider other options more openly offer us affordable new experiences?

I invite this consideration at a time when inflation is making our usual choices a stressful challenge, when opening to the new may be providing us with inspiring experiences that will still fit our budgets.

What about friendships, making new relationships, including in our circle someone whose background is not quite like our own, whose sphere of interest may be outside our current

orb, our habitual area of focus? What instigates your 'no', what invites your wholehearted yes?

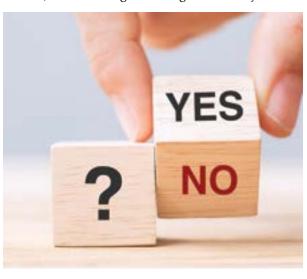
When does the habitual 'yes' need an overhaul? How many times have we said yes, as it serves our habit of pleasing others?' How often have we said yes yet unprepared or resentful to give a gift of our time and interest? Too much yes can deplete our own reserves, leaving almost no nourishment for those activities that feed our very soul, those ventures that make us connected and whole.

Rebalancing the yes and no in our choice making is something that requires a conscious effort; a waking up to us. Those questions, when applied to the personal daily round in the simplest of matters can cause an improvement in our very life force. Changing our choices from unconscious to conscious can cause a new and vital flow to our day. Choosing to walk instead of vegetating, to drink water abundantly at regular intervals, to read things that might seem beyond our

understanding, to go when feeling lazy, to stop when feeling tired and unsociable, are all up to us. Opening as wide as possible to both yes and no in a new and conscious context will boost the power of your well-being.

Yes or no?

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





Obituaries

Norman Marvin Davis January 1933 – April 1, 2022



On April 1, 2022, Norman Marvin Davis, died in Kanata, ON at the Queensway Carleton Hospital at the age of 89. Norm is predeceased by his parents Marvin and Yvonne Davis and

younger brother Terry (Shirley) of Weir (Montcalm) Quebec. He is survived by his wife, Audrey Elizabeth Davis, nee Puttick after 65 years of marriage; he is survived by his younger sister Corinne Burke (Gary), two children, daughter Wanda Worthmann (Rick) and son Greg (Nova); 5 grandchildren, Jennifer, Matt, Nik, Devin and Jillian; three great grandchildren, Cameron, Brody and Mylah and a 4th great grandchild on the way, as well as many cousins, nieces and nephews.

Norm was born on January 9, 1933 in Weir, Quebec where he attended Weir Elementary School, Arundel Intermediate School, and Lachute High School, followed by Madison College in Tennessee and Akron University in Ohio. He and Audrey were married in Ville LaSalle, Quebec on March 29, 1957.

He had a 35-year career with Bell Canada in Montreal, QC and Ottawa, ON where he retired in March 1990. His career spanned many technologies from the wall mounted magneto phone to digital communications via smartphones. He served as a technician, manager, Sr. Engineering Associate, in Corporate and Headquarters on the introduction of new communications services such as the Caller ID Telephone.

No funeral service is planned, instead there will be a gathering of family and friends; a 'Celebration of Life'

will be held on June 25, 2022 from 6 to 8 pm at the Kelly Funeral Home, 580 Eagleson Road, Kanata, ON. Cremation and interment in Capital Memorial Gardens, Ottawa, ON will be held by the family at a private gathering.

In lieu of flowers, donations may be made to the Ottawa Heart Institute Foundation.



Edith Cleland (nee Smith) 1936-2022

Edith, beloved wife of the late Irving Cleland, peacefully passed away with family at her side at the age of 86. She is

predeceased by her brother Clarance Smith (Lois McRae).

She will be dearly missed by her children Judy McFaul (Steven) of Russell ON, Nancy Boyd (Glenn) of Lachute QC and Scott of Parksville BC.

Adored Grandma to Abbey, Brent (Christine Ross), Jamie (Julie Malette), Kelsey and loving Nana to Coralie and Jayde.

Edith will be greatly missed by many nieces, nephews and friends. Especially missed by her lifelong friends Margaret Brass-Smith and Lois Clark-Nauf.

Many thanks to the hospital staff at Lachute hospital for their neverending support and precious care.

In lieu of flowers, donations to the Lachute Protestant Cemetery would be appreciated.

A family burial will take place at a later date.

Arrangements entrusted to Salon Roland Menard: 450-562-4114 / info@salonrolandmenard.com / salonrolandmenard.com



In Memoriam **SMITH Claude** January 1953 April 2013

Nine years this day that you took your well earned

Seems still like yesterday my Love You were my Husband My bright and shining star

I have lost my life companion But my memories keep me going I know that you watch over me and that you are still guiding me through the rest of my life

Yes, I may dream a million dreams There will be another spring, summer and fall But there will never be another you

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Beware of life settlements

Understanding the pitfalls of this type of life insurance pay-out

When it seems too good to be true, it usually is – a life settlement may not be a term that is very familiar, but there is a growing effort to expand this practice in Canada.

A life settlement involves the sale of an insurance policy for a cash payout. It may involve a policyholder who is terminally ill or near end of life and in financial distress. A third party will purchase the person's life insurance policy at a discount, sometimes for significantly less than the policy's value. The purchaser continues to pay the premiums and then collects the policy's proceeds when the insured dies – in short, profiting from their death.

While the trafficking of life insurance is illegal in most Canadian jurisdictions, including Ontario, a private member's bill aims to amend the Insurance Act of Ontario allowing this practice. The Canadian Health and Life Insurance Association, opposed to Bill 219, Life Settlements and Loans Act, is raising concerns that this practice puts an extremely vulnerable population, including seniors, at risk of potential financial exploitation. [1]

Life settlement fine print

When funds are needed to help cover costs, such as medical treatments or elderly care, it can be tempting to consider the equity in a life insurance policy. However, there are some things to consider:

Fees: It's important to understand that there will be fees associated with life settlements. The company that purchases the policy will keep a percentage of the death benefit as their fee. If you are taking a loan out against a policy, interest will be charged on that amount. The amount of your settlement may also be subject to tax

Inheritance: Life settlements have a major impact on estate plans. The sale of an insurance policy to a third party will affect the amount of inheritance that will be available to beneficiaries.

Privacy: There is a level of risk in selling a policy to a third party in that the policy could potentially be resold. Are you comfortable in knowing that your policy may flip from one company to another? It's also important to clarify how your personal information is protected and kept confidential.

Alternatives to life settlements

Whether it's having financial support in place for family due to an untimely passing or setting up the next generation with an inheritance as part of estate planning, life insurance is intended to provide security for the long term after you've passed. But when there are financial difficulties due to terminal illness or advanced age, it's important to know that compassionate support options may be available. Your advisor can help identify programs that may exist within an insurance policy to provide financial assistance to cover daily living expenses, medical bills, home repairs and other financial needs.

This financial assistance may be in the form of a loan against an existing policy for a set amount, based on advanced age or terminal illness. It's important to realize that your insurance policy stays in effect as long as you continue to pay the premiums on the policy. Beneficiaries may still receive a payout depending on the amount left in the death benefit once the loan balance is deducted.

Financial difficulties at any time can bring untold stress, and when the reason is terminal illness or trying to care for an elderly relative, the strain can feel unbearable. Speak to your advisor - there are solutions that can help.

[1] https://www.clhia.ca/web/clhia_lp4w_lnd_webstation.nsf/page/87EB5ABF54F7564485258669006EDE04!OpenDocument

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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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Fight against narcotics - Centaur

The Regional Mixed Squad (ERM) Rive-Nord, in collaboration with the police services of Laval, Deux-Montagnes, St-Jérôme, Mirabel, Blainville and St-Eustache, is currently conducting an operation regarding drug trafficking in several territories on the North Shore of Montreal.

These searches are the result of an investigation initiated in 2020 and mobilized more than 120 police officers from various units of the Sûreté du Québec and the municipal police services concerned. The purpose of the operation is to search for evidence in the homes of individuals suspected of drug trafficking. The items that will be seized today could help demonstrate the involvement of one or more people in drug trafficking activities in different sectors. The investigation into these searches is continuing.

Remember that the MREs are partners between police services whose objective is to pool resources to better fight organized crime, in all regions of Quebec.

The CENTAURE strategy has the mandate to ensure constant pressure on organized crime and thus actively fight against the trafficking of illegal firearms in Quebec. CENTAURE allows the Sûreté du Québec as well as all partner police forces to maximize their efforts at the national, regional and local levels targeting the supply, importation, distribution and illegal possession of firearms.

Any information related to the possession, trafficking or use of firearms can be communicated to the CENTAURE information line at 1-833-888-ARME (2763).

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Real Wine for Real People

The pandemic of Phylloxera – part 1

April Sirois - Sommelier - ISG

I remember hearing the word "Phylloxera" when I was first learning about wine. I had never heard about this blight that singlehandedly almost wiped out the entire wine industry. It was fascinating to me. Recently, I was chatting with a "wine" friend and when I brought up Phylloxera she looked at me blankly and I realized that most wine loving people, that had not taken wine classes, were unaware of this very interesting chapter in wine's history.

Now, I love history and I love wine so

grab a glass of wine and let's explore what it is and why we care about it.

In 1863, an unknown disease that was destroying several vineyards in the Rhône valley started to creep its way across France and Europe. In 1847, Europe had already experienced Oidium, a fungal disease that attacked the grape vines, severely affecting the entire wine economy of several wine-producing regions. Oidium was followed by Downy Mildew in 1878 and then Black Rot in 1888. This new blight to the vines was relentless and was proving to be the most deadly.

That same year, Professor JO Westwood, a leading entomologist and biologist at Oxford University, took delivery of a vine leaf taken from a greenhouse in Hammersmith. (A large greenhouse planted with exotic plants was an essential part of any wealthy, fashionable household. Many plants were imported from around the world to be added to the 'wealthy' gardens. Little thought was given to what diseases these plants might carry and spread to the new owner's garden and, indeed, the entire area and country). This was to have huge and disastrous consequences for all European grape vine growers.

While examining this leaf, Prof. Westwood discovered small, sap-sucking insects and its eggs and later identified them as aphids, Phylloxera Vastatrix. He was the first to discover the existence of this tiny parasite on European soil and that it was about to change the world of wine forever.

Continued next month...





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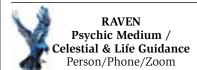
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I'm Just Saying



Little darling, the ice is slowly melting

Ron Golfman - Main Street

After two years spent grasping at waves of unimaginable variant upon variant, being told when we can go outside and where, the possibility of us returning to what we loosely call normal seems imminent. Even after some questionable definitions and expressions of what freedom is, spring is widening our choices of self-determination. With spring arriving none too soon, we are in the position to seize the day, every day, going forward.

Here, in the lower Laurentians, there are many healthier things to do and discuss. So much of the last few years has provoked an almost religious need to attach oneself



to a cause, misguided or not, in order to belong while being forced apart due to circumstances or naive belief. We are fortunate to live in a beautiful area where the panorama constantly reminds us that we are luckier than we are unfortunate.

Another bonus is stepping away from Facebook, which seems to have temporarily replaced Bibles, concentrating on everyone telling others why they are wrong and worse. Of late, going for a walk has us running into others and feeling elated at the pure joy of seeing each other after so long, as opposed to debating over whose side everyone is on. The side for all should be outside, in these vistas.

Even if not liking Trudeau has its merits, he sits on a menu of a 'choice' group, which does not have a favorite dish. In Quebec, we will have the opportunity to freely express our disdain for divisional politics by way of an October election. This is a good thing as, while I respect the recent mask-wearing program, after the election, we won't be banned from wearing masks on Halloween if we elect a party that will not dictate what we can wear or what we can say.

While many prefer to sit in their own crap, chest pumping and disrespectful rhetoric abounding, as Bob Dylan would sing, "the times they are a changing". The best way to change and improve our dispositions and atmosphere and, I am Just Saying, is right at your front door. Step through that portal to the world we knew and temporarily close the door behind you. The worst that can happen is fresh air, exercise, and running into people who are simply happy to bump into you!

See you then!





In the Anglosphere

Théâtre La Belle Gang

Kathleen Hugessen Penny Rose

More than a decade ago, a group of Lachute seniors approached Martine Ayotte, a community organizer with CSSS Argenteuil. They were concerned that some serious issues around aging were not sufficiently understood by the general public or, for that matter, older people themselves. Elder abuse was a concern, especially when subtle: the assumption of free babysitting, money a senior can't comfortably part with, or simply being left alone until the pension cheque arrives. Consultations and brainstorming gave rise to the idea of theatre as the ideal way to spread the word.

From this simple beginning was born Théâtre La Belle Gang. Operating as a theatre workshop for local seniors, it began its work in October 2010. Over the course of several months, an integrated team formed under Director Marie-Claude Hénault. Author Francois Jobin was invited to write for the troupe and produced the first play he had ever written, Faudrait pas prendre grand-mère pour une dinde et grand-père pour son dindon, about the difficult subject of elder abuse. Written as a series of vignettes, it was able to embrace a cast of nearly 20, including a "chorus" to move the storyline. Actors were principally local seniors. In addition to its message, Hénault says, "It also served to get seniors out of isolation." The play premiered in Lachute in April 2011.

"It was supposed to be a one-shot deal of just four performances," Hénault says. Many in the audience were so impressed that they told the troupe not to stop. So, they didn't. They performed the piece four more times that year, and another four in 2012.

The play was translated into English, in 2013, by Lise Landry and Jeff Nethercott and, Grandpa's not a cash cow and Grandma won't take any bull, was premiered in April 2013 in Lachute.

Since then, Jobin has written two more plays. Les Anges gaurdiens sont fatigués, which was translated to become Losing Control. It looks at the very real problem of caregiver burnout. La Pension Auclair (translated as The Albright Residence) explores bullying between seniors and by others: sexual harassment, gossip and abuse by avaricious family members.

Théâtre La Belle Gang officially became a not-for-profit organization in 2014. Since its inception, the theatre has travelled the length and breadth of the province, bringing the message to community centres and church halls from Cowans-ville to Gatineau, from Coaticook to Kanesatake. Following performances, there is a question-and-answer period which includes local elder-care professionals and community resource personnel.

'La Belle Gang' is a French expression denoting a group of like-minded people who get along well and have great fun together. Hénault says the troupe is almost like a family. "They now do stuff together like meals and holidays," she says. "We love each other and take care of each other."

To contact Théâtre La Belle Gang:

- to become a performer, contact Marie-Claude Hénault by phone at 514 705 5440 or by email at mchenault76@hotmail.com
- to book a performance in English, contact Penny Rose by phone at 450 226 2746 or by email at pennyrose@jenanson.com
- to book a performance in French, contact Luc Dumais by phone at 450-562-9767 or by email at lucdumais@hotmail.com

Upcoming performances of Losing Control will be at Our Lady of Perpetual Help Catholic Church, 295 rue McLeod, Chateauguay, April 20 at 2 pm and at Huntingdon United Church, 182 Chateauguay, Huntingdon, April 25 at 2 pm..

Fundraiser for Ukraine

Lori Leonard

The first fundraising Nordic Yoga Walking session took place on March 10, with a follow-up session on March 21. Sixteen people participated in each session. Participants and other kind donors donated a total of nearly \$6000 to Doctors without Borders and the Red Cross to assist the needy in Ukraine. A huge thank you to our patient, knowledgeable teachers Angi Bloom (yoga teacher) and Jayne Pollock (Nordic walking teacher). For further sessions, write Angi at angiyogabloom@gmail.com.



Participants of the March 10 event



Left to right: Teachers - Angi Bloom (yoga) and Jayne Pollock (Nordic walking)



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