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What’s On My Mind... Back to business - locally

Susan MacDonald, Editor

After months of empty streets and quietness throughout the Laurentians, it was heart-warming this month to welcome back many of our loyal advertisers to our August edition. As the saying goes, when the going gets tough, the tough get going and this is exactly what many of our local businesses have done, as they re-invented their methods of operations or services, in order to meet and exceed all the new protocols currently in effect, due to the Covid-19 pandemic. It has been a long and rough road for all, but they have managed to make lemonade out of lemons and kept going. Let’s show them their efforts were not in vain.



Even though they are back up and running, your local businesses now need your support if they are to continue to remain in operation, and off-set the heavy losses incurred during months of closure. The 100% Local Challenge initiative, found on page 7 in this edition, encourages community members to do just that, by challenging you, the community, to shop locally only - for an entire month. The initiative starts within your community sector, spreads across the Laurentian region and ends with purchasing only products made in Quebec. Are you up for the challenge? If you are, please sign up and show your support.

Cultural events and festivals are also picking up, and I am happy to report that the annual SuperFolk Festival, in Morin-Heights, has announced they will be offering an amazing, intimate show this month at Chalet Bellevue. Theatre Morin-Heights also has something in store for you, and there is an upcoming virtual art exhibition in Arundel as well. Full details for these events can be found on page 8.

We continue to live in challenging and confusing times, but I feel we, in the Laurentians, have adjusted well and, for the most part, are willing to accept a few inconveniences in exchange for a return to a semblance of what life was like before the pandemic. For certain, the rules about masks and social distancing are unpleasant and violate all our natural instincts. However, until we know exactly what this virus is, and the extent of its consequences, isn’t it better to be safe than sorry?

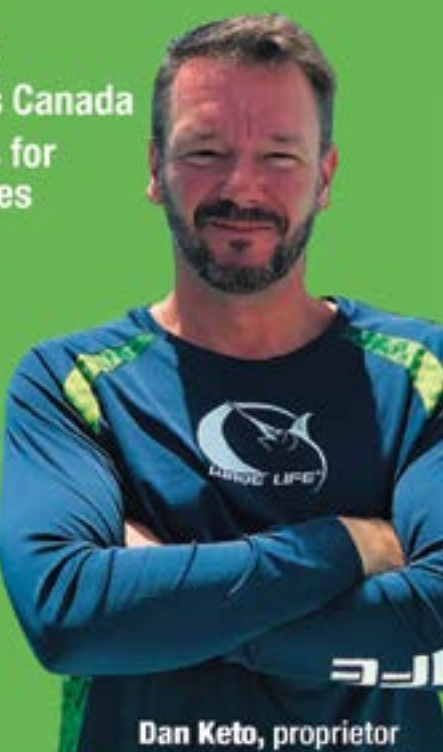
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Observations Where’s The Good News?

David MacFairlane - MainStreet

Yes, indeed, it’s a topsy-turvy world we live in to-day, where the good guys wear masks and the bad guys don’t. Go into a bank, last year, in a mask, and you would have been arrested promptly. Today, in banks, they’re all wearing masks! What the heck has happened to our society and culture? What madness comes next?

Anyway, I have a lot to say about this, but I know my beloved editor is rather tired of all the bad stuff I keep digging up from the untold, non-fake news, so I decided to surprise her by finding some good news that’s still out there, but also untold. I do this to reassure you that, in spite of all the existential damage being done to our way of life by the official response to this surprise attack on our immune systems by a covert intruder, there are people, around the world, working hard to save our planet from the distress it is suffering as a result of our collective stupidity and greed, and this recent, insane curtailment of our rights and freedoms.

So, what is paper made of? Cellulose has lost its supremacy and its basic components are now the most unpredictable. In 1200, paper was made with rags (shredded cloth). In 1800, cellulose began to replace rags. To-day, the paper we produce is recovered, and the non-recycled portion is shrinking rapidly. In Europe, over 80% of paper products are recycled and re-used, and the goal is much higher. Over 3.5 million tonnes of scrap paper are recycled annually, according to recent studies, and that’s just in Europe. It’s a lot of paper saved from landfills – almost 8 billion pounds, or 125 pounds per citizen annually. Some companies have become more inventive. They produce paper with scraps from the processing of other products, such as wool, walnuts, grapes, lentils, because, today, paper doesn’t come just from trees. Imagine that!

Garbage is a huge threat to the environment as we all know. It pollutes the land and the oceans and not enough is being done about it. About 70% of the world’s waste ends up in landfills, while 30% is recovered. Of that 30%, about 6% is composted and 11% is incinerated (Source: ENITV). Obviously, we produce too much garbage, and since it is picked up by municipal services and then disappears from our sight, we tend to forget about the disposal problems we are causing by our indifference. The direction in garbage production is up, not down, so this problem will soon become overwhelming. New technologies are appearing to solve this situation in an emerging trend described as a “circular economy”.

Our current economy is linear. This means extract, produce, use, dispose, pollute. In a circular economy, we would produce, use, reuse, remake, recycle. The intention is to construct a closed-loop system that minimises the extraction and input of raw materials by re-purposing used products, which produces less waste, pollution and carbon emissions. There are enormous benefits in this initiative by protecting precious and finite natural resources and keeping products in use for much longer. In other words, instead of disposing of used products, as we do now, they will become a recovered resource for other industrial products or, in the case of organic matter, composted and re-used in the earth again.

The argument against this initiative is that it disregards the complexity of current systems, but human ingenuity is at work to integrate a more circular economy as part of economic activity because the long-term survival of our planet is dependent on the reduction of pollution and minimising the consumption of our finite resources. It is important to understand that a “green” economy is impossible without the input of oil, metals, water, and energy. Solar panels need these resources to be manufactured, as do wind turbines and electric motors and everything else in a future we envision to be “green” and “sustainable”. Without oil and energy-dependent resources, we are finished. So, wake up greenies and stop this nonsense about shutting down Canada’s oil patch. Instead, be grateful we have it. Protect this resource instead of denigrating it! So, by re-using, re-making and recycling, we can reduce our consumption of the resources we need for the survival of humanity, and such a long view is urgently needed to protect life on earth for us and future generations. Therefore, a circular economy is the obvious route to take.

Canada is a world leader in this changing economy. We are not just famous for founding Greenpeace and protecting whales. Actually, Greenpeace, now headquartered in Amsterdam, is a huge organisation with offices in over 50 countries and is actively involved in all aspects of environmental protection, including genetic engineering and nuclear proliferation. The organisation has survived for 50 years without funding from governments, corporations and political parties which, in itself, is a miracle considering the constant controversy surrounding its, sometimes clandestine, activities in the pursuit of environmental sanity.

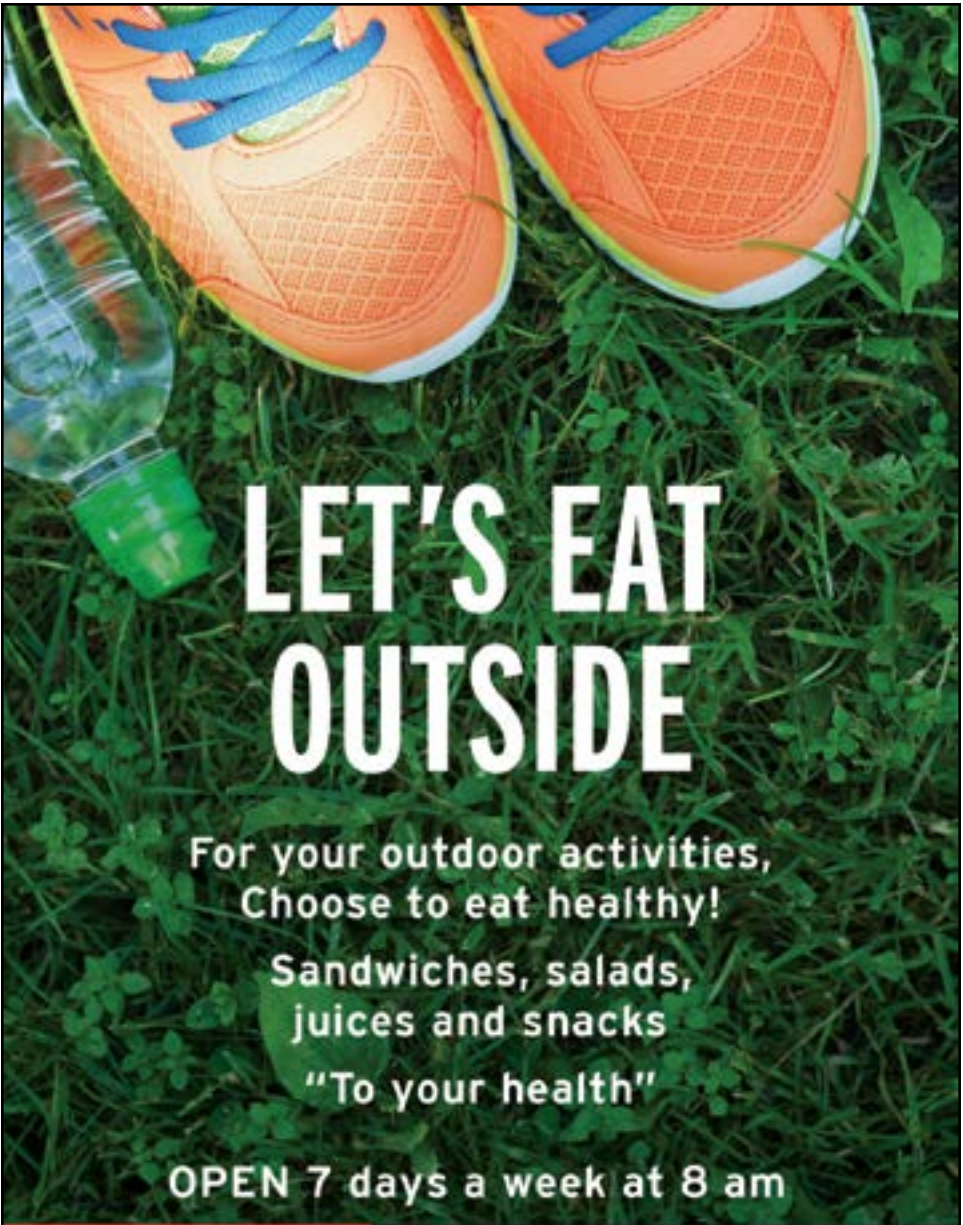
Canada is also leading in electronic recycling and landfill reclamation, which are serious problems in just about every country in the world. Investors are carefully watching two companies with proprietary systems to solve these problems. Both companies have past the “proof of concept” stage and are now bringing these world-changing systems to market.

The first has a proprietary system for recovering the valuable metals in electronic components, such as circuit boards, hard drives, computer chips, printers, in all these products that are discarded when damaged, broken or replaced. The process recovers all the metals in these products, such as copper, gold, silver, platinum and palladium. The system is designed to process many tonnes a day and the recovery of these metals far exceeds the production output per tonne of the mines that originally produced them. This makes the future of this company so valuable that it has a production contract with a Fortune 500 company that is in the stage of building the first industrial-scale processing plant in the US.

The other Canadian company has a patented process for recovering most waste in landfills to produce high-quality bio-diesel fuel. This involves using most types of landfill waste. Eligible feedstock materials include all types of plastics, organics like table scraps or lawn clippings, cardboard, wood-waste and tires. Billions of tonnes of garbage continue to be dumped into landfills and into our oceans every year. Globally, it’s estimated that solid-waste generation will triple by the end of this century. While the effectiveness of bio-fuels is hotly debated – particularly the use of corn, soybeans and canola to produce ethanol, which could otherwise be used as food – it’s abundantly clear that landfill problems are becoming insurmountable, and a solution is needed urgently. This small Canadian company is aiming to revolutionize the biodiesel industry through the creation of scale-able mini-refineries, located proximate to landfills, to turn any fibrous material into renewable diesel. Canadian regulations require a minimum blend of renewable diesel to be used in all transportation diesel fuel. Already contracts have been signed for five mini-refineries in Alberta, Ontario and Nova Scotia, and the main refinery is currently being re-engineered to scale production up to 2000 litres per hour.

So, when the Messiah returns and sees that love is still alive, perhaps He will decide to postpone that apocalypse for a bit longer because we need more time to get it right?


“The good news is that Jesus is coming back. The bad news is that he’s really pissed off.”
Bob Hope -1903-2003.
Comedian, actor and author whose career spanned almost 80 years.



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Published by
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www.themainstreet.org



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14,000 copies distributed throughout the Laurentians

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: SEPTEMBER 11TH

**IF YOU WISH TO PLACE
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ISSN 1718-0457



Simply Words on Paper

I scream, you scream, we all scream for ice cream

Jim Warbanks - Main Street

Let's all relax, breathe deeply, and put aside the worrisome Covid-19 pandemic news, disasters like the explosion in Beirut, the American President's constant, unbelievable rants and machinations... at least for a while.

Instead, let us focus on the opening stanza of Louisa Fletcher's poem, The Land of Beginning Again that my Dad would occasionally recite when he was deeply troubled.

I wish that there were some wonderful place
Called the land of Beginning Again,
Where all our mistakes and all our heartaches
And all of our poor selfish grief
Could be dropped like a shabby old coat at the door,
And never put on again.

The prospect of beginning again, or at least imagining that as an option, can indeed be soothing. As the isolation effects of the pandemic took hold, one of the major manifestations was the frantic toilet paper quest as a hedge to assure certain comfort in case of a lengthy shortage of this deemed necessity.

Baking bread

The smell of baking bread can be very enticing. I am sure that its appeal is strong, even among those whose family traditions never included the memory of fresh, hot loaves coming out of the oven, and the irresistible urge to cut and enjoy a slice, even before the bread had cooled.

So, when grocery store shelves were emptied of yeast packages and jars by aspiring bakers, including many novices to this tradition, starting and maintaining a sourdough yeast culture became a sudden phenomenon. Years earlier, we had kept a sourdough culture viable, but ultimately it fell into disuse. It was therefore quite natural to start anew. Fresh, sourdough bread is excellent comfort food. We even expanded and passed along a starter culture to friends.

Home-made

There is another traditional summer treat that I will suggest you might want to adopt as comfort food – home-made ice cream. In an earlier stage of my life, I was Production Manager at a milk and ice cream plant. We had a bulk transport adjunct that collected raw milk for processing from regional dairy farms. This allowed us to maintain high quality control standards in order to produce and distribute excellent ice cream. A relatively minor, but nevertheless enjoyable, task of mine was taste testing the finished product. I still know and appreciate the taste of good ice cream.

More than 25 years ago, I purchased a used 1974 Salton Ice Cream Machine for a paltry sum at the Lachute Flea Market. We have used it occasionally, but it had been sitting in a basement corner for quite some time when I decided to give it a new lease on life this summer. The antiquated machine that I am using has not been in production for perhaps a generation. The list of five replacement parts included in the 1974 manual and recipe book would have been available directly from Salton, for only \$19.50, including postage and handling.

Frozen treat

With this machine, you do not have to manually chip ice or use rock salt as the traditional technique requires. You prepare your favourite ice cream recipe, chill it in the refrigerator, pour it into the metal container that goes into the machine, then place the complete unit into the freezer compartment and plug the attached electrical cord into an external power pack which plugs into a standard electric wall outlet. The ice cream is aerated by a dasher and cooled by a fan. It is frozen in 1 1/2 hours, and only requires further hardening after removal from the machine before it is ready to enjoy.

The included vanilla ice cream recipe just calls for simple ingredients: 1/4 cup evaporated milk, 1/2 cup sugar, 1 1/2 tsp. unflavoured gelatin softened in 1/4 cup water, 2 cups heavy (35%) cream, 1 tsp. vanilla extract. Certain other recipes call for some grains of salt to be included.

Comfort food

Other flavour suggestions include sesame sunflower, chocolate, cherry preserve, espresso coffee, strawberry, butter pecan, pistachio, honey, rum raisin, blueberry, chocolate chip mint. Our particular favourites have been mango, Grand Marnier, and vanilla.

Whether you choose to purchase a sophisticated modern ice cream machine or adopt one of the many intermediate options outlined online, which can be as simple as mixing and thoroughly shaking before freezing in a Mason jar, the object of the exercise is to have a delicious summer comfort treat.

Enjoy

Laurentian Landscapes

Photography provides an opportunity to capture and keep special moments and unforgettable scenes. If you have any amazing photos of our spectacular Laurentian landscapes or wildlife please send them along to share with our readers.

This amazing photo was captured and submitted by David Brown while he was out kayaking on Lac Travers.





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Seniors drawing out the inner child

Andie Bennett

If you have ever wanted to draw but felt held back by your perceived lack of talent or skill, 4Korners has just the drawing class for you. Local artist, Carol Lyng, seamlessly moved her drawing classes online, when in-person courses became something we now reminisce about. Lyng says the most common feedback she hears is “I never knew I could draw and here I am!”



The upside to having the classes online is having more participants and expecting fewer cancelled classes during the snowy months of January and February. The downside of the online courses is that with the rising registration there is a finite number she can see on her computer screen at one time.

Rather than have the screen show her what the students are drawing, Lyng prefers to see her students' faces, watch their body language, try to offer help when they appear stumped and make sure everyone is following as she moves to the next step. Every drawing, aimed to be completed within the hour, is done with a simple pencil and 8x10 paper to make sure the class remains accessible. Shading can be challenging for novices so there is always a completed piece sent along for anyone who wants to continue working. However, an exact copy of the teacher's work is not what Lyng has in mind. She wants everyone's work to be as unique as the individuals themselves and tries to encourage participants to explore who they are as an artist.

Lyng says drawing, especially now, is a form of therapy. A moment for the real world to vanish in exchange for whatever whimsical setting has been chosen for the class. The drawings selected differ, depending on the students. For the younger kids, she keeps it simple and fun, but the seniors' class ranges from fanciful to classical. One day students could find themselves drawing a pumpkin with bat wings and the next a traditional log cabin with mountains in the background. She says drawing has a way of bringing forth the child inside - and sometimes the child outside. Seven-year-old Evangelo liked his kids' drawing class so much he decided to join the seniors' one as well. Lyng describes him as an old soul and, although he may be the direct opposite of a senior, much like complementary colors on the color wheel, he is a perfect fit.

The seniors' classes run every Tuesday from 10 am -11:30 am and will continue into the fall, and the kids' drawing class is Mondays at 11 am.

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NEWS BITS FOR AUGUST

QESBA applauds major win on Bill 40

The Quebec English School Boards Association (QESBA) is very pleased with the Québec Superior Court judgment in our favour on a stay of Bill 40: An Act to amend mainly the Education Act with regard to school organization and governance rendered by Justice Lussier today.

QESBA and its co-applicants filed for an interlocutory injunction or a stay in May of this year to suspend the application of Bill 40 to English school boards, arguing that the new governance model does not respect section 23 of the Canadian Charter of Rights and Freedoms to manage and control our minority language educational institutions. The Québec Superior Court found that the applicants had raised “very serious questions” pertaining to the Bill’s constitutionality. Moreover, it found that the disappearance of English-language school boards (and their transformation into English-language school service centres) constituted irreparable harm.

“We are very pleased with the decision today which has the effect of suspending the application of Bill 40 to English school boards pending a decision on the merits of the case. Given the very limited amount of time our boards have to organize school elections, scheduled for November 1, we are hopeful that the government will not appeal this decision,” said QESBA President Dan Lamoureux.

QESBA is the voice of English public education in Québec and represents 100,000 students in 340 elementary, high schools, and adult and vocational centres across Québec.



Moratorium on all real estate development on Lac Tremblant beach

The municipal council of the Ville de Mont-Tremblant would like to set the record straight with regard to rumours of a real estate project on the Lac Tremblant beach called the Beach and Tennis Club. With one voice, the members of council asserted that it wanted people to know that no residential construction project would be approved for that beach.

“The Ville has always worked with developers to ensure that projects suggested are in harmony with the character of Mont-Tremblant. There are, however, places that are part of our roots and must remain intact for future generations, and the Lac Tremblant beach is one of these,” declared Mayor Luc Brisebois on behalf of all members of the municipal council.

A development on the beach would require a zoning change as well as modification of the MRC’s development plan. The elected representatives of Mont-Tremblant are not prepared to budge: they have no intention of providing a zoning change nor of requesting a modification to the development plan to allow a real estate project to take shape on the beach at the Beach and Tennis Club.

Let’s not forget that a similar request for a zoning change was refused by the current municipal council in 2018. The resolutions stated, in particular that “the objectives of the town-planning master plan are to preserve and enhance the vistas that show off the architectural treasures and ensure adequate space and quality in terms of recreational facilities.”

This beach is a particular gem and is part of the town’s identity and its character, of Mont-Tremblant’s signature,” the mayor added. “It is our firm intention to save it from any development. ‘Our culture is nature’ is our motto, and it’s not merely an empty phrase. The council members and I believe strongly in it and believe me, we will walk the talk.”



Piedmont

The Municipality of Piedmont is pleased to announce the hiring of Ms. Cassandre Carette as Director of the Recreation and Culture Department. Ms. Carette has been in her position since July 13.

Ms. Carette has extensive experience in the field of recreation at the municipal level as well as training in artistic discipline and recreation. In particular, she has worked as a recreation coordinator for the municipality of Sainte-Marguerite-du-Lac-Masson since 2015. There is no doubt that her experience and training will benefit the municipality in all projects entrusted to it. Welcome to the municipality, Cassandre!

Departure of Mme Édith Proulx

Ms. Édith Proulx, who held the position of Director of the Recreation and Culture Department, left the municipality at the beginning of last April to take up new challenges. We would like to thank Ms. Proulx for the 18 years spent at the municipality during which she held her recreation position with competence, professionalism and dedication.

We wish her good luck in her new role!



STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Chantal Ouimet and **Antonio (Tony) Fabrizio La Palerma** who recently opened their new restaurant **Le Balmoral par Chantal & Tony**. They were previously owners of successful restaurants **La Grange** and **Bistro à Vino – Chantal & Tony**. Their new resto is located at the Balmoral Golf Club, 100 rue Balmoral, St. Sauveur. Chef Tony’s delicious speciality is Mediterranean market cuisine, the menu changes weekly. Some favourites are Mediterranean Sea Bass, Angus Beef Bavette and Escalopes de veau. Light lunch menu includes pizza, burgers and tartare dishes. They also offer homemade soups, fresh salads and delectable desserts. There is a beautiful outdoor dining area. Chantal and Tony also have a variety of wines. Enjoy live entertainment during your dining experience.

Info: 450 226-5656, ext. 225, Facebook: Restaurant Le Balmoral par Chantal & Tony.

Vasilina Babaeva and **Hugo David** who recently acquired and opened well-known **Restaurant La Bohème**, 251 rue Principale, St. Sauveur. Vasilina and Hugo also own and operate the successful **La Folie** on rue Principale, St. Sauveur. La Bohème is open Wednesday to Sunday from 5 pm to 10 pm. They serve traditional French cuisine including main courses of boudin noir, with potatoes and maple, veal liver with raspberry sauce, duck magret, couscous, mussels, pâtés and wonderful desserts. They also offer a variety of homemade soups and fresh salads. Wine is reasonably priced.

Info: 450 744-0504, restoboheme.com, info@restoboheme.com.

Did you know that:

Local personal chef **Tiffany Rieder** opened a new company **Deterra Cuisine**? If you are tired of cooking, want to serve healthy food to family or friends, and like the idea of delicious, convenient food, speak to Tiffany. She can provide your catering requirements for small intimate gatherings with family or friends right up to a full-blown menu for weddings or other events. Some of her specialties include international and traditional cuisine, a variety of homemade soups, mouth-watering cookies, brownies and flavorful scones. Her meals are flash-frozen, and salads are freshly made with local produce. Small or large meal portions are available.

Info: 514 996-8864, Facebook: deterracuisine@icloud.com or on Instagram.

For those of you who live in or near Wentworth-Nord, there is a wonderful restaurant called **Bouche B**, owned by **Denise Martin** and her husband, **Chef Mario Desjardins**? Bouche B is located at 4313, rue Principale, Wentworth-Nord and opened in 2013. They are open 7 days a week for lunch and dinner and offer take-out from Thursday to Sunday, 11 am – 8 pm. Entrées such as smoked salmon, salmon tartare, duck foie gras and crab cakes are available. Their specialties are pasta dishes such as linguini and grilled meats such as filet mignon, rib steaks and veal chops. A variety of excellent wines, portos, beers and speciality coffees are available. Two favourite homemade desserts are sugar pie and crepes with real maple syrup.

Info: 450 226-5209, resto.boucheb@gmail.com, Facebook: bouche.wn, bouche-b.ca

Locavore des Laurentides

It's time to register for the 100% local Challenge!

Building on the enthusiasm of Quebecers for local and responsible food, the 100% local Challenge is back in the region for a 6th edition, which will take place from September 1 to 30. All residents of the Laurentians are invited to register to challenge themselves to increase the number of local products on their plates for a month.

The 100% Local Challenge is therefore the perfect opportunity to stimulate the regional economy, promote food self-sufficiency and provide concrete support to agricultural producers in the Laurentians.

The 2020 edition more accessible than ever

“This year, participants will choose one or more objectives to achieve, such as visiting a new public market or discovering Quebec wines. The 100% local challenge means getting supplies as close as possible to home! Starting with the foods that grow in our garden, then the producers of our community and our region and, finally, the products of Quebec. Everyone can participate!”, explains Camille Tremblay Lalancette, interregional coordinator of the 100% local Challenge.

In addition to enjoying local food, participants will have the chance to discover new places to stock up in their region and to learn how to cook different seasonal products.

Another innovation this year: a brand new website full of tips and tricks to help participants succeed in their challenge. Content specific to each region of Quebec will also be offered to allow locavores to discover their culinary identity. For regional recipes, visit <https://defijemangelocal.ca/portfolio-posts/laurentides/>

Registrations are open!

The Challenge is open to everyone. Those interested in participating should register before August 31 on the event website: defijemangelocal.ca

Thank you to our partners

Le regroupement des Tablesde concertation bioalimentaire is pleased to count on the collaboration of many partners for the national deployment of the 100% local Challenge: the Union des producteurs agricoles (UPA), the Association des marchés publics du Québec (AMPQ), Aliments of Quebec and the Family Farmers Network (RFF).





About Sainte-Adèle

Chris Lance - Main Street

Quebec has given \$2M to Parc linéaire, Le P’tit Train du Nord. After receiving the cash, the Director General of the Parc linéaire, Mr Jean-Sebastian Thibault, commented that he was indeed pleased with the infusion of money, but to fix

completely, the Parc linéaire needed a restauration to the tune of \$20-25 million.

The construction is finished in the center of town, on rue Valiquette and the surrounding area. Nice new pavement and parking slots.

Our Mayor Briere hopes that no more Covid snares our citizens, as our Premier Legault opens things up to large gatherings of 250. Talk about politics, parties and young people. It seems that the CAQ is not seeing what is happening south of the border. Our politicos seem to have been pressured into opening up to big gatherings – that’s great financially, but if what is happening after reopening in the U.S.A. happens here as well, we will have big problems in the health sector.

The dapper Doctor Arruda has his head barely above water now. September – October is around the corner and the beginning of Nature shutting summer down and perhaps putting hundreds more in hospital beds. Only promotors and the ex-business leader Legault, like Trump, seem to be blinded by what’s going on and how to stay healthy – just open up and go for herd immunity. I hope this columnist is wrong!

In the meantime, there are family activities available in our town center at Place des citoyens. There is yoga, until August 18 on Tuesdays, from 7 to 8 pm. On Wednesdays, until August 19, there is Line Dancing, from 7 to 8:15 pm. On Thursdays, until August 20, you can Zumba, from 7 to 8 pm. Fridays, until August 21, you can participate in Swing en Solo, from 7 to 8:30 pm, and finally, on Saturdays, until August 22, bring the gang to Cardio, from 10 to 11 am.

Our beach is open on Lac Rond (access is free for all citizens, however you must present your citizen card) or rent a paddleboard, paddleboat or kayak to enjoy the view around the lake. Also enjoy the historic circuit and the 15 giant murals that are available to see throughout the town, all while you encourage and shop in our boutiques and stores along the way.

New this summer are the Adirondack chairs located at Lac Rond and several parks, as well as at the Place des citoyens.

Parc Doncaster is open from 8 am to 6 pm everyday: you can walk, hike, fish and picnic. Info at sainte-adele.net/Doncaster or 514 718-6686.

Cinema Pine has opened its doors to the public again for those craving something other than TV news or Netflix. At least we can watch NHL at night, a Covid survival test on skates.

Cinema Pine, in collaboration with the town, will have movie nights on August 8, 15, 22 and 29 in the Parc de la Famille. Check out the town’s website, or their Facebook page for all the details. Also, to encourage our local merchants, you will find, in the July issue of the Actualité Adéloise, coupons to encourage you to buy locally.

Tennis is open to those capable of playing the game. I, for one, play in the night leagues, from 7 to 9 pm. Daytime effort is tough, as it has been hot and humid, but that’s what is nice about our summers – a few months of heat before that snow blows across our ski hills.

Stay happy, wear the mask, keep distancing, even if you’re young and dumb, or old and wise. Enjoy the sports and the tail-end of our summer season.

The Virtual Arundel Art Exhibition; August 1 – 31, 2020

Simin Foster, Ateliers MÜZ

A magnificent art show showcasing the work of artists from the Laurentian and the surroundings!

The Virtual Arundel Art Exhibition is an initiative to celebrate, promote and showcase local artists during these challenging times brought about by Covid-19. This event has been organized by Ateliers MÜZ in collaboration with the Arundel Arts Group, as this year’s annual Arundel Art Show.

The Virtual Arundel Art Exhibition features over 135 beautiful artworks by a group of talented and accomplished painting and sculpture artists.

The Virtual Arundel Art Exhibition is hosted on Ateliers MÜZ’s e-commerce platform that is dedicated to virtual community art shows and a virtual art gallery for local artists.

Browse beautiful artworks and get to know the artists @ www.AteliersMuz.com. It’s free to access!



Live theatre returns to Morin Heights

Journées de la culture – Play readings – TMH November production all in one...

Ed earumentis eatur, vent harit ilicimilitis unt ut labo. Eliti digendisquas From September 25 to November 8, Theatre Morin Heights will present a selection of one-act plays that will be performed three times a week on Wednesday, Friday and Sunday afternoons from 4 to 5 pm.

In partnership with the municipality of Morin Heights, the large public room at Chalet Bellevue will be transformed into a theatre venue designed for small, viewing audiences. All appropriate protocols related to COVID-19 will be in place to ensure the health and safety of performers and viewers alike. Audience members will be asked to wear masks, sanitize their hands upon entry and respect all other social distancing rules.

All performances are offered free of charge, although donations are appreciated. Since the number of seats at each presentation is very limited, reservations must be made in advance.

Five plays are in the works that range in length from 30 to 60 minutes each. Only one play will be presented at each performance. Over the six weeks of presentations, the plays will be rotated into different time slots giving everyone a chance to see them.

The selection of plays includes three comical farces by David Tristram that chronicle the misadventures of a small town community theatre troupe famous for being very bad. These will be presented as rehearsed play readings whereby the actors will read from their scripts and incorporate some stage movement.

Two adaptations of classics with a more serious slant round out the program: The Stronger by August Strindberg and Anton Chekhov's Swan Song. Both will be presented as traditional formal performances.

Details regarding the play schedules, dates and reservation instructions will be posted on the website of both the municipality and Theatre Morin Heights by the end of August. Updates will also be posted on facebook.

For more information: www.theatremorinheights.ca, theatremoirnheights@gmail.com, 579-765-3999.

SuperFolk Morin Heights

Let there be music

That’s right folk lovers; the festival is on! Thanks to the dedication of festival initiator Ian Kelly, and a strong support team of folk music enthusiasts, four shows are scheduled to take place at Chalet Bellevue on August 22, 29 and 30.

Only 50 tickets are available for each show and residents of Morin Heights will be given a one-week advance option to purchase theirs. Remaining tickets will then be offered to the general public.

The shows will also be broadcasted on YouTube during the weekend of August 29-30. Only newsletter subscribers will receive the listening link.

For full details and to sign up for the newsletter, please visit sperfolk.ca.

Tickets on pre-sale now for Morin-Heights residents exclusively – in person only – at the Chalet Bellevue counter: 27 rue Bellevue, Morin-Heights. Open Monday to Friday from 8:30 am to 4:30 pm and Saturday from 8:30 am to 11 am.

*Please note that to ensure the health safety of everyone... certain measures, such as limited seating and wearing a mask until seated will be in effect.

On the program:

August 22: 7:30 pm - Gabrielle Shonk – Les Passagers

August 29: 2 pm - Ryan Kennedy – Tom Chicoine

August 29: 5:45 pm - Matt Holubowski – James Forest

August 30: 1:30 pm - Bobby Bazini – Geneviève Racette





Laurentian Personality Karen Savage – Artiste extraordinaire

Lori Leonard – Main Street

Artist Karen Savage and her husband Stephen moved to St. Adolphe in 1986. They truly embrace country living with its relaxed pace and the mix of unique individuals. Karen is inspired by northern landscapes, which, in turn, inspire every painting. Her landscapes inspire others as they are spectacular and unique. She states, “winter is the king of seasons in the Laurentians, due to the variety of weather, be it a snowfall, an ice storm, a winter moon or a brisk winter evening.”



Karen was passionate about art as a child and drawing pumpkins was a favourite, but it was paint- by-number sets that fascinated her. Karen took her first art class at Westmount Visual Arts in 1982 and was hooked. She also studied sculpture at Saidye Bronfman Center and continued Fine Arts at Concordia. When Karen moved to St. Adolphe, she acquired her first studio with potter Robin Hutchinson in Val David and did not consider becoming an artist until the age of 32.

Karen paints in oil and acrylic, but prefers acrylic. She paints quickly and enjoys seeing fast results. She is a spontaneous painter, specializing in expressionist landscapes and adores using a palette knife. Karen carries many images in her mind, so there’s never a shortage of images to paint. Karen works in an eclectic fashion, going where the wind blows her and follows the pathway to her heart. She served as Vice-President, Artistic Director of Arts Morin Heights for 7 years. Her work is enjoyed by clients worldwide as her paintings are appreciated by many age groups.

Her current studio is at Lac St, Joseph, St. Adolphe d’Howard where she appreciates a breath-taking view of the lake and mountains, but her inspiration comes from within. She is known as a colourist to critics and works in a broad range of colours; her current favorite is naphthol red. Karen claims that each piece she finishes is her favourite, then moves on to the next one.

Karen also teaches art and counsels her professional and amateur students not to use photographs as they limit originality. She says, “first students need to learn to draw and paint... then listen to their inner voice.”

Karen also writes poetry when she feels reflective or is moved emotionally. Whether it is a painting or a poem, she expresses herself daily.

Karen currently shows her work at Galerie Créations Côté, Mont-Tremblant (cotecreations.com) or see her work at artsmorinheights.com - Studio visits by appointment- karensavage.artist@gmail.com

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The City of Saint-Sauveur announces the reopening of certain municipal buildings to the public

Since July 20, 2020, the City of Saint-Sauveur has reopened its municipal buildings, with the exception of the offices of the Public Works and Engineering Department and the Fire Safety Department, which will remain closed to the public until further notice.

In order to provide an environment that respects the public health directives in force, the City has implemented various health measures in its buildings. In addition, it has changed the opening hours of the following services, until further notice:

Town Hall: Monday to Thursday from 8 am to noon and 1 pm to 4:30 pm; Friday: 8 am to noon. The Town Hall will henceforth be closed during the dinner period for an indefinite period.

Municipal library: Tuesday from 8:30 am to noon; Wednesday from 1 pm to 7 pm; Thursday from 8:30 am to noon; Friday from 1 pm to 7 pm; Saturday from 11 am to 2 pm. The library is closed on Sunday and Monday. The services offered are as follows: loan of books and subscriptions.

Chalet Pauline-Vanier: the Community Life Service is open according to its usual schedule, Monday to Thursday from 8:30 am to 12:15 pm and 1 pm to 5 pm; Friday 8:30 am to 12:30 pm. The rooms will remain closed to the public and to organizations until further notice.

Ville de
Saint-Sauveur



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The ABCs of going back to school safely

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See the FAQs

[Québec.ca/back-to-school](https://quebec.ca/back-to-school)



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From the Kitchen

April Sirois



Simple vinaigrette salad dressing

- 1 tbs. Dijon mustard
- 2 tbs. raspberry jam (you can use any jam that you like)
- 1/3 cup oil
- ¼ cup apple cider vinegar.
- 1 tbs. balsamic vinegar (optional)
- ½ tsp. salt
- ½ tsp. pepper
- 1 tsp. maple syrup (more if you like a sweeter dressing)
- 1 tsp. dried oregano or herb of your choice.



Put all ingredients into a small, sealer jar and shake well until fully blended. Delicious on simple greens. Keep in the refrigerator for up to 2 weeks. * In the summer I like to substitute the oregano for fresh herbs from my garden, such as dill, basil, cilantro or chives.

Summer Veggie BBQ packets

- 1 large red onion - roughly chopped
- 1 zucchini – roughly chopped
- 4 baby potatoes -quartered
- 1 sweet red pepper - roughly chopped
- 1 large handful green beans
- 1 large handful cherry tomatoes
- 2 cobs of corn – quartered.



- Put all veggies into a large bowl and toss with just enough oil to coat everything. (I like a canola/olive oil blend, but any oil will work.)
- Add salt and pepper to taste and any kind of herb or seasoning that you like. I like to use chives, dill, and about a tsp finely chopped garlic. Mix it all together to coat.
- Lay out a sheet of tinfoil and pile the vegetables in the middle leaving enough foil to pull up around the veggies and seal securely into a packet. Put onto a cookie sheet and place into the oven for 45 min at 350 F or double wrap it in foil to be sure that it is fully sealed, and place on the BBQ for about 40 min at med-high heat. Turn over about half-way through.
- You can add meat or shrimp to complete an easy meal, or eat all by itself with rice for a meatless meal.

*Be careful when unwrapping. The steam can burn.

Makes enough for 4 servings

Where’s the darn mango?

Last month in her regular column, Real Wine for Real People (see July edition, page 18), April discussed pairings of light wines with summer foods. Unfortunately, the main ingredient somehow got ‘chopped’ from the recipe! At the request of some readers who took the time to call in, here again is an amazing salsa recipe that is a delicious alternative to the traditional tomato variety.

Ingredients

1 RIPE MANGO – PEELED AND DICED

- 1 small red onion peeled and diced
- 1 small sweet red pepper diced
- 1 avocado peeled and diced
- Juice from ½ a lime
- 1 Tbs. liquid honey
- Dash of hot sauce
- ¼ cup cilantro (optional)
- Salt and pepper to taste.

Directions

Mix peeled and diced mango, onion, pepper and avocado together in a med bowl. Add lime juice, liquid honey and cilantro (optional) and mix well. Add salt and pepper to taste. Chill for 1 hour in the fridge before serving on grilled pork, chicken or fish, or with your favourite tortilla chips.



Arundel News

Janet Thomas



THE ARUNDEL ART SHOW GOES ONLINE

Covid can’t stop the Art Show! From August 1 until August 31, you can browse beautiful, high- quality paintings and sculptures available for sale online. Meet the fifteen well-known artists: Marie Claude Courteau, Jolaine Craig, Guylaine Duval, Philippe Faucher, Stephen Foster, Marjorie Griffin, Linda Lamontagne, Yolanda Goulet Marsoleil, Joanna Nash, Lise Paradis, Muriel Prochasson, Barbara Seville, Gladys Symons, Norman St. Vincent, Janet Young. Just visit www.ateliersmuz.com

ARUNDEL ELEMENTARY SCHOOL: TIME TO REGISTER FOR 2020-2021.

Arundel Elementary School is proudly bilingual, offering programming in both English and French to students who speak English, French or another language in the home. What better way to become fluently bilingual? To register for K to grade 6, please contact Jill Earle at jearle@swlauriersb.qc.ca Registration opens August 14.

WELCOME TO THE BOURGAULT-THOMAS FAMILY

Sylvie Bourgault and Grant Thomas have recently moved into their new home on the Barkmere Road, sharing time between Ottawa and Arundel. A former Montrealer, Grant grew up enjoying cottage life on Beaven Lake. He later raised his own family as cottagers on the lake, but left the area when the children had grown. Now, twenty years later, he is happy to return. Grant consults with Digital Opportunity Trust (DOT), a Canadian NGO, which provides leadership training to young adults in Africa and the Middle East. With fond memories of Laurentian vacations, Sylvie retired from her career as a lawyer with the federal Justice Department. She is a true-blue animal lover and an amateur artist. Together they are looking forward to enjoying the advantages of our beautiful area.

LIVE MUSIC AT THE MARCHÉ

Arundel United Church

Saturdays: Noon – 1 pm

Loisirs Arundel is looking to offer live music outside the church in the heart of Arundel to coincide with the Farmers Market. Come and enjoy a live outdoor performance. For more information, contact Patti Flanagan at 819-425-0898.



Making it Work in the Laurentians

Harnessing your transferable skills in a COVID-19 economy

Maya Khamala

The world is in a state of flux, of transformation, and it can be overwhelming on a professional level. But even in these unstable times, a new COVID-19 economy is emerging. The good news is that your transferable skills happen to be your very best friend.

What is a transferable skill?

In a pandemic economy, hardline training and education are, for the most part, taking a backseat to transferable skills—the ones you’ve developed over time and which contribute to making you an asset in any workplace, regardless of profession or industry. These skills are the secret to your job searches and your overall professional success. Examples of transferable skills, which are more important than ever in a pandemic and post-pandemic landscape, include strong communication, emotional intelligence, creativity, adaptability, initiative, resourcefulness, and the ability to stay well-organized and results-oriented! These are the qualities which demonstrate your ability to bring stability, success, and growth to a team, even in the face of uncertainty and fresh new challenges.

Why emphasize your transferable skills when job hunting?

Your transferable skills are your “life raft” in these times of upheaval. The reality is the job market has changed, making it necessary to change your job-hunting strategy to reflect this. Now is the time to redefine yourself by positioning your transferable skills at the front and centre of any job search. And, in a post-COVID workforce, when unemployment is elevated and competition is at an all-time high, understanding your transferable skills and their value can really set you apart, not least because you’ll be more confident, qualified and prepared.

How to highlight transferable skills

The first step in highlighting transferable skills is identifying them. Ask yourself what skills you’ll need for the job at hand. Write them down and circle the ones relevant to your targeted position. Then underline the ones you can “prove” on your resume. Focus on these.

On your resume

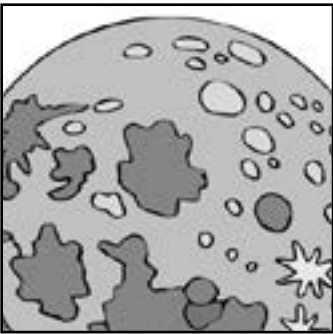
On your resume, try to “show rather than tell” by anchoring your transferable skills in real accomplishments, broken down into challenges, actions, and results. For instance, you might format an entry in your skills section like so: Leadership: transformed staff retention rates with ground-up development of a work-life balance incentive program. Open your resume with this section to communicate your key skills and associated accomplishments immediately to hiring managers.

In an interview

It may seem best to fly by the seat of your pants, but if you’re a recent grad, a career changer, or feel under-qualified for any reason, it can be helpful to use the following formula for clear communication in an interview setting: “As a [past role], I [describe responsibility], which taught me [X transferable skills]. This is a skill I would draw on as a [new role].”

Familiarize yourself with your transferable skills, reinvent yourself on paper, and when it comes time to interview, you’ll be prepared enough that it will come naturally! Happy job hunting. You got this.

YES offers free virtual one-on-one career counselling to eligible job seekers on and off the island of Montreal. If you need support with your job search, especially during COVID-19, contact us at yesmontreal.ca.



Zach Factor Electrifying pleasure

Lys Chisholm & Marcus Nerenberg -
Main Street

Now, in a freaky revelation, astrophysicists from observatories around the world are publishing a collection of mysterious data on FRB (Fast Radio Bursts), situated beyond the center of our Galaxy, in a consistent location, within the Constellation of Auriga - aimed towards us. The confusing element is that it took astrophysicists five years, due to overwork and lack of time, to properly analyze data, to realize that these bursts were occurring in the same place. Recently, Lowell astrophysicists have noticed these radio waves have patterns. In what should have been one-time bursts (so powerfully self-destructive at 100 times greater than the radiation issued by our Sun in 100 years), these bursts are periodic ‘repeaters’ and occur in odd stop and start cycles, as if they are trying to get our attention.

For most scientists, the concept of Extra-terrestrial Intelligence (ETI) beyond Earth still puts them outside the Venn diagram of possibility. Yet, in 1961, Astronomer Frank Drake proposed an equation to estimate the number of civilizations in our galaxy that produce radio waves. He believed we could detect other advanced civilizations with our radio and optical telescopes. Drake and colleagues founded SETI, an acronym meaning the Search for Extra Terrestrial Life. With a link of dish satellites from around the world, SETI initiated a proverbial search for a radio signal ‘needle’ in the haystack of our universe. And other countries soon followed. From the very moment Marconi activated his invention of the radiotelegraph, we have been sending signals out into space. Since that time, our planet has been like a giant telephone ring that is only getting louder. It is only natural to think that someone picked up the receiver and said: Hello?

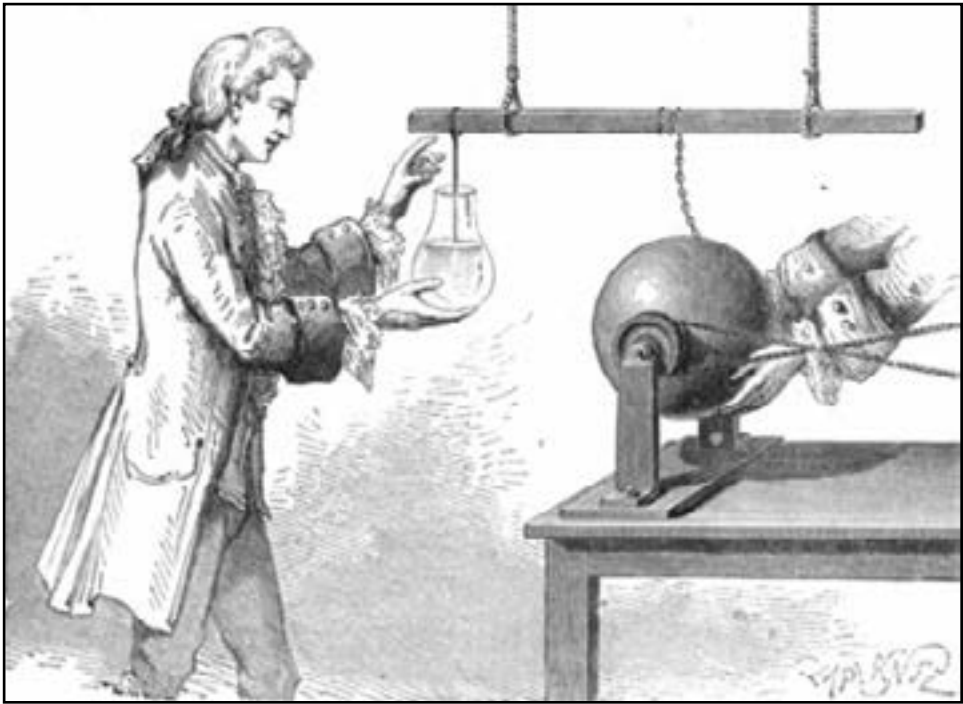
As well as using our planetary ears, the Keplar Telescope was launched into space in 2009 to become our eyes. In 1983, William Borucki at NASA's Ames Research Center studied the potential of finding Earth-size planets beyond our solar system by searching for the slight dips in starlight as a planet crosses in front of its star - a method called "transit photometry." His work evolved into the launch of the Keplar Telescope and, after a nine-year mission, the Keplar Team discovered the most comprehensive and detailed catalog of exoplanets. Of those, there are 30 near to us that fill the criteria of potentially sustaining human life, not too hot, not too cold, called the Goldilocks Zone. They may be occupied.

What if we make contact? What’s next? Many scientists have not broached this subject due to the voluntary censorship in compliance with those in authority and possibly huge cost to their careers. Ignoring reports from around the world, scientists have looked away from evidence of advanced civilizations as found in impossible stone constructions, in ancient carvings and glyphs with helmeted humans and non humans, in mass UFO sightings worldwide and recurring sightings at military bases, reported (and hidden) crash sites, like Roswell NM, in millions of contactee and abductions reports with similar descriptions, and even in the 2019 US Navy formal admission of extended tracking and monitoring of UAP (UFO nomenclature) with capacity and speeds far exceeding any known technology on Earth.

Science has moved at a snail’s pace to confirm what so many already know. Those who have examined the reality of ETI contact (Baum,Haqq-Misra,Domagal-Goldman; Acta Astronautica, 2011), are genuinely concerned. Some propose that it is ETI civilizations themselves who have requested anonymity for obvious reasons. Contact with ETI can profoundly affect our planet, our global cultures, and our religious institutions and potentially our health. Others believe ETI silence exists because they do not want to be worshiped again as in “cargo cults”. Our own human civilization remains warring and primitive; our technology may be a threat to them and our attitudes towards our own races, equality and sharing of resources reflect a less than civil welcome for any new races from off planet.

So, like the Who on Horton’s flower, it may take every one of us, working together in cooperation, before we take that important first step from Global to Galactic Citizens. The Pandemic, if anything, has been a critical step in planetary respect and cooperation for all of us.

Stay well, stay safe Zackians!



Pieter Von Musschenbroek, Professor of Physics, University of Leyden and inventor of the wildy popular 18th century electric capacitor, the Leyden Jar, in 1746. Image credit: Commons Wikipedia



The Story Behind Elizabeth Wand “The Air is Like Champagne”*

Joseph Graham - Main Street
joseph@ballyhoo.ca

The year was 1895 and the train to Ste. Agathe had been in operation for only three years. Elizabeth Wand, a nurse from New York City, a single American woman of the Victorian age, arrived in our small town and began to assess its potential as a health spa. She had read something about the area in Harper’s Magazine and decided that it sounded like a great location to look after ‘nervous wrecks and convalescents.’ At age forty, she walked away from fifteen years of nursing and became a pioneer in a new country, with a new language, setting up a health retreat.

She described Ste-Agathe upon her arrival: *The houses mostly built of logs, with plaster between, and white-washed. Little gardens with vegetables and flowers, all so neat and trim looking. The people clad in homespun of their own weaving, knitted stockings, good thick ones, also the work of the women and girls. The catalogue carpets and braided rugs, such a happy and industrious people, hospitable and kindly to a degree. She also left us some vivid descriptions: The old lady and her husband lived alone. They were amongst the first settlers in this new country. Her house was immaculate inside and out, and where her dish-pan and frying-pan hung there was never a mark on the white-washed wall. With her grey home-spun dress, her frilled white cap, and wooden shoes which she wore in her garden, she was an ornament to the village.*

Not only did Elizabeth Wand identify what would become Ste. Agathe’s vocation for the next fifty years, but she also initiated it, and, thirty years later, documented it for posterity. Her story, called Quisisana, published in 1925, is one of the best and most objective accounts that we have of Ste. Agathe in the late 1800’s. Here is a short excerpt from her stay at a hotel, which she failed to identify: *Chicken Fricassee sounds good, but when the heads are left in---enough said, even if they are beautifully cleaned. When some of the guests spoke to mine host about it, he replied, “Good enough for me, good enough for you, you no lak, you go, plenty more come.” The independence of the people is something to be admired. It is their country, wrestled from the wilds, hewed and made to blossom in their own way; if it doesn’t suit you, go somewhere else.* Throughout her memoirs she describes the fierce independence of the people she found.

After only five days in Ste. Agathe, Wand left to visit doctors in Montreal. She offered her services for convalescing patients, but received little encouragement. Upon her return, she rented a small house, which rapidly filled up with guests. She describes them as convalescents, but says they arrived without forewarning. She was so encouraged that she decided to build a proper home for her work: *I evolved something new in the way of a house. When the framework was going up it caused a great sensation, it was octagon in shape and looked something like a cyclorama. The remarks made by passers-by were anything but flattering. I pursued the even tenor of my way, and when the veranda was added, both inside and outside were charming, and compliments were many.*

The house can be found at 173 Tour du Lac, at the corner of Victoria. Wand sold it to R. Wilson-Smith, the mayor of Montreal, for his own use, it operates today under the name of Auberge de la Tour du Lac. Wand found it too small for her rapidly expanding clientele and built a more appropriate house somewhat further up the hill. This new building has not survived, or at least, we haven’t found it. There is a picture of it in her book showing a one-and-a-half storey house with a sloped roof, large balconies and both a round dormer and shed dormer on the second storey. She named it Quisisana, translated as ‘here is health’ in her book. The new house had electricity, hot and cold water and a fireplace. Business continued to improve and she soon gave in to pressure from her clients to stay open all winter. Believing that the secret to healing was to keep her guests active and outdoors, she persisted: *The air being so dry, we didn’t feel the cold, although the temperature at times registered forty below zero, but during the daytime with the sun shining brightly we donned our snowshoes and skimmed over the frozen snow... We dressed ourselves warmly and defied Jack Frost or, ordering the horses and providing ourselves with hot soapstones for our feet, and with our rugs wrapped around us, we drove for miles over the well-beaten roads made hard by the logging teams.*

During the seven years that she operated in Ste. Agathe, the town burgeoned around her. It was rapidly becoming a popular holiday destination and was gathering increasing importance as a regional centre. Hotels sprang up, the Anglican Church was built, the first Jewish religious services began and the lumber industry developed into wood manufacturing to supply the boom. Soon even the outlying farms and lakes were being rapidly converted into country retreats, and in 1899, Dr. Richer’s tuberculosis sanitarium opened on the hill above what today is the Autoroute access and exit ramp.

Sadly, Wand’s vision of Ste. Agathe as a centre for convalescence failed to take into account how the tuberculosis sanitarium would influence her own clients: *Seven years have passed in Ste. Agathe, the sanitarium for tubercular patients has opened, and Ste. Agathe will vie with Saranac in its treatment of those afflicted with this scourge. Needless to say that this now affected my work, and I found a serious decline in the number of my guests, although we were quite a distance from the sanitarium. She had just taken a mortgage to improve her property, but her family in New York had endured setbacks, obliging her to return there for the winter: When I returned in the spring, and called on the man who held the mortgage, saying that I was going up to the mountains, he said, “There is nothing belonging to you there, I have sold everything.” I made enquiries, but the bitter truth was revealed and I found myself stripped of all I possessed. I consulted a lawyer, but possession is nine points of the law; I had lost everything.*

Elizabeth Wand returned to New York, where she worked as a nurse and looked after her ailing father. When she next returned to Ste. Agathe in 1925, she wrote her memoirs from which I have quoted so liberally.

* This phrase, used many times in publicity related to Ste. Agathe, is a direct quote from Wand’s memoirs.
- Italicised sections copied verbatim from Quisisana, by Elizabeth Wand, privately published in 1925.



Garden Talk

Harvesting tips

June Angus - Main Street

All your hard work planting and tending your veggies this season should be paying off now. Here are a few tips to help you get the most out of your harvest.

The time of day you pick your vegetables affects the taste and storage success of a crop.

All vegetables should be harvested in the morning when they will be generally sweeter, crisper and juicier than if they were picked at other times. As they rest in the garden overnight, vegetables replenish the moisture lost during the previous day. Sweeter vegetables – especially root crop such as carrots and beets -- use the night-time hours to make sugars from the starches they produced.



Pick greens for salads or cooking while they are still cool and dew-covered from the night. Also best to do this on the day you plan to eat them. For culinary herbs, peas, green beans, cucumbers, tomatoes, squash, peppers, eggplant and melons, pick before 9 a.m. but after the morning dew has dried. Avoid picking any vegetables during the heat of the day, as they will turn limp or mushy very quickly.

Many vegetables are at their peak of quality and tenderness when still immature; for example, salad greens, zucchini, cucumbers, beans, peas, potatoes and turnips. Others, such as tomatoes and watermelons are best picked when fully ripened on the vine and where their flavours been given ample time to develop.

While it's wonderful when Mother Nature waters our gardens with rain, resist puttering around your plants on a rainy day. This is especially important with disease-prone crops like tomatoes, cucumbers, squash, and beans, so avoid harvesting or working around these vegetables in wet weather.

Anyone who grows zucchini will tell you that a tiny fruit can go from 2 inches to 2 feet in mere days. So stay on top of harvesting and do it often. Frequent harvesting can result in higher quality and better tasting vegetables, but it can also encourage a larger yield.

Specialized harvesting tools are not necessary for most vegetables including beans, peas, lettuce, kale, and so on. But it's best to use two hands for the job; one to hold the plant and the other to pull the part being harvested. It's helpful to us sharp pruners to pick large-fruited crops such as zucchini, larger tomatoes, cucumbers, peppers and eggplant. That way you get the fruit without damaging the plant.

Sometimes it's hard to know if root vegetables are ready to pick. Radishes make it easy by literally popping out of the ground. Sometimes beets and carrots may also push up through the soil a little to announce they are ready. But pulling a few random sample is sometimes the only way to know for sure.

It's a bit trickier with potatoes. One sign the young or "new" potatoes are ready is the formation of flowers on the plants. At this stage they may be about two inches in diameter. But the longer you leave them, the bigger they will become. Sticking your hand in the soil and feeling around the roots is sometimes the most reliable way to get the answer you want.

Place harvested vegetables in a basket or colander to prevent bruising or other damage. This can also make it easier wash to wash them without too much handling. I saw a good idea recently where an old kitchen sink (left over from a renovation) was placed in the garden next to the hose ready to wash off produce before bringing it into the house.

Harvest time is also a great time to track your successes or misses. This valuable information will help you to plan next year's garden.

Meanwhile, enjoy the fruits of your labour.

Introducing Luna

Our first connection with Luna was by touch, while still in her mother's womb. She was born on February 3rd 2019, an only female pup. She is a mix of Golden Retriever and Labrador.

During this challenging year of Covid-19 Luna has been my joy, my laughter and the savoir of my mental stability.

Where I used to spend hours on the computer, I now enjoy daily walks and nature's gifts. Every morning it's a run through the forest and evenings a walk by the river.

Luna has an Instagram, @lunawaning-crescent, where we share our adventures and learning of different doggie situations like removing a tick and licking an ice cube to keep cool during the hot summer days.

Her happiness is reflected in her face.



Word Play

The quality of mercy

Louise Bloom - louisebloom@me.com

Finally, last Saturday, it rained gently all day. In a physical way, I was reminded of Shakespeare's speech, "The Quality of Mercy", considered to be one of his most famous. Long ago, I had it memorized. As the rain hissed a soft tattoo on the outdoor landscape, the first four lines of this honoured poem, rushed into my mind. The words continued to dance in my head, as if knocking on the door of my consciousness.

Therefore, I decided to drop out of the mundane pleasure of this rhythm and look more deeply at the meaning.

The quality of mercy is not strained.
It droppeth as the gentle rain from heaven
Upon the place beneath. It is twice blest:
It blesseth him that gives and him that takes.
'Tis mightiest in the mightiest; it becomes
The thronèd monarch better than his crown.
—Portia, in William Shakespeare, The Merchant of Venice, Act 4, Scene 1.

The Merchant of Venice, the play from which this speech originates, is organized around the themes of justice and mercy. The question arises, can they co-exist? Does justice always have to be meted out as a fixed punishment? What is Mercy, as referred to in this play? What is Mercy as it is referred to in generalized terms? What is Mercy to each of us individually, and are there circumstances when we are merciful without condition? And, is Mercy a corollary for forgiveness? The synonym dictionary says it is.

"The quality of Mercy is not strained." On close reading, I understand that Mercy carries no stress; to arrive truly at the state of forgiveness one is free of strain, and if Mercy is not strained, it is therefore unaltered, a pure substance.

Shakespeare tells us that Mercy "as the gentle rain from heaven", is received from above and that we, living below heaven, are the recipients of its benefits. If we accept this idea, we might be reminded that we can also find forgiveness for ourselves.

A recent study with Rabbi Yitzach Izagui, my Jewish teacher, introduced the idea that God created the world initially, with an emphasis on discipline and judgement (Gevurah). To restructure the original design, following Noah's Ark, God decided to add to creation a sprinkling of loving kindness and mercy (Chesed) in order to come to a state of balance. Suggested, is that we explore our willingness to live according to a middle ground.

Mercy is "twice blessed," blessing giver and receiver. This signifies beneficence: defined as "an act of charity, mercy, and kindness, with a strong connotation of doing good to others, including moral obligation."

Shakespeare notes as well, that Mercy is as "the mightiest", personifies it as the better monarch, the ultimate ruler.

May we all be fortunate enough to recognize the quality of mercy when we experience difficulties ourselves.

I offer this contemplation as a temptation to read the entire passage. Shakespeare's view, of Mercy:

"It is an attribute to God himself.
And earthly power doth then show like God's
When mercy seasons justice."

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



Obituaries

RICHARDSON, BERNIE
September 28, 1953 - June 18, 2020

Russell Bernard “Bernie” Richardson, B.Eng., passed away peacefully, on his own terms and in his home on June 18, 2020, after a 22-month battle with bile duct cancer. Bernie is remembered as a loving and kind person with an unforgettable sense of humour by his daughters Elizabeth Dubois, PhD, and Emma Dubois, BSc., as well as his co-parent and best friend Sheryl Dubois (Richard Carruthers) and siblings Doug, Linda, Jo-ann (Michael Baumel) and Christine. Bernie loved his many (great) nieces and nephews, Natalia, Derek Richardson (Victoria Cossette), Sarah Young, Jeffery Young (Jessica Miller), Kerry-ann Howard (Adam Lenet), Jake Carruthers (Milaine Chaumont) and Ryan Carruthers (Roxanne Blondin) as well as grand nieces and nephews Jeremy, Zachary, Abigail, twins Cadence and Ethan, Aiden, Jamie, Charlie, Russell, and Livie. Bernie is pre-deceased by his parents Russell Richardson (1930 - 2014) and Jean (nee Venus) Richardson (1929 - 2011) and by his big brother, Howard “Howie” Rich-

ardson (1952 – 2019). Bernie loved sports and spent many memorable summers hunched behind home plate catching fastballs thrown by his brother Doug (Morin Heights Fastball League). Bernie always had “a project” on the go, the latest being a computer-driven laser he called Wood Burns. Should you wish, donations made in Bernie’s memory may be forwarded to KidSport Canada by going to www.kidsport-canada.ca/nova-scotia/donation. Bernie’s humour and particularly his word-play provided endless fun for family, friends and co-workers. In this vein his daughters wish for him to Rest in Peace and also, to Rest in Carrots. Bernie, you are loved.





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A truly heartwarming initiative 700 children’s drawings, letters and cards sent to seniors

Many children of employees of the Centre intégré de santé et de services sociaux (CISSS) des Laurentides, along with students of more than 20 of the region’s primary schools, spontaneously responded to a call for messages of encouragement to be shared with residents of our care facilities during the current COVID-19 pandemic. More than 700 heart-warming drawings, letters and cards filled with love were recently distributed and enthusiastically received by seniors.

The call went out last May from senior management of the CISSS des Laurentides to all members of staff, to ask their children to participate in creating artwork for residents of intermediate resources in the region. “We also liked the idea of involving local schoolboards that were open to this inter-generational project,” said Rosemonde Landry, President and Executive Director of the CISSS des Laurentides. “This endeavour was primarily an opportunity for sharing, caring and giving, involving young children and, by the same token, helping them to empathize with seniors who have been very isolated at certain times during the pandemic.”

Each of the 765 residents of our 24 intermediate resources received a drawing (laminated to help control and prevent infection), which gave rise to many happy moments, for the residents as well as for the staff of our various facilities.

“This initiative spread some much-needed hope and lifted the spirits of seniors at this difficult time, by showing them solidarity and letting them know they are in everyone’s thoughts. We sincerely thank all those who participated in this unifying endeavour,” Ms Landry concluded.



The English Link

Chillin’ Zone for our teens

Andie Bennett

The consensus among community groups a few months after the onset of Covid-19 was that teenagers were largely forgotten. There seemed to be a plethora of services and online courses or activities directed at seniors, parents and small children, but the teens were left to their own devices, quite literally. School was moved online, and most social interactions were via cellphone, even more than before teens were locked inside and asked to practice social distancing.

The subject came up at a meeting of the Conseil Jeunesse, a youth council that brings together representatives from various organizations with the focus on young people, and the brainstorming began. After a few Zoom calls, the Chillin’ Zone was born. For the rest of the summer, every Thursday afternoon, would be dedicated to teens. A place to chill and read comics, a bike repair workshop, free thrift shop, and outdoor games would be organized at different venues to offer something unique and safe for teens. The final Thursday Chillin’ Zone is coming up August 20th at Augustin-Norbert-Morin High School in Sainte Adele. It is a great chance to go and meet some of the organizations that collaborated on this weekly event. English-speaking staff is on hand and the Carrefour Jeunesse Emploi has worked hard to provide weekly flyers in English that 4Korners has posted on our Facebook page and community bulletins.

Many members of the youth council contributed, but the heavy lifting was done by Maison des Jeunes (Ste-Adele, St-Sauveur/Piedmont and St-Adolphe), the CISSS, the Carrefour Jeunesse Emploi (CJE) as well as the AVSEC (spiritual life and community involvement facilitator) of Augustin-Norbert-Morin High School. There was also collaboration from the different municipalities which provided the spaces and often some human resource help from the recreation and leisure departments.

It is no coincidence that the final Chillin’ Zone will take place at the high school. The CJE is hoping to bridge the gap to the unknown reality that awaits with the return to school, and wants young people to know they offer a sympathetic ear as well as support for staying in school, entrepreneurship, volunteerism and employability.

So, come check it out on August 20, at Augustin-Norbert-Morin High School, from 1:30-3:30 pm, and if you would like to see some videos from past Thursdays, find your way to the Pays-d’en-Haut 15-35 FB page at <https://www.facebook.com/Pays-denhaut1535ans/>



Essential Oils

Boosting the immune system

Susan Rich

Amidst this pandemic, one of the things we do constantly is to slather ourselves with hand sanitizers. The theory is good, the sanitizers do kill germs, but they also dry out our skin. This leaves tiny cracks, which are a perfect pathway for pathogens to enter our bodies. It’s really a vicious cycle. So, what can we do to protect ourselves? We can strengthen our bodies’ natural immunity with the use of essential oils.

Essential oils are powerfully concentrated plant essences. One drop of some oils can be the equivalent of large quantities of plant material. Before we had pharmaceuticals, all we had was plant therapy. Then came the pharmaceutical industry that obviously saw the benefits of plants, but couldn’t make money on them, as plants can’t be patented. So, they isolated certain parts of the plant that they felt were the most beneficial, created synthetic copies and now they can patent those products to make money. The big problem is that the body has a hard time assimilating the isolate as our systems react much better to the whole plant, in all its complicated glory.

Have you ever heard of the ORAC scale? ORAC stands for Oxygen Radical Absorbance Capacity. ORAC value, or ORAC score, is a method developed by scientists at the National Institute of Health and Aging (NIH) to measure the antioxidant capacity of different foods. A food with a high ORAC number is one that works powerfully in our bodies to eliminate free radicals, thus reducing inflammation, and, consequently, strengthens our immune system and slows our aging process.

If food is beneficial to reduce the inflammation in our bodies, essential oils will do it exponentially, as it takes just one drop at a time. I wasn’t surprised to see that the hottest oils were at the top of the list. Clove essential oil comes in at number one, followed closely by oregano, rosemary, thyme, cinnamon and turmeric. All these oils can be extremely beneficial to your immune system by incorporating them into your food daily. Always remember to read your labels to be sure your oils are safe to ingest.

For more information on how to get 100% pure CPTG oils, please feel free to contact me at 819-421-2253 or join my public education page on Facebook at Éducation Publique Living Essentials Public Education





Main Street Money

Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Looking at the big picture

Understanding environmental, social and governance (ESG) integration in investing.

You may have heard of the term ESG integration, but what does it mean in practice? Simply put, environmental, social and governance criteria are a set of factors that investors can use to analyze potential investments.

Back in the early 2000s, there was growing recognition that factors associated with ESG issues – traditionally not part of financial analysis – affected the financial performance of a business or the economy. Today, research has clearly established the link between long-term sustainable performance and good financial results. At the same time investors are increasingly aware of issues such as energy and water use, climate change, diversity and human rights. Investing with ESG in mind has come of age.

How it works

“Globally, sustainable investing stood at over \$30 trillion at the start of 2018, a 34 per cent increase from two years prior [and] the Principles for Responsible Investment (PRI) now includes over 2,300 investment firms globally as signatories,” says Margaret Childe, Director of ESG Research and Integration at Manulife Investment Management, citing the Global Sustainable Investment Review, 2018.

Many investment management firms offer ESG integration. Margaret Childe defines this as the explicit and systematic inclusion of ESG issues in investment analysis and decisions. Teams that have adopted ESG integration look at:

- Environmental factors – how a company’s operations affect the natural environment, and how the natural environment affects the company
- Social factors – the relationship between a company and its employees, suppliers and communities
- Governance factors – the structures or systems a company has put in place to ensure effective direction and control

Identifying areas of concern can help these teams avoid investing in companies with ESG vulnerabilities. Just as important, identifying ESG strengths can help investment teams select companies with good potential for long-term growth.

“While it’s true that firms incur operational and disclosure-related costs as they engage in good corporate behaviour and enhanced disclosure, they also stand to benefit from efficiency gains, greater trust from stakeholders, reducing risk and other long-term benefits,” says Childe. “Companies are acknowledging these benefits and taking action. Many companies globally have increased their focus on actively managing and reporting on ESG risks in order to remain competitive in the global market for products and services.”

Not all approaches are the same

ESG integration is distinct from two other approaches to ESG-conscious investing. Screened strategies rule out groups of companies (e.g., tobacco companies or weapons manufacturers), making them easy to apply; however, excluding too many companies from consideration can lead to greater volatility. Sustainable strategies focus on companies that are positioned to capitalize on the long-term macroeconomic trend of sustainability; again, this can lead to a concentrated portfolio and more volatility. In contrast, integrated strategies look at every potential investment through the lens of ESG, supported by the assumption that more informed investment decisions lead to better outcomes.

The ESG advantage

The ESG lens may be applied at the due diligence stage before an investment firm makes an investment, at the risk monitoring stage when the team is keeping tabs on portfolio holdings, and when the team engages in “active ownership,” working directly with companies to improve their ESG profiles and deciding how to direct

proxy votes. The key, with ESG integration, is that it’s part of an overall philosophy that is committed to reducing risk and improving returns over the long term for investors. An added benefit is that it requires companies to be more accountable for their ESG impacts, which can lead to a more ESG-conscious world.

HOW CAN ESG FACTORS AFFECT A COMPANY?

ESG factors can have a material impact on a company’s profitability. As Margaret Childe points out, in 2011, Intel revised its fourth-quarter earnings forecast down by US \$1 billion because hard drives were in short supply due to floods in Thailand. Three years later, in 2014, Coca-Cola was forced to shut a bottling plant in northern India because of water scarcity, raising questions about the company’s expansion potential in the world’s second most populous nation.

On the other hand, forward-thinking ESG practices can generate growth opportunities. Over at Coca-Cola’s competitor PepsiCo, former CEO Indra Nooyi responded to concerns about the public health impact of sugary treats and started directing research and development dollars towards healthier alternatives. Looking more broadly, MSCI researchers have found that companies rated higher for ESG factors have tended to demonstrate higher profitability and lower risk; furthermore, they have proven to be more competitive and often generated higher dividend payments compared to companies rated lower for ESG factors.

Are your investments benefiting from ESG integration? Speak with your advisor to find out.

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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New jobs available in rural communities

(NC) It can be challenging to find work opportunities outside larger cities, but an increasing number of organizations are offering employment to jobseekers across the country. One of these is Statistics Canada, which will be hiring enumerators and crew leaders for the upcoming Census of Population.

These roles are directly in rural communities, providing a chance for people outside the major metropolitan areas to develop skills and build up their resumes without needing to go far from home. Enumerators are entry-level positions that offer candidates experience working for a respected employer, as well as training and skills in interviewing, working with the public, data entry, map reading, following detailed instructions and more. Crew leaders supervise enumerators and get a chance to build their leadership and organization skills.

The data gathered in the census are used to provide demographic and socioeconomic information to all people across Canada. These results can help individuals, their communities and their governments plan, develop and expand key services and credits. For example, population, age and language data are used to evaluate school and language programs, health care, social assistance, training programs, housing benefits and more.

Applications for enumerators and crew leaders open in January 2021, with start dates in April 2021. Find more information at census.gc.ca/jobs.



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Real Wine for Real People The simple humble wine cork

April Sirois – Sommelier - ISG

One of the reasons we use wine corks today is from tradition. Corks have been used to seal bottles for thousands of years. It became the sealing material of choice for wine in the late 1600's. Interesting fact; it took until the late 1700's to invent an easy-to-use corkscrew to remove the cork from the bottle. Dark days indeed.



The use of the cork in the wine bottle brought wine into the modern age by not just sealing but also allowing the wine the ability to age and evolve in the bottle. The cork slows down the oxidation process, allowing the wine to age and evolve slowly over time. The best corks allow about 1 milligram of oxygen to enter the bottle each year. This small amount of air is perfect for helping age-worthy wines to develop their complexities over years or even decades, while the tannins are busy softening and rounding.

Cork is produced from harvesting Cork Oak tree bark, grown mostly in Portugal. The Cork tree continues to regrow after the bark has been harvested and can be harvested again every 9 years or so.

After harvest, it is dried for between 1 to 6 months. Then, it is boiled to clean and soften it to be reshaped, into the corks we know and love. Quality corks are punched right out of the cork bark. Lesser quality corks are made from pressing pieces of cork bark into a cork shape.

Alternative closures to cork

The screwcap: very popular in Australia and New Zealand where they were first introduced in the 1970's. They tend to fail often and are best for wines that are intended to be opened right away.

Synthetic corks: created from plastic. Vast improvements have been made since they were first introduced. The synthetic corks lack of a perfect seal allows more unwanted air into the bottle, causing the wine to oxidize. Also, many of the synthetic corks have been known to cause a slight rubber or chemical smell, damaging the wine.

Wine corks do have their own problems, the major issue being infection of the cork with TCA, which causes what is known as “corked wine”, leaving the wine with an unpleasant wet cardboard smell. Corked wine remains a serious problem in the wine industry and many people believe that it effects between 5% to 10% of all wine bottled under cork.

Corks have been the classic choice to seal wine bottles for hundreds of years. But now, with all the alternatives available, it is thought that only about 70% of wine bottles today are sealed with natural corks.

I doubt that corks will ever be replaced as the sealer of choice for most wines. The romance and the tradition of removing the cork, that special popping sound that lets you know you are about to drink wine.

That, my friends, is something technology cannot improve on.

~Cheers

Sky Watch for August – Perseid Meteor Showers

The peak of the Perseid meteor shower occurs overnight from August 11 to 12. If you miss out on the peak, don't worry — this shower typically builds up and winds down slowly, so you can head out on any of the few days before and after the 12th as well. In the few days following the peak, the Moon will continue to wane, offering a darker sky in which more meteors might be visible. Shower meteors should be visible until roughly August 26, although rates will drop off with each day past the peak that you observe.

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I'm Just Saying Hiding in plain sight

Ron Golfman - Main Street

Now that we have reached Phase 4 of one step backwards, two steps forward in the battle against the invisible enemy, COVID-19 (whose name still bothers me for its likeness to a classic Steely Dan song), the inevitable edict of mandatory masks has added more fodder to our angst.



For some, the notion of mandatory in a sentence gets their backs up, regardless of the issue or the relevance.

While I don't want us to be scanned continuously as I go through my daily life for obvious reasons, including having to admit that George Orwell was right again, I do understand why some things are that way. It is true that I grapple with cameras on every corner for the surveillance to protect us from harm and to catch 'the bad guy', because it feels too intrusive. I cannot help but sense that marketing groups are really in charge of indoctrinating my purchasing choices by following my every move, much like those seemingly fun Facebook questionnaires wherein once typed in, you get inundated with ads for all your favorite things in the quiz.

Wearing a mask in a pandemic while entering a confined space is not unreasonable as it protects not only you, but everyone else. Those who say it invades their liberty are missing the point that they are risking our health by not recognizing they are not alone out there. I had a ferocious discourse with someone recently who is a rabid 2nd amendment believer. He isn't much of a hunter, but his focus here was on being able to adequately protect his family from home invasion. Try as I might to accept his need for a rifle, he could not grasp that if we all wore masks, we would be affording everyone protection from a silent and invisible foe. The parallel was lost on him, again.

The whole Bill-21 issue cannot be ignored in the midst of the pandemic. Many in this Province could not understand why asking people to remove scarves, skull caps and headdresses was not the way to have a secular society, especially when the division of church and state was not present in the government's law based on religious gear. Thanks to COVID-19, it is the health law, not your background, which allows you to dress much as you would have before the virus. Odd that.

If you believe wearing a protective mask in enclosed public spaces infringes on your freedom, then you care little for your fellow human being, and your demand for rights is little more than saying you're worth more than others. To quote Bob, 'the times they are a changin'. Fingers crossed.

Finally, and I'm Just Saying, there are ways to handle people who risk everyone for the sake of selfishness and poisoned thinking. My favorite comedian, Dave Chappelle, told a story about growing up, when the hooded Ku Klux Klan came to his house. He and his brother were terrified and hid in a nook. His mother, a little, feisty and brave woman, told them to be quiet, but not scared, as the boys saw the cross burning on the lawn and the Klan knocking hard at her door. She flung open the door, looked at these masked men, and gave out candy.

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Nature Everyday Water as leverage: public access to water

By Mat Madison, biologist

Back from vacation, road tripping around Ontario, I’ve been thinking about the highlights of that trip. This year, seeing as we couldn’t leave the country, we decided on a road trip. Our goal was to access areas of wilderness, find spots to camp, ideally alone, and by rivers or lakes, catch fish, and eat what we catch along with some of the local agricultural produce from those areas. Every morning, after breakfast, we would break down camp and move to the next spot. I should mention that our camping spots and our water access needed to be free of cost. Ontario’s Crown lands were going to have to be the intended areas of interest.

Of course, the best spots were in northern Ontario; thousands of lakes, pristine river systems and huge areas of forests and wilderness. Some spots worth mentioning were north-west of Temagami, north of Kapuskasing, west of Nipigon, north of Terrace Bay and east of Killarney. At every one of these sites, we had a tent at spitting distance of the lake or river, a beautiful view, access for our canoe, fishing and swimming opportunity, and, of course, we were alone!

Ok. My monthly article is far from being a travel magazine ad, and I am certainly not a travel agent. So, I’ll get to the point. Below North Bay and Sudbury, it became increasingly difficult to access public land because there was significantly less Crown Land and because said public land was not accessible. I want to be clear here; the only reason I had found those great spots in the north is because roads had been built for forestry or for dam construction, allowing me to drive my sedan through to get there (not without a few Dodge Rams and Ford F-150s wondering where and why I was driving out that way). Then there were areas like Northern Hastings County, Kawartha Lakes area, Muskoka and Haliburton regions and the general Georgian Bay area where I could barely find a free, public access to forest and water. Most of the countryside and the areas of interest were effectively privately owned. Finally, when I found a forestry road accessing a lake with a public boat launch, there were already many people camped and boating or fishing. Then, on the Bruce Peninsula, public access to water became increasingly limited and managed by townships or private interests. Even access to Bruce Peninsula National Park either needed to be reserved a month in advance, or you needed to arrive before opening hours in the morning to get a parking spot. Of course, these areas of limited access reminded me of the Laurentians.

The southern part of Ontario reminded me of what we see going on in Gaspésie. Closer to home, in Rawdon, the municipality had to shut down public access to a public park near the falls, and reserve access to local residents only, after people started rushing there from the city in high numbers, causing a Covid health risk and leaving trash everywhere in that pristine watercourse area.

Truth be told, in 2016, Abrinord (the North River watershed organization) determined that public access to water resources in our area would be limited to 62 public shore-line parks, 26 public beaches and 19 public boat ramps. All those beaches were managed by municipalities or private interests, and 14 beaches were not free. Of those 19 boat ramps, 11 involved access fees, which were generally high for non-residents. Are these public water access points enough for the over 200,000 permanent residents living in the North River watershed areas? That is a question I often get from journalists when they contact our Abrinord offices.

As this article fits in to the “Water as leverage” theme, I am left with the idea of trying to find a solution to these water access issues. I understand that the issues are complex. Environmentally, we would want to protect our waterways from pollution, from exotic and invasive species, from erosion and from the loss of water quality. Socially, we would want our water access points to be safe, to be fair, to be aware of potential conflicts between residents and visitors, and to be able to reconcile between different water uses, like boating, swimming, canoeing, fishing and just relaxing by the water.

Nonetheless, I feel like water access for all is a great leverage point for developing tourism and for enhancing the quality of life and overall health. It can also be leverage for protecting our waterways and water quality, which would contribute to allowing fresh and safe water to reach our potable water sources. Water access for all gives an immense value to our water resources, a value we must be willing to share and to invest in.

Our public water access managers and stakeholders need to keep in mind that water access has its issues and that the only way of making good and sustainable decisions is by promoting an integrated approach to water access management. We must be creative, fair and benevolent in finding innovative ways to manage environmental, social and economic issues surrounding water access. Most of all, we must learn to work together, to encourage citizen participation, to collaborate between stakeholders, and to share responsibilities. Water access for all also means shared responsibilities for all, and this can be reached with education, awareness, science and monitoring, participatory management, and continuous improvement.

What do you think about access to water in your area? How would you like to contribute to Water access for all?



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