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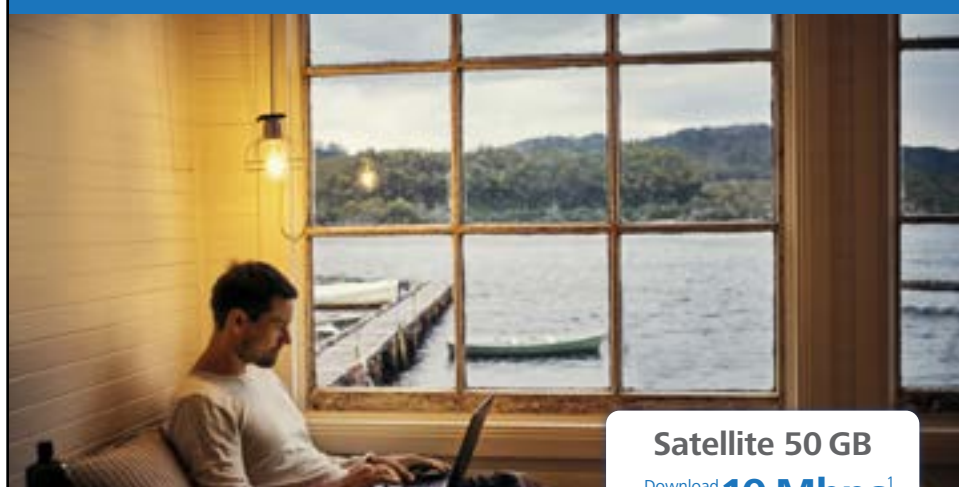
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## What's On My Mind... New challenges for business owners



Susan MacDonald, Editor

After an intense year and a half of business closures, restrictions, and the necessity for re-inventing how businesses operate, business owners are now facing a new challenge; finding employees. This problem seems universal, particularly in the fields of hospitality, retail and health care. Once again, the Covid-19 pandemic is upending the labour market, leaving Canadian business owners struggling with the worst labour shortage in decades.

According to a recent announcement by Statistics Canada, the economy added 230,700 jobs in June as pandemic restrictions were lifted across the country. This gain was attributed to an increase of 263,900 part-time positions and a decline of 33,200 full-time positions. The unemployment rate fell to 7.8 percent, compared to 8.2 percent the previous month.

Continuing to struggle financially, while attempting to recover from the pandemic closures, some business owners, although eager to return to full operational status, are now obliged to reduce their opening hours due to staff shortages. Others are offering paid training, higher wages, and improved benefits, such as extended paid vacations that they can ill afford, in an effort to find qualified workers. Still, the problem continues.

Another concern business owners have is that as the economy recovers and stabilizes, current employees, who held onto their jobs during the pandemic will quit and seek other employment.

So, where are the workers?

Many people still have concerns over the safety of returning to work, especially in face-to-face positions, such as in retail, hospitality and healthcare. Others have doubts as to the efficiency of the vaccines available and would prefer to avoid public interactions and work from home.

Lack of daycare options is also an issue, as many care-centres closed permanently due to the pandemic, while others have a long waiting list. Many summer day camps cancelled this year's program, leaving parents with no option other than to remain at home.

Finally, many Canadians have become dependent on the Canada Recovery Benefit, which will continue until September 25, although the amounts received will be reduced soon from \$500 to \$300 per week. At that time, they will then be obliged to seek out employment, or find other means of income.

We are not out of the woods yet and it will take years for us all, professionally and personally, to recover from the tragic events of the past eighteen months. The toll, economically, socially, mentally and health-wise, has been significant and we will feel those effects well into the future. For now, we can all help to support our local businesses from both sides of the counter.

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# The Adventurous Koko Lee

## Young Laurentian athlete embarks on incredible journey

Susan MacDonald

Koko Lee, also known fondly as OptiKoko, is about to set out on an arduous journey inspired by her love of sailing, her connection to nature, and the tragic story of a lost humpback whale who, in May/June 2020, mysteriously swam up the St-Lawrence River. The wayward whale subsequently died a month later. Through her journey of self-awareness, Koko hopes, symbolically, to return the spirit of the whale to its family just off the coast of Tadoussac, and she plans to do so using the sporting skills she has mastered in her brief, yet highly respected, athletic career. I say brief, because Koko is only eleven years old.

From a very young age, Koko demonstrated a passion for sports, which included mogul skiing and swimming and, more recently, Optimist sailing. Strapping on her first set of skis at the age of 3 ½ years, she joined the Équipe de Bosses Saint-Sauveur when she was 6 years old, and barely able to mount the chairlift on her own. She excelled in this sport, and has been elected ‘outstanding athlete’ twice by her mogul team. Koko has been skiing the slopes of Mont-Tremblant and beyond ever since.

In swimming, Koko has been with the CNMT (Club de natation Mont-Tremblant) for many years under the expertise of Head Coach, Loredana Horvat, and is currently ranking at the top of her class in both ‘Brasse’ and ‘QNI’ in Quebec in her age group.

At 7 years old, Koko picked up sailing, starting with the CANSail program. After her first week of training, she was recommended to join the Green Fleet (pre-racing program). She attended regattas to gain racing experience and, in the summer of 2019, now 9 years old, officially joined the Pointe-Claire Yacht Club (PCYC) Opti Race Team, and actively started racing in Opti Class regattas.

The Opti dinghy is a small, single-handed sailboat designed for children up to the age of 15 years. Its dimensions are 2.36m (LOA – length over all) by 1.12m (Beam-width at the widest point). It has no motor and uses wind as its only power source and can withstand winds up to 25 knots.

The highlight of the sailing season is the annual Canadian Optimist Dinghy Championships, held in mid-August, and it was with great enthusiasm that Koko looked forward to attending. Unfortunately, the 2020 event, scheduled to be held in Nova Scotia, was cancelled due to the pandemic.

Koko’s other passions include dolphins, and throughout her elementary school years, she completed many assignments and conducted several oral presentations on this topic. Her interest spread to other marine mammals as well, including whales, and she was immediately captivated by the story of the lost humpback whale’s plight when she saw it on the news. She was deeply saddened to learn of the animal’s demise.

This event raised many questions for her regarding the actions taken by the public to aid this whale; did we do enough? It also led her to ponder the ongoing damage being done to the oceans, and the negative effects on marine life and our Earth. These factors, united, were instrumental in the planning of Koko’s upcoming, incredible journey of self-awareness.



After the cancellation of the annual championship in Nova Scotia, Koko and her family decided to move up her expedition to this August, although it was originally scheduled for 2022, as a conclusion to her elementary school years. Her pre-determined course has been explored and organized, and she will soon set out on the first leg of her journey. Many challenges are ahead for this courageous and determined young person.

In memory of the whale, Koko will cycle from Lac Mercier (Mont-Tremblant) to Montreal, then sail

down the Saint-Lawrence River from Montreal to Québec City, cycle from Quebec City to Tadoussac and, finally, cross the Saint-Lawrence from Tadoussac. Her itinerary, below, is roughly planned out, but will be flexible to allow for weather, tide conditions and Koko’s physical condition.

### Sailing logs are planned as follows:

- Log 1: Montreal to Sorel-Tracy
- Log 2: Sorel-Tracy to Tros-Rivières
- Log 3: Trois-Rivières region to Portneuf
- Log 4: Portneuf to Quebec City

This young girl’s story captivated me from the start. Even at such a tender age, Koko has demonstrated her superb athletic abilities, an empathy for the environment and for those who cannot speak for themselves, and the strength of character to embark on a quest that will remind us of our impact on the planet. I am humbled by the fortitude of this young girl. In my mind’s eye, from the moment she settles on the seat of her bicycle on the day of departure, inhales that last deep breath before pushing off, Koko, is already our Laurentian champion.

If communications and time limits allow, we will follow Koko along her journey next month or, if not possible, in the months to come, but we will support and be with her spiritually throughout her travels. Without doubt there will be many highs and lows along the way that she will share with us, and I look forward to sharing them with our readers.

Koko...may the song of the wayward humpback whale sing joyously to you at your journey’s end...



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## Simply Words on Paper

# Good storytellers tend to get better health care

Jim Warbanks - Main Street

The entire Quebec Health Network is in dire straits. Staff shortages, forced overtime, emergency rooms curtailing services, an immense backlog of surgeries are only a few of the current challenges. If you need urgent health care, the approach you take will have a significant influence on the level of care that you receive.

Two professors of psychiatry from the University of Toronto have identified a category of patients who have more difficulty expressing their needs because of a history of childhood trauma.

### ACEs

Research on the links between adverse childhood experiences (ACEs) and poor mental and physical health has made this formerly hidden risk factor lead to expressing a confused, negative narrative.

The numbers are staggering. About 60 per cent of adults experienced at least one type of ACE. About one in three children experience serious physical or sexual abuse or are exposed to interpersonal violence. It is a major public health problem.

The example cited is of a woman who can only express a vague concern about her dizziness both to the triage nurse and later to the doctor who examines and expects to treat her adequately. Impaired storytelling will undoubtedly delay for quite some time, and quite possibly compromise, her eventual treatment.

### Increased risks

In addition, ACEs are linked to unhealthy behaviour and experiences later in life. They increase the risk that a child will smoke cigarettes, adopt unhealthy drug and alcohol use, become obese, or experience further trauma as an adult. They thus increase the risk of diseases of the heart, lungs and liver, pain syndromes, and some cancers.

I submit that even an articulate patient, without an ACE background, can fall into a similar trap under certain circumstances. If you cannot reach your family doctor in a timely manner, or you must go to an unfamiliar health care facility because of schedule shifts or closures, you may receive sub-standard care due to what is called narrative incoherence. Your treatment may well depend on your overcoming this debilitating factor.

The philosopher Paul Grice in four maxims described the qualities of a good narrative: have evidence for what you say (quality), be succinct yet complete (quantity), be relevant to the topic at hand (relation) and be clear and orderly (manner).

### Practical steps

There are some specific steps you can take to improve your diagnostic outcome. Bring a friend who will help you remain calm and organized. Explain that you are anxious and need a little time to describe the problem. Make notes in advance about your most important points and questions. Remember also that health-care workers, though harried and over-burdened, need to recognize the face of fear. The doctor should help you to organize your thoughts instead of interrupting to interrogate you. Your mutual goal is to fully determine your symptoms and provide the needed care.

Based on a technique that I have employed at various career stages, I have found that a valuable element to be added when dealing with an unfamiliar health care professional, whether triage nurse, technician, consulting physician or other is to establish a link so that person will remember who you are.

In business, that may have involved a key supplier, valued customer or even a bureaucrat who could provide vital information. The link could be a shared interest, a common friend, a timely joke or a play on your name or theirs. Indeed, whatever comes to mind.

### Stand out

In healthcare, the goal is for you to stand out among the herd of patients that person deals with on a daily basis. Perhaps among the most valuable tricks are repeating the name of the person who provided your referral, the name of a well-known professional that you consulted previously, adding, if appropriate, a comment on their personality. All the techniques that apply in the business sector may also prove useful.

Just consider this. You make decisions daily to try to assure that your needs are recognized and met. This among friends, family members, neighbors, shopping, contracting for services. These are seldom more vital than good physical and mental health care should be.

Whether you suffer from the debilitating consequences of ACEs, or are fortunate to have experienced a healthy environment, you must make every effort to become a good storyteller in order to get the best possible health care.



## 4Korners Art Show

Andie Bennett

For over a year, 4Korners members have been toiling away in their art studios (aka: living rooms, bedrooms etc.) creating everything from bold bright landscapes to cheeky raccoons sporting a tuque and scarf. The daily theme for the 4Korners online painting and drawing classes may be the same for every artist, but the results are all unique and guided by the experienced hand of art teacher Carol Lyng.



To recognize and celebrate the works of art that have come out of the 4Korners painting and drawing classes, we will be hosting a vernissage and exposition in October. The idea was launched at a staff meeting by team member Cynthia David and perked up the ears of our Seniors & Caregivers Coordinator, Elisabeth Arbaud. “When Cynthia mentioned this, I just thought, oh my GOD! That would be amazing!” Elisabeth knows a thing or two about setting up an exhibition. Her father was a well-known French painter by the name of Lucien Arbaud and although she insists his artistic talent passed her by, she grew up very art focused, attending art shows and vernissages. 4Korners will certainly lean on her expertise to coordinate the semi-formal vernissage the evening of October 22, and the following day’s exhibition from 10 am – 2 pm. All artists were invited to participate and asked to drop off their selected artwork at our head office in Deux-Montagnes, or one of our satellite offices in Sainte-Agathe or Lachute. It did not take long for the paintings and drawings to come flooding in.

The classes allowed our community members to express themselves artistically, as well as to provide a place to connect people and break the isolation that many were experiencing with the COVID-19 restriction protocols. Many were already feeling isolated prior to COVID-19, and the success of the online classes showed us the importance of providing these options to our community. Now, members who have only painted and drawn together in the virtual world will have a chance to finally meet up in real life and do it while in fancy dress, noshing on canapés with a sparkly beverage in their hands! We will be inviting artists, partners, teachers, staff and mayors from the various MRC’s to the vernissage, while the Saturday exposition will be open to the public. For updates, please keep an eye on our Facebook page at <https://www.facebook.com/4KornersCenter/> or subscribe to our newsletter at [info@4korners.org](mailto:info@4korners.org).

## Complete closure on Chemin Saint-Michel

The Ministère des Transports is informing road users of a closure of chemin Saint-Michel, near rue Lépine in Brownsburg-Chatham as of July 27.

This short-term complete closure is necessary in order to allow the repair work to be carried out on the nearby bridge, on Lépine Street, over the West River. This work, which began on July 19, will continue until August 21.

During the closure, a 38-kilometer detour road is accessible via Route 327, Chemin de la Rivière Perdue and Route Principale.

The work may be modified due to operational constraints, the progress of the site or weather conditions. Before taking the road, users are invited to consult Québec 511 in order to find out about the current obstacles in the sector.

For the safety and health of workers, all the necessary sanitary measures are deployed on this site. The Department thanks road users for respecting the signs in place in the work zone.



### Election staff wanted for 2021 municipal elections

Do you want to get involved in the smooth running of the municipal elections of November 7, 2021? The Municipality of Morin-Heights' president of elections is looking for staff on the day of the elections on November 7 and the advance polls on October 30, 31 and November 6.

The candidates sought will occupy the roles of Deputy returning officers, secretaries, or poll workers. The expected salary ranges from \$ 265 to \$ 345 per day, depending on the position held. Staff should be present at the polling stations from approximately 8:45 to 21:00. Mandatory training must be followed.

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## CISSS - Consult the right place for the right problem

Due to the continuing high number of visitors to the emergency rooms of the six hospitals in the Laurentides region, namely those located in Saint-Eustache, Lachute, Saint-Jérôme, Sainte-Agathe-des-Monts, Rivière-Rouge and Mont-Laurier, the Laurentian Integrated Health and Social Services Center (CISSS) is asking for the collaboration of the population to facilitate access to care and services for users whose cases are urgent and require rapid care.

“When it comes to solutions, the collaboration of the population remains our best ally. Anyone with a non-urgent health problem can help reduce traffic in our emergency rooms at all times by consulting the right place, according to their needs, when possible,” states President and CEO of the CISSS des Laurentides, Ms. Rosemonde Landry.

Users whose situation is not urgent are invited to consult their family doctor, pharmacist, a doctor in a walk-in clinic or to contact Info-Santé, by dialing 811, where a nurse can contact them, advise and direct them to the appropriate department.

A person whose situation requires urgent care is always invited to go to the emergency room so that they receive the essential care they need.

The current traffic observed in the emergencies of the CISSS des Laurentides is higher than usual. Various factors may explain the situation, including the increase in consultations by the population during this more stable period in the face of COVID-19, as well as the increase in the summer population of the Laurentians with the presence of tourists or seasonal residents.

The CISSS des Laurentides remains in action to improve the current situation and would like to thank its teams for the work carried out as well as the population for their collaboration.

## Argenteuil soon to have 100% high-speed Internet coverage thanks to financial support from the governments of Québec and Canada and the community

It is with great pride and satisfaction that the MRC d'Argenteuil and Fibre Argenteuil inc. welcomed the announcement, on July 21, of a joint investment of \$12.6 M by the governments of Québec and Canada for the third and final phase of their high-speed fibre-optic Internet deployment project. Once completed, the large-scale project will ensure that the entire population of the MRC d'Argenteuil has access to this essential service.

Following on from the high-speed Internet installations already underway in the region (Québec Branché, Connect to Innovate and Régions branchées/Fonds d'Appui au Rayonnement des Régions), the Argenteuil Branchée, Volet Éclair II project is specifically dedicated to connecting an additional 1,955 residences. The project, whose total cost is estimated at \$14,525,750, will receive \$12,636,585 from the Québec and Canadian governments; the difference will be covered by the MRC d'Argenteuil and Fibre Argenteuil Inc. This valuable financial assistance will enable the completion of the MRC d'Argenteuil's vast high speed Internet deployment project aimed at connecting nearly 8,000 homes, for which the governments of Québec and Canada will have provided a total of \$26 M in funding out of total investments estimated at \$34.6 M.

## New program with a budget of \$270 million to bring sustainable solutions to protect our living environments

As part of the Land Protection Plan against Floods: sustainable solutions to better protect our living environments, the Minister of Municipal Affairs and Housing, Ms. Andrée Laforest, is proud to launch the new Flood Resilience and Adaptation Program (PRAFI) - Resilient Development component, with \$ 270 million to implement innovative solutions to deal with floods.

The PRAFI will support municipalities in carrying out resilient developments. The sums can thus be used to better protect built environments in sectors deemed to be at high risk of flooding and to promote the implementation of sustainable solutions at the watershed level. As of August 16, eligible municipalities will be able to submit a request for financial assistance as part of a first call for projects.

It should be noted that this program will promote developments which aim to reduce runoff water, allow the retention of rain and runoff water during floods, as well as restore the functional space of watercourses. In this sense, initiatives reducing the risks associated with flooding, such as the creation of free spaces for watercourses as well as the restoration and creation of wetlands, would be admissible throughout Quebec.

Remember that last December, the Quebec government announced the deployment of 10 project offices in the main regions at risk of flooding. In this regard, the resource persons necessary for the operation of these offices are hired. The latter will be able in particular to ensure the consultation of the stakeholders affected by the floods, including the municipal sector. Moreover, start-up meetings with the latter took place during the months of May, June and July.

### Welcome to:

**Johanne Dubreuil, Eric St-Martin and Anthonie Tremblay**, the owners of the new **Anorak Broue/Brew Pub**, 2 Meadowbrook, Morin Heights (formerly La Grange). Their son, **Alexis St-Martin**, is the bartender. The brewing facility installation will begin in August and the brewing will start around October and ramp up to offer a variety of 16 beers “on tap”. Some of their on-site brewed beers will include a German Kölsch and Hefeweizen, a British best bitter (brown), Irish stout, Irish red and Belgian Witbeer (made with orange peel and coriander) and many others. An assortment of beers in cans ‘to go’ will also be available. The bar also offers a variety of cocktails and wine to please every taste. Chef Jimmy Laroque designed an “American Barbecue” menu including smoked brisket, pork ribs, pulled pork and traditional smoked meat.

Also on the menu are Anorak's Mac ‘n cheese, fettuccini carbonara and linguini. There will also be several flavourful appetizer choices. Menu options will be available in Tapa servings to allow patrons to share plates and have a wider menu experience. Apparently, Eric bakes a mean sugar pie (secret family recipe) and carrot cake with cream cheese icing. They will feature a special “cottage goers box” filled with their choice of weekend meals. They believe in human interaction and will feature many types of interactive family games. Also open for private and corporate functions. We wish you much success with your new pub. 579 477-1004 / brasserieanorak.ca / Facebook: Anorak Broue Pub.

### Congratulations to:

**Catherine Guérin** who opened up **Le Stand**, 719 ch. du Village, Morin Heights. Catherine just recently opened her doors to serve delicious hot dogs, hamburgers, homemade fries, a variety of poutines, onion rings and gelato. Le Stand offers pick up until 7 pm. Best of luck Catherine with your new venture! 450 512-8857 / Facebook: Le Stand / lestand.co.

### Did you know that:

If you want to have some snacks or a meal with drinks you can stop by **La Cour Arrière**? It is a new concept. Located at 206, rue Principale behind Lola 45 restaurant. Same owner as Lola 45, different restaurant and menu. This is a friendly place for friends to meet at a rustic-chic venue featuring refined, seasonal New Canadian cuisine & cozy bar area. Flavourful appetizers, unique meals and fun cocktails. Lunch is served Wednesday to Saturday and dinner is served Tuesday to Saturday. Oysters on special \$1 each on Tuesdays. 514 688-9305 / Facebook: La Cour Arrière

If you enjoy playing the piano, that there is a **public piano** ready to be played at Prévost train station? Come one, come all, to display your musical talent and have some fun. The piano is available dependent on weather and opening hours of the train station. There is liquid disinfectant available for everyone to use before or after playing.

If you like to read, you can check out **Aux Vieilles Pages**, 24 de la Gare, St. Sauveur? It is a boutique offering an online bookstore and café-bookstore that offers books for all budgets and a variety of used books for the whole family! You can get used books in excellent condition at a portion of the price at regular stores. Should there ever be a slight defect, the sign \*\* followed by the description of the imperfection is mentioned before the description of the book. Open Tuesday through Saturday from 10 am to 4 pm. 514 971-5726 / auxvieillespages.ca / Facebook: Aux Vieilles Pages.



## Laurentian Region Cancer Support Group

## Cancer Support Group Resumes In-Person Meetings

The Laurentian Region Cancer Support Group will once again offer monthly meetings at Chalet Bellevue in Morin Heights starting August 21 from 1 to 3 pm. Option will remain to also attend via Zoom. Meetings are open to people living with cancer and their loved ones or caregivers. For more information about this peer support group or to receive the Zoom link for the next meeting call 450-226-3641 or email cancer.laurentia@yahoo.ca.





# Distribution of the "SURVEY REPORT ON THE NEEDS OF THE LAURENTIAN POPULATION IN TERMS OF HOUSING"

As of March 2021, a worrying housing situation identified in some MRCs in the Laurentian region, led the Regional Housing Committee of the Conseil Régional de Développement Social des Laurentides (Regional Council for Social Development of the Laurentians) (CRDSL) to anticipate a shortage for the region and led to a survey on the population's housing needs. The multitude of calls for help from people looking for housing on social networks, in connection with the inflation of rent costs in the Laurentians region, was a first sign of the gravity of the situation. We had already noticed the increase in reports on mainstream media on this subject. Rights organizations were also making their demands heard more frequently. Finally, some housing committees had identified an increase in waiting lists for accessing emergency accommodation resources, especially for women victims of domestic violence.

In such a context, the rapid distribution of a survey on the needs of the Laurentian population in terms of housing seemed essential. Several observations had already been visible for several months and still are, in many regions of Quebec:

- The inflation of housing costs<sup>1</sup>, the strong speculation of the real estate market (RCLALQ, 2021) leading to difficulties in access to property and the outbidding caused by the migration of people from Montreal are issues closely linked to the context of the pandemic. It should be noted that the Laurentian region has the highest migration rate in Quebec. (Institut de la statistique du Québec, 2019).
- The lack of compulsory rent control preventing the development of housing prices (RCLALQ, 2021) and the uncontrolled rise in rents in new constructions less than 5 years old is worrying, because it will lead many families in search of new housing to very short terms.
- The increase in cases of "renovations" <sup>2</sup>, eviction and the resumption of housing by owners (CLPP, 2020).
- Everywhere in the Laurentians, housing becomes inaccessible or non-existent.

The increasing difficulties in finding affordable housing are leading more people to vulnerability (Concertation régionale en itinérance des Laurentides (CRI), 2021).

The survey results confirm that the current housing shortage is a major issue in the region. Contrary to popular belief, the majority of respondents are workers in the labor force. Several of them had to refuse a job in our region because they could not find accommodation to come and settle with us. Others have been forced to move to homes that are too expensive for their budget, which will inevitably lead to further financial problems.

In 2016, nearly 80,000 citizens of the Laurentians were living under the low-income measure (Stat.Can.2016) and more than 52,000 households were spending too much of their income on housing. In order to revive the economy of our region, efforts to build social or affordable housing would constitute a golden opportunity to revitalize our municipalities, village cores and neighborhoods, be more favorable to walking, and encourage the local economy. (FLAC, 2020).

The CRDSL considers it imperative to make quality living environments accessible to all citizens of our region. The various partners from municipal, government and civil society circles must quickly initiate discussions to remedy this situation, in complementarity and in consultation with local partners, in order to take action to promote the development of new housing.

Today, it is more than necessary to promote the coordination of actions at the regional level, in order to develop the reflex of working together and thus contribute to the implementation of a regional housing strategy in the Laurentians. Housing is an important factor in our economy as it is essential to attracting and retaining a diverse workforce.

Please do not hesitate to send us your comments at: [logement@crdsl.com](mailto:logement@crdsl.com)

## The Laurentian Regional Social Development Council

The mission of the CRDSL, as an autonomous multi-sectoral regional consultation body, is to increase and support the capacity for collective action in social development in the Laurentians region.

<sup>1</sup>According to the RCLALQ survey (Regroupement des committees logement et associations de tenantes du Québec), we are witnessing a "real explosion in rents" due to vacancy rates which are very low, and owners are taking advantage of this scarcity of housing. increasing rents, because the rent setting system is "inefficient" and controls "are more often than not useless". (RCLALQ, 2021)

<sup>2</sup> Renovation: Process by which a landlord illegally evicts a tenant from his building under the pretext that he wishes to make renovations. (RCLALQ, 2021)



# Important recall of Philips Respironics medical devices

The Integrated Health and Social Services Center (CISSS) des Laurentides would like to inform the population of a major voluntary recall of Philips Respironics on a number of CPAP, BiPAP and ventilator devices, due to potential health risks related to the soundproofing foam of the devices.

We invite the public to take note of the recall issued by Philips Respironics because owners must register their device. Further details can also be obtained from the company's website where the list of affected device models can be found: [philips.com/src-update](https://philips.com/src-update). Owners of a recalled device can also contact their supplier.

Information is also available on the CISSS des Laurentides website: [santelaurentides.gouv.qc.ca/soins-et-services/maladies-respiratoires/rappel-important](https://santelaurentides.gouv.qc.ca/soins-et-services/maladies-respiratoires/rappel-important)

We also invite the public to take note of the following notices:

- Health Canada: <https://canadiensensante.gc.ca/recall-alert-rappel-avis/hc-sc/2021/75889r-eng.php>
- College of physicians: [cmq.org/nouvelle/fr/apnee-sommeil-rappel-securite-dispositifs-medicales-philips.aspx](https://cmq.org/nouvelle/fr/apnee-sommeil-rappel-securite-dispositifs-medicales-philips.aspx)

We recommend never stopping treatment without talking to a doctor first.

## Users of a device loaned by the CISSS des Laurentides

The users, whose device was loaned by the CISSS des Laurentides, have received or will receive in the coming days, a communication from the organization. In the event that a user of a device loaned by the CISSS des Laurentides has not received an email or letter regarding this recall, please send their contact information to the following email address [device.ventilation.cisslau @ ssss.gouv.qc.ca](mailto:device.ventilation.cisslau@ssss.gouv.qc.ca), or leave a message at 1 866 963-2777, extension 26198.

# The City of Mont-Tremblant begins acquisition procedures

Unanimously, the members of the Municipal Council of the City of Mont-Tremblant recently began procedures to acquire the beach site on Lake Tremblant known as the Beach and Tennis (B&T). By resolution, the Board mandated a firm of lawyers, among other professionals, to proceed with the acquisition, by mutual agreement or by expropriation, of the B&T.

This approach will give a public character to the entire property, distributed on both sides of Village Road. The acquisition of the B&T aims to maintain a quality service in recreational and leisure equipment for the population, by adding to the existing municipal infrastructure a public beach, clay tennis courts and service buildings.

This decision is at the heart of the orientations of the City's strategic plan, namely to promote the attraction and retention of young people, families and seniors, to encourage a healthy and active lifestyle, as well as to preserve and enhance the natural environment.

A development on the Beach & Tennis site would have required a zoning change, a request that was refused by the current City Council in 2018, in accordance with the objectives of the City of Mont-Tremblant's urban plan. Then, last May, Council filed a notice of reservation on this entire property in order to assess the advisability of an acquisition.

Due to the judicialization of this file, the City and the Municipal Council will limit their comments to this press release.

# Work commences at the site of the new sports center

Construction work on the new Mont-Tremblant Sports Center began on August 11 at the corner of Boulevard du Docteur-Gervais and Rue Cadieux.

The first phase of the work consists of clearing the site. This concerns a larger area than the deforestation carried out within the framework of the development of the Collegial Center, in particular due to the fact that the building of the Sports Center occupies a greater ground surface, that it includes the landing stage, which will serve both the Sports Center and the College Center, disabled parking spaces near the main entrance, the atrium, which will serve as public access to the two buildings, semi-buried containers for residual materials, as well as sufficient margins to ensure the circulation of construction equipment on the site.

When all the construction work is completed, landscaping work is planned to provide maximum plant cover on the site while ensuring a supply of natural light inside the building.

The next phase will consist of civil engineering work, including the backfill and excavation required to prepare the ground for the foundations of the new building.

To find out more about the work, please contact 819 425-8614 or by email at [travauxpublics@villedemont-tremblant.qc.ca](mailto:travauxpublics@villedemont-tremblant.qc.ca).





# New program with a budget of \$ 270 million to bring sustainable solutions to life to protect our living environments

As part of the Land Protection Plan against Floods: sustainable solutions to better protect our living environments, the Minister of Municipal Affairs and Housing, Ms. Andrée Laforest, is proud to launch the new Flood Resilience and Adaptation Program (PRAFI) - Resilient Development component, with \$270 million to implement innovative solutions to deal with floods.

The PRAFI will support municipalities in carrying out resilient developments. The sums can thus be used to better protect built environments in sectors deemed to be at high risk of flooding and to promote the implementation of sustainable solutions at the watershed level. As of August 16, eligible municipalities will be able to submit a request for financial assistance as part of a first call for projects.

It should be noted that this program will promote developments, which aim in particular to reduce runoff water, allow the retention of rain and runoff water during floods, as well as restore the functional space of watercourses. In this sense, initiatives reducing the risks associated with flooding, such as the creation of free spaces for watercourses as well as the restoration and creation of wetlands, would be admissible throughout Quebec.

Last December, the Quebec government announced the deployment of 10 project offices in the main regions at risk of flooding. In this regard, the resource persons necessary for the operation of these offices are hired. The latter will be able in particular to ensure the consultation of the stakeholders affected by the floods, including the municipal sector. Moreover, start-up meetings with the latter took place during the months of May, June and July.



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Example selling price

Standard key features include:

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7.0" touch-screen display with Apple CarPlay™ and Android Auto™

Plus get a \$500 finance purchase credit\*

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Finance the 2.0L Essential FWD for:

0 % for 72 \$28,238

financing months\* (312 weeks) on all 2021 TUCSON models

Example selling price

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Finance the 2.0L Essential FWD for:

0 % for 33 \$20,438

financing months\* (143 weeks) on all 2021 Elantra models

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your partner?

**It's time to seek help.**

**[Québec.ca/ressourceshommes](https://quebec.ca/ressourceshommes)**



If you are having difficulty controlling your aggression, anger or emotions in your couple relationship, know that resources are available to help.

Go to **Québec.ca/ressourceshommes** to find social agencies that provide support, mutual assistance and treatment for men whose circumstances are difficult, behave violently, and who are perpetrators of sexual abuse or were themselves sexually abused as children.

These resources are ready to help you.

Violence against women.  
**It stops now.**

**What to do if you are a victim of domestic violence?**

If you need immediate help, call 911.

If you need support, compassion or advice on what to do, call SOS violence conjugale at **1 800 363-9010**.

The help line is confidential, bilingual and open 24 hours a day, 7 days a week.

Our female frontline workers will listen to you, reassure you and answer all your questions. They can also help find a temporary shelter for you and your children.

**Québec.ca/violenceconjugale**







# The Path of the Horse Authenticity

Julie Radicioni – EQUISOURCE

Each one of us is unique, and each of us has gifts we can share with the world. Our lives are intended to be a process of self-discovery, a journey in which we can learn who we are and our purpose in life. As an individual, you are the result of all that you have learned since childhood, including your traumas, disappointments, failings, and all learned behaviour, both positive and negative, and hidden within these experiences that compose your personality is the seed of your true nature. Revealing your true self to others is the way to develop meaningful, lasting relationships. Unfortunately, this is difficult today, because society does not encourage authenticity, but rather demands conformity with behavioural norms that are based on acceptance and the fulfillment of expectations.

The best definition of authenticity that really inspires me is a wonderful quote from the American author and professor, Brené Brown ...

“To be authentic, we must cultivate the courage to be imperfect - and vulnerable. We have to believe that we are fundamentally worthy of love and acceptance, just as we are. I’ve learned that there is no better way to invite more grace, gratitude and joy into our lives than by mindfully practicing authenticity.”

Authenticity is exactly how horses express themselves and their needs, by indicating through body language what they require. They don’t question whether they will be rejected or punished, nor do they feel guilt or shame. They just communicate what needs to be ‘said’. Once things are expressed and responded to, they revert back to eating, grooming or sleeping. They always remain in the present moment about what needs to be done in the now. Horses use vocal cues, but they are most often accompanied by other indicators that need to be seen and understood.

It fascinates me how horses, as a herd, are so organized. In the human world, I see it as the equivalent of a family, a team, or a corporate structure, but they are much better at it than we are to keep the group balanced, loving and authentic. Horses have a hierarchy that indicates who is the leader and is better at keeping the herd organized and safe. No individual in the herd questions or judges why this particular horse has this position of leadership. Each horse in the herd has this inner wisdom, this knowingness that things are the way they are for the safety and well-being of the herd as a whole.

In their world, their common goal is to survive, and they have done a pretty good job of it throughout the millions of years of their presence on this planet. In the wild, as animals of prey, the first need of horses is to be safe. Even today, if I had to describe the order of their needs, it would be safety, play and eating. They don’t eat if they don’t feel safe. Horses are very sensitive to their environment; in the wild, they are nomads, they go from place to place to find food and drink and a safe spot where they can settle for a while as a herd. When they are done, they move on to the next spot. They don’t get attached to a particular place and grieve when they have to leave. They don’t question the decisions of the leader and are not scared of the unknown. They just trust the leader that the next place will be at least as good as the last one.

During the past 20 years of my life with horses, I have learned how to communicate authentically by observing that they always indicate directly what needs to be said. Everything is expressed openly, and the message is never in doubt. Different kinds of energies will be used if necessary, or if the volume needs to be increased, but the message is always very focused, clear and appropriate for the moment.

As humans, our tendencies are to question everything, to overthink everything, to doubt, to judge, to fight, to resist, and on and on, making every significant action so difficult and uncertain. It’s no wonder that we get so exhausted mentally and physically when we could, as horses do, reduce all actions and decisions to the simplest of terms; how do I feel about this, is this right for me and my family and, by extension, for society?

The Path of the Horse will take you to a place where you will meet your authentic self.

Sending you joy...



Jazz

# FALL RECIPIES

## Roasted Butternut Squash with Cider Vinaigrette

### Ingredients

- 2 small butternut squash (about 1 1/2 pounds each), peeled, seeded, and cut into 1/2-inch-thick slices
- 1 medium red onion, cut into wedges
- 3 tbsp. olive oil, divided
- Salt
- Freshly ground black pepper
- 1 c. apple cider
- 1 1/2 tbsp. whole-grain mustard
- 1 tbsp. red wine vinegar
- 2 tbsp. chopped fresh flat-leaf parsley

### Directions

1. Preheat oven to 425°F. Toss squash and onion with 2 tablespoons oil on two rimmed baking sheets. Season with salt and pepper. Roast, rotating pans once, until golden brown and tender, 20 to 25 minutes.
2. Meanwhile, bring cider to a boil in a small saucepan over high heat. Reduce heat to low and gently simmer until liquid has reduced to 3 tablespoons, 12 to 15 minutes.
3. Whisk together mustard, vinegar, reduced cider, and remaining 1 tablespoon oil in a bowl. Season with salt and pepper. Stir in parsley.
4. Drizzle squash and onion with vinaigrette just before serving.



## Lemon-Ricotta Zucchini Pancakes

### Ingredients

- 1 cup grated zucchini
- ¾ cup ricotta cheese
- Zest from 1 lemon

### Directions:

Mix ingredients together and add to 2 cups prepared pancake batter. Serve with butter and honey

## Garlie-Herb PattyPan Squash

### Ingredients

- 5 cups halved small pattypan squash (about 1-1/4 pounds)
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1 tablespoon minced fresh parsley

### Directions

Preheat oven to 425°. Place squash in a greased 15x10x1-in. baking pan. Mix oil, garlic, salt, oregano, thyme and pepper; drizzle over squash. Toss to coat. Roast 15-20 minutes or until tender, stirring occasionally. Sprinkle with parsley.



# Horticultural volunteers receive recognition

On August 5, a celebration was held for the Sainte-Adèle City horticultural volunteers who received recognition for the most beautiful citizen mobilization through the work of Shé Tournenvert and all their remarkable work for the area.

Volunteers and dignitaries were able to attend a conference about “Les piliers du paysage comestible” by Guillaume Pelland from Paysage Gourmand, followed by a honorary cocktails.

The volunteers thanked the organization Les Fleurons du Québec and the City of Sainte-Adèle for the wonderful celebration. This recognition award warmed the hearts of the volunteers.





# Arundel News

## ARUNDEL ART SHOW IS BACK!

### Arundel United Church

**Saturday, August 14: 10 am – 4pm**

Twenty-eight artists from across the Laurentians - painters, sculptors, ceramists, and stained glass - will convene on the lawns of the Arundel United Church to show and sell their work. How better to spend a summer day than chatting with renowned artists and enjoying their talent? There will be something for everyone! The show even features art activities for children, a bake table, and raffled artwork prizes.

**The Arundel Art Show** was first founded seven years ago to showcase and develop local artistic talent. Since then it has blossomed into a premier event in the Laurentians. Please come and support our artists, who have suffered through Covid days.

## OPEN HOUSE AT THE ARUNDEL LEGION

**Saturday, September 4: 3pm**

Everyone is very welcome at the Legion. You don't have to be a member, just come and say Hi. We look forward to meeting you. There will be live music by Marc Antoine and the Marky B Trio. Come and let your hair down, have some fun! Won't it feel good to laugh again?

Hamburgers \$4, Hot Dogs \$2 Free for Children

## ARUNDEL LIBRARY REOPENS

**Wednesdays: 10 am – 2 pm**

**Saturdays: 10 am - noon**

(Subject to change)

The library has reopened its shelves to the public. It is once again possible to come on site to choose your own books, without a reservation.

- Certain health instructions must be observed:
- Only one family bubble at a time
- No consultation can be made on site
- Wearing a mask is required for people over twelve (12) years old
- Due to distancing, no computer or workstation is accessible for the moment



## Making it Work in the Laurentians

# The top 5 mistakes people make on artistic applications

Maya Khamala

Anyone interested in pursuing their art eventually comes head-to-head with the fact that funding, as well as opportunities for exposure and honing your craft, can mean the difference between having a career or a pastime in the arts.

Fortunately, there are several kinds of arts applications available to artists willing and able to put in the extra effort. These include: grant applications (public or private), residencies (local, national or international), exhibitions or performance opportunities, and project proposals (like an installation in a public space), to name a few.

## Completing your art application

Specific questions will vary depending on what you're applying for, but most arts applications will request some version of the following:

- **Artist bio:** a short paragraph, written in prose, typically in the third person, which explains how your life has influenced your work.
- **Artist statement:** a description of your work according to you, an explanation of why and how you do what you do.
- **Artist CV:** an organized record of your relevant professional experiences and artistic achievements
- **Project description:** a formal project writeup, which describes the idea/intention behind it, any pertinent context, as well as a few thoughts on overall relevancy.

Additionally, most applications will require a clear breakdown of your budget, timeline, any technical requirements, and supporting documents, where applicable.

## Common art application mistakes

Art applications ask a lot of you, and completing them well is not easy. Here are some very common mistakes people make:

- **Misunderstanding eligibility requirements**

The first order of business should always be determining your eligibility, which can sometimes include the question of project relevancy. In addition to reading and understanding any submission guidelines or eligibility requirements, pay attention to all information provided, read the organization's mandate, and research previous and current initiatives.

- **Not following instructions**

If you're not generally the type to sweat small details, let this be the exception. Respect word limits, file-naming conventions, and document formatting requests. Be sure you're putting the right info in the right place!

- **Poor feasibility**

After you've established eligibility, ask yourself if your project will work given time and budgetary constraints, and ensure your budget and timeline are aligned to avoid roadblocks down the line.

- **Miscommunicating ideas or intentions**

Avoid wording that is vague, confusing, or that contradicts itself. Aim for clarity, consistency, and conciseness. Get feedback from mentors, other artists, as well as people not immersed in the art world.

- **Poorly organized documentation or support materials**

When attaching files, ensure they're the right size. When linking to websites or social media pages, be sure they're still active. When sharing a portfolio, make sure it's easy to navigate and understand, and that your body of work is presented coherently.

Bottom line: researching art application opportunities is a great way to stay in touch with any and all supports available to you! Put your heart into it, be thorough and precise, and you should see results. And remember, you're not alone! YES' Artist Coach is ready to help guide you through the process. Visit [yesmontreal.ca](http://yesmontreal.ca).



# About Sainte-Adèle

Chris Lance - Main Street

The tennis courts are humming in Sainte-Adèle, as are the pickleball courts over at Parc Claude-Cardinal. Overall, the tennis courts are very popular with members this year. League play is popular, and the Saturday-Sunday 9 to 1, organized by Lysanne, is drawing the crowds needed for organized doubles play and a way to meet players for future matches during the work week.

As the summer continues, you might have a few guests looking for things to do. Cinema Pine is open for business. There are guided tours 'Circuit historique' to see Sainte-Adèle or Mont-Rolland's sites. The circuit of the Murals of the Pays-d'en-Haut is available in English on Baladodiscovery.com, which is a GPS guided tour, along with other sites to visit.

If you have old books that are just lined-up on shelves that you've read and want to recycle, there are mini-book cases located at various parks: Beach/Plage Jean-Guy Caron, Parc des Pentes 40-80, Parc Lépine, Parc du Mont Loup-Garou, Parc Claude-Cardinal, Parc de la rivière Doncaster and Croque-livres du Parc Claude-Henri-Grignon (books for kids). It's called Read and Re-Read (Lire et ReLire). Unfortunately, the library in the shopping centre is no longer accepting book donations because of lack of space, and they encourage you to deposit your books in the mini-book cases. If you want books at the library, which is located in our Shopping Centre, opposite the BMO branch, the town's administration has abolished late fees, and to remind you that books are due, you will receive an email message to jog your memory.

Les Projections d'Adèle films en Plein Air starts on August 7 with Abominable. August 14 is Dragons 3 and August 22 is Toy Story at 8 pm. Best of all, it's free. This attraction is at the Parc de la famille and the movies are in French.

If your guests want to play pétanque, it is open to play Mondays to Fridays at 7pm. Teams have been formed, but as the summer season goes, players may be needed – call Claude Ratelle at 450-229-9966. Likewise, your guests can enjoy the pickleball league, and they play on Monday, Tuesday, Wednesday and Saturday from 9 am to 12 pm and, for evening games, Tuesday from 6 pm to 9 pm and Thursday from 7 pm to 9 pm. There are 5 courts over at Claude-Cardinal, and for info, call Robert Desmeules at 514-797-9447. While you are at the Park, take the time to check out the Community garden of Sainte-Adèle.

You can also send your guests to Lac Rond where they can rent a kayak, pedalo, rowboat or a paddleboard. Rates are reasonable and it could give you a few hours to vacuum the house before the gang arrives for dinner.

Other free activities available are yoga on Tuesday: 7pm to 8pm, line dancing on Wednesday from 7 to 8:15 pm, Zumba on Thursday from 7 to 8 pm and Swing en solo dancing on Fridays 7 to 8:30 pm. A little fun after a hearty meal. Just show up and dance. Don't forget to visit one of the many good restaurants we have in town along with the bakery on Valiquette Street. They make great bread and check out the desserts! You might want to call ahead to make a reservation at your choice of restaurant.

There is fat biking in various parks, swimming, walking, picnics, hiking along rivers...Check out activities on the Sainte-Adèle website. Get out and enjoy the rest of summer with family, guests and friends.

## Out My Back Door

# Life on the lake

Susan MacDonald



The lake outside my back door is long and narrow. It's a private lake with only one house and no motorized boats. Open skies at night provide perfect star-gazing opportunities, spectacular sunsets and full moon reflections on the water.

Wildlife is abundant and local residents include families of beavers, bold Canada geese and loons, all of whom remind us constantly that the lake is their home also. We do our best to share the lake and surrounding land peacefully, however, on occasion, there are a few unexpected surprises.

Yesterday, I heard the geese nearby and assumed they were in the small bay about 50 meters from my window, which also looks out over the now lush garden. So far, they have been too cautious to venture close, thanks to the vigilance of my dogs, but that morning I was sure a change of diet was on their minds. So did the dogs, who refused to leave the glass portal to the outdoors.

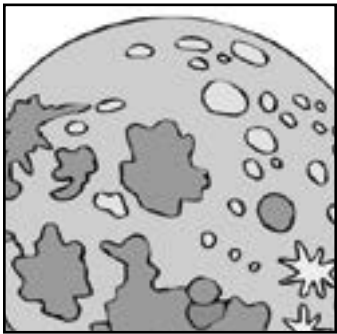
When the geese seemed to have left, we headed out for our morning walk only to be stopped dead in our tracks by the south-end leavings of a large family of north-bound geese. Driveway and lawn were literally covered in droppings, which called for a delicate tip-toeing detour to higher ground, all the while dragging the dogs, who wanted to investigate and roll in the disgusting sludge. The offenders, still foraging on the front lawn, gave us little more than a bold stare as we passed. The garden was saved for another day, but I had no doubt the geese would return.

This morning, the geese were back, this time without announcing their arrival and, while the parents stood guard, the youngsters delicately trimmed the grass and weeds around the garden edge, occasionally nipping at the tomato plant. I watched for a few moments, before letting them know they were under surveillance. Without interrupting their breakfast, they reversed their direction and headed back towards the lake, ever so slowly.

The Canada geese family has been annual visitors to the lake for as long as anyone here can remember. We welcomed their return this spring with pleasure and have greatly enjoyed their presence over the summer months. Once again they have successfully reared a large, healthy family that will soon depart on their migration, signaling another change in seasons.

Until their departure, we will live with a messy driveway, continue to guard the garden and enjoy their daily visits...





**Zach Factor**

# Tesla and the 4680-battery: A game changer

**Lys Chisholm & Marcus Nerenberg - Main Street**

Two years ago, we landed at Shanghai airport. Our son brought us across the sprawling metropolis (5 X the size of Toronto) to the downtown core, a 34 km trip, via the new mag-lev electric train in 8 minutes. Later, walking the streets of Shanghai, we could not help but experience at least one close call, nearly being run over by a silent, swift E-scooter. The electric development of modern Chinese urban transportation has surged past our own. Walking along the sidewalk, chatting is a pleasure; there are few to no motor sounds and no exhaust smell. One can hear the autumn leaves rustle on a busy main street. Here, in Canada, our love affair with ICE (internal combustion engines) persists as we, in North America, still buy these outdated throaty beasts, 97% of the time.

This past July, Tesla announced it is ready to launch its 4680-battery. The lithium-ion battery, developed in 1980, has evolved through numerous improvements to its next plateau spearheaded by Elon Musk’s Tesla Corp. During the forty years of lithium-ion production, several new batteries have been invented. The challenges confronting these innovative technologies are the multi-billions of dollars required to take a good concept from the laboratory to mass production, and distribution in an automotive platform. Over the past fifteen years many financial and industry analysts have predicted Tesla’s collapse insisting Tesla could not compete against the established automotive giants with their huge traditional market share.

Analysts did not consider that Musk was fully committed to electric vehicles. GM, Ford, Volks, BMW, Volvo, Chrysler, split their development resources between electrical technology and upgrading ICE. The bean-counters were reluctant to allocate funds in a radical new direction. However, technologies for EV have moved beyond exponential to vertical in development.

In the late 1940’s all successful locomotive makers switched from steam engines to diesel-electric. The classic mighty steam locomotives, which ruled transportation for a century, and were loved by millions, overnight became museum pieces. We loved those fire-breathing behemoths and sentimentally gather trackside as a restored beauty occasionally thunders to life.

The 4680 is larger, stores more power, and can be recharged to give upwards of a million miles of service in a car. It will outlast any car chassis and, at the end of its life, will be 95% recyclable. Partnered with Panasonic, Tesla is building a Giga battery factory in Germany, which will be in production in 2022. A Terra facility is in development. These plants will supply the power for millions of EV’s.

The impact is huge. Tesla is well placed to answer the call by US President Biden this past January 25. The US Govt., the largest auto purchaser in the world, will begin replacing its fleet with all electric vehicles in support of the EV industry. In a long list of tax incentives and research funding as part of the Buy American plan, all sectors of the transportation industry will be affected by these measures. It assures that the future will be in EV automobiles, transport trucks and public transport.

Not content to rely on suppliers for raw materials, Tesla is investing in mining operations to secure lithium and other rare earth minerals as the needs of the electronic industry scale up. At present a highly polluting industry, the mining process is being retooled to become sustainable. Recent solar and wind generation innovations will eventually take dirty power plants offline.

Tesla will move to the forefront with large investment not only in producing the “gas tank”, but in providing the “gas”. An integral Tesla innovation is called the ‘Powerwall’ where solar panels on rooftops are hooked up to battery storage and distribution units designed for home to commercial and municipal use. The Powerwall provides household needs and any excess kilowatts are metered into the power grid. Some California homeowners are getting \$2000 cheques from their power company and the family EV runs for free.

In the next decade, burning fossil fuel will be an event of the past. Many of us love the roaring muscle car with its seven-liter engine, but they, too, are history,m,,m, as stock EV’s beat them at the drag strip with a quiet, non-polluting elegance.

Our children and grandchildren will have a huge mess to undo, but their brilliant minds are taking us in new directions. When we put Earth stewardship before profits, creativity flows freely to benefit all beings, human and otherwise.



Australia has the world’s largest Tesla Powerwall 2 installation, outside Sydney. It runs the Domino’s Pizza electric oven, then delivered in EV cars (no gas) eliminating substantial costs to the new restaurant. The new 4680 Battery by Tesla will be a game changer. Image credit: Natural Solar / Domino’s Plumpton



**The Story Behind**

# The Next 7979 Years

**Joseph Graham - Main Street**  
**joseph@ballyhoo.ca**

Everything seems to be going faster... with fast food, ever faster computers, internet speeds and deliveries, we really do seem to be in a hurry. ‘Now’ is gone when the word is said. The people of The Long Now, created in 1996, are trying to stretch that out a bit. The objective is to stretch the present, the ‘now.’

Brian Ellis, co-founder of The Long Now, described its 10,000-year clock project and is encouraging us to think in millennia instead of in short election cycles, with its ‘now’ that is just the actual contact point where past and future seconds meet. He wants us to see the current year as part of these ten millennia and record it as 02021. Explaining his reasoning, Ellis said, “When I was a child, people used to talk about what would happen by the year 02000. For the next thirty years they kept talking about what would happen by the year 02000, and now no one mentions a future date at all. The future has been shrinking by one year per year for my entire life. I think it is time for us to start a long-term project that gets people thinking past the mental barrier of an ever-shortening future. I would like to propose a large (think Stonehenge) mechanical clock, powered by seasonal temperature changes. It ticks once a year, bongs once a century, and the cuckoo comes out every millennium.”

Thinking like his is about much more than a clock. The Slow Food movement is another way of looking at the need to stretch the ‘now.’ Megan Stubblefield, an environmental scientist and policy expert, describes it this way: “The slow food movement is a global initiative focused on encouraging people to stop eating fast food, instead taking the time to prepare and eat whole, locally-sourced foods. The focus is not only on nutrition, but also on preserving culture and heritage as it relates to food.” Some of us grow our own food – it is for the environment, but that environment extends to our taste buds and gut biome. Indigenous time, the foundational thinking of this set, is described as circular, a ‘long now.’ Every generation must plan seven generations forward, and that implies appreciating seven generations back.

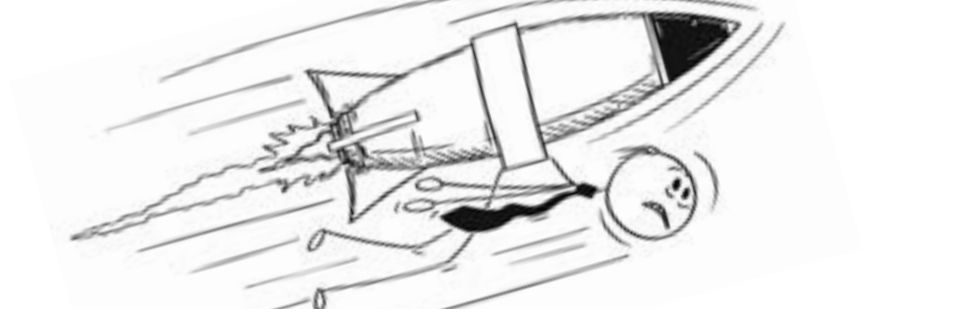
The consequences of our fast-paced ‘now,’ captured in the second between the past and the future, include the impact it has on our social memory. For example, as a society, we had virtually forgotten about the Spanish flu epidemic, and at the time of the Montreal smallpox epidemic of 1885, the huge anti-vax movement had forgotten that their ancestors, two generations earlier, had stopped smallpox cold by accepting vaccination. In the plague of 1885, the anti-vaxxers were responsible for the death of over 3000 people in the small city – a dubious distinction. Montreal had to be quarantined from the rest of North America. Facts like these should be a part of our ‘now’ and at our fingertips. Then, when we hear people claim all kinds of plots and lies from their governments, their information can be considered in the context of our longer ‘now.’

How do we remain aware of our own time, all fourteen generations of it, seven back and seven forward? To me, the very first step is to remind ourselves when things go wrong that, not too long back, things went well – and conversely, when everything is going well, temper the satisfaction with the memory that in our own experience, not long ago, everything seemed to be going wrong. By conditioning ourselves with such an exercise, slowly our own minds will extend and expand beyond ourselves to our social experience, even beyond our own lives. One does not have to be a historian, but simply self-aware. Each of our minds is overwhelmingly beautiful, capable, and intricate.

If you are looking for ways to expand the ‘now,’ learning a bit about our history can help. The Dictionary of Canadian Biography is a good resource. Be careful not to get too lost in it... each of the people mentioned in one short biography is linked to others. For example, if your great-grand-uncle is written up, you will likely find his worst rival in the same story, and you can go read that person’s story too. Since it is hard to have no slant in writing about history, you will find that one contributor’s hero can be another contributor’s antagonist.

CBC’s Massey Lectures is another. I recently listened to Ursula Franklin talking about technology and was so fascinated by her insights that I read a reprint of her 1989 lectures, with four chapters added ten years later. In it, she described the internet, not as the wonderful Information Highway people thought it would be in 1999, but as the Information Junkyard it has become some 20 years after she foresaw it. She was 79 years old and, as a respected elder, she could even explain why that would happen: She said it creates asynchronicity, no sense of order in time, and no proper references. She did not discuss the Long Now, which had been created during that same half-decade, but she was clearly concerned about the damage that the internet could cause to our understanding of time and of the proper order of the world.

The Massey Lectures are an annual event. They began in 1961 and have included John Kenneth Galbraith, Noam Chomsky, Stephen Lewis and Tanya Talaga. Each speaker addresses their subject in their ‘now,’ and listening to any one of these talks helps us understand how long our ‘now’ can be, how we can live in a larger present moment and gain insight and the stability to help us navigate through the next 7979 years.







## Garden Talk

# Beguiling Begonias

June Angus - Main Street

While looking around my garden, I realized that I must really love begonias. They seem to be growing everywhere. There are specimens flourishing in stand-alone pots, both hanging and on pedestals; some are integrated with mixed flowers in containers and some are tucked in here and there along with other annual bedding plants and perennials.

They have become a favourite of mine due to their versatility. They are easy to care for and provide continuous blooms all season long, looking great from spring to frost.

While generally called annual begonias, these tubers are also referred to as wax begonias or bedding begonias. (As a houseplant, I also grow cane begonias but more about them another time.) Annual begonias are available in many shades of red, pink, orange, yellow and white, all with bright yellow centers. Foliage comes in various shades ranging from brilliant green to variegated darker shades, some even tinged with red or white.

Begonias do best with 4 to 6 hours of direct morning sunshine but will thrive in partial to full shade. They prefer well-drained soil that is moist but never soggy. Always direct watering at the root system and not at the foliage and flowers. If the soil becomes too wet and stays that way, begonia root systems will rot. To gauge how much water is needed, poke a finger in the top inch of soil to check for moisture. In pots or containers, the weight of the vessel will give you an idea if enough moisture is available.

While begonias will tolerate heat, they don't like nighttime temperatures that stay below 15°C.

Begonia blooms last a long time and will generally drop off of their own accord. However, some deadheading and pinching back of small wax begonias can make them bushier and more prolific. Also, if spent blooms stick to wet foliage pick or brush them to keep the plant healthy and prevent attracting mold or other disease.

Begonias can be moved indoors to overwinter as houseplants. They key is to move them before they are hit by frost.

What I love best about begonias is that they can brighten up any dark, shady spot in the garden. Enjoy!



## Obstacles to be expected this fall on rue Coupal

The City of Mont-Tremblant would like to advise the residents of Coupal Street that major repair work will begin shortly and will result in traffic obstructions during the fall. Residences in the area will however remain accessible at all times during the work.

These reconstruction works of the street foundation and asphalt are being carried out in two phases. As a first step, preparatory work was started this week. The major roadblock phase is expected to start at the end of August and continue for a period of two months.

A traffic maintenance plan will be available in the short term on all of our platforms. In the work area, signage will be present to direct motorists.

To find out more about obstacles, contact 819 425-8614 or by email at [travauxpublics@villedemont-tremblant.qc.ca](mailto:travauxpublics@villedemont-tremblant.qc.ca).



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- Tree cutting, landscaping
- Window cleaning

**Anyone or anything...**



## Word Play

# The power of projection

Louise Bloom - [louisebloom@me.com](mailto:louisebloom@me.com)

'Projection' is a word that is bandied about in the world of psychology and is an action that is performed by everyone, and repeats continuously, often without our awareness or understanding. I am sharing this analysis here as I grapple with the idea, attempting to trap my own projections, finding them so cleverly illusive.

There are elements in all our psyches of which we are definitively ashamed, and behaviours, beliefs, habits which we harbor, and keep safe in the trunk that holds our most sensitive truths. These elements often reveal themselves when they seep out of the seams of our baggage, reflected in the things we criticize most in others, those behaviors that drive us crazy as we say, those fancy faults that glare at us and taunt us. For example, it may be something simple, like our distrust of the rich and famous, concealing the fact that we desire, deep down, to be one of them. Projection is a sneaky little creature that, if caught, can reveal the actual source of our attitudes.

### Why do we need to know about our projections, you might ask?

I realise that when I am aware of these aspects of myself, I can correct my emotional fabric, reduce my reactive vibrations and, ultimately, eliminate the prejudices that prevent me from being free from the shackles of my judgements of others. After all, these judgements are those which separate me from a free-flowing life stream. Therefore, I go fishing in that stream, hoping to capture the part of me that is lying to myself.

One way you might recognize that you are projecting is to observe that you are obsessed by an idea or a person, constantly replaying in your mind the way they represent to you the 'unacceptable', the hurtful, dressed up as the betrayer. I have discovered these tendencies personally, when I ask myself how easily I might wear the costume of the betrayer, or how often what I fear in another person are those same transgressions of which I am very capable.

The subtle realizations of the stains on my own nature allow me to accept the behaviours and natures of the other. In our personal lives, we are far from stain free, and must accept our own questionable proclivities by entering a state of acceptance and forgiveness of ourselves, and consequently of others.

Research reveals that projection is a psychological defense mechanism in which individuals attribute characteristics they find unacceptable in themselves to another person. For example, a husband who has a hostile nature might attribute this hostility to his wife and say she has an anger management problem. Psychological projection involves projecting undesirable feelings or emotions onto someone else, rather than admitting to or dealing with the unwanted feelings.

Buddhist philosophy embraces an example of projection that borrows from the paraphernalia of film. The screen is the world as the blank slate. The projector is the mind, the film is our own beliefs and perceptions therein, and the lightbulb, clearly necessary, is the universal light source. Without the film, the screen is merely full of clear light. This puts into question our reality as it originates with our beliefs, our magnificent movie. It suggests that our vision of the world is very much our own creation, built from our own experiences.

Although almost everyone has engaged in projection at some point in their lives, it's often difficult to know when you're doing it. Honestly, I have no quick route to self-revelation in this realm. Rather, I am currently on alert to identifying the moments when I am most disturbed by someone else's behaviour. This is a project that needs vigilant attention, and I am sometimes able to hold onto it, observe it, analyse it, and clear it up. Sometimes.

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



## Theatre Morin Heights presents live theatre this fall

A production of the new play "Now and Then" by Sean Grennan will headline Theatre Morin Heights' 2021 Fall Season. Performance dates: October 20-24 with four evening shows and a Sunday matinee. All performances will take place at Chalet Bellevue. (Naturally, any COVID precautions in effect at the time will be followed.) Tickets will go on sale mid-September.

Actors are now busy in rehearsal. You can get a preview or even join in the fun during an open rehearsal on Saturday afternoon, September 25 from 2 pm - 4:30 pm, as part of Morin Heights' activities for Journées de la Culture at Chalet Bellevue. Stay and participate in the auction that follows with profits going to Morin Heights' artistic and cultural organisations.

We are still recruiting volunteers for backstage and other behind the scenes tasks. Our membership drive for new and returning members begin September 1.

For complete information regarding the play, show times, ticket reservations, volunteering and membership visit [theatremorinheights.com](http://theatremorinheights.com) or call 579-765-3999. Updates also available on [facebook.com/TheatreMorinHeights/](https://facebook.com/TheatreMorinHeights/).





## Obituaries

**HAY Marjorie**

**October 1, 1939 - July 2, 2021**

Peacefully at Lachute hospital, on July 2nd, 2021 in her 82nd year.

Predeceased by husband Lucien Rossaert and brother Bruce Hay. She is survived by her son Brian Rossaert and daughter Irene Rossaert (Chris), grandchildren Cynthia Rossaert, Audrey June St-Georges, Samuel Collette, great granddaughter Laurianne Dupuis and brother Angus Hay (Danielle), as well as many friends and family members.



Due to the current circumstances with Covid19, a service will be held privately. A celebration of life will be held at a later date.

If you wish to express your sympathies through a donation, please consider The Committee of Ladies Volunteers of the Residence of Lachute, 377 rue Principale, Lachute, QC J8H 1Y1 or Lucien N. Rossaert Memorial Scholarship, c/o Concordia University, 1455 boul. De Maisonneuve O., QC H3G 1M8.

Arrangements entrusted to Salon Funéraire Roland Ménard, 395, Rue Grace, Lachute, Quebec J8H 1M3

**MADDOX, Mary-Ann**

**October 21, 1958 – August 1, 2019**

Two years since you left this world behind and not a day goes by that we don't wish you were still here with us. Our hearts will always ache for the moments we'll never have with you- big, small and everything in between, but thank you for giving us each other.

We miss you, mom. Love you always.  
Melissa & Karin



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## The 2021 Edition of the Argenteuil Hospital Foundation Golf Tournament

The Argenteuil Hospital Foundation (AHF) and its organizing committee invite you to its annual golf tournament being held on September 17 at the Carling Lake Golf Club in Grenville-sur-la Rouge.

This golf day includes a round of golf with cart, breakfast and lunch. Golfers will be arriving around 9 am with starting times scheduled for 10 am. A silent auction of different local products will be held throughout the day. All funds raised during this activity will be invested in financing our Mini C-Arm in its 3rd year for a total value of \$292,000.

Tickets are now available for \$195 / person (taxes included). Please visit our website ([www.fhargenteuil.com/en](http://www.fhargenteuil.com/en)) or phone us at 450-562-3761 ext. 72100 to reserve your tickets, or be one of our sponsors of this event or even participate as a volunteer. Reserve your tickets for this beautiful day as soon as possible!

About us: The Argenteuil Hospital Foundation is solely mandated to elaborate and develop ways to raise funds in order to invest responsibly in the healthcare and technology of the Argenteuil Centre de santé et services sociaux (CMSSS). It is recognized as a major player for its support of and development in vital patient care throughout our hospital, CLSC and two long care facilities (CHSLD).



## The English Link

# Find food and family at Soupe et Cie

**Andie Bennett**

Soupe et Compagnie has been addressing food security in Pays d'en Haut for over 20 years, but after speaking with cook Kristian Robitaille, it is clear they bring so much more to the table. Before COVID-19 shut down the dining room, community meals were served three times a week in the basement of the Saint-Sauveur church. When that became impossible, Kristian said, they had to find a new way to help people and adapted quickly to learning the best way to pack the food and work within the regulations. Kristian is one of the four full-time staff members who are normally bolstered by a team of volunteers. For over a year now, they have operated with a skeleton staff since the restrictions severely cut back on the number of volunteers that normally help prepare and serve the food.

Originally volunteering with Soupe et Compagnie as part of compensatory work to pay off some tickets, Kristian was offered a full-time job once his 600 hours were up. This gave him a chance to use his expertise acquired by the hotel management school he attended in Sainte Adèle. Now, it is like his second home. He says many of the volunteers are more like parents or grandparents to the staff and much of their clientele. "Emotionally its rewarding. Some people go to a bar to talk and socialize, I get it here in a little church basement."

Things run a little differently since the dining room closed, with most people coming by in person to pick up frozen meals Tuesday and Thursday, and some requesting delivery, most of which is handled by Entraide Bénévole. Kristian also pitches in by doing small deliveries, including the meals he drops off at the Club de l'étoile du nord on his way home to Wentworth.

Soupe et Compagnie also provides meals to the CHSLD in Saint Sauveur, where last May they held a BBQ out front and provided music and entertainment by way of dancing volunteers to try and feed more than just the bellies of the residents who were locked in at the time. In return for a healthy meal, complete with desert made by their own pastry chef, a donation of five dollars (or more) is requested, and you can order up to five meals per person. Kristian fields the calls from English speakers and says it is not unusual for those phone calls to turn into an hour-long conversation. He is hoping these can continue in person as they aim for early September to re-open the dining room. Check out their website at [www.soupeetcompagnie.com](http://www.soupeetcompagnie.com).

## Loisirs Laurentides invites the population to take up its outdoor challenges

From August 1 to October 31, 2021, Loisirs Laurentides is launching a challenge to the entire population in the greater Laurentians region, particularly to hiking enthusiasts, to meet its three (3) full challenges presented as part of its 50th anniversary celebrations.

Loisirs Laurentides offers participants the opportunity to walk one of the following three trails:

- 1) Sentier Paroisse l'aube at the Montagne du Diable Regional Park (Village des Bâtisseurs, 1100 Chemin Léandre Meilleur, Ferme-Neuve)
- 2) Mont-Sainte-Agathe trail at Camping Sainte-Agathe-des-Monts (2, chemin du Lac-des-Sables, Sainte-Agathe-des-Monts)
- 3) Sentier École L'Orée des Bois (360, Côte Saint-Nicholas, Saint-Colomban)

Those who meet these challenges will have the opportunity to win prizes. To participate, they will have to take a picture of themselves in front of one of the "50 years LL" posters, which will be located at the challenge sites and register on the Loisirs Laurentides website ([www.loisirslaurentides.com](http://www.loisirslaurentides.com)) on the "Celebrate 50 years" by adding their photo to the online registration form.

Those who complete all three challenges will have a chance to win a special prize.

For any questions regarding these challenges, contact Sébastien Haineault at 450-504-6080 or by email: [shaineault@loisirslaurentides.com](mailto:shaineault@loisirslaurentides.com).

### About Loisirs Laurentides

Since 1971: Loisirs Laurentides, a non-profit organization for outdoor recreation and sports in the Laurentians is recognized and supported by the Ministry of Education and the Ministry of Culture and Communications.







# Main Street Money

## Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Invest in yourself

Connecting healthy lifestyle choices with insurance to achieve your goals.

We’ve all heard about the importance of healthy living, but let’s face it – becoming a fitness buff or nutrition guru isn’t everyone’s cup of tea. Maybe you don’t feel the need to change your habits. Perhaps you have a medical condition and aren’t sure how it fits with your healthy living goals. Or maybe you have a full schedule and can’t commit to a disruption to your routine.

### Change can be a good thing

It’s been proven that our overall wellness is affected by the lifestyle choices we make – we also know habits can be hard to break. But what if there is a way to get rewarded for making better choices? Good news – there are life insurance solutions that do just that. By offering incentives for healthy behaviour, this new kind of insurance motivates people to achieve their goals, making it feel more engaging and fun. Need some inspiration? Read on to learn how others are making positive changes.

### Wellness, not weight

Joanna is a successful business owner and a busy mom of three young children. While she enjoys physical exercise, finding the time in her tight schedule is a challenge. A new life insurance program has given her the incentive she needs to stay active.

“This program gives you the coverage that you need, but also encourages you to live a healthy lifestyle and gives you lots of little perks for doing so.”

Now Joanna pays more attention to the choices she makes – eating well, getting enough sleep and incorporating physical activity – generally taking good care of herself so she can be around for her family. “If I had to describe myself before the program, I would say that I was more weight conscious. Now I think of myself more as wellness-minded.”

### Energized and encouraged

Kevin was ready for something different.

“I felt it was important to get myself back into shape. I was feeling quite sluggish at work, sluggish at home. That’s when I decided to make the change.” Kevin’s advisor let him know about an insurance program that could help encourage him to make healthy choices. Kevin immediately saw the benefits of joining along with insurance coverage, he got a fitness tracking device so he could see his progress. He was able to set goals and found that keeping up a healthy lifestyle was easy and even fun.

Since signing up for the program, Kevin is more active, feels energized and is inspired to keep on going.

### Focus on motivation

Leslie has always been the kind of person who challenges herself. But when a lump on her thyroid turned out to be cancer, she worried that her diagnosis would make it difficult for her to get insurance coverage.

After speaking to her advisor, Leslie found that, despite her medical history, she was a good fit for an insurance program that offered protection and rewards. It not only helped Leslie make better choices for herself, but her family has adopted healthier habits too.

“It has certainly positively impacted my family because they’re seeing their mother make these changes and so we are making better choices all around.” Leslie is thrilled that her daughters go on walks with her now and are becoming more

active themselves. “I actually got them some activity trackers so they can join me in achieving 10,000 steps.”

Leslie earns rewards for making healthy decisions and because of that she is always being encouraged to take the next step. Thanks to the program, Leslie says she is focused on living a long, healthy life.

When it comes to your health, a little can do a lot. With an insurance program that offers a variety of ways to learn about and improve your health, it’s easy to achieve your goals. Ready to start your journey towards a healthier life – and earn rewards along the way? Talk to your advisor to learn how.

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

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Quiz Nite – Oct 2: Details to follow





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# Real Wine for Real People

## Summertime is sangria time

April Sirois – Sommelier - ISG

There is something so ‘summertime’ about enjoying a tall glass of sangria on a patio, porch, or terrace. For a perfect summer memory, just add friends and laughter. Perhaps you have never tried this fun, summer refresher so, if you are curious, why not give it a try?

Sangria is a classic, Spanish wine punch made with fresh and fruity red wine, citrus fruits, juice and some type of spirit. The name Sangria derives from "sangre", the Spanish word meaning "blood" that refers to the beautiful dark red colour in the most classic style of this drink.

While we’ll review the basic ingredients for sangria, it is notable to mention that many different styles do exist. This includes rosé, white, and even a sparkling wine sangria. Most purists believe that the only true sangria is this red style (I do agree that it is the classic and the best style), however, I also think that some of the others are also pleasantly refreshing and tasty. Let’s begin with how to make traditional sangria.

Start with a large pitcher and add a bottle of young, red wine like a Tempranillo, or, a young, un-oaked Rioja. Add fruits like oranges, lemons, limes, peaches and plums, then 2 to 4 ounces of a spirit such as Brandy or Port. I like Grand Marnier for the orange flavour but Port is very nice also. Two cups or so of fruit juice, orange or pineapple, will work well. If you like it a bit sweeter add a tablespoon of liquid honey.

Cut the fruit into slices and mix all the ingredients in a large pitcher. Allow it to sit in the fridge for a few hours to help blend and mellow the flavours. Before serving, stir well; add ice and a splash of sparkling water or wine. Please be careful to drink responsibly as this delicious sipper can pack a bit of a kick with about a 14% alc./vol.

Here are a few styles that are less classic, yet really delicious and worth a try:

### White Limoncello Sangria

- 2 bottles white wine, something young and un-oaked, but with a bit of weight like a Chardonnay
- 1 cup limoncello
- 1 cup white grape juice
- 1 cup ginger ale - if you prefer less sweet use soda water
- Ice

### Rosé, Peach Sangria

- 1 bottle dry rosé wine
- 5 oz. peach brandy or schnapps
- 1 tbsp. liquid honey
- 1 cup peaches, peeled and thinly sliced (frozen will work)
- 1 apple sliced thinly
- 1 cup apple juice
- Sparkling water or sparkling wine to top up
- Ice

### Spicy Cranberry Orange Sangria

- 1 bottle young red wine
- 4 cups cranberry juice
- 2 cups spiced rum
- 1 cup orange juice
- 1 teaspoon vanilla or almond extract
- 2 oranges thinly sliced
- 2 whole star anise
- 1 cup fresh cranberries (frozen cranberries work well also)
- 2 cinnamon sticks
- 2 cups sparkling water or ginger beer for a real spicy kick.
- Ice

One last note: for really good Sangria, make your own. Do not be tempted by the pre-made options available as they miss the fresh fruit component that is so important in an enjoyable finished product. Trust me it’s worth the extra effort.

~Cheers

# I’m Just Saying Time

Ron Golfman - Main Street

Now that we've come this far in the emancipation from virus-infused hibernation, up here in the Laurentians, clearly people have used their emergence to put their time and energy into the

aesthetics of lawns and gardens almost everywhere. Why not? The high cost of food, and the inability to travel to exotic locales, has turned many of us into barbecuing, green-thumbed citizens, given that we can meet, eat and drink, but mostly in our yards. Now that I have had two shots of Moderna nectar, I have cautiously ventured out onto terraces for a bite or an ale, wanting the interaction more than the guilty pleasure of filling my belly in public.

The one resounding afterthought of these excursions has been the change in what is on people's minds. For the most part, fearing the latest mania from Donald Trump has been dropped from our banter, thank goodness. Even the anxiety over the Delta variant (perhaps they chose that name as it kindles images of something romantic found in the backwaters of New Orleans) has diminished. The need to tread water lightly has not subsided much in my mind's eye, having sat recently with two women for a drink and, during the dialogue, they went on about their concern and aspirations to “Free Britney Spears”. I made the gender-typical mistake of suggesting that, in good conscience, they, as well as politicians and the general public, should be more preoccupied with the dire situation of freeing the two Michaels from their unwarranted incarceration in China. I could go on, but have resigned myself to thinking that, after the eighteen months we’ve just experienced, some people want to stick with “social conscience light”, as opposed to the hard stuff. It didn't go well.

That experience forced some introspection on my part, as I sat in my lawn chair the following day, avoiding another bar chat like the one I just described, and true to form, my mind wandered. I thought about time and memory, and at my ripe young/old age of 66, it all seemed to make sense. Reflecting on significant events in my lifetime, to prepare stories for my grandchildren, such as the Pandemic of 2020-2021(so far), I thought of the morning I witnessed the fall of the twin towers in New York City. When I remembered having been there earlier, in the summer of '78, with my great friend Stan, while on our way to five months in Europe, and going out onto the platform 105 or 107 stories up, my nostalgia seemed to dissipate quickly. That experience, vast at the time, had been turned insignificant by the events of September 11th, and perspective had once again put me in my place.

In the midst of the lockdown, relying falsely on social media platforms to dent my boredom, I answered the posed question 'what is one thing money cannot buy'. My response at the moment was 'time', and I maintain this belief. There is little question that the confinement, courtesy of COVID, has marked us all in one way or another. At this juncture I can almost recite the mantra found in Saul Bellow’s great novel with the title 'Seize the Day' to be my Waze, Google Map and likewise. By this I do not mean that one should conquer every lover, drink every jar, or anything else denied by the virus, but rather, make a cocktail of humility and time going forward.

Nobody knows the particulars of what others have had to, almost silently, endure during the pandemic, and there are stories to tell. I can only suggest, and I'm Just Saying, that we remember and stay in grateful contact with those who have kept us company by phone, media and otherwise these past eighteen months. Our emancipation is wrapped in exhibiting our gratitude to those around us who know, in a variety of ways and shapes, what it was like. Time waits for no one and our coming-out parties should include the ability to touch base, listen and find the silver lining at this moment in time.

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August 2021

MAIN STREET 





Laurentian Personality

# Carol Blackburn McDonald

Nature Artist/Photographer  
Extraordinaire

Lori Leonard – Main Street

Carol Blackburn McDonald is originally from Montreal. She married and moved to the Laurentians where they raised two daughters. Carol always loved the arts and took art classes at Le Petit École Victorienne in Lachute for 4 years, and continued classes with three other art teachers. Later, as Carol’s artistic skills flourished, she participated in Route Des Arts and was a member of the Ottawa Valley Artist Association. More recently, Carol became a member, then participating artist of Arts Morin Heights and sold many of her paintings. Some of the mediums Carol used include charcoal, pastels, acrylics, oil and water colour. One of her favourite artists is the well-known, talented Laurentian painter, Karen Savage. She adores her work because it is so free flowing and colourful.

Along the way Carol fell in love again, this time with photography... through an artist's eyes. Carol translates what she cannot say in words in her photographs. She is a nature-lover and enjoys hikes or walks through nature to capture her subjects. Carol also enjoys photographing horses...”there is so much to read in their eyes”, ocean- scapes and landscapes... “the waves and trees seem to call me” and wonders of the sky: the moon, sunrises and sunsets “the splendor and mystery”.

Sometimes, Carol transfers her photography to canvas, acrylic or metal. “When I take shots of my photography I look for the artist touch...not still, but free... If I put my photos on acrylic, I look for deep colours, not white...if I transfer them to metal, I seek simplicity and deep meaning... on canvas, I want something that pops out and says WOW! There is something magical about reflections and shadows, which I try to capture and incorporate in my shots.” Carol has taken several photography courses and has sought advice from many professional photographers. One of her favourite photographers is Eric Deschamps, because his winter shots of animals are “haunting and beautiful”.

Carol’s latest passion is sewing. She learned from a friend how to sew masks. Now, Carol is sewing attractive, colourful material purses. She offers a wide variety of plaids, florals, native and bee designs and others that are just whimsical!

Carol continues to enjoy walking through the woods to seek out adventurous photo opportunities and to study wildlife. She enjoys swimming in the lake, snowshoeing and “getting lost” in a good book. Carol says “I look forward to learning something new because there is always room to grow... I never want to stop, I love life”.

To see or purchase Carol’s outstanding photography or her lovely purses, please go to her Facebook page: Carol Blackburn McDonald.



# Chœur Tremblant preparing for its return in September

The Chœur Tremblant, under the leadership of its new artistic director Louis Babin, is looking forward to resuming its activities in September if public health conditions permit. Choir members are enthusiastic about the idea of getting back to their choral activities.

Choristers both old and new will be welcomed on Tuesday, September 7, 2021, at 6 pm at the Église du Village, facing Lac Mercier, at 1829 chemin du Village, Mont-Tremblant. At the gathering on the 7th, Mr. Babin will meet with each person to ensure that their voice is on key and to assign each one to a section: soprano, alto, tenor or bass. Regular practices will begin the following week, starting on Tuesday, September 14, from 7 pm to 9:30 pm.

The Chœur Tremblant is actively looking for more members and invites all those who like to sing and who want to participate in an interesting, captivating group activity, to join the choir. All are welcome to join the Choeur Tremblant.

The Chœur Tremblant, supported by the City of Mont-Tremblant, is a mixed choir founded in 1994 which was designated “A cultural treasure of the Laurentians” in 2016.

Visit Mr. Babin’s website at [www.louisbabin.com](http://www.louisbabin.com) and contact the Chœur Tremblant by email at [info@choeurtremblant.com](mailto:info@choeurtremblant.com) or by phone at: 873 279-2848.



# Digital literacy resources aim to keep seniors safe and connected during pandemic

COMMUNITYWIRE

Connectivity has never been more important than in this last year, when the pandemic separated people from their friends and families for an extended period of time. With the older population being so much more vulnerable to COVID-19, they are likely to spend more time physically distancing for longer than the rest of the general population. Sadly, this isolation can have major repercussions.

A recent study showed that social disconnection puts older adults at greater risk of depression and anxiety, and can even lead to health problems such as cognitive decline and heart disease. People with strong social bonds are 50 per cent less likely to suffer negative effects from isolation than those who have fewer social connections.

Yet there is a gap when it comes to access to technology. According to Stats Canada, roughly 30 per cent of the senior population do not use the Internet. Of those who do have Internet, many don't have strong enough digital literacy skills to use tools that may help to improve their mental health and well-being.

ABC Life Literacy Canada, a national not-for-profit literacy organization, offers a suite of free resources aimed at adults who want to improve their digital literacy skills. Through two of its programs – Youth Teaching Adults and ABC Internet Matters – anyone can access a wide variety of downloadable tools, resources and lesson plans on how to navigate the World Wide Web.

Resources range from tools such as how to stay safe online by being able to identify spam emails or set strong passwords to downloading and using apps such as Spotify, Facebook and YouTube.

The resources are available to individuals as well as community groups who want to run workshops to support seniors in their community with valuable digital literacy skills. "The COVID-19 pandemic has put a spotlight on the reality of senior isolation and loneliness in Canada, and demonstrated the need to empower seniors with digital literacy skills," says Elizabeth Robinson, Director of Programs at ABC Life Literacy Canada. "While the number of adult learners and seniors with access to the internet is growing significantly, many don't have the appropriate digital literacy skills to use the Internet safely. Our hope is that these resources will help provide adults and seniors the skills and confidence needed to connect with their community and gain access to basic needs like food, government support and healthcare."

To access free digital literacy resources, visit [www.abclifeliteracy.ca](http://www.abclifeliteracy.ca).



# Quebec Week of Public Markets in the Laurentians

## A 13th edition under the theme of creativity

The Quebec Week of Public Markets will be held from August 5 to 15, in more than 140 public markets across the province. The event is an initiative of the Association des marchés publics du Québec, which invites consumers to discover and rediscover the public markets in their region and on their vacation route.

Participating public markets in the Laurentians

- Oka Market
- Val-David Market
- Vieux-Saint-Eustache Market
- Saint-Colomban Market
- Mont-Tremblant Summer Market
- Mirabel Terroir Market
- Market on the Lake, Sainte-Marguerite-du-Lac-Masson
- Labelle Train Station Market, Labelle
- Blainville Market
- Saint-Jérôme Market
- Rosemère Market
- The SADP Summer Market, Sainte-Anne-des-Plaines
- Brownsburg-Chatham Market



Local purchasing first and foremost

Local sourcing allows you to get in touch with food producers and processors. “Consumers like to know where their food comes from. Producers, for their part, want to know the tastes and interests of their customers, in addition to wanting to give them the best tips for using their products! Public markets are the perfect places for them to meet, ”said the general manager of the Association des marchés publics du Québec, Jean-Nick Trudel.

Creativity on your plate

This 13th edition has the theme “creativity on your plate”. Adapt the way you source local produce by first visiting a public market and creating recipes from your purchases.

Again this year, the event has author and gourmet nutritionist, Julie Aubé, as its spokesperson. She will have challenges launched in the form of video capsules and will respond to them through visits to public markets in Quebec. Julie's videos and recipes will be posted on the social media of the Association des marchés publics du Québec.

For the list of public markets in Quebec, go to the website of the Association des marchés publics at [www.ampq.ca](http://www.ampq.ca)





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