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What's On My Mind... The power of communities

Susan MacDonald, Editor

In December 2008, headlines around the world highlighted the plight and unbelievable rescue of Belle and Sundance, two abandoned horses, stranded on Mount Rensaw, near the small town of McBride, in British Columbia. For a week, growing audiences followed the story on television and social media, as a channel, over a kilometer long, was dug through six to seven feet of deep snow to a logging road and, finally, freedom. Reporters, volunteers and local supporters cheered as the exhausted animals, and their rescuers, began the 7-hour and 27-kilometer trek, in temperatures ranging between minus 25-32 degrees Celsius, to a parking lot, where the horses were loaded into a trailer and taken to an S.P.C.A. foster farm...



The above excerpt was the opening paragraph of my December 2016 editorial. As an equestrian and horse lover, I followed this local news story as it unfolded, praying for the miracle that would see the horses reach safety. I thought of the endless, bitter cold days and nights these animals had endured, alone, without food, water or shelter from predators and the elements. I could almost sense their spirits fade slowly from the endless monotony. And yet, frostbitten and emaciated, somewhere from within, a faint spark continued to simmer in the two equines, flickering back to life when their rescuers arrived.

The small town of McBride, with a population of approximately 600 at the time, became famous globally in the week leading up to Christmas as media outlets ran the story. For a change, it was not a tragedy, major sports win, or any of the usual ways in which recognition is oftentimes headlined, that caught the hearts of audiences worldwide, it was the power, strength and hope of a unified community.

As the editor of Main Street, I have seen that same strength in our communities, particularly over this past year, which has been, and continues to be, extremely challenging for us all. Individually, there have been countless acts of kindness and support to friends, families and neighbours. Collectively, we have supported our local businesses and organizations, and re-invented inter-active community and educational activities via the Internet. We have been obliged to adapt to a new reality; we have done this so well that our community values have strengthened as a result.

As we head into the festive season, I wish everyone a safe and joyous holiday. Let's maintain our focus on the true spirit of Christmas and Hanukkah, keep our loved ones safe, and appreciate what is rather than lament what was.

Happy Holidays and enjoy the read...

Editor's Note: The views and opinions expressed in the various columns are those of the individual writer and do not necessarily reflect those of the editor or this publication.




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Observations

The Greatest Fraud

David MacFairlane - MainStreet

I find it quite astonishing that the US mainstream media (MSM), as well as the national Canadian and international media, adamantly refuse to acknowledge the fact that serious election fraud has been discovered by Trump’s legal team, following the recent Presidential election.

Instead, the media refers to the President’s “baseless” claims and has anointed Joe Biden as “President-elect”, when no such thing is true. Biden will not be President-elect until all states have certified their votes and the Electoral College has voted for the next President. Until then, Biden cannot claim that status legally, and there is no such thing as the Office of the President-elect, although Biden stands on a podium with an “Office” banner displayed in the background, along with a bogus seal, while pontificating and appointing his future cabinet. It’s a dog and pony show for the ignorant masses, promoted by the “fake news” media.

In fact, there is considerable doubt whether Biden will win this election, although the media claims it’s a done deal. Not true. There are three legal teams disputing the election results. The first is the President’s own legal team, consisting of lawyers, Rudy Giuliani, Jenna Ellis, and Joe diGenova. The other two teams are led by lawyers Sidney Powell and Lin Wood. The latter two are considered Super Lawyers, a designation given by their peers only to those who have reached high achievements, standards and success in their fields. For them to take on this legal battle independently means that they have put their careers and reputations on the line, and they are determined to prove in the courts that the election was fraudulent. Their commitment should not be underestimated.

When Sidney Powell recently referred to “releasing the Kraken” she was identifying the 305th Military Intelligence Battalion that is assisting her to assemble the evidence of this fraud conducted by the Democrat Party, with the collaboration of the company supplying the Dominion voting machines, which contained hackable software. Another company, called Smartmatic, a UK-based, George Soros linked company, designed that software, and collaborated with a rogue faction of the CIA, which operated a secret server farm in the US embassy in Germany, where the election results were monitored in real time and manipulated illegally, via direct Internet connections to the Dominion voting machines.

Unfortunately for the Democrats and their co-conspirators, the 305th Military Intelligence group, the Kraken, as they are called, along with the NSA (National Security Agency) were also monitoring all electronic communications during the election, and in the days following, and have intercepted all the exchanges between the CIA in Germany and the Dominion hardware in the US. It is worth noting that recently pardoned, General Mike Flynn, is deeply connected to the 305th, as well as the entire military intelligence apparatus, and is also a sponsor of Sidney Powell’s legal initiatives. The NSA is responsible for global monitoring, collection, and processing of information and data for foreign and domestic intelligence and counterintelligence purposes. They monitor every electronic communication in and out of North America, including emails and phone calls.

When questioned by the Arizona Legislature, retired Colonel, Philip Waldron, an air cavalry officer, who ran psychological operations and electronic warfare for 30 years, stated that, “despite the assurances of fired CISA director Krebs, the elections were not secure due to serious deficiencies, including Internet connectivity during tabulations, which Krebs denied.” Waldron explained that not only did the Dominion manual instruct users to connect ethernet cables to routers, his monitoring team in Michigan, on election day, observed considerable “spider-graph activity” in the network indicating increased use, as well as “packets” of information going to a server in Frankfurt, Germany.”

The anomalies discovered indicate that a large number of votes were processed during a truly short period of time, which is mechanically impossible under normal circumstances. Of the number of votes represented by such “spike anomalies,” Waldron estimates that around 570,000 of them went to Biden, while just a little over 3,200 were counted for Trump.

Retired General, Thomas McInerney, reported recently that a week after the election, on 10th November, an elite squad of Special Forces (Delta Force) raided the secret CIA server farm in Frankfurt, Germany, and seized the servers that were involved in manipulating the election results. They contain all the evidence of the fraudulent election results. During the raid, it was reported that 5 US soldiers were killed, along with one CIA officer, and Gina Haspel, the Director of the CIA, who was also there, was wounded badly. There have been rumours of her arrest and rendition, and it is significant that she has not been seen in public since then.

Now, it would appear that all this is nothing more than specious hyperbole because it has not been reported in the MSM, but why would they comment on the fraud when their specialty is “fake news”? Readers who seek other sources

of news should search in the Alternate Media, easily accessible on the Internet. There are many websites that publish information not found in the MSM. Sites like Zero Hedge and Natural News, amongst many others, contain reliable information unavailable anywhere else.

This election will be decided in the Supreme Court of the US (SCOTUS), and if the Court is found to be compromised, Trump will exercise the military option he has available as a last resort. In his speech, on 2nd December, he reiterated that he is committed to preserving the integrity of the Constitution at all costs, and readers can conclude that he means it. The President took an oath that obliges him to defend the country against all enemies, foreign and domestic. At present, Trump-appointed judges in federal district courts are speeding rejection of Trump’s lawsuits in order to get them to SCOTUS faster. Lower courts first, then

higher, that’s how it works, legally. The evidence is being saved and kept secret until a SCOTUS hearing. You won’t see the real fireworks until this is unleashed.

Recent changes to the DOJ’s rules about executions allow firing squads and hangings, but the military’s wartime rules of military justice have always allowed this anyway. The attacks on America’s critical elections infrastructure were, in fact, acts of war. The 305th Military Intelligence Battalion is a key source for Sidney Powell’s lawsuits, which allege that China also directly interfered with US elections through remote control and alteration of vote counts. Key witnesses tied to the 305th have the bombshell evidence.

This election is far from over. The obvious, rational indication in all this is that since 2018, (National Emergencies Act), followed by the National Security Presidential Memoranda (NSPM) #13 in 2018, details of which are still secret, but known

to cover “offensive cyber operations”, Trump has set up a cyber warfare battle plan for America. That plan was initiated on November 3rd, with the intent to trap treasonous actors as they tried to steal the election.

We will know soon.

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Founder: Jack Burger
Advertising Sales: Susan MacDonald,
Steve Brecher & April Sirois
Publisher/Editor: Susan MacDonald
Associate Editors: Jim Warbanks, June Angus
Art Director: Laurie Roch

Contributing writers: June Angus, Louise Bloom, Lys Chisholm,
Chris Collyer, Ron Golfman, Joseph Graham, Lori Leonard, David
MacFairlane, Mat Madison, Marcus Nerenberg, Sue Rich, Janet
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Simply Words on Paper

How to enjoy using your last gallon of gas

Jim Warbanks - Main Street

For many years, I was a loyal subscriber to Car and Driver magazine, but let it lapse some time ago. Recently, I was handed the November 2020 issue. The magazine still appeals to ‘gearheads’, but more specifically to those of us who truly enjoy cars that are a pleasure to drive.

Though neither I, nor the C&D staff, believe that the demise of the internal combustion engine (ICE) is anywhere near as imminent as certain prognosticators have been proclaiming, since the advent of the first electric vehicles fifteen years ago, there was a feature in the current edition entitled **The Last Gallon** that piqued my interest.

If you had the very last (U.S.) gallon (3.8 L) of gas you will ever use, would you stretch it out over the most kilometres possible, or would you burn it in a fast blaze of glory?

Varied options

Four drivers promoted their chosen vehicles and itineraries. One staffer selected a 2006 Prius Hybrid because he learned to drive in his Mom’s similar car. By using hyper-mileing techniques, that included driving very slowly along rural back roads in an attempt to reach a state park, he logged 52 miles (83.7 km). Ho-hum!

The second driver sought to “revel in raw adventure and excitement” by piloting a two-seater Honda Talon 1000R, a radical off-road runner, that blasted for 55 minutes and covered 12.1 miles at a top speed of 73 mph. More of a thrill, but not really my “thing.”

A pair of drivers, riding in a 2020 Corvette Stingray and a 2021 Lexus LC500 Convertible, sought to generate as much engine noise as possible by up-shifting and downshifting the transmissions of the two behemoth V-8 engines at modest speeds to prolong the cacophony mainly in a long, underground tunnel. The accumulated mileage was negligible. This option would certainly not fulfill me.

Now Subaru fan

I have owned a disparate collection of vehicles over the years, the majority purchased pre-owned. Afforded the opportunities, I have driven some powerful and exotic vehicles that I would like to re-visit. Over the last fifteen years, I have owned a steady succession of Subaru AWD cars and SUVs. My current transportation is a Subaru Crosstrek, and I remain an (almost) unconditional Subaru fan.

But pondering my selection to experience using up the very last 3.8 L of gasoline available to me, I discarded some interesting options. In my early days, I owned two Sunbeam Alpine convertibles with removable hardtops. This British sports car was indisputably fun to drive in a spirited manner. Its compact size, 4-cylinder 1.6 - 1.7 L engine, 4-speed transmission, delivered a top speed of 100 mph, with a 0-60 time of 13 seconds and fuel consumption of 25-30 mpg. All adequate, though not spectacular.

However, the Lucas (The Prince of Darkness) electrical system could not withstand a sneeze in the vicinity without shorting out, the twin carbs required fiddling after modest changes in temperature, the marginal rear suspension would tend to hop at most inopportune times, the low-clearance X-frame was challenged by even modest snowbanks, and the heater (even with the hardtop installed) was **over-matched at temperatures below 0 degrees Fahrenheit.**

Roots Motors

The Sunbeam Alpine would be my selection because of the fond memories associated with that period. But I would have loved to upgrade to a Sunbeam Tiger for my final, fantasy gasoline trek. I actually drove a highly tuned Tiger, prepared by the same dealer who race-prepped a car that was raced at the Mont Tremblant track.

For the Tiger, legendary Carroll Shelby, of AC Cobra fame, shoehorned a Ford V-8 producing 200 hp into the engine bay. Top speed rose to 122 mph and 0-60 time dropped to 7.5 seconds. Unfortunately, the fuel consumption plummeted to about 15 -17 mpg.

So, somewhat sadly, it is back to the trusty Alpine for my final gas-powered romp. At the time I owned the Alpines, I often drove briskly, making a timed loop on a rural back road in all seasons and conditions, and then recorded what I had managed. Later, I easily beat my previous best times in a Honda Civic CVCC that I had acquired. Ahh...the advent of front-wheel drive and tighter suspension tuning.

Timed loop

With urbanization, my old route would now be meaningless. So, the route that I would select takes me from my home in Lachute, north through Brownsburg-Chatham, aiming to reach the cut-off to Harrington, then hopefully my destination, with a spectacular view of the surrounding valley, the Harrington Community Centre, formerly the Harrington Elementary School. This route features a variety of terrains, with prominent hills and descents, exposure to water, distant vistas, challenging corners, a few of them blind. It would be a worthy, last gasoline-powered trek. After gassing up, a return descent by the Rouge River Road to Grenville and home would be fitting.

Now, esteemed readers, I leave it to you to choose the final gas-powered adventure you would take in a vehicle that kindles fond memories or exotic desires - perhaps both.



Calling all musicians!

Andie Bennett

Not many live music shows can boast an original song, a John Mellencamp cover, followed by a haunting lullaby, as well as Indigenous tunes sprinkled in for good measure, but this is just the type of gem you could stumble upon if you check out the 4Korners Live Music Sessions on Facebook. This particular eclectic ensemble was thanks to Celyne Gaspé (AKA Mary Tylah Mohawk), an artist from the Kanesatake Mohawk Territory who shares songs, stories and artistry from her heart.

The live music nights had been a staple at Café Totumos, in Deux-Montagnes, when Ken Duff took over as the coordinator in early 2020. He managed to get in the first scheduled night on location March 13, and then, life as we knew it changed. 4Korners suggested it might be more prudent to bring the night to Facebook Live with our support, and Ken did a quick pivot to the virtual world. A guitar player and drummer himself, Ken has been involved with music in some capacity most of his life. He is accustomed to being the go-to guy for organising music events and was now tasked with coordinating an event where he had to be almost entirely hands-off. There were some minor hiccups along the way; a sideways camera here, a wonky sound connection there, but week by week Ken refined his guideline for musicians, and the night became a smooth transition for many musicians starving for a chance to flex their performance muscles. There is now a bank of 33 live performances stored on the 4Korners Facebook page, some with almost 4000 views!

The musicians featured have ranged from a 12-year-old with a voice that will knock your socks off, to musicians in their 70s, and lots in between. The goal of the evening is community building, and Ken stresses that he is not looking for professional and polished performances. It is about sharing the joy of music and giving musicians and fans an opportunity to be part of a live performance.

December features front-ended videos to tell more about the artists, as well as to spread the word about important subjects like suicide prevention. Ken has a vision for resuming in January and would like to involve more community organizations that may have a venue to host artists while also supporting their fundraising initiatives. If you play music, and are looking for an audience, please get in touch with Ken at music@saken.ca.

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Assessment of the mobile COVID-19 screening unit in the Laurentians

The Public Health Department of the Integrated Health and Social Services Center (CISSS) des Laurentides confirms the cessation of activities of the mobile COVID-19 screening unit due to the arrival of the winter season, and shares the results of the operations of this initiative set up since the first wave of the pandemic.

The mobile unit is a bus that has been transformed into a vaccination clinic. It criss-crossed Laurentian municipalities, temporarily settling in different places, allowing the self-testing of citizens wishing to obtain a test in order to find out if they were infected with COVID-19. The mobile screening unit traveled from May 25 to October 29.

A total of 29 municipalities were visited and some were visited several times. This represents 107 outings, which will have enabled more than 9,500 screenings among the population of the Laurentians. The project has not only significantly increased the number of tests for COVID-19 in the region, but it has also improved the accessibility of the testing service in different sectors of the region. "All of these tests were done thanks to the charity of people here and elsewhere who reached out to us. I would like to thank all the people and teams who, through their mobilization and solidarity, have contributed to the success of this service," declared the director of public health for the Laurentians, Dr.  ric Goyer.

The partners involved are as follows: Mr. Pierre Lavoie, the City of Saguenay; the Soci t  de transport du Saguenay; the CISSS of Center-Sud-de- le-de-Montr al; the Riv re-du-Nord School Services Center; the Saint-J r me Road Transport Training Center and their team of drivers assigned to the mobile unit, and above all, the staff of the CISSS des Laurentides for their generous involvement.

The Laurentian Public Health Department is evaluating the feasibility of different scenarios in order to continue improving its service for COVID-19 screening in the region.






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NEWS BITS FOR DECEMBER

Freeze on the municipal share 2021 budget focuses on hope and solidarity

The MRC d'Argenteuil is proud to present its 2021 budget, adopted at the regular meeting on November 25. This balanced budget, with its message of hope and solidarity, is the result of responsible planning.

Highlights of the 2021 budget

The total budget of the MRC d'Argenteuil is \$13,269,070, including \$2,530,770 for Fibre Argenteuil Inc'. As is the case for all MRCs across Québec, the municipal share is the main source of revenue for the MRC d'Argenteuil and is payable by its nine constituent municipalities. For the year 2021, the total municipal share comes to \$4,493,120, the same amount as in 2020. This means that 2021 will see an overall freeze on the municipal share.

In addition to the municipal share, other sources of revenue include reserves and accumulated surpluses, grants from the Québec and Canadian governments, and various other revenues. As part of the 2020-2024 fiscal pact between the provincial government and municipalities, the MRC d'Argenteuil will receive additional funding to take on ever-growing responsibilities, including support for local development management, innovation and revitalization. In addition, in 2021 and for the following three years, the MRC d'Argenteuil will receive funding from the Québec government to pay for the hiring of two additional employees in its economic development department, in line with the new Accès Entreprise Québec network.

As of September 15, 2020, total property values (land and buildings) in the MRC d'Argenteuil stood at nearly \$4.8 billion, an increase of 6.56% compared to September 15, 2019.

An MRC dedicated to its community

In addition to assuming its mandatory powers under provincial laws, the MRC d'Argenteuil, as a local government, acts as a "service cooperative" for its constituent municipalities, thereby generating significant economies of scale in several sectors of activity, including civil engineering and local roads, computer and network engineering, geomatics, forestry engineering, etc. The nine local municipalities, as well as their community partners, can also benefit from personalized support from the MRC in the realization of their various projects and the protection of their best interests

Due to the COVID-19 health crisis, 2020 was a very difficult year in many ways. In this unusual and challenging context, the MRC fully assumed its responsibilities and leadership for the benefit of the people of Argenteuil. For example, sensitive to the needs of the community, the MRC council did not hesitate to maintain and increase financial support in 2021 for economic development, social solidarity, arts and culture, and sports and outdoor activities.

MRC d'Argenteuil Warden Scott Pearce and Deputy Warden Carl Péloquin are pleased with the adoption of the 2021 budget. "Endowed with a vision that is realistic, ambitious and full of hope for its population and its territory, the MRC d'Argenteuil will continue its relentless efforts over the upcoming year to ensure that the issues and needs that are dear to its citizens are heard and that funding continues to be provided for them". These issues and needs include the deployment of essential high speed fibre optic Internet, local development and employability, public safety, paratransit and public transit, the protection of the environment and natural areas, municipal asset and waterways management in the context of climate change adaptation, and the adoption of a youth strategy.

"In the MRC's 2021 budget, everything is in place to promote social harmony and mobilization in order to continue to make Argenteuil an inspiring, attractive, inclusive and supportive living environment for the benefit of current and future generations", added Mr. Pearce and Mr. Péloquin.

1 Fibre Argenteuil Inc: A non-profit organization, legally constituted in May 2019 at the request of the MRC d'Argenteuil, whose mission is to facilitate, provide and maintain telecommunication services, including high- speed Internet, to as many households as possible across the MRC.

Double Celebrate smashes expectations

All 4400 vouchers for the Double Celebrate campaign set up by the Grand Mont-Tremblant Chamber of Commerce (CCGMT) found buyers in just four days! This initiative, funded to the tune of \$100,000 by the City of Mont-Tremblant and the CCGMT, in addition to a contribution of \$10,000 from the Caisse Desjardins Mont-Tremblant, will have made it possible to inject more than \$220,000 in participating businesses in the region.

The Double Celebrate campaign had the dual objective of supporting merchants affected by the pandemic and helping the people of Mont-Tremblant to make their holiday purchases during a more difficult time. By purchasing a voucher for \$25, cardholders actually received a voucher of double the value, or \$50, redeemable at the participating store of their choice. In addition, thanks to a contribution from the Caisse Desjardins de Mont-Tremblant, the first 100 buyers obtained an additional \$15, for an actual value of \$65.

"Double Celebrate" is the result of an extraordinary collaborative effort between three key economic players in Mont-Tremblant. It was our responsibility as a city to support this initiative of the Chamber for the benefit of our people and our traders in this time of uncertainty. This campaign also illustrates the strength, innovation and capacity of the CCGMT to act, which once again confirms that it is a key player in the economic development of our city," declared the mayor of Mont-Tremblant, Luc Brisebois. "For a first edition, the success of Double Celebrate shattered our expectations: the partners involved were right!

I would like to thank the participating businesses for having believed in this initiative and for having trusted us in this daring project! I am very hopeful that we have thus succeeded in creating a chain reaction whose benefits will continue to be felt in the local economy long after the last voucher has been spent here, in particular, by having made it possible to discover new businesses for the population," added Annie Gosselin, Executive Director of the CCGMT.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Husband-wife team **Ash** and **Laura Choudhury** who recently moved to Morin Heights. Laura and Ash opened their Indian food catering business **Makhani Catering** on October 24. They have cooked amazing Indian food together for the last 10 years. On their menu is delicious Butter Chicken, seasonal veggies cooked in mild curry with cashews and raisins, tasty Samosas, Lamb Masala, Basmati rice, Coconut Beef curry with green peppers and carrots. Various vegetable and paneer dishes offer vegetarians great choices. Naan bread and delectable chutneys are available. Desserts include chocolate zucchini loaf and carrot chai loaf. Two-person serving frozen portions. To order, go to makhanimorinheights.com. Payments can be COD or by e-transfer. Food deliveries are on Thursdays. 416-550-9714 / Facebook: Makhani Morin Heights. Best of luck Laura and Ash!

Karine Roy, owner of the new **Moa Hairdressing Salon**, 75 ave. de la Gare, St. Sauveur which opened October 20. Karine and her family moved here from Mexico where she owned another salon. Karine has 24 years of hairdressing experience. Hair care includes coloring, cuts, styling and keratin treatments. High quality Davines products are used. Open Monday to Friday: 8 am -5 pm and Saturday: 9 am -1 pm. For an appointment call 450 227-5648 / moasalon.ca / Facebook: Moa Salon. Welcome to St. Sauveur and good luck with your new business.

Congratulations to:

Sue Cselenyi and **Michel Cyr** who recently moved to Gore. Welcome to the Laurentians. Sue runs a business called **CAD MicroSolutions Inc.**, which provides engineering solutions: 3D printers, 3D scanners, AR/VR, Simulation, CAD Software (SolidWorks and 3DEXPERIENCE), technical support, education, design services and more. Sue helps companies ease into Industry 4.0 by identifying pain points that new technologies can address. For more info: 514 232-5741 / cadmicro.com / sue@cadmicro.com / Facebook: CADMicro / linkedin: cad-microsolutions-inc

Caroline Picard and **Christian Comeau**, owners of their new bakery **Boulangerie Au Son du Pain**, 977 rue St. Jovite, St. Jovite: 819 425-7545. Their original bakery is located at 110 ch. des Fondateurs, La Minerve: 819 274-3527. Their speciality is sour dough bread, made with organic flour from Les Grains Duval in Kiamika. One of their popular items is Apéro baguette with Kalamata olives, aged cheddar cheese and pesto. Another version includes sundried tomatoes. There is also a new baguette, made with maple syrup, walnuts and sea salt. They offer a wide selection of breads and are famous for their delectable croissants, chocolates and cinnamon buns (100-year-old recipe). Other products include homemade chicken pot pies, fruit and savory pies and cookies. All products are hand-made. Caroline and Christian are extremely proud of their superior quality of artisanal products. For Christmas, they will feature homemade confit d'oignon, Jalapeno jelly and tourtières. ausondupain.ca / Facebook: au son du pain.

Did you know that:

L'Ouvroir, St. Sauveur has new opening hours? Clothing/kitchen items are accepted on Monday and Tuesday from 9 am to 12 pm. The indoor store is open on Tuesday and Thursday from 9 am to 11:30 am and from 12:30 pm to 3 pm and on the first Saturday of each month from 9 am to 12 pm. The outdoor court store is open every second Thursday from 9 am to 1 pm.

High speed Internet is now available for residents of **Estérel**? Cogeco obtained the necessary permits to install fibre optics in the Lac Dupuis region, avenue de la place d'Anjou, de l'avenue des Ardennes and chemin Fridolin-Simard. These updates should be put into place by the end of 2020 or beginning of 2021.

Chœur Tremblant delays its relaunch

The Chœur Tremblant, under the direction of its new artistic director Louis Babin, had hoped to resume its activities at the beginning of January 2021. It seems more certain, however, that with the ongoing ravages of COVID-19, the activities of the choir members will remain in "Pause" mode.

The choristers are eager to get back to the practice hall, the Village Church playhouse in Mont-Tremblant Village on Lac Mercier, which is undergoing renovation.

While we do not know for certain when the Chœur Tremblant will be able to resume its activities, the members are actively preparing for the resumption. The choir's goal this year is to offer a concert in June if possible, or more likely, in December 2021.

The Chœur Tremblant, supported by the Ville de Mont-Tremblant, is a mixed choir founded in 1994, which was named a "cultural treasure of the Laurentians" in 2016. Its members come from afar, from Sainte-Adèle to Mont-Laurier and beyond. The evening practices take place once a week at the Village Church playhouse in the old Mont-Tremblant Village on Lac Mercier. New choristers are very welcome!

You can visit Mr. Babin's website at www.louisbabin.com and reach the Chœur Tremblant at info@choeurtremblant.com, or by phone at 873 279-2848.



The Quebec government confirms funding of \$130,000 per year to La Maison de la famille Au Coeur des Générations d'Argenteuil

It is with gratitude and satisfaction that the MNA for Argenteuil, Agnès Grondin, recently announced, on behalf of the Minister of Families, Mathieu Lacombe, a recurring annual financial assistance of \$130,000 to La Maison de la famille - Au Coeur des Générations d'Argenteuil, for the accomplishment of its mission.

This financial support has been anticipated for several years by the Argenteuil community. Officially recognized as a family community organization (OCF) in 2016, the Maison de la famille Au Cœur des Générations d'Argenteuil did not receive, until recently, any amount dedicated to its operations. It has been various community partners who, over the years, have financially supported the organization.

In total, the Ministère de la Famille allocates \$85 million over five years to the 280 OCFs in the various regions of Quebec. In addition to significantly increasing funding to organizations already supported by the Department, these sums provide support to 19 others who, like the Maison de la famille Au coeur des generations d' Argenteuil, were recognized, but received little funding. Organizations offering community drop-in daycare services will also benefit from additional support.

The Government of Quebec is thus respecting its commitment to better support the development of children by providing more support to front-line resources in the field who work directly with families, including the most vulnerable.

This improvement in the assistance program for OCFs is in line with the recommendation of the Special Commission on the Rights of Children and Youth Protection, which, last December, suggested increasing the funding of these organizations in order to enable them to maintain their role of proximity to families and vulnerable children.



About Sainte-Adèle

Chris Lance - Main Street

The snow has blown in hard during the last week of November, bringing cold wind and freezing temperatures, and driving us indoors in search of warmth and shelter. But the ski hills are slowly opening and should soon be welcoming locals (orange zone so far) and red zoners (the bulk of their clients). Quebec Health is making it difficult for employees and clients at ski stations. As you know, Quebec loves rules, and more rules creating corrals and more line-ups, but now it's cold, and getting colder.

So, if you are planning to put your kids in a ski-school program, and you are from a red zone, i.e. starting from Prévost, going south to Montreal, it won't work because you won't be allowed. But, maybe, if you have two houses, you can designate the seasonal chalet as your home and get away with getting the kids into a ski school – or not.

Each ski resort has guidelines for skiers, and you might want to check the website of your favourite hill to be aware of the regulations before you arrive. You won't be able to leave bags, boots or lunch boxes in the respective ski lodges. Instead, you can change in the lodge, then carry your stuff back to your car, or put your boots on in the car. All the hooks in the lodges for you to hang up your clothes have been removed.

Lunchtime is a maximum of 30 minutes. At some places, you need to reserve online for lunch in the bar before you arrive. There will be long line-ups to use bathrooms inside, as well as the ones installed outside. Tickets are sometimes available, but preference will go to ski pass holders. One skier on a 3-seat lift, and 2 skiers on a 4-seater. Families can use the entire chair seating. Masks must be worn going up the lift and entering the lodge. You could use a big face cover, but it must cover your nose and mouth. Masks required anywhere and everywhere inside, so keep extras in your parka.

I'm guessing there will be very long line-ups, and extra masks for the kids going into the restaurant or designated indoor lunch areas. You can't sit inside and stay there all day, like every good grand parent should (right Bob?), waiting for the grand kids to finish their ski day. I guess what really will be needed is a lot of patience as both clients and employees get used to the new ski regulations over this winter season. Just remember the basic measures; wear your masks, wash your hands, cough in your elbow, respect the distance with your fellow skiers, and please stay home if you feel you have any COVID symptoms.

Quebec's municipal elections are happening in 2021, and hopefully, sometime in the year, vaccinations for COVID will be available to Quebecers. I'm sure Health Minister Dubé will be practicing with a syringe on an orange at home. Also, I hope Simon Jolin-Barrette will accept packaging in English or German from the vaccine providers. You never know from the strange thinking and ideas of our language minister.

Pierre Lafond, our outspoken municipal councilor, was suspended from council meetings for 45 days by the Quebec Superior Court. But it seems our councilor considers it's an ongoing case and his beef with our mayor isn't over until it's over.

Christmas and New Year's celebrations have arrived up north. Wishing all my readers a safe and happy Christmas and a great and healthy 2021.

Birds bring joy to seniors at Lachute Residence

By Lori Leonard

As everyone knows, these days are challenging, but our seniors face even more challenging times without visits from family or friends. This can make daily living at a residence rather lonely. We thought it would be lovely for the seniors to have two beautiful, bright singing canaries to make their days at Lachute Residence just a little brighter.



I would like to highlight some amazing, kind individuals from our community who were involved with this project. Thank you to Lawrence Burt, from Batou Rouge, St. Sauveur for donating two beautiful bird cages, and to Don Manconi from Gore for donating the money to purchase the two singing canaries. We would also like to thank Ginette Meloche, our "bird lady" who provided us with two beautiful, healthy canaries at a greatly reduced price, as well as her bird expertise, night covers that she sewed for the cages and bird food she donated.

The canaries were delivered safely to Lachute Residence on December 3. We are certain that these lovely birds will make a huge difference to the seniors' daily life. The residents will have a bird-naming contest, which should be fun.

Also, a huge thank you to Rose Manconi, President of the Lachute Residence Users Committee for her support and to Patty Desrosiers who was integral to this project in so many ways.

Huge kudos and a big thank you to all of you!

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Laurentian Personality

Eve Robinson-Chouinard – always helping others

Lori Leonard – Main Street

Some people are just “naturals” when it comes to working with people of all ages, ethnic backgrounds and languages within a community. Such is the case with Eve Robinson-Chouinard. Eve is originally from l’Île d’Orléans and adopted the Laurentians as her home 25 years ago. She feels privileged to live here, to enjoy the walking trails, to live 5 minutes from ski hills, have access to lakes and see her children grow up in such a beautiful environment.

Eve is the Community Organizer for the MRC des Pays-d’en-Haut and works closely with the CLSC’s across the Laurentians. She is a CISSS employee and works in tandem with 5 CISSS hospital centers. Eve has held this position since January 2008. Her role is to support community groups and identify health resources such as lodging, food sources, educational links, etc. Eve finds solutions to support community groups to develop projects to improve living conditions for all residents in the Pays-d’en-Haut region.

Each month, Eve attends meetings with various important groups to provide resource information and support to them. The groups include: LESAN (Laurentian English Services Advisory Network), la Table des aînés des Pays-d’en-Haut, le comité des proches aidants des Pays-d’en-Haut, le comité de prévention des abus envers les aînés, la Table de sécurité alimentaire des Pays-d’en-Haut (Meals), la Table de concertation en violence conjugale, le Regroupement des partenaires de la MRC des Pays-d’en-Haut et le comité logement des Pays-d’en-Haut.

Eve usually has the opportunity to meet many people. However, during the pandemic she has not been able to meet as many individuals within the community as usual.

Eve works principally with groups who provide food or meals to the community and with other groups who support seniors. Eve also provides her clients with information about affordable lodging, accessibility to English services, transportation and assistance with social development. Occasionally, Eve supports community groups to seek funding, and other times she assists with grant applications, or helps to plan a fundraising event.

Because community services are often overlooked, Eve would like the Laurentian population to know there are several services available to them. For information, check the Directions section of lespaysdenhaut.com/documents-et-publications/ or call the CLSC at 450 227-3447. Eve can be reached at eve_robinson-chouinard@ssss.gouv.qc.ca.

Thank you Eve for your hard work and your dedication to the community.



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Be there for yourself the way you're there for others



You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



The *Getting Better My Way* digital tool

Getting Better My Way is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at Quebec.ca/Gettingbetter



Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**
Info-Social 811 is a free and confidential telephone consultation service available 24/7
- **Regroupement des services d'intervention de crise du Québec**
Provides 24/7 referral services for people in distress (French): centredecrise.ca/listecentres
- **Tel-Aide**
Helpline that provides 24/7 assistance to people who are isolated, in distress or need someone to talk to: 514 935-1101
- **Écoute Entraide**
Community organization that supports people experiencing emotional distress: 514 278-2130 or 1 855 EN LIGNE (365-4463)
- **Suicide prevention crisis helpline**
Crisis helpline that provides suicide prevention services 24/7: 1 866 APPELLE (277-3553)

[Québec.ca/GettingBetter](https://quebec.ca/GettingBetter)

 **Info-Social 811**

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Wishing you peace, health,
and joy this Christmas and
throughout 2021

Stephane Lauzon

MP for Argenteuil-La Petite-Nation
stephane.lauzon@parl.gc.ca




Ville de
MONT-TREMBLANT

Au terme de cette année hors du commun que vous avez
traversée avec courage et résilience, vous méritez une période
des fêtes remplie de douceur et de bonheur.

Je vous souhaite donc, au nom du conseil et en mon nom,
un très très joyeux temps des fêtes!

*At the end of this unusual year, which you have endured with courage
and resilience, you deserve a Holiday Season filled with ease and
happiness.*

*I wish you, on behalf of the council and myself, a very, very joyous
Holiday Season!*


Luc Brisebois
Maire / Mayor

*Joyeuses fêtes !
Joyous Holiday Season!*

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clientele at Lachute
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service requirements. Fully bilingual, Mr. Maillette's
dedicated and professional experience will be
particularly welcomed by the Anglophone community.

It is with great pleasure that we welcome him to our
team at Lachute Ford.

*Wishing you a
Safe and Happy
Holiday Season*



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Real Wine for Real People

Christmas Wine Baskets 101

April Sirois – Sommelier - ISG

Welcome to our first, and hopefully, our last “Covid Christmas”. This year, we will all be celebrating in a much different way. No big parties, crowded, open houses or attending midnight mass. Only limited contacts with friends, family and loved ones.

With this in mind, I plan to leave a lot of baskets on steps and porches to wish people a safe and socially distanced “Happy Holidays.” Everyone loves getting a basket of wine and goodies, but a lot of people seem to shy away from giving them. Mostly because the store-bought kind can be a little cheesy, (and not in the good way) and making one yourself can seem like a lot of work.

I am going to help by showing you how easy it can be to build a festive wine basket. First you will need a base of some kind. A traditional basket, a wine cooler, a festive bowl, or even just a nice Christmas gift bag from the dollar store. Then, pick a theme and get started.

Your basket should include a bottle of wine, some kind of food to go with the wine and hardware that will go with your theme. See? That was easy. Below are a few suggestions;

Basic wine Basket

- A festive basket, bag, or carrier of some kind
- A bottle of red, a bottle of white
- Cheese crackers
- Two wine glasses, or a nice corkscrew

Wine and cheese Basket * this basket has perishable food in it, so you will need to let the recipient know to open it right away or keep it in the fridge.

- A bottle of wine or two
- A few artisan cheeses
- Some artisan meats, like duck rillette and dry salami
- Artisan crackers or bread
- Cutting board
- Cheese knives

If the board is a large one, you can place everything on the board and wrap with clear plastic wrap. Then, tie it all together with a festive bow.

A Christmas Baking Basket

- A bottle of Moscato or Demi Sec Champagne, or Ice wine, or even some local cider, iced or sparkling.
 - Cookies, squares and/or other homemade baking in pretty jars, or small tins, tied with Christmas ribbons.
 - A fun, Christmas-themed plate to serve the goodies on.
- Again, if large enough, you can use the plate as your base.

A Mimosa Basket

- A bottle of sparkling wine
- Tetra packed orange juice (refrigeration not needed)
- Maple butter or syrup in a pretty jar.
- Pancake mix
- Fresh Mandarin oranges
- Tinned, shelf-stable cretons
- A skillet, this can do double duty as your basket. Place everything into the skillet and wrap it up.

Girls night in

- A bottle of buttery California Chardonnay
- Microwave popcorn
- Bubble bath
- Face Mask
- Book
- Chocolate and/or candy

New Year’s Eve

- Sparkling wine
- Wine chiller -Again this could do double duty as the basket
- Chocolates
- A few noisemakers, streamers, party hats.

Pasta Lover

- A bottle of Chianti, or any Italian wine
- Dried specialty pasta
- Gourmet pasta sauce
- Truffle oil
- Pasta colander -Another double duty basket

*Helpful hint. Hit the Dollar Store for baskets, bows and large rolls of plastic wrap. Merry Christmas/Happy Holidays and a Safe and healthy New Year. ~Cheers



Arundel News

Janet Thomas

CHRISTMAS IN ARUNDEL

Covid has struck and I can only count the casualties. The Arundel Christmas Market is cancelled. Christmas Concerts are cancelled. Christmas Eve church services are - - cancelled. The traditional New Year’s Broomball Challenge? Cancelled. We want everyone to stay safe and stay well.

However ... Arundel has spirit and we know how to adapt.

La Guignolée Food Drive will be a controlled one this year. On Saturday, December 12 and Sunday, December 13, you can deliver your donations to the Montcalm Community Centre between 11 am and 3 pm. Or, you can authorize to meet a volunteer at your door between 11 am and 2 pm on Sunday, December 13. A mail-out notice will ask your preferred method of contribution. Everyone must wear a mask and respect social distancing. Please help everyone, especially those in need, to have the best Christmas possible.

Arundel Cross-Country Snowshoe Trails are prepped and ready to go- bring on the snow! Twenty kilometres of trail, including the “Ti-Loop” that gives beginners two kilometres of easy level skiing and snowshoeing. Membership fees and rules are posted at www.loisirsarundel.com and are also available at Arundel Provisions. Go on! Get outside and enjoy the season! As Norwegians say, “There is no such thing as bad weather, only bad clothing.”

Arundel Community Christmas Tree is looking for your creative inspiration. Make your own decoration and hang it on our tree. Make a wish for the future and hang it there, too. The tree is on the corner at the Arundel United Church.



Making it Work in the Laurentians

Hiring employees & contractors: how to do it right

Maya Khamala

The question eventually arises in the life of any small business: is it time to hire? Since strong HR management is integral to growth, it’s important to know how to answer this question.

Is it time to hire your first full-time employee?

When not to hire a full-time employee

Although it may be tempting to rush into your first hire, try to resist the urge until you’ve defined the tasks your new employee will be responsible for. A lack of clarity will only eat up valuable time and money. Additionally, if you’re unsure your finances are stable enough to pay an employee, it’s better to hold off for now. Hiring an employee should never be a quick fix. Rather, growing your team should be part of a larger proactive strategy. If completing a client contract is absolutely necessary, consider hiring a consultant or contractor rather than full-time staff.

When to hire your first full-time employee

If you’ve determined you need help with tasks that either aren’t suited to your abilities, or which fall under a specific skill set, like computer and analytical skills, for instance, this is a good sign that it’s time to count a full-time employee among your ranks. Ultimately, every hire should, in some way, generate revenue or save money for your business. Of course, in addition to complementary skillsets, employees should also share your business’ values, vision and commitment!

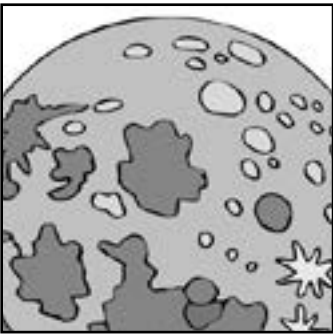
Aligning HR strategy with business strategy

Some employers take longer than others to realize that cultivating a healthy work environment can help you reach your goals faster. A positive workplace is one in which teamwork runs smoothly, productivity is high and turnover is low. A reputation as an ethical employer is also valuable in and of itself, since many clients or would-be clients evaluate more than simple products or services. If you treat your employees as valued assets capable of taking care of the day-to-day while you work toward the future of your business, you’re on the right track!

Plan for retention!

Making a first hire can be very exciting. But since recruitment and training take time and resources away from your core activities, it’s particularly important that you plan for employee retention. One of the best ways to keep your employees around long-term is to ensure you hire someone with both a complementary skill-set and a shared enthusiasm about your goals. Never underestimate the staying power of personal investment. Your business will thank you in the long run!

Whether you’re ready to make your first hire or are still focused on turning your business idea into a reality, YES’ business coaches can help you through the process. Visit yesmontreal.ca to see how.



Zach Factor The Great Conjunction 2020

Lys Chisholm & Marcus Nerenberg -
Main Street

On December 21, 2020, an exceedingly rare astronomical event will take place. The planets, Jupiter and Saturn, will appear to be in the same place in the sky, a phenomenon called “The Great Conjunction”. The effect will be seen for days, as a brilliant light in the south-west horizon, just after sunset.

2014 years ago, three Persian astrologers trudged through the desert after finding astral indications of the birth of a great Hebrew King. It likely took them over 2 years to arrive in Jerusalem. History texts tell us that Herod, the Roman puppet, and King of Israel, had been on the throne for years when these astrologers arrived at his court looking for a young, royal child. So, what signs had they seen? Johanne Kepler, who first researched this phenomenon, indicated that the Persian wise ones may have seen what is called a Great Conjunction of Jupiter and Saturn in 6 BC.

A conjunction happens when two celestial bodies appear to be close together in the heavens. Although the Great Conjunction occurs every twenty years, the upcoming event is special because Jupiter and Saturn have not been this close together since 1623. To astronomers, it is a curiosity worth sharing with the public due to their superb visibility. To astrologers, these planetary markers are of major significance.

In astrology, planetary movements are observed as having vibrational effects. The movements of smaller, closer, planets reflect our day-to-day, mundane lives. Large planets, gas giants, move slowly and their location and aspects to each other in the heavens represent energy that is mixed, creating both positive and negative effects.

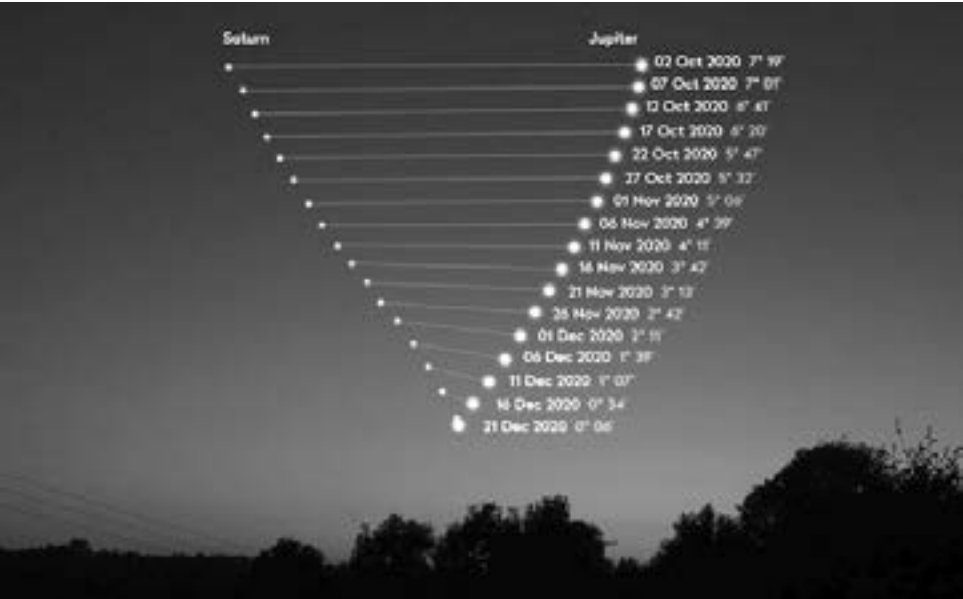
When Jupiter and Saturn line up, together they become the Great ‘Chronacrators’; they work in tandem to mark a significant time. This December 21 conjunction reveals an epochal change.

The movement of these two planets is measured by the astrological constellation in which they conjunct. For 200 years, when Saturn and Jupiter have danced together, it occurred in the Sign of Capricorn, a constellation of earthly materialism. Their movements reflected the Industrial Revolution and the age of Iron and Steel. On the dark side, we have a planet filled with pollution and mistrust. On the bright side, we became conscious of ourselves, as planetary citizens, the day we looked back from the Moon at our beautiful, blue planet.

Kepler ushered in the age of heliocentric astronomy. He was the first to explain how a telescope works, and his lifetime was marked by the symbol of the Great Conjunction. In 1623, the celestial event was not visible because the conjunction took place in the same region of the sky as the Sun. Yet, the effect was Kepler’s first stated law; that planets move in an elliptic around the Sun. His discoveries were denounced by the Church as heresy, although they heralded the understanding that we are not alone in the universe and that the Earth was neither flat nor at the center.

So, what does our Christmas Star bring this year? Astrologer, Bracha Goldman, of Auckland, New Zealand, tells us to watch closely as the Great Conjunction happens in the Air Sign of Aquarius. For the next 200 years, Jupiter and Saturn will meet, every twenty years, in free-flowing Aquarius. The earthy materialism of Capricorn will lose its greedy grip on our consciousness. Saturn symbolizes the limiting law and restrictions imposed in the Zodiac, that constantly warn us of risk and danger. Saturn’s strict discipline leaves us shutting down and distancing. Jupiter, the “good time” planet, defines our need to be free, open, and creative, such as how we use Zoom to work and share a virtual drink.

Things that are symbolized by Air signs are all vibrational. Electricity, Internet, cell phones, lasers, colour and sound waves, even air travel. Astrologer, Clarisse Monahan, noted that Saturn slipped into Aquarius sometime back in March, and the impact on air travel was immediate. She warns that the easy-going Jupiter will be restrained in Aquarius, where Saturn rules until 2023. Virtual schools, although thrown together hastily this fall, are here to stay, perhaps as financially viable alternatives to brick and mortar buildings. Yet, on the positive side, Brachman claims that now, more than ever, we have the collective energy to evoke powerful, personal transformations in the early part of this transit. The choices are ours to make; choices for the common good of all, as we no longer have the option of unchecked greed.



Through the autumn, Saturn and Jupiter swing closer until they meet in the Great Conjunction on the Winter Solstice, December 21st. Is it an astronomical oddity or an astrological omen? Image Credit: Pete Lawrence



Joseph Graham - Main Street
joseph@ballyhoo.ca

The Story Behind A microburst and a community response

With COVID going red again, Kerry and Brian’s wedding was going to be ‘attended’ mostly on YouTube. The immediate family would be there, of course, but uncles, aunts, cousins could be present only through the virtual window and everyone was tuning in at 4 pm on October 10.

Sandra Savery and John Richard, JR as he is better known, were making it into a small celebration by watching it with their two children, Mike and Terrance, and Mike’s partner, Geneviève. It must have looked like a party – there were five cars in the driveway at their family home in Ste. Lucie. Michael took advantage of the afternoon to climb up the steep rock ledge behind the house with his ropes and gear, but as 4 pm fast approached, he made it down the ledge and got to the house. A storm was picking up, it was exhilarating to be up on the mountain, but his cousin’s wedding took precedence. As he opened the door, the others heard the howling of the wind. They hoped the power would hold. They were all ready to participate.

Sandra looked out the side window and found it surprisingly bright out there. As she observed the brightness, the house began to explode with noise. They could see trees moving as though they were flying past. The whole family raced down the basement stairs as the noise increased. During the next few minutes, the storm roared and the house shook – then it went calm. Tentatively, they climbed the stairs. Looking through the window, nothing was immediately recognizable. The cars were buried in trees and the forest view was gone on the east side, giving them a clear view to the far hills. The power was off. The phone was out. JR ventured outside. The devastation was impressive, trees were down everywhere, some on each other and others on the house, the garage and the cars. The wedding was suddenly far away.

They are called microbursts. As the name suggests, they can be very small, but that does not mean they will be less damaging, just concentrated in a small area. It happens when dry air rides under a storm, the heavy storm clouds collapse down from thousands of feet through the dry air, bursting onto the ground below. It can create winds up to 150 mph (240 km per hour) on the ground, forced out by the collapsing air above, and it can last for minutes. An airplane can be smashed onto the ground and forests can be flattened as the downdraft hits and turns horizontal. They are as dangerous as tornadoes, but more sudden and less predictable. Microbursts are not new, but with a warming atmosphere, there is more moisture being carried overhead and these storms will become more destructive.

The Richards do not want to contemplate anything more destructive than what they experienced. They estimate over 200 mature trees down on their relatively small property as well as some from the mountain behind the house, on the neighbouring land. Their newly shingled roof was damaged, but it held. The cars and garage sustained damage. Many of the people who have come to do emergency repairs such as the Hydro crews, including an experienced worker, said they had never seen anything like it. I visited the property two weeks after the storm and the trees were piled, branches and all, along the road where the wind had placed them. Sandra told me that a few days before my visit, as she worked piling branches, she was startled when six weakened trees collapsed into a pile behind the garage.

Oddly, the microburst did little damage beyond their property.

As extraordinary as the storm was, another aspect of the story was the incredible turnout of friends and neighbours who have been working to make living in the house possible through the winter. Hydro got the power on 6 days later, as the electrical mast had to be repaired, and soon after, their internet and telephone were back up. Most of the wedding party was outside, as well as friends, family and volunteers, cutting up fallen trees and filling trailers with branches and logs, toting them off to the Ecocentre. When I arrived on October 31 to help, it looked like they had barely made a dent in removing the carnage, but Sandra had counted 30 loads gone. When the Ecocentre closed on November 14, that number had increased to 122. There is still plenty more to clear. The experts for the more dangerous tasks of removing trees still hanging over the roof will be covered by the insurance. They have no shortage of work.

The roof was repaired. The owner of the neighbouring property is participating in the costs of removing some of the ominously poised trees that could still fall on the house. The whole spirit around the place was more like a barn-raising than a disaster area, old friendships being renewed and new friendships being made. Two neighbours stopped with their trailer, offering to take some branches and logs to the Ecocentre and they came back each day they could. If anyone doubts that the community can rise to an emergency, this event is a good argument for our community’s vitality.





Garden Talk

Indoor veggie garden inspiration

June Angus - Main Street

Before frost killed the last of my small compact cherry tomato plants, I dug them up, put them in pots, and moved them indoors. Placed in a very bright window, they continue to produce tomatoes. I did the same thing with parsley and rosemary from my outdoor summer garden. As the dark days of winter settle in, I will need to add supplemental light to keep my plants producing – especially the tomatoes. I also plan to buy some fresh herb plants from the grocery store and will start some salad greens from seed.

Together, these plants will become my indoor, winter veggie garden. While slightly more challenging than simply growing potted houseplants, it's a very rewarding hobby. It will add homegrown freshness to my winter pantry, along with a boost to this gardener's mental health and wellbeing. If I have piqued your interest and curiosity, here are a few ideas to get you inspired.

The secret to success for cultivating indoors is to understand that the gardener's role is to be Mother Nature's helper. In effect you control the climate and other growing conditions by supplying light, appropriate temperatures, adequate water, necessary plant food and air circulation to help pollinate flowering/fruiting plants. Soilless potting mixes that incorporate peat and coco fibre are easier to handle indoors rather than regular, heavy gardening soil.

You can set up an indoor garden almost anywhere. Compact kits with built-in lights (generally fluorescent or LED) that inhabit tabletops and counters are available from a few big box retailers and many online garden suppliers. Some floor-standing kits are also available and generally take up about the same amount of space as a large potted palm.

Do-it-yourself small gardens also work fine. Pots, containers and trays can be either free-standing or arranged on utility shelving that is attached to a wall. To supply light, incorporate a few fluorescents suspended on the underside of shelves.

To keep your gardening space more enclosed, try a mini greenhouse. Compact grow tents are increasingly popular too. These freestanding units are about 6 to 7 feet tall with a zip entryway and vinyl exterior lined with reflective material on the inside. They can be set up in the corner of a large room, spare room, basement, heated shed or garage, wherever you've got space, heat and electricity.

Since nursery plants are generally not available during the winter, most of your winter garden can be started from seed. While you can grow just about anything, it's best to favour compact or miniature varieties of tomatoes, cucumbers, sweet peppers and hot peppers, along with dwarf beans and peas. These plants all require fairly intense light. Herbs, lettuce and other salad greens need less light and are very easy to grow. Most root crops are more challenging because they need a deep pot, but globe-shaped radishes and compact round carrots are worth a try.

Any lights, trays or other tools used to equip your indoor winter garden will also come in handy for starting seeds to prepare for outdoor planting come spring.

As the holiday season approaches, indoor gardening opens up a plethora of gift ideas for the avid gardener on your list. Or, why not treat yourself to some lights or other equipment that will allow you to experiment and play all winter long. Happy indoor gardening!

All the best for a healthy, safe holiday season.



Word Play

The Natural urge to heal

Louise Bloom - louisebloom@me.com

The recent intensification of the Covid 19 Pandemic has had me looking hard for anything at all that might raise my energy and my spirit. After months of immersion in this global situation, I have come to accept that we are living in a culture that brandishes a continual threat to our health and hardiness.

Recently, I have been schooled in pointing my efforts towards “feeling better”, by adopting two specific directions. I have discovered the pleasure of making things (or repairing things) from stuff that has been hanging around my home for decades. This seems to boost my mood. But, primarily, as I am exploring here, I have decided to identify the stuff that I can be grateful for, unearthing some amazing truths that I have forgotten.

It is at this juncture that I am reconnecting with, and marveling at, those well-known signs that our bodies and beings, if respected, carry the urge to heal at all costs

The healing power of nature recognizes the body's inherent ability to heal itself, beginning at the cellular level. These building blocks of the body are constantly working to repair and regenerate. When your skin is cut or scraped, you start to bleed. Platelets clump together, clotting to protect the wound. Blood vessels allow fresh nutrients and oxygen into the wound for healing. White blood cells accumulate to protect the wound from infection, and red blood cells arrive to build new tissue. This remarkable process rests only when healing is complete. These are the maintenance responsibilities of the body that go on without our intervention.

The naturopathic world views symptoms as nature's attempt to correct imbalances. Consequently, naturopathic treatments are geared toward allowing the body to heal rather than suppressing symptoms, which can lead to a prolongation of the disease. Drug therapy is one way that symptoms are regularly suppressed. The initial appointment with the naturopath uncovers our hurdles to optimal health.

Reminded of this, I thought that this is a time when we might consider growing, under the oppressive circumstances of the pandemic, with the decision to examine our relationship to our bodies and develop our own capacities to heal and seek healing advice.

At present, I am reading the New York Times bestseller, *The Body Keeps The Score*. The subject is the Brain, Mind, and Body in the Healing of Trauma. Beyond the extreme experiences that are named traumatic, without doubt, the current pandemic can be perceived as a traumatic experience for all of mankind.

The author, Bessel Van Der Kolk, offers these four suggestions to articulate the path to healing in the natural sense.

- Restoring relationships and community, or as my teacher said years ago, “community is immunity”
- Communicating, as in sharing our experiences verbally, to define and articulate our experiences.
- Regulating our own physiology by breathing, moving and touching in directed ways.
- Changing social conditions so that we, and our children, feel safe, in order to thrive.

Focused on these, I make a concerted effort to use the telephone regularly, despite my resistance, to share my emotional state with greater awareness, to continue my online yoga in the face of continual excuses, and to help others whenever I can. I fail often. But these attempts give me goals, and remind me that my corporal being, beyond my tendency to obstruct nature, absolutely has a “natural urge to heal.”

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



Remembrance Day

Royal Canadian Legion Branch #192

This year, we were obliged to cancel the Remembrance Day ceremony due to the Covid19 situation in our zone. To mark the event, on November 8, members held a small ceremony and were joined by Father Jean Dion, representing the Catholic church. Members also placed wreaths at the cenotaph.



On November 11, at 11 am, the ceremony was repeated with the assistance of Mme. Heather Hodge for the United Church and Mme. Astrid Norquay for the Anglican Church.

The wreaths remained at the cenotaph until November 12 where family and friends were able to visit while respecting the Health Department's rulings.

Michel Fournier
Poppy Campaign Chairman



Artful living and giving this holiday season

How to feel close this holiday season when physically distant? Coming together through art!

L'Art en Fête 2020, a magnificent virtual Christmas art exhibition, offers a great opportunity to discover and purchase beautiful artworks from the comfort and safety of your home to delight someone special or to just treat yourself.

At L'Art en Fête 2020 (www.AteliersMuz.com), you can view a wide selection of original paintings, sculptures, photographs, digital art and more created by established and emerging local artists. There are currently 20 talented artists presenting over 120 beautiful artworks and more artists are expected to join soon.

The participating artists at L'Art en Fête 2020 include Margaret Ann Adams of Arundel, a superb and seasoned painting artist inspired by the wildlife and domestic animals and Susan Browne of Mont-Tremblant, a talented painting artist inspired by the natural and ever burgeoning beauty of the Laurentians. Also, Guylaine Duval of Sainte-Agathe-des-Monts, an expert mycologist and a creative painting artist inspired by forests and wild mushrooms and Vik Freidman of Lac-Supérieur, a prize wining and accomplished photographer fascinated by plants, animals and people, are amongst the event's impressive group of exhibitors.

L'Art en Fête 2020 has been organized by Ateliers MÜZ, a social enterprise, with 2 main goals:

1. Make it easy for art lovers to purchase artworks this holiday season while respecting social distancing.
2. Support the artists and artisans in the Laurentians given the cancellation or limitation of traditional Christmas art shows this year.

L'Art en Fête 2020 is hosted on www.AteliersMuz.com and it is open continuously to visitors from 15 November to 20 December offering an impressive collection of artworks with a wide range of styles and prices. Come and connect through art, find amazing treasures to gift or to keep and support the great artists in our region.

Simin Foster, Lac-Supérieur
Ateliers MÜZ,
simin@ateliersmuz.com



Keeping our community litter-free

By Lori Leonard

Many residents, in various villages across the Laurentians, have noticed that there has been an upsurge in the amount of litter showing up on our beautiful trails, in local parking lots, and on residential streets. The litter includes mostly empty soft drink bottles, cans, fast food wrappers, straws, pizza boxes and the like. As well, there seem to be blue masks discarded in our local grocery store parking lots.

In particular, it was noted that the walking trails behind Canadian Tire, in Ste. Agathe, have litter strewn all across the trails. Many students and residents walk these paths, and so do the local animals, such as deer, raccoons, foxes and squirrels. What makes the situation worse is that we are still dealing with the Covid pandemic, so environmentally conscious people are somewhat afraid to retrieve all this litter.

We live in an amazing region, right in the heart of nature. Let's help each other and Mother Nature and her creatures stay healthy and clean by disposing of our litter in the appropriate manner!



The English Link Talk about anything, anytime

Andie Bennett

Before COVID hit, Tel-jeunes/LigneParents was already taking tens of thousands of phone calls a year from young people and parents looking for support regarding a wide range of life challenges they were facing. Counselor, Véronique Bisson, told me during our phone conversation that the COVID effect has exacerbated issues that have always been there ... “Everything that was and is difficult has gotten worse.” As the pandemic persists, she says many people feel we have extended the limit of what we can endure. If you are one of the many people feeling anger, sadness, helplessness, uncertainty, fear, or other disturbing emotions, rest assured that there is someone you can contact, who will listen without judgement, and help you in whichever language you are most comfortable.

Tel-jeunes/LigneParents is a non-profit organisation, supported by the Tel-jeunes Foundation, a registered charity. All their counsellors speak both French and English, and can respond in either language at any time. Their services are all free and confidential. Young people can reach Tel-jeunes by phone, text message, chat or email. For parents, telephone, chat and e-mail can be used to reach LigneParents' counsellors. Véronique has Bachelor's and Master's degrees in sexology, and is one of the many professional counsellors who are at the other end of the phone line, a welcome voice for callers whose first question is often clarifying that she is, in fact, an actual person and not a robot.

The pandemic has seen a 30% increase in contacts to Tel-jeunes/LigneParents, and while previously the subjects spanned a wide range of topics, like daily family conflicts, sexuality, and looking for resources, Véronique says now 50% of the young people contacting Tel-jeunes are looking for mental health support, and almost as many for LigneParents, at 40%.

Counsellors benefit from ongoing training, workshops, and they work collaboratively to ensure callers receive the best care. The website for Tel-jeunes has a wealth of English information at your fingertips. The LigneParents website is also a great resource, although the English version is still in the works.

Véronique says even with all the training and resources they offer, oftentimes what people need to hear right now is that it's OK not to be OK. The sentiment is now a pop hit for Marshmello and Demi Lovato, released in September of this year, but Véronique and her colleagues have been singing the refrain since March. You can visit the Tel-jeunes website <https://www.teljeunes.com/Home> and call LigneParents at: 1-800-361-5085.

TEL-JEUNES



Essential Oils Copaiba the new CBD

Susan Rich

CBD oil has become mainstream these days and people are using it for all sorts of reasons, including pain and mood management. However it comes with a stigma, it's quite expensive and it's not always effective. Copaiba essential oil has very similar properties, it's cheap in comparison and the effects are much more targeted.

In order to explain, let's talk about the science behind these two popular oils. In our brains there are two types of cannabinoid receptors: CB1 and CB2.

- CB1 is a psychoactive receptor in the brain and produces the high and hallucinations experienced when smoking cannabis.
- CB2 interacts with the nervous system and is responsible for pain management, inflammation and even mood.

What are Cannabinoids?

There are 3 main types of cannabinoids (a chemical compound that affects one or both cannabinoid receptors in the body). The three types are: CBD, THC, and BCP.

1. CBD, which stands for Cannabidiol is a naturally occurring component of the cannabis and hemp plant and interacts indirectly with the CB2 receptors.
2. THC, which stands for Tetrahydrocannabinol, is a chemical compound in cannabis that produces the “high” and affects primarily the CB1 Receptors.
3. BCP, or Beta Caryophyllene, only interacts with the CB2 receptors and affects the nervous system directly and is beneficial for mood and pain management.

Why is Copaiba different?

Okay, so now that we have the foundation of cannabinoids and cannabinoid receptors explained, let's learn some more about Copaiba and what sets it apart! Copaiba is derived from the resin of the copaiba tree in the tropics of South America and contains high levels of BCP (more than either marijuana and hemp). That means that it only interacts with the CB2 receptors, and assists with pain management and overall cellular health, without the psychoactive effects. It is also neuro protective and helps to calm anxious emotions. While it gives off many of the same benefits as marijuana, it does not interact with the CB1 receptors (psychoactive receptor) and therefore does not give a “high” feeling, and has zero risk.

So although there are similarities between the two oils in how they interact with the body, Copaiba not only produces more of the cannabinoid BCP, but it does so without producing the psychoactive effects of CB1 that can interfere with a person's ability to perform.

For more information on how to get 100% pure CPTG oils, and how to integrate them into your healthy lives, please feel free to contact me at 819-421-2253



Main Street Money

Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Joining forces

When a partnership makes sense for your small business.

Whether you’re already running a successful operation or are just starting out, flying solo with a small business can be a lot of work. Blending your skills, resources and connections with those of a partner can potentially boost your business, but it’s important to understand precisely what’s involved and how best to form one before jumping into the partnership pool.

Partnerships 101

One of the first things to consider is your relationship with a prospective partner. Do you get along? Do you trust them? Since you will be working closely together, effective and regular communication is key to ensuring the business runs smoothly.

A partnership is established when two or more people pool their resources to operate a business. Each partner might contribute money, property, labour, skills and/or connections to the business. Partners each have a share in the management of the business, its assets and profits (or debts and losses). And there is no legal separation between the business and partners, which means that business debt claims can be made against the personal assets of each partner.

When it comes to income, an agreed-upon amount is allocated to each partner and is reported personally on each partner’s tax return. Just as with a sole proprietorship, business losses flow through to the partners, which can offset other income on their personal tax returns, lowering their taxable income. At tax time, the partnership itself only files an informational return rather than an income tax return.

The authority and responsibility of each partner, as well as how income will be allocated, can be outlined in a partnership agreement.

An agreement is critical

Each member of a partnership is held responsible for all business decisions, which means that you can be held financially responsible for your partner’s broken contract or other liabilities. Because of this, it is highly recommended that you put in place a written partnership agreement that clearly outlines the authority and responsibility of each partner.

Simply put, a partnership agreement sets out the rights and obligations of the partners. It helps to establish the financial contribution of each partner, the division of labour and how income will be allocated. An agreement also defines the partnership’s property, including real estate, equipment and intellectual property, and how banking, accounting and taxes will be handled. You can set out how disputes are resolved and what happens if a partner dies or simply wants out of the partnership. An agreement can also outline how the sale of the business will be handled.

Putting a clear and comprehensive partnership agreement in place will help your business operations run more smoothly, and can help avoid conflict, disputes and potential costly legal battles later on. It’s a good idea to consult a legal professional before you sign to make sure the agreement covers everything you need it to.

Is a partnership right for my business?

The ability to share resources and finances is a great reason to consider a partnership structure for your business. But before you make any final decisions, speak to your advisor to make sure you understand all the financial and tax implications of a partnership.

Your advisor can refer you to a team of specialists who can help you form a partnership and put an effective agreement in place.

You can easily register your partnership by visiting www.canada.ca/en/services/business/start/register-with-gov.html

Not all partnerships are created equally

Different types of partnership arrangements allocate liabilities differently.

General partnership

This is the most common (and straightforward) type of partnership – each partner shares in the profits (or losses) and liabilities of the business.

Limited partnership

More of a financial contributor, a limited partner is liable only for their contribution to the partnership and doesn’t get involved in the day-to-day business operations.

Limited liability partnership (LLP)

Unlike a general partner, an LLP partner is not liable for debts or liabilities due to negligence by another partner. This structure generally applies to higher-risk professionals such as doctors, lawyers and accountants, and provides its partners more protection.

Joint venture

More of a business undertaking than a partnership, a joint venture is when two or more participants pool their resources for a specific task. Each person involved is responsible for the profits, losses and costs of the venture, which is separate from their other business interests.

Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.
200 – 9800 Cavendish Boulevard
Saint-Laurent, Quebec H4M 2V9

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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From the Kitchen

An ice cream cake to serve all holiday long



(NC) Ice cream nestled on cake and wrapped in toasted meringue is so irresistible. We're struggling to figure out why the baked Alaska disappeared from popular culture in the '60s. As luck would have it, this impressive layered dessert is poised for a comeback, and we're leaning into it hard with our peppermint hot chocolate-inspired version.

"This delicious dessert is the perfect way to finish off a festive celebration or indulge in a little weekday treat," says Michelle Pennock, executive chef for the President's Choice test kitchen. "If you're feeling a little extra decorative, top with crushed candy canes or festive sprinkles."

Peppermint Hot Chocolate Baked Alaska
Prep time: 30 minutes Cook time: 20 minutes Serves: 10

Ingredients:

Cake:

- 1/3 cup (83 mL) each all-purpose flour and cocoa powder
- 1/4 tsp (1 mL) baking powder
- 1 large egg
- 1/2 cup (125 mL) granulated sugar
- 1/4 cup (60 mL) vegetable oil
- 4 cups (1 L) PC peppermint hot chocolate ice cream, softened at room temperature for 20 minutes

Meringue:

- 3 large egg whites
- 1/2 tsp (2 mL) cream of tartar
- 3/4 cup (188 mL) granulated sugar

Directions:

1. For the cake, begin by preheating oven to 350°F (180°C). Line bottom and sides of 9- x 5-inch (2 L) loaf pan with parchment paper, leaving 1-inch (2.5 cm) overhang on two opposite sides.
2. Whisk together flour, cocoa powder and baking powder in small bowl; set aside. Whisk together egg, sugar and oil in large bowl. Add flour mixture to egg mixture and stir with wooden spoon or rubber spatula until smooth. Scrape into prepared loaf pan, smoothing top.
3. Bake until puffed and toothpick inserted in centre comes out with a few small crumbs attached, 18 to 20 minutes. Let cool completely.
4. Scrape softened ice cream over top of cooled chocolate layer, smoothing top. Freeze until firm, about 4 hours.
5. For the meringue, beat egg whites with cream of tartar in separate large bowl using electric hand-mixer on high speed until soft peaks form. Reduce speed to medium high and gradually beat in sugar, 1 tbsp (15 mL) at a time. Increase speed to high, beat until glossy and stiff peaks form, about 1 minute.
6. To assemble the baked Alaska, line baking sheet with foil. Lifting with parchment, remove cake from pan; peel off parchment and place cake on prepared baking sheet. Spread meringue all over top and sides of cake, making layer on top of ice cream thicker than sides. Using back of spoon, make swirly peaks in meringue. Freeze 30 minutes.
7. Preheat broiler to high. Broil cake on middle rack, rotating baking sheet once or twice to toast evenly, until meringue peaks are golden, 1 to 2 minutes. Watch closely or broil with oven door slightly ajar to ensure meringue doesn't burn.
8. Cut into 10 slices. Serve immediately.

Tip: For mini baked Alaskas, divide the chocolate batter among 10 greased wells of standard muffin tin and bake on middle rack of 350°F (180°C) oven 10 to 12 minutes. Let cool, then remove to a foil-lined baking sheet and top each round with a scoop of ice cream, dividing evenly. Freeze 2 hours, then spread meringue all over tops and sides. Freeze 30 minutes. Broil as directed in recipe above.

Nutritional information per slice: calories 260, fat 11 g, sodium 50 mg, carbohydrates 31g, fibre 1 g, sugars 34 g, protein 4 g.



I'm Just Saying All I want for Christmas is clarity

Ron Golfman - Main Street

As I sit down in front of the keyboard to offer an opinion, on the eve of our first winter storm of the season, I find myself worrying less about the snow than about the fog in my home province. Locally, and I mean in my own area, despite it being a tourist destination, we have managed to stay out of the dreaded red zone, where life becomes moribund, with little activity.

While much of the region around us is red, and the directive has been for people to avoid travel between regions, we find ourselves inundated with visitors from the red zones coming for drinks, dinners, and crowding our hamlets with reckless abandon. In a different time, we would be happy for the tourism, which helps our local economy and adds to the vibrancy of our region. In our present, bizarre situation, this behavior adds to the already significant risks we face, and we find ourselves angry and protective, to the point where our Mayors are asking the government to reinstate roadblocks to verify residency and travel intentions.

Interestingly, the CAQ government has said 'No' to the request, even though they were quick to do this during the first wave. Herein lies the fog created by our government when it comes to clear direction. We all watch the depressing press conferences, which emphasise that the second wave of the virus seems worse, and if we don't get our collective act together, we are doomed. Yet, this inconsistent approach leaves us confused. This seeming detachment from reality is further exemplified when the Minister of Education, in response to a growing number of COVID cases at schools, and the lack of proper ventilation in them, responds to the public outcry by saying they are 'studying the situation'. This issue has been a major concern for months, and the notion that we accept that response shows little respect for the public at large.

The newest proposal, as we inch towards Christmas, is what allowances to visit with family and friends are permitted by our leaders, and here again, we enter the fog. While it may seem to be a delicate balance between keeping people healthy psychologically, as alcohol and drug intake skyrockets, depression and despair reach dangerous levels, simply telling people that it is okay to have 4 days to mingle, with murky guidelines, makes us all confused, once again.

The lack of clarity and explicit direction opens the door for interpretation, which can only escalate our predicament. Four days, no more than 10 people at a time? ... Hmmm ... does it have to be the same people each day? These conditions are denied for New Years, based on the logic that we'll all need to self-isolate after the four-day binge window at Christmas.

I know we are all concerned about not letting the economy go deeper into distress, but shuttering bars, restaurants and small businesses, while big-box stores flourish with no restrictions, seems contrary to the goal of finding a balance between managing the pandemic while keeping the economy afloat. Small businesses are the lifeblood of our country, not Amazon, Wal-Mart or Costco, and those aren't local, they're American mega-businesses. If I could talk to our Premier directly, I would tell him that sick and deceased people do not shop, and that the strength of our society comes from the people, and the small businesses that live here, and depend on our local economies.

Like many of you dear readers, and I'm Just saying, I want to see family and friends this holiday season. I am having that 'discussion' about it as well, but with a potential vaccine seemingly around the corner, I wonder if I should take that risk.

Whatever you decide, in the spirit of giving, and there is no greater gift than giving consideration to others, I wish you all a safe and happy holiday.

18 main.street@xplornet.ca

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IT'S TIME TO TOYOTA

A white Toyota Sienna minivan is shown from a front-three-quarter view. The vehicle is parked on a light-colored surface, possibly snow or a studio floor, with a background of stylized evergreen trees. The car features a large black grille, multi-spoke alloy wheels, and a sleek, modern design. A small portion of a red car is visible on the far left edge of the frame.

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