

MAIN STREET

FEBRUARY 2020 • VOLUME 20 NO. 02
14,000 COPIES • PLEASE TAKE ONE

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

ARUNDEL • BROWNSBURG • GORE • HARRINGTON • HAWKESBURY • HUBERDEAU • LACHUTE • MILLE ISLES • MONT-TREMBLANT • MORIN HEIGHTS • PIEDMONT
PRÉVOST • STE ADÈLE • STE AGATHE • STE ANNE DES LACS • ST ADOLPHE-D'HOWARD • ST DONAT • ST SAUVEUR • VAL DAVID • VAL MORIN • WEIR • WENTWORTH

Let
it
snow

Protect the ones you love

Mtre. Barbara A. Thompson:
Wills, Mandates,
Liquidation of Estates

Mtre. Lucie Brunet:
Specialist in Estate planning for
families with members who
have disabilities

THOMPSON BRUNET, NOTARIES

707 Chemin du Village, # 201
Morin-Heights, Qc J0R 1H0
T.: 450-644-0444
www.thompsonbrunetnotaires.com

 **bonjour** Agence Immobilière **Tranquill-T** **Secur-T** **Integr-T**
Lyndsay Wood Real Estate Broker **FREE** seller & buyer
consultations
See p.18 for listings
514.774.8019
lyndsaywood.com
lyndsay_m_wood@hotmail.com
Over 10 years experience
f in
2 OFFICES TO SERVE YOU • ST-SAUVEUR & LACHUTE

 **276, rue Principale,
Saint-Sauveur QC**
GROUPE21.COM
See p.19 for listings
CAROLINE BULBULIAN RESIDENTIAL REAL ESTATE BROKER DANIEL STEWART REAL ESTATE BROKER CAROL ANN SIRARD REAL ESTATE BROKER

 **Erlinda Quintos**
Chartered Real Estate Broker, AEO
(514) 246-8888
ROYAL LEPAGE
Du QUARTIER HY
 **MTÉE DE MONTCALM, MONTCALM, QC, J0T 2V0**
\$18,500
PROPERTY INFORMATION:
WOW! Asking Just \$18,500 for 3 Acres (134,054.76
sq.ft.) of Land! Located on Montee Montcalm at the
corner of Rue Lucerne. Could build 3 homes on this
land! Easy access from Route 384, Only 10 minutes to
Morin-Heights and 20 minutes to St-Sauveur

 **Team Million -
A Winning Combination**
Jessica Million
Cell: 819-323-6581
realtormillion@gmail.com
www.jessicamillion.com
Andrew Fugère
Cell: 514-232-5150
fugere.andrew@hotmail.com
With Team Million your property is in good hands
See page 21 for ad



 **bonjour** Agence Immobilière 286, rue Principale
Saint-Sauveur
QC J0R 1R0
Gillian Hartley Inc.
Real Estate Broker
C 450-806-4646 O 450-227-8411
gillianhartley.com
gillianhartley.re@gmail.com f in

 **Lachute**
FORD
LACHUTE
CENTRE DU CAMION
400 Avenue Béthany, Lachute • (450) 562-2454

 **IMMEUBLES**
GROUPE CANTOR
AGENCE IMMOBILIERE / REAL ESTATE AGENCY
Gail Cantor
Certified Real Estate Broker
See page 9 for listings
www.groupecantor.com Je parle et j'écris
T/F: 450-228-2332 C: 514-386-8410 en français

Philippa Murray
COURTIER IMMOBILIER - REAL ESTATE BROKER
 **C) 450.530.5787**
O) 1.800.465.8040
philippa@philippamurray.com
www.philippamurray.com

 
Ste-Adèle • 450 229-6655 | Ste-Agathe • 819 326-6655
St-Sauveur/Piedmont • 450 227-4663



Trattoria Di Mitrio

Cucina Italiana

DEAR CUSTOMERS

Come visit our new
cafe, bakery-pastry shop
NOW OPEN

Our bakers and pastry chefs
offer you handcrafted products.
Our breads and pastries are
made from recipes that encourage
the use of organic flour and natural products.
Our pastry chefs prepare our homemade desserts
with organic, natural and fresh ingredients.

\$4 COFFEE AND
CROISSANT

SPECIAL ON TAKE-OUT

Choose any pizza & receive the second one...

FREE (At the counter only /
Valid until April 2020)

All our fresh sauces and pastas are prepared daily by our executive chefs. Our bakers prepare homemade pizza dough with organic, natural and fresh ingredients. We promise you the tastiest pizza you've ever eaten!

**10 rue Filion,
St-Sauveur
Tel: 450-227-1001**

www.restauranttrattoria.ca

Monday - CLOSED
Tuesday, Wednesday, Thursday - 10 am - 8 pm
Friday & Saturday - 10 am - 9 pm
Sunday - 10 am - 8 pm



UNLIMITED DATA

Only

\$59⁹⁹/month¹

For the first 3 months

Satellite 100 GB


UP TO 25 Mbps²

+ Unlimited Data*

\$129.99 in month 4

*Reduced speed beyond the data included in your plan.³
1 year term required. \$49 basic installation fee applies.⁴

Your local dealer



1 866 984-4848



Connect to what matters

xplornet.com

¹Offer is available until February 29, 2020 for new customers only where available. Limited time offer. Taxes apply. Monthly service fee includes rental cost of equipment, except optional Xplornet Wi-Fi router. ²Actual speed online may vary with your technical configuration, Internet traffic, server and other factors. Traffic Management policy applies, see xplornet.com/legal. ³On the Unlimited 100 plan with speeds up to 25 Mbps, you will receive reduced speeds up to 2 Mbps after your first 100 GB. Slower speeds may not support certain high-bandwidth activities or multiple users. Only available on select beams. ⁴Plans are subject to network availability at your location. Site check fee may apply. If installation requirements go beyond the scope of a basic installation, additional fees apply. See dealer for details. Xplornet® is a trademark of Xplornet Communications Inc. © 2020 Xplornet Communications Inc.

What’s On My Mind... The lost art of communication

Susan MacDonald, Editor

I consider myself relatively competent in the art of communication but, recently, I find myself wondering when the rules changed, and the use of proper grammar and appropriate context have been discarded. Is it my imagination or have our communication skills deteriorated so badly that they have fallen by the wayside?

Oftentimes, during ordinary discussions, I now hear acceptable boundaries crossed without hesitation, and I am left shocked to the core by some outrageous comment, totally out of context, and for no obvious reason, thrown into the conversation. Even more disturbing, is that while I’m left dumbfounded at the remark, the conversation will continue along as if nothing was out of the ordinary to the other person involved.

Also frustrating to me is attempting a conversation with a person who interrupts constantly, or who, without listening, continues to talk, changing topics at will, not allowing for an opportunity to respond. This one-sided approach may be great for texting, but it cannot work in verbal communications. Where has the respect for other person’s validity gone?

Social media, while efficient for instant communications, should also be recognized as a major factor behind the deterioration of our language skills. Text messages and Facebook posts are fraught with spelling errors, broken sentences and other grammatical errors, and nobody seems to care, even though, to others, it is a reflection back on the senders. Emails fall into that category as well. I come from the pre-texting, pre- spell check era, a time when people took pride in their language skills. So, to me, I find this debasement of the language a total shame and embarrassment.

I have witnessed a major change in communications, most notably in people’s ability to communicate well. Even while engaged in a real-time conversation with another person, the other’s need to respond instantly to an incoming text message, often takes priority over the ongoing discussion with me.

Constructive communication, either in person, or on social media or via email, should be respectful, enjoyable and to the point for the parties involved. Communication is the basis of our lives and what is most needed is the effectiveness of how we do it. Clarity in the messages exchanged is paramount.


Enjoy the read...




ECO SPA HIGHLAND

Private relaxation on the summit
Heated by Nature (solar and wood gasification)

Spa



Hotel



Restaurant






Photo credit – L. Beaulé

1 855-5 ECO SPA (1 855-532-6772)

www.ecospahighland.com / info@EcoSpaHighland.com

18 Mountain Rd - Grenville-sur-la-Rouge (Qc) J0V 1B0

Employment opportunities available

MICROBRASSERIE
SAURETTOES

SHAWBRIDGE

DE. CAN.
CHARCUTERIES

10\$

TREAT YOURSELF AND ENJOY ONE OF
OUR CLASSIC PIZZAS FOR 10\$.

EVERY MONDAY TO WEDNESDAY.



f SHAWBRIDGE

@USINEDUBONVIVANT

SHAWBRIDGE.CA

3023, BOUL DU CURÉ-LABELLE, PRÉVOST, QUÉBEC J0R 1T0

MAIN STREET

February 2020

main.street@xplornet.ca 3



Observations

The Clash of The Titans

David MacFairlane - MainStreet

In the simplest of terms, this is an internecine battle for supremacy between the East, represented by China and Russia, and the Western allies, dominated by the United States. The prize is Europe, and the battle is about the existential decision the European nations must make over which side to join with for future stability and economic success. According to Pepe Escobar, a well-known journalist, writing for the Asia Times, and often featured in Russia Insider, the US is engaged in a “Battle for the Ages” against Russia/China to stop Eurasian integration, and it’s a conflict that is going to get much worse.

The fear is that China is pulling ahead of the US economically, while Russia has already demonstrated its military superiority in high-tech weapons systems and aircraft that are unmatched by any other country, including China. A simple case in point is that despite the American success at landing astronauts on the moon so many long years ago, 6 times, between 1969 and 1972, they do not have that capability today. What happened? How could a country’s scientists and military unlearn, or forget, such a mind-boggling, world-changing technology to the extent that today, the US cannot even send astronauts to the ISS (International Space Station) in low Earth orbit, 400 kilometers above? To accomplish this vital task of re-supplying the ISS with fresh crews, the US depends on Russian technology and spacecraft, and all crew-related missions are launched from Russia’s Cosmodrome in Kazakhstan. The good news is that a US company, Space-X, has developed a cargo spacecraft, the Dragon, launched aboard a Space-X heavy Falcon rocket, that has begun supplying the ISS under a NASA contract. There have been 19 successful cargo flights to the ISS so far, the most recent in December 2019. A crew shuttle is rumoured to be coming soon, but the question lingers ... was that moon landing just another Hollywood movie?

The US attempts to derail the Russia/China strategic partnership, which now includes Iran, have been futile because the alliance, along with all the other countries signed up in the New Silk Road trade initiative is, by now, too mature and too far along to be shut down. Western thinking and planning deal with only what can be achieved in the short term – the next election, the next assassination - but the Chinese think and plan for generations ahead. They have the patience and inscrutability to allow plans to mature, but we do not – we demand instant gratification. According to Escobar, the Chinese goal for completion of the Silk Road initiative is 2040, by which time China expects to have a fully woven trade network of sovereign nations/partners, all connected by an interlocked network of roads and belts, by both land and sea.

Similarly, the Russian project envisioning a “Greater Eurasia” is intended to integrate Europe with the Chinese Belt and Road Initiative. In time, these plans will see a convergence of the Eurasia Economic Union, the Shanghai Cooperation Organization, the New Silk Road Initiative (Belt and Road) and the Asia Infrastructure Investment Bank sharing the same goal of seamless trade amongst sovereign partners. Russia, by its firm rejection of kowtowing to American hegemony, despite horrendous economic sanctions and demonization, has taught China the value of realpolitik power in all its forms. After 500 years of Western subjugation, which resulted in the near demise of its ancient culture, China is back again as a manufacturing and political juggernaut and is asserting its place in the world, once again.

The entire Asia-Pacific region now accepts the Russia/China alliance as a counter force to US military and financial aggression in the region, and the outcome of this struggle will determine which side will control Eurasia, parts of which the US has almost destroyed by its unending wars against Iraq, Iran, Syria, Afghanistan, Yemen and Libya. Where the Americans use brute force and murder, the Russians use the soft power of military diplomacy, supported by the Minister of Defence, Sergei Shoigu, an ethnic Tuvan from a Siberian nomadic culture, and assisted expertly by the Russian Intelligence services that are capable of constructive dialogue with both sides of the festering conflicts in the region, such as India/Pakistan, North/South Korea, Iran/Saudi Arabia, Syria/Turkey, and some other diplomatic initiatives that continue, away from the public spotlight, with the goal of preventing the outbreak of open conflict.

According to Escobar, the Russian/Chinese goal is to enable the formation of the Iran-Iraq-Syria strategic transport corridor that would link the Mediterranean and Atlantic with Central Asia and China to the Pacific. It is this union that the US is trying so hard to prevent by any means available, short of outright war – a conflict that the US knows full well it will lose if it chooses that option. So, America remains stuck between a rock and a hard place and agonises in its frustration. Iran is a key node in this Silk Road network and is protected by Russia and China. Recently, China has signed multiple agreements to be heavily involved in the rebuilding of Syria, as well as in Iraq. A newly signed deal with Iraq, termed the

Iraqi-Chinese Reconstruction Fund involves the income from 300,000 barrels of oil per day in exchange for credit for Chinese companies to rebuild Iraqi infrastructure, including their oilfields.

The missing piece of this intricate network is India, which is also stuck on the horns of a dilemma and unable to decide which side to join. On the one hand, the Americans are offering a lucrative trade partnership in its “Indo-Pacific” strategy, involving containment of China, but this would require India to remain outside the Silk Road network. On the other hand, India desperately needs to have access to trade with Iran and beyond. This is an existential decision for India, and it is widely known in the region that America has a habit of betraying its allies. Iran is also a matter of national security for China as it is already heavily invested in Iran’s energy industry, so any overt attempt to cause regime change or subvert Chinese and Russian influence in the country will bring severe consequences. So, India must pick a side before the outcome of the power struggle is known, and the decision cannot be delayed much longer.

The existential decision Europe must make also involves which side to choose. It is obvious to the Germans and the French that participation with Russia and China in the Belt and Road initiative is the only logical and safe choice to make, for the sake of future security and prosperity, but the US wields a big stick and effectively occupies Germany with over 50,000 military personnel permanently stationed there since the end of WW2. Also, the US controls NATO which, in itself, is a powerful military force. The guilt card, reminding Europe of how much it owes to the US, is also fully in play.

So, will Europe defy its master and join with the enemy? As Germany and France go, so will the rest of Europe follow. That is the existential quandary – what to do? Escobar concludes that what is certain is that the American Empire will not go quietly into the night.

We should prepare for the battle of the ages.

Create your own Duetto EVENT

OVER 140 COMBOS STARTING AT 9.99 per person

621 Rue Principale E, Sainte-Agathe-des-Monts (819) 326-5311

TOUJOURS Mikes SINCE 1967

*Applicable taxes not included. Suggested presentation. Toujours Mikes and Toujours Mikes logo are registered trademarks of Invesco Restaurant Group Inc., 2018. All rights reserved.

MAIN STREET

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

Published by

Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G5

450-533-0222

email: main.street@xplornet.ca

www.themainstreet.org

f

TheMainStreetNews

Founder: Jack Burger

Advertising Sales: Steve Brecher & Lori Leonard

Publisher/Editor: Susan MacDonald

Associate Editors: Jim Warbanks, June Angus

Art Director: Laurie Holland

Contributing writers: Ilania Abileah, June Angus, Dale Beauchamp, Louise Bloom, Lys Chisholm, Chris Collyer, Terry Cutler, Ron Golfman, Joseph Graham, Lori Leonard, David MacFairlane, Mat Madison, Erin McCarthy, Lisa McLellan, Marcus Nerenberg, Claudette Pilon-Smit, Sue Rich, Janet Thomas, Jim Warbanks and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

© 2013 Les Editions Main Street Inc. -

Reproduction in part or in whole without written permission is prohibited

• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: MARCH 13TH

IF YOU WISH TO PLACE AN AD CONTACT :

Steve Brecher 514-703-1665

Lori Leonard 450-224-7472

or

450-533-0222

Legal Deposit

Bibliothèque nationale du Québec

2014

QCNA

AJRO

ISSN 1718-0457

4 main.street@xplornet.ca

February 2020

MAIN STREET



Simply Words on Paper

Visit to Wuhan Region Before Coronavirus Outbreak

Jim Warbanks - Main Street

We have been astonished daily by reports of the Coronavirus outbreak and draconian measures taken by Chinese authorities to stem the spread of the virus. The death toll has already surpassed that of the 2013 S.A.R.S. virus. We follow the convoluted efforts necessary to evacuate Canadians from the virus epicentre region and the dilemma posed by having to isolate potentially infected cruise ship passengers.

Only in China, necessitating dictatorship powers, could we envision banning most travel and effectively quarantining whole cities particularly during the Lunar New Year celebrations when travel within China and families traveling back to China would have dwarfed the heaviest North American travel volume, which could not have been controlled in a similar manner.

In addition to the epicentre, Wuhan, which has a population of 11 000 000, which would be about three times the size of metropolitan Montreal, other major population centres nearby are Chibi, Ezhou, Huangang and Zhigang. Even the Forbidden City, a major tourist destination in Beijing has been shut down.

Friends along

I was indeed fortunate to be part of a group of family members and friends who enjoyed a fourteen-day tour of China in May 2012 traveling from Beijing to Shanghai by air and coach accompanied by knowledgeable, multi-lingual guides.

After a four-day stay touring Beijing, we flew to Wuhan then traveled by coach to nearby Yichang where we embarked on a cruise down the mighty Yangtze River to tour the Three Gorges. We also visited the world's largest hydro-electricity project still under construction. After the first gorge we embarked on smaller boats to travel a tributary stream of the Yangtze River to appreciate the beauty of the Three Gorges landscape before resuming our downriver cruise.

Along the riverbank we could see a succession of coal mines, which burned "dirty" coal destined to generate electricity. Steel-making facilities were also located along the river. We were fortunate indeed to complete the cruise since a few days later cruises were cancelled because of heavy smog blanketing the river making traveling impossible.

River Documentary

You can share our experience and appreciate this majestic river by viewing Up the Yangtze, a 2007 documentary produced by award-winning filmmaker and activist Mila Aung-Thwin, a former Laurentian area resident.

To understand the contrast between rich and poor, we traveled along major interstate highways where we could see subsistence-level farms lacking basic machinery, still utilizing horses and oxen yet located adjacent to modern cities.

We were fortunate to have one guide who had led Chinese tourists on tours in Canada. He spoke of the awe he felt when viewing the vast, empty areas within the country. He was astonished by the size and space enjoyed by single families within their houses and apartments. He repeated that seeing stars at night in the mid-town of cities would be impossible back home.

An unforgettable segment of the tour was the opportunity to walk along a portion of the Great Wall of China. To call it spectacular is an understatement. The people we met tended to be open and friendly, but many had had little exposure to foreign tourists. It was not unusual for mothers to point us out to their children and for some people to proudly try out their English on us. One delightful experience there was having two young university students politely ask if they could have a picture taken with my wife to send to their grandmothers.

Shared insights

I would like to share some of the insights I gathered during my trip to China. When local authorities determine that a certain city area has dilapidated housing that requires reconstruction rather than simple renovation the decision is made to evacuate the whole neighbourhood and relocate residents far from their friends and neighbours, schools and employment. The area is then razed and rather than one new high-rise apartment building at a time being constructed, a whole large city block of new high-rise apartments is erected very quickly.

It has been announced that the city of Wuhan is constructing a number of new hospitals to house virus-infected patients. In our North American experience this would seem unfeasible but with the vast manpower available to carry out government-mandated projects it is within the realm of possibility.

Traffic

As a seasoned Quebec driver, who has driven in many countries featuring both right-hand and left-hand drive cars on major highways and country trails, I initially suggested that I would be able to drive in Beijing. I was encouraged to see signs in English indicating major neighbourhoods, but the sheer volume of traffic convinced me that I should refrain even though drivers seemed to obey the rules of the road far better than their Quebec counterparts. Along some major highways there were even some signs that admonished drivers, "Don't drink and drive". Such a measure would at least be controversial in Quebec.


The trip was a memorable, eye-opening experience in part because it was shared with good friends with whom we were able to explore our varied impressions. One other unanticipated outcome was that the voyage allowed us to gain a certain perspective in relating to this unforeseeable virus crisis. I would gladly make a return visit to China including a stopover in Wuhan but not until I was assured that the current virus situation is under complete control.



LITIGATION WITH LAND?


I'M YOUR MAN!

Me PAUL JOLICOEUR, LAWYER
433, Principale
Saint-Sauveur QC J0R 1R4
Tel: (450) 227-5099
Fax: (450) 227-5636
info@pauljolicoeur.ca




LET'S GET WILD LADIES !

On Thursday get 50% off your supper and dance all night with a live band.



Phone : 450-227-0218 Email : info@lesaintsau.com
236 rue Principale, Saint-Sauveur Qc J0R 1R0



Laurentian Club of Canada

Montreal Raging Grannies

On Jan. 28, before the eyes of an enthralled audience Sheila Laursen, Margaret Godbeer, Helen Van Veeren and Elizabeth Vezina, in minutes, and to the tune of "...their souls go marching on", donned flouncy skirts, aprons, shawls, loud jewelry, and flower-decked hats, transforming from 'little old ladies'/ 2nd class citizens, with time and energy to spare and nothing to lose', to Raging Grannies. By this simple ritual they grabbed our attention, then proceeded to describe in more detail who, where, how and why they do what they do: promote peace, justice and respect for the earth through satirical song and humour.

The Raging Grannies began as a movement in 1989 at the beginning of the Gulf War, when a group of senior women attempted to enlist. There are now 'Gaggles', small groups of older activist women, collaborating and peacefully 'raging' against pollution, environmental/ animal abuse, social injustices, war... on street corners, at public gatherings and on Facebook... across Canada and the U.S. They choose their issues by consensus.

In their words: "We rage to get/raise public awareness, and have fun doing it. Be informed about local problems, and get involved. Democracy is not a spectator sport!"





About Sainte-Adèle

Chris Lance - Main Street

Last autumn, the Rte. 117 hill, from the Metro to the sports retailer ‘Letter’, was paved as a result of all the potholes from the previous winter. It was a smooth drive into the center of town for a month or two. Now, the pothole capital of the Lower Laurentians is developing deeper and wider holes in that brand-new pavement, most prevalent at the lights in front of the St Hubert restaurant, and the two lanes down the hill heading south.

Is it the salt/sand mixture? Is it bad materials used in the pavement, or is it just lousy work? Even the bridge leading into town, near the Esso gas station, and the bridge to Mont Rolland, are once again yawning gaping potholes.

If you don’t know about these cavernous holes in our infrastructure, that resounding scream from your backseat driver ‘lookout’, and the hideous clunk, first on the front wheel, then the back wheel, will get your attention sooner or later.

A safer way is to use Valiquette Street out of Sainte-Adèle; it goes through the center of the village, parallel to the 117, and ends up near the bridge by the Esso.

On December 19, around 3:45 pm, a local citizen on Morin Street watched in horror as an employee of Sainte-Adèle pummelled an injured deer with a shovel. This incident led to a petition online accusing the town administration and employees of animal cruelty. Obviously, this incident led to all sorts of accusations. All of us see dead or dying animals on the side of the road, and many of us have hit a deer and are lucky to survive that kind of an impact, not to mention the damage to the car and of course the terrible death of the animal. This particular incident on Morin Street brought out a great deal of hostility via public media. Hopefully we have all learned a lesson on animal treatment, as the finger pointing blame at someone has three fingers pointing back to you as well. What would you do if you see an injured deer by the roadside? Call the Surete du Quebec at *4141, but, use a hands-free phone.

The ski hills are open, and the conditions are excellent. The rain we had in early January has made great snowshoeing in the woods or trails around Sainte-Adèle.

The ice rinks are open. The weather has been cooperating so far this year – the snow is not as deep and snow days are not as often as last year.

Get out and enjoy the Sainte-Adèle winter!



City of Saint-Sauveur and Plein Air Saint-Sauveur sign memorandum

On January 20, 2020, the municipal council of the City of Saint-Sauveur and the members of the board of directors of the organization Plein Air Saint-Sauveur (PASS) signed a protocol of agreement to develop, maintain and perpetuate a network of non-motorized recreational trails, allowing the practice of outdoor activities on the territory of Saint-Sauveur.

The establishment of these trails will diversify and improve the current recreational offer, in addition to offering outdoor enthusiasts an extensive 4-season network thanks to the connection of the Savoy trails to those of other outdoor clubs in the MRC Pays-d'en-Haut.

As the president of Plein Air Saint-Sauveur, François Trudeau, points out: "We are very pleased with this agreement signed with the City of Saint-Sauveur, which is part of PASS's mission. We are continuing the work started in recent years and are now taking the next steps as part of this partnership. If all goes according to plan, we plan to announce the opening of some network trails by the end of 2020. "

Over the next year, the City of Saint-Sauveur and Plein Air Saint-Sauveur will work to finalize and implement a master plan, which will identify the trails to be sustainable, as well as those to be developed. The goal is to set up safe, pleasant and sustainable trails, which will be in accordance with the best-established development standards.

"The City of Saint-Sauveur is proud to partner with Plein Air Saint-Sauveur for the realization of this project. The signing of the agreement concludes several months of fruitful work between our two bodies. This network of recreational trails will provide added value for hikers from here and elsewhere. The teams concerned are very enthusiastic and ready to start this great collective project," stated Mr. Jacques Gariépy, mayor of Saint-Sauveur.



Photo: Front: Michel Lauzon, secretary of Plein Air Saint-Sauveur, François Trudeau, president of Plein Air Saint-Sauveur, Jacques Gariépy, mayor of Saint-Sauveur, Véronique Martino, councilor

Back: Greg Longtin, administrator of Plein Air Saint-Sauveur, Robert Gravel, administrator of Plein Air Saint-Sauveur, Stéphane Labbé, administrator of Plein Air Saint-Sauveur, Bernard Dubuc, administrator of Plein Air Saint-Sauveur, Daniel Cantin, counselor, Caroline Vinet, counselor, Rosa Borreggine, counselor, Normand Leroux, counselor

Arundel News

Janet Thomas

ARUNDEL ELEMENTARY SCHOOL: KINDERGARTEN & PRE-K REGISTRATION

Registration is underway until February 28 for Kindergarten and Pre-K programs in the 2020-2021 school year. Contact Jill Earle: 819-687- 9159 ext. 5115 or jearle@swlauriersb.qc.ca. The Arundel Elementary School offers bilingual education for students in Pre-K to grade 6, with a vibrant extracurricular program in sports, arts, and drama.

WINTER CARNIVAL: FUN FOR EVERYONE

Saturday, February 22

10 am: Cross-Country Ski Excursion

11 am: Snowshoe Excursion

Both excursions start and end in the United Church parking lot. Spectacular groomed trails accessible to all ability levels.

Noon: Chili Lunch in the United Church hall.

1 pm: Sliding on Flanagan's Hill. Bring your own sled or join the fun in the giant rubber raft. Helmets mandatory under 18 years. Free parking at Arundel United Church.

1 pm: Snow Castle Building Contest sponsored by the MRC des Laurentides, with chances to win prizes.

TIME TO RENEW YOUR LOISIRS MEMBERSHIP

Loisirs Arundel volunteers keep our community lively with regular social events: The New Year’s Broomball Bash, Winter Carnival, Canada Day, the Arundel Concert Series, the Lecture Series and the Arundel Art Show, plus excellent cross-country skiing and snowshoeing trails.

Membership with free access to cross-country/snowshoe trails is only \$40/individual; \$60/family OR \$20/ individual; \$30/family without trail pass. Forms available at Arundel Provisions.

For information and to volunteer, contact President Patti Flanagan at 819-425-0898, pattiflanagan@gmail.com or visit www.loisirsarundel.com



Lucyne

514 952-6316

WWW.LUCYNEFARAND.COM

SAINTE-ADÈLE Asking price: \$339,000
Domaine Tondohor. Peaceful and wooded environment, trails and small lake nearby. View of the mountain. 3 bedrooms, 2 bathrooms. New house with Novoclimat and lead construction. MUST SELL! MAKE AN OFFER! [12845237]

SAINTE-AGATHE-DES-MONTS Asking price: \$239,000
ACCESS TO LAKE MAGNAN. with wharf just opposite. House with detached heated garage. 3 bedrooms, fireplace and slow combustion. Very sunny. Beautiful grounds. Possibility of accommodation with one or two bedrooms with fireplace - partly on the ground floor. In-ground pool and a spa. Act quickly! [20752650]

SAINTE-AGATHE-DES-MONTS Asking price: \$279,000
In the beautiful Domaine Charleclair. Impeccable house, bright and warm. Large windows enhance the views of the surrounding landscape. Offers a large garage, a fireplace and recessed slow combustion. Access to Trout Lake, tennis and pool for a small fee. [25837818]

SAINT-SAUVEUR Asking price: \$995,000
Sumptuous property on the edge of Rivière-à-Simon. Beautiful and very cozy site with splendid views of the water. Completely remodeled and enlarged in 2007. 4 bedrooms, 2 fireplaces, 3 bathrooms, double garage, inground pool, spa, office and gym. [10649376]

SAINT-COLOMBAN Asking price: \$229,000
Very nice bungalow with a lot of potential for renovations of the location of the rooms. Possibility of a second floor by adding a staircase and putting the finishing touches on the walls. Plumbing, electricity and insulation already installed. [18776233]

We would like to recognize the excellence of Lucyne's work in both selling our home and purchasing our new property. We were impressed by her professionalism, skills and expertise in the real estate industry. She listened to our needs and respected our decisions and choices.
Muriel Tossignant & Michel St-Pierre.

It takes more than a sign to sell... It takes **A HEART FOR SALES**



NEWS BITS FOR FEBRUARY

The CISSS des Laurentides is proud to inaugurate its new clinical research unit

The Laurentian Integrated Center for Health and Social Services (CISSS) is proud to have inaugurated on January 6, a new clinical research unit.

This new unit is located within the Saint-Jérôme Regional Hospital and is responsible for providing clinical research services in many medical specialties. It is the result of the transfer of the research activities of the private research company Saint-Jérôme Medical Inc., led by Dr. Yves Pesant, physician-internist at the Saint-Jérôme Regional Hospital who has been working for more than twenty-five years in clinical research for the benefit of the Laurentian population. In co-management with the director of education and research of the CISSS des Laurentides, he will continue his mission as scientific director of the clinical research unit and will be responsible for its development and the appreciation of scientific value, projects and coordination of professionals involved in the studies.

The entire staff of Saint-Jérôme Medical Research Inc. now works in the new CISSS des Laurentides clinical research unit. With its experienced staff, facilities and high standards of ethics and good clinical practice, the unit aims to attract quality clinical studies for the benefit of its users. The reliability of these studies is based on the application of a rigorous scientific method and very strict standards to ensure the protection of participants.

Clinical studies aim to assess the efficacy and tolerance of a diagnostic method or treatment. Healthy or sick participants can participate, subject to the conditions specific to each study. The latter benefit from very close clinical monitoring and may, as the case may be, have access to treatment before it is marketed.

For more information, see www.santelaurentides.gouv.qc.ca in the Career, research and volunteering / Research / Clinical research unit section.

Road Hazard

Police officers from the Sûreté du Québec, from the Rivière-du-Nord MRC, want to raise awareness of a problem that has been noticed for several weeks at the intersection of Boulevard Curé-Labelle (117 North and Boulevard Clos-Prévostois), in Prévost.

Motorists traveling north on the 117 (70 km / h zone) oftentimes will turn left at the traffic lights at the intersection of Boul. Curé-Labelle and Clos-Prévostois, to drive to a fast food business, while the signs prohibit the left-hand turn. A U-turn is clearly displayed a few meters north of this intersection. This act involves risks in terms of road safety.

The police have carried out several operations in an effort to raise awareness among motorists who do not comply with the signs in place, and remind them of the designated turn, which allows them access to the entry of the store.

Subsequently, other operations will be put in place and offenders will face a ticket of \$171 for failing to comply with the signs in place.



Keep Your Keys Safe!

If you lose your keys with a War Amps tag attached, we can return them to you by courier, free of charge.

“A few days after I lost my keys, they were returned from The War Amps. It was the first time in my life that I have jumped with joy!”

– Sara

Order
key tags
online.



The War Amps
1 800 250-3030 • waramps.ca

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Laurence Hamel and **Frédérique Duchesne**, owners of the new Mexican restaurant **Senior Sanchez Resto Bar Taqueria**, 249 rue Principale, St. Sauveur. Their 27 year- old Mexican chef Lizette Garcia whips up delicious, authentic enchiladas, Mexican salad, tacos, tasty guacamole and many other dishes. Tuesday night, tacos are \$10, a pitcher of Labatt 50 beer is \$15. Mexican beers: Corona and Modelo and of course refreshing Margueritas are always available. Closed Sunday night and Monday. Weekdays open noon – 9 pm and weekends noon –10 pm.

Group reservations. Best of luck ladies! 450 227-7771 / seniorsanchezrestaurant.ca.

Karen-Anne Sadursky, owner of **So-Fine** clothing boutique. Karen-Anne will be moving her boutique at 1001 rue Valiquette, Ste. Adèle to 453 Ch. Pierre-Péladeau, Ste. Adèle in April, 2020. Everything for the boutique will be on one level so that people can watch her work in her atelier. Karen sells beautifully designed, colourful and comfortable dresses, tops, party pj's, flowy pants, leggings and accessories for women and children. Sizes XXS-XXL. Lovely fabric will be available for sale, as well as interesting artisanal products and eco-friendly children's toys. Due to the patronage of local supporters of her boutique, Karen-Anne is realizing her dream, owning a property with her own boutique. As of February, hours will be Wednesday-Saturday from 10:30 am to 5 pm. Call for appointments outside of regular work hours. Best of luck with your new boutique! 450 745-4447 /so-fine.ca / facebook: So-Fine.

Did you know that:

If you're seeking unique leadership programs, that Anouk Lorie and her team of experts (and horses!) at **Wásabi Coaching & Leadership** offer the following programs?

Authentic Leadership / Women In Leadership / Lead With Your Colors

Wásabi 4 Start-Ups / Team Building (program with horses).

Anouk is a Certified Coach EFLC (Equine Facilitated Learning and Coaching), an Advanced Facilitator, EFLC Level One Provider, Member of E3A (Equine Experiential Education) Association, M.Sc. - MBA Quantitative Methods for Business. 450 340-0535 / wasabicoaching.com / anouk.lorie@wasabicoaching.com.

There will be a **SPRING BOOK SALE** on Friday, March 27 (noon to 5 pm), Saturday, March 28 (10 am to 5 pm) and Sunday, March 29 (10 am to 3:30 pm) at **Pauline-Vanier Chalet**, 33, de l'Église ave., St. Sauveur? This sale is organized by l'Association des Auteurs des Laurentides. All books, CDs and vinyls at very low prices.

The **Lu & Rélu Library**, 200 rue Principale, local 6, St. Sauveur, is open six days a week from Tuesday to Sunday, 10 am to 5 pm? Info: 450 744-0222.

If you are looking for a wide array of excellent tasting cheeses, you could check out **Fromagerie Saint Sauveur**, 219, Chemin du Lac-Milette, Saint Sauveur? Owners **Nancy Olivier** and **Stéphane Fournier** offer three types of Comté and Château de Bourgogne from France, Italian Parmigiano Regianno and Bete a Séguin, La Galette and Crèmeuse du Jura from Québec. As well, their popular specialty cheeses include Shropshire from Shire (orange blue cheese) and Swiss and French fondue. Open Tuesday: 1 pm to 6 pm, Wednesday, Thursday and Friday: 10 am to 6 pm, and Saturday and Sunday 10 am to 5 pm. Closed: Monday and Tuesday morning. 514-550-4407 / fromageriesaintsauveur.com.



Village of Weir Newswire

Claudette Smith-Pilon

Dear hearts it's Valentines

OUR COMMUNITY IS IN MORNING

WEIR has lost one of its most prominent residents. **Lloyd G. Larose** passed away on January 27, 2020 at the age of 86 years. He was the great-grandson, grandson, and son of early settlers of Weir... The Larose Dynasty.

Lloyd was a retired superintendent from the Royal Canadian Mounted Police. He retired after a 35-year distinguished career. He spent his retirement in his beloved Laurentian home in Weir with his wife, Joan Williams. Lloyd loved hunting, boating, bowling and cruises. Lloyd was a reliable member at the Royal Canadian Legion, Rouge River Branch 192, and was also a member of the Laurentian Masonic Lodge 81. A funeral service was held on February 8 at Grace church followed by a reception. Lloyd leaves to mourn: his wife, Joan Williams of Weir; a daughter, Jody Larose (Edward Marcon), Oakville, Ont.; a son, Hal Larose (Barb Larose) of North Bay Ont. He is predeceased by his 1st wife of 39 years, Joan Larose (Coates).

Deepest sympathies to the extended members of Lloyd's family.

COMMUNITY LUNCHEON

There will be no luncheon in February. Future lunches will be held on March 27 April 24, and the last one of the season, May 29.

Cost: \$8. Reservations required, please call 819-681-3383 local 5811

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

We finished the year 2019 with 200 distributed quilts! We distribute to women, men, teenagers, and children

Our next workdays will be held on Friday, February 21, Friday, March 6 and Monday March 23 at 9 am. Everyone is welcome to come and observe our creative ladies at work.

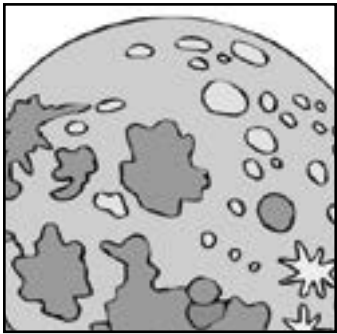
DEAR HEARTS!

Do not forget your Sweetheart on Valentine's Day!

Love makes the world go round.

Remember, love goes a long way... to be loved, be loveable.

Please forward any comments, news or topic to: mmcsp40@gmail.com



Zach Factor

The Bluestones of Stonehenge

Lys Chisholm & Marcus Nerenberg - Main Street

Standing before megalithic Stonehenge on the windswept Salisbury Plain in southwest England, one gets the overwhelming sense that these stones have a purpose far beyond what we can understand. What a tour brochure manages to cram into its flimsy pages, leaves curious visitors with more questions than answers. Because archeology is not an exact science, and only sometimes embraces the beautiful perfection of mathematics, archaeologists can only try to avoid looking like fools. We have had little evidence to understand Stonehenge as more than a seasonal clock that accurately marks the Summer Solstice at sunrise and the Winter Solstice at sunset. Lately, more advanced scientific procedures have been applied by researchers to open new insights.

In 2011, a team called the Stonehenge Riverside Project, headed by Mike Parker Pearson, meticulously excavated the 50,000 or more bone fragments, hurriedly reburied in 1935 by the archeologist, William Halling. Halling, was first to discover that Stonehenge was surrounded by outer earthen rings entombing these burnt human bone fragments. Stonehenge is made of massive megaliths, each weighing up to 40 tons and quarried 80 K away. There are outer and inner circles where equally heavy lintels precisely join the massive stones to form archways.

Forming another ring between the megalithic standing stones are the Preseli Bluestones, native to western Wales, and quarried 180 km away. Archaeologists remain puzzled by how these massive stones arrived on site and many unproven theories abound. Underneath the bluestones, the buried bone fragments tell them that those who were buried within Stonehenge were part of a priestly, or dynastic class, interred over centuries. Some of the additional finds include mace heads, which indicate that those buried there were people of authority. The Bluestones may have been brought to mark the graves of these VIPs.

Pearson's team unearthed a nearby construction camp and determined that Stonehenge was built over a 45-year period and they were able to date the camp to around 3000 BC. Located at Durrington Walls, the site was the largest Neolithic settlement in the UK, if not in Europe. For winter and summer solstice feasts, over 4000 people gathered at the camp and the isotopes from animal teeth suggest that these people came from all over the UK, including the most northern parts of Scotland, and the Orkney Islands. People would be making a one-month trek to get to this event!

Hugh Newman, a researcher on Ancient quarries, became interested in the bluestones used to mark the graves at Stonehenge. Newman noted that within the structure of Stonehenge is a mathematical map that delineates the location of the Bluestone quarry in West Wales. Geological science tells us the stone in this quarry is a match to those at Stonehenge. It is Newman's contention, along with other researchers, such as Timothy Darnelle, Jeff Wainright and Robin Heath-author of Bluestone Magic, that Stonehenge incorporates symbolic geometry, astronomy and astrology- marking lunar and solar cycles and solar eclipses and incorporating measurements such as the diameter of the Earth. Newman's theory proposes that by focusing on Stonehenge alone and not the birth quarry we are missing an important piece of the mystery.

The Bluestones of Wales fall under the ancient Merlin legends, who purportedly used some form of magic to levitate the bluestones and render them easily moved. No longer limited to science fiction, acoustic levitation is a real technological advancement that is presently being applied experimentally to various areas of science, medicine, and industry. Acoustic researcher Aaron Watson began to study the resonate sounds of Neolithic stone tombs in the UK and noticed consistent patterns of 2hz in all six he studied. His research suggests that an elite few in the distant past had an awareness of sound acoustics and used them as they arranged the burial caves or tombs. Working with cybernetic tools to measure acoustic effects, Watson found that the sound near the Standing Stones of the Orkneys was amplified by a factor of three as compared to an open field. The effect of these infrasonic (below that which we humans can hear) acoustic changes would create unusual physical sensations in the human body and alter consciousness. Both Watson and Dr. David Keating, an acoustic engineer, set up pink noise generator experiments at the Altar stone at Stonehenge and concluded that the use of sound was intentionally incorporated into the construction and may have had a function in raising the power of the priests, or been used for healing.

Unfortunately, without those missing tour guide pages, the guessing by archeologists continues.



Stonehenge; Wiltshire England. Photo credit: By Mavratti - Public Domain, <https://commons.wikimedia.org> This ancient megalithic site of stones remains one of the World's greatest mysteries and is a United Nations protected World Heritage Site.



The Story Behind Ski le Gap

Joseph Graham - Main Street
joseph@ballyhoo.ca

Back in the early '60s, I was washing windows in a drafty old house on the Tour du Lac in Ste. Agathe. My mom, a real estate agent, wanted to sell it to a charming woman from England who, at least to my early adolescent self, was as old as the building. I was tasked with helping prepare the house.

Mom made her sale, and the woman, Mary Dixon, opened her English girls' school called Branson's College. The older buildings in Ste Agathe evoked a sense of history and permanence. It was a formula for success, a dignified old building, a dignified old schoolmistress and a supply of young women coming over to become educated and ...dignified. Mary Dixon ran a tight ship, sending home to England serious young women who earned 50% of their CEGEP-equivalent courses, the A levels, in a remote corner of the Commonwealth. They learned to ski, to achieve academic success and to gain experience in life through cultural interaction – the bars, some British music a few words of French – some even found their life mates. A few years on and Mrs. Dixon brought English boys too. The ship may have been a little too tight, as she had to quell a kitchen mutiny and improve the quality of food, but in that truly British manner, she was determined to make do.

Sometime in the 1980s, she needed help with her Canadian operation. There was a solution at hand. One of her teachers, a young British woman from Liverpool named Beryl Puddifer whose father had infamously refused a venue to a noisy band called The Beatles, had become the school's director and she managed to take up the slack, to make do in Mrs. Dixon's absence. She had seen the world, was a young mother herself, having adapted to the local culture, and had that same English determination. After a number of years, she even bought the place.

Ms. Puddifer liked the trips around the continent with her students and she learned about skiing, but the business wasn't likely to do much more than make do and she wasn't willing to 'make do' until retirement. She looked for other options, to go beyond making do.

In the United Kingdom, students are encouraged to take a year off between the equivalent of secondary school and college, called a gap year. They experiment, go abroad or acquire skills that will help them find their future. Rather than Mrs. Dixon's A-levels, Ms. Puddifer imagined what would sell to the parents, something the kids could really accomplish and enjoy. She looked at their gap-year and hit upon teaching them to become ski instructors.

As she developed her new mission, she gravitated closer to a ski centre with an international profile and finally moved the school itself to Mont Tremblant. Between seasons she returned to England and sold her idea, calling it Ski le Gap. It worked! She soon sold the drafty old dignified building in Ste. Agathe and set up a program tailored for the British youth, a place to let loose while rising to a challenge. They needed to be able to come away with something. She took over an old hotel, complete with a bar and dining room, at Lake Ouimet, originally built by Tom Wheeler for Wheeler Airlines and his worldly clientele. Back home, word got out to the kids that Ski le Gap was fun, and their parents heard that they accomplished something. Ms. Puddifer received an average of 200 young Britons per year who came to earn instructors' certificates in skiing or snowboarding.

Ski le Gap has inspired snow schools throughout the world and two of them are flourishing in the Canadian Rockies, founded by Ski le Gap alumni. Ski le Gap's focus was to train its students for Canadian instructors' qualifications. Over the 21 years that Ms. Puddifer operated it, Ski le Gap trained more than 3000 CSIA Certified Instructors who are teaching around the world. Ms. Puddifer knew how to identify and attract good instructors, too. Most were qualified to Level IV when hired, and her technical director, Bruce Eaves, trained level III instructors during the season. His program resulted in twenty-one people being qualified Level IV instructors, nine of whom were women. Canada was represented at Interski International on seven occasions by four members of that Ski le Gap professional team. The snowboarder side of the school was led by Marc Legros who was a top CASI Level IV coach and hosted a national TV program on snowboarding.

As she grew into the task, Ms. Puddifer transformed the tight ship she had taken over into a modern vessel. Guiding the industry in taking safety concerns seriously, she made wearing helmets mandatory for both instructors and students. Thanks to her background and experience as a school director, she succeeded in having the students take French classes, travel, and participate in the Mont Tremblant community, embracing the ethic of service. They organized an annual fundraiser for the Canadian Association of Disabled Skiers – it raised \$6,000 per year for CADS which went towards the purchase of sit-skis. Also, a close relationship that Ms. Puddifer developed with the Tremblant Ski School led to students volunteering at the mountain during peak Spring Break weeks when the Tremblant school was unable to find additional instructors. This arrangement provided Ski le Gap students with real-life experience as ski or snowboard instructors and gave the Tremblant Ski School the ability to provide service to a greater number of clients.

This past autumn, Ms. Puddifer was inducted into the Laurentian Ski Hall of Fame as a Builder. During her successful career, she also raised two children, taught at three schools and helped shape the engaged Tremblant community.

Ski le Gap reimagined an aspect of tourism and skiing in the Laurentians, creating a permanent bond between British skiers and Mont-Tremblant that draws alumni, their families and friends back every year.





Garden Talk

Start them young

June Angus - Main Street

Gardening is no longer just a necessity for homeowners or a hobby for retirees. Instead, gardening is becoming an important way for all ages to unplug from our devices and reconnect with nature.

Garden Media Group (GMG), which studies demographics throughout North America, predicts trends for the gardening industry. According to their latest report, youngsters are fast becoming the future of not only all things gardening but also of all things related to avoiding environmental catastrophe.

Youth movements led by charismatic teenagers such as Greta Thunberg are galvanizing young people to take an active role in caring for the environment and holding adults accountable for their actions or inaction. At the recent World Economic Forum in Davos, Switzerland, Greta was blunt when she said: “I wonder, what will you tell your children was the reason to fail and leave them facing the climate chaos you knowingly brought upon them?”

While we may feel helpless in the face of overwhelming environmental issues, there are things that we can do – and are already doing – in our homes and communities to start making things better. One simple step we can take is to help young people connect with gardening. Here are some ideas to get you going:

To spark interest, equip your youngster with child-size tools such as a shovel and hoe, along with durable gloves.

Start small; no need for a large yard. Plant beans or sunflowers in small pots placed in a sunny window. Grow a tomato plant in a container on your patio. Grow a few flowers in a flowerbed or window box. Use simple projects like these to teach gardening basics, such as healthy soil, sunlight, and water. With experience, your child can graduate to a small vegetable or flower garden.

Involve children in choosing plants that interest them and offer concrete rewards. Cherry tomatoes make a tasty snack and are ready to harvest long before larger tomatoes. Lettuce and spinach grow quickly and can be harvested more than once. Radishes, peas, and carrots can be planted in the spring for an early harvest. Try growing a giant pumpkin for carving or turning into a delicious pie.

Set aside time at least twice a week to tend the garden together. Show your child how to pull weeds and water plants. These experiences offer mini lessons in responsibility and organization.

Eat the fruits of your labour. Children get firsthand experience of the food cycle when plants they grow appear on your dinner table. Children can harvest and then help prepare a meal. Use garden tomatoes and basil to make a pizza. Prep fresh carrots, cucumbers and peppers for a quick snack. Slice strawberries onto your breakfast cereal. Let your imagination run wild.

Through gardening at home, children begin to understand where food comes from. Visiting a farm or farmer's market also helps children connect the dots to understand and appreciate farmers who work hard to bring us food.

The key to success is to let children get involved. Digging in the dirt and investigating bugs comes naturally for most youngsters. Seeing first hand how nature works is the best way for them to learn how to nurture and preserve it. Don't worry if things don't always turn out as planned. That's part of the learning experience.

Whether you are a baby boomer grandparent, millennial parent or interested relative or neighbour, we can all take part in helping the children in our lives prepare to become good stewards of our planet. And we can start in our own back yard.



HONEST, EFFICIENT AND QUALIFIED SERVICES



450.224.7472
lori.leonard@sympatico.ca
www.lorislinks.com

Need help with a job?

- Cleaners, handymen, carpet/sofa cleaning
- Excavation (drains, septic, crushed stone)
- Furniture restoration, seamstress
- Property management
- Renos, painting, decor, plumbing
- Electrician, Structural Engineer
- Tree cutting, snow removal
- Limo service to airport or Montreal

Anyone or anything...



Word Play

Everything leans

Louise Bloom - louisebloom@me.com

I thought that during this month of extreme hibernation, I might share some of the analytical moments of my sitting practice. This means that I am inviting you into my sacred space, along with Elizabeth Matiss Namgyel, a Buddhist teacher who has been my heart/mind companion this month, as I read her book, THE LOGIC OF FAITH. Elizabeth proves quite adequately that all the phenomena of life are interdependent.

I am on my cushion, an old model meditation ensemble, that includes a 24-square inch seat of Thai padding and a 4-inch rectangular cushion, 24 inches long. Atop is a narrow foam pillow that takes the edge off my ever-sharpening sit-bones. My legs are crossed, placed one at a time, the right one, gently propped. I am wrapped in a relatively large Alpaca blanket, which I use during the cold months. My back is straight and my head and neck are relaxed. My arms adjust as I lay my hands on my knees and take several deep breaths, in and out, until I feel comfy and settled.

This is the time when I take to my cushion and begin to associate. This is a working meditation that invites analysis or analytic thought. I begin to tune into my mind's eye, allowing myself some minutes to organize and eliminate distracting thoughts and feelings – about 10 minutes of daily dross, and perhaps those things that I have not had time to notice. There are always surprises, as the mind seems to have its own priorities.

Using my mind, I am establishing or disproving the interdependence of all things. I have no preference.

Eventually, my mind's eye arrives on a landscape that is not unfamiliar. I am surrounded by large rocks and trees, by snowbanks and clear patches, all subject to the wind that is already leaning into everything. Already, the scene is dependent – upon the wind and the current temperature, upon yesterday's rain that has now rendered all the branches wildly white, where the snow sticks stubbornly to the undulating arms, large and small. Where trees stand alone, it is evident that they are part of the ground, yet never independent of the root systems that are discursive and harmonizing beneath the windswept white. The enormous random rocks are where they are because the weather of eons past has broken them and placed them as they appear. The closer I look, the more evident it becomes that everything is leaning, either actually, or historically.

Through an analytic or examining process, I am testing Elizabeth's theories and evidence that nothing exists, independently and eternally. Chaotic or ordered, I observe that no phenomena are singular, permanent or independent.

Why is this of any importance?

How does this 'dependent arising' affect the way I see the world and function within it?

I ask only that you consider that everything we think about, see, own, disown, desire, encounter is interdependent, arising only as a consequence of some other action or event. I ask only that you consider this as reality. Next month, I will be better informed to continue this observation.

Louise Bloom is a Visual Artist interested in the power of narrative through image or written word, to transform consciousness and awaken us to the source of well-being.





IMMEUBLES

GROUPE CANTOR

AGENCE IMMOBILIÈRE / REAL ESTATE AGENCY

Gail Cantor

Certified Real Estate Broker

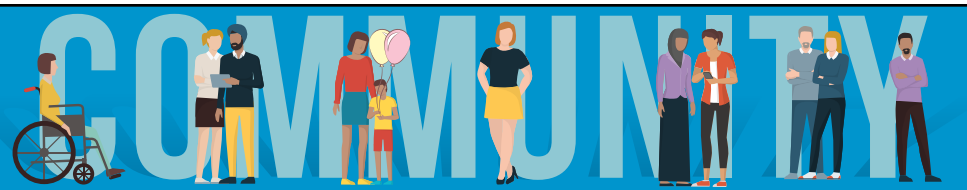


NEW OFFICE LOCATION

Welcome to our new office located at 9, Chemin Ste. Marguerite, Ste. Marguerite du Lac Masson, Quebec J0T 1L0.
You are invited to drop in anytime for a **FREE** evaluation or information to **BUY, SELL** or **RENT** your property
Hours: **Monday to Friday: 9 am – 5 pm / weekends by appointment.**

www.groupecantor.com
T/F: 450-228-2332 C: 514-386-8410

Je parle et j'écris en français



RELIGIOUS SERVICES



ROYAL CANADIAN LEGION LA LÉGION ROYALE CANADIENNE

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

Branch 171 Filiale Morin Heights

Sat, Feb 15: 6 pm - Valentine's Day Supper
Fri, Feb 21: 6 pm - TGIF Smoked Meat
Sat, Feb 22: 1 pm - Wacky & Crazy Annual Snowball Game
Fri, Mar 6: 9 am - 71st Edition Kids' Ski Races
Sat, Mar 14: 6 pm - St. Patrick's Day Supper
Fri, Mar 20: 6 pm - TGIF Smoked Meat
Sat, Mar 28: 8 pm - Rockabilly Night with The Runaway Boys
Darts: **Thurs: 3 pm** - new players welcome
3rd Mon of the month: 1:30 pm - cribbage – new players welcome
Check with the legion for daily bar hours
Hall rental available at competitive prices
Info: 450 226-2213 <http://www.legion171.net>
Facebook: legion 17

Branch 70 Filiale Lachute

Monthly bus trips to the Casino have resumed.
Please call the branch for info
Monthly Saturday night Military Whist Games – call for info.
Tues: 1 pm: Euchre
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm – Darts
For information call: 450 562-2952
after 3 pm - 634, rue Lafleur

Branch 71 Filiale Brownsburg

1st Tues of each month - Soup Luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Fri 3 pm - closing
Everyone welcome.
Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale Rouge River

Fri, Feb 14: 6 pm - Valentine's Day Supper
Feb 25: 6 pm - TGIF Mardi Gras
Tues: 9:30 am - 11 am - Yoga
Fri, 9:30 am - 11 am - Chair Yoga
Info: Marlene: www.yogaetceetra.com
Tues: 7:30 pm - Cribbage (info Michel): 514-882-2978
Wed: 1 pm - Bridge (info Kathleen: 819-687-9517)
Please check our Facebook page for full details on upcoming events. Non-members welcome
Hall & Party space with kitchen and bar facilities available for rent.
Bar open daily at 3 pm
For further info: 819 687-9143 / arundellegion@gmail.com

Légion Royale Canadienne/Royal Canadian Legion 190, St-Jerome

940 du Souvenir (St-Jérôme QC J7Z5R6, CA)
Tel: 450-438-5524 ask for Michel
Email: legion.stjerome@hotmail.ca
PTSD/Suicide hotline for veterans and family
24/24 & 7/7 at 450 848 4362
(English/French) Michel
Mondays/Saturdays closed
Tuesday/Thursday/Sunday pm: Poker
Wednesday pm: Darts
Friday evening: Darts
Fridays: 5 pm – 7 pm: T.G.I.F.
Reception hall with caterer available for parties...
Legion site (French) www.legionstjerome.ca/
Facebook: Légion190 St-Jérôme

**THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH**
Office: 166, rue Lesage, Ste-Adèle, QC J8B 2R4
Montfort: **11 am** • Laurel: **9:30 am** • Weir: **9 am**
• Huberdeau: **10: 30 am**
Info: 450-229-4454, fax: 450-229-3062

CHABAD OF SAUVEUR
Jewish educational & social events.
Rabbi Ezagui 514 703-1770, chabadsauveur.com

HOUSE OF ISRAEL CONGREGATION
27 Rue St Henri West, Ste. Agathe
819 326-4320
Spiritual Leader: Rabbi Emanuel Carlebach
514 918-9080 • rabbii@ste-agathe.net
Services every Sabbath,
weekend, holidays

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute /
www.pccweb.ca/mrmprc
Rev. Dr. Douglas Robinson: 450 562-6797
Sunday service and Sunday school **10:30 am**.

**MILLE ISLES
PRESBYTERIAN CHURCH**
1261, Mille Isles Rd.

**ST. ANDREWS
EAST PRESBYTERIAN CHURCH**
5, John Abbot St., St. André d'Argenteuil

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Rd., Harrington

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Sun: 10 am - Sunday School
Sun: 10:45 - Worship service

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450-562-2837
Worship Service - 10:30 am

**TRINITY ANGLICAN CHURCH –
MORIN HEIGHTS**
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
We are a member of the
Laurentian Regional Ministry.

**ST. FRANCIS OF THE
BIRDS ANGLICAN CHURCH**
94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Rev Josée Lemoine
Sunday service: 9 am
Fellowship in the church
hall afterwards.

**ANGLICAN PARISH OF ARUNDEL &
WEIR GRACE CHURCH**
7 Church Street
Feb 26: 2 pm - Ash Wednesday
Reverend Josée Lemoine
Everyone welcome Sunday services
are held every **Sunday at 11 am**

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
The Reverend Josée Lemoine -
Priest in Charge
The Reverend Nick Brotherhood -
Interim Priest
The Reverend Tania Lesack
Services are held every **Sunday at 9:15 am**.
The second Sunday of each month is a
fun Family Service
Everyone is most welcome to join us.

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
Holy Trinity, Calumet,
St. Matthew's, Grenville
Holy Trinity, Hawkesbury
Info: 613-632-9910

UNITED CHURCHES OF CANADA
450 562-6161 or 514 347-6250

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

ST MUNGO'S UNITED CHURCH
661 Rte. Des Outaouais, Cushing
Contact: Sandra Goorbarry - 819-242-5523

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

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

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

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

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Mar 6: 2 pm - World Day of Prayer service
prepared by the women of Zimbabwe.
Contact : Heather Hodge - 819-687-9230
Sundays: 10 am: Worship service.

MORIN HEIGHTS UNITED CHURCH
831,Village, Morin Heights
Tues, Feb 25: noon - 1:30 pm: Annual
Shrove Tuesday Pancake Lunch
Pancakes, maple syrup, sausages and
homemade beans will be served, followed by
tea or coffee. \$7
All are welcome, hope to see you there!
Contact Catherine Davis – 514-712-8863
Sundays: 10:30 am - Weekly services

STE-ADELE UNITED CHURCH
1300 ch. du Chantecler, Ste-Adèle
Contact: Jacques-Henri Honoré /
450-512-8007 / eglise.ste.adele@gmail.com

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

**PARISHES OF THE LOWER
LAURENTIANS**
Everyone welcome

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Feb 16: 11 am - Holy Communion
followed by PLL Annual Meeting
Mar 15: 11 am - Holy Communion
Apr 19: 11 am - Holy Communion

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Apr 12: 4 pm - Easter Sunday Holy
Communion

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Feb 23: 11 am - Morning Prayer
Mar 22: 11 am - Holy Communion
Apr 26: 11 am - Holy Communion
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Mar 8: 11 am - Holy Communion
Apr 12: 11 am - Easter Sunday
Holy Communion

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

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

**FABRIQUE DE LA PAROISSE
ST-SAUVEUR**
205 rue Principale, Saint-Sauveur
Saturdays: 5 pm - The parish offers a
bilingual mass

SAINT SAUVEUR CHURCH
205, rue Principale, St-Sauveur

LAURENTIAN CLUB NOTICE

**Holy Trinity Church
12 Préfontaine Ouest (corner of Tour du lac)
Ste-Agathe-des-Monts, Quebec J8C 1C3**

**Guest speaker: Carol Comer:
Doctrine of Discovery**

Carol will present a video, "The Doctrine of Discovery." This doctrine, invoked by Pope Alexander VI in 1493, established a spiritual, political, legal justification for the European colonization and seizure of lands not inhabited by Christians. It remains embedded in our judicial system, and impacts indigenous people throughout the world.
Carol, whose mother was a member of the Kitigan Zibi band in Maniwaki, worked as a registered nurse at the Mont Sinai Hospital in Ste Agathe, later Montreal, and retired in 1997. In 1992, she received a Degree in Arts, majored in Anthropology. She has a lifelong interest in First Nations.

Tuesday, February 25: 1:30 pm
Refreshments following the discussion
Annual membership \$35
Guests \$10

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

LAURENTIAN CLUB OF CANADA



Laurentian Region Cancer Support Group

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



Next meeting for cancer patients,
families and caregivers is
**SATURDAY AFTERNOON
February 15, 2020 - 1 pm**
Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights

**Speaker:
Céline Séguin, Coordinator PDH
Palliaco Services Overview**

Upcoming meetings: March 21, April 18

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

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

REGISTERED CHARITY - DONATIONS APPRECIATED



COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

Tele-workshops/Webinars
Info: 1 877 303-0264 (514 486-1448 in
Montreal) info@amiquebec.org www.
amiquebec.org

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg –
Chatham Saturday /samedi:
11 am – 1 pm / 11h – 13h
Corner /coin - des Érables & McVicar

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE 2811 RTE 327

Sun Mar 1: 9 am - noon:

March breakfast.
Basket draw donations will go to the
Arundel Public School
Everyone is welcome

Tue, Mar 17: St. Patrick's Day
Corn Beef Dinner

Doors open at 5 pm / dinner at 6 pm
Adults: \$17 / Children: \$8.50 / 12 and
under – FREE

Music, dancing, fun, singing, BYOB
See event details and photos on our
Facebook page
Like LRCC on Facebook at
LRCC-Lost River Community Center

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Cook's Night Out: 1st Friday
of the month at 5:30 pm
Members \$10 / non-members \$12
Bingo: 1st & 3rd Sunday of the
month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

Laurentian Elementary School
455 Court St, Lachute
(side entrance on Bellingham)
Wed evenings: 6:30 pm - 8 pm
Any girl (age 5+) or woman is
welcome to join us

THEATRE MORIN HEIGHTS PLAY READING

Morin Heights Legion
Morin Heights Legion (127 Watchorn)
Wed, Feb 19
Doors open at 7 pm / reading starts at 7:30 pm
Audience participation essential.
Join in to read or just relax and listen
For more news call 579-765-3999 or visit
or Facebook.com/TheatreMorinHeights.

ALCOHOLICS ANONYMOUS MEETINGS

Holy Trinity Church Hall, Ste-Agathe
Corner of Préfontaine St. W
& Tour duLac Road.
Friday evenings: 8 pm
Having problems with alcohol? Looking for
help? Join us for a group meeting and support.

LACHUTE ARMY CADET CORPS

Open to teenage girls and boys
between 12 and 19 years.
Leadership, music, highland dancing,
map and compass marksmanship, and
Eco-stewardship are among the training
Uniforms and training are free; all we
ask for is a commitment.
Info: Captain Dan Demers:
514-927-9260

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

SHRINERS OF MORIN-HEIGHTS PRESENTS...

Music & Bites and Other Delights
Annual Valentine's Edition
Chalet Bellevue, 27, rue Bellevue,
Morin-Heights
Sat, Feb 15: 6 pm – 11 pm
Fundraiser to benefit the Shriners
Hospital for Children, Canada
On stage: Sweet Heart Attak and
musical guests
Admission \$10 donation / person, kids free.
Dinner: 7:30 pm / \$35
Dinner reservation required:
Carl: 514-771-8866 or
Mike: 450-712-1463
Please, no jeans!!
Follow us on Facebook at:
https://www.facebook.com/
morinheights.shriners

GUIDED FISHING TRIP FOR THE FAMILY

Place de la Rivière-des-Mille Îles
345, boulevard Sainte-Rose, Laval
Dates start as of Jan 11
Learn good fishing techniques, different
species of fish, the fish anatomy and
the history of ice fishing.
In collaboration with her Pêche en
herbe program, kids between 9 and 12
will receive a free fishing permit, valid
until they are 18 years.
Threading techniques and fish tasting at
the end of the activity; equipment included.
Adults: \$18 / children 6 - 13 years \$12.
Fishing permit requires (1 per family)
Call or email for exact dates and times.
Info: 450-622-1020 / parc-mille-iles.qc.ca

MORIN-HEIGHTS VIKING LOPPET Sun, Feb 23

A Winter tradition celebrating cross-
country skiing.3 distances offered:
10 km, 20 km & 33 km
Info: 450-226-1220 / skiloppet.com

LES FROMAGES DU QUÉBEC ET DU MONDE TASTING

Station 10 (210, route du Long-Sault
St-André d'Argenteuil
Thurs, Feb 27: 6 pm
A series of tastings with the expert and
author, Yannich Achim.
Discover the history of chesses from
around the world during these monthly
sessions. \$15
Info: 514-814-3685

WINTER PLEASURES

Lac-Supérieur and
Saint-Faustin-Lac-Carré
100, Place de la Mairie,
Saint-Faustin-Lac-Carré
Sat, Feb 29: noon - 4:30 pm
Winter activities for the family, music by
a DJ and food available (\$) on site.
Info: 819-681-3370 ext. 1510 / sflc.ca

SPRING BREAK IN SAINTE-ADELE Mon, Mar 2 - Fri, Mar 6

Varied daily activities
Info: 450-229-2921, ext 7244 / ville.
sainte-adele.qc.ca

THE LEGENDS CLASSIC AT TREMBLANT

6th edition
100, chemin des Voyageurs
Sat, Mar 7
Annual giant slalom open to skiers of all
levels and ages. Hosted by the Cana-
dian Ski Hall of Fame & Museum in con-
junction with Tremblant and the Club de
Ski Mont-Tremblant
Info: 819-681-3000 ext 46643 /
tremblant.ca

DÉFI DE LA DIABLE

Domaine St-Bernard
539, chemin Daint-Bernard, Mont-
Tremblant
Sat, Mar 7 & Sun, Mar 8
Team and individual challenges possible
on one of 2 natural trails
Le Défi: 4 km trail running / 8 km cross-
country skiing / 4.5 km snowshoeing
L'enfer de Jack: 4 km trail running /
12 km cross-country skiing /
4.5 km snowshoeing
Registration online
Info: info@defideladiable.ca /
defideladiable.ca

MORIN HEIGHTS HISTORICAL ASSOCIATION

Chalet Bellevue
75, Chemin du Lac Echo
Morin Heights J0R 1H0
The Morin Heights Historical Associa-
tion invites you to visit their new
website at morinheightshistory.org.
It features interesting articles, an
online store for publications and online
membership options
mhha98@hotmail.com /
www.morinheightshistory.org

ADVANCE NOTICES

LACHUTE UNITED CHURCH EVENTS

United Church, 232, Hamford Street
Sat, May 16: 8 am - noon:
Plant, bake table and
treasures sale

**LACHUTE UNITED
STRAWBERRY SOCIAL**
Grenville Community Centre
Thurs, July 2: 6:30 pm - 8:30 pm

AUPC CRAFT SALE

Grenville Community Centre
Sat, May 2: 10 am - 3 pm
Light lunch available

AUPC BARBEQUE

Along the Grenville Canal
Fri, Aug 7: 5 pm - 7 pm
Bake table available /
bring your lawn chair

LAURENTIAN AREA MINISTRY ANNUAL CHICKEN DINNER

Top Shot Restaurant,
417, rue Principale, Lachute
Wed, Sept 16: 5 pm - 7 pm

FAUBOURG SUICIDE PREVENTION CENTRE

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

Intervention and help for all
Laurentian residents.

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



ATTENTION MAIN STREET ADVERTISERS



Sign up to stay in touch!

Subscribe to our newsletter to receive
advance notice of **special editions** and
discounts delivered right to your inbox.
Sign up on our web site:
www.themainstreet.org

You dream it. We build it... **ALTAMAX**
CONSTRUCTION RENOVATION



www.altamax.ca 1.866.924.8282

4 Korner 888 974.3940
Family Resource Center
A Cornerstone of the Community

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

PAIX
Programme d'aide en intervention

PAIX: To fend off violence!
819-326-1400 / 1-800-267-3919
www.organismeapaix.ca

Alcoholics Anonymous
Helpline:
1 877 790-2526

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



Maya Khamala

Have you ever taken a moment to respond to or rate your experience after purchasing a product or receiving a service? This kind of feedback is highly sought after because it provides valuable consumer information and highlights a company’s strengths and weaknesses, allowing them to tailor their service offerings and boost revenue. So, it should come as no surprise that the “candidate experience”, a popular term used today that refers to the overall perception of a company’s recruiting, application, and hiring process, holds an important place in the recruiting world. A candidate’s employer perception and candidate experience greatly influence not only for open positions, but also whether or not they would accept a job offer from that company.

Unfortunately, recent data shows that 46% of candidates feel their time is not valued during the interview process, with two-thirds of candidates sharing their negative experience online, and 40% of candidates with a bad hiring experience turning down the resulting job offer (Convey IQ).

Successful hiring is dependent on great candidate experiences. As you apply for jobs and interview with companies, consider creating a criteria checklist so that you can weigh the pros and cons and have an active role during the entire recruitment process!

Here are a few simple, but key questions that your Candidate Experience Criteria Checklist could include:

- Was the Job Description clear and accurate about the requirements, responsibilities, application instructions and deadlines?
- Was the application process straightforward and not too long? Did you receive a confirmation receipt or status update on your application?
- Was there a way for you to follow up on your application?
- Was the interviewer prepared for and focused during the interview? Did they ask relevant and appropriate questions?
- Did you learn important information about the position and company?
- Was your first impression of the company a good one or did your intuition indicate any red flags? Can they be overlooked?
- Post-interview, did you receive a follow-up via email, a phone call or in the form of a job offer or rejection?

While this is a small sampling of questions to reflect upon, it’s important to check in with yourself and determine if your overall candidate experience was one of value or left a lot to be desired. Lack of employee engagement and quick turnover rates are often traced back to a negative candidate experience. Your feedback is important, so consider leaving a review by completing a feedback survey or writing a review of your experience on a site like Glassdoor.

Recruitment is a two-way street, with today’s candidates more serious than ever about applying for positions that match their lifestyle and values. If you, as a candidate, demand the same level of consideration afforded to customers, chances are your candidate experience will be all the better for it!

YES is here to help you with all aspects of your job search, from figuring out what career and employer are the right fit for you to nailing your next interview – visit www.yesmontreal.ca to find out how we can help you in your search!

Distribution Points

We are often asked where our FREE copies of Main Street can be picked up. While there are too many locations to list them all, below you will find our major distribution points across the Laurentians where your copy of Main Street can be found on the 2nd Friday of each month. Better be quick though as they literally fly off the shelves! Enjoy the read...

MORIN HEIGHTS – 1325 copies
Available at: IGA, Familiprix, Vallaincourt’s

ST-SAUVEUR – 2675 copies
Available at: IGA, Provigo, Rachelle Béry, Petino’s, Jean Coutu. TD Bank, Brulerie des Monts and Fumoir des Lacs, Chalet Pauline Vanier

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

STE-AGATHE – 1950 copies
Available at Metro and IGA,

ST. ADOLPHE D’HOWARD – 50 copies
Available at the Marché

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

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

STE-ADÈLE – 535 copies
Available at IGA, Valso Esso, Tim Horton’s and Chateau Stationary

Making it Work in the Laurentians

The “Candidate Experience” - evaluating the hiring process

The Argenteuil MRC and its partners develop an entrepreneurial spirit among young people

The Argenteuil MRC, the Rivière-du-Nord School Board (CSRDN), the Carrefour Jeunesse-Emploi Argenteuil (CJEA) and the Argenteuil Chamber of Commerce and Industry (CC) invest in the development of entrepreneurial skills for young people and launch the Défi Cent’reprendre. Thanks to the financial participation of the Caisse Desjardins d’Argenteuil, this regional initiative will allow ten teams of elementary and secondary students to ‘grow’ \$100 and thus develop their entrepreneurial qualities, in addition to gaining experience in setting up a business plan.

Throughout this school year, elementary and high school students will be involved in the implementation of an entrepreneurial project aimed at creating a product, service or event. In the fall of 2019, the students first proceeded to train their teams and define their project. Prospective entrepreneurs began a series of training courses in December, which will run until the spring, and will focus in particular on budget management, entrepreneurial profile, market research, social media, marketing, and adapting to change. Thereafter, the young people will be brought forward to apply their project.

The Argenteuil MRC and its partners thank the Caisse Desjardins d’Argenteuil for the financial assistance granted. Thanks to the support of the cooperative, the teams will be able to bring their project from dream to reality!

About the Argenteuil Youth Entrepreneurship Partners Committee (PEJA)

In order to develop youth entrepreneurship in the area, a committee of partners was set up in the summer of 2019. Composed of representatives from the MRC d’Argenteuil, the Rivière-du-Nord school board (CSRDN), the Carrefour Jeunesse-Emploi Argenteuil (CJEA) and the Argenteuil Chamber of Commerce and Industry (CCIA), this concentration aims to strengthen the entrepreneurial culture in the school environment, support young people in the carrying out entrepreneurial initiatives and establishing links between the school and the business community. The committee has set up a calendar of activities carried out throughout the school year with the aim of stimulating the entrepreneurial spirit among young people.



LOOKING FOR WORK OR A CAREER CHANGE?

GET JOB READY

NO MATTER WHERE YOU ARE IN QUEBEC

YOU’LL HAVE ACCESS TO THE INFORMATION YOU NEED

Did you know there’s a free service like this?

You can speak with an employment counsellor online and take online workshops to improve your chances of getting hired.

Yes!! I wasn’t sure where to start looking for a job, let alone what I wanted to do! It was so confusing and frustrating.

They helped me to focus, narrow down my options, and figure out my next steps.

It made such a difference.

35 and under? Check it out for yourself.

Ask us how you can get access to **FREE** online services.

1-888-614-9788 | yesmontreal.ca

Canada

Canadian Heritage Patrimoine canadien

YES is a not-for-profit organization

Obituaries

HODGE Arnold
January 25, 1952 – January 7, 2020
A great man who touched so many lives.

Arnie, passed away on January 7 at the Montreal Neurological Institute, leaving his family and friends far too early.

The Hodge family would like to express our heartfelt gratitude to everyone, near and far, who have given us strength during this very sad and difficult time. A special thanks to Ron Golfman, Faye Ross, Jim Lawson and Anita Ubfal for unwavering help, love and support; to the Morin Heights Royal Canadian Legion Branch 171 and all its volunteers for hosting and helping make the celebration of Arnie's life such a wonderful event; and to the countless people who donated food, money and time to show their love and admiration of Arnie and to make sure that it was a celebration he truly would have appreciated and enjoyed.

Thank you from the bottom of our hearts,
Rose, Darin, Dean, Shawna, Kaelyn and Seadon



THOMPSON-WADEY, BRENDA RUTH
NOV. 21, 1947 – DEC. 22, 2019

Wentworth-Nord (Montfort), Quebec, Canada – It is with profound shock and sadness that the family of Brenda Ruth Thompson-Wadey announces her passing. Brenda died unexpectedly and suddenly in her sleep at home early on the morning of December 22, 2019. Beloved wife, soulmate and partner for more than 49 years to Brock Wadey. Devoted mother of Monica Gannon and Nicholas Wadey. Dedicated grandmother and co-mother of Elina Wadey. Proud and thankful grandmother of Benjamin and Elsie Gannon. Fond mother-in-law of Richard Gannon. Companion and caregiver of Ruby Tuesday. Dear sister to Glenn Thompson and family. Loving niece to Lee Kellett and family. Supportive Mama B to Denise. Cherished friend to cousins and their families, son-in-law's parents Christine and Mike Gannon and their family, numerous friends of Monica and Nicholas, and countless friends from Brenda's childhood, Montfort community, Sugar Creek Estates, Laurentian Quilters' Guild, HAGS (Hand Appliqué Girls Society), Block Of The Week, England, Germany, Scotland, Wales, former clients and work colleagues, and many more lives that Brenda touched in her lifetime. Daughter of the late Ethel Kellett-Thompson and Fred (Robert) Thompson. Daughter-in-law of the late Florence Liddell-Wadey and Eugene Wadey. An event to commemorate Brenda is being planned for Saturday, August 15, 2020. Additional details will follow at the Maison Trudel website <http://www.maisontrudel.ca/en/obituary/1741-wadey-brenda.html>.



The English Link

Be the squeaky wheel

Andie Bennett

The squeaky wheel gets the grease. So why do so few English-speakers lodge complaints with health care services? In 5 years only 3 were lodged directly at health and social service institutions in the Laurentians, and 29 went through the CAAP (Quebec's health and social services complaints help centres). A simple explanation could be there just wasn't anything to complain about and everyone who received services was completely happy and satisfied with their experiences. But I would hazard a pretty confident guess that that is not the case. By contrast, 1784 French-speakers in the Laurentians requested services from the CAAP in 2019.

Julie Sirois, a complaint advisor with the CAAP, suspects that "maybe they do not know that we exist, or that we serve the English population as well." To remedy that situation, the CAAP is reaching out to community organizations and offering presentations on how and why one can file a complaint. They will help write a complaint, explain procedures and make sure to connect you with the correct person. Complaints can be filed if you were dissatisfied with service at any integrated health and social services centres (CISSSs), hospitals, local community service centres (CLSCs), and the other places that provide a wide range of care. As to who can file a complaint, it may be of interest to know you don't have to be directly affected. You could have been witness to something egregious and file a complaint. A comprehensive list of institutions covered and who qualifies as a user can be found on the fcaap.ca website.

Complaints will first go to the Service Quality and Complaints Commissioner. They make a recommendation and then check a month later to see if anything has been done. If after that you are not satisfied with the outcome, you can file a second-level complaint. Your complaint will then be handled by the Québec Ombudsman or by the Review Committee. Sirois has seen complaints result in more training for emergency room nurses, implementation of new policies or refresher courses on existing policies and classes and training offered in order to keep knowledge up to date. Sirois says: "If people want change, you have to ask for it. If you don't say something, nothing will change, that's for sure. Maybe not the first time, but the second or third time they will have to do something."

Be the squeaky wheel.

4 Korner can also help you in filing a complaint. Contact us at info@4kornerscenter.org



Projet Groove: a major key to helping kids

Andie Bennett

4 Korner is starting 2020 at full speed. We have a few new hires who have hit the ground running and a project already underway that encourages scholastic perseverance and addresses youth mental health. It is called Projet Groove and has 4 Korner partnering with the tireless Maria Franchi, a social worker within the CISSS, and Yvon Rioux from Studio Newton in Morin Heights.

Projet Groove is in its third year of reaching out to teens who may be at risk of dropping out of school. It offers a unique way for them to express their emotions in a safe space. The kids are selected for the project by a teacher and a social worker who are trying to improve their school engagement and support their mental and emotional health. The students collaborate on a musical project that Yvon helps create as well as record at his studio.

This current 8-week session of Projet Groove has been made possible through a grant from the small charity fund created by Laurent Homier following the suicide of his young niece. When I asked Laurent why he decided to finance our project, he told me it was the idea of trying to connect with teens through an alternate route that interested him. He knows finding a way to open the lines of communication with young people is absolutely crucial.

Yvon watches this happen in his studio. Whether it is the shy child mustering up the confidence to sing lead on their song or a kid who never smiles cracking up laughing while trying to learn to play drums, Yvon describes the process as a musical key that unlocks something within. Maria originally pitched the project to Yvon as a way to pull him out of his own emotional turmoil. While working as a teacher at L'école secondaire Augustin-Norbert-Morin, Yvon witnessed a child shot by police on school grounds and has suffered PTSD for years. He says working with the kids helps him as much as it helps them. He uses his own pain to show them what can be overcome. He tells me: "Yes, you may have a heavy backpack, but you can learn to carry it... and you get stronger the more you move forward."

You can watch Projet Groove's 2019 song, Tout va bien aller, on YouTube: <https://www.youtube.com/watch?v=rz74uRDxXKg>.

To receive information on monthly activities in your inbox, subscribe to our newsletter at info@4kornerscenter.org or check our website www.4kornerscenter.org



Upcoming Activities

All the services offered by Palliacco are free, from L'Ascension to St-Sauveur

PERSONAL SESSIONS TO RELIEVE STRESS

Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. Mont-Tremblant and Saint-Sauveur by appointment.

FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION

Comforting Tea

Mon, Mar 9 - 10:30 am - noon

(Mont-Tremblant - by reservation)

Fri, Feb 28 & Mar 27: 10:30 am - noon

(Ste-Agathe)

Coffee Club

Mar 10 - 7 pm - 8:30 pm

(Mont Tremblant)

Thurs, Feb 20 & Mar 19:

1:30 pm - 3:30 pm

(Ste-Agathe)

Regenerating Yoga

Thurs, Mar 19 & 26: 2 pm - 3:45 pm

(Mont Tremblant)

Thurs, Feb 19 and Mar 26: 9:30 am - 11 am

(Sainte-Agathe)

Mourning Group Sessions

For those who have lost a loved one, 10 meetings on the stages of mourning and the possibility of sharing experiences with others living the same reality.

Starts in May (Mont-Tremblant)

Mondays, Feb 16 & 23 and Mar 30:

1:30 pm - 3:30 pm (Sainte-Agathe)

Starts in April (Saint-Sauveur)

Palliacco is looking for volunteers to support palliative home care. To become a volunteer, you will receive training in palliative care support and support for caregivers in order to acquire skills, Knowledge and interpersonal skills to support at home. Rivière-Rouge and Mont-Tremblant sectors: Mar 11, 18 & 25

Accompanying services

Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers. Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)

Info: 819 717-9646 / 1 855 717-9646

Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2



Main Street Money

Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Registered savings plans and your estate

How to avoid a tax surprise from your RRSP or RRIF.

Most Canadians are familiar with the tax advantages of using registered savings plans to save for retirement. Contributions to Registered Retirement Savings Plans (RRSPs) are tax-deductible, and any growth or income earned on the underlying investments inside an RRSP or Registered Retirement Income Fund (RRIF) is not taxed until withdrawn. But what happens when an RRSP or RRIF owner passes away? To help provide some clarity, we've compiled a list of answers to some frequently asked questions.

Why am I receiving a T4RSP or T4RIF?

Under Canadian income tax laws, an individual is deemed to have sold or cashed in their assets for their fair market value at the time of death, including RRSPs and RRIFs. This means a T4RSP or T4RIF slip will be issued indicating the fair market value of the RRSP or RRIF at death.

It is the responsibility of the estate, and ultimately the estate beneficiaries, to pay income taxes on RRSP or RRIF assets even though those assets may have been paid directly to a beneficiary named on the plan. It is also important to note that for Canadian residents, no taxes are withheld on amounts paid out of an RRSP or RRIF due to death.

What are the income tax implications?

The value of the RRSP or RRIF, as indicated on the T4RSP or T4RIF slip, must be included in the owner's income for the year of death. This amount is fully taxable as regular income.

How can the income tax bill be reduced?

If the RRSP or RRIF is left to a qualifying beneficiary (named directly on the plan or will), it is possible for the value of the RRSP or RRIF at death to be taxable to the qualifying beneficiary and not the estate.

Who is a qualifying beneficiary?

1. Spouse or common-law partner

The assets of an RRSP or RRIF can be transferred directly to a spouse or common-law partner's RRSP or RRIF as a tax-free rollover. If the surviving spouse or partner is under age 71, the assets can be transferred to their RRSP. If the surviving spouse or partner is age 71 or older, the assets can be transferred to their RRIF or eligible annuity.

The surviving spouse or common-law partner will report the value of the deceased's RRSP or RRIF on their tax return for the year and will receive an offsetting deduction for the transfer. They will be taxed on any withdrawals made in the future. The actual transfer of the RRSP or RRIF must take place in the year the survivor receives the deceased's RRSP or RRIF, or within the first 60 days of the next year. If the transfer does not take place during the required time frame, the full value of the RRSP or RRIF can still be included on the surviving spouse or partner's tax return, but no offsetting tax deduction will be allowed.

In the case of a RRIF, the surviving spouse or common law partner may be named a successor annuitant in the plan or the will. This means that they will simply receive the same periodic payments the deceased received from the RRIF. No special taxation issues arise on death when a successor annuitant is named; instead, the successor is taxed on the payments received each year.

What happens if an adult child is named as beneficiary?

If an RRSP or RRIF is left to an adult child who is not mentally or physically infirm, there is no tax deferral available. The amount will be fully taxable on the final tax return of the deceased and will be passed directly to the adult child named as beneficiary.

What happens if the estate of the deceased is named as beneficiary?

If the estate is named as beneficiary of the RRSP or RRIF, generally the fair mar-

ket value of the RRSP or RRIF is included as income on the deceased's final tax return. However, if an amount is paid from an RRSP or RRIF to the estate and a qualifying beneficiary is named in the will, the legal representative of the estate and the beneficiary may file a joint election to treat the RRSP or RRIF proceeds as being paid directly to the beneficiary, in which case the same potential tax planning opportunities to the deceased's estate will be available.

Speak with your advisor

The tax rules when a person passes away can be complicated, and your advisor is the best person to talk to. He or she can refer you to a tax or legal specialist, depending on your specific situation.

Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.
This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

Stocks, bonds and mutual funds are offered through Manulife Securities Incorporated. Insurance products and services are offered through Manulife Securities Insurance Inc. Banking products and services through referral.

Source:www.cbc.ca/news/business/solo-living-business-opportunities-1.5046913

© 2019 Manulife. The persons and situations depicted are fictional and their resemblance to anyone living or dead is purely coincidental. This media is for information purposes only and is not intended to provide specific financial, tax, legal, accounting or other advice and should not be relied upon in that regard. Many of the issues discussed will vary by province. Individuals should seek the advice of professionals to ensure that any action taken with respect to this information is appropriate to their specific situation. E & O E. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Any amount that is allocated to a segregated fund is invested at the risk of the contractholder and may increase or decrease in value.

Laurentian Quilters' Guild

At the recent Quilt Show, of the Laurentian Quilters' Guild held November 20, 2019, all visitors were invited to vote for their favourite quilts in the following categories:

Large Quilts, Small Quilts, Large Wall-Hanging, Small-Wall hanging, Quilted Creations. These are the proud winners with ribbons, (rosettes)...

Laurentian Quilt Winners, 2019

Isabelle Daudelin, Sonia Chepurniy, Lesley Slinn-Fitzpatrick, Dixie Brown, Bev Roland, Kristin Kiel, Brenda Thompson -Wadey, Eleanor Dunford, Lynda Adams, Joan Hall-Hudson.





BUYING COLLECTABLES

Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, gold, jewelry, stamps, records, judaica, Olympic & military items

40 YEARS OF TRUST

Call Ron:
514 996-6798



M
CONSTRUCTION
McVeigh
Craig McVeigh

Bur. : 450.226.7448 | Fax : 450.226.7485
Cell. : 450.712.6593 | craig@cmcveigh.com



Soins Dentaires Prévost

Call us today!
450.335.2990
www.dentisteprevost.com

Healthy teeth and gums for a healthy life!



Mathieu Sabourin & Mathieu Labonté
Pharmacists

Opening hours:
Monday to Friday
from 9:00 a.m. to 9:00 p.m.
Saturday and Sunday
from 9:00 a.m. to 5:00 p.m.

373-A, rue Principale, Lachute
450.562.0522
Toll Free: 1.866.362.0522



Details in store

ENTREPÔTS

MORIN-HEIGHTS

Indoor Storage Space Rental

24 hours/ 7 days

- Individual alarms
- 50 square feet and up

(450) 226-1313

543 du Village, Morin-Heights
Office at 591 du Village

HAPPY

Valentine's

DAY



I'm Just Saying O'Canada

Ron Golfman - Main Street

As we reach the mid-point in another grueling winter in Canada, a time when everyone is over the beauty of the freshly fallen snow, a time when we expect to continue not seeing most people we know because they are in self-imposed isolation due to our harsh winters, we surprise ourselves. The phenomenon of Canadians ability to embrace winter is a truly magical occurrence.

To catalog our winters, we go from being routinely startled, no matter when the first big dump of snow, or intense cold snap arrives, giving us fodder for conversation and awareness of what we had forgotten to prepare for the onset. I know people who were purchasing window scrapers in late December, and others stunned by forgetting they had lost one of their mitts or gloves near the end of the winter before.

Annually, we love winter until after the holidays, post time of friends and family, days off from school and work to play. Once January hits, and the bills from overspending arrive in the mail like death threats, the party is seemingly over. The doom and gloom of four more months of this erases our ability to see the beauty of the glistening white snow on a brilliant, albeit frigid, sunny winter's day.

That is the stereotype we are used to. Truth be told, it is not the seasons that control us as human beings, quite the opposite. In my community, the snowshoe and cross-country trails are full, the fat bikes are out, seemingly mocking winter, and folks are out there, bundled to the hilt, walking in groups or individually strolling in silence, aside from the sound of our boots chewing at the snow and ice.

This past January, and I am deeply sad to report, we lost one of our best, Arnie Hodge. Suddenly, and without warning, an amazingly positive institution in our hearts and community had passed. In spite of the cold and the tendency to hibernate, multitudes of people reached out to support the family, offering any type of assistance towards easing the burden of the sadness. Then, as the day of the celebration of life for this beloved man drew closer, it seemed that the entire Laurentian community was offering financial aid, time, food, and any type of physical and emotional support deemed necessary. Over 200 people braved the elements, others traveling from near and far to attend and pay tribute to a wonderful soul.

In Newfoundland, the entire province was blasted by hurricane winds and over 100 cm's of snow in the blink of an eye, literally shutting down the Rock. The photos and stories of how people coped with this state of emergency were remarkable.

Citizens there found the silver lining in bands of people with shovels going from house to house to clear snow. A local Domino's pizza joint provided thousands of pizzas to firemen, police, road cleaners, prison guards, well, anyone who didn't have access to comfort during this seemingly isolating and dangerous time. Others built fires and put up lanterns on streets 10 feet high in snow in order for locals to join together in unity and to find out who needed what.

We'll get through it like we always do, but if there is anything that will keep us warm and safe as we come out on the other side of the cold, it is that Canadians are, and I am Just Saying, resilient, generous and helpful. The next time someone pokes fun at us with a quip about "Eh?" we know we've earned an 'A'.



Essential Oils Passion oils for Valentine's Day

Susan Rich

Even though Valentines Day is Feb 14, why not make it an entire month, where lovers spoil each



other and step up the affection. Gifts like roses, spa packages, weekend get-aways and, of course, ESSENTIAL OILS are all on the menu.

These are just a few of my favorite essential oils for love.

Rose (the oil of divine love) - This oil holds the highest energetic vibration of any other essential oil on the planet. It invites individuals to experience unwavering, unchanging, unconditional love. When unconditional love is felt the heart opens and offers the same in return. Here's a little trivia for you; did you know that it takes over 8000 roses to produce one 5 ml bottle of Rose oil? So, don't be surprised when you see the price of pure rose oil, but it's worth every penny!

Ylang Ylang (the oil of the inner child) - In the world we live in, we tend to focus on success, achievement, hard work and very little play. This lifestyle gets into people's souls, and they forget or can't remember how to lighten up and play. This oil allows the heart to open to its lighter emotions and encourages play, making this Valentine's Day a fun one.

Patchouli (the oil of physicality) - Doesn't the hippy movement make more sense now? Patchouli was a favorite scent for them, and we all thought they were just covering up body odour. This oil is for those who might have body image issues. It enables one to accept a physical appearance and see it as beautiful - which it is! It's a very grounding, stabilizing oil that allows people to release emotional judgments and issues related to the body.

So, get some 100% pure oils into your homes and allow them to penetrate your souls for the entire month, allowing your bodies time to open up and release negative emotions. I love having a diffuser in my bedroom, or any room; it's like being bathed in a clean non-toxic scent. Another way to use them is to mix up a roller bottle (amazon.ca), add some drops of your preferred oil, top with a carrier-oil and use as your perfume.

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



FitTip # 140 Reflections on letting go

Lisa Mclellan – Main Street

Merriam-Webster dictionary, a cruel or ugly, old woman. As much as I hate to admit it, I am having some difficulty accepting certain physical changes. Swallowing the pill of sagging skin and thickening of the waist etc. is ... well, the pill is still stuck in my throat. Is it vanity? Of course. Is it bad? Only, if it becomes a self-deprecating obsession. Otherwise, it is a process of learning to recognize and find value in deeper, more meaningful facets of life.

When I look in the mirror, I can't resist gently pulling my skin up and back towards my ears. Then I lift my breasts and pull my inner thighs up and back. Silly I know; it's so unimportant. "It's all downhill from here!" my Mom said, as I complained to her about my beautiful, still very youthful skin at 48. When I see 20-and 30-year-olds getting eyelash extensions, using Botox and having plastic surgery I am horrified, maddened and saddened.

The other thing that gets my goat, if I'm going to be honest, is the muffin top(s). I mean I just can't win. Either I keep the extra pounds and look younger or I lose them to look older and more wrinkled! I share this with you because I am, oh so human, but I am laughing at myself because I know it's only skin deep. When I close my eyes and feel my body, I love what I feel. I am very fortunate to be vibrantly healthy, to have a strong and supple body, to be sensitive, aware and present. So, I got rid of all the mirrors – no I didn't. Vanity keeps me making the effort to care for myself, mindfulness transforms my negative talk into understanding and loving kindness for myself.

So, Crones:

1. Commit 100% to your health and well-being for it will bring you vitality, energy and positive results.
2. Hydrate and eat nutrient dense food. Feed your cells what they need so they retain optimal functioning. Supplement with quality collagen, use natural skin products and hyaluronic acid.
3. Hormonal changes affect how we metabolize. Women over 50 need to eliminate stress by incorporating more enjoyment and rest daily. Short sweat-producing, heat-generating, out-of-breath, muscle-fatiguing metabolic trainings combined with long periods of non-exercise activity – thermogenesis, such as walking, dancing, moderate cross-country skiing, etc. are the best way to approach weight loss and physical health.
4. Be mindful and love yourself. You are awesome.

The beauty of a Crone is not in her skin or her weight, but rather in the radiance of her love and the light of her experience, the caring in her eyes and the depth in her words. Her beauty comes from accepting what is and understanding that life is a gift. It is the values of the heart that bring peace, joy and meaningful living.

ACCOMPANIMENT AND RESPITE SERVICES

Responding to needs of patients, caregivers and those living with loss

Accompaniment and support for ...

- Patients with cancer or life-limiting illnesses
- Their caregivers
- Those needing end-of-life care
- Those living with loss

Our free services ...

- Home accompaniment
- Laurentian Hospital oncology clinic accompaniment and support
- Caregiver respite and support
- Bereavement support
- Weekly stress reduction group sessions

Palliacco's services are provided free of charge by trained volunteers experienced in palliative care accompaniment and active listening.

Where ...

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

JUST ONE CALL FOR ANY OF OUR FREE SERVICES:
819 717-9646 or toll-free 1 855 717-9646

2280, rue Labelle | Mont-Tremblant
99, rue Saint-Vincent, Suite 2 | Sainte-Agathe-des-Monts (by appointment only)
35, rue de l'Église | Saint-Sauveur (by appointment only)
admin@palliacco.org | palliacco.org

16 main.street@xplornet.ca

February 2020

MAIN STREET



Real Wine for Real People

Old World wines, what grapes are in there?

April Sirois – Sommelier - ISG

Have you ever noticed that “Old World” wine labels have the region of origin rather than the grape variety on them? Have you thought that you would like to try some if only you knew what was inside those bottles? The reason Old World producers do this is because these countries put emphasis on the areas and micro areas rather than the specific grape.

The area designations (such as AOC, DOC, IGT, etc.) will dictate what grape varieties are used in each wine along with other very strict rules and regulations that the winemakers must follow in order to put those little letters on the bottle. This is great if you are a sommelier and know what the different regions grow, but for most people, it's confusing.

For this month I have put together a cheat sheet so that you will now be ‘in the know’ as to what is in that bottle of Rioja or Rhone.

FRANCE

Bordeaux (Médoc, Pomerol, St-Émilion, Graves, Pessac-Léognan, Entre-Deux-Mers, Sauternes)
Red: Cabernet Sauvignon, Cabernet Franc, Merlot, Malbec and Petit Verdot.
White: Semillon, Sauvignon Blanc and Sémillon

Burgundy (Chablis, Côte de Nuits, Côte de Beaune, Côte Châlonnaise, Mâconnais, Beaujolais)
Red: Pinot Noir, Gamay
White: Chardonnay.

However, wines from Chablis (Chardonnay) and Beaujolais (Gamay) are referred to by their own names, not as Burgundies.

Rhone
Red: from blends of Syrah, Grenache and Mourvedre.
White: Blends of Viognier, Marsanne and Roussanne.

Loire Valley (Pouilly-Fumé, Sancerre, Vouvray, Anjou, Muscadet)
Red: Cabernet Franc
White: Sauvignon Blanc, Chenin Blanc

Côtes du Rhône
Red: Syrah, Grenache, Mourvèdre, Cinsault
White: Viognier, Roussanne, Marsanne, Picpoul

Alsace
Red: Pinot Noir
White: Riesling, Pinot Blanc, Gewürztraminer, Pinot Gris, Sylvaner

SPAIN (Rioja)

Red: Tempranillo, Garnacha, Graciano, Mazuelo, Maturana Tinta
White: Viura, Malvasia, Garnacha Blanca, Tempranillo Blanco, Maturana Blanca, Turruntés, Chardonnay, Sauvignon Blanc, Verdejo

Penedès (Cava)
White: Macabeo (Viura), Parellada, Xarel-lo, Malvasia
Red: Cariñena, Garnacha, Cabernet Sauvignon

ITALY (Chianti)

The Sangiovese grape is the primary component of the red wine known as Chianti. There are actually seven different sub-zones of Chianti.

Tuscany (Chianti, Brunello di Montalcino, Vino Nobile di Montepulciano, Carmignano)
Red: Sangiovese, Cabernet Sauvignon, Merlot
White: Vernaccia

Piedmont (Barolo, Barbaresco)
Red: Nebbiolo, Barbera, Dolcetto
White: Moscato, Cortese, Arneis

Veneto (Valpolicella, Bardolino, Soave, Prosecco)
Red: Corvina, Molinara, Rondinella
White: Garganega, Trebbiano, Glera

GERMANY (Rheinhessen)

White: Riesling, Müller-Thurgau, Silvaner, Weissburgunder (Pinot Blanc)
Red: Dornfelder, Spätburgunder (Pinot Noir), Kerner

Rheingau
White: Riesling, Müller-Thurgau
Red: Spätburgunder (Pinot Noir)

Mosel
White: Riesling, Müller-Thurgau, Elbling

Although grape varieties can show very different expressions of styles and flavor, depending on the region, climate, or winemaking style, etc, we can still use them as an indicator for what you can generally expect to find in the bottle. Of course this can be a very in-depth subject that I can go on for pages and pages about but for the sake of my 500 words I have condensed it and touched on only the most common regions and wines found at the SAQ. Now, hit those shelves like the wine geek you are, and find something new, yet old, to enjoy.

~Cheers

 MAIN STREET



Organic salmon, white fish, scallops, shrimp, calamaris & oysters

Le Fumoir des Lacs

Fumoir & poissonnerie

Smokehouse & fish shop

Fresh fish every 2 days


■ Place your order in advance for whole fish or shellfish*

■ Fresh salmon on Tuesdays & Thursdays

■ Don't miss our famous 'Salad Dresser,' smoked salmon with maple syrup on Saturdays


■ Northern shrimp, a selection of white fish, seafood & fish brochettes available on Thursdays just in time for the weekend

*Please call Wednesday for weekend orders



Daniel Dubé & Michèle Deschênes
the smoke master and the chef


7, Avenue de l'Église,
St-Sauveur, Qc

Follow us on 


450 744-0471

NEW!

BLOODS TESTS
AT THE PHARMACY



Call us to make an appointment!




*Certain fees apply.

Nurses are responsible for their professional practice

SERVICE AVAILABLE AT THE PHARMACY OF

Danielle Gauthier
Owner pharmacist

Affiliated to:  famiprix

707, chemin du Village, bureau 104
Morin-Heights
450 226-5222

OPENING HOURS

MONDAY TO FRIDAY
9:00 A.M. TO 7:00 P.M.

SATURDAY
9:00 A.M. TO 5:00 P.M.

SUNDAY
10:00 A.M. TO 4:00 P.M.

February 2020

main.street@xplornet.ca 17

Over
10 years
experience



Lyndsay Wood
Real Estate Broker

I AM PRESENT



FREE MARKET EVALUATION

514.774.8019

lyndsaywood.com

lyndsay_m_wood@hotmail.com

2 OFFICES TO SERVE YOU
ST-SAUVEUR & LACHUTE



CONDO IN LACHUTE: 2009 condo in mint condition and very well maintained. Spacious rooms; 2 bedrooms and large bathroom with walk-in shower & separate bath. Open concept, terrace, heated ceramic / wood floors, prime location, 2 parking spaces and shed. Certified Novoclimat. Quality construction by recognized and reputable contractors. A must see! **MLS 21341654**



WATERFRONT ST-SAUVEUR: Remarkable 4 season cottage minutes from downtown St-Sauveur with space for everyone on the shore of Lake Breton! Turnkey and well maintained, stone fireplace, manicured lot, superb views, 2 bedrooms, 2 offices, 2 bathrooms. Many wood finishings, cathedral ceilings, mezzanine. Seize this great opportunity! **MLS 26648061**



URGENT!!!
LISTINGS NEEDED!
WATERFRONTS, COTTAGES,
HIGH-END HOMES AND
LAND OVER 5 ACRES!
MANY BUYERS AND
INVESTORS IN WAITING!
ALL QUALIFIED!
CONTACT ME TO PUT YOUR
PROPERTY FOR SALE AS
SOON AS POSSIBLE!

CLASSIFIED ADS

Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to msw_sue@yahoo.ca. Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment is due prior to publication

BUYING COLLECTABLES

Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, cufflinks, jewelry, Judaica, vases, figurines. Olympic items & Estate liquidations
40 years of trust !
Call Ron: 514 996-6798.

ADVERTISING POSSIBILITY

QCNA offers a one-order, one-bill service to advertisers. Call us for details on reaching English Quebec, and through classified ads French Quebec and every other Canadian province & territory.
Info: 819-893-6330

GUITARS

Do you have a guitar you don't know what to do with? Give me a call, I may be interested in buying it.
Greig: 514 386-7717

SERVICES REQUIRED

Excellent handymen & efficient housekeepers.
Please call Lori's Links at 450 224-7472 for info.


The Cross-Country Cup

On 25th January, we welcomed a record number of participants for the first stage of the Cross-Country Skiing Cup, on the Founders' trails in the Notre-Dame center, in St-Jérôme. The Fondeurs-Laurentides ski club and the Rivière-du-Nord School Board (CSRDN), as well as the Caisses Desjardins of Rivière-du-Nord, joined forces for the presentation of this 34th edition. Over 645 participants from the general public, CSRDN schools, and cross-country ski clubs in the region, took part in this winter classic. With the 3 races, more than 1,700 young people brought this event together.

With new schools at the CSRDN, participation has increased over the past several years. Teachers help introduce their students to cross-country skiing. This event has grown over time to become one of the largest cross-country ski gatherings in Canada. Martin Richer, the race manager and coordinator for the event said, "Many people are involved in this success. Volunteers, sponsors, partners, teachers, coaches. There is really something special about the Founders Cup. You have to experience it once as a participant or spectator to understand." He continued, "This event allows hundreds of children and their families to discover the sport. The financial participation of our major sponsor, the Desjardins caisses allows us to offer a quality event for our young people. The Notre-Dame center site is an ideal place for the presentation of such an event. We want to highlight the collaboration of the recreation department of the city of St-Jérôme for its realization." Note that this first stage of the Founders' Cup served to qualify the Laurentian region for the Quebec Games. The mayor of St-Jérôme, Stéphane Maher, was present for the medal ceremony.

The members of the Fondeurs-Laurentides club and several student-athletes of the St-Jérôme multi-purpose sport-studies program performed well during this race in classic style. All the results are on the website <https://www.fondeurslaurentides.ca/evenement/coupe-des-fondeurs>.

Proudly serving the community since 1971!



Breakfast every morning at 10:00 am


Lunch time specials Monday to Friday

Table d'hote menu 7 days a week

Free Wifi

490 Main Street, Lachute

Call for reservations (450) 562-9000



READERS VOICE

The following are excerpts from letters received in response to the article by Ericson Martin published in the Nov 2019 edition. Unfortunately, the original texts were too long to include in their entirety.

In Morin-Heights, since 2003, I have personally seen short-term renters setting off fireworks, dumping fireplace ashes or letting their children slide down steep entrances or hills on the property of other chalet owners (posing potential liability issues for these trespassers). Others have held noisy parties late at night, using the woods as toilets during power failures or leaving waste bins overflowing with smelly bottles of alcohol and rotting garbage (attracting raccoons). Yes, some short-term rentals are not problematic but my EVIDENCE and experience supports the bylaw and policy of the municipal council of Morin-Heights to not allow short-term rentals.


Dr. Lena Measures

We moved into our house on a small lake in Gore twenty-five years ago. On one side of us two huge identical houses were built with the intention of renting them. Different people were there every week and each of the two houses often had up to nine cars parked there. At the end of the week, these people would leave, a cleaning lady would come clean the houses, and then two new groups would invade our neighbourhood.


We campaigned for our municipality to pass a bylaw for a minimum of 31 days of rental and eventually got it. Even with the bylaw in place, the rentals continued. I had to record the license plates of the different cars every week to bring to the municipality for proof that these people didn't respect the bylaw. Eventually, after many fines and headaches, the two houses were sold. We had the same situation facing us on the other side of the lake, which was handled the same way. None of these people get any permits or report any revenues. The municipality gets no revenue from these dealings.

There may be advantages to short term renting but it is only for the renter. They rent their houses and make money, while the neighbours have to put up with the problems.


Anselme Marandola
Gore




STP
STPLOMBERIE.COM




Natural gas / propane




Radiant flooring




Heating




Pumps




Steve Taylor



514-715-1832




stplomberie.com



info@stplomberie.com

18 main.street@xplornet.ca

February 2020

MAIN STREET 

New signage to improve emergency rescue services in isolated areas (SUMI)

During the fall of 2019, the MRC d'Argenteuil installed nearly 130 emergency signs in the multifunctional trails criss-crossing its vast territory of 1,339 km² in order to optimize emergency rescue operations in isolated environments (SUMI). This new signage, made possible thanks to financial assistance of \$163,893 from the Quebec Ministry of Public Security (MSP), will facilitate user orientation and, in the event of incidents, will allow rapid location by emergency services in order to accelerate the deployment of interventions.

During their last outings, snowmobilers, quad bikers and all types of hikers (pedestrians, equestrians, skiers, etc.) in the territory will have noticed the new signs identified with the image of the MRC d'Argenteuil. These signs are distributed between the municipalities of Brownsburg- Chatham, Gore, Grenville-sur-la-Rouge, Harrington, Lachute, Mille-Isles, Saint-André-d'Argenteuil and Wentworth and are found at strategic points, ie crossings roads, trail junctions or relays. The VéloRoute d'Argenteuil and the Centre la Randonnée (golf l'Oasis) are also among the targeted locations. Each of these signs displays a unique, mapped number that can be listed by emergency services. If necessary, users must dial the emergency telephone numbers indicated and provide the number written on the sign.

The prefect of the Argenteuil MRC, Mr. Scott Pearce, stresses the importance of such an initiative in terms of public safety: "The territory of Argenteuil is full of vast forests inviting to discovery. So that everyone can take full advantage of these privileged contacts with nature in a safe manner, we invite the population to identify the new signage and follow the safety advice for use when traveling in isolated areas. " The Argenteuil MRC takes this opportunity to remind everyone that it is the responsibility of each citizen to be responsible for his / her security. This MRC initiative, carried out in close collaboration with its constituent municipalities, supports the responsible use of the trails managed by the Fédération québécoise des clubs quads (FQCQ) and the Fédération des clubs de motoneigistes du Québec (FCMQ).

About the SUMI project financial assistance program


The installation of this new signage was carried out as part of component 3 of the SUMI project's financial assistance program from the Quebec Department of Public Security, for which the Argenteuil MRC was granted financial assistance for " approximately \$ 165,000 in 2018. The program will also have enabled the MRC d'Argenteuil and its local municipalities to acquire emergency equipment, such as nautical rescue equipment, evacuation trailers, medical equipment and GPS to facilitate the work of rescuers. For any questions regarding the new signage, please contact Sébastien Beauchamp, fire safety coordinator at the Argenteuil MRC by email at sbeauchamp@argenteuil.qc.ca or by phone at (450) 562-2474, extension 2302.



DESTINATION Keto

Café-Boutique

- Ketogenic and complete low carbohydrate grocery
- Signature prepared meals for take-out or on the premises
- Fresh and frozen breads
- LCHF signature
- Keto Desserts
- Signature fat coffees and Signature fat smoothies menu
- Privately imported wines
- Keto sweaters and accessories
- Professional advice
- Unique atmosphere!



Dan Keto, proprietor

200-1b, rue Principale, Saint-Sauveur
514 418-KETO(5386)
destinationketo.ca

Sky Watch

Astronomy.com
Sunday, February 16

A pair of fine binocular objects are on display tonight. The open star clusters M46 and M47 reside about a degree apart in the northwestern corner of the constellation Puppis the Stern. The two lie about 12° east-northeast of the sky's brightest star, Sirius. The western cluster, M47, glows at 4th magnitude and appears as a fuzzy patch sprinkled with several pinpoint stars. Sixth-magnitude M46 shows up as a hazy collection of faint stars that is hard to resolve under most conditions. Although it contains nearly twice as many stars as M47, M46 appears fainter and fuzzier because it lies some three times farther from Earth.



In the heart of the Community, For the Community!

At Soup & Company, people gather to eat, meet new people, get information or give of their time. Now under a new Administration, Soup & Company's goal is to reach as many people in need as possible to offer a delicious meal and a friendly ear. All served up with love and a smile. Located in the heart of beautiful Saint-Sauveur village in the Church rectory basement (205 rue Principale). Our doors are open from 11:30 to 1PM on Mondays, Tuesdays and Thursdays. So please don't be shy, come and see us! Everyone is welcome!

- Our kitchen also provides full meals for other community organisations in the surrounding area.
- Saint-Adolphe-d'Howard (1657 de l'Avalanche road) Every Tuesday from 11:30 to 1PM
- Sainte-Anne-des-Lacs Community Center (1 Fournel Road). First Wednesday of the month. From 11:30 to 1PM.
- Morin-Heights (27 Bellevue Street) Meals are served every other Monday from 11:45 followed by the Coop Store Workshop. Reservations 450-224-2657

Please contact us for more information at
450-744-0207. Fax 450-227-1633. Email info@soupeetcompagnie.com

SOLD IN 7 DAYS !



Morin-Heights
MLS 20344330



Carol Ann Sirard
Residential & Commercial
Real Estate Agent
514.349.5878



Daniel Stewart
Residential & Commercial
Real Estate Agent
514.217.6182



Caroline Bulbulian
Residential
Real Estate Agent
514.996.6471



*The bigger the dream
The more important the team*

GROUPE21.COM

CENTURY 21

Century 21 groupe Opt/Immo 276, rue Principale, St-Sauveur, Qc J0R 1R0

NOW HIRING

SAINT-SAUVEUR

105-F AVE GUINDON, SAINT-SAUVEUR, J0R 1R6

SVKSAUVEUR@GMAIL.COM

514-677-3085



SOUVLAKI
BAR
Je suis fresh