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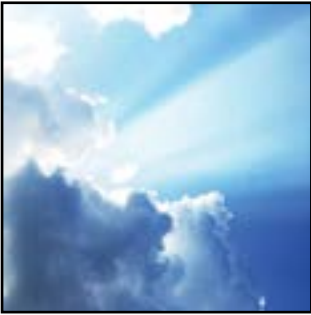
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What’s On My Mind... Clouds and blue skies...

Susan MacDonald, Editor

It’s hard to imagine that we have been living under the cloud of the coronavirus for a full year, and yet it seems that each day still raises more questions, and produces less answers, about how best to bring the pandemic under control. Even the experts on the frontlines, in the various research departments, and the pharmaceutical companies, are at odds, as they strive to come up with effective solutions as rapidly as possible. This cloud hovers, but would it not dissipate faster if all possible solutions were examined and explored together with us, the citizens, rather than our opinions being ignored and having solutions imposed arbitrarily on us from above?



Often, this leads to a clash over a difference of opinions, and it should not come as a surprise, since we all tend to form our personal beliefs based on our usual sources of information, and our individual experiences. That is why many people are now depending on prompt access to vaccines, while others are looking more towards therapeutic treatments, and fortifying their immune systems. We all have our own doubts, our hopes, and opinions.

Generally, people tend to avoid exploring possibilities that fall outside their comfort zones about what they believe to be plausible, or even acceptable, in accordance with the current popular opinion. I wonder, is it possible, perhaps, that the actual challenge to influence an attitude lies not in the information available to all, but more in the way it is presented to the public? A perfect example of what I mean is the response I received to Mr. MacFairlane’s December article, titled “The Greatest Fraud.”

Many readers took the time and effort to call in or email their comments and concerns about this particular article. Due to the lack of space, I am unable to publish them all. However, I have chosen one, from Mr. David Gutnick, of Arundel, that I felt covered the general opinion of all who commented, and which can be found on page 14, under the title of Readers Voice.

As a result of the feedback, I have reviewed that article several times, done some thorough research, and concluded that, while I do understand why some readers were disturbed by its content, there was enough reasonable doubt to encourage readers to investigate the situation further before deciding to voice their own conclusions. After all, this is not the first time voting systems, or election results, have been called into question. I would also like to add that no anti-religious reference was made, nor inferred, in this article.

As an editor, there involves a responsibility to provide information in an appropriate manner and, to this end, I will strive to do my best to ensure that all content within our pages is delivered to our readers with a clear, concise, and respectful approach, while still providing a platform for everyone to voice their opinions or community concerns. I invite you all to continue to send me your comments and look forward to your interactive participation.

On another note, I would like to take this opportunity to say farewell to our past partner, and top sales representative, Steve Brecher, who, after a recent health issue, has recently retired from the Main Street team. Over the past several years, Steve has played a major role in developing and growing a strong relationship with most of our advertisers. It is due to his past dedication, diligence and belief in our community values that Main Street has continued to thrive and has grown into the community paper that our readers look forward to reading each month. Steve will be moving to Toronto soon, to enjoy his well-earned retirement with his family, and we wish him all the very best in his future endeavors. Speaking for the entire Main Street team, thank you, Steve, for your years of dedication, belief and optimism.



In closing, I wish all our readers strength and perseverance in the days ahead. For the moment, we continue to live under the shadows of the coronavirus cloud, but with faith in a brighter future, and by following the health measures to ensure our safety, I’m sure that blue skies will soon be on the horizon.

Enjoy the read...





Observations

COVID – Where do we go from here?

David MacFairlane - MainStreet

Many questions must be asked about the necessity for the heavy-handed responses to this pandemic, the safety of the vaccines, and the virulence of the virus itself. The reluctance of front-line medical workers to take the vaccines due to concerns over their safety has been under-reported, if at all, and the push-back from thousands of doctors worldwide has also been ignored by the media, and not discussed in any official venues. (<https://www.ft.com/content/c576e15f-e5b1-4369-a5f0-073b4466036f>) and (<https://www.cbsnews.com/news/covid-vaccine-health-care-worker-reluctance/>)

The abundance of alternative information is impossible to paraphrase accurately, so much of the following text will be verbatim, taken from many sources that have covered events over the past several months.

In January, McGill University Health Centre announced that after conducting clinical trials of hydroxychloroquine, they have begun placebo-controlled trials to confirm the effectiveness of fluvoxamine, a common antidepressant, in slowing the progression of Covid-19 symptoms. Fluvoxamine is a safe, inexpensive medication, approved by Health Canada, and researchers will determine if it reduces long-term symptoms of Covid-19. <https://muhc.ca/news-and-patient-stories/research/could-antidepressant-slow-covid-19-progression>

Why are known treatments for Covid-19 (Hydroxychloroquine, Ivermectin, Azithromycin, Colchicine) that have shown such tremendous success being completely ignored and ridiculed? Testimony to the US Senate, from Dr. Harvey Risch, MD, PhD, Yale Professor of Epidemiology and Public Health, confirmed that “hydroxychloroquine is exceedingly safe. Common sense tells us this, that a medication safely used for 65 years by hundreds of millions of people in tens of billions of doses worldwide, prescribed without routine screening ... used early in high-risk outpatients is extremely strong, and the evidence against harm is also equally strong.” (<https://www.collective-evolution.com/2020/12/14/epidemiologist-at-yale-provides-testimony-on-hydroxychloroquine-for-treating-covid-19/>)

On 9 December 2020, Dr. Pierre Kory, representing a senior group of physicians in Pulmonary & Critical Care, pleaded with the NIH to review their data showing Ivermectin is nearly entirely effective against Covid-19. In one hospital, 400 healthcare workers took this drug, and not one got sick. The remaining 400 workers, who did NOT receive the drug, suffered a 58% infection rate. (<https://vaccineimpact.com/2020/i-cant-keep-watching-patients-die-needlessly-medical-professor-testifies-to-congress-that-covid-cure-already-exists-with-ivermectin/>)

Many scientists and doctors worldwide share the same sentiments. The “Physicians for Informed Consent” (PIC), recently published a report titled “Physicians for Informed Consent Compares COVID-19 to Previous Seasonal and Pandemic Flu Periods.” According to them, the infection/fatality rate of COVID-19 is 0.26%, meaning that initial estimations of its severity were grossly overestimated. Details at ... <https://www.collective-evolution.com/2020/07/23/physicians-find-the-infection-fatality-rate-of-covid-19-to-be-0-26-percent/>

Academics from the Stanford School of Medicine suggest that COVID-19 has a similar infection/fatality rate as seasonal influenza, and they published their findings in a study last year. More details at ... <https://humansarefree.com/2020/07/stanford-professor-infection-fatality-rate-almost-0.html>

Why is there so much information in the alternative media that completely contradicts the narrative of our federal health regulatory agencies, and supranational organizations, like the WHO? Why are the doctors and other experts, who contradict the official propaganda, so heavily censored and threatened? Why are alternative media sources being censored, punished, demonetized and de-platformed for sharing such information?

In September 2020, a group of over 500 medical doctors in Germany, called “Doctors for Information”, made a shocking statement during a national press conference, stating, “The Corona panic is a play. It’s a scam. A swindle. It’s high time we understood that we’re (caught in) a global crime.” These doctors are members of an organization called “Außerparlamentarischer Corona Untersuchungsausschuss.” Translated, it means, “Corona Extra-Parliamentary Inquiry Committee” and was established to investigate events that pertain to the coronavirus, and whether the actions taken by all governments are justified, and not causing more harm than good. You can access the full English transcripts on the organization’s website – www.acu2020.org.

Dr. Heiko Schöning, the organization’s leader, stated that “We have a lot of evidence that it (the coronavirus) is a fake story all over the world.” To put it in context, he wasn’t referring to the virus being fake, but simply that it’s no more dangerous than the seasonal flu (or just as dangerous) and that there is no justification for the measures being taken to combat it. <https://humansarefree.com/2020/09/german-doctors-on-covid-19-we-have-a-lot-of-evidence-that-its-a-fake-story-all-over-the-world.html>

In Spain, a group of 600 medical doctors, called ‘Doctors for Truth’, made a similar statement during a press conference. “Covid-19 is a false pandemic created for political purposes. This is a world dictatorship with a sanitary excuse. We urge doctors, the media and political authorities to stop this criminal operation, by spreading the truth.” (<https://www.facebook.com/102490178228755/videos/719441405558572>)

A report published in the British Medical Journal suggested that quarantine measures in the United Kingdom, due to the coronavirus, may already have killed more UK seniors than the coronavirus itself during the peak of the infection. (<https://www.bmj.com/content/369/bmj.m1931>)

In late December 2020, Dr. Michael Yeadon, retired Vice President and Chief Scientist for allergy and respiratory diseases at Pfizer Inc., flatly rejected the need for any vaccines to bring the Covid-19 pandemic to an end. Dr. Yeadon, who “spent over 30 years leading new [allergy and respiratory] medicines research in some of the world’s largest pharmaceutical companies,” and retired from Pfizer with “the most senior research position in this field,” said that “There is absolutely no need for vaccines to extinguish the pandemic. I’ve never heard such nonsense talked about vaccines. You do not vaccinate people who aren’t at risk from a disease. You also don’t set about planning to vaccinate (hundreds of) millions of fit and healthy people with a vaccine that hasn’t been extensively tested on human subjects.”

He also said that widespread science fraud was used in the 2020 race for a coronavirus vaccine and, in the pursuit of speedy regulatory approval, Pfizer abandoned all scientific integrity. <https://truth11.com/2020/12/11/pfizers-vaccine-studies-are-based-on-fraud-and-put-lives-in-danger-warns-former-pfizer-vice-president/> and <https://jamesfetter.org/2021/01/former-pfizer-vp-no-need-for-vaccines-the-pandemic-is-effectively-over/>

In 2017, Dr. Anthony Fauci made a strange prediction, with an even stranger certainty. “There is no question there is going to be a challenge for the coming administration in the arena of infectious diseases. There will be a surprise outbreak. There’s no doubt in anyone’s mind about this.” What did he know that we didn’t? In October 2019, Bill Gates organized a “coronavirus pandemic exercise”, just before it happened! This “Event 201” was hosted by the Johns Hopkins Center for Health Security, partnering with the World Economic Forum and the Gates Foundation, and took place, literally, weeks before the outbreak. What did they know?

With so-called “vaccination passports” looming, secret non-vaccinated databases will enable governments to cross check who they are issuing the ‘freedom passes’ to, and ensure that only the vaccinated are allowed to integrate back into society, and to travel and intermingle without restrictions. Our descent into the abyss will then become rapid and soon extinguish our hunger to exist which, I believe, is unique to the human condition.

On 8th May, Archbishop Vigano, and several Cardinals and Bishops, published an “Appeal” to humanity, warning about the global tyranny disguised as Covid-19. Here’s an excerpt ... “We have reason to believe, based on official data on the incidence of the epidemic ... that there are powers interested in creating panic among the world’s population with the sole aim of permanently imposing unacceptable forms of restriction on freedoms, of controlling people, and of tracking their movements. The imposition of these illiberal measures is a disturbing prelude to the realization of a world government beyond all control.” <https://www.churchmilitant.com/news/article/archbishop-vigano-the-appeal-has-almost-40000-signatures>

What’s going on here? Should governments have such extraordinary powers to silence and reject the voices of so many people? Shouldn’t we be examining all such information openly, transparently, and together?





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Simply Words on Paper

Sales lessons from a homeless guy

Jim Warbanks - Main Street

You can't predict when a learning opportunity will occur or what the particular circumstances might be. I came across the following story in a discussion group where the question posed related to the most valuable skill you learned from an unlikely source.

The respondent said that he had just given a homeless guy \$8.50. Not because he felt generous, nice, not even because he was travelling alone and felt like a little conversational companionship. No, the real reason was because the homeless person put the hard sell on him.

With some time to spare, he was looking for a place to eat, maybe have a drink. The front of the restaurant where he stopped was a little dirty and dark. It didn't look open, so he hesitated to walk in. That's when the homeless person struck.

Engaging dialogue

This is the dialogue that followed. "Excuse me sir, how are you doing today?" They were already facing each other. "I'm doing great thank you, how are you?" "You look it! And let me ask, did your parents raise you well?" He spoke through his toothless front gums. "They did. I'm very lucky." "I can tell, because you stopped to say hello to someone below you." "No one is below me."

The first two lines are what you should pay attention to. Within 15-seconds of their meeting, he had complimented him, twice. Directly by saying he looked great and indirectly by asking if his parents raised him well. Introductions followed. "My name is Thomas James." "I'm Daniel." "Now I'm looking for someone like you to help me." He kept listening.

"Are you hungry, Daniel?" "I am." "Well me too, and I'm looking to fill my tummy with some hot wings down the street." "I can get me a serving for \$8.50, would you be able to help me out with that?" "\$8.50, hey?" Notice the very specific amount. "Yes sir, I'm going to get me some wings, fill my belly and go over under the bridge to sleep." He was smiling, "Oh man, I can't wait!" "My birthday is coming up." He was enthusiastic. "I've got holes in my shoes but I'm hoping to get myself some warm socks soon."

Upsell

"Okay, let me see what cash I have."

It so happened he had exactly \$8 in his pocket and handed it to him. Then came the upsell. "Daniel, you're the best. This is incredible. I'm nearly going to have a full tummy tonight. All I need to do is find \$0.50 more. \$0.50 sounds like not much more on top of \$8 but it's 6.25%." Daniel knew that he had some coins in his wallet and found two extra quarters.

Who knows where Thomas James was going to spend the money. Food, cigarettes, drugs. You hope he gets the wings but it's his money now. He earned it. What can we learn from this chance encounter?

Make it about the other person. He appealed to the interests of the potential donor first, not his own. If you want to get someone on your side, make the conversation about them.

No loose change

Be specific. Thomas James didn't ask for any loose change. He asked for a very specific amount. \$8.50 for chicken wings. If you want to help someone make a decision (like buying something from you), reduce their number of options.

Getting that little bit more, an extra 6.25% doesn't sound like much, and it isn't on individual transactions. But over the long run, it adds up. A \$100,000 investment with a compounding interest rate of 6.25% turns into \$183,000 after 10 years.

Sell to survive

Homeless people have to be good salespeople. They have to sell for survival. Or drugs.

I could be over-analyzing this completely. But I like to think Thomas James is warm under a bridge with a stomach full of wings. And that you have learned a couple of useful tips about sales.



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Secretariat helps 4Korners Get Your Message Out

Andie Bennett

When I ran into an old colleague at the regional consultation sessions for the Secretariat for Relations with English Speaking Quebecers, I had no idea that the chance encounter was going to launch an exciting project to help shine a light on the work being done by community organizations. I attended the consultations with my Executive Director, Stephanie Helmer, while my former colleague, a cameraman with a local Montreal news outlet, was there to cover the event.

When it came time to do some interviews, he ran into a problem that many of us who have worked in media often experience. Nobody wanted to talk. It was my first time experiencing this from the other side. When you are working under deadline it can be frustrating when people do not want to appear on camera, so I decided to pressure my boss to speak. She is extremely passionate about the work we do and certainly one of the most knowledgeable people in that room to discuss the challenges English speakers face when accessing health and social services in our region. So, what was holding her back? She was nervous to say something wrong and didn't feel comfortable being on camera. It did not help matters that the news outlet had sent the cameraman without a journalist to do what is called a double-ender, i.e., the interview guest does not see the interviewer, as that person is in another location. I was able to boil down some tips I had acquired through the many trainings I attended while working for the CBC that made her feel more comfortable.

Recognizing the importance of communication skills and media literacy, the Secretariat began talks with Stephanie for a plan to help community organizations beef up their media relations. The Secretariat will provide two years of funding for the project we are calling **Getting Your Message Out**. The goal is to help community organizations share their stories and educate the public on the support available. Stephanie has often spoken to our team about this need to reach a broader audience. "Communications is so often overlooked at the forefront of community service work. It is especially important in shifting times, as we have seen during the pandemic, where community organizations have been highlighted as an essential service keeping communities informed, connected and healthy," she said. "We are thrilled to lead this vital project that will benefit both stakeholders and organizations. With the Secretariat's funding, the incredible impact and services offered by community organisations will be able to reach even more Quebecers."



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About Sainte-Adèle

Chris Lance - Main Street

The most difficult thing about 2020 was trying to understand how so many older residents died during the first wave...

Words and people who you might remember from 2020:

Zoom, PPE, food security, Black Lives Matter, bubble or bulle, morbidity, efficacy, mortality, political lies, conspiracy theories, truth, fake news, political divide, social distancing, joblessness, Fox News, American elections, WFH (working from home), EI, CERB, COVID-19.

Words of the year: pandemic, the plague, Moderna, Astra-Zeneca, Pfizer, red zone, orange zone, green zone, asymptomatic, child care, CHSLD, networking, home schooling, lock-down, CISSSS, hospital, ICU, distance learning, mask or masking, public-health, virus, community spread, epidemiology terms, daily cases, climate change, contact tracing, quarantining, positive testing, contact screening, outbreaks, infectious, hand washing, isolation, WHO, Health Canada, CSD, Wuhan, fatality rate, hospitalization, coronavirus, restaurants, bread making, yeast, Ricardo, nightclubs, gyms, viral, SARS, MERS, health ministers, medical advisors, outbreak response, daily death count, public gathering, holiday gathering, defund.

People: Arruda, Legault, Dube, Fauci, Kamala Harris, Donald Trump, Jason Kenney, Trudeau, Pence, Ford, Mitch McConnell, Erin O'Toole, Jagmeet Singh, WE Charity, Keystone, Chrystia Freeland, democracy, Maman Dion, Rhona Wurtele, Henri Richard, Monique Mercure, Howie Meeker, Fred Sasakamoose, John Crosbie, Boris Johnson, Six First Nations, Wet'suwet'en, Mi'kmaq (Micmac), Sir John A. Macdonald, Wilson-Raybould, George Floyd, Stone, Macron, John Lewis, Andre Gagnon, Norm Amadio, Dr. Tam, Dr Bonnie Henry, Ruth Bader Ginsburg, Alex Trebek, John Le Carre, Charlie Pride, Sean Connery, Diego Maradona, Eddie Van Halen, Regis Philbin, Little Richard, Kirk Douglas, George Clooney, Netanyahu, Putin, Xi Jinping, Elon Musk, Will and Kate, Gates, Greta Thunberg, and our Mayor Briere.

And the most difficult thing about 2021 is, and will continue to be, the number of the elderly dying in our CHSLDs even after knowing what happened in the first wave of 2020. And we have a big brand new CHSLD right here in Sainte-Adèle.

* Rumour has it that Mayor Briere and her administration want to replace our two Mont Rolland clay tennis courts. Not with new courts, but to open a community garden center. What at shame, considering tennis is very popular and also that Mayor Briere seems to want to make our town a center to walk, exercise and enjoy outdoor activities! Hopefully all the players reach out to the Mayor to get her to stop the garden project and keep tennis alive in our community. Surely there are other areas available in Mont-Rolland for a community garden.



Real Wine for Real People Quarantine Food and Wine Pairings

April Sirois – Sommelier - ISG

This month I thought I would write something fun to help get you through this quarantine.

Here is a list of food and wine pairings for my favorite comfort, quarantine meals.

Mack and Cheese & Viognier: homemade with buttered breadcrumbs or good old KD, your choice. This is an elegant and heavier white wine that has an almost oily feel in the mouth and pairs nicely with the rich cheesy macaroni. Note: If you are planning to add a hotdog, just like mom used to do, change this to a Dry Rosé to accommodate the meat flavors.

Toute Garnée Pizza, or “Bon Spaghetti” & Chianti: Chianti is a light, acidic red wine that is a classic match for any Italian food with a tomato sauce.

Peanut Butter and Jelly Sandwich & Sweet Sparkling Apple Cider: still one of my favorites! This is an especially good pairing if you use apple jelly in your sandwich to marry the wine and food together.

Chinese or Indian Takeout & Alsace, Riesling: because this wine is exotic, heavy and a little sweet, it is one of the very few wines that can take on exotic flavors and spices and still shine through.

Burgers, Fast Food & Cabernet Sauvignon: a good choice with steak and burgers. Add a little blue cheese if you like. This style of wine is big enough to take it.

BBQ Wings & Zinfandel: I love that Zinfandel will stand up to big smoky flavors and will push back against the sticky sweetness of BBQ sauce.

Fish and Chips & Sauvignon Blanc: a sharp, bright, more acidic wine to help cut through the oil. This wine also pairs nicely with that yummy Tartare sauce and lemon juice.

Meatloaf & Syrah: lots of savory flavors here especially if you make your meatloaf like I do. I add onion soup mix, Dijon mustard, an egg and salt and pepper as flavorings to the ground meat. Mix and bake. It's simple and delicious with a glass or two of Syrah.

Even in a pandemic with an 8 pm curfew and the winter cold just outside the door, we can still eat well and enjoy a glass of wine with whatever we are eating.

~Cheers.

Arundel News

Janet Thomas

Arundel Masons Support Local Charities

For the past number of years, the Masons in Arundel, members of Laurentian Lodge # 81, have sponsored an annual Charity Golf Tournament and Supper. Year after year, the proceeds of this event have been directed to a number of local charities. Unfortunately the onset of the COVID- 19 pandemic prevented the 2020 tournament from taking place.

Unable to meet in person, the brethren of “The Mountain Lodge” met via Zoom and decided that several of the charities the lodge had supported in the past were in need of help now more than ever, given the pandemic.

It was decided to seek personal donations from lodge members and to match these donations with lodge funding. In addition The Masonic Foundation of Quebec significantly supported these efforts.

The result was that four thousand dollars (\$4,000) was raised. Late in the fall, four needy charities from the area each received a cheque in excess of one thousand dollars (\$1,000) to help with their important work.

The charities, which were the beneficiaries of the donations were:

- 1) L'Ombrelle Womens Shelter
- 2) Arundel Elementary School, Breakfast and Lunch Programs
- 3) Habillons une Enfant
- 4) Manoir Labellois Seniors Residence

Further information about the Masons is available at laurentian.81@hotmail.co

ARUNDEL ELEMENTARY SCHOOL: KINDERGARTEN REGISTRATION

Kindergarten registration is now underway for the 2021-2022 school year. Registration continues until February 26. The Pre-K program is not yet confirmed but you can add your name to a list of hopeful candidates. Contact Jill Earle: 819-687- 9159 ext 5115 or jearle@swlauriersb.qc.ca. The Arundel Elementary School offers bilingual education for students in K to grade 6.



Making it Work in the Laurentians

Public vs private arts funding in Quebec

Maya Khamala

Let's face it; making a living in the arts is never straightforward, but 2020 has presented some unprecedented challenges for artists of all stripes. For many Quebec artists, focusing on grant-writing has never been more important. Landing the right grant, at the right time, could make all the difference for 2021.

Quebecers have a variety of options when it comes to arts funding, but the basic distinction is between public and private funding. The type(s) of funding you choose will depend on your needs and goals, and your personal eligibility. There are pros and cons associated with both funding types and the trick is to understand the funding landscape well enough to balance them in your favour.

Public funding

Public funding comes from the government (federal, provincial, municipal) or any other publicly funded organization or institution. Quebecers are eligible for funding through the Canada Council for the Arts, which allotted \$87.4M in arts funding to Quebec in 2019-20. The Conseil des arts et des lettres du Quebec is also an option, and recently made their eligibility requirements more flexible. Depending where you live, there may be a municipal council as well, such as the Conseil des arts de Montreal, which is also expanding their funding criteria to provide additional support in the time of COVID.

Pros: The Canadian model for arts funding greatly prioritizes public funding, which means it's well-promoted and easier to find.

Cons: In an effort to engage as many artists as possible, public funders tend to offer less money, and artists who are not Canadian citizens or permanent residents are typically excluded.

Private funding

Private funding comes from private businesses, foundations, and philanthropists, among other sources. Philanthropic Foundations Canada provides a list of private foundations serving Quebec, including the Birks Family Foundation, the Brian Bronfman Family Foundation, and the Fondation Dufresne & Gauthier, to name a few.

Pros: Private funders are often willing to take risks and make new investments in art that promote innovation or positive changes, and can provide significant support to previously unfunded artists. Additionally, since private funding does not come from the government, their priorities do not tend to influence the art world to the same extent.

Cons: Private funding can be more competitive and reach fewer artists, which can in turn result in a lack of diversity and funding that is allotted rather predictably.

As the volume of artists seeking funding far outweighs available funds, and as issues of inclusion and diversity continue to be hot topics in arts funding overall, finding a combination of funding sources is crucial for Quebec artists. A good rule of thumb is to aim for one third public, one third private, and one third earned revenue. Easier said than done, it's true. Why not start by assessing all the different sources of funding available to you and creating a calendar that sorts your application deadlines in order of priority and urgency? You got this!

To learn about grant writing best practices, check out YES' two-part grant writing workshop this February: <https://www.yesmontreal.ca/en/artists/events/grant-writing-essentials-2-part-mini-series>

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Laurent Morra and **Crestel Fiyret**, owners of **Boulangerie Artisanale EBou**, 129 rue Principale, St. Sauveur. They recently opened their bakery and specialize in artisanal sourdough bread. As well, they offer fresh croissants, chocolaines, nut bread, country bread and French baguettes. For those who have a sweet tooth, they have almond croissants, brioches and cannelé bordelais. They offer imported coffee and seating for 24 people. Parking is located in back of the bakery. They are open Tuesday through Sunday from 7 am to 10 pm. 450 227-2256 /Facebook: Boulangerie Artisanale Ebou.

Congratulations to:

Maya Ramacieri and **Jean-Olivier Beaucage**, owners of the new **La Cena Épicerie-Traiteur**, 585 boul. des Laurentides, Piedmont. Maya and Jean-Olivier opened their shop on September 5, 2020. You can complete your entire shopping list at La Cena. They have a butcher on-site and offer fresh and frozen ready- to-go meals, cheese, eggs, yogurt, fruits and veggies. Meals are available for meat lovers and vegetarians. As Maya says “they offer everything cooked and ready to cook.” La Cena is located close to Ital-Nord. Open from Tuesday to Saturday from 11 am to 7 pm. 450 227-8800 / Facebook: La Cena Epicerie Traiteur Nord.

Did you know that:

Hotel Chantecler, in Ste. Adèle, another “Grand Dame” of the Laurentians has closed its doors? This historic hotel was built in 1938 and was well known for its ski hills, curling and swimming in Lac Rond. It had a beautiful outdoor area where you could enjoy a cocktail. Part of this building will become a residence for seniors. The stables and riding school are no longer located there.

If you need a manicure or pedicure, that you can visit **Chez Miss Tinguette**, 108 rue Principale, Suite 1, St. Sauveur? Owner **Marie-Eve Boileau** opened 4 years ago. She is well known for her nail art. Marie-Eve has 9 years of experience with nails and completes manicures, pedicures, resin nails and gel and regular nail polish. Gift certificates are available upon request. Open Monday to Friday from 9 am to 4 pm. For info 514 830-1407 / misstinguette.com / facebook: chez miss tinguette.

New Years Greeting:

I would like to wish all of our Main Street readers a wonderful, healthy and safe 2021. May you enjoy life's small pleasures with your friends and families. Appreciate what you have and remember to be kind to others.



The magic of gratefulness

It took a crisis of planetary proportion for our society to recognize the value of the so-called “essential” workers who, day and night, assure our comfort, our well-being and even our survival.

With this thought in mind, “The Cats Angels TNR” of the Laurentians decided to show their sincere appreciation to the Piedmont Veterinary Hospital’s personnel. With the participation of Diane Brouillette, an outstanding artist whose work appears in many private collections around the world, a painting entitled “Gratefulness” was presented to DMV Dave Mance just before Christma

Thérèse Cloutier

Founder “The Cats Angels TNR”

www.magadam.com/chats.html

lesangesdeschats@gmail.com

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Palliacco’s Trek Under The Stars 2020-2021 Modified Format, New Honorary President, New Challenge

Now in its 8th year, the famous Trek Under the Stars, Palliacco’s most important fundraising event, is being modified to adapt to these extraordinary times. This year’s goal is to raise \$120,000 and to increase the number of participants to 600 trekkers.

The new formula will be a rally at the Domaine St-Bernard in Mont-Tremblant, one at the Camping & centre de plein air in Sainte-Agathe-des-Monts and in addition this year, a rally at the Chalet Bellevue in Morin-Heights. The public is invited to register as a team or solo, (minimum \$100 per participant) and compete, between January 23 and February 28, 2021, at one of these locations. The event will take place in broad daylight, during the operating hours of the designated sites. Signs will be placed along the routes so that participants can answer questions about the rally. Those unable to participate and who wish to make a contribution can receive the rally questions and answer them remotely.

The closing event will be virtual on Facebook Live and by Zoom on March 6, 2021 with a virtual show featuring Angèle Dubeau & La Pièta, Bobby Bazini and local singers Denis Albert, Richard Trépanier and Stéphane Auger. Participation prizes and the unveiling of the amount collected for this fundraiser will also be announced.

Due to the pandemic, Palliacco has suffered a significant shortfall in its fundraising efforts. The organization relies heavily on donations from the Trek Under the Stars to continue offering its services to the public, free of charge. Seniors were particularly hard hit by the pandemic this year, but Palliacco is there for them. We offer several accompaniment, respite care and support services, in both French and English to residents of the MRCs of the Pays-d’en-Haut, the Laurentians and southern Antoine-Labelle.

Mrs. Aline Robillard, President of Palliacco and responsible for the organization of this event, is very happy to announce that Mr. André Genest, prefect of the MRC of the Pays-d’en-Haut, has accepted the honorary presidency of the Trek Under the Stars 2021.

For more information or to register for this event please visit <http://www.palliacco.org>



We all want to know more about COVID-19 vaccination



COVID-19 vaccination in Québec began in December 2020 as part of a massive effort to prevent serious complications and deaths related to COVID-19, and stop the virus from spreading. Through vaccination, we hope to protect our healthcare system and allow things to return to normal.

A VACCINATION OVERVIEW

Why get vaccinated at all?

There are many reasons to get vaccinated (all of them good), including protecting ourselves from health complications and the dangers stemming from infectious diseases, as well as making sure they don't resurface.

How effective is vaccination?

Vaccination is one of medicine's greatest success stories and the cornerstone of an efficient healthcare system. That said, as with any medication, no vaccine is 100% effective. The efficacy of a vaccine depends on several factors, including:

- The age of the person being vaccinated
- Their physical condition and/or state of health, such as a weakened immune system

THE IMPACT OF VACCINES AT A GLANCE



- The World Health Organization (WHO) estimates that vaccination helps **prevent over 2 million deaths** every year, worldwide.
- Since the introduction of vaccination programs in Canada in 1920, **polio has been wiped out** across the country and several other illnesses (such as **diphtheria**, **tetanus** and **rubella**) have virtually disappeared.
- **Smallpox** has been **eradicated** throughout the world.
- The main bacteria responsible for **bacterial meningitis** in children-Haemophilus influenzae type B-has become **much rarer**.
- **Hepatitis B** has for all intents and purposes **disappeared** in young people, due to their having been vaccinated in childhood.

COVID-19 VACCINES

Are the vaccines safe?

Definitely. COVID-19 vaccines have been tested for quality and efficacy on a large scale and passed all necessary analysis before being approved for public use.

All required steps in the vaccine approval process were stringently followed, some simultaneously, which explains why the process went so fast. Health Canada always conducts an extensive investigation of vaccines before approving and releasing them, paying particular attention to evaluating their safety and efficacy.

Who should be vaccinated against COVID-19?

We aim to vaccinate the entire population against COVID-19. However, stocks are limited for now, which is why people from groups with a higher risk of developing complications if they are infected will be vaccinated first.

Can we stop applying sanitary measures once the vaccine has been administered?

No. Several months will have to go by before a sufficient percentage of the population is vaccinated and protected. The beginning of the vaccination campaign does not signal the end of the need for health measures. Two-metre physical distancing, wearing a mask or face covering, and frequent hand-washing are all important habits to maintain until the public health authorities say otherwise.

On what basis are priority groups determined?

The vaccine will first be given to people who are at higher risk of developing complications or dying from COVID-19, in particular vulnerable individuals and people with a significant loss of autonomy who live in a CHSLD, healthcare providers who work with them, people who live in private seniors' homes, and people 70 years of age and older.

As vaccine availability increases in Canada, more groups will be added to the list.

Order of priority for COVID-19 vaccination

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs).
- 2 Workers in the health and social services network who have contact with users.
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults.
- 4 Isolated and remote communities.
- 5 Everyone at least 80 years of age.
- 6 People aged 70-79.
- 7 People aged 60-69.
- 8 Adults under the age of 60 with a chronic disease or health issue that increases the risk of complications from COVID-19.
- 9 Adults under the age of 60 with no chronic disease or healthcare issues that increase the risk of complications but who provide essential services and have contact with users.
- 10 Everyone else in the general population at least 16 years of age.

Can I catch COVID-19 even after I get vaccinated?

The vaccines used can't cause COVID-19 because they don't contain the SARS-CoV-2 virus that's responsible for the disease. However, people who come into contact with the virus in the days leading up to their vaccination or in the 14 days following it could still develop COVID-19.

Is COVID-19 vaccination mandatory?

No. Vaccination is not mandatory here in Québec. However, COVID-19 vaccination is highly recommended.

Is vaccination free of charge?

The COVID-19 vaccine is **free**. It is only administered under the Québec Immunization Program and is not available from private sources.

Do I need to be vaccinated if I already had COVID-19?

YES. Vaccination is indicated for everyone who was diagnosed with COVID-19 in order to ensure their long-term protection. Nonetheless, given the current limited availability of the vaccine, people that contracted COVID-19 should wait 90 days from when they were diagnosed before being vaccinated.

Québec.ca/COVIDvaccine

1 877 644-4545

Québec

Obituaries

DUNBAR, LOIS ALBERTA (POPE) 1941 – 2021

It is with great sadness we announce the passing of Lois Dunbar on January 20, at Southlake Regional Hospital in Newmarket, Ontario at the age of 79.

Lois is survived by her loving husband of 53 years, Dick Dunbar, and children Michael, (Lisa) and Deron (Corie). She will be fondly remembered by her 4 grandchildren Ryan, Megan, Rylen and Brynn.

Lois is survived by her sister Gwen of Ogden, Quebec. She was predeceased by her sister Shirley and brothers Willard and Royce.

Lois loved nothing more than doing a crossword, crocheting and having a visit or a long, laugh-filled chat on the phone with her many close and long-time friends.

We wish to thank friends and family for their support, along with those who have shown so much love for her care this past year.

A private service will take place in Harrington, Quebec at a later date to remember and honor a very kind and loving mother, wife and friend.

MCGUIRE ROBERT DEAN 1934 – 2021

It is with great sadness that the family of Robert (Bob) Dean McGuire announces his passing in hospital, on January 3, 2021. He is survived by his wife, Carolyn Gladys (Muir) McGuire. Born May 5, 1934 in Upper Queensbury (Nackawic)



NB, he was the son of the late Robert and Ida (Briggs) McGuire. After graduating from Mechanical Engineering from the University of New Brunswick in 1960, he moved to Brownsburg, QC, where he worked at CIL for 9 years. He later went on to retire from Nortel in Lachine, QC, after 28 years of service. Throughout his life he was active in sports, and enjoyed golf, curling, fishing and hunting. He was an active member of the Lachute, Brownsburg and Pointe Claire curling clubs. He was a member of the Dunany Golf and Country Club and also a member of the Lachute Legion. He married his wife Carolyn in Lachute, QC, in 1963. His life was devoted to his family. He will be fondly remembered by his family for his pancake breakfasts, playing cards and telling stories. Loving father of daughter Cate McGuire (Wayne Rosberg) of Toronto, ON: grandchildren, Peter and Bree Rosberg; son Dean (Theresa) of Ancaster, ON: grandchildren Matthew and Emma McGuire; son Chris (Amber) of Calgary, AB; grandchildren, Hunter, Scotia and Merrik McGuire. He is also survived by his brother, Carl McGuire (Nancy) of Grimsby, ON, as well as many nieces, nephews and cousins. In addition to his parents, Robert was predeceased by his brothers Marlowe, Donald, Neil, Richard, Gordon and Perley, and sisters, Betty, Irma and Verna. Due to the current circumstances, the Funeral Ritual will be held at a later date.

Arrangements entrusted to Mozart Desforges Funeral Complex, Lachute, Quebec.



Laurentian Personality

Hugh Mitchell – a man for all seasons

Lori Leonard – Main Street

Hugh Mitchell spent his youth growing up near London, England. He moved to Canada in 1967 to study business at McGill University and complete his Bachelor of Commerce. Hugh, his wife Cheryl and daughter Laura lived in Montreal West initially, then moved to a condo near Atwater market. In 1990, they purchased a cottage in Gore and spent weekends and holidays there. In 2009, they sold their condo and moved to Gore.

Hugh's background is diverse. He lived in Papua, New Guinea where he taught Commerce, Math and English voluntarily. Later, he was Director, HR for McGill and VP, HR for CAE.

In the 80's, Hugh was on the Board and Executive of Alliance Quebec to defend rights of Anglophone Quebecers. He was Chair, Annual Convention, of the Business and Employment Committee and the Cultural Committee for years. He was President of Quebec Drama Festival in the early 90's.

From 1991-2012 Hugh had his own firm, Mitchell plus Cie. and consulted in human resources and strategy, in the private and para-public sector. From 1999-2009 he was a partner in Universalis and worked in southern & central Africa, the Caribbean and Saudi Arabia. Hugh taught human resources part-time at McGill for almost 20 years.

Since the 90's, Don & Rose Manconi distributed Christmas Baskets and worked on other projects in Gore that Hugh was involved in. He has been a member of the congregation of Holy Trinity Church since 1990. From 2000 to 2005, he was Treasurer and in 2006 became a Lay Reader. He takes services (other than Holy Communion) in Laurentian Anglican churches, participates in regular continuing education workshops and is on the Parish Council.

From 2006-2013, Marc Morin and Hugh organized 4 music concerts yearly at Holy Trinity Church. From 2009-2015, Hugh was a member of the Board of the Argenteuil Hospital Foundation which raises money to pay for needed equipment/services. The AHF ran a 5-year campaign which raised over \$2 million. Hugh was also involved in fundraising events and was VP of AHF for 2 years and left to become an English member of the Board of the CISSS. Hugh was Chair, HR Committee and acted as a bridge between CISSS and the Lachute Residence.

On a personal note, Hugh has been married to Cheryl for 40+ years. Their daughter, Laura, lives in Bellefeuille where she owns a stable. Hugh has 3 passions; family, sports and volunteering, but enjoys swimming, golf and cycling in summer and skiing and curling in winter.

Thank you to Hugh for his involvement and for being such an integral member of our Laurentian community – A Man for all Seasons!



Essential Oils

Essential oils and biology 101

Susan Rich

In this article I'd like to explain how essential oils work in our bodies. If there are medical professionals reading this, I apologize, as this is as basic as it comes. Most of us don't have medical training, so I'm going to really simplify things so that this makes sense to everyone. Let's go back to biology 101.

Start by holding up your fists and imagining this is a cell in your body, and we know that cells have oily cell membranes. The cell membrane protects the cell, by keeping all the good things in, and all the bad things out. Two things that are harmful to our cells are bacteria and viruses. Bacteria usually form on the outside of the cell and viruses duplicate the DNA on the inside of the cell. All you have to remember is bacteria on the outside and viruses on the inside.

Let's say you went to the doctor with a bacterial infection. You would probably be recommended to take an antibiotic for 7-10 days, and in most cases, it would probably clear up the infection, but wreak havoc on your gut, hormones, and immune system.

If you had a virus like the cold or flu, or the big one right now, what would the doctor say? Go home, drink lots of water, rest and let it run its course, or get to the hospital ASAP. The reason why they can't do more is because most of the modern drug recommendations are water-based synthetic agents and frequently come with side-effects and addictions. Water and oil don't mix, so if the recommendation from your doctor is water-based, it will have a really hard time penetrating through that oily cell membrane and stopping the duplication of a virus.

Essential oils are different, they are oil-based, which means they can permeate that cell membrane! They can work on a cellular level without side-effects or addictions, and they can combat bacteria on the outside of the cell and prevent the duplication of viruses on the inside.

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



The English Link

Demystifying mental illness

Andie Bennett

Most family caregivers are reluctant to identify as such. When it comes to family caregivers of people with mental health issues, recognizing yourself as one can be even more difficult. Denise Page is the executive director at La Halte des Proches, an association that helps caregivers of people living with mental illness. She tells me that when someone is caring for a senior the role is clear. When it comes to mental illness the symptoms can be more subtle. Often, mental illness can be noticed as a mild change in behavior which can result in a vicious cycle of family arguments and frustration. Disturbing behavior itself can be a symptom. Denise said that this important distinction is often the starting point for a family caregiver to be able to begin helping the loved one. "When someone has a fever, we do not say this person is the fever. The fever is a symptom."

A family caregiver often expresses the desire for the loved one to change and wants to help. Denise said that a caregiver needs to learn that the individual has an illness, and if anyone can change it is the caregiver. Even the best-intentioned can exacerbate a situation without the right understanding and knowledge. La Halte is there to provide the tools and support for the best possible outcome.

The mission of La Halte is to provide support as well as to raise awareness about mental health issues. They do this by providing access to programs and workshops on specific diagnoses where a family caregiver could learn all about, for example, bipolar disorder, how it manifests, what to do, what to avoid, and how to react in certain situations. La Halte is also a safe space for family caregivers to talk about what they are experiencing with someone who understands and will not judge. The support groups provide an opportunity to speak with others who are going through a similar experience. For those who are just at the start of their journey, seeing others who have managed to come out the other side can provide a beacon of hope.

Of all the community groups at the tables that I sit at, Denise's is one of the biggest supporters of providing services in the clients' preferred language and this is reflected in their fully bilingual website and commitment to have a bilingual counsellor available five days a week. La Halte covers almost the entire Laurentian region; please see their website for more information on what they have to offer. <https://lahalte.ca/>





Garden Talk

Keep on learning

June Angus - Main Street

Gardening presents many opportunities to learn new things whether you are a novice or a seasoned expert. The process of continuous learning comes from both hands-on experience and collecting useful information.

Local garden centers or landscaping experts should be among our most trusted sources of information. These people know the climate, plants and practices that work best here – wherever your “here” happens to be. They also have a vested interest in helping you succeed. Their livelihoods depend on your repeat business.

Thanks to the Internet the answers to most questions are rarely more than a few key-strokes away, whether you want to know about growing dahlias, the difference in tomato varieties, trouble-shooting aphids or when to harvest potatoes. Entering a few key words can be the start of a wonderful afternoon of exploring. Or, try typing a specific question into a search engine to get more focused information faster. Better yet, dust off any gardening books sleeping on your bookshelves and spend a glorious afternoon savoring the photos and info stashed away on those pages.

Whether the information is online or in a book, pay attention to the source to assess if it applies to your situation. For instance, information from gardening websites or books originating in the United Kingdom – a country full of expert gardeners – may not apply when it comes to recommended plants or planting dates.

One of the most important things to know when considering advice is whether it's appropriate for your local plant-hardiness zone. Maps that show these zones in Canada are available online at planthardiness.gc.ca. While we can grow just about anything outdoors in the summer – including tropical houseplants placed on our decks or balconies – only certain plants can withstand our winters.

For most of us located in the Laurentians south of Mont-Tremblant and north of Lachute, we are in zones 4a or 4b. By contrast, Montreal is closer to zones 5b and 6a. Some plants that thrive around Montreal may not survive winter in our northern climes. Knowing your zone equips you to choose perennials, shrubs and trees that have the best chance of weathering your winter.

While theory is great, nothing beats hands-on experience. Now is a great time to review your gardening notes from last year. As you start planning your 2021 garden consider the things that did not go so well in the past and get ready to experiment with alternatives. Did the eggplant or tomato varieties you planted take too long to mature? Consider trying dwarf varieties with earlier maturing dates. If you're getting ready to start seeds, place some in a bright window and others under a grow light and then compare the differences. The options for experimentation are endless.

If you are new to gardening, some websites offer great information and tips for beginners. For example, the Veseys Seed's website veseys.com offers lots of information free of charge ranging from their Gardening 101 section complete with a multitude of gardening definitions to a downloadable growing guide.

If you ever find yourself taking gardening too seriously try visiting the laid-backgardener.blog, the online home for Quebec gardening expert Larry Hodgson. Over the last 35 years Larry has written a multitude of gardening books and newspaper columns. He also regularly shares his wisdom on TV and radio.

His philosophy goes something like this: “I watch other people garden and they waste so much time carrying out useless, barely useful or even harmful tasks... And yet gardening can be so incredibly simple. So, I work on training people to let the plants do the work. There'll also be a bit of physical activity involved in gardening, but laidback.”

That's an attitude I think we can all learn from.



Word Play

Speaking frankly

Louise Bloom - louisebloom@me.com

In December, the 10th month of this year of the pandemic, I shared with you the suggestions of psychiatrist Bessel Van Der Kolk (THE BODY KEEPS THE SCORE) who offers us pathways towards the healing of trauma. Whether our discomforts in life originate with a particular trauma, or even from this extraordinary time of finding ourselves in a world that is far from familiar, Van Der Kolks' approach to diminishing the shock-waves seems to make sense. However, his proposal to increase our sense of community and to develop deeper and more satisfying communication skills remains elusive at a time when isolation is de rigueur.

I am noticing that the increased confinement has heightened a thirst for contact with others, and that sharing the global confusion of this year's experiences has leveled the playing field. Given that we all have little to contribute to our conversations about our usual social activities (travel, restaurants, visiting etc.), there has emerged a tendency to reveal our sufferings, our coping skills, and possibly our meltdowns, to those with whom we are maintaining contact. It seems that we are divulging a reality that is more heartfelt, honest, and closer to the bone. The subject matter seems to slide towards personal vulnerability with greater frequency.

I think that this is an opportunity to develop a more conscious way of communicating, a deeper look at what words leave my mouth, what configures in my speech, when I am connecting by telephone or zoom. What does this mean?

My words fly forward like a bird escaping confinement. What is spoken is now free to be interpreted by the other one who is present in that moment. Once they fly from me, they no longer belong to me and I have no control over their impact.

Since we are all marked by the current experience, it falls to each of us to expand our kinder capabilities, to inspire someone else with small gestures, or perhaps have a longer conversation, where we listen more than we speak, or direct our speech with an increased awareness of what another person might need.

As speech follows thought and blossoms into action, my thoughts are what require my vigilant attention. When I feel myself sliding toward my habitual tendency to nourish negative thinking, I am reminded that I can look into my thoughts as the editor of a script I have just created. Subjecting my thoughts to some serious editing can be seen as an act of courage, a valorous deed.

Editing my thoughts before speaking requires some expanded awareness. I realize that it protects others from my less-inspired self. Ironically, this is not to say that we should repress the thoughts that emerge. Suppression is not the answer. Instead, we could share our thoughts with a finer attention to the effects of our words.

Speaking frankly here, I am reminded most aptly that humor, that which brings out mirth, amusement and laughter, is a creative way to express ourselves when we are emotionally challenged. With that “in mind”, I am looking forward to the telling of a really good joke! I am feeling better already.

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



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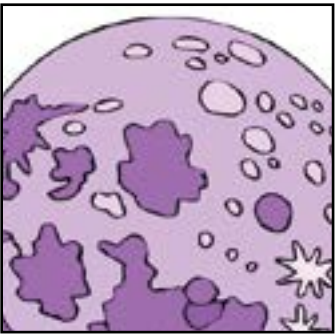
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Valentine's Day

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Zach Factor

CAT. ASTRO. PHE

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

Cat: to overcome, to overturn, to come to an end. Astro: star; celestial body; Phe: dark

Looking deep into our language, we find ancient roots of an extreme celestial event that impacted Earth back before recorded history. The last event was not a mass-extinction event- as our presence attests to – nonetheless, around the world, mounting evidence grows that every 12,000 years as our planet crosses the Galactic sheath, Earth undergoes a cyclical cataclysm which resets our planet and its inhabitants into a new evolutionary cycle.

Astronomers have long known that our earth has a 23 1/2 tilt. The effect of this creates our seasons and, over thousands of years, this axial tilt moves through the heavens pointing at various constellations in a 25,000-year pattern called the Precession of the Equinoxes. All over the world, we find remnants of calendars that tell us people in very ancient days were mysteriously aware of this long cycle, from Stonehenge, to the Mayans, to the ancient Olmecs of the Canadian plains, a cycle we only recently understand. It remains difficult, even today, for academics to accept that there were advanced astronomers in pre-ancient times.

In the late 1980's, John Anthony West, author, Egyptological historian, and researcher, first brought to the very self-serving academic community an understanding that before our oldest dynastic records, the very ancient Egyptians referenced to a time much older than their own. The hieroglyphs of the "Palermo Stone" refer to the time of Zep Tepi - or "The First Time of Osiris". Author and historical researcher, Amando Mei, says "What is most striking is the total indifference of Egyptologists on those (time) subjects; they put in a corner the simple literature ... without carrying out any in-depth analysis". Mei continues, "it is staggering the sloppiness used to archive very considerable documents that could have shed light on the mysteries of distant past".

Littering our planet are ruined stone monuments and structures, created with such absurd precision, that we cannot replicate this type of building methodology today. In many cases, these monuments, or the cores and bases, were built over by later societies making accurate dating of these structures impossible. Archeo-paleontologist and author, Brien Foerster, found evidence of precision-built structures with massive, granite stones from quarries hundreds of kilometers away. The similarities of construction style; blocks of granite, interfaced so perfectly with each other, with no mortar used between stones! Foerster investigated one such debris field outside Tanis, Egypt. These heavy stones- of basalt and quartzite- as well as showing cataclysmic fractures - had signs of having been scorched or burnt. Across the globe, Foerster has carefully documented the same effect in Cusco, Peru. In Cusco, he found advanced megalithic stone construction of a people that existed before the Incas- structures that lie at the foundations of the modern city today. In the surrounding Cusco mountains, he documents massive stones with staircases carved into them- some turned upside down- that were literally thrown up into the air and landed fractured. Many of these stones also show signs of high temperature scorching, only possible from an intense solar burst.

Science now understands that electro-magnetic forces, for the most part invisible, have huge influences on the cosmos. Earth's magnetic field fluctuates constantly due to activity of the Sun. These changes directly affect our weather. The electro-magnetic waves created by and in our Galaxy tie all stars together in a web of cosmic attraction and repulsion. Emanating from the center of our Milky Way Galaxy is a cyclical wave pattern called the galactic sheath. Every 12,000 years, our solar system crosses one of these waves and, for a short period of time, our planet goes through chaotic events. The culprit seems to be magnetic.

Today, the protective magnetic field of Earth is rapidly getting weaker. As in previous ages, the magnetic poles may suddenly reverse as we cross the galactic sheath. The theory is that the pent-up energy in the Sun discharges in a burst described as a mini-nova, and our planet is bathed in Earth-altering energies. The last time this happened, numerous animals went extinct; the mammoth, mastodon, saber-toothed tiger, the giant sloth, and other larger versions of mammals that exist today, all disappeared in a flash. Sea levels rose 400 feet, massive seismic and volcanic events occurred, as Mother Nature shook out the carpet. We may have survived by living underground and we used the word 'catastrophe' to remind future generations. Next month: Gobekli Tepe



Aftershock- from the work of Brien Foerster. Remains of a massive granite megalith, precision tooled with instruments that supposedly did not exist at the time -split in two by cataclysmic forces. Photo Credit: Brien Foerster 2018.



The Story Behind

A Legacy of the late Pierre Dumas

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

I first met Pierre when he saw my article about Paul d'Allmen here in Main Street and wanted to meet Paul's son. It took time to learn to work effectively with him, but the rewards were always great. One day, I received an email from him with a photo attached from an old newspaper. "Is this your mother?" he asked. It sounded just like him, and yes, it was my mother, at the finish line in the Women's Dominion Ski Championship in Montebello in 1939. I recognized my mother, Patricia Paré, but the picture showed she was not a skilled skier. She had always told us she did not know how to ski when she won all her medals, and I laughed and answered that the photo proved what she had said. I received an impatient response asking me to answer the question, was it my mother?

Pierre was a brilliant, hard-working man always hungry to learn. He was a civil engineer with a degree in hydraulics and an impressive CV. Before I knew that about him, I told him that we were drawing heat by running lake water from under the ice through a heat pump. He said that it wouldn't work because it defies the thermocline. What's that? I thought, but told him that it was working. He went quiet for a moment, considering, then asked me some questions. Once I answered, he told me the heat was not coming from the lake but from runoff that pools under the ice before sinking to lower depths as it cools. We raised the intake to the level he suggested and improved performance.

Before pursuing his retirement project of learning everything about the history of skiing, Pierre held a number of important positions including environmental director for the Société d'énergie de la Baie James and president of the Association québécoise de la production d'énergie renouvelable. He lived in the Laurentians and loved to ski. When I introduced him to Fred d'Allmen, he asked if Fred would trust him with his father's ski maps. Paul d'Allmen preceded Jackrabbit Johannsen in the building and mapping of ski trails, starting in the lower Laurentians. You can see his story reprinted in Main Street's online archives, April 2020, page 8. Pierre took the d'Allmen maps and professionally reproduced them, with Fred's permission, donating them to the Laurentian Ski Museum. He also documented every historic ski hill in the Laurentians and far beyond.

Over the 7 or 8 years between when I met Pierre and his death, I had the honour of assisting him many times in his research, sharing stories and people's names with him and learning what he had found. The names trigger memories still: Alpino, Mount Puffin, Win-Sum, La Chaumine, Mount Tyrol, Mount Christie, Old Mount Baldy, Split Rock, Mont Belair, La Luciole, the list goes on. What really captivated him though, was the back story, the forgotten importance of one of Canada's most famous resorts.

Back in the 1930s, when the potential of skiing was beginning to be understood, ski lifts were not considered a part of it. People went out to challenge themselves, and to have an adventure. My mother was in the thick of that second generation's experience of skiing. When she was still a teenager, she and her cohort would get on the ski train, go to Mont Tremblant, have a party, and, in the morning, climb the mountain. They skied back down through the woods. Two times up was a pretty good day. Three was amazing. Saturday night the party continued, and early Sunday morning, they would take off on those same skis, racing the train schedule back to Montreal. The countryside was mostly open farmland, and they could ski right across the Laurentians before catching the last train back to Montreal at one of the southern stations. Could they get as far as Shawbridge? No doubt some did.

The next step in the evolution of the sport was the destination ski resort. The man who initiated the project that captivated Pierre was a Swiss-American named Harold Saddle mire. His vision was to create a year-round country resort, something beyond anything that had ever been created in Canada. He first called it Lucerne-in-Québec, and his timing and circumstances set in motion the extraordinary story of the Seignory Club. First, Saddle mire met the auction price for the historic property of Louis-Joseph Papineau. Then he presented his project to three bank presidents, the Quebec premier and CP Rail. He began in 1927, but it wasn't until the end of '29, after the crash, that these partners got things moving. They acquired every parcel of the balance of the original Petite Nation Seigneurie that they could, adding 100 square miles to the project. Then they undertook to build the largest round-log structure in the world. They hired the best and put them in charge of the best. Victor Nymark was responsible for a legendary crew of top-level craftsmen, and Montreal architect Harold Lawson dreamed with them to design the buildings. Then, starting in mid-winter 1930, they targeted opening for Dominion Day that same year, pulling it off at the beginning of the Great Depression in less than six months.

The real back-story, though, was that Chateau Montebello was one of the most important ski centres before ski lifts were introduced. Not only did they look for the best for the building, they also hired Jackrabbit Johannsen, legendary skier and engineer, to design the ski jump, and world-class German engineer Stanislaus Zentzytzki to design their bobsled course. With their huge property, every outdoor activity was available – fishing or hunting trips, golf, sleigh-rides, skijoring. A mutual friend asked Pierre and me to write it up for the American magazine Skiing History, and the archives Pierre dug up together with the hotel's own pictures made a great story. You can see it on their site at skiinghistory.org.



Main Street Money

Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Hot yoga, superfoods and insurance

How to protect the healthy lifestyle you’ve worked hard to build.

Your health and well-being matter to you. Perhaps you play ultimate frisbee, or sweat it out in high-intensity interval training. Maybe you follow fitness influencers on Instagram, meditate or meal prep on the weekends. Whatever your preference, chances are you make a daily commitment so you can feel your best. But what if your world suddenly turns upside down?

Ironically, millennials, widely considered the most health-conscious generation, often feel immune to the kinds of health problems that can derail the best-laid plans. Even if you know someone your age who has experienced a serious illness or disability, it can be hard to believe something similar could happen to you. In fact, there’s something called the “optimism bias” that makes people underestimate the risk that negative events, including injury and sickness, will affect them.

The healthy lifestyle you’ve worked hard to achieve also includes your finances. Safeguarding your income can help prevent you from being caught off guard by lessening the financial impact of an unexpected illness or injury.

Ensure you have the right protection

The first insurance policy many people buy is life insurance, but if you’re in your 20s or 30s, you’re more likely to make a disability and critical illness insurance claim. Think of it this way; If you became ill and can no longer earn a paycheque, how long could you keep up your rent or mortgage payments? What other expenses would start piling up?

The fact is, when you’re younger, your risk of dying is much lower than the likelihood of becoming sick or disabled. Disability and critical illness insurance offer protection to help replace your income if you can’t work, so you can maintain your lifestyle and focus on recovery.

A 25-year-old male non-smoker has: a 37 per cent risk of disability before age 65 a 27 per cent risk of critical illness before age 65 a 7 per cent risk of dying before age 65	A 25-year-old female non-smoker has: a 43 per cent risk of disability before age 65 a 20 per cent risk of critical illness before age 65 a 5 per cent risk of dying before age 65
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How does disability insurance work?

Disability insurance pays a percentage of your income if an accident or illness prevents you from working. It covers mental health as well as physical health, which is important because it is estimated that half of Canadians will experience a mental illness by the time they reach age 40. If you’re a business owner, you can get disability insurance to cover your income and your business expenses as well as to fund a buy-sell agreement. Some policies even provide discounted disability insurance protection for people who work in specific professions, such as accountants, engineers or veterinarians.

How does critical illness insurance work?

Critical illness insurance pays a lump sum if you are diagnosed with an illness or condition covered by your policy. To save money, consider term critical illness coverage, which protects you for a specific number of years. It can be renewed for the same term or upgraded to a longer or permanent duration later without further medical underwriting. That way, in case your health changes down the road, you will be able to keep your protection in a cost-effective manner.

You can choose a policy that covers more or fewer illnesses and conditions. Some also provide additional benefits that are available without making a claim, such as reliable online health information, one-on-one telephone support and medical second opinions from top specialists.

How much protection do you need?

When deciding how much disability and critical illness insurance you need, con-

sider how long you could be away from work before you would be in financial difficulty. Recovery from a serious injury or illness may take many months. It can also be stressful – so the fewer financial worries you have, the better.

- Beyond covering your own lost income, consider other costs you might encounter, such as;
- your partner or other loved ones needing to take time off to help you get better.
 - extra help with child-care for a period of time.
 - out-of-pocket costs for things like medications, hospital parking, home care or accessibility renovations.

Be health-conscious about your finances

Healthy finances are an important part of a healthy life. Both disability and critical illness insurance can help strengthen your finances and make them more resilient and, if you have a serious injury or illness, they can provide a financial cushion that lets you concentrate on getting healthy again. Speak with your advisor about the right balance of coverage, features and cost for your personal situation.

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

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Cancer Support Group Meets Virtually Feb 20

The Laurentian Region Cancer Support Group will host a meet and greet session via Zoom on Saturday, February 20 at 1 pm. While in-person meetings are still not possible, our virtual get together will give us a chance to share and compare notes: How are you coping with day-to-day tasks and restrictions? What is working for you? What's not working? Are your treatments or regular appointments being affected? Meetings are open to people living with cancer, their loved ones or caregivers. For more information about our support group or to receive the Zoom link call 450-226-3641 or email cancer.laurentia@yahoo.ca.





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READERS VOICE

I read with great interest your editorial in the December 2020 issue entitled “The Power of Communities.” Your words about the strength of community values ring true. Thank you.

You follow that editorial with an Editor’s Note, where you write that neither you nor the paper are responsible for the views of your columnists. Thank goodness for that, because on the following page the column by David MacFairlane on the American election, entitled “The Greatest Fraud,” is simply indefensible.

Rarely has one columnist managed to spew so much nonsense in so few words. If what he wrote were not so dangerous, I would congratulate Mr. MacFairlane on his achievement. His mashing together of nutty conspiracy theories involving hacked voting machines, the 305th Military Intelligence group and "secret" National Security Presidential Memoranda would be a work of art, were it not filled with lies, insane conjuring and multiple references to just general woo-woo.

What is worse — if there could be worse — is MacFairlane's subtext of anti-Semitism when he refers to "Smartmatik, a UK based, George Soros linked company..."

QAnon conspiracy folks use that reference to the Jewish businessman as a way of saying that Soros is a leader of an underground anti-Trump movement: a way of “blaming the Jews” without saying it out loud. (That would instantly get Mr. MacFairlane tossed onto history's garbage heap along with other anti-Semites, so he talks in code.)

Oh wait, there is worse.

Just a month ago, one of Mr. MacFairlane's good guys, General Flynn, pardoned by President Trump, was calling for the U.S. military to cancel Biden’s winning election results, so in fact promoting a coup d’état. The Main Street columnist makes a glowing reference to military justice that would allow Trump's domestic opponents to be put in front of firing squads or hanged.

Seriously, on page 4 of the December issue of Main Street, Ms. Susan MacDonald, the publisher and editor of The Laurentians’ Only English Newspaper, you allowed a columnist to promote violence against American citizens who believe the truth — that Trump simply lost the election.

I do not have to remind you what happened in Washington on January 6, other than to say that the men and women who invaded the Capitol building were influenced by the same kind of endless stupidities that Mr. MacFairlane writes.

What is disappointing is that Mr. MacFairlane's column puts in question the very credibility of Main Street, and without credibility, Main Street will die.

In these times when community newspapers are disappearing in droves, we are very lucky to have a paper that covers local news. We need Andie Bennett in 4korners talking about fundraisers featuring local musicians. We want to know where the mobile Covid-19 unit is parked; we are happy to find out from Lori Leonard in her column Strictly Business about the people behind a new technology company in Gore, a bakery in Saint-Jovite and a hairdressing salon in Saint-Sauveur. When I pick up my paper copy of Main Street or read it on the net, I’m happy I am learning real things about real people. It is precisely the "power of communities" that makes the Laurentians such a wonderful place to live and to visit.

But back to the sorry Mr. MacFairlane's place in the paper. This columnist must either be gone or simply not be allowed to write again on subjects in which he clearly has no expertise. He is allergic to facts, is incapable of telling a conspiracy theory from burned toast and ties himself in knots of twaddle that would defeat even the sharpest chainsaw.

Ms. MacDonald, it is your duty as publisher and editor to guarantee that such drivel never again appears in Main Street, a paper that so many of us applaud and support.

David Gutnick

Arundel, Quebec



I’m Just Saying

A day in the life

Ron Golfman - Main Street

I can't help but think of the iconic beginning of that classic Beatles song, “I read the news today, oh boy...” on a daily basis. Its title, the same as this article’s header, rings emotional bells during these surreal times that we are tripping over repeatedly.

For the life of me, and I use those words purposefully, how our government can rightly extol the virtues of following the science for close to a year now, and then go completely off the rails by delaying the second dose of a vaccine, after assuring the two-dose protocol, is staggering. It contradicts the promise they made to those who previously received the first shot. Fingers crossed is not a viable blueprint. I haven't had a curfew since I was 14 years old and was usually imposed after I did something to deserve it. While I’m not crazy about the present curfew, I respect it and follow it fully.

Now that we’ve all become news junkies, thanks to COVID-19 and the circus in America, watching the news stokes the fires of anxiety and indigestion more than providing much clarity. Even after watching Mitsumi-Take-A-Taxi or Wolf Bluster, when heading out between 5 am and 8 pm, I find it difficult to don the right apparel, knowing the temperature but unsure of the relative covidity.

When someone asks me what's new, my answer is simple. We are mostly living in a photograph with the only daily difference being that some, not all, have changed their shirts. I go to the same store for groceries, the same SAQ for recreational juice, and once every few months, because I have no place to go, the same gas station for petrol. I hesitate to go to different shops - even if closer in proximity - to avoid breaking the routine, as if my stores and those who shop there carry less risk of having green kryptonite. Oddly, it rarely occurs to me to ponder how many have manually processed my mail when, bare handed, I pick up my bills and circulars several times per week.

It's easy to become melancholy, wondering if sharing a coke or giving a lick of my ice cream cone to another is something best put in the archives, along with rotary phones and 8-tracks. It is bad enough that borrowing a pen has become ceremonial, like a religious rite, replete with wiping and such. It is the little things that I miss the most.

My television now knows me better than most people do. My cats now wish for snowfalls, so I actually leave the house and go shovel, and my refrigerator has actually left me a note which reads “yes, the light goes off, now close the damn door”.

I am grateful to talk and message with friends and family when possible, though I am in awe of how sharing what each of us had for dinner or asking someone to describe how the bathroom was painted, reminds me of how starved I am for something different. My calendar has changed. Instead of softball at 6, or meet Dave, Faye or Rosie for a pop, my highlights are water the plants, laundry and vacuum days, and dressing in my homemade Hazmat suit to go for groceries.

If you are warm, have food in the fridge and are reasonably healthy, then you are ahead of so many. I walk the trails at Molson park in Saint Sauveur at least 3 times per week, masked and social distanced for air and exercise. The most difficult and essential part of this seemingly endless day in the life is to remember that patience is the most valuable mantra to follow.

If months were miles, we'd still have a long way to go to reach the desired destination. Much like Aesop's fable, the Tortoise and the Hare, and I'm just saying, slow and steady wins the race.



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**As part of our ongoing effort to support entrepreneurs, small business owners and artists, we have applied a 50% discount on select workshops. The online price reflects the 50% discount.

Program funded by:



Canada Economic Development
for Quebec Regions



Développement économique Canada
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REGISTRATIONS NOW HAPPENING

F.C. MORIN-HEIGHTS

SUMMER SEASON

GRASSROOTS - soccer initiation 4 - 8-year-olds
COMPETITIVE LEAGUE - (no tryouts) 9 - 21-year-olds

BILINGUAL PROGRAMS





ONLINE REGISTRATIONS
fcmorinheights.com



**Now more than ever,
simple gestures are
our best protection
to fight the virus.**

- * Maintain physical distancing
- * Wear a mask
- * Wash your hands regularly
- * Avoid travel to other regions and non-essential trips
- * Get tested promptly if you have symptoms
- * Follow self-isolation guidelines

Let's continue to protect ourselves properly.

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

 1 877 644-4545