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The MRC des Laurentides adows an innovative application for the benefit of its Municipalities

The MRC des Laurentides and its Economic Development Corporation are proud to announce the partnership with Filteris Inc. for the launch of the QOTMII / MRC des Laurentides digital application for its municipalities. The objective is to visualize in real time all the parameters of its digital image.

This application **automatically collects and analyzes all public data circulating freely on the Web (international, national, regional, local press, social media, blogs, websites, etc.)** that mention the MRC des Laurentides and its municipalities. The latter will have access to the results (image ratings) from more than 160 million calculations made every day by the application, which is highly secure. It is important to note that this application has no access to private data or information.

These analyzes carried out daily aim to improve communication processes with its clientele, namely the population, vacationers, business owners and visitors. Several indicators will allow the MRC des Laurentides and its municipalities to analyze their daily image according to pre-established criteria.

A first in North America

This unique tool in North America has already been used in Europe, notably during the European Soccer Cup (Qotmii-Foot) and as part of the current presidential campaign in France (Qotmii-Politique). It is part of a support process on the part of the MRC des Laurentides towards its municipalities. The application will thus make it possible to make a diagnosis as to their strengths and the challenges of their territory and will help them to optimize their digital strategies, a guarantee of attractiveness. This system will also make it possible to guide priorities in their strategic planning, in particular with a view to improving the quality of life of citizens.

While migration is growing on the territory, the MRC des Laurentides is concerned about the well-being of the entire population and this innovative application will make it possible to take the pulse of it on a daily basis. A timely digital transformation in tune with the times.

Providers held hostage by the slowness of Service Canada Laurentides

Marie-Hélène Gaudreau, MNA for Laurentides-Labelle, is concerned about the delays affecting employment insurance benefits for citizens targeted by a fraud alert, and demands that this process be reviewed. verification.

“In my constituency, I have come across many cases where, because of verification delays, people are forced to wait several months for their benefits. Service Canada must stop holding the financial health of our workers hostage, especially those in seasonal industries like forestry and construction, who need quick access to benefits in the winter. The employment insurance black hole is stressful enough as it is,” said Marie-Hélène Gaudreau.

The Bloc Québécois is asking that Service Canada carry out these verifications at the same time as the granting of employment insurance benefits. Thus, the vast majority of blameless citizens will not be penalized unnecessarily. Once the audit is complete, Service Canada will be able to hold claimants at fault to account, while waiting for the government to carry out the necessary comprehensive reform of employment insurance.

“It is inconceivable that our people have to wait several months before receiving their benefits because they are unfairly presumed to be fraudsters. Service Canada must show understanding and make the necessary changes to eliminate these anxiety-provoking situations, even if it means committing more resources,” argued the MNA for Laurentides-Labelle.

“Requests for help have exploded in our constituency offices in Mont-Laurier and Sainte-Agathe-des-Monts since the beginning of the year. Citizens no longer know where to turn, after waiting for hours on the phone, only to be told that someone would call them back later. In addition to taking honest service providers hostage, Service Canada asks them, in order to prioritize their file, to prove that they are no longer able to pay their bills. This is unacceptable and insensitive. The solution we are proposing could avoid a lot of headaches and we will ensure that the government applies it quickly,” concluded the Bloc MP.



The Argenteuil Hospital Foundation Celebrates its 20th Anniversary

This year, the Argenteuil Hospital Foundation (AHF) is celebrating 20 years of existence. Yes! The Foundation has been fulfilling its mission to contribute to the development and improvement of health services in the Argenteuil community since January 2002.

This eventful year will be filled with many great projects and special activities such as the unveiling of a mascot representing the Foundation, new exercise books for the kids, a new brand image, an improved web site, the return of our famous gourmet dinner and many more.

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



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On this International Women's Day, let's celebrate their contribution to Quebec society, and let's continue the fight for equity.

Marie-Hélène Gaudreau
member of parliament
LAURENTIDES-LABELLE

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What's On My Mind... Our country in chaos

Susan MacDonald, Editor

As editor of a small, community newspaper it has always been a joy to share local news, articles and stories with our readers and to leave politics and disturbing news to be covered by the weekly publications. Nevertheless, sometimes, we, too, must step outside our comfort zone. That time is now and given the current situation that we all are living under, I felt the need to take a hard look at why our country is in such total chaos.



Two years later, following the first strike of Covid-19, we continue to live in wretched fear and under severe emotional stress as we watch our local economy crash, our family units crumble and, our social networks disintegrate. We have lived through lockdowns, curfews and ever-changing health restrictions and, for the most part, have accepted ongoing mandatory vaccination requirements. Mental health, domestic violence and suicides have escalated while medical services from a pre-covid weak health system have diminished.

Throughout the nightmare, we were promised falsely that if we held the course, we would win the battle, yet nothing has changed and, we continue to live quietly and acceptingly under the ruling hand of our governments as they apply, repeatedly, the same guidelines and even stronger vaccine mandates, each time hoping for a different result. It doesn't work. It is time for change, time to explore alternative possibilities and adopt a new plan of action.

The Freedom Convoy, comprised of several thousand truckers and supporters from across Canada, made their way to Ottawa recently and converged on Parliament Hill to bring that message clearly to our Prime Minister. Canadians have had enough. Along their route, through each province they travelled, thousands of Canadians lined highways and overpasses showing their strong support, contradicting what the Prime Minister had labeled the group, "a small fringe minority with unacceptable views." In other statements, he condemned openly those who have chosen to oppose him by not getting vaccinated, denouncing strongly their right to freedom of choice.

In response to his actions, or lack of them, across the country, protests are being held in nearly every province and never have so many Canadian flags flown in unison. Many protests are happening in other countries as well. All eyes are on Canada, the country who finally had the strength to stand up and make a stand.

At this time, there is ample science supporting both views of the pandemic and the vaccines that at the very least, should give pause to everyone to stop, think and work together to find new concrete and positive solutions. Staying one path, with blinded eyes will not serve anyone well, now or, in the future.

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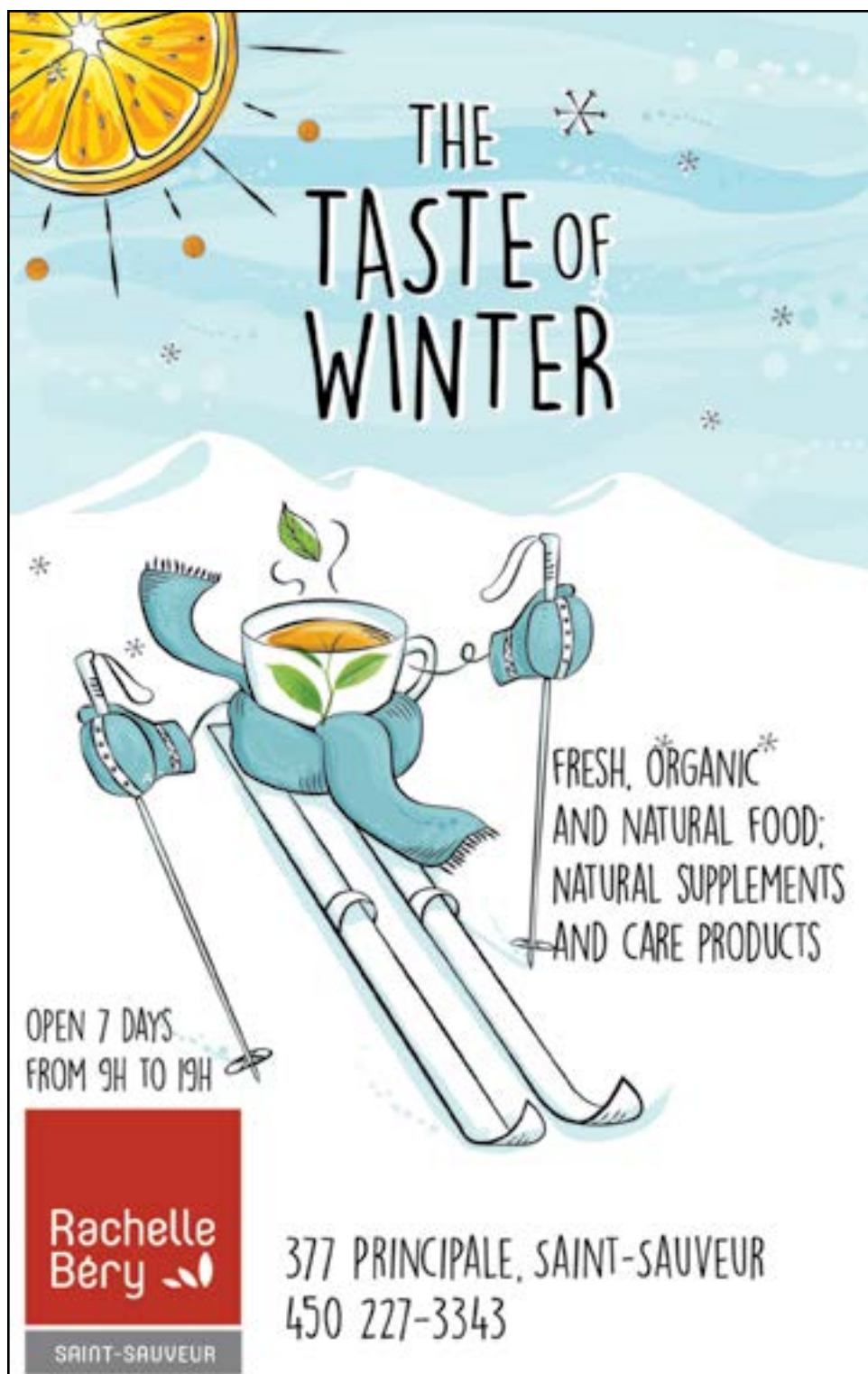
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Remarkable work of health and social services personnel recognized

The President and CEO of the Integrated Health and Social Services Center (CISSS) des Laurentides, Ms. Rosemonde Landry, wishes to highlight the exceptional work carried out by the staff and doctors of her organization in this 5th wave of the COVID-19 pandemic.

"The 5th wave is without a doubt the one that had the most impact on our teams. Since last December, we have received around 700 people with COVID-19 in our hospital units, not to mention all the care and services that have been deployed on a large scale, including virus tracing, screening services, laboratory, and vaccination", she explained with great gratitude for her teams who responded to the call to deal with such a crisis.

"It's a tour de force that has been achieved! The staff mobilized, helped each other and responded to this great flood of needs. We must not minimize the hard work, the fatigue, the perseverance and the sacrifices that have been experienced by all these workers. The managers made themselves available 7 days a week providing services. This new wave calls for new efforts with people who have been working in a pandemic situation for almost two years. I would like to salute their exemplary courage and dedication," said Ms. Landry.

“Obviously, we had to put in place the offloading of certain services in order to meet the most critical needs in this period of crisis. However, we have maintained a large number of services, including some that cannot afford to wait for treatment, such as urgent surgeries or treatments for people with cancer. The maintenance of these services, in this difficult context, is also an achievement of which I am very proud and

More than 285 new subsidized places in educational childcare services granted

In the wake of the announcement of the Major construction site for families and, still with the objective of completing the network of educational childcare services as quickly as possible, the Minister of the Family, Mr. Mathieu Lacombe, announced the granting of 13,974 places, i.e. a large part of the 17,000 spaces planned as part of the large project for families launched last October. The MNA for Argenteuil, Ms. Agnès Grondin, is delighted with the creation of 288 new places in educational childcare centers in the riding by 2025.

Table of the distribution of new places in the constituency of Argenteuil:

Municipality	Project	Total # of places allowed
Lachute	New Daycare	80
Lachute	New daycare	100
Saint-Adolphe- d'Howard	Increase in capacity and expansion of the CPE Hand in Hand Inc.	28
Saint-Colomban	New Daycare	80

This announcement comes three months after the launch of the continuous call for projects. It's the first time that the government grants so many places so quickly, which demonstrates the firm will to meet the needs of families.

This call for projects is the most ambitious since the creation of the network and, for the first time, the Quebec government is committed to ensuring that every child can have a place by March 2025. The network of daycare services Early Childhood Education is also heavily involved in this commitment. The mobilization was unprecedented, with the submission of 1,204 projects for a total of 62,875 places.

This new approach offers a much more effective delay compared to the former. In concrete terms, this means that the deadline for granting new places has been reduced from more than 10 months to now 60 days.

Prefabricated CPEs for our toddlers

Minister Mathieu Lacombe and the Executive Director of the Association québécoise des centres de la petite enfance (AQCPÉ), Ms. Geneviève Bélisle, also announce that an agreement between the Ministry of Family and Association has just been concluded. This will make it possible to carry out prefabricated installation projects so that several places can be created quickly. Model plans, approved by the Ministry, will be offered for factory-built facilities. This will allow for a reduced construction time from 9 to 3 months.

All families in Quebec now have access to all information concerning the development of new educational childcare service projects on their territory and it will be possible to see on which date places plan to be available to families.

which is greatly due to the employees and doctors who work there so ruthlessly," continued Ms. Landry.

“Experts indicate that the peak of this 5th pandemic wave has possibly been reached or is about to be. Nevertheless, the next few weeks will continue to be demanding for staff and doctors. I sincerely hope that the Laurentian community will share my gratitude and appreciation for our dedicated teams. I remind you that the best support we can offer them remains to follow the health measures aimed at reducing the spread of the virus, ”she concluded.



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**14,000 copies distributed throughout
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Olivia Bouffard-Nesbitt

Cross-country athlete extraordinaire

Lori Leonard

Olivia Bouffard from Morin Heights has always been passionate about skiing. In her own words, she says, “Skiing has always given me life where I feel confident, where I have fun, where I can connect with places and people and, where I can always challenge myself to improve and seek out my full potential. I recognize how privileged life as a cross country ski athlete is. I’m grateful for every year that I get to dedicate to the sport that’s given me so much.”

Olivia has participated successfully in international events all over the world. Her best results are:

2015: 12th skiathlon world u23 Kazakhstan

2018: national champion 5k classic, 10k free pursuit

2018: overall COC leader

2022: 1st classic sprint, 3rd sprint free Olympic trials

Olivia is currently representing Canada at the Beijing, China XXI Olympics and says, “It is very special to be on the biggest sporting stage in the world, the one that really fueled my athletic aspirations for so long. It feels amazing to be able to represent the people who have helped me get here and the places that shaped who I am as a person and skier.”

She continues: “The first few days people mostly kept to themselves and their own sports teams because of the threat of covid, which would instantly end an athlete’s Olympic games. But, as the days pass, the excitement is building and people are excited to be together. Pin trading is the ultimate icebreaker.”

Olivia met her athlete mentor, Lizanne Murphy, 2x Olympian on the Canadian basketball team. When she heard Olivia was from Morin Heights, she told her how she started cross-country skiing 4 years ago and fell in love with skiing in Morin Heights. They discussed their favourite local ski trails and Lizanne insisted that Olivia thank her dad for grooming the trails. It is easy to relate to someone when you discover you both cross-country ski, which is something Olivia loves about the ski community; they know exactly how joyful and freeing skiing is. For Olivia to speak so fondly about her favourite trails in the world while in Beijing is one of her favourite moments. She loves talking about Morin Heights with whoever listens.

Olivia wants to thank everyone for the overwhelming outpouring of support. If she can influence people in any way, she would just love for them to go out for a cross country ski in the woods for her!

Olivia, please know that your community and your country are extremely proud of you!

The Attraction of the Laurentians

By Lucyne Farand

What is so magical about the Laurentians? Why are so many people attracted to the Laurentians?

It is a region that attracts and inspires so many individuals. Living in the Laurentians is a "dream come true," for people who move from an urban setting to our beautiful mountainous region. They are young people, interested in the variety of wonderful outdoor sports or, older people seeking a tranquil setting for their retirement in the heart of nature. There is something for everyone.

Several villages comprise the Laurentians, each with their own unique personality and flavour. Over the past two years, many people have thoroughly enjoyed working from the comfort of their country home and, ended up selling their city residence to move here. Some made the decision to move "up north" due to the richness and diversity the Laurentians offer to enjoy a full, healthy life with their families. Everyone truly appreciates the dynamism and effervescence of our beautiful Laurentians.

For those who love nature, wildlife can be seen and appreciated through the windows of their homes. Mountains and lakes can be enjoyed for a variety of outdoor activities. Living in retirement, or, semi-retirement has become possible due to early retirement. For others, partial or full-time telecommuting conditions make it possible to combine business with pleasure. Even if one must commute daily to Montreal living amidst nature and mountains is worth the effort.

Many local homeowners appreciate the enjoyable quality of life up here and are not in a rush to sell their property, thus contributing to a scarcity in the current housing market.

The Laurentians, although still in the heart of nature, have expanded tremendously in recent years. There are medical clinics, dental offices, brand name stores, amazing restaurants, theatres, cinemas, realty offices and real estate development and, schools; all this right at our doorstep, including beautiful landscapes, fresh air and sports.

The number of lakes in the Laurentians is impressive. Some allow motorboats, while others permit residents to enjoy kayaking or canoeing. Several sports centers are nearby and there are many community organizations to join.

Children can play outdoors safely here. Parents are delighted to see their children grow up in a healthy environment where they can benefit from being in the heart of nature, whilst participating in cultural and athletic activities.

More frequently, families are deciding to take the leap and live here full-time, others are satisfied to purchase a country home to use for rest and relaxation during weekends and holidays or, as an investment.

Our Laurentians.... there is something for everyone. Let's enjoy!



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Arundel News

Janet Thomas

Valentine's Weekend in Arundel

Spice up your world (and love) on Valentine's weekend.

Café P'tites Folies, well-named for this time of year, offers heart-shaped cookies and kolaches to share with your special other, as well as homemade, handmade chocolates to spread love throughout your friends and family.

Bettina and Pascal's Farm has opened its kiosk, where you can order mild spicy Espelette jam to put some pizzazz on your cheese plate. And, if you are thinking of flowers, what about an edible arrangement of spicy chocolate truffles, maple syrup marzipan and fruit gelée flowers? You must order in advance: 514 775 8879.

The Arundel Legion: Staying Alive at 75

Congratulations to the Arundel Legion for 75 years of service to our community. As you are no doubt aware, in the last few years, many branches of the Royal Canadian Legion have closed their doors. Despite a number of challenges, the Arundel Legion (#192 Rouge River) remains active and growing, thanks to the dedication and hard work of a vibrant team of volunteers.

It is Time to Celebrate

The executive committee would like to host a special event in the summer. Ideas for fun activities and help with the endeavor would be greatly appreciated. If you would like to join a committee to assist with the festivities, please contact Sharron Cooper or Elizabeth Vezina at gadmin@rclrougeriver.com

Keith Moffat's Children's Book is Now Available

Tales from Red Fox Hill is a delightful children's book, which teaches important life lessons through the adventures of five rescue dogs. Beautifully illustrated by Margaret Ann Adams, this book is a keeper! Now available in either hard or soft cover. To explore and to order, visit <https://redfoxhillstudios.com/tales-from-red-fox-hill-in-the-begining/>

Introducing Arts Arundel

Heads up! There is a new non-profit organization in town! Arts Arundel will organize and operate a wide variety of cultural activities, including the successful Arundel Art Show, the Arundel Speakers Series (formerly The Library Lecture Series), Les Causeries, the Arundel Arts Group, and the Art at the Market program. In the future, we are eager to host a variety of workshops, and programs for children. While Arts Arundel currently focuses on visual arts, we aim to expand our initiatives to include all forms of artistic endeavors, making Arundel a vibrant hub for the Arts in our region. To participate or for more information, please contact Janet Thomas janet.thomas700@gmail.com

New entrepreneurs are invited to register for the 24th OSEntrepreneurship Challenge

The MRC d'Argenteuil kicks off the 24th edition of the OSEntreprendre Challenge by inviting new entrepreneurs in the region to apply for a chance to win local, regional and national prizes.

Entrepreneurs in the Argenteuil region aged 18 or over who intend to start a business in 2022 or whose business obtained its first income after April 1, 2021 are eligible to participate in this major competition under the Business Creation section. The people interested in participating in the challenge should go to www.osprendre.quebec and follow the instructions there. The complete application file must be submitted to the contest website before Tuesday, March 15, at 4 pm.

"The OSEntreprendre Challenge offers valuable visibility when starting a business as well as a certain credibility. The MRC d'Argenteuil encourages the next generation of entrepreneurs to take advantage of this opportunity to shine its audacity. Good luck to all companies candidates", announced the prefect of the MRC d'Argenteuil, Mr. Scott Pearce.

Participants who pass the first stage of local selection will have their project analyzed at the regional level. A virtual awards ceremony will take place in the spring to crown the regional winners who will then move on to the final stage of the national selection. All eligibility criteria, as well as the list of categories and special prizes, are accessible online.

A winning participation in 2021

The MRC d'Argenteuil was proudly represented by five local businesses at the 23rd OSEntreprendre Challenge gala. Brasserie Sir John Inc., from Lachute (Biofood category), as well as the Cooperative Ferme La Roquette, of Brownsburg-Chatham (Social Economy category), stood out and contributed to the influence of the Laurentians region. Brasserie Sir John Inc. was awarded the Polycor Audience Award during this final round.

About the OSEntreprendre Challenge

The OSEntreprendre Challenge aims to promote entrepreneurial initiatives to inspire to undertake and contribute to building a proud, innovative, committed and prosperous Quebec. With its Student entrepreneurship that takes place among young people from primary to university and, its component Business creation that supports new entrepreneurs, it reaches more than 40,000 participants annually. For its implementation, it can count on the mobilization of more than 350 agents responsible for its implementation in the 17 regions of Quebec.



About Sainte-Adèle

Chris Lance - Main Street

Our winter hit hard in January; snow and very cold temperatures prevailed throughout our corner of the Laurentians, along with the pandemic woes, lockdowns, curfews and confusing news from Legault's new-looking, old man medical board and, seemingly useless daily talk events.

The stay safe salutation is getting old; might we start saying good luck, see you this spring? If only Covid could rid us of black fly season, which I am actually looking forward to this 2022. It's been hard and cold on us all this winter up here in the snowy north.

One place to enjoy is Boulangerie Au Vieux Four on Valiquette Street near the Post Office. Walking in, after climbing the steps into an old white house with a red roof, you are greeted with the wonderful aroma of baking bread, cookies, pies, pastries and doughnuts. And, with the smiling, welcoming voice at the door, you'll forget all about your woes and get a sense of what it was and, hopefully what it will continue to be, a great place to buy bread in Sainte-Adèle.

Skating is open on Lac Rond and all the local rinks around town. According to Plein-Air-Sainte-Adèle there are about 40km of fat bike trails, 55km of snowshoe trails, 20km of classic cross-country skiing and 120km of Nordic cross-country skiing. Go to the website www.ville.sainte-adele.qc.ca and check out the various locales to enjoy your winter sport. You will also find a map of parks in your Ste. Adèle calendar 2022. There is a little history on 12 of the 23 parks we have in our town included each month. There is an Internet connection l'application parc-o-metre, which is interactive and shows visitors where each park is located and what it offers to citizens and their visitors. Some parks even have a box of reading books and Adirondack chairs to enjoy a quiet time in the woods.

There are lots of outdoor activities available to get you and your guests outdoors in Sainte-Adèle. We also have ski hills at Le Chantecler and Mont Gabriel within our territory. Over the past two years, much due to Covid, many city folk and people from surrounding areas have flooded our trails and parks actively seeking some healthy exercise. So, be patient with our visitors, sooner or later things should revert back to quieter times as the new normal returns.

All the restaurants and cinema Pine are open again. If you're looking for cash or extra work, there are lots of jobs in the service sector for you or your kids.

Soon we will be heading with hope towards spring and warmer weather. These past 2 years have taken a toll on us all. Enjoy the next few white snowy months with shovel in hand, maybe help a neighbour clear a path or deliver groceries, or, give a helping hand digging out our buckets from the snow banks.

See you next spring...

Call out to citizens of the Ville Saint Sauveur

The City of Saint-Sauveur is looking for citizens interested in joining its monitoring committee for the implementation of the local action plan 2020-2023 of the Family and elders of the MRC des Pays-d'en-Haut (CSPAFA of Saint Sauveur).

The creation of the CSPAFA of Saint-Sauveur results from the adoption, in the fall of 2019, of the Family and Seniors Policy of the MRC des Pays-d'en-Haut.

MISSION OF THE COMMITTEE

The committee is responsible for monitoring the implementation of the action plan and collecting the data allowing it to issue recommendations to the municipal council. It must also document the changes to occur during implementation, as well as the reasons. The committee will meet three to four times a year and its constitution will be valid until the fall of 2024.

COMPOSITION OF THE COMMITTEE

The committee is made up of an elected official, the director of the Recreation, Culture and Community Life Department and six citizens, i.e. three representatives of seniors and three representatives of families. At the end of the selection process, the people chosen will be officially appointed by resolution of the municipal council of the City of Saint-Sauveur to sit on the committee.

SUBMISSION OF APPLICATIONS

This call for interest is intended for citizens of Saint-Sauveur aged 18 and over, representing either families or seniors in Saint-Sauveur. Interested persons must send a letter of intent, describing their interest, their motivation and their skills, no later than February 15, 2022, by email or by post, to the following coordinates:

Madame Eve Pichette-Dufresne
Director of Recreation, Culture and Community Life
1, place de la Mairie
Saint-Sauveur (Quebec) J0R 1R6
Email: epichette@vss.ca



The MRC des Laurentides calls on citizens who do not have high-speed Internet access

Still with the objective of completing the connection of underserved or unserved sectors on its territory by September 2022, the MRC des Laurentides is launching a final appeal to its citizens. Last November, the Government of Quebec launched the Éclair III component to extend high-speed Internet access to homes that are not currently included in the deployment plans of telecommunications companies.

More than a hundred Internet network development projects will be launched next spring by telecommunications companies such as Bell and Cogeco in particular. The MRC des Laurentides and its population will be informed as work begins in the residential sectors concerned. A communication will also be sent to the addresses of the sector mentioning the dates envisaged for the deployment and completion of the work. As soon as the network is operational, residents will be able to subscribe to the service.

“We invite residents to check if their address is part of the network expansion plan through the Bell and Cogeco websites. This is a last spin to ensure that no address is omitted in this vast plan to deploy Internet coverage on the territory of our MRC,” said the prefect, Mr. Marc L’Heureux.

Residents of La Minerve and the Lac Labelle sector can get information from Téléfibre: www.telefibrelaminerve.com.

Step 1: Check if your address is part of the network extension - Cogeco website for network expansion: www.cogeco.ca/fr/expansionreseau. - Bell website for network expansion: www.bell.ca/Services_Internet/promotions/Internet-residentiel-sans-fil.

Step 2: Complete the forms or contact the companies - By entering the address to be connected, suppliers will confirm if an expansion project is planned for this sector. They will also be able to notify you of the possible date of connection when the work will be carried out.

Step 3: If your address shows no matches - After checking with the two aforementioned companies, if your address is still not included in the deployment plan, please contact Ms. Karine Yanire at the MRC des Laurentides at (819) 425-5555 ext. 1036. The MRC des Laurentides will make sure to pass on the information so that you are included in the service. However, prior verification is essential before contacting the MRC.

Also, if your household is already connected, but does not get 50 Mbps speed, contact your provider for a possible higher plan. If the superior package is not offered, i.e. if your residential sector is not served by Internet of 50 Mbit/s or more, please also inform the MRC.

“Every effort has been made and the will of the stakeholders to resolve this high-speed Internet service issue is undeniable,” concludes Marc L’heureux.

Adoption of the Bloc Québécois motion

Stunned to learn that cellular location data had been collected since the start of the pandemic without the knowledge of users, the Bloc Québécois called for the suspension of the call for tenders for the Public Health Agency of Canada to select a data provider. Our motion, calling for the suspension of Health Canada’s call for tenders on the exploitation of citizens’ cellular data was adopted.

“I do not assume the admissibility of the objective of the Public Health Agency of Canada in this file, but we must ensure that the pandemic is not used as a pretext to invade the privacy of citizens”, advises Marie-Hélène Gaudreau, MP for Laurentides-Labelle.

The motion asked “to suspend the call for tenders on obtaining cellular data...until the Committee reports to the House that it is satisfied that the privacy of Canadians will not be affected”. This motion was adopted unanimously during the meeting of January 31, 2022, following a special meeting of the Committee requested urgently by the Bloc Québécois, a few days earlier.

“I am delighted that committee members from different political stripes have rallied together, so that we can shed light on this dark history. The common good demands that we treat the collection of personal information with the utmost seriousness, prioritizing transparency and consent as fundamental values of our society. The federal government will be forced to be more transparent,” concludes Ms. Gaudreau.

The City of Saint-Sauveur cancels winter outdoor events

Due to the current pandemic situation, the City of Saint-Sauveur has decided to cancel the winter events for the general public, which were to take place during the months of January, February and March 2022.

More specifically, the outdoor events that have been canceled are the following:
January 22: Bordée de neige
February 19: Disco evening
March 19: Fest’érable

As Jacques Gariépy, mayor of Saint-Sauveur, points out: “It is not with lightness of heart that we have decided to cancel our outdoor winter events. We know that citizens appreciate these festive activities and take part in them in large numbers. However, considering the pandemic context, the City must act responsibly and contribute to the collective effort to reduce the risk of the spread of COVID-19 within the community”.

In addition to these cancellations, the City of Saint-Sauveur announces that the outdoor facilities of John-H.-Molson Park are in operation, including the skating rinks, the ice path, the sliding area and the snowshoe trail.

To find out about the condition of the latter, the public is invited to call the Info-patinoire line at 450 227-0000, ext. 4099.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:
Gabriel De Luca, owner of the new **Tite Frette Saint-Sauveur** boutique, 690, Chemin Avila, Piedmont. The boutique opened on November 26. Their specialty is local artisanal beer and cider. They also carry many other Québécois products such as sausages, dried sausage, smoked meat, specialty coffees and sauces. Drop by to say hi to Gabriel and check out all the artisanal goodies. Open 7 days per week. Monday - Wednesday: 11 am - 6 pm; Thursday & Friday: 11 am - 7 pm; Saturday: 10 am - 6 pm and Sunday: 10 am - 6 pm. 450 227-3133 / www.titefrette.ca / Facebook: Tite Frette St-Sauveur



Congratulations to:
The Argenteuil Hospital Foundation, its team, volunteers and Board of Directors on celebrating their 20th anniversary. The Foundation has fulfilled its mission by contributing to the development and improvement of health services in the Argenteuil community since January 2002. This year will be filled with many wonderful, exciting projects such as the unveiling of a new mascot, new exercise books for kids, a new brand image, an improved website and, the return of their famous gourmet dinner, plus much more. Wishing many more successful years to you all. Thank you for all that you do for the community. www.fhargenteuil.com



Did you know that:
You can grow your own vegetables, herbs and flowers in the comfort of your own home? **Martine Laplante** sells aeroponic **Tower Gardens**, which can be used during all four seasons. Due to difficult times with covid, the increased price of vegetables and fruits and, Martine’s passion for gardening, she decided to use and market these wonderful Tower Gardens. It’s fun, healthy and you can choose whatever you would like to grow in your own aeroponic tower garden. The Tower features a tray containing water, vitamins and minerals to feed the plants. A submersible pump with a timer raises the water to the top of the tower, descends to the roots of the plants, then to the tank at the bottom. Zero wasted water. The plants grow 3 times faster than a regular garden. Lettuce and herbs mature in 21 days. Cucumbers, tomatoes and beans take 45-60 days. The Tower is inexpensive in electricity and easy to use. The bottom of the tower is filled with water, vitamins and minerals once weekly. The base tower is \$750+ tax and it includes all you need. There are additional accessories if you wish. Info: 450 822 7284 / www.martinelaplante.towergarden.ca/fr/tg / Facebook: Martine Laplante.



If you have a craving for Asian food, you can pass by **Char Wok**, 929 Route 117, Val David and pick it up or have it delivered if you live within 5 km? Owners **Charlita Murillo** and **Serge Boucher** offer a variety of services: delicious home-cooked Asian/Cantonese food, an Asian grocery store, Trésors de Maritès (recycled items, antique bottles, dishes, furniture, etc). The Asian food resto is open for pick-up/delivery Wednesday to Sunday: 4 pm – 9 pm. Trésors de Maritès and the grocery store are open 7 days per week: 8 am - 8 pm. In summer, they also operate a mini-golf course on site. Charlita cooks the Asian dishes herself which include: soups, egg rolls, spring rolls, vegetarian and meat dishes, rice, chop suey, etc... You can purchase food fresh or frozen. The grocery store features a wide array of Asian sauces such as soy sauce, fish sauce, plum sauce and many other interesting grocery items including noodles, teas, etc. It’s a good idea to order ahead of time. 819 320-0166 / 819-323-8695 / charlitaserge@gmail.com / Facebook: Charlita M Boucher.



If you live near Lachute or St. André d’Argenteuil that you can order delicious **Pub or Asian food** from **Pub Sir John Abbott**? They are located at 258 rue Long-Sault, St. André d’Argenteuil. Owners **Denis Pelland**, **Evelyne Perreault** and **Wayne Lussier** offer take out / delivery of both Asian food (which was originally at Long’Sôh, 455 Route des Outaouais, Brownsburg) and their pub fare. Delivery is offered to customers in Lachute, St-André-d’Argenteuil, St-Placide and a part of St-Philippe. They take pride in offering pub food created with only superior quality Québec ingredients. Pub food for take-out includes: gourmet burgers, salads, and a variety of yummy poutines.They also offer gluten-free and dairy-free meals. You can order artisanal beer along with your meal. The Asian menu includes delicious dumplings with “peanutless” peanut sauce, fried calamari, tasty Vietnamese rolls, won ton and Tonkinese soups, poke bowls with salmon or General Tao chicken and ramen noodles. To order, call 579 887-8400 / menu on website www.psja.ca / Facebook: Pub Sir John Abbott.



Cancer Support Group Talks About Anxiety Feb 26

The next monthly meeting of the Laurentian Region Cancer Support Group will take place Saturday, February 26 at 1 pm via Zoom. Psychotherapist Lois Wilkie will join us to provide an experiential workshop on dealing with the anxiety related to a cancer diagnosis and changes in lifestyle. Meetings are free and open to people living with cancer and their loved ones or caregivers. To receive the Zoom link for the February meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.







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Essential Oils

Love is in the air

Susan Rich

I finally understand why Valentine’s Day is best suited for the month of February. My reasoning? It’s the coldest month of the year and what better way to stay warm than to get intimate with your loved one? All humans have a basic need to love and feel loved. However, due to previous experiences and, current health concerns, physical intimacy can certainly have its challenges, some of which include low sex drive, exhaustion, aches and pains, chronic illness, vaginal dryness and, impotence. The list of reasons as to why things aren’t working is endless.

Sometimes, people choose an aphrodisiac, which is simply a substance that enhances or stimulates sexual arousal. It can also help to reduce physical, psychological, or emotional conditions that can interfere with passion and arousal. There are certain essential oils that are praised for their aphrodisiac qualities. Just one reason for their effectiveness is the natural chemical composition works quickly on the circulatory, endocrine and reproductive systems when applied topically, usually diluted, to the skin.

Essential oils are also effective aphrodisiacs because the aromatic qualities directly affect mood, thought and feelings. Once inhaled, the odour molecules register a response in the limbic portion of the brain, which is also responsible for sexual behaviour and memory and, can influence the body’s sexual responses.

Aphrodisiac essential oils work by raising the body temperature through their warm and rich aromas. The euphoric and sensual properties of essential oils are most effective once the body reaches its ideal temperature.

Essential oils can also help balance hormones, reduce exhaustion and fatigue, support physical health and boost emotional wellness, which naturally leads to increased physical and emotional intimacy. Additionally, certain applications of essential oils can help individuals relax and “get in the mood.”

Here are just a few essential oils that can get this Valentine’s off to a great start. You can diffuse them or apply them topically with carrier oils for dilution.

Ylang Ylang: an aphrodisiac & stimulant that supports a healthy libido and endocrine function

Neroli: a natural vasodilator (bye-bye blue pills) that enhances mood, libido and euphoria

Patchouli: improves circulation, raises body temperature and enhances mood

Clary sage: supports the endocrine system and enhances mood, aphrodisiac

Magnolia: Rubefacient, mood and libido enhancing, antidepressant

Cinnamon: warming, stimulant, aphrodisiac, antidepressant

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



Laurentian Personality

La Citad’Elle, a safe haven for women

Lori Leonard – Main Street

These days we hear many concerns about domestic violence. Covid restrictions, job loss and the rising cost of living are a few reasons creating tension and stress behind closed doors in many homes.

La Citad’Elle, a women’s shelter in Lachute, helps women and young children who suffer from domestic violence. It is a “safe haven” for them, a place where they can feel secure. La Citad’Elle was created in 1985 by women in the community as there were no centers in the region. The address is confidential and, if an abusive partner determines the address, a woman will be transferred to another location. There are cameras outside to ensure confidentiality and safety.



Caroline Limoges has been Director General of this center for 6 years. She works 5 days/week and is on call 24/7. Counsellors provide services on weekends. Caroline’s responsibilities are to make sure that activities, finance, human resources, building maintenance and funding requests all run smoothly. There is a Clinical Coordinator to ensure file management and protocols are respected. Eighteen paid staff work at La Citad’Elle and report to Caroline. Being a community organization, Caroline reports to the Board of Directors.

La Citad’Elle offers accommodation, follow-up, training and, raises awareness of domestic violence. Caroline says “it makes me proud knowing our work has such a positive impact on our community.”

Most women must escape quickly from their abusive partner and arrive at the shelter with just the clothing on their backs. Other women have planned it out and arrive with their child and some personal effects. Domestic violence affects wealthy and poor families. If a woman cannot call the center due to her partner’s presence, she can go to a friend’s or library to chat securely with someone live via the website, citadellelachute.ca. The chat line is open 7 days/week, 7:30 am to 11 pm. Downstairs at the center is a supply of women’s and children’s clothing and footwear. Women are given coupons to “buy” these items. Caroline says; “people are generous with monetary and clothing donations.”

The maximum stay for women and children is 3 months, but the average stay is usually 24 days; some women stay only 1 or 2 nights. Women are offered support on-site from trained workers and taxi rides are offered for medical and dental visits.

When women arrive, their self-esteem is extremely low, but with strong support, most women regain their self-esteem and confidence. Sadly, it takes a lifetime for others to gain it back. Abusive men “control” women by monitoring their money, phone calls, emails, choosing their friends and forbidding them to contact family.

Most adults believe young children “don’t know what’s going on” but they do know. Children often act out by being aggressive, bed-wetting or being anxious. Caroline says that with experience, you can see the fear written on children’s faces.

Caroline and her staff find it fulfilling to see positive differences shine through in women and children. Caring staff members open their hearts daily to listen and help.

Services provided at La Citad’Elle are free and confidential. Staff members are non-judgemental, respect the women’s rhythm and provide all the necessary tools.

Thank you and bless you Caroline and your staff for providing such a wonderful, much needed community service to victims of domestic violence. You have enhanced the lives of many people.

Saint-Sauveur vaccination site moving to a new address

As of February 16, the Saint-Sauveur vaccination site will be located at 170 chemin du Lac-Millette (in the former Tommy Hilfiger). The move will entail closing the current site, temporarily halting vaccinations on February 14 and 15.

Persons affected by this move do not need to do anything. Previously scheduled appointments will all be honoured at the new site on the agreed date and time. Some people may be called to reschedule their appointment.

Vaccinations are also available without an appointment at several walk-in clinics for persons wishing to receive a COVID-19 vaccine dose.

An interval of eight weeks or more is recommended between the first and second dose. To get a booster shot, an interval of three months or more is required since the last dose.

For more information, visit santelaurentides.gouv.qc.ca





Making it Work in the Laurentians

Branding 101 for artists

Maya Khamala

Branding for artists is inherently creative and never about selling a single project or product, it's about the bigger picture. Your brand is how you're seen. It's a reflection of who you are and can either draw people in or push them away.

What's the purpose of a brand?

Your brand exists to set you apart. When done right, it can attract and hold an audience of both potential art consumers and the industry overall. When other artists or organizations request collaborations or customers choose to support your art, they do so because your unique qualities resonate with them. It's your job to make those qualities known.

What makes a brand?

Your brand is made up of many components. These may include your packaging, logo, online presence, newsletters and ads, to name a few.

These elements fall into one of three categories:

- Visuals (i.e., your logo or font)
- Words (i.e., how you engage your followers)
- Intangibles (i.e., customer, retailer, or investor experience)

Influencing gut feelings

Brands are largely intangible because what they do is influence people's gut feelings. There's no one formula for why a person is drawn to one brand over another, but credibility and authenticity can both hold influence.

Credibility is something you build over time by maintaining a reputation, and authenticity requires vulnerability. By vulnerably situating your values front and centre in your brand messaging, you're sure to influence your chosen audience.

Naming your values is half the battle

Let's have a look at what it takes to identify brand values.

1. Define your brand molecule

The goal here is to dig deeper than words and visuals. After all, it helps to know what story you want your words and visuals to tell before you create them, right? What gut feeling should they illicit?

Start by writing down your name or business name. Then, add 4 quadrants: What I believe in; What I love; What motivates me; and My influences. Within each, write down 3 examples.

Presto, now you have a brand molecule. Edit it, add to it, and revisit it as needed.

2. Create a mood board

Now it's time to make a mood board informed by your molecule. The idea is to gather imagery, patterns, colors, textures, quotes and faces that speak to you. Check out Canva for appealing templates. You can make your mood board digital or you can go old school and make an actual collage. Once you're done, ask your friends and family for their gut feelings. Pay close attention to their feedback.

With the help of your brand molecule and your mood board, it should be easier to identify your brand values. Then, it's time to move on to creating visuals, text, and endless intangibles. Your artful brand awaits.

Discover best practices and tools to build your creative enterprise and gain some inspiration along the way at the Business Skills for Creative Souls Artist Conference, to be held online, March 28. Find out more here: <https://yesmontreal.ca/calendar/>.

Mont-Tremblant "ICI we recycle +"

The City of Mont-Tremblant is proud to announce that the city hall has obtained a new Performance level certificate in the "ICI on recycle + " program. This is the third certificate obtained by the town hall under this program since 2010.

"ICI on recycle + " is a recognition program aimed at honoring organizations that are proactive and committed to improving their performance in waste management. As for the Performance certification, it is awarded to organizations that have implemented actions aimed at sound management of residual materials.

City Hall ranks 3rd in its category among 25 Laurentian cities that have received a Performance certificate. Mont-Tremblant also took 6th place out of 27 in the Public Administration business sector.

In anticipation of this application for certification, a study of the City Hall's residual materials was carried out in December 2020. For one week, 100% of garbage as well as recyclable and compostable materials generated by the hotel's activities of town had been accumulated, weighed and sorted in order to draw up a portrait of the residual materials produced. This study found that 68% of these materials were subsequently recovered by recycling or composting.

Always with the objective of improving and surpassing itself, the City wishes to set a new objective: to recycle and compost at least 75% of the residual materials of the town hall by the end of 2022, ensuring that they achieve and even exceed the provincial objectives of the Quebec Residual Materials Management Policy.

With this renewed certificate and a new ambitious objective, the City wishes to inspire all industries, businesses and institutions (ICI) in its territory to engage in a process of improving their practices in the management of residual materials.

For more information on the terms and conditions of the program, visit recycle-quebec.gouv.qc.ca/ici-on-recycle or contact the Environment and Sustainable Development Department: environnement@ville-demont-tremblant.qc.ca or 819 425 8614.



Give me an N! Give me a P! Give me an I!

Andie Bennett

4Korners is the Laurentians' partner in the Networking and Partnership Initiative (NPI), along with other NPI-supported organizations like ECOL in Lanaudière and Connexions Resource Centre in Outaouais. NPI is financed by Health Canada through the CHSSN (<https://chssn.org>) and, boiled down to its essence, is about cheerleading partnerships among local and regional community organizations and the English-speaking community. There are five key initiatives that NPI focuses on to accomplish this task: Networking, Representation, Knowledge Development, Partnerships and, Outreach. I would like to share with you exactly how 4Korners ticks all these boxes to proudly represent the Networking and Partnership Initiative in the Laurentians.

Let's start with Networking. The goal is to build a network table and create opportunities to share information, identify issues, challenges and solutions such as service improvements. In each MRC that we cover, 4Korners chairs a committee called LESAN (Laurentian English Services Advisory Network). You will find representation from the CISSS, SWLSB, Palliaccio and L'Antr'Aidant just to name a few. There are many more community organizations and health and social services that actively participate in these dynamic committees. You can read more about LESAN in our latest newsletter: <https://tinyurl.com/LESANNPI> or on our website at <https://4korners.org/lesan>.

Representation involves being a voice for the English-speaking communities at various decision-making tables. Sometimes, this is as simple as being physically present as a living, breathing individual from the English-speaking community at tables like the Table des aînés for seniors and the Conseil jeunesse for youth. More frequently, it is number three on the list, Knowledge Development, e.g., sharing statistics, experiences and helping other community organizations recognize the challenges many English speakers face when accessing services and, discussing how we can work together to improve this access and support.

Partnerships with a capital P is really the teamwork that makes the dream work. This means creating projects in collaboration with health and social service partners. The English support group for violent men developed by 4Korners in partnership with ACCROC and PAIX and, the recurring social event for teens called the Chillin'Zone that was put together with several members of the Conseil jeunesse table, are two great examples.

And finally, Outreach. It is probably the most challenging of the five initiatives, reaching vulnerable and isolated English-speakers, and supporting them in accessing health and social services in English. We have team members in place who respond to requests and actively check in on some of the most vulnerable members of our communities.

If you are interested in joining one of the Laurentian LESAN committees, or to become a 4Korners member contact info@4korners.org.

Laurentians to welcome 46 new family doctors

The Integrated Health and Social Services Center (CISSS) of Laurentides will welcome 46 physicians to the region in 2022. Their gradual arrival will allow for greater medical coverage for home support services and case management people waiting for a family doctor.

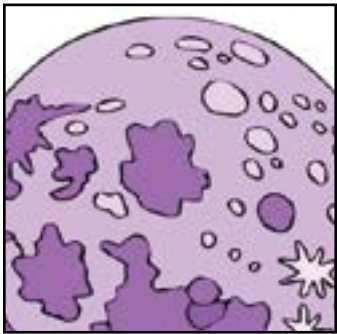
Many of them will also join the team services from hospitals and CHSLDs in the region. Ms. Rosemonde Landry, President and CEO of the CISSS des Laurentides, is delighted with this news that was expected in the region. "The arrival of these 46 new general practitioners will allow us to strengthen current services. We look forward to welcoming them to our various care settings", said Ms. Landry.

This news follows the announcement by the Minister of Health and Social Services, Mr. Christian Dubé, regarding the addition of 442 family physicians in all regions of Quebec. Each year, the regions are granted, by the Ministry, a number of positions in family medicine in order to geographically and equitably distribute the medical staff for all regions of Quebec. This distribution is made according to the gap observed between the needs and resources of each region.

Breakdown of the 2022 Regional Medical Staffing Plan (PREM) in the Laurentians region

MRC d'Antoine-Labelle:	4	MRC des Laurentides:	4
MRC des Pays-d'en-Haut:	2	MRC d'Argenteuil:	3
MRC de Deux-Montagnes		MRC de la Rivière-du	
Et secteur Mirabel-Sud	11	Nord & Mirabel-Nord	16
MRC de Thérèse-de Blainville:	6		





Zach Factor

Loving frostbite: Antarctica updates

Lys Chisholm & Marcus Nerenberg - Main Street

Most of us graduate high school or university with a general but sketchy knowledge of world geography. We follow news of military brinksmanship in Ukraine or Taliban victory in Afghanistan, yet the public is basically unaware of our massive ice covered continent of Antarctica. Occasionally, scientists report about melting glaciers and disintegrating ice shelves the size of Rhode Island. We know a little about penguins and, we enjoyed watching “Happy Feet”. We know almost nothing about the landmass that lies beneath two kilometers of ice and is shown on maps as a featureless, white, wasteland at the bottom of the world.

The best known polar explorer is Richard E Byrd. As a U.S. Navel officer, he was the first to fly over the North Pole in 1926 and followed up by flying over the South Pole in 1929. He earned accolades and became the youngest man in the Navy to earn rank of Rear Admiral. After WWII, he led a massive US military expedition to Antarctica called Operation High Jump. It involved 4,700 men, 13 ships, including an aircraft carrier and, 25 airplanes. They successfully mapped and photographed thousands of kilometers of coastline and over a million square km of Antarctic interior and brought back a few wildlife specimens. Navy photographers shot reels of film to highlight the difficulty of travel with this amount of equipment and men through the most hostile environment on earth. Ice, high winds and brutal cold were a constant enemy.

Byrd died in 1957, coincidentally, The International Geophysical Year of Antarctic research. Growing territorial disputes between South American countries, the UK and the growing Cold War issues prompted President D. W. Eisenhower to convene a conference of 15 nations to develop a treaty of neutral and peaceful use of Antarctica. However, it was both Chile and Argentina that are to be lauded for demanding that all nuclear weapons testing be banned. The Soviets signed on, the US did so, reluctantly. Today, 54 nations are signed onto this international treaty, now part of the United Nations. Eighty international research teams currently work on the continent.

John Priscu, a regents professor, scientist and adventurer of Polar ecology at Montana State University has had a lifelong interest in the existence of life thriving in impossible habitats. Priscu, also a diver, led a research team in 1999 to sub-glacial Lake Vostok, the world’s third largest freshwater lake, where they discovered live biological organisms. Doubts about the purity of the samples led him to a 2013 trip to Lake Whillans, another sub-glacial lake. In ultra sterile conditions, scientists donned hazmat suits to protect the integrity of their finds: a thriving ecosystem of living creatures at a drill depth of 2,600 feet under the ice. Priscu’s team repeated this discovery again at Lake Mercer in 2020. Last year, a German team discovered another seventy-seven sea dwelling creatures, including sponges, under ½ mile of ice. The sponges may give us a time clock of past climate change on this Earth and, especially in the once green and tropical Antarctica.

But as quickly as science works to identify and preserve these pristine bio-systems, as Priscu says, we are set to lose them. Antarctica is not the dull ice sheet we once thought, but has lakes and rivers the length of the Amazon and, caves holding stable temperatures of 75 kilometers beneath the ice. Its volcanoes are identified by surface steam vents. It is a world of mystery and may yet reveal ancient ruins of submerged cities akin to the tales of lost Atlantis.

Glaciers are not static, even two-mile thick ones flow downhill into the sea. On the coast, massive floating ice shelves slows the migration of glaciers. The Thwaites Glacier is slowed by the Thwaites ice shelf, which is presently poised to collapse. As the shelf tears away from the shore, glacial flow will speed up dramatically, causing a rapid sea level rise, inundating low lying costal regions worldwide and displacing hundreds of millions of people. The oceans may rise eight feet.

Antarctica drives our weather via the ocean currents; when that polar fresh-water mixes with the global currents, it will certainly trigger climate change far more intense than what we have been experiencing to date. Ultimately, we don’t know what will happen, or, when it will happen. In the past decade, global climate events have occurred more frequently and dramatically. We here at Zach Factor can’t predict the future, we can just read the signs. To that end, we wish all our readers a happy and loving St Valentine’s.



Image: explorersweb.com/doomsday-glacier-expedition. The ice shelf at remote Thwaites Glacier, Antarctica, is fracturing rapidly with 10km-long cracks forming in a year. An international team of scientists, delayed a year by Covid, have arrived for a two-month expedition with two robot ships for assessments. Says Oregon U ice scientist Erin Pettit “It’s not if sea level is going to go up, it’s when and how much”.

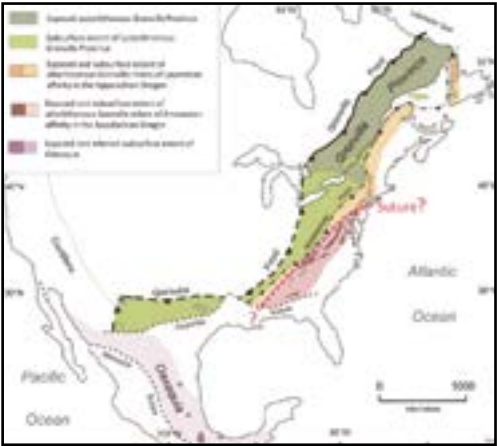


The Story Behind

The Rocks Beneath Our Feet

Joseph Graham - Main Street
joseph@ballyhoo.ca

We have often been told that we live on the oldest mountains in the world, but do we? Apparently not. The rocky surface of our world is made up of large plates that float on a molten interior. These plates are moving and leaving gaps between or banging into and slipping under each other. Eventually all surfaces get pushed underground, but ours has been on the surface for a very long time. Sometimes, pushing together, they create mountain ranges, pushing the surface up as plates move into each other. These are called orogeneses, from the Greek oros for mountain and genesis for origin. One of these incidents, an orogen, happened in the Canadian Shield a billion years ago, relatively recent for a mountain range. Geologists call it the [Grenville Orogen](#) and it resulted in the largest mountain range ever created – even larger than the present-day Himalayas.



The orogen happened on the south-east face of the Canadian Shield, so the mountain range would have had some Precambrian rock, but much of it would have been rock pushed up from lower that had not been on the surface before, and some of the rocks formed from a molten, or liquid state. The Canadian Shield is composed of seven provinces, and rocks that were analysed in the Churchill Geological Province, on a northern shore of Hudson’s Bay, were formed when Earth was 300 million years old – very early. Our neighbourhood is called the Grenville Geological Province, where that gigantic mountain range formed a billion years ago, when the planet was 3.5 billion years old, – not even among the oldest nine mountain ranges. The mountains are much younger than the Canadian Shield itself. While it is true to say that we live on the Canadian Shield, which boasts the oldest rock in the world, and that we walk through hills that were once the biggest mountains in the world, we are talking about facts from different provinces of the Canadian Shield.

Our province runs north of the St. Lawrence Valley roughly parallel to the river, from the Labrador coast to around Sudbury, northwest of the Great Lakes and south into the eastern and central States. The Canadian Shield rock is called Precambrian. According to the fossil record, the three oldest classifications are, from youngest to oldest, Devonian, Silurian and Cambrian. Any rock that formed before the fossil record is classified as pre-Cambrian.

I took an adding machine roll (remember those?) and unrolled it along a corridor. I marked off the different eras of the past. The roll was 23 feet long (app 7 metres). The rocks dated in the Churchill Geological Province were 1.5 feet (46 cm) from the beginning of the roll. The Grenville Orogen event was at 18 feet, while the end of the Precambrian geological period ended a bit after 20 feet (6.1 m) leaving only about 3 feet (1 m) for the balance of the history of the world. The balance, to the present, was divided into eleven periods, including the Cambrian, Jurassic, Cretaceous and so on. At 22 feet 8 inches (6.9 m) there was still no sign of humans. I had four inches to go. Each inch (2.5 cm) of the roll represented 16,666,667 years, and humans only appeared in their most primitive form 2,000,000 years ago, or an eighth of an inch (3 mm) before the end of the roll. Considering that Eurasian writing began about 5,000 years ago, I could not find a pencil sharp enough to note it at the edge.

‘Grenville’ was used for naming a band of marble found near Grenville in the Ottawa Valley in the 1860s. Sir William Logan chose the name, and it was extended to cover the whole area that has the same basic rock type.

The Commission de toponymie tells us that Grenville, the town, was named for the British prime minister, Lord George Grenville (1712-1770). Grenville made enemies throughout his career. He was probably the most surprised when he was asked to become prime minister from 1763 until 1765, after his predecessor had named the Cabinet. Perhaps he was being set up for a fall. The Seven Years’ War had drained the government coffers. During his two years, he had John Wilkes arrested for criticizing the King’s speech at the Peace of Paris; was forced to let him go, thereby providing a precedent to the British right to freedom of speech; introduced the Sugar Tax, and extended the Stamp Tax to the Colonies, creating the conditions for the American War of Independence. He was dismissed by King George III, who did not like him because he tried to control the cost of the king’s pleasures. In part, thanks to him, the costs of winning one war led quickly to another war.

A large part of the Grenville Province is in the United States. Why did American geologists accept that it bear the name of a man who was identified with the hated Stamp Act? Best we look to the man who chose the name, Sir William Logan.

Logan was born in Montreal in 1798, managed a mining company in South Wales and developed a system for locating coal deposits. The Geological Society of Great Britain adopted his techniques, establishing his reputation as a geologist. He was subsequently hired as the geologist for the Province of Canada to assess the possibility of the colony’s coal deposits. His studies predicted that none would be found, but he also predicted that large copper deposits would be found on the north shore of Lake Superior, something that the people living there could have told him. As a result of his work, he became the first Canadian inducted into the Royal Society of London, was awarded the Cross of the Legion of Honour in France and received a knighthood. He became the first director of the Geological Survey of Canada.



Garden Talk

Zoom-worthy plants

June Angus - Main Street

The popularity of adding houseplants to spruce up our online backgrounds has grown exponentially over the pandemic. Nowhere is this more obvious than during the multitude of interviews given by various experts who are televised or live-streamed daily. Small plants are popping up on bookshelves interspersed with family photos. Larger plants dominate some backgrounds to improve the look of bedrooms, home offices, kitchens or whatever space is being used.

The benefits of including houseplants in a workspace are already well known – even before the latest virtual revolution. Plants provide a visually relaxing atmosphere and go a long way towards improving air quality, especially during the winter months when our houses are closed up tight. Now they also provide feel-good backgrounds that are easy on the eye.

To make the right choice of plants for your personal virtual background consider how much natural light is available in your space and how much time you have to take care of your plants. Here are some easy-to-care-for suggestions. In all cases, the larger specimens are great for filling in blank or unsightly backgrounds. Smaller versions look very attractive on desks, tables or counters.

For low light situations consider snake plants (Mother-in-law's tongue). Their upright, sword-like foliage can grow to four feet in height. Or try Zamioculcas zamiifolia plants (aka ZZ plants), which have wide attractive green leaves. For a little more colour Chinese evergreens are another great option. All three varieties thrive in bright indirect light but handle poor lighting conditions reasonably well. Snake plants and ZZ plants do best in drought-like conditions with a little bit of neglect, so they only need to be watered as their soil dries out. However for Chinese evergreens, don't allow the soil to dry out completely between waterings.

In the moderate light category, monstera (split-leaf philodendron) has become extremely popular because of its deep green and lush foliage that has intricate cut outs in its leaves, garnering the nickname "Swiss cheese plant." Monsteras prefer warm temperatures above 20°C with a dash of humidity to make them feel right at home. Larger versions display well in floor standing pots by a table or sofa or to fill an empty corner. Unfortunately, their popularity has led to scarcity and high prices if you can actually lay your hands on one, which I have not.

Anthuriums, also known as flamingo lilies, are an easier-to-find medium light option. They are a low maintenance, flowering plant that produces showy, large, heart-shaped blooms that come in several colors including pink, purple, red, and white. Anthuriums do best in bright, filtered light. Keep the soil lightly moist but never too wet.

For rooms with lots of bright natural light, golden cane palms (Dypsis Lutescens) are a great choice with their bright green fronds and bold, gold-coloured cane-like trunks. They will grow large and do well as freestanding plants that provide excellent screening for your background. They need bright light for most of the day but not harsh afternoon sun. Keep the soil moist but never overwater as that can lead to root rot. Remove any dead or yellowing fronds to promote new growth.

Succulents are another bright light option – the brighter the light the better. They come in a variety of shapes and colors. Water just enough to soak the soil evenly. Overwatering these drought-resistant plants can be worse than not watering them at all. Often small and compact, succulents are ideal as table arrangements, on a desk, in a bookshelf, on a kitchen island, or in a bathroom – although hopefully you don't have to hold any Zoom sessions in your bathroom.

As you prepare for your next online business meeting, support group session, yoga class or virtual happy hour with family and friends, try adding some greenery to your background. Happy Zooming!



Word Play

Nothing looks quite the way it used to

Louise Bloom - louisebloom@me.com

"With every passing hour, all of that feels hazier, as if the pandemic is a fog that's rolled in from nowhere and nothing looks quite the way it used to." (from "Wish You Were Here: A Novel" by Jodi Picoult)

I am reading with great pleasure, as usual, all sorts of missives, the stories that emerge from many life experiences, extraordinary imaginations and sometimes, fascinating histories that embrace the view of times past, as I learn about different eras and their particular challenges.

Not so with this novel. For the very first time I am reading about an experience, the roots of which lie in the current pandemic. I am closer to the present tense in culture and consequence on Picoult's written pages, than I have ever been.

The main characters in Picoult's novel are navigating their circumstances in 2021 as the pandemic strikes New York City with a vengeance. The events are revealed by a fine-arts auction executive, a surgeon, transplanted in his hospital to full time Covid-19 care, a native farmer on a Galapagos island and, his 15-year-old daughter, who is faced with her physical attraction to women and her tendency to self-harm. This broad spectrum of experiences allows an informative review of the way life began to change in 2021, as Covid gripped our environment, world-wide.

I am reflecting, as perhaps we all are, on the ongoing transformations of our society, both those things that are distant from me, like the manufacture and transport of goods and those things that are close to home, such as the the way I relate to myself, to others and the world that surrounds me, as I am confronted with the 'new' environment and its variety of unfamiliar requirements.

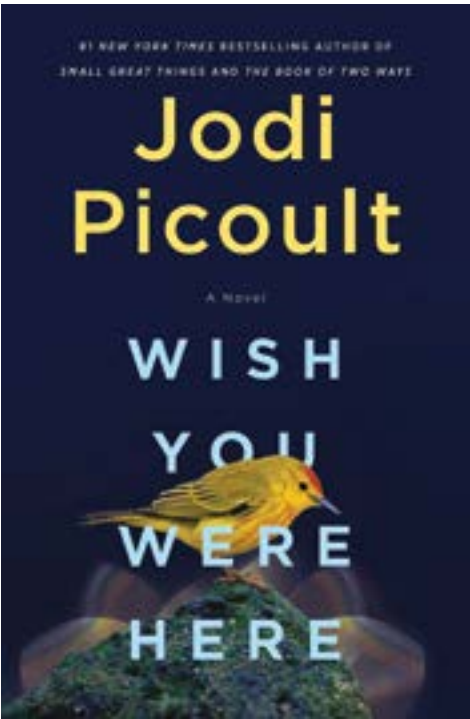
Is the pandemic a fog, as Jodi Picoult describes it, a kind of whitewash, a bleaching of the scene, a removal of definitive colour? Certainly, there are areas of life, which once were definitive, like schedules, movement, contact, all of which are relegated to the domain of uncertainty.

I have recently become conscious of an interesting paradox, a change in perception that underlines the fact that the isolation necessitated by the pandemic has caused a kind of separation from the multitude of distractions that populate our lives. This situation is giving my screen of awareness a new sort of clarity. Picoult lets us know that "isolation can be devastating...but can also be the agent of change."

I was recently required to make a day trip to Montreal for art supplies, unavailable on-line, where I admit that shopping has led me over these months. The day dawned at minus 29 degrees centigrade, and the January light upon the city was unusual. All was crisp and clean, covered with fresh snow, so that roof lines and building profiles stood out as sharp contours, while hugging one another, each with a specific air of history and beauty. My usual habit of identifying my driving routes in the city with people and experiences of my own, seemed to have dissolved. Instead, I was experiencing Montreal as its own self, a charming haven for all it's inhabitants. An ownership of Montreal, created by my idea that this city is the one I call "home", was no longer the vehicle of my perception. The more usual self-involved relationship to Montreal had disappeared. I felt that I was seeing the city for the first time.

I believe that these many months have offered us an opportunity to clear the decks of a kind self-involvement. With less human contact, our nervous systems may be having a vacation, cleaning up, making room for a level of clarity that we have not had for a long time. Nothing looks quite the way it used to.

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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Obituaries



Fay Rankin (Thompson)
Sept. 26, 1934 - February 1, 2022
 Peacefully at the Manoir St. Adolphe.
 Pre-deceased by her husband John (1963). Loving mother to Robert (Suzanne), Michael, John (Jeannie) and Kathy (Rick). Nanny to Jamie (Sarah), Ashley (Edith), Rebecca (Kevin), Eryn (Darren), Michaela (Zack) and Sonya. Grand-Nana to Georgia, Autumn, Rivers, Nova, Asher, Greyson and Aurora. Fay loved her family, pets, friends and the Bahamas.

Memorial to be determined at a later date.

"Gone from our sight, but never from our hearts".

NOTICE OF CLOSURE OF INVENTORY

(newspaper notice: C.C.Q., section 795 para. 2) Notice is hereby given that Gary Smith (the "Deceased"), domiciled at 16450 Gouin O. Apt 104, died at Sainte-Genevieve, province of Quebec, on March 20th, 2020. An inventory of the Deceased's property has been made in accordance with the law and can be consulted by interested parties by contacting Bryan Smith, liquidator via appointment only. Telephone (514) 567-8958. Given on this Feb 8, 2022, at Ile Perrot.

Palliacco’s 2022 Edition

A Trek Under the Stars: with some changes

The rally is now under way...

A **Trek Under the Stars** fundraising rally by Palliacco is now underway. On cross-country skis, snowshoes or on foot, participants are already out and having fun recording their answers to the seven cryptic questions posted along the trails, either at the Sainte-Agathe-des-Monts Camping et centre de plein-air, the Chalet Bellevue Outdoor Network in Morin-Heights or, at the Domaine Saint-Bernard in Mont-Tremblant.



The daytime Rally is on during regular opening hours at the three sites until February 18. In addition to enjoying a fun day outdoors, the purpose of the Rally is to raise donations for **Palliacco**, a greatly needed and valuable community volunteer organization in the Pays-d'en-Haut, Laurentians and southern Antoine-Labelle MRCs.

The traditional torchlight evenings of **A Trek Under the Stars** will take place on **Saturday February 19** at the Sainte-Agathe-des-Monts Camping et centre de plein-air, on **February 26** at the Chalet Bellevue Outdoor Network in Morin-Heights, and on **March 5** at the Domaine Saint-Bernard in Mont-Tremblant. All activities will take place outdoors to comply with public health guidelines. On cross-country skis, snowshoes or on foot, participants will enjoy hot mulled wine or consommé under the stars at fireside rest stops along their choice of torchlit trails of 2 or 8 km.

A Trek Under the Stars 2022 Honorary President, Mr. Christian Gélinas, accountant and co-founder of the Amyot Gélinas Group, has entered his own team and will ski the 8 km course in Sainte-Agathe. “I know how much good this organization does for a lot of people in our regions who are going through difficult times. It’s an honour for me to be able to contribute as Honorary President. It’s always a pleasure to participate in A Trek Under the Stars for a winter outing that supports Palliacco, especially during this pandemic”.

You can participate in A Trek Under the Stars as a member of your own team of 10 or by joining other individual participants in the La Camaraderie team at your preferred site. Register on line at Palliacco’s website <https://evenement.palliacco.org/en/a-trek-under-the-stars/>. The minimum contribution for the torchlight evening and the rally is \$100 per participant.

Calling local businesses

In its public communications, Palliacco recognizes the support of local businesses through its program Partner of A Trek Under the Stars. As well, a company supporting Palliacco may proudly display a notice of its support in its window, on social media, in advertising, online promotions, newsletters, or on its website. Corporate contributions can be made either by direct donations or through registering a corporate team to participate in the event.

The 2022 fundraising goal is \$120,000.

In partnership with the Caisses DESJARDINS, A Trek Under the Stars kicks off the annual fundraising campaign of Palliacco. The organization provides, free of charge in French and English, home accompaniment, respite, and support services for people with cancer, terminally ill patients, caregivers, the bereaved, as well as for children with cancer and their parents

For more information, to register for A Trek Under the Stars, to donate or to become a volunteer, visit Palliacco’s web site <https://evenement.palliacco.org/en/a-trek-under-the-stars/> or call 1 855 717-9646.

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Developed by Christopher Collyer, BA, CFP

Best practices for investors

Protect your investments against fraud

Investors work hard to save and invest their money. They may choose to buy less now – waiting for that new sofa, kitchen renovation or trip of a lifetime – so they can set aside more for retirement and other important goals. The sacrifice and strong commitment toward long-term financial goals makes it even more important to understand how to protect investment accounts from fraud.

Fraud is designed to encourage investors to make decisions based on false information, and it can lead to significant financial losses. In 2020, reported fraud of all types cost Canadians \$104.2 million.[1] Importantly, it can unravel investors’ well-intentioned efforts to secure their future. Understanding some of the more common pitfalls can help to keep hard-earned money safe.

Be wary of unsolicited offers

Be suspicious of any investment that promises low risk and high returns, perhaps even with a guarantee – they don’t go together. In general, low-risk investments generate lower returns, and higher returns are only possible by taking on more risk. Also, beware of schemes that suggest it’s possible to make a tax-free withdrawal from a Registered Retirement Savings Plan (RRSP) or Registered Retirement Income Fund (RRIF). Under Canada’s tax system, withdrawals from an RRSP or RRIF are taxable unless they are part of a government-sanctioned strategy such as the Home Buyers’ Plan or Lifelong Learning Plan. In addition, question information that is “confidential” and “for your eyes only,” keeping in mind that this means you can’t double-check that it’s accurate and, also that trading based on inside information is illegal.

Know that scams can come from trusted sources

Sometimes a deceptive offer will come via phone call, email or letter from a stranger; these are easy to ignore. But other times it will come from a family member, friend or acquaintance, or through a trusted religious group, community or social club. It can be harder to say “no” to someone you know, whether it’s an individual or an organization, and that’s why these fraud schemes work. Don’t invest if you have any doubts at all, no matter who the messenger is. Another important safeguard: whenever you write a cheque to add to your investment account, always make it out to the investment firm and not to an individual who works there.

Don’t rush into an investment decision

Pressure to invest in a hurry can be a warning sign of fraud. Avoid the temptation of a “now or never” opportunity and take the time to fully understand an investment before putting any money into it. That can include accessing financial documents such as the investment’s prospectus and financial statements at www.sedar.com and checking for investor alerts at www.securities-administrators.ca. Don’t take someone’s word for it, do your own digging to learn more about the opportunity.

Make sure the paperwork is accurate

Never sign a financial or legal document without first reading it thoroughly. Be especially careful with wills and powers of attorney, which can be powerful ways to perpetrate fraud. And, always tell the truth on a financial or legal document. One common scam encourages people to invest in exempt securities, sold without a prospectus to qualified investors with a minimum level of income. Lying about income takes away the protection provided by exempt securities rules and may expose you to more risk than you can afford.

Keep tabs on your investments

Account statements provide a wealth of information, but too often end up filed away, unopened and unread. It’s important to carefully check your account state-

ments. You can keep tabs on the overall balance to make sure it’s in line with your expectations, and review the asset allocation to ensure it matches your risk tolerance and time horizon. You can also scan the individual assets within your portfolio to ensure you recognize them. If you see a withdrawal you don’t remember authorizing or anything else you didn’t expect, you have a right to question it with the advisor and the investment firm. Spotting inconsistencies early is the best way to protect your investments.

Have confidence in your advisor

Building a strong relationship with your advisor can offer protection from fraud when you’re working with a trained, accredited professional to consult on new investment ideas. Investors can check to ensure a new advisor is registered with the appropriate [provincial or territorial securities](#) regulator and has not been subject to any disciplinary actions.

Staying alert to the potential for fraud, following these best practices and remaining committed to a well-thought-out investment plan can help you avoid fraudulent offers. That, in turn, will help keep safe the money you’ve saved over the years to achieve your long-term goals.

Protect your financial information

Store financial documents in a safe place at home, out of sight, and when you’re ready to throw old statements away shred them so no one can read your personal and account information. Protect data on your computer and mobile devices with strong passwords and anti-virus software. Be suspicious of messages that may be “phishing” for your personal information and don’t click links that you aren’t absolutely certain are legitimate. Also be very careful about sharing key pieces of personal information such as your social insurance number (SIN) either in person or online; SINs can be used to perpetrate fraud and identity theft.[2] A good rule to follow is to think twice anytime anyone asks you for personal information. Remember that once data is on the Internet, it’s out there forever.

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www.antifraudcentre-centreantifraude.ca
www.canada.ca/en/services/finance/fraud.html
www.canada.ca/en/revenue-agency/campaigns/fraud-scams.html
www.securities-administrators.ca/Fraud.aspx
www.obsi.ca (search for “fraud”)

[1] www.antifraudcentre-centreantifraude.ca/index-eng.htm
[2] www.priv.gc.ca/en/privacy-topics/information-and-advice-for-individuals/your-privacy-rights/02_05_d_64_tips



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Real Wine for Real People

I adore Saint-Amour

April Sirois – Sommelier - ISG

Saint Amour is a wine that is reputed as being half angel and half devil with its naughty or nice flavour profiles. I think that this makes it the perfect wine to drink, or, to gift your sweetheart with on Valentine’s Day.

Saint-Amour is the most northerly of the Beaujolais crus. The whites from Saint-Amour’s are Chardonnay wines that tend to be fresh and tropical with minerality that gives it depth and interest. However, the reds are where Saint-Amour really shines.

Made from the Gamay Noir grape, the reds come with two very different flavor profiles giving it the angel/devil persona. There is the typical Beaujolais that we all know and love, which is light, soft and fruity. Then there is a second meatier, more structured wine whose complexity is best laid down for five years from harvest.

In the first instance, maceration is short, bringing out the notes of iris and violet or raspberry and banana. This wine is lively and bright, yet still delicate. In the second style, the tannins are more developed and reinforce a balanced bouquet with kirsch and spice notes. Saint-Amour wine produced this way is at its best and most intense after 5 years, however, that shouldn’t keep you from drinking it earlier or later, it all depends on what you are looking for in a wine.

Everything about this appellation is reminiscent of the intense yet tender feelings of a passionate love affair. On an interesting side note, thanks to a commercial assist from Cupid on Valentine’s Day, February accounts for 25 percent of Saint-Amour’s annual wine sales. This may have something to do with the name but I think also with the quality of the wine behind the name.

This small appellation has over 50 devoted winegrowers producing the wonderful wines of Saint-Amour. Many believing that the variety of soils making up its terroir has a lot to do with the make-up of this intriguing and delightful wine.

The area itself is very much about romance, with its statue of the legendary Saint-Amour near the church, a town hall that is the venue for many weddings, as well as hotels and restaurants with suggestive names such as the “Auberge du Paradis”, “Ô Coeur du Paradis” and “Au 14 Février”. Although its name means that it attracts particular attention on Valentine’s Day, Saint-Amour is actually consumed year round.

Young Saint-Amour wines are good aperitif wines or pair well with summer dishes like barbecues, Mediterranean vegetable tarts, carpaccio or cold terrines. In autumn, this famous Beaujolais cru, released on the 3rd Thursday of every November, adds a little zing to fall dishes like, veal, risotto, tomato tart or filet mignon. In winter, it warms hearts when served with roast chicken, stuffed turkey and duck in gravy or stews.

Saint-Amour wines are harmonious treats with a fleshy bouquet. Tender, almost subtle at times, and at others, strong and even racy. This famous Beaujolais is my favorite cru as a faithful year-round companion.

~Cheers

National Trail in Quebec

A new section crosses the Laurentians region

Loisirs Laurentides, as a regional outdoor organization and agent for the section in the Laurentians region of the Sentier national au Québec (SNQ), is thrilled to announce the extension of this trail in the Laurentians. Thanks to concerted work over the past few years, Loisirs Laurentides has put forward this regional project and thus mobilized the organizations of the region. This collaborative work will become a model of outdoor success in the Laurentians.

CROSS THE LAURENTIANS ON FOOT
The National Trail in Quebec is the longest natural trail in Quebec dedicated to hiking, snowshoeing and Nordic skiing, since it crosses 9 tourist regions of the province. However, some portions of the trip are interrupted in places, but this is now a thing of the past in the Laurentians region! It will now be possible to cross almost all of this region on foot from west to east, following the legendary National Trail. Two routes will be available inside Mont-Tremblant National Park to allow hiking activities in the summer season, and Nordic skiing in the winter season. The official inauguration awaited by many long hikers will take place during the winter of 2022.

NO COLLABORATION, NO NATIONAL TRAIL
The route of the National Trail crosses Quebec through existing pedestrian networks. Rando Québec, as a national outdoor organization, is responsible for the development and promotion of the entire National Trail in Quebec. The development, layout and maintenance of the SNQ therefore require significant collaborative work in order to align the needs of everyone: promoter, trail managers, municipalities, etc.

Considering all the collaboration and harmonization efforts essential to this accomplishment in the Laurentians, Loisirs Laurentides would like to highlight the incredible work of volunteers and the involvement of partner organizations such as Accès Nature Laurentides, the Grande Boucle Tremblant Foundation, the Mont-Tremblant National Park, the Inter-Centre Trail, and Rando Québec.

THE HISTORY OF THE NATIONAL TRAIL IN QUEBEC
The National Trail in Quebec already has more than 30 years of history. The first sections were inaugurated in 1990 and the Trail now covers more than 1650 km across Quebec. Since 1990, Rando Québec has overseen the development and promotion of this project, in collaboration with valuable players: trail managers, regional committees and the Québec Ministry of Education. Marked out in white and red, this linear trail could not exist without a largely volunteer workforce, which takes care of the signage and maintenance of the trails.

ABOUT LOISIRS LAURENTIDES
Loisirs Laurentides is the central actor recognized in terms of leisure on the territory of the Laurentians by the Ministry of Education and Higher Education. It mobilizes, accompanies and acts as a facilitator with local, regional and national actors in their individual and collective efforts to promote, enhance and encourage the practice of leisure1 by the citizens of the Laurentians.

The term leisure includes: physical, cultural, leisure, sports and outdoor activities.

14 main.street@xplornet.ca

February 2022

MAIN STREET 

Koko Lee’s Whalecome Home Journey

Part 3 – Cycling from Quebec City to Baie-Sainte-Catherine

After two nights rest at Baie de Beauport, Koko said her goodbye to the water and started pedaling towards Tadoussac. The forecast had predicted a heat warning (the heat had been following them throughout their journey), so Koko and her mother hit the road in the early morning. From Baie de Beauport, the mother daughter duo followed a bicycle path, saw the Fairmont Hotel from afar, passed by the Montmorency waterfall, enjoyed the charming winding village roads and arrived at the Basilica of Sainte-Anne-de-Beaupre at noon, just in time to hear the church bells ringing!

The family decided to take a long break to avoid the midday heat before facing the merciless hills. When they hit the road once again, they were nervous about going head-to-head with the brutal hills. The pedals felt heavier and heavier with each turn, challenging both their physical and mental strengths. “We couldn’t see the top of the hill and just when we thought we had made it to the top, another hill would appear”. There was no downhill or flat road for nearly 30km.

Koko’s father and two brothers were cheering alongside, following the girls closely. After putting up a good fight, Koko’s mother could not continue and passed the torch to her husband. Meanwhile, Koko continued, saying if she stopped in the middle of the steep hill, she would have big trouble to start up again.

Koko’s parent’s biggest concern was the physical toll on Koko. While they were taking turns, Koko was riding the entire way. They contemplated breaking the first two steep hills into a two-day ride, but to their surprise, Koko insisted on conquering them both in one day, so the duo just keep pedaling until late at night.

The weather was less of a concern when cycling than when sailing, but there were traffic concerns on the roads with cars and cargo trucks passing by at high speed. Maintaining steady control of the bicycle from the wind gust after each passing truck was a challenge and a big lesson to learn.

More or less, each day was approximately a 12-hour ride. On the second and third days, the hills were less steep, but much longer. Koko and her father’s endurances were put to the test but Koko never complained and remained in high spirits. When asked what kept her going, she said she enjoyed the up-hills because of the rewarding downhill ride that followed, when she could let go of her pedals and brakes and just enjoy the speed. Plus, she felt like she was taking the baby whale to see the mountain views, which the baby whale was never able to see! As she conquered each hill, Koko felt deep satisfaction.

When the family finally arrived at Baie-Sainte-Catherine on the 3rd day, they were all overjoyed! The difficult tasks were behind them now; the last thing to do was to cross the Saguenay River. Emotionally, this leg of the expedition would prove to be the most difficult, as it would signal the final segment of the journey and, the time to release the spirit of the baby whale.

Next month, we sail with Koko as she reaches her final destination and concludes her journey.



PREL Hooked on School Days

The Partners for Educational Success in the Laurentians (PREL) is launching the 2022 edition of Hooked on School Days (JPS), under the theme of Thank you for being meaningful. From 14 on February 18, the population of the Laurentians is invited to celebrate, recognize and encourage the pupils, students and the adults who support them in their perseverance. On this occasion, a host of activities will take place throughout the region, including the first PerséVERT Thursday.

Celebrated every year during the 3rd week of February, the JPS2022 has the theme “Thank you for being carriers of meaning”. This slogan is a call for gratitude towards all those to whom additional investments, time and energy were required to minimize the effects of the pandemic.

“We see the effects of the pandemic on young people every day. The JPS reminds everyone that it is important that all adults in society give meaning on a daily basis to the educational paths of pupils and students through their gestures and advice”, explains Sébastien Tardif, director of the Service Center school in the Laurentians and Chairman of the Board of the PREL.

Downloadable visuals, recognition tools, turnkey ideas, activity sheets and the programming are available at www.jpslaurentides.ca

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