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Observations

A New World Is Coming – Terra Incognita 3

David MacFairlane - MainStreet

The first two parts of Terra Incognita were published in the online editions of Main Street in May and June. In those months, due to the lockdown of people and businesses, it was impossible for life to continue as usual. The government had become, simultaneously, both our jailor and sugar daddy, cutting off our access to our jobs and families, while doling out preposterous amounts of borrowed money to compensate us for the losses the politicians, in their uncertain wisdom, had bestowed upon us. Therefore, it seemed appropriate to include Part 3 of Terra Incognita in this print edition to inform readers, who missed the first two parts and may care to know, where they may be found.

We are living in strange times indeed. This pandemic, the lockdown and the resulting financial crisis raises many questions about the nature of freedom and what our expectations are or should be. Individuals have their own notions about what freedom means and how that applies to them personally and, by extension, to everyone else. Looking back at the hasty decisions all governments made in response to this crisis, it becomes obvious that the total lockdown of people and businesses has caused immeasurable damage to our society and raised many doubts about the wisdom of our politicians' decisions and their honesty in reporting the true facts and consequences of the crisis.

For example, in late June, the Stanford University Disease Prevention Chairman claimed that the worldwide lockdown response was based on bad data and inaccurate modelling and stated, "For people younger than 45, the infection fatality rate is almost 0%. For 45 to 70, it is probably about 0.05%-0.3%. For those above 70, it escalates substantially." He also claimed that more than 50 studies have shown, cumulatively, that "about 150-300 million or more people have already been infected around the world, far more than the 11 million documented cases." The chairman questioned whether the rate of infection and mortality rate were worth shutting down the U.S. economy for months. He said, "Major consequences to the economy, society, and mental health have already occurred. I hope they are reversible." Obviously, this information is also available to Canadian health authorities, which raises the question of whether the government has been transparent with us about the true nature of this pandemic and whether the suffering has been worth the price.

While we have been led to believe that we are free and democratic, what we in fact have is the illusion of democracy; a situation in which government agencies act without oversight, while individuals have no say over the manifesto and policies of parties in power and have no mechanism to undo or prevent undesirable actions by governments. You can bet that governments are not going to let this crisis go to waste. In fact, as Lord Sumption, Justice of the Supreme Court of the UK, said recently, "This is the largest interference with personal liberty in our history" He made this statement in the context of this global pandemic and the biggest economic crisis since the Great Depression of 1929 (which ended in 1941).

In addition, the clear and present danger to the world is the turmoil in the United States. The truth is, due to widespread civil unrest, massive unemployment, spiraling fiscal deficits, and the approaching election, the US stands at a critical juncture in its history. The two opposing political forces are spiraling into a bitter, internecine fight that will decide the fate of the country for the next century. On one side stands the global elites and the useful idiots on the hard left. On the other side stands the right, the conservatives who are the primary producers in US culture, and the people who just want to be left alone; the free minds, the people that don't desire to have power over anybody. If the country is to have a future at all, the second group must continue to exist and prosper. If the elites and the social justice mob take control, there can be no future of any worth. This is the existential dilemma facing America in this election year, and the outcome will also decide the future for the rest of us in most of the world. History provides many examples of the terrible consequences when the elites attempt to topple the current ruler and recruit the help of the masses in order to force that outcome. Unfortunately, history also teaches us that a genie let out of the bottle cannot be put back in again. Note that chaos is building around the world.

The most significant question that should concern us is not about this COVID-19 virus and how long it will last. Trying to stop it, or contain it, is an exercise in futility. It's here and will remain. Like all viruses, it is known to have mutated many times already, and will do what all viruses do; that is, pass through the population, like all other covid-type viruses have done before, and remain with us, just like the covid-influenza virus. Future vaccines will likely be as effective as current 'flu

vaccines. So, in the end, we will have to learn to live with it and carry on with life as best as we can, because any more lockdowns will destroy our economies totally, and send us back to a lifestyle that is unthinkable to contemplate.

That significant question is what is ahead for our economy as a result of the grotesque debts we are incurring to keep functioning as productive citizens? Most people have no idea how big these numbers are. Here's some perspective: a million seconds was 11 days ago. A billion seconds was 32 years ago. A trillion seconds was 30,000 BC. If you had a job that paid \$1 per second (\$3,600 per hour), it would take 31,700 years to earn a trillion dollars. Now, consider that Canada will run a deficit for 2020 of over \$250 BILLION. To spend \$250 billion at the rate of \$1 per second, would take almost 8000 years! That's an unfathomable amount of money this government has borrowed just to give it all back to us, to bail us out for the financial destruction it has heaped upon the country, in just a few short months. Also, consider that since the government has no source of money other than from taxation, who will have to repay these debts? Obviously, current and future taxpayers. As I have said before, it's easy to spend other people's money because, when the piper comes calling to collect the past-due bill, this current batch of politicians will be long gone from office, and living on big, fat government pensions, immune from the hyperinflation they have set in motion. As French philosopher, Frederic Bastiat, said in 1850, "Everyone wants to live at the expense of the state. They forget that the state lives at the expense of everyone."

You know, this year has been truly remarkable for upsetting all our carefully made plans and forecasts. Perhaps every single human on the planet has been affected by the extraordinary events that have upturned our lives and still continue to do so. If our best-laid plans are always laughed at by the gods, then this year surely has heaven in hysterics!

"The greatest danger in times of turbulence is not the turbulence; it is to act with yesterday's logic."
- Peter Drucker 1909-2005.
Management consultant, educator and author -

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

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email: main.street@xplornet.ca
www.themainstreet.org

TheMainStreetNews

Founder: Jack Burger
Advertising Sales: Susan MacDonald
Publisher/Editor: Susan MacDonald
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14,000 copies distributed throughout the Laurentians

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: AUGUST 14th

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Bibliothèque
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ISSN 1718-0457



Jim Warbanks - Main Street

In the not too distant past, the perception many Americans had of Canada consisted of an indefinite white strip, north of the American border, from which emanated most of the bad weather on their nightly news and weather forecasts. Due to the continuing Covid-19 pandemic surges in the United States and the border closures effectively negating most travel in either direction, this seems like a propitious time to evaluate how Americans now view Canada, Canadians and Canadian government policies.

A recent report by Abacus Data that Canada was a better choice for health care (60 percent), since the prospect of basic universal health care must have a certain appeal during a period of very high unemployment in the U.S, where a significant proportion of residents can't afford coverage.

More effective Canadian pandemic control measures, as evidenced by the declining Covid-19 numbers, relate well with Americans polled (61 percent), when compared to surging infection rates in most U.S. states.

Valid perceptions

Superior gun control legislation pleases a majority (56 percent), influenced, no doubt, by recent violent incidents there. The perception of a cleaner environment in Canada is an attractive element for many (70 percent). Better immigration policies compared to the troubled recent U.S. record were noted (63 percent).

Less perceived discrimination attracted significant attention (70 percent) as an asset for Canada from poll respondents. Over half of respondents (54 percent) indicated that they preferred our better political leader. Prime Minister Justin Trudeau can surely take solace in this positive appraisal internationally when he must absorb a certain level of criticism from domestic political opponents. And, on another level, considering that team sports remain almost at a standstill on both sides of the border, it was gratifying to see that Canada is even recognized in this survey as having the best hockey players.

Despite the effect of incessant Trumpian "America First" sloganeering, an astounding 89 percent favor increased trade links between the two countries.

Post-pandemic

Putting aside pandemic concerns, 36 percent would prefer to live in Canada, if work opportunities were available for friends and family members. There is a significant age gap, as a majority (54 percent) of those aged 18-30 would so choose, but only 20% of those aged 61+.

Among Hispanics, 45% would choose Canada, as would 43 percent of blacks, and 32% of white Americans. While a very large proportion (85%) of the 1500 Americans consulted indicated that cross-border restrictions should be eased, overall, the difference noted between Democratic and Republican voters was only 88% - 83%.

The statistics listed above would tend to support a warm, fuzzy notion that Americans and Canadians stand together as the best of friends. But beware, there are dark, ominous storm clouds obscuring parts of those pictured bright horizons, and those bear no resemblance to the negative weather reports of yesteryear.

Common border

Let me list some of vital concern. Despite our long, common border, there are only just over 40% of Trump Republicans who consider us to be their "best friends" in the world. On an issue that most now consider having been ridiculed and put to rest, we find that about 20% of them would favor building a wall between our two countries, despite the enormous physical challenges. A less concrete, but still more troubling finding is that fully 27 percent would like to see U.S troops stationed along our common border. That earlier Trumpian musing, among so many others, seemed to have been dismissed quickly, but remains pertinent to his core support.

Now, let us examine the ultimate, unthinkable clincher. It is devastating indeed to learn that 23 percent of his core supporters believe that the United States should stage a military invasion of Canada to appropriate our valuable resources. With "friends" like that, who needs enemies?

Military invasion

All the perceived goodwill demonstrated by respondents on a range of issues, from health care to political leadership, is negated by the prospect of being invaded. As well, the clearly expressed desire of over one-third of Americans to live in Canada, if border restrictions were more flexible, must be balanced against the longing for unlawful access to our treasured natural resources.

The ongoing political partisan divide in the United States, which has stymied the implementation of needed reforms and enlightened, progressive legislation, should keep Canadians wary of the best of intentions of our southern neighbors.

At this juncture, it would be instructive to have a polling firm survey 1500 Canadians on their current attitudes towards Americans, based on a similar questionnaire.

Simply Words on Paper Most Americans, but not all, view Canada rather favorably





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4korners It's Story Time!

Andie Bennett

According to the child of a staff member, who will deny it if asked, Story Time with Jaime Bisailon is not to be missed. Since Covid-19 confined us to our homes, our own Family and Youth Coordinator has been reading kids stories live every Wednesday, at 12:30. There have been a few guest appearances by a barking dog and her own school-age children but, for the most part, it is Jaime, her pick of the week, and whoever is watching online.

Unlike my home, which includes a three-year-old and enough children's books to start a small library, Jaime has long since cleared out her stack of children's books, so she seeks new ones each week and chooses those that interest her. Recently, her selections have included a book, titled Not The Same But Just As Good, about differences and acceptance, as well as another book about the pandemic, called A Hero Too.

Jaime may say she stumbled upon her passion, but that stumbling involved a lot of work and education. Before joining 4Korners, in January, Jaime spent a year involved with the organization via the Ressource Famille program and assisted in our weekly Parents and Tots group. She ran an accredited home daycare for 10 years, worked with another community organization doing various perinatal classes and workshops (baby sleep conferences, baby sensory workshops, pre-school classes, kindergarten transition with the French school board...). Long story short, she brings a lot to the table as a Family and Youth coordinator and storybook selector.

Since I am always on the hunt for books that will free me from a 5000th reading of Llama Llama Red Pajama, I asked Jamie what she thinks makes a good children's book. She said, "Rhyming, problems that kids can relate to with solutions, and exaggerated characters and emotions. I like books that have a moral to the story. You would think you're just reading a book, but kids absorb so much and relate to stories easily." The bad news? Llama Llama ticks all those boxes. The good news? All Jaime's Story Time videos are posted on our Facebook page.

If I can just get my son to sit still for long enough ... oops ... too late. Gotta go clean spaghetti out of the cat's fur. #toddlerlife

Watch Story Time videos here: 4Korners Story Time
(the link ---> <https://www.facebook.com/watch/4KornersCenter/2276122642690594/>)

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

Sports and Recreation

Le P'tit Train du Nord linear park

Prepare to be enchanted by Mother Nature as you follow the longest bike path in Canada – otherwise known as the P'tit Train du Nord linear park, formerly a railway line that transported downhill skiers to the Laurentians.

The trail starts at the Piedmont station and meanders through 180 kilometres of land – a rugged challenge for cycling enthusiasts of every stripe. The trail climbs gradually up to Mont-Laurier, where cyclists can discover breathtaking landscape and architecture of the early 1900s. The bike trail also features rest stops, where you can enjoy meals and beverages, or a picnic. There is also shopping available, with boutiques offering a variety of items or even repairs for your bicycle.

In the winter, the bike trail is used as a cross-country ski path, which takes skiers and snowshoers to Val-David.
Info: 450 745-0185 / www.le-petit-train-du-nord.com

The Aerobic Corridor

If you're a cyclist who thrives on an all-out Mother Nature experience, then the Aerobic Corridor is just for you. Imagine 58 kilometres of bike path, meandering through some of the most beautiful scenery in the Laurentians, beginning in Morin Heights and crossing various points along the Rivière du Nord. This path is somewhat secluded, yet safe, and offers stunning landscape and spectacular scenery all year long.
Info: 450 745-0185 / http://www.laurentides.com/parclinaire/1517_fr.html



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Water Safety

Drowning is a leading cause of death for children

From the Red Cross website: redcross.org

Things to Know About Water Safety

Ensure every member of your family learns to swim so they at least achieve skills of water competency: able to enter the water, get a breath, stay afloat, change position, swim a distance then get out of the water safely.

Employ layers of protection including barriers to prevent access to water, life jackets, and close supervision of children to prevent drowning.

Know what to do in a water emergency – including how to help someone in trouble in the water safely, call for emergency help and CPR.

Why Is Water Safety So Important?

It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

The Red Cross believes that by working together to improve water competency – which includes swimming skills, water smarts and helping others – water activities can be safer... and just as much fun.

What Does It Mean to Be Water Competent?

Water competency is a way of improving water safety for yourself and those around you through avoiding common dangers, developing fundamental water safety skills to make you safer in and around the water, and knowing how to prevent and respond to drowning emergencies. Water competency has 3 main components: water smarts, swimming skills and helping others.

Water Smarts

Swimming Skills

Helping Others

How to Make Water Safety a Priority

Use Layers of Protection In & Around Water

Know the Risks & Take Sensible Precautions – Even If You’re a Strong Swimmer

Ensure That the Entire Family Learns How to Swim

Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning. Plan ahead for aquatic activities.

To learn more about water safety please visit the Red Cross website: www.redcross.org



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- 8.0" touch-screen display with navigation features
- Android Auto™ and Apple CarPlay™
- Blind-spot collision warning with rear cross-traffic collision warning

5 YEAR WARRANTY

Comprehensive Limited Warranty: 5-year/100,000 km

2020 TUCSON

Get 0% financing for 84 months (364 weeks) on ALL 2020 Tucson models

Example selling price: \$28,673

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MAIN STREET

Visits cautiously resuming in most long-term care facilities (CHSLDs), hospitals and other healthcare establishments in the Laurentians

The CISSS des Laurentides is now authorizing visits in most of its installations, under certain conditions. Stringent safety measures are in force to protect residents, visitors and staff.

It is now possible to visit a loved one at a rehabilitation centre or hospital, or a resident of a long-term care facility (CHSLD), except for establishments and units experiencing an outbreak, which remain closed to visitors. We ask members of the public to confirm beforehand with the care unit involved that visiting is permitted.

Visitors must comply with instructions, including regarding visiting hours, protection protocols (filling out a health questionnaire, wearing a mask or face covering, washing hands) and restrictions on the number of visitors.

Visits to hospitals in the Laurentians

Visits are limited to one person at a time, for a maximum of 4 visitors per day. Visitors should be between 18 and 70 years of age. For details regarding the specific conditions required for each sector and for other installations, please see the Visitors section in the COVID- 19 webpage on the santelaurentides.gouv.qc.ca website. Given that the situation is evolving, we recommend that you regularly check for updates to the guidelines.

The MRC des Laurentides awards \$140,000 in grants

As part of its fifth call for projects from the Territorial Development Fund (FDT), resulting from an agreement with the Ministry of Municipal Affairs and Housing (MAMH), the MRC des Laurentides announces the granting of twelve grants to organizations for the improvement of living environments on the territory.

Support for the economy

Following the call for structuring projects announced in December 2019, for a total amount of \$140,000, thirty-three eligible applications totaling \$833,219 were analyzed by the selection committee. The projects had to respond to the intervention priorities adopted at the Mayors' Council in June 2019 as well as to the principles of the Policy to support structuring projects to improve the living environments of the territory of the MRC des Laurentides. These priorities included support for the social economy, improving the reception and support of businesses, and support for traditional industries such as tourism, culture, agri-food and forestry.

Twelve eligible applications were the subject of a favorable recommendation for the allocation of financial assistance by the Council of Mayors of the MRC Laurentides. These projects have demonstrated their commitment to improving the standard of living of the population of the MRC des Laurentides.

"Projects across our territory and in different economic and cultural activities have been selected. For example, the MRC helped support the modernization of an astronomy pavilion, the redevelopment and improvement of landing stages, the start-up of a food cooperative, a documentary project or even helping to finance an emergency mental health accommodation service," says the Prefect of the MRC des Laurentides, Mr. Marc L'Heureux.

To consult all the beneficiaries and projects, please visit the MRC Laurentides website: <https://mrclaurentides.qc.ca/fdt/>

The Municipality of the village of Val-David will install water meters in some residences, businesses, industries and in all of the institutions established on its territory

In accordance with the Quebec strategy for saving drinking water adopted by the Government of Quebec, by September 30, 2020, the Municipality of Val-David will proceed to the permanent installation of water meters in a random sampling of residences (60), in some buildings (140) for industrial and commercial use identified as being large consumers of water as well as in all of its institutions.

This ministerial obligation aims to reduce the production of drinking water in the province by 20%. This economy, which benefits the whole population, will ensure the sustainability of this essential need for future generations.

These water meters will make it possible to draw up a balance sheet of consumption and will make it possible to identify more precisely the sources of waste and / or leak. This measure will then establish a water management plan to comply with the requirements of the Ministry of Municipal Affairs and Housing (MAMH).

In the coming days, the owners of the targeted residences will receive a communication by post with all the information relevant to the installation of their water meter, which will be carried out by a company mandated by the Municipality.

The Municipality specifies that to date, no costs will be attached to the consumption of water measured in the targeted buildings. With regard to the acquisition and installation of meters, all costs related to this obligation will be distributed to all taxpayers connected to the municipal water network.

To make it easier to understand the process surrounding this establishment in the targeted buildings, the population is invited to consult the tab: Services for citizens / Installation of water meters on the valdavid.com website.

STRICTLY BUSINESS

By Lori Leonard - Main Street

This summer, most of us will stay close to home. It is confusing to know what is open in the Laurentians, so here are a few venues that are open to help you enjoy your summer.

Parc Aquatique Sommet St. Sauveur:

Wave Pool, Aqua Balade, Pool/spa, Children's Island, Mini Ploufs, Le Frisson, Le Blizzard, Les Spirales, Les Torrens, 10 La Manic, Mini-Golf

Opened on July 3: La Rivière Rouge and La Rivière du Nord. Info: 450 227-4671

Sommet Morin Heights:

Camping Sommet Morin Heights is open. There is free access to the pool at the base of the ski hill. For info on bicycle trails and Acro-Nature (tree tops) call 450 227-4671

Sommet Parc Versant Avila:

The bike park is open. The chair lift is in operation to take bikers to the top of the hill. Brave bike riders can ride their bikes downhill. Info: 450 227-4671

Centre Plein-Air, St. Adolphe:

This center is located at 1672 chemin du Village, St. Adolphe. There are plenty of walking trails and bike trails open for you to enjoy. Info: 819 327-3519.

Plage Gratton Beach, St. Adolphe:

Located at 2000 chemin du Village, St. Adolphe. The beach is open, but it is important to remember to keep 2 meters distance between other people.

Planning to launch your boat at a Laurentian launch site? It is obligatory to wash your boat, canoe or kayak before entering any of the beaches, waterways, lakes, or rivers in the Laurentian region.

Le Jardin de François, St. Sauveur: Open Wednesdays (July 15 – August 12) and Saturday mornings (July 18 – August 15) \$25 entrance fee which will be donated to the Laurentian Alzheimer's Society. Reservation required: 1 800 978-7881.

Farmer's Markets:

Farmer's Market is open at Wentworth-Nord on Saturday from 10 am -2 pm and at Basler Park in Morin Heights on Friday afternoon at 1 pm.

Cinema Pine, Ste. Adèle:

Cinema Pine is open to the public. However, the number of people attending each cinema must be limited. Info: 450 229-7655.

Whatever you choose as your form of entertainment, please be respectful of guidelines to keep you, your family and everyone healthy. Have a fun summer.

Key transferable skills for any job

(NC) Contemporary work is all about adaptability, embracing new technologies and taking on various roles throughout your career. Thriving in this relatively new approach to the workplace means constantly learning and improving yourself. A great way to do this is by developing skills that are useful in every environment.

Teamwork. Playing well with others is as invaluable now as it was on the playground. When hiring new employees, companies look for people who their staff will look forward to seeing and interacting with every day. Active listening, being open to new ideas and putting yourself in others' shoes all support good teamwork and will make you a great co-worker.

Communication. Knowing how to deliver an engaging presentation, write an effective email and explain what you need from your team are all essential skills of a good communicator. Strong communication skills will benefit your employer and will also be useful to you throughout your career. You can leverage them when applying for a promotion or making friends at a new workplace.

Leadership. Leaders understand how to guide people without being bossy and listen to others' expertise and opinions. They're also charismatic and know how to take initiative and bring out the best in people. Companies are always looking to hire leaders because they inspire their team members and give them the confidence to succeed, which in turn helps the whole organization prosper.

Multitasking. This combines other transferable skills, like time management and organization. An important skill in today's busy world—being able to effectively prioritize and triage multiple projects and tasks—can help you stand out. Multitasking means you know how to structure your day and can keep track of moving parts to make everything happen seamlessly.

A great way to develop and practise these skills is with a part-time job, like freelance consulting, tutoring or post-secondary note taking. Another option coming up is working as an enumerator or crew leader for Statistics Canada to collect information for the next census. Applications for these flexible part-time jobs open in January 2021, with start dates in April 2021. Find more information at census.gc.ca/jobs.





About Sainte-Adèle

Chris Lance - Main Street

Tennis-40 has taken over managing our tennis courts, here in our town. The times are changing to online and impersonal, but the powers in Sainte-Adèle have partnered up with a vacant management team. Maybe it's best to go to Mont

Gabriel or InterClub. But we will see what it's like as doubles opened up during the week of June 22. A few sessions and court conditions will be observed before we make the move to better courts.

From the 15 northbound, exit 69 for Sainte Adèle, Sainte Marguerite and Esterel, through route 355, you will notice hundreds of dead spruce trees lining the road. Fir trees are a meal to the spruce budworm, and these brown moth caterpillars are now ravaging Quebec. They feast on buds, needles and cones from balsam fir and spruce until early summer. Every few decades, a critical mass of mature fir, 40 to 80 years old, and caterpillars multiply and devastate the trees. These outbreaks and mass migrations of budworm moths, on windy, summer nights, spread throughout Quebec. The last major outbreak hit in 1968 and lasted until 1987. It has already started in Sainte Adèle in the last few years. Goodbye trees.

Since the reopening of stores and restaurants up here, in the north, we have observed less people wearing masks in the stores and restaurants. Why is that? My guess is people don't think they will catch the virus and just are in denial. In a month's time, we might see a spike in new cases as has been evident south of the border, in California, North and South Carolina and Florida, not to mention 20 other states. The bottom line is no vaccine, little social distancing, relaxed attitudes in the outdoors, visitors and residents seeking lakes, pools and beaches. We want to entertain, so we get lazy about watching how we move about in the summer months.

Here is a little poem written by Hughes, the poet laureate in 1984 who was appointed by Queen Elizabeth II

Who is stronger than hope? Death.
Who is stronger than the will? Death.
Stronger than love? Death.
Stronger than life? Death.
But who is stronger than Death?
Me, evidently.
Pass, crow.

So what happens now with the month of July and presumed warm weather? You can't insist everyone has a test before each visit to your house. You will not see people testing before a tennis match, a bike ride, or a trip to cool off at the lake or pool. We know each sneeze, rash, wheeze, headache, sore throat or upset tummy is surely the pandemic. At least once a day (like a vitamin) you get paranoid about people and how close you are to their maskless faces. Remember, how careful the local depanneur rules were enforced? Now, people barge in and around you and the caged workers are just stocking shelves and taking your credit card. The concept of safety is more and more yesterday, the only change is the Quebec Health Ministry leadership – under her watch thousands and thousands died of the pandemic, including some of our citizens in Sainte Adèle. The system of elderly care, especially in and around Sainte Adèle CHSLD's is mismanaged unsafe worker movement between hot and cold zones, and a lack of testing for both the workers and the elderly population in the CHSLD. What a monumental challenge for the Quebec government – did they fail with elderly? Will it just be status quo once all the Quebec government committees get together and convened and shifting blame perhaps to the federal government as per usual? If only this effort to save lives was about health care and not unions, immigrants, money and ministerial mismanagement.

Wear your mask and protect your family, because it is up to each individual to keep safe because this situation is a long way from over.

Relocation of the orthopedic and plastic surgery services of the Saint-Jérôme Regional Hospital within a new clinic

From July 6, 2020, patients requiring external orthopedic or plastic surgery services will be referred to the new Laurentian's medical and surgical clinic.

By setting up this new clinic, located outside the walls of the Laurentian Integrated Center for Health and Social Services (CISSS), the latter will be able to reclaim spaces within the Hospital in order to meet various needs.

The CISSS des Laurentides is pleased that discussions with orthopedists at the Saint-Jérôme Regional Hospital have led to this partnership, for the benefit of users. Located at 305 rue du Docteur Charles-Léonard, suite 204, near the Saint-Jérôme Regional Hospital, the clinic will maintain the current level of services including consultation services, the plaster room and surgeries without anesthesia.

Users will be able to reach the Laurentian Medical and Surgical Clinic at 450 327-2625.

8 main.street@xplornet.ca



Face covering required in the TCMT buses starting July 13

In compliance with the decision of the government of Quebec, users aged 12 years and older of the Mont-Tremblant public transit system (TCMT) must wear a face covering starting July 13.

A period of fifteen days is anticipated to allow users the time to adapt to this new requirement. Following this grace period, after July 27, persons not wearing the face covering will be refused access to the TCMT buses.

For children aged two to 11, wearing a face covering is recommended without, however, being required. For children under the age of two, the wearing of a face covering is not recommended.

The Ville wishes to remind everyone that those who have symptoms of COVID-19 must not use public transit. Users are asked to respect social distancing at the stops and, when possible, inside the bus.



Visits suspended at the Saint-Jérôme Regional Hospital

As a preventive measure, the CISSS des Laurentides is suspending visits to the Saint-Jérôme Regional Hospital for an indefinite period due to an outbreak of COVID-19. The establishment acts for the health and safety of the most vulnerable people.



Exceptional measures may apply for visitors to humanitarian causes, including:

- End-of-life care (1 visitor at a time)
- Palliative care (1 visitor at a time)
- Birth unit (spouse \ mother's spouse)
- Pediatrics unit (one parent per child)

All exceptions must be authorized by the assistant head nurse. Authorized visitors must respect the protection instructions.

As soon as these temporary measures are lifted, a press release will be issued through the CISSS des Laurentides website (www.santelaurentides.gouv.qc.ca) and its Facebook page. We thank the population for their understanding. For information on COVID-19: 1 877 644-4545

Following the Route des Arts 21st Edition July 10 – August 9

Susan MacDonald

Over the past two decades, Laurentian art enthusiasts have eagerly looked forward to the Route des Arts' annual open-studio art tour, considered as one of the major cultural highlights of the summer. This year, the tour is back for its 21st edition and from July 10 to August 9, local artists will be opening their doors and welcoming visitors to their studios for private viewings of their creative works of art.

This tour is a unique opportunity to enter the world of art, meet the artists personally, and discover the passion and creative sources behind some of the best artistic talent the Laurentians has to offer.

For this edition, fifteen studios will be showcasing various forms of artistic talents ranging from sculptures, forged iron works, unique furniture made from various recycled items, pottery, paintings on stained glass, and paintings, using various mediums such as acrylic, pastels and oils. A profile and sample of each artist's work is available on the Route des Arts website. You may also peruse the advertisement on page 3 for a quick overview.

As part of the tour, 16 urban murals will be displayed along the streets of Lachute and Oka for your enjoyment. Viewers are invited to take photos of their favourites and share them on social media.

For the duration of the event, the Route des Arts Gallery and Boutique, located at 76, rue Clyde in Lachute, will exhibit the exclusive works of 25 members of the Route des Arts. Subsequent exhibits are planned for the future. For those interested in viewing, please plan your visit in advance. The Gallery will be open from Wednesday to Sunday from 11 am to 5 pm.

Throughout the cities of Brownsburg-Chatham, Lachute, Gore, Mirabel, Saint-Joseph-du-Lac, Oka, Saint-Placide and Saint-André d'Argenteuil, signs are now posted along the streets, indicating the locations of the open studios. Please note that all visits will be completely private, by appointment only, and must be reserved in advance. To contact the various artists, please visit the Route des Arts website at www.routedesarts.ca.





Laurentian Personality

Air Bee and Bee Creator- Erika Bruderer

Lori Leonard – Main Street

Erika and her husband Hans Bruderer moved to Ste. Anne des Lacs in 1975 and built their home there. Back then, there was only a dirt road which ended near their home located on the border of Bellefeuille. There were only 4 or 5 homes on Chemin Valbourg and their electricity and party phone lines were supplied by Bellefeuille for many years.



Erika and Hans moved to Ste. Anne des Lacs because Hans worked for an airline located at Mirabel Airport. They are both natives from Switzerland who met in Montreal in 1969.

In 2012, Erika noticed an unusual looking little “house” displayed at the Botanical Gardens that captured her curiosity. She took a photograph of it, tucked the photo away and forgot about it. Soon afterwards, Erika’s daughter from Switzerland came to visit and showed her a photo of an insect hotel. Now Erika understood the photo she took at the Botanical Gardens was also an insect hotel. Erika and her family decided to build one as a family project.

Since then Erika has built several insect hotels, sometimes called “Air Bee and Bee’s. She is often in the forest hunting for natural materials and treasures for her unique creations.

Erika completes her insect hotels in her unheated outdoor workshop, which means it is a summer hobby. Sometimes she finds it difficult juggling her time between gardening, building insect houses, searching the woods for more “stuff” (as Hans calls it) and frequenting the flea markets for treasures. Erika has built insect houses from wooden wine boxes, old wooden drawers and boxes of all shapes and sizes and even used old wagon wheels and yokes.

It usually takes Erika 3 to 4 days to build an insect house, but other times it may take weeks to complete one. She often works on 2 or 3 simultaneously and waits for inspiration. Each insect house is unique, and her inspiration comes from looking at interesting pieces of wood.

Hans usually helps Erika to build the “shell” and Erika completes the rest. Insect hotels are meant to host solitary bees, but can attract lady bugs, spiders, bumble bees or, if you put rocks and dead leaves around it, toads or salamanders. Houses are best kept in sunny, slightly shaded areas and may be kept outside all year. Some people keep them in their garages or on a porch in winter.

Three years ago, the municipality of Ste. Anne-des-Lacs asked Erika to create a large one, which took her the better part of a year to design and build. It stands proudly at 6 feet tall on Île Benoit. She also made one for the Société d’horticulture Tournenvert for the children’s garden in St. Sauveur.

Erika has many interests: gardening, cooking, hiking, woodworking, photography, entertaining, reading, scrap booking, flea markets and garage sales and recently has created masks for family and friends.

Erika says, “Every Air Bee and Bee and garden decoration is a piece of art made with much love and passion.”

Pet Pics

According to the latest statistics registered with the Canadian Animal Health Institute, 41% of households have at least one dog and 38% of households have at least one cat. These figures are the result of a nation-wide survey conducted by Kynetec of over 3,026 pet-owning households and are consistent with historical tracking done by Kynetec (formerly Ipsos) on behalf of the CAHI.

If asked, pet-owners will agree that sharing their home with an animal companion, or two, greatly enriches their lives. They can help you be more social, encourage exercising, which is beneficial to your health, and can reduce feelings of loneliness or depression.

Do you have a photo and short bio of your favourite animal companion to share with our fellow animal lovers?

Meet Mya

Mya arrived as a beautiful, stray over 7 years ago and two days later gave birth to six kittens of assorted colours. From her behavior, this was obviously not her first litter, but it certainly was her last. Over the past years she has been a warm and loving companion, a welcome addition to the family. Her claim to fame: her funny meow, which sounds just like a squeak.



A word from the artistic director

Guillaume Côté

Due to this crisis that we are all currently living through, it is impossible for us to present the 2020 edition of FASS in its usual format. However, our team has conceived of a way to turn obstacles into opportunities and do its best to bring you an exceptional edition focused on Québec’s resilience,

solidarity and creativity. It is with great pride that I announce this exciting project, “A Shared Solitude.”

I have asked 10 Québec choreographers from different generations and styles to create 10 solo works inspired by this pandemic and the profound changes it has wrought. Owing to the special relationship FASS has enjoyed for many years with the Orchestre Métropolitain, I am delighted to have the collaboration of conductor Yannick Nézet-Séguin in pairing up 10 Québec composers with those choreographers.

These new works will be filmed for your viewing and will be set outdoors in Saint-Sauveur wherever possible. They will be aired online throughout the summer, along with interviews that Yannick Nézet-Séguin and I will do with the artists during the works in progress. The idea is to offer an insight into the artistic process during these singular times in our history.

Artists have the power to change the world and bring us together by expressing what we have in common, beyond our differences; their imagination is never limited by quarantine. At a time when everything is in question and we are gripped by uncertainty and anxiety, art provides a breath of fresh air and an anti-anxiety remedy with no ill side effects. Shared solitude is our means to revive hope and demonstrate the power of creation.

I am looking forward to the prospect of all of us, together, following and experiencing the work of 20 remarkable artists, physically separated, but united by the conviction that if art can emerge from constraints, it can certainly emerge from confinement. I am very eager to have you discover these works, which will affirm our humanity and the resources that reside within each of us.

Looking forward to sharing this solitude with you!

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A word from the executive director

Etienne Lavigne

It is with heavy hearts that we must resign ourselves to the fact that the Big Top will not be erected at the Festival des Arts de Saint-Sauveur this summer for our 29th season. We have made this decision in compliance with government orders banning all gatherings, but above all because we want our audiences, the artists and

our team to stay safe.

However, Guillaume Côté’s undimmed passion and faith in artistic innovation have led him to create a new and inspiring project, “A Shared Solitude”, and present you with a special alternate FASS 2020 edition. In the coming months we will be proudly giving Québec and Canadian artists carte blanche to chronicle our history during these difficult times, by creating digital experiences.

Coping with this crisis, while supporting and documenting the creative process, would not be possible without the unflagging support of many organizations and individuals. We wish to thank all levels of government for their support: Heritage Canada, Canada Council for the Arts, Conseil des Arts et des Lettres du Québec, Tourisme Québec, Tourisme Laurentides and the City of Saint-Sauveur. We would also like to thank our corporate partners who believe firmly in our mission and in the power of the arts to serve as a creative balm for our collective pain. The unshakeable trust of our Board of Directors and the generosity of our donors and volunteers are inspiring and I give heartfelt thanks to those treasured allies who enable us to support artists and their work.

Essential workers and the medical community will guide us out of these troubled times and we owe them an immense debt of gratitude. Artists’ strength lies in their capacity to adapt and collaborate. Their willingness to offer light to vanquish darkness gives us hope and fuels our recovery. By sharing our solitude, we know that everything will be all right.

Enjoy summer, but continue to protect yourself!

Summer has just begun and like other vacationers, you are likely looking for things to do. To know what is allowed, click on this link: [Quebec.ca/relevance](https://quebec.ca/relevance)

The success of reopening depends on everyone's commitment to rigorously implementing public health recommendations at all times.

If you have COVID-19 symptoms, **remain at home**, call 1 877 644-4545 and take care of yourself.



Exploring/rediscovering Québec

To safely explore Québec, plan your trips and stays in advance and learn which public health measures have been put in place in the areas you intend to visit.

Check [BonjourQuebec.com](https://bonjourquebec.com) to learn about the attractions you can discover in the regions of the province and take advantage of 25% off package pricing for overnight getaways when you use Explore Québec on the road.

All that's left to do is to choose your destination, and off you go to explore a paradise that awaits you so close to home!

Finding lodging

Various types of tourist lodging are available for rent, such as chalets, ready-to-use campers, yurts and rustic shelters. If you prefer hotels, they are available throughout Québec. Those who wish to sleep under the stars can choose from a variety of camping grounds or outfitters.

Remember how important it is to always follow **all public health recommendations**, including the ones that apply to gatherings and physical distancing.





What's available this summer?

Enjoy the bounty of nature

If you feel the need to chill in the great outdoors, why not take the trail less travelled by hiking, canoeing or cycling? If you enjoy fishing, you can tease the beasts all day long, no problem. Check the list of Sépaq and other Québec trails and lakes—you won't regret it. For more details about available activities and public health recommendations visit sepaq.com/covid-19

Enjoy summer with your family

Are you looking for fun things to do with the family? Try discovering the wild and wonderful animal life at Québec zoos or walk among the plants and flowers in the fabulous public gardens of the province. Whether you are looking to discover the most popular attractions in Québec or little hidden treasures in your own region, don't miss out on savings of 20, 30 or even 40% with the Attractions Passport. Visit Quebecvacances.com to get one.

If your desire is to take a one-day cruise ship excursion, you can do this since July 1, 2020.

Are you a "culture vulture?"

Québec offers many museums and exhibitions for art lovers. Go to musees.qc.ca/en/museums/ to locate your ideal museum and visiting hours.

Enjoying the water

Are you looking for a great place for a tan and a dip in the water? The endless Québec beaches are now available to you—don't miss out! Fine sand, loungers and multi-coloured beach umbrellas combine to offer you so many paradise experiences for the great days of summer.

If exploring lakes and rivers is your thing, you can try paddleboards, kayaks or windsurfing. But always remember to be careful and abide by applicable safety measures. You don't want to risk drowning!

Staying active outdoors and indoors

Do you like to move your body and stay active? Both individual and group sports are now allowed whether they are practised indoors or outdoors. Just put on your sneakers and get moving!



Savouring local products

If you have a taste for discovering local products, you can visit craft food makers and tourism farms near you.

But you will be able to feast on local products on restaurant patios. In open restaurants, 2 metres physical distancing measures or physical barriers between customers (except for people who live under the same roof) have been put in place to limit contagion.



Spending time with friends and family

From now on you can invite guests to your home, on condition of abiding by all **public health recommendations**. Gatherings must be limited to no more than 10 people and a distance of at least 2 metres must be kept between people who are not from the same household. Furthermore, it is requested that they include people from no more than 3 households.

We are counting on everyone to find solutions that keep the danger of the virus spreading as low as possible. This could include writing the name of each guest on their personal glass and serving in plates or bowls that are unique to each household. Be creative!



Enjoy summer!

Being watchful will help the good times stay safe.

This fact sheet is based on information that was available on June 25, 2020. The situation can evolve quickly and changes may occur, so please visit the following website to be sure you have the latest available information: Quebec.ca/reliance

Quebec.ca/coronavirus

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**This Summer, let's celebrate
our pride to be Canadians!**

Stéphane Lauzon
Member of Parliament
Argenteuil—La Petite-Nation

Stephane.Lauzon@parl.gc.ca
(450) 562-0737

Arundel News

Janet Thomas



NEWS FROM ALBeRo

ALBeRo, the association for Beaven and Round Lakes, welcomes new members. Membership for the year 2020 is free. To join, please contact Pat Champagne at treasurer@albero.com

Preserving our Lakes: Lake Round and Lake Beaven are infected with the invasive species called Eurasian Milfoil. This pestilence is aggressive. Its rapid spread kills native water weeds and suffocates fish. If broken, each 2 cm piece will grow a whole new plant. To avoid motors and paddles breaking off pieces and spreading the problem, we have marked the colonies with yellow buoys and floating signs. Please stay outside the defined areas.

Help to prevent infecting our lakes with additional invasive species, and to avoid spreading the milfoil to other lakes by washing your boats, motors, and trailers thoroughly before and after launching. ALBeRo provides free boat washing at the Montcalm Town Hall.

Review of the Health of our Lakes: ALBeRo partnered with the municipalities of Arundel and Montcalm to hire professional biologists to study factors affecting the health of our lakes. The results will be shared with the public when COVID restrictions are lifted.

ARUNDEL FARMERS' MARKET

Arundel United Church
Every Saturday, 9 am to 2 pm

Good news! Regulations now allow the participation of artisans in public markets. If you would like a table, please email Janet Thomas at janet.thomas700@gmail.com

Arundel farmers offer a wide variety of organic foods:

- farm-fresh organic vegetables
- seasonal fruits
- breads and baked goods
- cheeses: sheep, goat, cheddar
- meats: beef, pork, lamb
- wild mushrooms and garlic
- local honey and maple products
- olive and saffron products
- jams, jellies and relishes
- artisanal soaps and skin-care products

YES

*Successful futures
start with YES*

Making it Work in the Laurentians

5 tips for writing effective grant applications to help fund your art

Maya Khamala

When it comes to writing grant applications, patience is your friend. It's a lengthy, highly competitive process, and can take several attempts to see a return. While many would prefer to spend time making art rather than securing funding, the truth is that one is made a lot easier with the other. Here are 5 tips for writing effective applications:

1. Understand your project

Before you start researching and applying for grants, clarify your project on paper: your ideas, what kind of project you're creating, any collaborators, where your art will be available, your budget, and the real clincher - why you're doing it.

2. Get a lay of the funding landscape

Identify your discipline (i.e. writing, dance, film) to narrow down your funding options. Then, create a calendar of grants and deadlines and keep it updated. Regularly visit funder sites, attend events (such as Canada Council for the Arts information sessions), and join relevant mailing and membership lists to stay on top of new funding.

3. Familiarize yourself with the application process

Once you've chosen a funder, understand what kind of projects they fund, who they've funded before and how often, as well as any specific protocols to be aware of. If you're unsure your project meets eligibility criteria, call the agency program officer for clarification.

4. Know your jury

Most sources of arts funding are transparent about how their decision-making process works. Their jury may be made up of artists (peer-to-peer), business leaders, or community members, among others. Think about who will read your application, and write it for them.

5. Dominate the Application

When you're finally at the form-filling stage, remember the following:

- Choose your title carefully, making sure it reflects your project.
- Your project summary (usually ~200 words) is crucial and should clearly capture the nature, context, format, and essence of your project. Respect word limits and avoid jargon. Emphasize what makes your project compelling, unique, and important.
- Focus on one idea per paragraph in your project description (usually 1-4 pages).
- Your budget and timeline should be clearly broken down and easy to read.
- Funders may also request additional information such as an artist bio, a description of techniques and materials, letters of support or intent, or collaborator CVs. Find out what documents will be requested well in advance!

The toughest part of applying for arts funding is starting. Once you have a draft, consider enlisting the help of an editor to make sure your application communicates your project clearly. Remember, it gets easier every time, and your chances of getting that grant increase with experience. There is always new funding available and it's never too early to start your application!

What the Pop! offers artists the chance to learn about organizing their own pop up markets and events, including funding applications. Visit yesmontreal.ca for more information and follow them @YESMontreal for the upcoming call for submissions!

Having fun at home

By Lori Leonard

Due to Covid-19, most of us will vacation at home, or close to home, this summer. Here are some ideas to keep you and your family busy having fun.

Movie Night: Hold a family movie night. Bring out your popcorn maker. Let the kids choose their favourite topping. Include cheddar cheese powder, cinnamon and sugar, or have them invent their own unique topping.

Learn how to play an instrument: Whether you have always longed to play the guitar, ukulele, harmonica, flute or harp, this is a good time to learn how to play. You can take on-line courses to learn more about the instrument of your choice.

Take an on-line university course: Do you have any special interests? Indigenous studies, music, art or literature? Have you always wanted to learn French, Spanish or another language? Or take business classes to enhance your knowledge. Check it out. Many courses are free!

Family Craft night: Have you or your child wanted to learn how to knit, paint, cork, sculpt, crochet or colour? Take some time to learn a new craft. Make a project, which can be used later as a special gift for someone.

Use **Alexa or Google Home device** to play family games. There are so many quizzes and trivia quizzes that you can play with family or friends, just Google the games that you can play with these devices.

Outdoor activities: With social distancing, there are still many games that you can play outdoors together such as darts, croquet, badminton, lawn darts and Frisbee.

Pot Gardening: Help your child to plant veggies, such as peppers, cherry tomatoes, lettuce or herbs in pots on your deck. You can purchase or build wooden garden boxes to hold these plants. Plant sunflower seeds and watch them grow into gigantic, happy-looking flowers.

Culinary Trip for a night or weekend: Do you enjoy Mexican, Russian, Chinese or Italian food? Choose recipes, decorate your surroundings and listen to music that matches the ethnic meals you choose.

Pitch a Tent Night: If you have children who like the outdoors, pitch a tent in your back yard. Use the barbecue to cook breakfast, lunch or dinner. Build an outdoor bonfire, tell spooky stories or stories about family members. Make some Jiffy Pop or Smores using the bonfire. Allow the kids to sleep in the tent, with sleeping bags. Be sure to provide flashlights!

Whichever idea you choose, have fun, be creative and enjoy the time with your family and friends!



From the Kitchen

Mango salsa

April Sirois

This month in my regular column, Real Wine for Real People (see page 18), I discuss pairings of light wines with summer foods. Here is an amazing salsa recipe that is a delicious alternative to the traditional tomato variety.

Ingredients

- 1 small red onion peeled and diced
- 1 small sweet red pepper diced
- 1 avocado peeled and diced
- Juice from ½ a lime
- 1 Tbs. liquid honey
- Dash of hot sauce
- ¼ cup cilantro (optional)
- Salt and pepper to taste.

Directions

Mix peeled and diced onion, pepper and avocado together in a med bowl. Add lime juice, liquid honey and cilantro (optional) and mix well. Add salt and pepper to taste. Chill for 1 hour in the fridge before serving on grilled pork, chicken or fish, or with your favourite tortilla chips.



Lyme Disease

From the Centers for Disease Control and Prevention

Lyme disease is the most common vector-borne disease in the United States. Lyme disease is caused by the bacterium *Borrelia burgdorferi* and rarely, *Borrelia mayonii*. It is transmitted to humans through the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks. Laboratory testing is helpful if used correctly and performed with validated methods. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics. Steps to prevent Lyme disease include using insect repellent, removing ticks promptly, applying pesticides, and reducing tick habitat. The ticks that transmit Lyme disease can occasionally transmit other tick-borne diseases as well.



Tick Removal and Testing

If you find a tick attached to your skin, there's no need to panic - the key is to remove the tick as soon as possible. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers work very well.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

Note: Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible—do not wait for it to detach.

Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

For more information on Lyme Disease, please visit the Centers for Disease Control and Prevention's website: <https://www.cdc.gov/lyme/index.html>

From the Kitchen

Air drying herbs

Susan MacDonald



Air-drying herbs is one of the easiest ways to dry herbs at home and with just a little time and effort, your summer harvest will provide you with fresh herbs to use throughout the winter. You can either air-dry herbs in bundles, which will take longer, or spread them out over racks, which will dry your herbs faster, and with less chance that they rot or mold before being completely dried. Herbs can also be dried in the oven. This method is best suited to robust herbs, such as sage, mint, rosemary, and thyme.

Top Herbs to Dry:

Bay Leaves: flavour starts off with a menthol-like scent and taste, however, if you simmer them long enough, they change to a more tannin back note. Adds great flavour to soups and stews.

Dill: Leaves are aromatic and tangy. Seeds are also delicious and can be used on their own. Great for a dash of added flavour to many dishes. Drying the delicate, narrow leaves in a paper bag works well.

Lavender: Very aromatic even when dry. Flowers are used for cooking and work well in savory dishes such as pork tenderloin or to enhance desserts. Drying time is long, up to a few weeks.

Lemon Balm: Lacks the tang of lemon verbena or lemongrass but dries much better and retains its natural lemon flavour. For best flavour, harvest before flowering to retain the highest concentration of oils. Preserves best when air-dried or in a dehydrator.

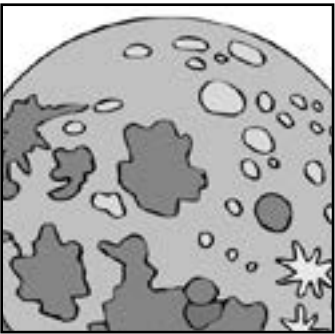
Oregano: Dried oregano tastes better than fresh as the drying process concentrates the scent while lessening the bitter, hot flavour of fresh leaves. Easiest herb to dry, simply hang the harvest upside down until dry and then run your fingers down the stems to crumble the leaves into your dishes.

Rosemary: Dries well but becomes tough and brittle so best to grind when dry to avoid the unpleasant texture. A more mellow flavour when dry, but still powerful, so start by adding tiny amounts to your recipes.

Thyme: Flavour of thyme becomes more delicate when dried, but will require larger amounts in your recipes than when used fresh. Easy and quick to dry. To retain oils, aroma and flavour, leave the stems intact until use and simply run your fingers down the stem to remove the leaves.

You can dry any herb you choose, but some retain their flavour better when frozen instead. These delicate herbs include basil, chives, cilantro, parsley, and tarragon.

To freeze herbs, chop them finely and place them into an ice cube tray. Cover completely with extra-virgin olive oil, and freeze. When the cubes are completely solid, place them into a plastic bag, and keep in the freezer until ready to use.



Zach Factor Contact! What next?

Lys Chisholm & Marcus Nerenberg -
Main Street

Now, in a freaky revelation, astrophysicists from observatories around the world are publishing a collection of mysterious data on FRB (Fast Radio Bursts), situated beyond the center of our Galaxy, in a consistent location, within the Constellation of Auriga - aimed towards us. The confusing element is that it took astrophysicists five years, due to overwork and lack of time, to properly analyze data, to realize that these bursts were occurring in the same place. Recently, Lowell astrophysicists have noticed these radio waves have patterns. In what should have been one-time bursts (so powerfully self-destructive at 100 times greater than the radiation issued by our Sun in 100 years), these bursts are periodic ‘repeaters’ and occur in odd stop and start cycles, as if they are trying to get our attention.

For most scientists, the concept of Extra-terrestrial Intelligence (ETI) beyond Earth still puts them outside the Venn diagram of possibility. Yet, in 1961, Astronomer Frank Drake proposed an equation to estimate the number of civilizations in our galaxy that produce radio waves. He believed we could detect other advanced civilizations with our radio and optical telescopes. Drake and colleagues founded SETI, an acronym meaning the Search for Extra Terrestrial Life. With a link of dish satellites from around the world, SETI initiated a proverbial search for a radio signal ‘needle’ in the haystack of our universe. And other countries soon followed. From the very moment Marconi activated his invention of the radiotelegraph, we have been sending signals out into space. Since that time, our planet has been like a giant telephone ring that is only getting louder. It is only natural to think that someone picked up the receiver and said: Hello?

As well as using our planetary ears, the Keplar Telescope was launched into space in 2009 to become our eyes. In 1983, William Borucki at NASA's Ames Research Center studied the potential of finding Earth-size planets beyond our solar system by searching for the slight dips in starlight as a planet crosses in front of its star - a method called "transit photometry." His work evolved into the launch of the Keplar Telescope and, after a nine-year mission, the Keplar Team discovered the most comprehensive and detailed catalog of exoplanets. Of those, there are 30 near to us that fill the criteria of potentially sustaining human life, not too hot, not too cold, called the Goldilocks Zone. They may be occupied.

What if we make contact? What’s next? Many scientists have not broached this subject due to the voluntary censorship in compliance with those in authority and possibly huge cost to their careers. Ignoring reports from around the world, scientists have looked away from evidence of advanced civilizations as found in impossible stone constructions, in ancient carvings and glyphs with helmeted humans and non humans, in mass UFO sightings worldwide and recurring sightings at military bases, reported (and hidden) crash sites, like Roswell NM, in millions of contactee and abductions reports with similar descriptions, and even in the 2019 US Navy formal admission of extended tracking and monitoring of UAP (UFO nomenclature) with capacity and speeds far exceeding any known technology on Earth.

Science has moved at a snail’s pace to confirm what so many already know. Those who have examined the reality of ETI contact (Baum,Haqq-Misra,Domagal-Goldman; Acta Astronautica, 2011), are genuinely concerned. Some propose that it is ETI civilizations themselves who have requested anonymity for obvious reasons. Contact with ETI can profoundly affect our planet, our global cultures, and our religious institutions and potentially our health. Others believe ETI silence exists because they do not want to be worshiped again as in “cargo cults”. Our own human civilization remains warring and primitive; our technology may be a threat to them and our attitudes towards our own races, equality and sharing of resources reflect a less than civil welcome for any new races from off planet.

So, like the Who on Horton’s flower, it may take every one of us, working together in cooperation, before we take that important first step from Global to Galactic Citizens. The Pandemic, if anything, has been a critical step in planetary respect and cooperation for all of us.

Stay well, stay safe Zackians!



The Arecibo Observatory in Puerto Rico. Observatories here and around the world have detected powerful periodic bursts of radio signals coming from outer space. Recently, six more mysterious signals called Fast Radio Bursts (FRB) have been traced coming from the same location. Photo credit: Wikipedia



The Story Behind Our Tower of Babel

Joseph Graham - Main Street
joseph@ballyhoo.ca

Over the last six weeks, I could not connect to themainstreet.org. It was frustrating to be writing for but incapable of seeing the published site. After a lot of work with Main Street’s tech man, Glenn Holland, and with cooperation from the company that supplies me with access to the internet, Glenn found the solution. Bravo. Not only was a problem solved but I also found a new friend. One of the techies who tried to help me said that he’d never heard of Main Street. How important could it be?

Yes, it’s true, the internet is huge. Back in 2003 after my mother died, I entered the word “daredevil” into one of the earliest search engines, created by McGill University. Anyone who knew her would feel that described her well. I got less than a dozen hits and several were for her. Entering the same thing in Google today, I got 145,000,000 hits in less than a second. How could I explain to the young techie why one single URL, one website that he had never heard of was important to me? If one doesn’t work, blow it off. There are so many to choose from that do work. No great loss.

It all reminded me of a strange insight that has flashed through my mind from time to time. In the Old Testament, one of the stories is called “The Tower of Babel.” It is Genesis 11:1-9 and is only 200 words long:

¹¹ Now the whole world had one language and a common speech. 2 As people moved eastward, they found a plain in Shinar, and settled there.

³ They said to each other, “Come, let’s make bricks and bake them thoroughly.” They used brick instead of stone, and tar for mortar. 4 Then they said, “Come, let us build ourselves a city, with a tower that reaches to the heavens, so that we may make a name for ourselves; otherwise we will be scattered over the face of the whole earth.”

⁵ But the Lord came down to see the city and the tower the people were building. ⁶ The Lord said, “If as one people speaking the same language they have begun to do this, then nothing they plan to do will be impossible for them. 7 Come, let us go down and confuse their language so they will not understand each other.”

⁸ So the Lord scattered them from there over all the earth, and they stopped building the city. 9 That is why it was called Babel—because there the Lord confused the language of the whole world. From there the Lord scattered them over the face of the whole earth.

There is nothing to say that the Lord was Good. It seems that this lord was not acting alone either, but They were powerful. A common interpretation of the story suggests that this is an old myth describing why different nations speak different languages. That might satisfy a child’s question, but the Lord’s reason for destroying them was one suggesting fear: If as one people speaking the same language they have begun to do this, then nothing they plan to do will be impossible for them. That was the grounds for finding a means to stop them. The ancient Hebrew writer must have taken some glee at the downfall of the tower. Was Babel somehow related to the great power of Babylon that the tiny Hebrew theocracy lived in the shadow of? Another interpretation was as a warning that people should not aspire to compete with the gods, but should live within their means, should be humble and know their place in nature.

The strange insight I had was that I saw the parallels with us today. We aspire to compete with the gods and live beyond our means. While humility is grudgingly admired, our place in nature is considered only in terms of our clever ability to beat the odds against being put in our place. We have built the fabled tower, not out of brick and tar this time, but as a scientific structure that seems capable of holding its own at the table of the gods. The same language that we speak and have spoken during this construction cycle is appropriately abbreviated as STEM, like the stem of a massive branch of a tree-like structure. It stands for Science, Technology, Engineering and Math. This fascinating language has even developed the equivalent of a priestlike hierarchy of knowledge. We are so clever that we have created a means of communication that can tell us in less than a second how many websites there are that mention the word daredevil. In fact, we have created one website for every four people in the world.

What could possibly go wrong? We even have our choice of social networks, newscasts, languages and stupid ideas from thousands if not millions of websites that will show us in clear, real web pages just how right we are. We have created alternate truths. We have demonstrated that we do not need gods or priests. In fact, there are too many websites that will prove to you, if you have an open mind, that the STEM high priests are a bunch of lying, deceitful, greedy manipulators. We didn’t even need the intervention of the Lord to confuse our language of the world.

The STEM is broken and all that remains is for our Tower to fall, but we can cushion the fall by looking after our own local community. That’s why themainstreet.org is important. We must keep it going because, of the 1.7 billion websites in the world, this one has a vocation of looking after this, our own local community.

When you finish this article, please tell me. My email is above. And sign up for the Main Street newsletter.



Garden Talk

Water wisdom

June Angus - Main Street

Only a few weeks into summer, we’ve already had three long, hot spells and not quite enough rain, which makes it hard to keep gardens well watered. Many municipalities already have general watering bans in effect, and households with wells must be mindful of not depleting that precious resource. More long, hot spells are in the long-range forecast. Periodic thunderstorms with heavy downpours will only provide short-term fixes.

Here are some options to help your garden make it through a long, hot, dry summer successfully.

Conserve water with a rain barrel: Connecting a rain barrel to your eavestrough downspout allows you to naturally collect runoff water and store it for later use on gardens and lawns. You can make your own, or buy a rain barrel from construction or garden centers. If your property has a pond or lake access, you can also use these water sources to manually top up a rain barrel.

Slow and steady watering: Whether watering by hand, with sprinklers, or using drip irrigation lines, apply water at a slow enough rate to allow the soil to absorb it. If applied too fast, water will run off and be wasted before it can soak into the ground. The best time to water is early morning before the intense heat of the day. Early evening is OK too but leaves and flowers need enough time to dry before it cools off for the night. Cool, wet conditions are prime for developing mildew and disease.

Mulching: Add a thick layer of mulch to your flowerbeds, around ornamental trees and shrubs to keep the soil cool and cut down on the amount of water that evaporates from the soil surface. Fine-textured mulches, such as shredded hardwood, will conserve moisture better than coarse-textured materials, like bark chips. The bonus gained by mulching is weed control, along with less erosion and reduced soil compaction when there are heavy rains. Natural, organic mulches can also be applied to a vegetable garden.

Pruning: During a drought, avoid pruning shrubs and trees. While pruning is normally a good practice, it adds stress to a plant and encourages new growth that increases demand for water. Some selective pruning may be necessary when a plant shows signs of leaf-scorch or dying branches. In this case, pruning helps reduce the plant’s demand on the roots for water.

Lawn care tips: During hot, dry spells, cut grass less frequently. Raise the mower blade to keep the grass a little longer and leave the clippings where they fall. Don’t fertilize as this increases demand for water and risks “burning” the lawn. If you have a healthy, established lawn, a little drought won’t be too harmful. Turf may go dormant as a defense mechanism and can tolerate up to 4 to 6 weeks of dry conditions before any long-term damage occurs. It will brown as part of the dormant state. While not pretty, dormant grass is tough and will survive. However, high traffic or poor soil conditions will take their toll on a drought-stricken lawn.

Unfortunately, if you’ve already laid sod or seeded new grass this year, you’ll need to water often, especially in hot weather whenever there is a lack of rain. Do this early morning, or early evening, to minimize evaporation. Otherwise, wait till cooler temperatures arrive in August for serious lawn repair work. Make sure the soil below any new turf is rich with organic materials and compost to allow the new lawn to take care of itself in the future with minimal or no fertilization.

Bountiful sunshine and hot weather are generally good things for growing great flowers and edible crops. But, if there isn’t enough rain, you’ll need some mindful watering strategies to ensure that your gardening season is a success.



Word Play

The shape of things

Louise Bloom - lousebloom@me.com

Over the years, various artist friends have confided in me the same secret; that their artwork often discloses unanticipated yet critical information only once it has been finished. I, too, have had this experience. As artists, we sometimes find ourselves inspired to create an image without initially understanding the latent mystery or message that it will eventually contain.

In 2008, I began an acrylic painting across 4 small, square canvases of interlocking shapes in red, green, white, and burgundy. The shapes were all geometric. At the time I saw the work as “elemental,” a close-up of basic building blocks. I enjoyed the composition, yet found myself wondering about its genesis. Since my work up until that time had generally been figurative, I was stymied by my impulse to experiment with shapes in this way. And so, I piled up the little canvases, still in sketch form, and closed them away, routinely shuffling them into different storage locations.



Recently, I have written here about elements, the building blocks of “stuff.” I find myself returning to ideas of the essential—the fundamental shape of things, and how under observation these basic forms always shift. Notions of “essential” and “non-essential” have taken on new meaning throughout the pandemic, as we’ve been asked to reflect on who is considered to be “essential”—front-line workers, like nurses, doctors, pharmacists, farmers, grocers—and what activities are “non-essential”—working in offices, travel, large-scale entertainment.

We are experiencing a time in which the very things we have always taken for granted are shifting in both subtle and drastic ways, and it is unlikely that we will simply return to the “original” shape of things. One of our most essential human activities, the dynamic act of interpretation—that is, our active efforts to give meaning to and understand the present moment—is eluding our grasp.

The long-term, necessary confinement we’ve endured as a result of COVID-19, has forced us into a state of contraction, where we have been pulling our essential selves inward toward safety. This internal shapeshifting has become a new reality. In this new state of heightened awareness, I notice how, when I experience minutes of emotional discomfort, sadness, or confusion, I seem to slow down enough to watch how the feelings, left to simmer, alter, change, and then release rather quickly. In my new slower life, my braver and gentler self seems to be getting a chance to flourish. As each moment shifts, so does my perception. Reality becomes kaleidoscopic, and impermanence is the only clarity I can embrace.

In the last few weeks, I’ve returned to the four little canvases and their geometric shapes. Geometry is traditionally understood as the building blocks of tangible, “permanent” structures. As I neared completion, I put the work on the floor to give myself another point of view. All at once, it became apparent that all the shapes were moving “off-screen.” Each geometric shape defied containment, as their boundaries exceeded the edges of the canvas. The shapes, partial and untethered, were suddenly open and communicating with the invisible. Unable to see beyond the boundaries of the work itself, I was confronted with the specter of uncharted paths.

As we move forward into the unknown, this little painting now speaks volumes to me about the human proclivity to continually ask “What lies over there?” and the propensity to keep seeking and discovering new essences.

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

HALE, Geoffrey 1954-2020

Geoff, longtime loving husband to Kathleen Harrower, and wonderful father to Caroline, Emily and Patrick, passed away from a battle with cancer on June 27, 2020, in his beloved home on Lac Louisa. He will forever be remembered for his goofy smile and sense of humour, and his memory will live on with every sunset on the lake, and with each wave that reaches the shoreline. His life will be celebrated privately with family at a later date.



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Upcoming Activities

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

Coffee meeting for mourners
In the context of current confinement, we offer people in mourning meetings by videoconference to talk and share with people living a similar experience: MRC des Laurentides and Antoine-Labelle South:
Tuesdays every 2 weeks: 1:30 pm to 3 pm.

Comforting tea for people with cancer or in remission
Videoconference meetings for people with cancer or in remission to share and explore multiple approaches that can help you navigate times of great change. MRC des Laurentides, Pays-d'en-Haut and the south of Antoine-Labelle.
Every 2nd and 4th Friday of the month: 1:30 pm to 3 pm.

Loving loved ones, meetings for caregivers
Caregivers are invited from home, by phone, tablet or computer to join our videoconference to share their experiences. Laurentides, Pays-d'en-Haut and Antoine-Labelle MRC:
Every two weeks, Thursdays: from 10:30 am to noon.

Regenerative Yoga for People with Cancer, Caregivers and Mourners
Service offered by videoconference to allow

you to maintain a feeling of balance, relaxation and flexibility without moving. MRC des Laurentides and Antoine-Labelle South: Mondays: 9:30 am to 10:45 am. Pays-d'en-Haut MRC: Mondays from 1:30 pm to 2:45 pm.

End-of-life support service
We offer an in-person support service for people at the end of their life in the municipalities of the MRC Laurentides, MRC in the south of Antoine-Labelle and MRC des Pays-d'en-Haut.

Individual support for those in mourning
We have a team of volunteers trained to support, by telephone or videoconference, the mourners in our territory of the MRC des Laurentides, MRC des Pays-d'en-Haut and the south of Antoine-Labelle.

Telephone listening service
We offer a telephone follow-up service for people with cancer, caregivers, people at the end of life and mourners living in the MRC des Laurentides, MRC des Pays-d'en-Haut and southern regions of Antoine-Labelle.

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

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

Tremblant Resort increasing its terraces' visitor seating capacity

The Ville de Mont-Tremblant is expanding its initiative to stimulate economic activity by emphasizing the tourist and Resort aspect, focusing on the pedestrian village located at the base of the Tremblant Resort slopes. Temporary terraces, protective measures, a subsidy program and relaxation of bylaws are among the measures being taken. Read the full press release in our July newsletter.

The English Link

Empowering women to walk away

Andie Bennett

It is not often that you find a completely bilingual website for essential services in the Laurentians. L'Ombre-Elle is a rare exception. L'Ombre-Elle offers help and accommodation to women, with or without children, who are victims of domestic abuse. Chantal Hachey is a counsellor and prevention awareness worker and tells me that making sure they can offer service in both official languages is "absolutely essential. We tend to think of the Laurentians as just French speakers and we have to open our eyes." Opening eyes is, in fact, a big part of Chantal's job at L'Ombre-Elle. She runs workshops at adult education centres in Sainte-Agathe, Mont Tremblant and Sainte-Adèle. The goal is to demystify domestic abuse and educate people on how to spot the difference between an arguing couple and conjugal violence.

There are certain criteria that set off alarm bells, but she tells me it is not always as black and white as it seems. The grey area is rife with subtleties. A certain look, a comment, a power imbalance, certain things that society has taught us to accept or ignore since we were small children. At L'Ombre-Elle the goal is about giving the power back to the women who are seeking help. To try and pull them out of the orbit of abusive men and help them connect to the essence of who they are as individuals. Chantal says this is why the initial welcome offered at l'Ombre-Elle is so important. Looking a woman in the eye and asking how SHE is can be crucial for someone who has long put the needs and desires of another ahead of her own.

L'Ombre-Elle has different levels of service to help women looking to get out of abusive relationships. There is the shelter in Sainte-Agathe, with 7 rooms that can accommodate 13 people, including children. During the early days of Covid, they worked with other shelters to set up a temporary refuge in Saint-Sauver, to allow a 14-day quarantine, before moving to another shelter.

They also offer plenty of services without accommodation, such as group meetings, support for legal procedures, a 24-hour phone service, always following the rhythm of each individual woman. Chantal says this can often take time. "Guilt and shame are big hurdles to overcome." Building up self-esteem is a long road but L'Ombre-Elle will walk it with you.

L'Ombre-Elle is also looking to partner with SWLSB to start offering prevention and awareness workshops in English high schools in the future.

<https://lombrelle.qc.ca/en/home-2/>

SOS Domestic violence: 1 800 363-9010

Essential Oils

Mocktails, cocktails and essential oils

Susan Rich

One of the best parts of summer, besides the hot days, the cool lakes and the outdoor fun, is the refreshing drinks we get inspired to make. I love using my essential oils to pack a punch of flavour in my cocktails and mocktails.

Did you know that it takes 6 lbs of lime rind to make one 15ml bottle of essential oil? So, you can just imagine how concentrated the oil is and how much flavour you get out of just one drop. Gone are the days when I bought limes for my corona beers. I add one drop into the bottle and its bottoms up for a delicious treat. Of course, when we use real fruit juice, we also get the texture of the pulp, which can add to the experience of the drink. Below are some fun recipes you can try this summer. For all recipes, fill shaker with ice and or pour over ice in a glass.

Margarita (cocktail/mocktail)

2 oz blanco tequila (replace with sparkling water for a mocktail version)
2 fresh-squeezed limes
1 squirt agave
2 drops wild orange essential oil*
Garnish with Himalayan salt rim

Refreshing cocktail/mocktail

2 oz blanco tequila (replace with sparkling water for a mocktail version)
3 oz cucumber juice (process cucumber in a high-speed blender)
1-2 fresh-squeezed limes
1/4 teaspoon rose water (bought in specialty stores)
1 squirt agave
1 drop grapefruit essential oil*
1 drop tangerine essential oil*
Garnish with a cucumber slice.

Marmalade Zing cocktail/mocktail

2 oz dark rum (replace with sparkling water for a mocktail version)
3 oz fresh-squeezed orange juice
1 teaspoon local honey
1 teaspoon apple cider vinegar
1 drop black pepper essential oil*
1 drop wild orange essential oil*
Garnish with orange zest and a pinch of black pepper

I cannot stress enough the importance of purity when ingesting essential oils. Please read your labels. Use only oils intended for internal use

For more information on how to use essential oils please contact me at 819-421-2253 or on Facebook at Éducation Publique Living Essentials Public Education

16 main.street@xplornet.ca

July 2020

MAIN STREET



Main Street Money

Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Decoding financial jargon

How to understand the language of finance like a boss.

DOES THIS SOUND FAMILIAR? A colleague is talking to you about the alpha of one of their investments. You nod your head, but your eyes gloss over. The discussion ends and you wonder what you just had a conversation about.

Finance-speak can be confusing to many of us. There are a lot of complicated words or terms used to explain some of the simplest concepts. Becoming more familiar with these terms can help you better understand your financial situation and give you more confidence when speaking with your advisor.

Here’s a useful glossary – in plain English – to help you get started.

Alpha: It’s not just the first letter of the Greek alphabet. In finance, alpha is a measurement of how an investment performs compared to a benchmark index. Say your investment in a U.S. equity fund returns five per cent, while the S&P 500 Index earns one per cent – the alpha is four, because your investment outperformed the benchmark by four per cent.

Annuity: A contract between you and an insurance company. You make a lump-sum payment or series of payments, and in return you get a set monthly income for a set period.

Asset allocation: The strategy of dividing investments among different asset categories, like stocks, bonds and cash.

Beneficiary: The person(s) named on your life insurance policy, or segregated fund contract, to receive the death benefit when you die. Registered Retirement Savings Plans and Tax-Free Savings Accounts also have beneficiary designations.

Beta: A measurement of the volatility of an investment compared to the market. The beta of the overall market is 1 or neutral. An investment with a beta above 1 is more volatile than the market, while lower than 1 is less volatile.

Bond: Companies and governments issue bonds to fund operations, innovate and grow. When you buy a bond, you are essentially loaning money to the issuer, which promises to return your money by a specific date and pay you interest for that period.

Capital gain/loss: Simply put, the difference between the price you paid for a property, or an investment, and the price you sold it for.

Commodity: A basic good, raw material or agricultural product that can be bought or sold on the market, like gold, sugar or grains. Some financial and technological products can be commodities, such as foreign currencies or cellphone bandwidth.

Compound interest: The interest calculated on the initial principal of a loan or deposit, plus all the accumulated interest. In other words, it’s interest on interest.

Dependant: A person eligible to be covered by you under your benefits plan, for example, your spouse or child.

Dividend: Money an investment fund or company pays to its shareholders, usually from profits, and expressed on a per-share basis.

Exchange-traded fund (ETF): A basket of securities (which can include stocks, commodities or bonds) that trades on an exchange. The price of an ETF’s shares will change throughout the trading day since they are bought and sold on the market.

Living benefits insurance: Insurance that provides the benefit while the insured person is alive, such as critical illness, disability, long-term care, health, dental and travel insurance.

Mutual fund: Pools of money contributed by investors with similar investment goals and managed by investment professionals. Mutual funds typically invest in bonds, stocks or both, depending on their investment objectives. Unlike ETFs, mutual funds are priced once a day.

Portfolio: A group of investments owned by one organization or individual and managed as a collective whole with specific investment goals in mind.

Rider: An optional addition to an insurance policy to provide protection, for an additional cost, for risks not covered in the basic policy.

Segregated fund contract: A pool of investments held by a life insurance company and managed separately from its other investments. Segregated fund contracts combine the growth potential of investment funds with insurance protection – you are guaranteed to receive at least a set percentage of what you’ve paid into the plan on death or maturity (less any amounts withdrawn), even if the investments have dropped in value. Segregated fund contracts also offer useful estate planning features and potential creditor protection.

Stock: Companies issue stock to raise capital. In return the stockholder is given a proportional share in ownership of the company. This comes with a proportional voting right to determine how the business is run and a right to receive dividends, if any are paid.

Volatility: The amount and frequency by which an investment fluctuates in value.

Yield: The earnings generated by an investment expressed as a percentage of its market value over a specific period. Only an investment that pays interest income or dividends can have a yield attributed to it.

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- Listen to TED Talks or podcasts by personal finance experts
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WHAT IS THE REPO MARKET?

You may have heard the term “repo market” a lot in the news last fall and wondered what it was. An obscure part of the financial system, the repo market is almost like a giant pawn shop. “Repo” is short for repurchase agreements – short-term loans (with collateral), often made overnight. The way it works is one party lends cash to another and earns a small amount of interest. The borrower secures the loan by posting a security (typically a bond) as collateral. The borrower repurchases the security the following day at an agreed-upon price.

In the Canadian repo market, large banks do the borrowing and large investment institutions, such as pension funds, do the lending.

Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.

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

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Real Wine for Real People Summer wines

April Sirois – Sommelier - ISG

Summer is here, and with it comes the simple pleasure of a glass of wine and dinner on the patio with friends. With the summer heat, we will most likely be turning towards lighter foods and be cooking outside on the barbeque, grilling meat and vegetables, and preparing cool, crisp green salads, creamy potato or macaroni type salads. With these lighter textures and flavored foods, we should also start to look for lighter wines to pair them with.

I still like my bold, red wines, but find that I enjoy them more after dinner in the summer, as a digestive, rather than having them overwhelm my meal. If you have ever tried to pair a big, red wine with a plate of crispy, lemony calamari, you will understand the importance of good food and wine pairings. I eat a lot of sushi and seafood in the summer, so I do tend to reach for light, lean, whites and drier rosé wines.

One of my favorites, that I have been enjoying for a very long time, is the light pink, slightly fizzy, medium acidic, Mateus from Portugal. It's reasonably priced (right around \$11) and comes in the squat little potbellied bottle. You would be surprised how many sommeliers have this as their 'go to' weekday summer wine. Don't be fooled by the low price on this underappreciated wine. Like most wine from Portugal, there is great value in that bottle. It's perfect with most summer food, like seafood, grilled chicken, even mayo- based salads, pork ribs, sushi and poke bowls. Where this wine really shines is with salty snacks, like chips and deep-fried appetizer type foods, such as chicken wings, calamari, and nachos.

For white, I look for a super lean, tight, acidic, aromatic Sauvignon Blanc. My favorite summer wine is from Marlborough, New Zealand. Sauvignon Blanc wines from this region have this beautiful, mouth-watering, almost bracing acidity, and super aromatic gooseberry on the nose. This wine will stand up to salad dressings and is a natural with sushi, even with wasabi, pickled ginger and soya sauce. It will pair nicely with the slight char of grilled fish, shrimp, chicken and veggies in a way that brings out the best in all of them. It also contrasts beautifully with mayo-based dips and dressings.

Red, for me in the summer, is almost always the reliable Beaujolais. It is delicious when slightly chilled, like they do in France. This works because it's lighter, fresher and fruitier than other reds, and the chilling elevates these flavours, making it a nice contrast to smoky and sweet barbeque sauces, grilled red meat, and bigger seafood like flame-grilled salmon and tuna steaks with a mango salsa.

Time to go start up the grill!

~Cheers



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I'm Just Saying The days of whine and roses

Ron Golfman - Main Street

This year has brought out the best and the worst of us, in both new awakenings, and like lifting a rock to find all the unpleasant things about ourselves, which were, previously, either hidden away, or avoided at any cost. COVID-19 has startled us by giving us unwanted time to take a look at ourselves with stark and alarming clarity. I am speaking of the righteous indignation spewing out everywhere, exposing our true identities.

Locally, there is growing dissent about the police not enforcing the law when it comes to those motorcycle mufflers, which have no decibel governors. They are awful for many reasons. Now that the borders have been opened, between places like Morin Heights and Hawkesbury, people are angry that the cops aren't using their new-found time to apply the law. If they can hide in the reeds waiting for speeders, why can't they do both?

Sadly, the outcry has been mixed with anti-tourist disdain, even though we, and our local businesses and the economy as a whole, depend on cottagers and visitors.

Throughout North America, and across the world, there is much fervor about statues, which reflect our history in less than honorable ways. From Confederate generals, who believed in slavery as a right of the whites, to John A. MacDonald, who was an architect of horrid Residential Schools, people are demanding that those monuments come down. Even Britain, whose colonial activities ransacked the world for generations, has found itself mired in demands to take down Winston Churchill, a wartime hero, and despite the saint he is promoted to have been.

My fear here, and it seems obvious, as we live through the Trump debacle in America, is that we will be doomed to repeat history if we distort and pretend these atrocities never happened. I contend that these pieces of marble and bronze should not just be taken down and considered to be a "fait accompli." I fear that if we do so, we will negate justice and recognition for those who suffered the senseless humiliation and the denial of humanity.

I don't need to see their physiques on steeds, indicating nothing informative, or offering any accurate sense of history, but in their place should be detailed, true accounts of what happened, both good and bad. Most of us can read and, with access to the full story, we will have the chance to know that history and not be doomed to repeating those grave indecencies.

If you need some validation as to why these descriptive plaques would work, look no further than the Vietnam War Monument in Washington, which serves as an honest account of lives lost while acknowledging that this sad participation in South East Asia need not have happened. There is no discredit of those who had fallen, it is sadly respectful and is a warning about Imperialism at its worst.

This article is not a scolding and, I'm Just Saying, it is just that political correctness has the easy potential to throw the baby out with the bath water.

If COVID-19 has given us too much time on our hands, then let's use it wisely to see the big picture.

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Nature Everyday

Water as leverage: collective knowledge

By Mat Madison, biologist

In Main Steet’s previous issue, I proposed a vision of Water as leverage; the idea that our goals for protecting water resources could also contribute to our well-being, as well as to our economic prosperity. In this issue, I’d like to discuss the relationship (live-work-play) we have with rivers or, in some cases, the interactions the rivers have with us.

To help me with this article, I interviewed Stephanie Morin, a geographer specialized in hydrogeomorphology, who happens to live, work, and definitely play, right here in our Argenteuil community. In her own words, “hydrogeomorphology is the interdisciplinary practice of understanding the singularity of a river. Each river has its particular form, processes and functions. It’s what makes every river unique”. To explain this, she describes the main differences between the North River and the Red River, both flowing in Argenteuil. The differences are remarkable, even if you only consider climate, substrate, slope and flow regimes. Stephanie knows these rivers, and many of their tributaries, as she is the MRC Argenteuil watercourse manager.

She tells me that, “rivers are not static, they are not just blue shapes on a map. Rivers are complex and dynamic equilibrium systems. Mostly, they move. A lot.” One word sticks out from our conversation. Patterns. This is important to me, as I have come to respect the idea that design should be based on patterns, before designing for details. She explains that “acquiring knowledge about the complex river patterns allows for better understanding of the dynamic hydrologic processes. Better understanding means you can better anticipate how a river will react, over time and space.”

She reminds me that before hydrogeomorphology existed, this knowledge was passed down through generations. The wise people who stewarded these lands understood this sacred river knowledge long before newer civilizations arrived in big boats from across the oceans with nothing but economic growth and natural resources in mind. They lived in harmony with the movement of the water and the resources that depended on it. Even early settlers adapted to the dangers and the risks that rivers brought, but also based most of their prosperity on what the rivers provided. This knowledge gave early communities the tools needed to ensure their well-being and growth, without fighting a losing battle against nature. Knowledge became collective memory, passed on through generations.

Over time, technology and the issues of the changing world, moved us away from this knowledge. We began to forget the complexities of the river processes and we replaced knowledge with tools and technology that allowed us to fight harder against nature. The river processes and the risks remain. Nature prevails as it always will. The problem is that when the river does beat us, we don’t understand that we never really stood a chance.

Stephanie reminded me about the flooding event in Sainte-Marthe-sur-le-Lac in 2019; “We had forgotten the collective memory that this whole area was at risk. We had based our well-being on a dike that should have been stronger than the natural processes of the Ottawa River. We were reminded that sacred knowledge would have served us better than the dike. Yet, decades ago, this knowledge of flooding was understood collectively, and the community respected the river and adapted the way they used the land surrounding it”.

Today, hydrogeomorphology shows us a way of reconnecting with the knowledge of the river. It becomes our tool for adapting our relationship with the river and for making our communities more resilient. It also contributes to designing in harmony with nature, rather than trying to control it. According to Stephanie, “re-connecting with the collective knowledge requires re-acquiring that knowledge through studying the rivers of our region and learning from people who interact, or have been interacting, with them for years. Then, this knowledge must be shared within our communities.” According to her, “educating our community members, our youth, our stakeholders, our professionals and our decision makers is the most important thing to do at this stage to ensure that we are planning a more resilient collective future”.

To me, this discussion with Stephanie confirms that integrated water resource management must take into account accurate and reliable data, and that this knowledge must be shared between every stakeholder. This is the first step to reaching the Water as leverage vision. From this collectively shared knowledge, we could embrace the flooding to develop new innovative agriculture practices that benefit from the floods. We could restore rich marshes for hiking, birding or kayaking. We could respect the river’s movements by reducing our manmade structures within the areas of risks and, therefore, lessen the ever-increasing costs related to managing the impact of floods on our infrastructures. We could plan land development to better appreciate and showcase the singularity of our rivers, creating beautiful and healthy living, working and playing environments that contribute to the social and economic value of our region.

How about you? How do you see our rivers as potential for creating resilient and enhanced communities? What knowledge do you think should be acquired and shared throughout your community?



Wildlife Photography

Catching stunning nature shots on film can be a challenge but when you manage to capture that one amazing photo, the result is worth all the time and patience. From spontaneous photos taken on your cell phone to carefully planned photo shoots using ultra high tech equipment, photographing nature and wildlife can be a very rewarding experience. Here are a few websites that will help you discover or further develop your passion for looking through the lens.



Photo credit: Tammy Attanasoff, Ste. Lucie des Laurentides

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