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Royal LePage Humania is pleased to announce the appointment of Bruce Zikman to its team in the Laurentians.

See page 3 for ad

Bruce can be reached at (514) 386-1939 or by e-mail at bzikman@gmail.com

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Information and advice inside.

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their resilience, their mutual aid. Let us also be united in thanking our
essential workers who help us in these exceptional times.

Bonne fête nationale!



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Communications

- If you have not already done so, we invite you to register for the citizen alert system which allow us to quickly and efficiently reach our residents during emergency or disaster situations. The service is completely free. The parameters are adjustable so you can choose how you will be contacted, either by phone call, SMS (text message) and / or email.
- A citizen newsletter is currently in production; our citizens will receive it by mail, but the next ones will be sent by email, we invite you to register so as not to miss any relevant local information!

Register for these two services at www.morinheights.com/Forms-Summary.

Morin-Heights Outdoor Network

Our parks and trails are open. Sanitary services are only offered at 50 ch. du Lac-Écho for now. Reminder of the safety instructions:

- No gathering of more than 10 people
- Social distancing of 2 meters
- Respect between users of various activities
- Dogs on leash only (dogs are not allowed on the Aerobic Corridor)

Get the latest info on the network at www.morinheights.com/Outdoors.


Municipal Parks

Farmer's market at Basler Park


- Market in operation every Friday from 1 pm to 7 pm.
- Disinfection station at each kiosk
- One person allowed at a time by kiosk, queue while maintaining social distancing
- No eating or tasting on the site
- No contact allowed with products before purchase
- No loitering will be tolerated on the site

Lummis Park

- Access reserved for residents of Morin-Heights from June 24, 2020
- Surveillance booth at the park entrance
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- Surfaces and area are disinfected after each client

We look forward to keeping you connected and thank you for respecting our new protocol.

STAY HOME – STAY SAFE

Appointment of Geneviève Demers to the post of Planning Department Director

Members of the municipal council and the general management of the City of Mont-Tremblant are pleased to announce the appointment of Ms. Geneviève Demers as Director of the Planning Department.

Ms. Demers holds a bachelor's degree in urban planning from the University of Montreal and has almost 13 years of experience in the same service as coordinator of the citizens' division, a position she has held since 2007. She also held the positions of head of the Town Planning Service and building inspector in the municipality of Labelle. She has more than 21 years of experience in the municipal field that she can contribute to Tremblantois and Tremblantoises.

The members of the council as well as the entire team of the City of Mont-Tremblant wish her the best of luck in her new role.

Mr. Louis-Martin Levac, who until now has held the position of Director of the Planning Department, will remain within the city as strategic director of sustainable development of the territory.





Royal LePage Humania is pleased to announce the appointment of **Bruce Zikman** to its team in the Laurentians.

Bruce has over 40 years of experience in residential and commercial real estate brokerage, finance and construction. He holds several permits/designations, including Chartered Real Estate Broker, Agency Executive Officer, and insurance provider (*Fonds d'assurance responsabilité*). Fully bilingual, Bruce has been a permanent resident of the Laurentians for more than 25 years, and is available to you to offer the highest quality of insured service in real estate brokerage.

Bruce can be reached at (514) 386-1939 or by e-mail at bzikman@gmail.com



What's On My Mind... Summer days and staycations

Susan MacDonald, Editor

Whether we like it or not, the coronavirus will be a big part of our summer this year but, if we act responsibly, and continue with all the health protocols currently in place, there is no reason we can't still get out and enjoy the season.

Many businesses will be re-opening their doors over the next few weeks, which is great news for owners and clients alike. Social distancing and sanitization measures will be in place but, hopefully, this will mean that we'll be able to enjoy a few delicious meals and beverages on our favourite summer terraces. Hotels, and some spas, along with many outdoor activity venues, will also be up and running, and eager to welcome us.

Staycations (a new word in our vernacular!) will be the theme this year, and here's hoping this trend will help our local businesses to bounce back from the recent closures and lost revenues. I suspect we will also witness a huge increase in tourism from the nearby cities, as people look to escape to the Laurentians for the summer, which will also be good for our regional economy. Chalet rentals and real estate sales in our area are, literally, booming!

Small, backyard get-togethers and BBQs will fill in many of our summer days, as will pool parties, yard games and the usual tours down the walking paths and along the bicycle routes. Let's hope for warm and sunny days in the weeks to come.

Missing this summer will be the big events, such as music festivals, local country fairs, and celebrations for Fête St-Jean and Canada Day, where it is impossible to comply with social distancing. Also, this summer, many of the cultural events will be postponed for the same reason. We'll miss them for sure, wish them well, and look forward to seeing them next year.

The summer will be vastly different from the unrestricted freedoms we have enjoyed in the past. There will be more rules and guidelines to follow, along with the many health protocols already in place. It will take a lot of getting used to, so please be understanding of this new situation we must confront, and accept that the proprietors of the businesses in our region will be doing their best to comply with the new government regulations, as well as attempting to protect the health of their employees and clients.

Life continues, the sun will shine, so get out and enjoy the summer days ahead as best as you can, and don't forget to spread some joy wherever you may go.

Enjoy the read...

Regional Relief and Recovery Fund (Rrrf) \$3.3 M now available for small businesses of Outaouais and MRC D'argenteuil

The Covid-19 pandemic affects several companies. Entrepreneurs need more support than ever to get through this extremely difficult time and plan for recovery. The SADC Vallée-de-la-Gatineau, Pontiac, Papineau and CAE Rive-Nord for the MRC d'Argenteuil, receive \$ 3.3 million from Canada Economic Development for Quebec Regions (CED) in the framework of the Regional Relief and Recovery Fund (RRRF). This financial contribution will help businesses that have so far not been able to benefit from the support of the federal government.

Each SADC will therefore receive an amount of \$1,059,691 and the CAE Rive-Nord will receive \$211,938 for the MRC d'Argenteuil.

Entrepreneurs are invited to make a request to their SADC or CAE. To verify their eligibility for the RRRF and find their regional SADC or CAE: sadc-cae.ca

MORE THAN FINANCING

The assistance granted by the SADCs and CAEs can be in the form of working capital of up to \$40,000 or even in the form of a non-repayable financial contribution for technical assistance needs such as expertise specialized in key areas currently with our clientele such as adapting to health measures, developing a financial continuity plan to prepare for the future or even the adoption of technologies for online commerce.

The SADCs or CAEs may also carry out or collaborate on local economic development initiatives such as training for businesses, promotion of local purchasing, downtown revitalization operations and advertising campaigns.

QUICK FACTS

- The FARR has a total envelope of \$211 million in Quebec and is implemented in collaboration with CED, of which \$71.3 million is dedicated to 67 SADCs and CAEs.
- The 67 SADC (Community Futures Development Corporations) and CAE (Community Business Development Corporations) have been working for almost 40 years in the economic development of their community. The SADC and CAE Network has 1,400 professionals and volunteers who support and finance more than 10,000 entrepreneurs and local economic development projects each year. The SADCs and CAEs offer entrepreneurs personalized and sustained support and flexible financing products adapted to their needs. www.sadc-cae.ca
- CED is a key federal partner in regional economic development in Quebec. Through the Community Futures Program, CED financially supports the Réseau des SADC et CAE, the 57 SADCs, located in designated rural areas, and the 10 CAEs, located in peri-urban areas.



Observations

A New World Is Coming – Terra Incognita 2

David MacFairlane - MainStreet

At this time, in 2020, the entire world is paused and wondering what comes next. This coronavirus pandemic has been a disaster in more ways than can be counted – lost lives, broken relationships, suffering, jobs destroyed, shattered dreams – and it’s still going on. We have no indicators to guide us into the future because so much has been damaged and so much has changed in such a short time. The coronavirus was simply the catalyst that accelerated a geopolitical and financial crisis that had been growing for the past 20 years due to the obscene debt load being borne by most developed and emerging economies, coupled with the dangerous and fast-developing tensions between the US, China, Russia and Iran. At the same time, world trade was crashing due to the trade war with China and declining consumption. The ramifications extended into the financial structures that have kept the world functioning despite the burden of sovereign debts and other instruments of mass financial destruction, such as derivatives, credit default swaps and other arcane aberrations, not understood by the public, but lethal nonetheless.

So, to blame the desperate situation we now face on the coronavirus would be inappropriate. Most countries, in a panic of not knowing how to react to the spread of this new virus, hastily agreed to lock down entire populations by imposing mandatory quarantines and closing all businesses except for a few deemed essential services. Then, to compensate populations for the financial burden of losing their incomes, and companies for their loss of revenue, governments borrowed obscene amounts of money and spread this largesse among the people and corporations needing help. However, the world was already staggering under an enormous burden of debt, world trade was slowing rapidly and talk of a severe recession approaching was known to all on Wall Street, Bay Street, and other world financial centres. The coronavirus, therefore, was the perfect distraction to conceal this already desperate fiscal condition.

It must be said that other developed nations are in a similar situation, such as the UK and EU. They, too, have borrowed and subsidised recklessly, but the Grand Poobah in this most Loyal Order of Water Buffaloes (of Flintstones fame) is the United States. The US was already on track to have a budget deficit of over \$1trillion – the highest on record. Now, due to their response to the virus and the lockdown, a further \$3 trillion has been borrowed and spent. More massive spending is planned because the US economy continues to be in a perilous condition and more bailouts are needed urgently. The consequences of this fiscal insanity will be disastrous to the world.

“Everyone wants to live at the expense of the state. They forget that the state lives at the expense of everyone.” This timeless truth was written by Frederic Bastiat, a philosopher, 170 years ago!

It would be fair to say that the US, with its reckless abandon of all fiscal prudence and its dangerous provocation of China, as well as its continued interference in the sovereign affairs of nations it considers to be hostile to its fanatic obsession with world hegemony, presents the greatest threat to peace and the stability of the world’s political and financial systems which are rapidly coming undone everywhere.

Adding to this already unstable situation is a rapidly growing and chaotic social unrest problem in numerous countries worldwide. Massive protests (and riots) are occurring in many major cities as people show their discontent with a system that favours the privileged few and deprives the rest of basic rights and freedoms. These demonstrations are occurring around the world, mostly to show universal disgust at the violent murder of a young American black man by a white police officer but, also, other protests are against corrupt political systems that oppress their citizens and stifle dissent with the status quo. The United States is alight with the flame of discontent. Like wildfire, it spreads, and it has been a long time coming. But revolution is borderless, and racism is not solely an American problem. It is apparent that incipient unrest is seemingly everywhere. The question is what comes next?

New data shows that the number of protests is increasing and is as high as in the 1960s. The fuel for this unrest is familiar and not just against racism; stagnating middle classes, stifled democracy, endemic political corruption, the widening gulf between haves and have-nots, environmental discontent over the lack of remedial action, the conviction that things must change for the better, although the solution is not clear or specific. Since significant protests began in 2019, few corners of the world have been spared. The EU is on the verge of breaking up, the Middle East is a tinder box once again, South American countries are coping with popular unrest, Hong Kong, Kashmir, Serbia, Albania, Algeria, Lebanon, and the list goes on. “The traditional system of enforcing power from top to bottom is increasingly being challenged,” says Thierry de Montbrial, of the French Institute of International Relations. “There is a social revolution with a growing demand for participatory democracy.”

So, what does come next? These protests will continue because authorities are notoriously unwilling to surrender their power once they have got it, and the discontented and the angry will never be satisfied unless they see specific changes that can mollify their indignation over the status quo. For as long as blatant injustices are committed by authorities against innocent citizens, these fires of protests will continue to rage. That much is obvious, but unless protesters become more organised under a confident leadership, with specific objectives, it will be difficult, but not impossible, to tear down established political and governing hierarchies that have existed for generations and whose controlling, sinister tentacles reach into all aspects of our lives. These tragic events suggest we are at the beginning of the end, and the prognosis is not for a happy outcome. At most, these are pretexts, triggers if you want, but the real cause of what is taking place today is the systemic collapse of US society, with unpleasant consequences for the rest of the world.

More significantly, and more imminent is the depression that is about to run us over. According to David Rosenberg, a powerhouse on Wall Street, we are in an outright depression and won’t recover for a long time. There is a good chance that the need for more massive federal assistance for the provinces, households and the business sector will trigger a downgrade in Canada’s credit at some point soon. Canadians will face a combination of rising prices and stagnant growth as the economy struggles to recover from the lockdown. “I’m sensing that the damage to the global economy will be twice as bad as it was at the 2008 peak of the Great Recession.” He concludes, “Households and businesses will be coping with how their lives have permanently changed once the crisis ends. But nothing is going back to the way it was. There will be a new normal, but it won’t be the old normal.”

This is not good news, dear readers, so buckle up, the world is in turmoil and a huge storm is coming that will make life extremely difficult for the unprepared and the uninformed.

“So, the universe is not quite as you thought it was. You'd better rearrange your beliefs, then. Because you certainly can't rearrange the universe.” - Isaac Asimov 1920-1992. Science Fiction writer and biochemist.



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www.themainstreet.org



TheMainStreetNews

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14,000 copies distributed throughout the Laurentians

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

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IF YOU WISH TO PLACE AN AD CONTACT :

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ISSN 1718-0457



Jim Warbanks - Main Street

Compiling a list of the disastrous negative effects related to this Covid-19 pandemic would be futile and depressing. To focus on possible benefits, which may emerge to become the norm can at least feel more rewarding. In an earlier column, I postulated that some of the telemedicine practices adopted out of necessity could and should be maintained.

It has been suggested that certain purported advances in medical science better serve the interests of the pharmaceutical industry than the actual needs of patients. Their hope and indeed expectation that medicine alone can alleviate most of the health problems that they experience may be unrealistic.

Intervention

Physicians are trained to actively intervene by screening, prescribing or providing referrals to specialists for consultation and further treatment. If this does not resolve the issues, surgical intervention may be the next option.

The overuse and abuse of antibiotics has resulted in many useful drugs becoming ineffective and led to the emergence of problematic ‘super-bugs.’ The benefits to be derived when competitors who develop ‘me-too’ drugs very similar to existing products, in order to generate profits, do not accrue to the end-user patients. Existing disease categories are expanded and new ones invented to justify new drug treatment offerings.

Conservative

Jacob Stegenga, author of Medical Nihilism, coined the term ‘gentle medicine’ to describe techniques to mitigate some of these harmful effects by making small modifications to current practices. He is an advocate for changes that would lead physicians to become less interventionist and more conservative in managing the expectations and treatment of patients.

He quotes the eminent Canadian physician, Sir William Osler: “One of the first duties of a physician is to educate the masses not to take medicine.” Adopting gentler medical practices, as he advocates, would not necessarily be easy for either the medical practitioner or the patient. Both are already aware that regular exercise and a healthy diet can be more effective than many pharmaceuticals. Encouraging perseverance and providing follow-up motivation can be far more challenging than taking out the trusty prescription pad, and scribbling a note to the pharmacist.

Alternative

A few years ago, I was troubled by recurring back pain. Medication prescribed by my family doctor proved to be ineffective. He suggested that an evaluation by a therapist that he himself regularly worked out with might be a helpful option. If it had not been for his recommendation, I would never have considered this approach. The therapist, highly trained and with a broad range of experience, would be categorized as a non-traditional, non-medical alternative practitioner. After a ‘hands-on’ evaluation, a half-dozen massage treatments and a simple but precisely graduated home exercise program, my pain subsided without medication.

In the past year, I underwent required medical intervention that resulted in a recurrence of back pain that was inhibiting my recovery. I sought out my former therapist who again guided me with treatments and an exercise program that helped restore my mobility.

To ascertain the benefits of a gentle medicine regimen, rather than relying quite heavily on drug treatment, requires further study and conclusive evidence. But a drug discontinuation study undertaken in Israel (2010) is interesting.

Discontinuation

A group of elderly patients who were taking an average of 7.7 medications were followed by researchers who gradually withdrew an average of 4.4 medications per patient. Only two percent of the drugs were re-administered due to symptom recurrence. No harm was observed during this process. An impressive 88 percent of the patients reported feeling healthier.

I recall an observation I made many years ago while in another family doctor’s busy waiting room. I chatted with a frail elderly lady who walked in carrying both a purse and a large wicker bag containing an amazingly varied assortment of medications. She showed me several, prescribed by different doctors working in two provinces and obtained at different pharmacies. Even with my very limited medical knowledge, I ascertained with concern that there were unsafe duplications and conflicts in that collection. Since my appointment preceded hers, I never learned the outcome of the doctor’s assessment, but I would wager that her bag was considerably lighter on her way home.

Postponed

Through a significant segment of this pandemic, many scheduled medical appointments have been either postponed or canceled unless deemed to be promptly required. Emergency rooms have been far less frequented than normal as patients chose to avoid hospital visits to lessen the possibility of contracting a viral infection. This may therefore be a propitious opportunity for doctors and patients to consider whether a gentle medicine regimen is indicated and might prove to be beneficial with the maintenance of appropriate follow-up.

When we look back on this pandemic, it would be heartening to list a few positive developments, such as a gentler medicine regimen, on the near-empty side of the ledger.



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4Korners

4Korners covers all the angles

Andie Bennett

The Covid-19 pandemic has forced us all to adopt new working habits and routines. At 4Korners we are approaching this as an opportunity to find interesting and innovative ways to engage our community and keep the lines of communication open with our vulnerable residents.

The virtual activities available online are accessible to children, parents and seniors and we continue to add to these offerings as time goes by. For parents of small children, check out the Parents and Tots activities that includes a space reserved for younger children to interact online and follow some guided activities. Thursdays at 2 pm parents can take a break and enjoy conversations with other adults while the kids are napping.

Wednesdays at 12:30, let us take over story time for your kids and set them in front of our Facebook live for animated story-time readings.

Kids Connect is targeted towards older children (6-9 years old) and is a way for kids to participate in live online social activities. There are games, activities, and a place for kids to chat with each other every Wednesday at 11 am.

Drawing classes led by local artist Carol Lyng are offered to both kids and seniors and have been very popular, pulling in over 25 participants.

Seniors have their choice of online adapted chair yoga, Thursday morning at 10 am with our very own Josephine Piazza (whose boundless energy and positive attitude is just the right antidote to the Covid doldrums many of us are currently feeling), or online senior Tai Chi that takes place every Tuesday afternoon. If you prefer to exercise your grey matter you can check out our online seniors drawing classes on Tuesday mornings at 10 am - all you need is a paper and pencil.

A special shoutout to the musicians who have participated in our open mic nights - and if you would like to broadcast some music to help your fellow humans groove their way through isolation just [CLICK HERE](#).

We are also offering One-on-One Support & Referrals This service is currently being provided over the phone or by email and is completely confidential. Contact us anytime! When leaving a message please supply us with your name, phone number, and say it is for [One-on-One Support](#). We will get back to you during business hours. 1-888-974-3940.

All registration information can be found on our Facebook page [HERE](#). And if you want to continue reading about the 4Korners Community Cup winners, subscribe to our newsletter at info@4kornerscenter.org or check our website www.4kornerscenter.org

The City and its employees unite to help the people of Mont-Tremblant

The Union of Workers of the City of Mont-Tremblant (blue-collar and white-collar workers) and the City of Mont-Tremblant came together to donate \$20,000 to organizations helping people in the region to support them in their essential role during the pandemic.

"I was very aware that the city had already donated \$25,600 to the public and I thought that we could set up another great project in partnership with our employer. Our \$10,000 combined with that of the City will go a long way to helping the people of Mont-Tremblant who need it most, "said Kuang Selao, president of the Union of Workers of the City of Mont-Tremblant.

"When union president Kuang Selao called on me to ask the city to double the donation of \$10,000 made by its members, I was immediately thrilled by their initiative. The draft was presented to the Council, which adopted it unanimously and without hesitation. I congratulate the employees of the City, it is truly a beautiful team at heart, "said Mayor Luc Brisebois.

The donation from Mont-Tremblant and the Union will be distributed as follows: \$13,332 to La Samaritaine, \$3,334 to the Laurentides Volunteer Action Center and \$3,334 to the Chefs à la aidc. This amount of \$20,000 is in addition to the donation of \$25,600 already distributed by the City to these same organizations.



About Sainte-Adèle

Chris Lance - Main Street

The golf courses are open in our region of the Laurentians. There are all those new rules to follow; strict protocols to keep your distance, no ball washers, no benches to sit on, no tables and chairs, no drinks after a round to discuss that great drive or missed putt. Despite the drawbacks, it was still great to get out with friends and walk, talk, joke, laugh, and just be normal for a change, after such a long time being locked down and watching the grass grow. You can forget for brief moments that the world is awash with political shenanigans, sickness, death and economic distress. You realize how important it is, for the sake of sanity, to play a sport, walk, swim, meet and enjoy your life to survive in the plagued world we live in now. I still find it unbelievable that thousands of people have died in Quebec in the last few months, and now, at month's end, we have outbreaks in Quebec schools – 41 tested positive, including teachers and students.

Our tennis courts have opened under a new management team from outside our region. Everything is done online, such as joining, match times and tennis news. It is singles only. Unfortunately, most players at our Club are doubles inclined. But, with fewer members, currently 35 members as of May 26, lots of court time is available. So, my guess is a slow change to youthful players until the government 'higher-ups' decide that doubles are safe.

Up in the Deauville area, as a result of a huge crowd last weekend, Le P'tit Train du Nord had to close the parking lot. According to the security guard, the management was hoping to reopen the parking lot for residents only next week. So, get your citizen card ready and fill those tires, check your brakes, grease the chain, find your helmet and enjoy the route to Sainte-Jérôme or towards Sainte-Agathe. Bicycle early as it gets crowded with walkers and families after 10:30 am.

As of May 22, we had 102 COVID-19 cases in Sainte-Adèle, of 169 in our MRC. It might go up again soon as summer heat waves have arrived. It is difficult, if not impossible, to keep people apart as the Premier allows people to hangout, barbeque and camp. I guess his concept of herd immunity will have its effect and, hopefully, our hospitals will be able to handle the herd culling, or survival of the fittest. In the autumn more than the leaves will be falling.

In the meantime, our streets, or should I say our la rue Valiquette, will be repaved and ready for the winter season. We do not have too many retail outlets left in Sainte-Adèle, but at least they are back in business, and the take-outs from pizza and hamburger greasy spoons are now open, at least a few days a week. It's great to get a bag of fries with vinegar and salt, with a cold coke, on a hot summer day...hmmm.

Afternoon naps will become de rigueur up here as we move to the warmer months. The lakes are swimmable now. It will be fun to fish and get some sun. The bugs are out – but who cares? Because we are outside too!

Enjoy the beginning of summer – wear a mask and stay safe in public places. Get out and enjoy our fresh air.

Prevention advice in connection with online purchase or sale

The police officers of the Sûreté du Québec wish to remind citizens of some prevention advice that might be attracted by certain online advertisements, in particular:

- Offers of masks or protective equipment offered free of charge during this pandemic period;
 - Products or services obtained through prepaid cards or crypto-currency;
 - The donation or sale of animals or animal accessories at a ridiculous price.
- These offers are only intended to take money from you and in almost all cases, you will never receive the requested product. Here are various tips to follow:
- Use secure websites (starting with “https: //”) for your online purchases. Look for the padlock in the closed position or a key will appear at the edge of your browser's address bar;

- Learn about the seller before making a transaction;
- Never give out your personal information when making an online purchase (for example, your social insurance number or your date of birth).

Also, if you want to sell certain products online, here are other tips to avoid monetary losses.

- Trade in a public and safe place;
- Beware of a buyer asking you to pay you an amount above the asking price, or offering to send you, for example, a certified check, so that you reimburse the difference (either in cash or by electronic transfer);
- Also make sure the payment is valid before questioning the item. Prefer payment in cash.

To report fraud, contact:

- Your banking institution;
- The company that issued the payment card;
- Your service provider (Internet, cell phone);
- Your national credit reporting agencies (Equifax Canada: 1 800 465 7166, TransUnion Canada: 1 877 713-3393);
- The Canadian Anti-Fraud Center and access the Reporting System (online) at <https://www.antifraudcentre-centreantifraude.ca/report-signalez-eng.htm>

The Sûreté du Québec invites you to be vigilant regarding these situations and reminds you that any information on activities of a criminal nature can be communicated at any time, confidentially, to the Central of Criminal Information at 1 800 659- 4264.



The English Link A library that resonates with seniors

Andie Bennett

While many organizations have been working hard to beef up their online content during the Covid lockdown, the Cummings Centre already had a big head start with their Virtual Learning Library. That is not to say they have not experienced a recent uptick in people logging on. “We have seen the signups triple in the last 8 weeks,” Janice Besner, ccommunications, marketing and membership manager tells me, but with 175 videos online and more added weekly there is no lack of content.

The Cummings Virtual Learning Library launched in in 2014 with funding from Health Canada. The goal was to help seniors who were shut-ins or living in remote areas of Quebec to access their programming online. Interactive book clubs, classes and workshops were part of the early offerings to promote social interaction. A few years later additional funding from the Leonard Albert Family Foundation allowed them to expand and appeal to a larger audience of over-50 adults both English- and French-speaking.

The programming is incredibly diverse, covering topics across the spectrum, including health and wellness, politics, travel, caregiving, entertainment and everything in between. But there are a few of what Janice calls Blockbuster events, like ‘Sex and Aging,’ ‘6 Pillars of a Healthy Brain’ and ‘What keeps you up at night?’ Content creators are Cummings staff and teachers, experts in their subject field, and performers as well as some volunteers who provide cooking videos and ‘do-it-yourself’ projects.

Connie Abramovitch has been an active member at Cummings for many years and now does the exercise classes online each morning. She says it forces her to keep active. “The classes are most enjoyable and the best way to start my day,” says Connie. “We all have to keep busy and stay well during this very difficult time.”

The Virtual Learning Library has been free for Cummings members since the beginning. The centre wanted to make sure they were helping as many people as possible stay engaged and keep their brain stimulated during the pandemic, so they decided to provide free access to all seniors. You can sign up for the library directly at: <https://virtual.cummingscentre.org/register.html> or visit their web-site for instructions <https://cummingscentre.org/virtual-learning/>. If you prefer an interactive experience, the centre just launched free live Zoom events <https://cummingscentre.org/live-events/> as well as a few new classes online like Hebrew, theatre and ukulele.



Arundel News

Janet Thomas

WELCOME TO THE DUPLAIN-LOISELLE FAMILY

A young family has moved into the United Church manse. Please welcome Pierre-Olivier Loisel, Jennifer Duplain, and their two children Aidan (1) and Emma (3). Jennifer comes from the Quebec City area, and Pierre-Olivier grew up in St. Jovite, which is how the couple knew about our village. Pierre-Olivier is a man of many talents: he works as a hydro lineman, is a tree cutter, and also specializes in diagnosing tree diseases. Jennifer works as a cashier with the Caisse Populaire Desjardins. Emma will attend the Arundel Elementary School in September. During these Covid days, they are happy to have the time to renovate and settle into their new home.

ARUNDEL FARMERS' MARKET REOPENS JUNE 20

Arundel United Church
Every Saturday, 9 am to 2 pm

Farmers Markets have been approved by the Quebec government to reopen as an essential service, like an open-air grocery store. We 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
- preserves and relishes
- artisanal soaps and natural skin-care products

To comply with health regulations, please:

- Disinfect your hands at the welcome station
- Remain at a 2m distance from others
- Use no-touch payment (debit or credit)
- Bring your own grocery bags
- Wearing a mask is strongly advised
- Remember that no gathering is allowed

Please support our local farmers. Buying local produce is more nutritious, better for the environment, and supports young families in our region.



QLP Leadership

Argenteuil provincial liberals proud to welcome their new leader Dominique Anglade

The Argenteuil Liberal Association is pleased to highlight Dominique Anglade's nomination as leader of the Quebec Liberal Party. The local Liberal association is very happy to begin this new phase in the Party's renewal alongside the first woman to ever lead the QLP.

Over the past year, Dominique Anglade met with supporters all across Quebec during her leadership campaign bid and came to Argenteuil on more than one occasion. It is thanks to them, their ideas and their advice that she was able to create the leadership platform to build the Quebec of tomorrow. The reflection is ongoing.

Over \$63,000 in additional funding for four organizations in the riding of Argenteuil

Agnès Grondin, Member of Parliament for Argenteuil, announced recently an additional \$63,022 in funding for four community organizations in her riding. Other amounts are also granted to regional organizations that provide services to the population of Argenteuil, such as the Faubourg suicide prevention center and Moisson Laurentides.

The Argenteuil Volunteer Action Center, the Argenteuil Mutual Aid Center, the Argenteuil Café Partage, and Sophie Community Resources are the organizations in the Argenteuil riding that share the amount distributed by the Laurentian Integrated Health and Social Services Center (CISSS).

This financial support comes from the \$20 million envelope for emergency aid in the context of the Covid-19 announced in mid-April by the Minister of Health and Social Services, Danielle McCann. Of this amount, \$838,016 was channeled to organizations in the Laurentian region. These will be used to cover excess costs caused by the pandemic, including expenses related to the purchase of sanitary equipment, the hiring of resources and overtime.

This aid complements the following funding recently granted in the context of the pandemic:

- Emergency assistance of \$2 million to Food Banks of Quebec (March 24, 2020);
- Emergency assistance of \$2.5 million to shelters for women victims of conjugal violence and for abused women living with multiple social problems (March 27, 2020).

Member of Parliament Agnès Grondin also reminds community organizations that they can always contact her for a request to the Support for Volunteer Action (SAB) program.

The CISSS des Laurentides is seeking foster families for children aged 0 to 17 years

The Centre intégré de santé et de services sociaux (CISSS) des Laurentides is actively seeking qualified individuals interested in fostering children aged 0 to 17 years. While resources are still very scarce for these children, quite apart from the current COVID-19 pandemic, fostering needs have increased significantly in the Laurentian region.

People who have knowledge in the health and social services field or with experience living with children in this age category should contact the CISSS des Laurentides to express their interest in becoming foster parents of a child in great need.

Please note that great care will be taken to avoid gatherings of people looking for more information about the various criteria for becoming foster families. New digital technology makes it possible to hold meetings at a distance and facilitates the sharing of information. Interested in participating in one of our sessions? Email us at recrutement.rtf.ciSSLau@ssss.gouv.qc.ca.

The need for families willing to foster these children remains an important concern for Rosemonde Landry, President and Executive Director of the CISSS des Laurentides.: “Even with the current pandemic, our teams continue their work. Since the reopening of the region's schools, our staff has resumed their activities on a more regular basis. Our children need you. Help us offer them healthy and safe living conditions.”

For more information on fostering resources, visit <http://www.santelaurentides.gouv.qc.ca/soins-et-services/ressources-dhebergement-famille-daccueil/famille-daccueil/>.

The City of Saint-Sauveur asks citizens to reduce their water consumption

Due to a sharp increase in drinking water consumption observed in recent days, the City of Saint-Sauveur's water tanks have reached a critical level. The authorities therefore ask citizens to limit the amount of drinking water to their basic needs.

This is due to the heat wave we are currently experiencing and the presence of

many citizens who are at home due to the pandemic context. It is currently prohibited to use drinking water for pool filling and car washing. As for watering lawns, it is authorized from May 1 to September 1, according to the following schedule: between 7 pm and 9 pm for all, or between 3 am and 5 am for users of mechanical watering systems and automatic sprinklers. Residents whose civic number is an even number can water on even calendar dates and residents whose odd civic number can water on odd dates.

BROWN WATER

The high consumption of drinking water could have the effect of dislodging ferrous deposits, which are found on the walls of water pipes, and thus cause brownish water. If this situation occurs, it is not necessary to boil the water. It is enough to let the cold water run, until it becomes clear again before consuming it or doing the laundry.

For more information, citizens are invited to contact the Public Works and Engineering Service by phone, at 450 227-5893, extension 321, or by email, at travauxpublics@ville.saint-sauveur.qc.ca.

Mont-Tremblant City Hall open from June 1

In accordance with the de-confinement plan of the Government of Quebec, the City of Mont-Tremblant will proceed to a partial reopening of its municipal offices as of Monday, June 1. The reception of citizens will be carried out in a safe environment adapted to new health standards in order to protect the population as well as the staff.

The first step in this reopening is to make the main reception of City Hall only accessible. All other municipal buildings (public works, libraries, municipal courtyard, Aquatic complex, etc.) will remain closed to the general public until further notice.

Reception procedure

Visitors should report to the front door of City Hall (accessible from the parking lot at the rear of the building) where an attendant will guide visitors. Please note that all the other doors of the town hall will remain closed. Upon arrival, all visitors must disinfect their hands and maintain a minimum distance of two (2) meters with any other person. Citizens will not be able to move freely in the town hall or use the furniture in the entrance hall.

Planning Department: by appointment only: 819-425-8614, ext. 2400.

Other municipal services: by telephone or email only. Thereafter, these services will gradually open in turn.

Limit travel as much as possible

The City of Mont-Tremblant favors and recommends continuing to use online services, emails and telephone calls as much as possible in order to reduce the risks of transmission of virus.

Face cover required for meetings

Some meetings may be held within the distance of 2 meters. The City will also require visitors and staff to wear a face covering as an additional health protection measure. Remember that municipal staff is on duty during regular hours to answer citizens' questions:

By phone: 819-425-8614, ext. 2301 or 2307

819-681-6409 (COVID-19 info line)

Email: info@villedemont-tremblant.qc.ca

infocovid19@villedemont-tremblant.qc.ca

Online request: villedemont-tremblant.qc.ca/requete

The reopening will be according to the seasonal schedule in effect, Monday to Thursday from 8:30 am to 4:30 pm and Friday from 8:30 am to 4 pm.

QESBA files legal action on Bill 40

The Quebec English School Boards Association (QESBA) has filed legal action on Bill 40: An Act to amend mainly the Education Act with regard to school organization and governance following our announcement in February.

QESBA along with co-applicants Adam Gordon, Sir Wilfrid Laurier School Board Parent Committee Chairman and the Lester B. Pearson School Board filed for an interlocutory injunction and judicial review in Quebec Superior Court on May 15, 2020.

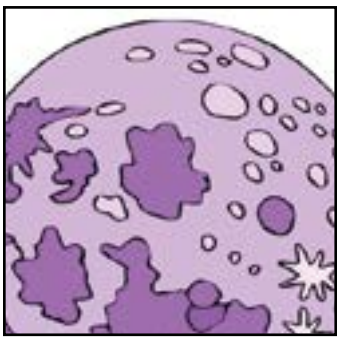
“We recognize that the filing of this legal action is not ideal under the current circumstances. This should not come as a surprise as we publicly announced our intention to file this action accompanied by all of our education and community partners last February. It has, however, become a pressing matter due to the looming November school elections and the deadlines surrounding the legal requirements and logistics of these elections,” said QESBA President Dan Lamoureux.

“Furthermore, we are collectively facing an on-going pandemic which is making the planning for and potentially the holding of these elections complicated for School Boards.”

“QESBA along with our education partners requested in writing to the Minister of Education and the Minister of Justice a postponement of these elections in light of

the current situation in Québec and we were told that they would move ahead and hold the November elections regardless. We, therefore, felt that we had no choice but to move forward at this time based on our minority community's rights to manage and control our institutions as prescribed in Section 23 of the Canadian Charter of Rights and Freedoms,” concluded the President.

QESBA is the voice of English public education in Québec and represents 100,000 students in 340 elementary, high schools, and adult and vocational centres across Québec.



Zach Factor Silent sun, chaotic earth

Lys Chisholm & Marcus Nerenberg - Main Street

Everything runs in cycles. The Earth’s year, with 2 Solstices and 2 Equinox denote our four seasons. The moon circles the Earth every 28 days and is responsible for the clock-like timing of the tides. Human women and men have hormonal cycles that affect conception, reproduction and so much more.

In the mid-1840s, German astronomer Heinrich Schwabe (1789-1875) discovered an approximate 11-year sunspot cycle. Later, astrophysicists would work to estimate its length as well as determine its underlying causes. They found this decade-long Sun cycle is divided into quiet and active periods, indicated by the number of sunspots manifesting on the Sun’s surface. Sunspots appear through telescopes as dark patches and are significantly cooler than the surface. These sunspots are magnetically active and are the sites of spectacular magnetic filaments, and Mass Coronal Ejections (ME) commonly called sunstorms.

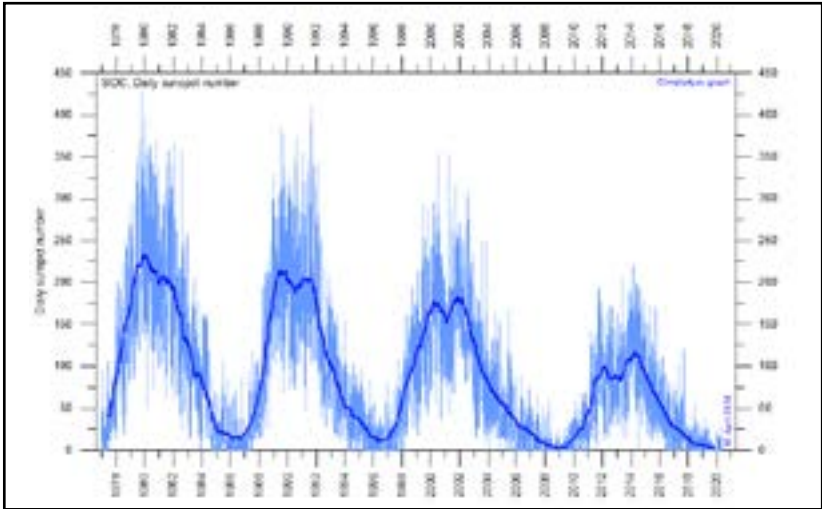
These discharges and storms have an impact on Earth. Because the Earth has an iron core, our planet is a giant magnet with north and south magnetic poles; check any compass. Extending 65,000 kilometers into space, the magnetosphere is a field that protects our planet. When the Sun has an eruption, the massive discharge of radiation flows through interplanetary space and our magnetosphere deflects this intense and harmful radiation towards the poles. The ionosphere, the outer shell of our atmosphere, is composed of electrons and electrically charged atoms and molecules, stretching from a height of about 50 km to more than 1,000 km. When the ions at the Poles are excited, they begin to glow, and result in spectacular and beautiful Aurora Borealis and Aurora Australis. Active periods also produce sunstorms that can shut down power grids (Quebec 1989) and create havoc with all forms of electronics.

In 1976, astronomer John (Jack) Eddy studied the impact of the quiet solar cycles on our climate over the last 1000 years based on historical and geological records. Digging deep, Eddy found there was an extended period, in the late 17th century, where few sunspots were recorded. The two astronomical observers were G. Spoorer and E.W. Maunder. Spoorer first noticed the absence of any recorded sunspot activity for a period of 70 years. Later, Maunder, as director of the Greenwich Observatory, would publish 5 papers with Spoorer. The period became known as the Maunder Minimum. Eddy used carbon dating from tree rings to confirm Maunders’ observations.

During the Maunder Minimum, the quiet sun had a significant impact on the global climate, and that period correlated with a time dubbed the “Little Ice Age”. During that same time, many people died of disease, hypothermia, and starvation from crop failures.

Once again, we are experiencing longer quiet periods in our last several Sun cycles. The pattern of increasing inactivity in the Sun was studied in 1987 by Rhodes W. Fairbridge and James S. Shirley. They observed that the Sun is not usually the exact center of the solar system. Instead, the Sun, and gas giants Jupiter and Saturn, as well as all the other planets have an inter-connected gravitational relationship around a point in space called the barycenter. The Sun’s movement, in relation to the barycenter, gyrates in a 179-year cycle, and sunspot activity and storms fluctuate in relation to its proximity to this point. They predicted that the next prolonged Minimum of the Sun would begin in 2013 and continue for the next two or three solar cycles, or longer, causing extreme climate impacts. Since then, many scientists have added to the work of Fairbridge and Shirley and their warnings to official agencies have been stifled by the mainstream media. Shirley now works quietly at NASA, on Mars research, avoiding the acrimony surrounding the Solar Minimum phenomenon altogether.

Astrophysical science has also found that our Solar System is passing across the Galactic Ecliptic, part of a larger 4-5000-year cycle and a highly charged region of cosmic radiation. During peak active periods of our Sun cycle, we are very protected from these external cosmic rays. But, during a Minimum, Earths’ magnetic field weakens considerably opening us to a bombardment of cosmic rays. Danish scientists (Zach Factor 08/2018) recently demonstrated how high levels of cosmic rays increase cloud cover on our planet and create pockets of excess moisture and this intense rainfall results in severe flooding. Meanwhile, other parts of the planet are experiencing drought. Historically, once food shortages begin, conflicts mount and populations riot, causing government and economic collapse. Perhaps the Mayan people, with their mysterious Calendar that began 500 years before their civilisation existed, and ended in 2012, were trying to warn us?



The last 3 solar minimums. Active cycles are shorter, weaker, and parallel the onset pattern of other Grand Minimums that impacted Earth’s climate for generations, such as the Maunder and the Dalton. Photo credit: <http://sidc.oma.be>



The Story Behind The Shoe Dropped

Joseph Graham - Main Street
joseph@ballyhoo.ca

My first and not very original reaction to the COVID-19 pandemic was to feel that the shoe had dropped. Mother Earth, Mother Nature or Gaia’s feedback mechanism was stopping us. I actually felt relief to realize that the extraordinarily complex web of life could stop us as it did, that in spite of the god-like powers we thought humanity had achieved, something as simple as a microscopic coronavirus could shut us down. Even after we have created one of the great extinction events, contributed to overheating the environment, set the oceans on a downward spiral of oxygen loss, learned to hop across the planet for sheer amusement, explored the universe beyond our planet’s gravitational limit and almost fed seven billion replicas of ourselves, suddenly we saw with what ease the great Mothers can stop us cold, as though we were no more than a child free of the playpen. I indulged myself with imagining that She knew, that we aren’t really like the boys in William Golding’s Lord of the Flies, that we have a parent after all, that we won’t actually destroy the whole thing.

In his book The Plague, historian Michael Bliss described the smallpox epidemic that hit Montreal in 1885. It was serious. So bad that Montreal was quarantined from the rest of North America. The little Laurentian villages felt it later, isolated by distance with no modern transportation infrastructure beyond St. Jerome. Bliss observed that “Montreal’s elite had any number of summer retreats: south to resorts in the Eastern Townships or Vermont; east to the Atlantic in Maine; northeast down the river to the popular Laurentian watering spots, Murray Bay, Tadoussac, Cacouna, Little Métis...” They probably brought some of the contagion with them, but smallpox had a long history already and was controllable through a simple vaccination. Poorer Montrealers refused, early anti-vaxxers or people who believed God would protect (or collect) His own, and 5,000 people died.

As we draw to the end of a six-to-seven-decade period of relative peace with bacterial diseases thanks to antibiotics, it is interesting to see that, even back then, the well-to-do left the city for relief from the risks. Today, those who have them are holing up in their chalets, isolated from COVID-19. The real, ongoing plague, though, the one that antibiotics seemed to have defeated back in the 1950s, was tuberculosis. Before the antibiotic cure, people believed that tuberculosis lived in the miasma of the lower altitudes, near shorelines and swamps in the humid air. The wealthy built their homes on the sides of mountains, preferring to climb to them than to have their families exposed to that dangerous miasma. Hermann Brehmer, a young German botanist, stricken with TB and resigned to an early death, moved to the Himalayas to live out his last days studying plants, but he discovered that the mountain air and the rest cured him. He returned to Germany, went into medicine and developed the “rest cure.” A few decades later, in the 1870s, Dr. Edward Trudeau left New York City to die of TB, like his teenage brother had. He went to Paul Smith’s hotel at Saranac Lake where the owner’s brother-in-law carried him up two flights of stairs, two steps at a time, and remarked that the doctor weighed no more than a dried lambskin. He, too, was cured by the fresh air and he also developed the rest cure, up in the mountains. Tuberculosis was humanity’s greatest destroyer, killing one billion people between 1700 and 1900. The world population reached two billion in the 1930s. Those of us of a certain age can remember the distinct icon, the stamp with a cross with two horizontal bars, that was used in the TB fundraising campaigns, and I can remember the portable lab coming to the school in the fall to x-ray our lungs.

Epidemics and diseases have been with us for a long time. Measles, scarlet fever, smallpox and whooping cough, many of them experienced in childhood, infected Eurasian herders over centuries, selecting for those who survived – as carriers. These diseases were unknown in the Americas, and playing catch-up with the centuries of selection, they killed up to 90% of indigenous Americans, people who did not herd.

Influenza, a virus, also hit the indigenous world, and as long as antibiotics last, it seems that viruses are filling the gap, like a new invasive weed in the garden. AIDS, Ebola, Swine flu, SARS and the coronavirus family, all unresponsive to antibiotics. Viruses are parasites that, according to Live Science, “...lack the capacity to thrive and reproduce outside of a host body.” They are generally a hundred times smaller than bacteria and can even infect it. They also mutate very quickly, meaning that, with each new infection, such as COVID-19, scientists are dealing with a moving, morphing target.

Could this pandemic force us to relearn the reverence that we have lost for our mothers? Greater minds than mine said no, Joe. We will all go back to our galivanting ways of irreverent misuse of our environment. We will once again hear from friends who have skipped off to Antarctica or visited the Galapagos before it’s “too late,” destroying its ecosystem in the process. COVID-19 will be nothing more than a forgotten footnote in our history. The boom and bust cycle will resume, the population will grow and the biggest takeaway might be that this will be remembered as the time when people passed a threshold of dependency on virtual relations and exchanges, even if they have forgotten why. We will remember that 2020 was when changes of degree became a change of type in these communications, when online habits took on a deeper social role. The time when Zoom began. We will maintain our insatiable consumption and continue to congratulate ourselves on our cleverness.

And then the other shoe will drop.





Garden Talk

Repelling insects naturally

June Angus - Main Street

After spending so much time in isolation this winter and spring, ideal weather for gardening and enjoying the great outdoors finally arrived. But the better weather also brings on the annual parade of pesky insects that love to hang around us.

Many aromatic herbs and flowers with powerful essential oils can naturally help to repel bugs from people, pets and other garden plants. Placing these plants strategically can reduce the number of pests hanging around you and your garden. Grow them in flowerpots to place in seating areas on decks and patios. Or use them as companion plantings right in your veggie patch.

While none of these options offer a 100% guarantee for keeping unwanted insects away, most have been shown to significantly reduce pest activity. As an added bonus, deer don't really like the strong scent or taste of most of these plants so will tend to avoid them.

Rosemary and Thyme scents repel flies and mosquitos so when grown in pots near seating areas these herbs can reduce the number of pests hanging around people. A South Korean study reported on by Mother Earth News showed that thyme volatiles were actually as effective if not more so than DEET, the chemical used in many commercial insect repellents. When planted in a vegetable garden these herbs also protect plants from pests such as cabbage moths and carrot flies.

Mint placed strategically in the garden or on a patio helps to keep mosquitos away from people too. There are also many recipes available online for crushing up mint leaves and making your own insect repellent. When planted in the ground, this perennial will overwinter in our climate. However, since mint spreads easily and can overtake a garden it's wise to simply grow it as an annual in a container.

Lemongrass is another great mosquito repellent for people. In its native Asia, it is nicknamed "Mosquito Grass." Citronella oil is derived from this aromatic herb and is used in natural insect repellents, outdoor candles and more. It can grow up to 2 feet tall so can be attractive both in the garden and in containers. Although a perennial in milder climates, our winters are too harsh, so best dig it up or move pots indoors for the winter.

Marigolds are great in the garden to repel aphids and whiteflies from tomatoes thanks to a release of a chemical called limonene. Rabbits and deer don't like the scent or taste of these colourful little flowers either. Grown as flowerbed borders and interspersed with vegetables, marigolds can also spur on the growth of other plants including roses. The scent of marigolds also repels mosquitos, which is good news for people too.

Petunias are another good addition to a vegetable garden as their scent can ward off leafhoppers, various aphids, tomato worms and other pesky pests that may prey on broccoli, beans, tomatoes, corn and peppers. Roses also benefit when this natural insect deterrent is planted nearby.

Lavender growing in the garden will discourage moths, flies and fleas from the area. Come fall, move dried bundles of this aromatic flower into the house to ward off pests that may want to move in for the winter too.

Chrysanthemums are real champions when it comes to repelling garden pests including: ants, Japanese beetles, roaches, spider mites, ticks, fleas, lice and much more. In fact, chrysanthemum flowers contain pyrethrum, which is often used in manufacturing natural pesticides, and other products such as pet shampoos for mites. Some folks plant borders of these flowers around their homes and swear they help to keep pests out.

Happy pest free gardening!



Word Play

Elemental II

Louise Bloom - louisebloom@me.com

The month has been long and short, lonesome and fulfilling, disciplined and freeing, fraught with emotion and surprisingly peaceful. Grounding in what is real or perceived in the moment is what carries me forward and fertilizes the soil that supports this life.

Throughout the month, I have returned to the elemental frequently, consulting with my own body to determine how I am faring energetically. I notice more often when I need water or when I crave breath or air. I notice that I gravitate towards my houseplants when I need grounding and, like many of us, I have arranged to plant vegetables, to put my hands in the soil. I notice consistently, when my personal fire is burning low, that I am needing rest, even a nap. Below are the elements and the associations that I outlined last month. Consulting here helps me find the necessary balance during a time that seems devoid of boundaries and regular definition.

- Earth forms the solid structure, bones, flesh skin, tissues and hair.
- Water forms saliva, urine, semen, blood and sweat.
- Fire forms hunger, thirst, and sleep.
- Air is responsible for all movement, including expansion, contraction, and suppression.

These references are just the tip of the iceberg. This research led me to a past study of the elements as states of being, associated with astrology and offering descriptions with which we might identify.

Fire is the spirit of outrushing energy, the shattering of all that stands in its way. It represents an uncompromising invincibility of purpose and provides us with lessons of courage and will. It sits in the body at the belly, and simmers or rages, depending upon the human situation.

Earth follows fire in the traditional order of elements and emerges from the heart of night. It carries the spirit of grim enduring determination, helping us in its concrete and grounding nature to make peace with a hard and unyielding world. Earth provides the energy for self-discipline and patience, alertness and clarity of perception.

Air appears as most powerful when night is getting ready to overwhelm day, as well as at dawn. It is felt most deeply at the time of the autumnal equinox, the beginning of Fall. It is the companion of the advent of darkness and the sensing of death. Air oversees thought, and carries the ability to perceive, and relates to reasoning and actions of the mind. It expresses unending curiosity and mental function. It is aware that beyond itself, lies the unknown.

The energy of Water comes alive when the light in nature attains maximum power at the summer solstice. Its spirit is outward, representing warmth, nurture and protection, and inwardly, imagination and intuition. Water is the mother of unconditional love in the face of extreme vulnerability. Its prime function is to feel.

The purpose and promise of this information, is to apply it to our personal experiences, to acquaint us more deeply with ourselves. Remember that around the 6th century B.C., carved above the entrance to the famous temple of the Oracle of Delphi, was the maxim: "Know Thyself".

To be continued.

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



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Anyone or anything...

Let's continue to protect ourselves and consult health professionals!

If you feel the need or if you or a family member has a health problem or a psychosocial problem, you can consult a health or social services professional, even during the COVID-19 pandemic.



It is especially important to go to your health or psychosocial follow-up appointments if you or a family member have:

- ✓ **a chronic disease**
(e.g., diabetes, cardiovascular disease, hypertension, degenerative disease, etc.);
- ✓ **a mental health condition**
(e.g., depression, anxiety disorders, etc.);
- ✓ **cancer;**
- ✓ **or any other disease, condition or situation that requires regular follow-up with a health or social services professional.**

At any time, you can call Info-Santé staff if you have questions or concerns about your health, or Info-Social staff if you need psychosocial support.

Consultation by telephone or in person



Often, consultations with a health or social services professional can be done over the telephone. Telephone consultations are being prioritized during the pandemic (depending on your condition).



If you have to go to your consultation in person, rest assured that the necessary measures have been taken to ensure your safety and staff safety. Anyone who goes to a health care facility, such as a hospital, a clinic, a doctor's office or a family medicine group (FMG), should wear a homemade mask (face covering) or procedure mask. This recommendation applies to both the patient and the person accompanying the patient. If you have COVID-19 symptoms, the staff might ask you to wear a procedure mask.

How do I consult a health professional?

You must first determine whether you have flu symptoms, gastroenteritis symptoms or COVID-19 symptoms.

If you have COVID-19 symptoms, regardless of the reason for your consultation in family medicine, call 418 644-4545, 450 644-4545, 514 644-4545, 819 644-4545 or 1 877 644-4545. For the hearing impaired (TTY), call 1 800 361-9596 (toll free).

Your health condition will be assessed and you will be referred, if necessary, to a designated assessment clinic or another resource where you can be seen safely during the pandemic.

If you do not have any of these symptoms and you need a consultation, proceed as follows:

→ If you have a family doctor

- Contact the clinic or family medicine group (FMG) that you usually go to to make an appointment. You can check whether your clinic or FMG offers medical and psychosocial consultations by searching your clinic or FMG's name on the Finding a Resource page: sante.gouv.qc.ca/en/repertoire-ressources
- If you are unable to reach your clinic or FMG, call Info-Santé or Info-Social by dialling 811.

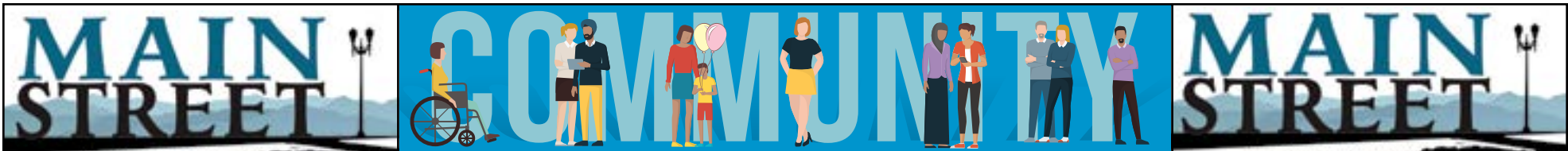
→ If you do not have a family doctor

- Call Info-Santé or Info-Social at 811 for advice or to be referred to an appropriate resource.
- You can also contact a clinic that provides services to people who do not have a family doctor, such as a super clinic.

Québec.ca/coronavirus

1 877 644-4545





RELIGIOUS SERVICES



ROYAL CANADIAN
LEGION
LA LÉGION
ROYALE CANADIENNE

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

Branch 171 Filiale
Morin Heights

Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice.
We look forward to seeing you again when the restrictions have been lifted.
Stay home – stay safe
Hall rental available at competitive prices
Info: 450 226-2213 <http://www.legion171.net>
Facebook: legion 17

Branch 70 Filiale
Lachute

Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice.
We look forward to seeing you again when the restrictions have been lifted.
Stay home – stay safe
For information call: 450 562-2952
after 3 pm - 634, rue Lafleur

Branch 71 Filiale
Brownsburg

Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice.
We look forward to seeing you again when the restrictions have been lifted.
Stay home – stay safe
Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale
Rouge River

Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice.
We look forward to seeing you again when the restrictions have been lifted.
Stay home – stay safe
Please check our Facebook page for full details on upcoming events. Non-members welcome
Hall & Party space with kitchen and bar facilities available for rent.
Bar open daily at 3 pm
For further info: 819 687-9143 / arundellegion@gmail.com

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

940 du Souvenir (St-Jérôme QC J7Z5R6, CA)
Tel: 450-438-5524 ask for Michel
Email: legion.stjerome@hotmail.ca
PTSD/Suicide hotline for veterans and family
24/24 & 7/7 at 450 848 4362
(English/French) Michel
Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice.
We look forward to seeing you again when the restrictions have been lifted.
Stay home – stay safe
Legion site (French) www.legionstjerome.ca/
Facebook: Légion190 St-Jérôme

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

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

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute /
www.pccweb.ca/mrmprc
Interim Moderator: Rev. Richard Bonetto
Clerk of Session: Linda Rodger: 450-562-6162
Sunday service and Sunday school **10:30 am**.

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

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

**LOST RIVER PRESBYTERIAN
CHURCH**
5152 Lost River Rd., Harrington

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

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

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

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

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

**ANGLICAN PARISH OF ARUNDEL &
WEIR GRACE CHURCH**
7 Church Street
Sun, Apr 5: 11 am – Palm Sunday
Thurs, Apr 9: 1 pm – Maundy Thursday
Fri, Apr 10: 2 pm – Ecumenical Service
Sun, Apr 12: 11 am –
Easter Sunday Eucharist
Reverend Josée Lemoine
Everyone welcome Sunday services
are held every **Sunday at 11 am**

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

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

UNITED CHURCHES OF CANADA
450 562-6161 or 514 347-6250
KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Contact: James Hocquard - 819-242-4722
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

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

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

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

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

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

**ARUNDEL UNITED
CHURCH**
17, du Village, Arundel, 819-687-3331
Contact : Heather Hodge - 819-687-9230
Sundays: 10 am: Worship service.

MORIN HEIGHTS UNITED CHURCH
831,Village, Morin Heights
Contact Catherine Davis – 514-712-8863
Sundays: 10:30 am - Weekly services

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

**PARISHES OF THE LOWER
LAURENTIANS**
Everyone welcome

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles

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

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

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

SAINT SAUVEUR CHURCH
205, rue Principale, St-Sauveur

Please note that all services
have been temporarily
suspended due to the covid-19
virus and the safety measures
put in place.
Services will resume when the
current situation changes.
Please contact your individual
churches for updates
We will keep you advised

LAURENTIAN CLUB NOTICE

Due to the COVID-19 virus and current health
measures in effect all meetings have been
temporarily suspended until further notice.
We look forward to resuming our regular
meetings as soon as possible.



Laurentian Region
Cancer Support Group

Groupe de Soutien du Cancer
de la Région des Laurentides



Due to the current situation regarding
COVID-19, our monthly meetings are
cancelled until further notice.

Fortunately, our previously scheduled
speakers have agreed to reschedule
for a future meeting.

Meanwhile, please call if you need
information or a friendly ear regarding
your current journey with cancer
450-226-3641

Meetings are conducted in English
ADMISSION IS FREE

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

REGISTERED CHARITY - DONATIONS APPRECIATED



COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

These are tough times for us all.
Ami is still here for you
Tele-workshops/Webinars
Info: 1 877 303-0264 (514 486-1448 in
Montreal) info@amiquebec.org www.
amiquebec.org

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg –
Corner /coin - des Érables & McVicar
Currently on hold

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE 2811 RTE 327

Due to the current COVID-19 virus, all
events and activities have been cancelled
or postponed.
Check for updates on our Facebook page
See event details and photos on our
Facebook page. Like LRCC on Facebook at
LRCC-Lost River Community Center

HARRINGTON GOLDEN AGE CLUB (259 Harrington Rd)

Due to the current COVID-19 virus, all
events and activities have been cancelled or
postponed.
Check for updates on our Facebook page

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

THEATRE MORIN HEIGHTS

No live theatre events are being
scheduled until further notice. We are
working on various options for the new
2020-2021 season. Please visit our
Facebook page
[https://www.facebook.com/
TheatreMorinHeights/](https://www.facebook.com/TheatreMorinHeights/) for updates.
Also, we are posting links of FB for
musical or theatrical live streaming
events (free for limited times) that we
hope you will find interesting and enter-
taining. Thank you for your support.
For more news call 579-765-3999
or visit our Facebook.com/
TheatreMorinHeights.

LACHUTE ARMY CADET CORPS

Lachute Army Cadets activities are tenta-
tively suspended until further notice
All active Cadets are expected back after the
suspension has been lifted. Can't wait to see
you all back. Info: Captain Dan Demers:
514-927-9260

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

ALCOHOLICS ANONYMOUS MEETINGS

Holy Trinity Church Hall, Ste-Agathe
Corner of Préfontaine St. W
& Tour du Lac Road.

All meetings are temporarily
suspended. We will advise you when
they will start back
Having problems with alcohol?
Looking for help? Join us for a
group meeting and support.

MORIN HEIGHTS HISTORICAL ASSOCIATION

Chalet Bellevue
75, Chemin du Lac Echo
Morin Heights J0R 1H0
Due to the closure of all municipal
facilities through Aug 31, we will not
be able to hold our Annual General
Meeting as scheduled on June 14 at
Chalet Bellevue. The Board of Direc-
tors will discuss alternatives at an
online meeting and the results
will be published directly to the
members when known.
The Morin Heights Historical
Association invites you to visit their
new website at
morinheightshistory.org.
It features interesting articles, an
online store for publications and on-
line membership options
mhha98@hotmail.com /
www.morinheightshistory.org

ADVANCE NOTICES

LACHUTE UNITED STRAWBERRY SOCIAL

Grenville Community Centre
Thurs, July 2: 6:30 pm - 8:30 pm
Currently on hold with the possibility
of being postponed or cancelled

AUPC BARBEQUE

Along the Grenville Canal
Fri, Aug 7: 5 pm - 7 pm
Bake table available / bring your lawn chair
Currently on hold with the possibil-
ity of being postponed or cancelled

LAURENTIAN AREA MINISTRY ANNUAL CHICKEN DINNER

Top Shot Restaurant,
417, rue Principale, Lachute
Wed, Sept 16: 5 pm - 7 pm
Currently on hold with the possibility
of being postponed or cancelled

VIRTUAL EXCURSIONS & CULTURAL EVENTS FOR PARENTS

Museums - Virtual Tours

**The Canadian Museum of Civiliza-
tion** - [www.historymuseum.ca/event/
the-canadian-museum](http://www.historymuseum.ca/event/the-canadian-museum)

Bring the museum right into your
home with virtual tours, activities and
exhibitions.

deCordova Sculpture Park and Museum – www.decordova.org

Offers virtual visits of current exhi-
bitions, live streamed story hours,
Sculpture Park narration and more.
Virtual Egyptian Museum - [virtual-
egyptian-museum.org](http://virtual-egyptian-museum.org)
The Rosicrucian Egyptian Museum
is an educational institution that uses
trans-disciplinary approaches to
increasing knowledge about the past,
present and future related to the
diversity and relationships in nature
and among cultures.

Live Theatre

National Theater Live - [www.nation-
altheatre.org.uk/nt-at-home](http://www.nationaltheatre.org.uk/nt-at-home)
Offers a selection of performances on
Thursdays. Check out

Broadway HD: Stream your favourite
Broadway Hits, anytime, anywhere.
This site offers you a 7-day free trial
and also has monthly or annual sub-
scriptions available.
www.broadwayhd.com

DRIVE-IN THEATRE – BELLE NEIGE

6820 Rte. 117, Val Morin
Open until September 30, 2020:
starts at 7 pm
Online food ordering system /
snack bar.
Info: 819-322-3311 ex. 232 /
belleneige.com

P'TIT TRAIN DU NORD

Open: To minimize the risk of
contagion, cyclists must comply with
the health guidelines issued by the
Government of Quebec, which could
change as the situation evolves.
To learn the guidelines and services
available or not, visit
ptittraindu nord.com

MONTREAL BOTANICAL GARDENS

4101 Sherbrooke St. E, Montreal
June 15: Tentative opening date.
Some pavilions and gardens will not
be open to the public.
Children 17 and under will be
granted free admission
until August 31.
Online reservations for entry
will be prioritized.
Info and tickets: 514-868-3000 /
[http://espacepourlavie.ca/en/botani-
cal-garden](http://espacepourlavie.ca/en/botani-
cal-garden)

MONT-TREMBLANT

In accordance with the de-confine-
ment instructions from the Govern-
ment of Quebec and the Public
Health Department, the City of
Mont-Tremblant will reopen its out-
door sports fields as of
Friday June 12. Until further notice,
only non-competitive free practice
(training) will be authorized.
It is possible to reserve a sports field
outside of free practice hours by
contacting the Culture and Recre-
ation Department by email at [cultureetloisirs@villedemont-tremblant.
qc.ca](mailto:cultureetloisirs@villedemont-tremblant.qc.ca) or by calling 819-425-8614,
extension 2500.



FAUBOURG SUICIDE PREVENTION CENTRE

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

Intervention and help for all
Laurentian residents.

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



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



4korners 888 974.3940
Laurentian community network
Réseau communautaire des Laurentides
LACHUTE: 508 PRINCIPALE SAINT-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

PAIX
Programme d'aide en intervention
PAIX: To fend off violence!
819-326-1400 / 1-800-267-3919
www.organismepeaix.ca

Alcoholics Anonymous
Helpline:
1 877 790-2526

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



ENTREPRENEURSHIP

Speaker Series

CREATING OPPORTUNITY IN UNCERTAIN TIMES

Thursday June 18th | 6:00 - 7:15PM
FREE Online Event!

Thinking outside the box, agility, and resourcefulness – hallmarks of every successful entrepreneur – are never more essential than in times like these.

Join us on Thursday, June 18th for an online, interactive panel discussion featuring local trailblazers who are successfully responding to the challenges and opportunities in the face of COVID-19.

This is your invitation to engage with a community of innovative Quebec entrepreneurs who will share their experiences and tips for evolving, pivoting and adapting your business to deliver value in a rapidly changing environment.






Pino Di Iorio
 CEO & Owner
 BeaverTails Pastry

Paul Cirka
 Founder & Master Distiller
 Cirka Distilleries

Rozel Gonzales
 Owner
 Energie EnCorps

Patricia Occhiuto CM, CA
 Co-president, Importations Mini Italia
 Vice-president, Cesaratichella Canada



Register online at [yesmontreal.ca](https://www.yesmontreal.ca)



Canada Economic Development
for Quebec Regions



Développement économique Canada
pour les régions du Québec

NOUVEAU SERVICE DISPONIBLE NEW SERVICE AVAILABLE

Soins et Hygiène des Pieds Foot Care and Hygiene



Familiaprix Danielle Gauthier
 707 chemin du village, #104
 Morin-Heights, Quebec, J0R1H0

Soins des pieds complets Complete Foot Care

- Coupe et amincissement des ongles dystrophiques.
Cutting and thinning of dystrophic nails.
- Traitement pour ongles longs, épais, incarnés et/ou mycosés.
Treatment for long, thick, ingrown toenails and/or fungal infections.

Traitement de la peau Skin treatment

- Cors durs; cors mou (oeil de perdrix); gerçures; fissures; callosités et durillons.
Hard corns; soft corns; skin chaps; cracks; calluses.

Massage du pied Foot massage

Jusqu'à la base du genou
up to the base of the knee

- Conseil de traitements.
Guidance for treatments.
- Techniques adaptées pour les diabétiques.
Techniques adapted for patients with diabetes.
- Fiche santé naturothérapeute.
Naturopathist health sheet.

1 fois par mois, le Mercredi matin.
Once a month, on Wednesday morning.

À partir de Mercredi 17 juin 2020
Starting with Wednesday 17 of June 2020

Rendez-vous / Appointment: 450 226 5222



Laurentian Personality Supporting the Anglo Community - Andie Bennett

Lori Leonard – Main Street

Andie Bennett and her family moved to the Laurentians in spring 2018. Their son just turned one and they spent the first year of his life in a tiny condo in St. Henri. They embraced the idea of being close to nature and sought to live a more relaxed life-style.

Andie has worked as a sports reporter and broadcaster at CBC Montreal on the morning radio show Daybreak and for CBC News at dinnertime. She also worked at TSN Radio (previously Team 990) and held an eclectic variety of jobs as marketing assistant, gas attendant, an au-pair in Paris and sold khakis at the Gap. However, her favorite job was working at a small video shop in NDG.



Andie started working as Community Development Coordinator with the non-profit organization 4 Korners (4K) in spring 2019. The main office for 4K is in Deux-Montagnes, with satellite offices in St. Sauveur, Ste. Agathe and Lachute. Andie likes to think she functions as the voice or face of the English community. She sits at many community tables where important decisions are made about support and services for our community. Andie says, “Since we are a relatively small percentage of English residents in the Laurentians, we must be present to serve as a reminder that we exist.” Andie is responsible for the Network and Partnership Initiative (NPI) Program in Pays-d’en-Haut working with community partners and public health organizations to offer services to the English community.

4K programs are currently running in 5 MRC’s for seniors, youth, and families. They work with CLSC’s, the CISSS, Maison de la Famille, Centre Jeunesse Emploi and sponsor LESAN (Laurentian English Services Advisory Network) in 5 different MRC’s. Andie leads LESAN in Pays D’en Haut, which includes people from different organizations, such as the school board. Municipal representatives exchange ideas/concerns about challenges facing the English-speaking Laurentian community. Andie started writing her 4K column for Main Street last year.

Andie grew up moving every year, changed schools often and never really had a real home or community. She concludes, “It’s something I desperately want now, as a parent for myself, my husband and our son. Andie is an avid rock climber and snowboarder and says, “I love the smell up here. Maybe it’s something you only notice after city living for so long, but I will never tire of going out in my backyard and breathing in the fresh crisp air.”

Thank you, Andie, for your invaluable support. We wish you and your family many healthy, happy years in the Laurentians.

outdoor getaway



NEW!
FREE WIFI



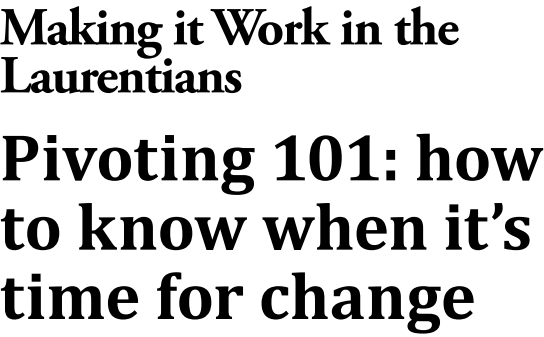
Brûlerie
Des Monts



CAFÉ-BISTRO
191, RUE PRINCIPALE, SAINT-SAUVÉUR 458 227 6157
WWW.BRULERIEDESMONTS.COM

7/7
From 6 a.m.
Mon to Sat.
7 a.m. Sun.

FABULOUS COFFEE · MOUTH-WATERING BREAKFASTS AND LUNCHES · DECADENT DESSERTS



If ever there was a time to contemplate a change in your business' approach, the current COVID-19 crisis might be it! For many entrepreneurs, the virus' fallout has held up a mirror to the shortcomings of the business world. Whether you've been fantasizing about a total overhaul or a very narrow shift in just one facet of your business, now may be the time.

Think of pivoting as a change of course—whether major or minor—designed to test a new hypothesis about what works. As an entrepreneur, it's easy to become stuck in a fixed mindset. But as they say, change is the only constant, so the only winning formula is the one that reflects ever-evolving circumstances!

You need to differentiate yourself. It's dog-eat-dog out there. No matter how unique your ideas may be, there's always a chance that another business, with more resources, and a more stable audience, will present strong competition.

You're only getting attention for one thing. If just one facet of your business is succeeding, it's possible that your focus should switch to reflect just that! By shifting your resources to better capitalize on what works, you're likely to see a rise in productivity and sales over time.

You're getting negative feedback. Customer responses are a strong indicator of whether you should pivot. Occasional negative feedback is normal, but if you're constantly being criticized, chances are it's time to pivot.

Depending on your reasons for pivoting, you might consider reframing or redesigning a product to emphasize its most loved features. Or, you might target a different audience by adapting your messaging to a new market. A new revenue model may raise your profits, or a different manufacturing technology may cut costs. There are just as many ways to pivot as there are reasons to do so.

Join YES June 18th to learn from the shared experiences of Montreal entrepreneurs who had to pivot their businesses. Details here at: yesmontreal.ca



Please note:

SARVEUR – 2675 copies
Available at: IGA, Provigo,
Rachelle Béry, Petino's, Jean Coutu, TD Bank,
Brulerie des Monts and Fumoir des Lacs, Cha-
let Pauline Vanier

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

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

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

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

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Available at Au Petit Poucet Restaurant, Famil-
iprix and Metro

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Chateau Stationery

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Available at Le Magasin Legare

PIEDMONT – 100 copies
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 and Hôpital Vétérinaire Piedmont
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 crobrasserie Shawbridge
 and Floral Fatimo
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 Tire, Dépanneur Campbell
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 Available at the Municipal Town Hall
LOST RIVER – 50 copies
 Available at Dépanneur Lost River
GRENVILLE-SUR-LA-ROUGE –
50 copies
 Available at Dépanneur Kilmar
HAWKESBURY – 650 copies
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Media got us all pandemic managing. For a strategic planner like me, I'm thinking of what comes after: the post-pandemic, the relaunch, the revival.

Before all the coronavirus situation started, I was working on two large strategic planning projects. The first was my involvement as a consultant with the Argenteuil regional county (MRC) on their regional wetlands and bodies of water plan. Under the new law, Bill 132, An Act regarding the conservation of wetlands and bodies of water, passed in 2017, every MRC must produce said regional plan. This plan must indicate measures taken to protect, restore and create wetlands and streams, but also identify areas where encroachment and impact on wetlands and streams would be authorized. In Argenteuil, this is a major strategic planning tool as it would open up for development, for forestry activities and for farming, land in wetlands that would otherwise have been protected until now. It is also a great tool when it comes to identifying leverage points to protect, enhance and better appreciate the value of important wetlands and streams in our area.

The second project I was working on (and still am) is my role in developing the strategic planning of the future of the watershed organizations in Quebec. As member of the Board of Directors of the Regroupement des organismes de bassins versants du Québec (ROBVQ) and president of the North River watershed organization (Abrinord), my colleagues and I were working on a future vision for the 40 watershed groups in Quebec, a vision focusing on coordinating stakeholders who are taking action to better protect water resources in our regions. In other words, finding leverage points to convince stakeholders, like cities, towns, businesses and non-profits, to work together in an integrated way to protect water resources for future generations.

Needless to say, this whole pandemic situation sure made us rethink the whole thing. It's like the stages of grief, except I wanted to get quickly past the stages of denial, anger, bargaining and depression, and get straight to acceptance so that my brain could focus on the revival, especially for these two projects. When I got there, two main questions arise: What has this new crisis shed light on, regarding our strengths and our weaknesses when it comes to stewarding our land and our resources? What opportunities arise from the "new normal" and how can we use these opportunities as leverage points within our strategic planning efforts?

To this matter, I stole ideas straight from Henk Ovink and his work through an initiative and concept he calls Rebuild by design. Maybe I should just mention that he was the first Water Ambassador of the Netherlands and the first Special Envoy for International Water Affairs. After Hurricane Sandy, he was a Senior Advisor for the US Presidential Rebuilding Task force. Two main things I noted from my initial research on him. First, “Innovation is needed; solutions of the past cause problems for the future”. Second, “Catastrophe and crisis are like X-ray vision, it allows you to see weaknesses and leverage points”. I’ll write more about his work in future articles.

So getting back to our reality: Environmental issues regarding sustainable use of water resources, difficulty getting stakeholders to get on board and take action, complexity of developing efficient planning tools to better understand and develop land use planning, sanitary crisis, economic crisis, government relaunch programs focusing on creating jobs and getting the economy rolling, as they also want to be more efficient in the use of public funds. Then it hit me. The Problem is the Solution (permaculture quote). Or, as Henk Ovink would say, Water as Leverage. The idea here is focusing on the current opportunities that come from the Covid-19 crisis and the relaunch in order to, at the same time and with the same resources, also meet our goals of protecting water resources. Or better yet, how can we turn our goals for protecting water resources into an economic relaunch program? The expression; “kill two birds with one stone”. It’s a little more complex than the permaculture example; “You don’t have a snail (or slug) problem, you have a duck deficiency!” where you fix the slug pest problem while at the same time you get friendly pets, food in the form of eggs and meat, as well as great natural fertilizer.

This is where my thinking process is at now. Obviously, I can't disclose details, but I will give you examples. For the regional land-planning tools, water resources (and natural resources altogether) are leverage points for developing tourism, for enhancing quality of life and overall health (thank goodness I wasn't locked up in the city during the confinement period), for protecting our cities against floods, for allowing fresh and safe water to reach our wells. This gives an immense value to our resources, a value we must be willing to share and to invest in. Understanding this value allows us also to know where the acceptable compromises can be agreed upon collectively, so we know what is acceptable to give up in order to achieve a coherent development of our region.

Taking action to protect water resources (and other natural resources), we need to focus on the leverage points, which are all those factors in the post-pandemic era that stakeholders need to understand completely. Municipalities will need to adapt their practices, their planning tools and their work. Let's help them protect the resources that allow for better living in the Laurentians. Businesses, such as some farmers, will look to transition to closer supply chains, and closer markets, and they will likely require more investment. Let's create innovative collective projects that they can get involved in which will contribute to healthy living environments. Let's create innovative financial opportunities to develop environmental alternatives in partnership with farmers and businesses. Let's reach true sustainable development. Or, better yet, regenerative development, where every decision made enhances socioeconomic benefits, as well as environmental gains

By the way, this whole “getting past grief and working on the relaunch” isn’t reserved to people like me. Everyone can and should get involved. For Argentine urban dwellers, keep an eye open for consultations within your municipality or MRC regarding the regional plan for wetlands and water bodies. For anyone and everyone, speak with your local businesses and organizations to see how they are creatively using and responding to change (permaculture principle #12) and see how you can get involved, especially if you can contribute to regenerative development that benefits everyone.

Share your ideas with others and, of course, with Main Street!

Obituaries

In Loving Memory of Cathy Moloughney
One year has passed since we lost you but not a day passes when we don't think about you.
You are forever in our hearts, sadly missed and always loved.
Memories are never forgotten.
Craig and Will

Craig and Will

The Inter des Laurentides public transit service and its taxi service are affected by these measures.

With the gradual resumption of activities linked to the de-confinement that has started, the schedule that has been in effect since April 6 is likely to progress towards a return to the usual schedule. People are encouraged to stay abreast of changing information. The means of communication remain: by phone at 1 877 604-3377 or by email at info@transportlaurentides.ca. We also remind you of the interest of subscribing to text alerts www.textotacl.com, following our Facebook page and visiting the website at <https://www.transportlaurentides.ca/inter/autobus-circuits-et-horaire/>

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The Quebec Anglophone Heritage Network (QAHN) is a non-profit, non-partisan, province-wide organization engaged with its members in the preservation and promotion of the history, heritage and culture of Quebec -- and, in particular, of Quebec's English-speaking communities. QAHN strives to advance the knowledge of the history, heritage and culture of those communities by informing, inspiring and connecting people through its activities and services. Membership in QAHN is open to individuals, families and organizations. Our current institutional membership numbers over 100.

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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



Main Street Money

Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Ride out volatility with a systematic approach

A systematic investing plan provides discipline and the potential for better returns.

Investors who watch the markets closely can get dizzy tracking all the ups and downs and, as prices fluctuate, often unpredictably, it can be hard to stay focused on long-term plans. When markets drop, it can be exceedingly difficult to fight the temptation to sell. When markets rise, it can be equally tough not to jump on the bandwagon and buy. The result, for many investors, is selling low during market downturns and then buying back as the market rises.

Yet, a simple strategy can help investors ride out volatility and achieve better long-term returns. A systematic investing plan quite simply means investing the same amount of money regularly, no matter what the markets are doing. When prices are high, that amount buys fewer units. When prices are low, that amount buys more units. The average cost per unit tends to drop over time because the investor buys less at a high price and more at a low price – which is why this approach is also known as dollar-cost averaging.

How it works

Here is a simple example that shows how a systematic investing plan can benefit an investor. Let’s say Janice commits to investing \$100 in an equity mutual fund every week. As it happens, the equity markets are especially volatile over the next two months:

| | Amount invested | Cost per unit | Number of units purchased |
|--------|-----------------------------|-------------------------------|---------------------------------------|
| Week 1 | \$100 | \$10 | 10.0 |
| Week 2 | \$100 | \$8 | 12.5 |
| Week 3 | \$100 | \$7 | 14.3 |
| Week 4 | \$100 | \$9 | 11.1 |
| Week 5 | \$100 | \$10 | 10.0 |
| Week 6 | \$100 | \$12 | 8.3 |
| Week 7 | \$100 | \$11 | 9.1 |
| Week 8 | \$100 | \$9 | 11.1 |
| | Total Investments: \$800.00 | Average Cost per Unit: \$9.26 | Total Number of Units purchased: 86.4 |

Over the eight weeks, Janice invests a total of \$800 and buys a total of 86.4 units. Her average cost per unit is \$9.26.

Had Janice invested her entire amount of \$800 during week 1, her average unit cost would have been \$10.00 versus the weekly investment strategy where her average unit cost was \$9.26, a savings of 0.74 cents per unit.

In hindsight, she could have done even better if she had somehow known that week 3, when the cost per unit was at its lowest, would be the best time to buy. In that case, her \$800 investment would have bought 114.3 units, worth \$1,028.70 in week 8. However, she could also have done much worse if she had wrongly guessed that week 6, when the cost per unit was at its highest, would be the best time to buy. In that case, her \$800 investment would have bought just 66.7 units worth \$600.30 in week 8.

But not even the most skilled professional investors can say with certainty when the equity markets have bottomed out or peaked, so a systematic investing plan is a more disciplined approach than attempting to time the markets. By averaging out the cost per unit over time, and ensuring fewer units are purchased at high

prices, systematic investing can help investors achieve greater potential capital appreciation, aligned to the mantra “buy low, sell high”.

Why it matters now

We may be entering a period of increased market volatility in the coming months, with global economic growth slowing and the possibility of a global recession on the horizon. While some investment strategists don’t think the equity markets in Canada, the United States or around the world are overvalued, relatively, economic slowdowns tend to weaken earnings growth, which may put pressure on stock prices.

Investors who are supported by the discipline of a systematic investing plan may be better able to take the long view through volatility. Perhaps the best thing about a systematic investing plan is that it’s automatic and unemotional, helping investors avoid the biases that affect us all and can lead to costly investment decisions. Instead of selling when prices are low, or “on sale,” investors with a systematic plan keep buying in all market conditions. Just as important, instead of missing the best days of a recovery because they’re out of the markets, those investors remain invested, leading to a potentially better outcome.

Speak with your advisor about how establishing a systematic investing plan can help you reach your financial goals.

“Cognitive biases are an evolutionary adaptation. Our brains have evolved to have a very fast, non-analytical way of thinking. When confronted with danger, it doesn’t make a lot of sense to sit down and analyze what to do. It usually makes more sense to just do anything rather than deliberate.”

— Dr. David Lewis, PhD, Chief Client Officer, BEworks

A systematic investing plan takes the emotions and guesswork out of investing. Rather than spending time and energy trying to work out when to buy and when to sell, investors are always buying, a little at a time, knowing that every investment brings them closer to their long-term objectives.

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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Mont-Tremblant day camps will open


The City of Mont-Tremblant announces that its day camp will take place this summer. More than 275 young people from Mont-Tremblant and Lac-Tremblant-Nord will be welcomed in accordance with the instructions of the Government of Quebec and the Public Health Department. The City will also offer free childcare. Registrations available until June 23: 819-681-6409 ext. 2500 / cultureetloisirs@villedemont-tremblant.qc.ca



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I'm Just Saying True colours

Ron Golfman - Main Street

In the most bizarre of starts to any year, spoken by someone who has experienced several devastating life events in his own recent history, this pandemic has not disappointed me in terms of being unprepared for the world I now live in.

I must admit that this global virus has been radioactive, and has been the most unwelcome diversion I could never imagine. While I would have liked a different format, I get the lesson in perspective.

Now that the weather is finally changing, as I feared at one point that we'd go from March to November without a summer of sun and heat, the glowing reminders of both sides of the coin are ever present. Little freedoms like yard work and being out of the proverbial four walls seems to have given many of us a little light. Even my cats appear to be happy that I spend time outside and am not under foot, disturbing their routine of 12-16 hours of sleep daily.

This self isolation has led me to spend way too much time on my computer reading about how others have responded to our emerging new world order. Aside from what has become normal, such as daily Trump offerings of road maps to hell, murder hornets the size of VW's, and the continuous reciting of COVID cases every day, I strive to not make the aforementioned my new Mantra.

I am guardedly optimistic that the reductions in emissions will provide the planet with not only a lifeline, but a chance to catch ourselves before we destroy what we have taken for granted. It is hard not to be humbled and inspired by the brave efforts of doctors, nurses, and so many others who put their health on the line in order to provide us with essential services. The lessons here are enormous in that we can see that the lowest paid, and the most ignored people, are the ones saving us now. I pray we acknowledge them and increase how we repay them, both financially and socially, going forward.

The expression, 'idle hands are the devil's workshop' has become clearer to me and something I must get out of my head in order to remain healthy. It's easy to fear that while Trump compares himself to Lincoln, he doesn't see that the similarity is in how close America is to another civil war. Somehow, protesters wielding automatic weapons demanding a haircut believe the Second Amendment doesn't include the civil rights of anyone but themselves.

I cite the above because, for all of those who get it, there are so many who don't or won't. Locally, as the province attempts to slowly come back to some type of routine, the travel restrictions have been eased, prompting hoards of cottagers and motorcyclists to swarm our area. Visitors have been asked to buy their food and other needs prior to heading north but judging from the sights witnessed last weekend, the 'me first, me only' philosophy is in full bloom.

Many people are helping in any way they can, acts of kindness abound to counter the narcissistic among us. I remain guardedly optimistic, and, I'm Just Saying, that we will come out on the other side of this.

If I could, I would put speakers on every Hydro pole and keep playing Otis Redding's Try a Little Tenderness for all to hear.



Essential Oils Fresh and clean

Susan Rich

Oh boy, things are so different these days. Many of us are locked up at home and finding things to do to keep us busy. Personally, I have been deep-cleaning my home. This is beyond spring cleaning

because I have the time to do it. Reaching into every corner of the house and polishing all the surfaces.

I'm so happy I have essential oils that make the task so much easier. The bonus is that I don't get an overload of toxic fumes from commercial cleaners. However, I do support my immune system while cleaning.

Lemon essential oil has been amazing for cleaning gunky messes, like stove hoods that get so greasy. It dissolves the grease and leaves a shine behind. It's also wonderful for taking scuff marks off the walls. If your kiddos like using crayons and markers on your walls, you are about to be blown away with lemon oil.

My house has a lot of wood, moldings, doors, banisters and floors. Polishing these surfaces can seem like a daunting task, but nothing is easier than using olive oil and adding some cedar wood and/or arborvitae to bring back the natural beauty and nourish the wood.

A good, old-fashioned, hand and knees cleaning of the floors is just what is needed from time to time. Simply take a bucket of hot water with a little Castile soap and some disinfecting oils, like cinnamon, wild orange, clove, eucalyptus and rosemary to really get the grime off. The Castile soap is oil-based so it nourishes the wood floors.

Have you got mold happening? Tea tree oil is amazing for killing mold spores. We often think of bleach, however bleach doesn't actually kill the mold, it simply bleaches it making us think it's gone. When you use tea tree you can rest assured that the mold will be destroyed, and you won't be breathing in the dangerous fumes of the bleach.

One last tip for mirrors and windows. Mix equal amounts of water and white vinegar in a spray bottle with some Lemon essential oil. Use a microfibre cloth to clean and a dry one to polish. You will thank me for this suggestion.

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

STRICTLY BUSINESS

By Lori Leonard - Main Street

With all the negativity in the media recently, I thought it would be a good idea to highlight community generosity and business successes during the COVID-19 pandemic

Helping Seniors in the Community – Soupe et Cie.

Soupe et Cie. from Pays-d'en-Haut, Habitat St-Sauveur and several generous partners and volunteers joined forces recently to organize a summer BBQ for 88 seniors. “As soon as volunteers arrived, residents were out on their balconies. An important objective was to break isolation for seniors during this period of covid confinement.



Residents of Habitat St. Sauveur danced to the rhythm of the music led by trainer Lise Hérault who provided entertainment. What could be better than a good BBQ after expending all that energy? So, volunteers prepared delicious meals and the Habitat St-Sauveur team delivered them to all the residents.

Thank you to Soupe et Cie., volunteers, IGA (Jasmin family), Rachel Béry (Daniel Dubé), Audio TSL, CIME FM and Accès.

"We hope this activity will inspire other groups to volunteer to create happiness in Laurentian residences. Together, we can make a difference in the lives of our seniors” says Kathy Harbor. Soupe et Cie, at the heart of the community, for the community. They are there for people in need.

Notary Barbara Thompson Responds to a Concerned Community

Early in the pandemic, notarial services were declared essential by our government. Notaries who could continue to practice safely were certainly not left without work! Barbara Thompson thinks that COVID19 drove many people to rethink their lives. For example, what if they became a victim of this vicious virus? How would they leave their loved ones? Barbara states “this was an awakening and a reality check for many!”



Barbara is pleased that she has the privilege of assisting numerous people, including health care workers on the front line, to update their wills and mandates, but not without new challenges. Limited resources, endless hours to acquire new equipment and programs plus training to master new technologies enable Barbara and her clients to sign electronically (a first in Quebec's notarial history). As the flow of incoming calls continues, Barbara constantly finds herself having to establish new priorities. She states “what I find most difficult is being unable to offer my usual level of service on less urgent files, at times even having to refuse new clients. However, the satisfaction of rendering an essential service keeps me going, as this covid fight continues!”

Business Man/Restaurateur Hugues Néron Gets Creative

The old adage “When the going gets tough, the tough get going” holds true with business man/restaurateur Hugues Néron. Hugues created 4 types of frozen pizza at his locale in Shawbridge, no small feat! He sold 3000 pizzas per week which helped 20 people get back to work. The pizzas are sold in 30 different stores across the Laurentians.

Hughes also sells a new beer called La Séraphin. For each can of beer sold, he will donate 10 cents to Centraide Laurentides to help suicide prevention in the region.

Hugues will also open his new store Le Petit Magasin Saint-Sau, 3 rue de la Gare, St. Sauveur around June 15th. The store will feature a charcuterie, beer, BBQ items, high quality sausages and by the end of June, gelato ice cream. The gelato will be distributed to several stores. Opening this store will also provide 15 people with work.



So, despite all the negativity of covid, here are 3 local success stories. Bravo to these amazing individuals. Good luck to all!





Real Wine for Real People

Storing wine in the summer heat

April Sirois – Sommelier - ISG

Proper wine storage is always important to keep your wine at its best, but never more so than in the summer, when temperatures are on the rise. We have all been there; you open a big, juicy bottle of red wine that you have been looking forward to drinking, but which has been sitting on the counter in 30 degrees temperature for a day or two, and it turns out to be a warm, flabby, soupy glass of disappointment.

The most important thing to think about when storing wine is maintaining a fairly constant temperature. Wine is best stored between 6 and 14 degrees (C), with 10 degrees (C) being the optimum temperature. It is also best to store wine in an area that is away from direct sunlight and vibration, or a lot of movement. Placing the wine on its side will keep the cork moist, so it does not dry out and allow excessive amounts of wine-spoiling oxygen into the bottle. So, that spot on the kitchen counter, or on top of the fridge, is not the best choice to keep your wine in top shape and tasting delicious.

Your best choice is a subterranean wine cellar, or a wine cave, with about 70% humidity and no light. However, for most of us that is not a realistic option. The second option would be a wine fridge specially designed to store wine in a constant and stable environment that controls light, temperature, humidity and motion, or vibration. But, this is a costly investment and can also take up a lot of space. A quiet corner in the basement, or another cool area in your house is also an excellent and convenient option that doesn't cost anything, and will not take up a lot of living space.

I have a few fast tips to keep your wine at its best in the Laurentian summer heat. Most importantly, do not leave wine in a hot car. Trust me, it does not take long for the heat to start affecting the flavor profile of the wine. Once home, I recommend setting aside a crisper in your fridge for a few bottles, both red and white. Of course, you can open and drink the white right from the fridge, but you will want to let the red sit out for a few minutes to warm up to about 10-12 degrees (C) before opening and enjoying.

One last thing; If you enjoy drinking your wine outside, and really, who doesn't when we get the type of summers that just call for you to sit out there and enjoy a glass? During this beautiful summer weather, don't forget to have a wine chiller, or ice bucket, to keep the bottle from heating up too fast while you are enjoying your first glass. If you do not have one you can succeed with a bowl of ice water, or you can simply leave it inside, in the fridge.

~Cheers

Southern Grilled Steak

If you have never tasted flank steak on the BBQ you are in for a real treat with this delicious southwestern twist to the classic choices. The secret to this mouthwatering recipe is not to overcook the meat so pay close attention as cooking times may vary depending on the thickness of your cut.

Ingredients

- 1/4 cup lime juice
- 6 garlic cloves, minced
- 4 teaspoons chili powder
- 1 teaspoon smoky paprika
- 1 teaspoon onion powder
- 4 teaspoons canola oil
- 1 teaspoon salt
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon cracked pepper
- 2 beef flank steaks (1 pound each)



Directions

In a small bowl, mix the first seven ingredients; spread over both sides of steaks. Place in a large re-sealable plastic bag; refrigerate 6 hours or overnight, turning occasionally.

Grill steaks, covered, on a greased grill rack over medium heat or broil 4 in. from heat 6-9 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°).

Let steaks stand 5 minutes. Thinly slice across the grain.



killtec

Job Opportunity – Bookkeeper

We are a growing whole sale, import / export clothing company, Killtec NA Inc., based in St. Sauveur, Quebec, who offers its employees a great work environment and excellent wages.

Killtec NA. Inc. is known for the great care we take with clients and employees alike.

We're looking for a full time bookkeeper who will meet the below requirements for the position.

Responsibilities:

- Accounts payable entries
- Cash disbursements / cash flow reports
- Commission reports
- Bank reconciliations
- GL entries
- Permit applications
- Month end reports & year-end reports
- Record receiving reports along with invoices
- Report and work directly with the Administration and accountant

Qualifications

- 3-5 years experience in the accounting field and / or associate degree in bookkeeping
- Good work ethics
- Attention to detail / accurate record keeping
- Ability to work without supervision
- Good knowledge of Excel
- Bilingual – written and spoken
- Flexible, highly motivated and responsible
- Good communication and interpersonal skills

This position is to be filled by August 2020 with training to be accomplished in this time allowance.

Should you feel that you would be a great candidate for this position, please send your CV (in English please) to the following email addresses: rose.hodge@killtec.ca and chris.calcutt@killtec.ca



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- Bereavement support
- Weekly stress reduction group sessions

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

Where ...

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



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Economic Recovery Plan

Community and social housing must be a stakeholder in Quebec reconstruction

The Association of Quebec Technical Resource Groups (AGRTQ) appeals to the governments of Quebec and Canada to imperatively include community and social housing at the heart of their economic recovery plan post-COVID-19. The confinement at home and the unprecedented times that Quebec and the world are going through remind us that more than ever, having decent housing is too often taken for granted. "Currently, 305,590 Quebec tenant households live in inadequate housing. Imagine the distress experienced by these people during the period of confinement at home," deplores Alain Marcoux, president of the AGRTQ.

As the affordable market is overloaded, it becomes necessary to sustainably strengthen the Quebec social safety net by responding to the urgent and essential needs of thousands of vulnerable households, by reducing socio-economic inequalities and by building more resilient and supportive communities.

"The wait has gone on long enough. Governments must seize the opportunity before them and make the construction of social and community housing a true social project. In addition to meeting the real needs of a vulnerable clientele, governments would support Quebec's economic recovery by injecting money into Quebec's economy and creating quality jobs," added Mr. Marcoux.

For every dollar invested in community and social development, \$ 2.3 is injected into the Quebec economy.

About AGRTQ

The Association of Quebec Technical Resource Groups (AGRTQ) represents a network of social economy companies, the Technical Resource Groups (GRT), and oversees the funding and development of community housing throughout Quebec in order to meet the current needs of low and modest income households. The AGRTQ acts as a mobilizing agent with its members and partners in order to promote community housing.

Significant Progress On High-Speed Internet

Régions branchées program – Good news for Argenteuil!

The MRC d'Argenteuil is one of 66 projects selected under the *Régions branchées* program, as announced by the Government of Québec on May 21, 2020. To the MRC's great satisfaction, about 1,500 additional homes, mainly located in the southern and eastern sectors of the territory, will be added to the 4,200 homes of the large-scale fibre optic project estimated at \$11.7 million, for which funding totalling \$9.3 million was announced jointly by the federal and provincial governments under their *Connect to Innovate* and *Québec branché* programs in November 2017. The amount of the provincial grant made public last May through the *Régions branchées* program remains to be confirmed, for work evaluated at \$4.7 million. Once these 5,700 connections are completed, 92% of Argenteuil's territory will be covered by high-speed Internet.

Actively pursuing efforts to provide full coverage to the region

On May 28, the MRC d'Argenteuil applied to the Canadian Radio-television and Telecommunications Commission (CRTC) for funding under the *Broadband Fund*, for a new high-speed Internet deployment project that is directly related to those it is currently carrying out.

This project amounts to nearly \$10.2 million and the MRC is seeking \$4.8 million in funding from the CRTC, or 50% of the eligible costs under the *Broadband Fund*. The Québec government, through its Ministry of Economy and Innovation, would assume the remaining eligible costs, as set out in a letter of commitment delivered to the MRC d'Argenteuil in March 2020. The CRTC is expected to announce its decision in early fall 2020.

Coordination committee to facilitate access to high-speed Internet

The MRC d'Argenteuil welcomes the establishment of a coordination committee bringing together Hydro-Québec, Bell Canada, Télébec, Telus and the Ministry of Economy and Innovation with the objective of accelerating the processing of requests for access to telecommunications support infrastructures for the deployment of high-speed Internet. Since January 2019, the MRC d'Argenteuil has been lobbying various levels of government to make them aware of the many obstacles and constraints related to access to support structures. On May 7, 2020, the MRC d'Argenteuil filed a memoir as part of the CRTC's call for comments regarding potential barriers to the deployment of broadband-capable networks in underserved areas in Canada, in which it emphasized the importance of high speed internet as an essential service.

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Information Session Wednesday,
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