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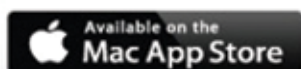
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What's On My Mind... Necessary skills omitted from a driving test

Susan MacDonald, Editor

I passed my driving test and earned my license before reaching my 20th birthday. The test lasted about 20 minutes and included a few turns, parallel parking, numerous stop signs and various school and speed zones. I passed the exam on my first try, only losing a few points because I did not hold the steering wheel in the '9-3 o'clock' position and, I had the radio on, which apparently at that time was considered a major distraction. The test was carried out on a sunny day, during daylight hours on city streets. I knew nothing of driving in winter conditions or dealing with night driving hazards and unlit country roads. Congratulations, Miss MacDonald, you are now eligible to drive on your own.



Road safety is a major concern for everyone and I take my hat off to the SAAQ the SQ, and, our governments at all levels, for doing their utmost to ensure our roads are safe and that those who share them do so responsibly. I thank them for the educational and preventative programs they have put in place, their diligence in ensuring distractions are eliminated and that everyone drives within appropriate speed limits, with their seat belts on, free of any substance abuse. These interventions have greatly reduced the number of accidents and mortality rates on our roads. But, what about the roads themselves, are they safe for any driver? I think not.

Here in the Laurentians we are obliged to drive on teeth grinding, un-grated gravel roads, eroded with deep holes and washed out sides or, paved streets and highways pitted with unavoidable potholes large enough to house a small family. Painted central and side lines are faded or completely obliterated, particularly on rural passage ways, removing the only safety guide to focus on at night when trying to avoid the blinding glare from oncoming traffic. Construction and 'repairs' are ongoing, but seemingly short-lived, as the same issues tend to re-surface shortly afterwards. My guess? It must be cheaper to avoid or repeat repairs than to do a proper job in the first place.

Good drivers can only be as good as the roads they drive on. Until the infrastructure improves, perhaps new drivers should take their driving test on an unlit country road, on a rainy night, without guidelines, when wildlife is out and about. If they survive that they should be more than capable of navigating city streets safely during the day.

Enjoy the read...

Editor's note: Zach Factor will be back for the July issue... until then...

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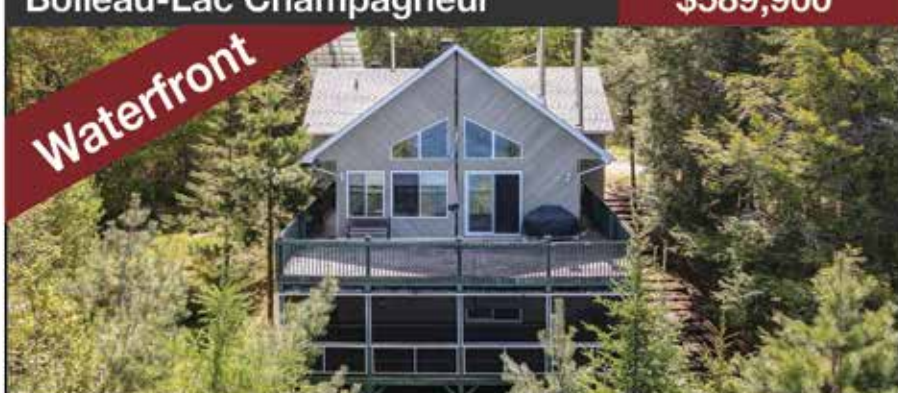
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Music and Brunch by the Lake: Internationally renowned artists take the stage at CAMMAC’s Musical Sundays Concert Series

This summer, the CAMMAC Music Centre in Harrington will come alive with the sounds of world-class performances at the Musical Sundays Concert Series. The series will celebrate CAMMAC’s 70th anniversary by showcasing a diverse range of internationally acclaimed artists, offering a new and exciting experience for music lovers to discover each week.

The series opens on July 2 with a recital by tenor Marc Hervieux, who will pay homage to legendary artists such as Charles Aznavour, Neil Diamond, and Elvis. Hervieux has garnered praise for his captivating performances that highlight his exceptional vocal talents and undeniable stage presence. Anticipate a profoundly personal and poignant performance.



On July 9, attendees will be treated to the Phaeton Piano Trio’s exploration of the rich repertoire of chamber music. Their recent North American debut was met with high praise, with critics applauding their “inspired – and inspiring – playing.”

On July 16, Alliage Quintett, winners of two Echo-Klassik prizes, will create a mesmerizing illusion of a full orchestra using four saxophones and a piano.

The following week, on July 23, Pierre Chartrand will dance to Alexis Chartrand, Nicolas Babineau and Bronwyn Thies-Thompson’s exhilarating, toe-tapping Quebec-Celtic rhythms.

On July 30, the Guillaume Martineau Trio presents “The World is Jazz”, a selection of standards influenced by world music styles from Ellington to klezmer.

The Montreal-based trio of Chris Barillaro, Jonathan Patterson, and Lisa Forget take the stage on August 6 with Broadway Bites, a celebration of the magic of musical theatre.

On August 13, the Fortin-Poirier Duo will captivate listeners with a repertoire of masterful four-handed piano duets.

Ensemble Mirabilia, led by soprano Myriam Leblanc, will close out the series on August 20 with a performance of Vivaldi’s Luce e Ombra.

Overlooking beautiful Lake MacDonald, CAMMAC’s Lucy Hall provides an idyllic setting in which to experience these exceptional performances. With a maximum capacity of 250, the venue offers a rare, intimate opportunity to experience these artists up close.

Adult admission for the July 2 concert featuring Marc Hervieux is priced at \$60, including brunch. For all other concerts, the Adult Concert & Brunch Package is priced at \$50. Discounted ticket packages are available for students, seniors, and children.

Concerts begin at 11 am, followed by a mouth-watering, all-you-can-eat brunch. Tickets are available at <https://cammac.ca/en/concerts-en/>



Making it Work in the Laurentians Mental health and the job search

Maya Khamala

May 1-7 marked Mental Health Awareness Week in Canada, but initiatives take place throughout the month. It is the perfect opportunity to break the enduring stigma around mental health while promoting understanding and acceptance.

Mental wellbeing touches each of us in unique ways. Today we’ll unpack some of the many ways that mental health intersects with the job search—an inherently stressful process which demands extra self-care.

If you’re currently looking for a job while navigating mental health concerns, consider the following tips:

- **Prioritize self-care.** Job searching has a way of overextending our sense of urgency. But mental health requires you to carve out time for things that help you recharge—like exercise, meditation, or spending time with your support network.
- **Set realistic expectations.** Landing your first professional job can be challenging, so be patient and realistic. Even if it’s necessary to settle for an interim job “for now,” that’s 100% ok.
- **Network and seek support.** Reach out and forge connections with alumni, professors, and mentors who are well-positioned to offer advice and support during your job search—and perhaps beyond it.
- **Practice self-compassion.** This is a tough one: don’t be too hard on yourself if you receive rejections or encounter setbacks—and always remember to celebrate victories along the way, be they big or small.
- **Be open-minded.** Consider broadening your job prospects to opportunities outside of your immediate field of study or physical location. This can be a fantastic way to gain new experience, and even discover new interests.
- **Get help when you need it.** If you’re coping with mental health struggles during your job search, consider seeking help from a therapist, a support group, or resources like YES Employment + Entrepreneurship’s English-language Mental Health Resources.

Job searching with depression, anxiety or PTSD

While job searching can put extra mental health demands on anyone, it can be even more challenging to those of us already dealing with mental health concerns, such as depression, anxiety or PTSD. It’s particularly important, in such cases, to have go-to tools you can use to help maintain a stable sense of self.

- **Socialize.** People who spend less time with friends and family tend to stay unemployed for longer. Cultivate support systems—always.
- **Unplug.** Job search burnout is real. Prioritize screen-free time. When you return to the digital world, you’ll have more energy and motivation.
- **Visualize.** Sometimes conjuring an image in your mind can create a desired outcome, like bringing the best version of yourself to an interview. Never underestimate the power of thought.
- **Learn new tricks.** Enroll in a course that interests you, or commit to microlearning to keep those synapses firing.

Bottom line: prioritizing mental health during the job search process is not only crucial to your wellbeing—it can also make the difference that helps land your dream job. Always remember: you are so much more than your job search, and there is support out there if you need it! You’ve got this.



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Laurentian Personality

Gina Roitman - outstanding author, outstanding woman

Lori Leonard – Main Street

Gina Roitman enjoys living in the heart of nature in St. Colomban and has lived there since 2008.

Gina once lived in a German Displaced Persons Camp until she was about 19 months old. Then, she and her family travelled by ship to Canada, which arrived at Pier 21, Halifax, Nova Scotia. From Halifax they continued on by train to Montreal.

Gina’s father was a gentle, trusting soul, a master women’s tailor. Gina’s mother was clever, shrewd, suspicious and filled with bravado (to mask her inner fears). Gina says “I’ve never been fearful for long, I’m a great believer in the notion that if I take the leap, I will land on my feet.” She also believes in Goethe who said: “when you send your desire out into the universe, the universe will do what it can to make it happen.”

Gina held several positions throughout her career: a journalist, columnist and copy editor for the Canadian Jewish Chronicle Review; Editor, Canadian Mining Institute; PR Manager, Saidye Bronfman Theatre; Fundraising Director, Centaur Theatre; a Sales Rep/Promotions Director for FM96. She founded Communications Savoir Faire, was the Canadian agency of record for Busch Gardens and Sea World, Communications Director for the Fauna Foundation (chimpanzee sanctuary) and, a writing coach. Quite a remarkable career!

At 9, Gina decided she would be a writer but wanted to do so only after “she had lived a little,” which took 40 years! Her first book was **Tell Me a Story, Tell me the Truth**, a collection of stories and essays that took 7 years to complete. These linked auto-fiction stories were based upon her own experiences combined with personal essays.

Next was **Midway to China and Beyond**. Gina was also ghostwriter of two books about child survivors of the Holocaust. Gina also enjoys writing poetry. Her poems have appeared in anthologies and graced the pages of poetry magazines. She feels writing is cathartic, a key to doors we forgot existed.

When Gina writes a new book, she is hopeful. She thinks she knows the timeline, but then her characters take on a mind of their own. She knows a book should end when she has nothing left to say and the character arcs and plots have reached their logical conclusions.”

Gina finds choosing an editor, publisher and finding time to write challenging. “It’s tough to stay on track whilst juggling so many other things (sometimes excellent excuses for not writing)! Promoting a book is demanding too!” Gina’s husband is her first proof reader; he and the rest of her family are extremely supportive. Her most recent book, **Don’t Ask**, was published in April 2022. She expects her next book to be launched in 2025, which will be about Chaim Soutine (1893-1943), a member of the School of Paris and Modigliani’s best friend. His life details are sketchy and undocumented except in apocryphal stories. She will recount his life through women who birthed, educated, despised, assisted, represented and loved him.

Recently, Gina travelled to the U.S. and across Canada to promote **Don’t Ask**. Gina is often a guest speaker for book clubs and events. Gina, you certainly have a “way with words”. We hope you write for many more years to come! We cannot wait to read your next book!

Gina’s books are available at local bookstores, Indigo and Amazon. www.ginaroitman.com



In the Anglosphere

An art project for tree lovers: *arbre/moi*

Kathleen Hugessen | Penny Rose

It’s probably true that everyone has a favourite tree. It might be the sprawling beech you climbed as a kid, the chokecherry by the road you see in ebullient blossom each spring or a majestic, sentinel pine guarding the path down to the lake. Well, dendrophiles (tree lovers), Elizabeth Whalley has a project for you.

Whalley is an artist born and raised in Morin Heights, daughter of noted sculptor Peter Whalley. While she has dabbled in sculpture, she says, “Two-D is more my style.”

After spending a number of years in New York City working and teaching, Whalley returned to her native town about two years ago. Her father had died and her mother was frail. When her mother died, Whalley realized, “I had to make Canada my home base.” She continues to live in the house where she grew up.

Before returning, Whalley did a screen-printing residency in California during February and March of 2019. “It was a very community-based studio,” she says. It inspired her to bring the same sensibility to her work in Quebec. “It seemed like a great way to connect with the whole MRC,” she says.

She plans a series of free, bilingual workshops for this summer and fall, to be held in libraries across the MRC des Pays-d’en-Haut. In arbre/moi, groups of up to ten people, ten years of age or older, are invited to bring an image of a tree they love. Whalley and the librarians will select books on trees and on art as teaching tools to help guide discussions and designs. With simple art supplies, provided by Whalley, participants will create an image of their beloved tree and an accompanying text.

“The plan is to work collaboratively with each person, help them prepare a sketch, work with their feedback,” Whalley says. “I want to let them see how an image can take form.” There will be at least one follow-up meeting for receiving feedback - she says, “That’s not it at all!” is a not unusual response to a first draft and for fine-tuning the works. Whalley is planning a grand exhibition of the collected works in the spring at Chalet Bellevue in Morin Heights.

To date, Whalley has held workshops in Ste-Adèle and St-Sauveur, with Wentworth North scheduled for the day after this newspaper is distributed. The Morin Heights Library will play host on June 17. She is still in the process of pinning down further dates.

For information about the project, visit Whalley’s blog at <https://arbre-moi.tumblr.com/> which offers comprehensive details. There were no plans beyond June 17 when this article was written, but Whalley is working on lining up more sites across the MRC. Registration is through the individual libraries whose contact information is published in the blog. To check out Whalley’s own art, visit her website at elizabethwhalley.com



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MAIN STREET

June 2023

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Arundel News

Janet Thomas

**FRANK SINATRA, NAT KING COLE, LOUIS ARMSTRONG:
A TRIBUTE CONCERT BY LÉON COUPAL**
Arundel United Church (17 rue du Village)

Sat, June 17: 7:30 pm

Direct from the “boites à chansons” in Montreal, Léon Coupal will demonstrate why he has earned a reputation as the Crooner King. Léon will stun you with his acoustic guitar work and charm you with his singing. With a repertoire of songs from Frank Sinatra, Nat King Cole, and Louis Armstrong, there will be something for everyone. Tickets are \$20 payable at the door. Seating is limited. To reserve seats, please contact janet.thomas700@gmail.com. Doors open at 7 pm. Refreshments will be served.



ARUNDEL CRAFT FAIR IS BACK!

Arundel United Church (17 rue du Village)

Sat, June 24: 9 am – 2 pm

Thirty talented local artisans are excited to show and sell their handcrafted creations to you! Come and check out the wide variety of wares: beautiful pottery, stunning stained glass, charcuterie boards, jewellery, soaps and creams, felted purses, framed photography, hand sewing, kitchen goods, birdhouses, artisanal paper, wooden puzzles, pens, greeting cards, dolls, wood deco, tole painting – the list goes on. What a feast it will be! The Fair opens at 9 am and closes at 2 pm.



ARUNDEL FARMERS MARKET OPENS

10 rue du Village, Arundel

Sat, June 24: 9 am – 2 pm

Summer is here. The gardens are growing. Come and get your farm-fresh, organic produce, baking, eggs, meat, cheese, jams and preserves, and so much more. Why buy tomatoes from Mexico or garlic from China? Help us build a local, sustainable food source right here! Support local farmers. Help young families find a future on the farm.



STRAWBERRY LUNCH ON CANADA DAY

Arundel United Church (17 rue du Village)

Sat, July 1: 11:30 am – 1:30 pm

Join us for a delicious lunch served picnic-style outdoors on trestle tables under tents. For a mere \$15 you will receive a generous platter of mixed sandwiches and condiments, followed by homemade strawberry cake with real whipped cream. YUM! Local farmers will bring their fresh organic produce, baking, and other food products to sell in tents surrounding the luncheon tables. Come for lunch and go home with dinner!



CANADA DAY CELEBRATIONS

Arundel Municipal Park (2 Chemin White)

Saturday, July 1

Magic show, family games, live music, BBQ dinner! Lots is planned to help us celebrate Canada Day. Come and join the fun.

1:30 pm: Bike Parade starting at the Municipal Town Hall

2 pm: Games at the Municipal Park on Chemin White: Baseball, races,

5 pm: Magic Show with Blair Marshall

BBQ dinner and live music

CALLING LOCAL ARTISTS

Please join us for Art at the Market. Each Saturday, three local artists showcase their work for sale on the lawns of the Arundel United Church during market hours, 9 am – 2 pm. To participate, please contact Janet Young at jp_travel25@gmail.com



**TRIBUTE CONCERT TO THE MUSIC OF PENNY LANG:
RESSERVE TICKETS NOW**

Arundel United Church (17 rue du Village)

Sat, July 29: 7:30 pm

This concert is a premier event not to be missed! You will remember how Penny Lang wooed Montreal crowds at The Yellow Door. Now her son, Jason Lang, will sing his mother’s famous folk songs in a moving tribute called “Handled with Care”. Tickets are \$25. The venue is intimate. To ensure a place, reserve now at janet.thomas700@gmail.com.



About Sainte-Adèle

Chris Lance - Main Street



As the spring weather warms the very soul of our bodies, there are still things that frustrate our existence. It is always change that unsettles our lives, then, after time passes, we accept the changes and get on living our lives up here in Sainte-Adèle, hopefully, with resolve and surrounded by friends and neighbours. But, to some 50 to 60 neighbours around Golf Alpine the news that there might be a new residential real estate project on the 9-hole course was difficult to behold. Already, there are a dozen new homes running along the course. And, in fact, our mayoress lives in that corner of Sainte-Adèle. The town has not yet approved the project. The Alpine Golf course has been around since 1910 and is the oldest course up here in the Laurentians. It is now owned by Mario Besner.

Perhaps, like the Esterel golf course, Golf Alpine will become a dormant field as the citizens of Esterel decided against a new development. For now, the Alpine course is still playable. In the distant past during winter months, part of the clubhouse was used as a curling rink. The old curling extension burned down years ago.

Along with the mayoress, I have tennis friends who moved into one of the 12 new homes lining the Alpine and they loved the idea of going out to play golf after work. More houses, more construction, perhaps for years and years. At one point, we will hear and see the plans for the new development. Just up the highway past the Post Office on Deauville Road, there is another exclusive development project underway. All these changes to our corner of Sainte-Adèle.

If you love art like fellow golfer J. Gitelman, you should visit the Musée Zenon-Alary on 1425 rue Claude-Gregoire. Until July 15, there are 16 local artists’ works on display. There is even a resident artist, Diane Brodeur, who works on the site. Hours for a visit are from Wednesday to Saturday from 10 am to 5 pm.

Our mayoress announced another residential project; this one is at 1069 boulevard de Sainte-Adèle, at the old theater house. The new 4-floor building will house 43 residential units. It will also house a café-bistro and a terrasse. The building will have indoor and outdoor parking. There will be some kind of public discourse as the building was once a church, but has fallen to ruin with misuse. Maybe our town council should pass a law insisting owners of any patrimonial buildings are not left empty and should be cared for before being sold and demolished.

The tennis courts are open, local golf courses are open, the walking trails might soon be cleared of debris caused by last year’s high winds, the food markets are opening and local eateries have opened their terrasses, so get out there and enjoy the weather. Soon, your summer guests will arrive and those barbecues will be back in operation.



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MAIN STREET



NEWS BITS FOR JUNE

Mayor Scott Pearce elected President of the FCM

The Municipality of the Township of Gore, the MRC d'Argenteuil and the Council of Prefects and elected officials from the Laurentians region unite their voices to congratulate Mr. Scott Pearce, mayor of Gore, who was elected president of the Federation of Canadian Municipalities (FCM).

The announcement was made official on May 28, 2023 at the FCM Annual General Meeting, at the end of the process surrounding this election. Mr. Pearce becomes the first elected official from the Laurentians to occupy the presidency of the FCM.

Working in municipal politics since 2004 as Mayor of the Township of Gore, Mr. Pearce has also served as Prefect of the MRC d'Argenteuil since May 2014. He previously served as Deputy Prefect for two consecutive terms, from November 2009 to November 2013. Committed to the common good, Mr. Pearce is a member of the of the FCM since 2009, where he served as vice-president of the rural caucus and vice-president presidency of the Quebec caucus until the beginning of fall 2020, in addition to being a member of several strategic committees, including the Environment and Climate Change Committee. He has also been a member of the board of directors of the Fédération québécoise des municipalités (FQM) since December 2013, as representative of the province's bilingual municipalities and President of the Standing Committee on Territorial Development, Agriculture and the Environment.

"It is a real honor for me to be elected President of the FCM, this front-line municipal government organization serving the best interests of Canadians. I pursue my responsibilities by sharing with my colleagues the necessary dedication in order to build stronger, more inclusive and more resilient communities across the country, with vigor and pride. I would like to sincerely thank all the delegates of the Canadian municipalities, and more particularly the members of the Quebec caucus, for their unfailing support, their confidence and their friendship. In addition, I would like to congratulate all the members of the FCM Executive committee and Board of Directors," said Mr. Pearce.

Scott Pearce will chair the FCM Executive Committee until the next Annual General Meeting, scheduled for spring 2024. During his term of office, he will be supported by the first vice- Chairman, Mr. Geoff Stewart, Acting Mayor of the Municipality of the County of Colchester (N.S.), Second Vice-President, Ms. Rebecca Bligh, Vancouver City Councilor (B.C.) and the third vice-president, Mr. Tim Tierney, municipal councilor of Ottawa. THE president, the first, the second and the third vice-presidents are elected by all the FCM members. Since his election as 3rd vice-president in 2020, Mr. Pearce sits on the executive committee of the FCM, where he adds his voice to those of elected municipal officials and affiliate members from all the provinces and all types of communities across the country to establish strategic priorities that reflect the concerns of municipal governments.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:
Author, Annie Depont who recently launched her book **Astie d'Francaise de marde**, a humorous take on several themes including education, society, art and immigration in Québec. Annie has been busy promoting her book around town at various local restaurants like La Clef des Champs in Ste. Adèle and, at local regional libraries. Many people remember Annie as editor and owner of TRACES magazine, which showcased tourism, the region, art, culture, education and society. If you wish to purchase Annie's book, it's available at Carpe Diem bookstore (Tremblant), Librairie l'Arlequin (St. Sauveur) or through Amazon.

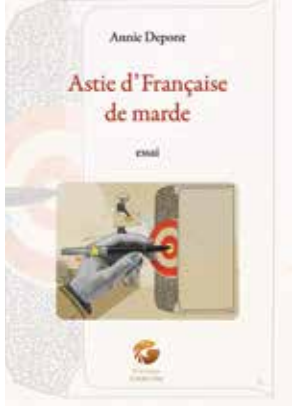
Annie will be guest author and signing books at various book fairs and stores this summer. Check out updates on Facebook Annie Depont. Best of luck Annie.

Did you know that:
If you enjoy delicious Indian food that it is available in the Laurentians? **Traiteur Makhani Catering**, 86 rue Mountain View, Morin Heights, owned by Laura and Ashutosh Choudhary offers a wide variety of tasty appetizers and meals. Favourite dishes include butter chicken, lamb masala, palak paneer, subji-wubji, lentil soup, samosas and special accompanying sauce.

Laura and Ash offer pick up every day and delivery on Thursdays within 30 km of IGA, Morin Heights. You can order via their website for pick up or for delivery at makhanimorinheights.com. Their phone number is 450-712-4346.

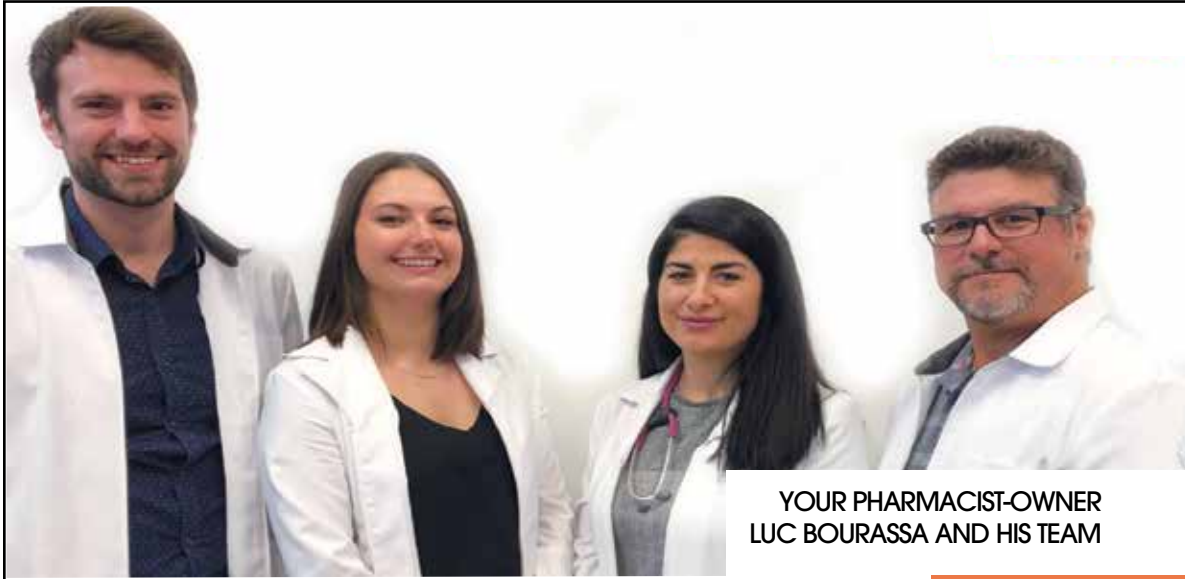
Makhani has served the Morin Heights and surrounding communities for over 3 years now and they are proud to continue adding to the local flavour of this beautiful village!

The Ski Museum will move to a new home at 6 ave. de la Gare, St. Sauveur on June 22? The Ski Museum proudly features memorabilia about outstanding, well-known skiers and snowboarders from the region. It also includes spectacular historic collections and artefacts from all across the Laurentians. **Pierre Urquhart** is Director of the museum and **Guy Thibodeau** is President. It is a great place to visit with family and friends. There are so many incredible athletes included in their Hall of Fame, which includes **Jack Rabbit Johansson, Linda Crutchfield, Rhoda and Rhonda Wurtele, Jean-Luc Brassard, Alexandre Bilodeau, Bunny Basler** and many more. There is also an eclectic variety of historic photos and films featuring Gray Rocks, the famous Laurentian ski train, Chalet Cochand and many others that you can see. Unique sports artefacts featured in the museum include ski boots from years ago, an Olympic jacket from 1936, a collection of wooden skis, the first Burton snowboard from 1979 and so much more. The museum is open Tuesday through Sunday from 11 to 6. Info: 450 744-1723 / museeduski.com.



Cancer Support Group Next Cancer Support Group Meeting June 17

The next Laurentian Region Cancer Support Group meeting is June 17 at 1 pm at Chalet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the June meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.



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4korners

New faces at 4Korners

Jude Hussain

We are living through a time of change and the labor dynamic is changing across all sectors. Currently, this change is also happening at 4korners throughout all its different branches. Both Community members and partner organizations alike have probably seen many new faces entering the 4Korners team. Most notably, there has been a change in leadership at 4Korners, with the beloved, previous Executive Director Stephanie Helmer leaving 4Korners to pursue other unique professional endeavours.



When hired in January 2017, Stephanie had a vision to consolidate 4Korners' foundation and grow it substantially to address the many challenges of the diverse English-speaking Laurentian communities. With help from the Board of Directors, Stephanie defined 4Korners' purpose: to strengthen community vitality in the Laurentians by using collective impact and direct programming with a focus on access to health and social services for the English-speaking population. Values of inclusion, dignity, equity and accountability are now solidified as the strategy and motivation behind all of 4Korners' actions.



Over the past 5 years, with Stephanie as the Executive Director, the organization has grown rapidly, connected with more regional and national partners, has doubled its annual revenues and, has attracted new staff members who all have diverse professional backgrounds. Now, 4Korners feels like its time to continue where Stephanie left off by keeping forward momentum and taking things to the next level.

Peter Andreozzi, Chair of 4Korners' Board Director for the last 15 years, said this about Stephanie - "I have always appreciated Stephanie's hard work and amazing dedication she has shown towards 4Korners. She always stuck to her mandate and values, went above and beyond in assuring a smooth transition between executive directors, and did a professionally, thorough job when finishing up the end of the 2022-2023 fiscal year before her departure."

To continue following the next steps of organizational development, 4Korners hired Hugo Bissonnet as the new Director of Programs and Interim Executive Director. Born and raised in the Laurentians, Hugo brings 20 years of non-profit management experience in social-economics, communications and community health.

“Coming from the HIV-AIDS movement, I’ve learned to create and develop innovative programs and services tailored to real-time changes needed by marginalized communities. Advocacy for human rights and access to care at regional and national levels has always been at the core of my work. I’m at a point in my career where I can make choices, and joining 4Korners was one of them. I am here to be accountable to the community...” -Hugo Bissonnet.

As a cornerstone of the community, 4Korners has been working closely with the CİSSS des Laurentides to facilitate access to English health services. 4Korners also routinely works with other partners in the employment and education sectors to explore, provide, and strengthen opportunities for the English-speaking community. 4K is very excited to pursue the next steps of its mission going forward with Hugo's expert direction and unique perspective at the helm. More information about 4Korners' upcoming plans will be revealed at this year's Annual General Meeting on June 14. The community is also welcome and invited to attend this year's AGM! If interested in attending, email info@4korners.org or call 1-888-974-3940/450-974-3940 ext. 601 for assistance in getting your tickets.



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200 Rue Principale, Suite 21 A-D, Saint-Sauveur (by appointment only)

admin@palliacco.org | palliacco.org



COMMUNITY UPCOMING events

MUSICIANS' JAM NIGHT

Arundel Legion – Branch 192 (79, rue du Village)
Monthly event from May to October
Open-mic, jam-style evening
Folk/ rock/ country/ blues/ lounge all welcome.
Info: Guy Melhuish. Guymelhuish@gmail.com



CRAFT FAIR

Morin-Heights Legion #171(127 Watchorn Rd.)
Sat, June 10: 9:30 am - 3:30pm
Many Artisans!
Contacts: Carol Howell: 450-226-2664 / caroljhowell1@gmail.com
Carolyn Doull: 450-226-5400 / carolynadoull@hotmail.com



FREE ART AND NATURE WORKSHOP – all about trees
Morin Heights Library (823, chemin du Village)
Sat, June 17: 10:30 am – 12:30 pm
Info & registration: 450 226-3232, ext. 124 / bibliotheque@morinheights.com



TRIBUTE TO THE MUSIC OF FRANK SINATRA, NAT KING COLE, LOUIS ARMSTRONG PRESENTED BY LÉON COUPAL

Arundel United Church (17 rue du Village)
June 17: 7:30 pm

Known as "The Crooner King" in the boites à chansons of Montreal, Léon will stun you with his acoustic guitar work and thrill you with his renditions of popular pieces from these famous three. Tickets are \$20, payable at the door. The venue is intimate with wonderful acoustics. Space limited. To reserve seating, please contact janet.thomas700@gmail.com. Doors open at 7 pm. Refreshments will



is

be served.

LE STUDIO DES ARTISTES MULTIDISCIPLINAIRES

Exhibition: D. Vio – L'Odyssée Des Possibles
Salle Polyvente de la Gare de Piedmont (146 ch. De la Gare, Piedmont)
Fri, June 30: 6:30 pm – 10 pm - Verrisage
Exhibition: Sat, July 1: 10 am – 5 pm & Sun, July 2: 10 am – 5 pm
Free art expression workshops

Galerie L'Apostrophe Art Exhibition – Rachel G - BLEUE
Sat & Sun until July 9 or by appointment
3094 Charette, Ste-Adèle (Mont-Rolland sector)
Info: 581-581-5033



Argenteuil United Pastoral Charge BBQ Fundraiser

17 Canal Street North, Grenville
Fri, July 28: 5 pm -7 pm
Bring a lawn chair and enjoy hamburgers, hotdogs, salads and dessert.
Info: 613 - 677 – 3490



PENNY LANG TRIBUTE CONCERT BY JASON LANG: "HANDLED WITH CARE"

Arundel United Church (17 rue du Village)
July 29, 7:30 p.m.

If you see only one concert this summer, this is it! Singing the music of his mother Penny Lang, who wowed audiences in Montreal's The Yellow Door and in Morin Heights' Rosie's Café and La Cantina, Jason has earned his own reputation as a consummate performer. Tickets: \$25. Space is limited. To reserve, please contact janet.thomas700@gmail.com



UPCOMING CHURCH SERVICES

St. Simeon's Anglican Church
445, rue Principale, Lachute
Sunday morning services at 10 am



Welcome To Church Services - Mille Isles

Gordon Hudson would like to warmly invite you and your family members to attend church services at Christ Church, 1258 Mille-Isles, in Mille-Isles on the following dates: **Sun, May 14 and June 11: 11 am**
Services will be provided in English. If you have any questions, please call Gordon for further information at 450 432-7572.



**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 medicaal issues or who may be homeless. Please help them help others; discretion is assured.

BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)
Wed: 3 pm – 7 pm
Thurs: 3 pm - closing
Fri: 3 pm – 7 pm

LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)
Open Thurs – Sat: 4 pm – 9 pm

MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm
127, Rue Watchorn, (450-226-2213)
Fri, June 9: 5 pm – 7 pm – TGIF

Smoked Meat

Sat, June 24: 8 pm – BH
Connexion Band
Sat, July 1: 6 pm – Canada Day
Steak Supper
Sat, July 8: Flea Market
Events are open to all !!
Darts every **Thursday at 3 pm**
Hall rental / Location de salle:
legion171@cgocable.ca
Info: 450-226-2213
Email/Courriel legion171@cgocable.ca

Web site: <https://www.legion171.net>

Facebook: legion171
Music shows Facebook:
morinheights live

ARUNDEL – BRANCH 192

79 Rue du Village, Arundel
(819-687-9143)
Open daily from 3pm



On With the Show

Live music worth checking out

Florian Gaudreau

Growing up in the 70's & 80's was such a thrill because there was live music everywhere; most bars

had bands and plenty of house parties had live music. Now a days there are very few venues that feature live music.

The United Church in Arundel has taken up the role as a community-based centre, which hosts a number of events for the public. It all started 8 years ago with the hosting of an Art Show that's been held every August since then. The show features local artists (professional and semi-professional) displaying their art. What a wonderful way to connect with art by meeting its creator. From the art shows came the idea for the farmer's market. I've got to say I love the market, which has expanded to homemade soaps, baked goods, homemade jams and preservers. I also found a local source for sprout seeds.

"Art's Arundel" is the organization programming all these different events for the community such as the lunch hour & after school programs for the school, art programs for seniors and, starting up again this year (formerly held at the library) is a speaker of the month lecture series.

What brings me to Arundel of course is the music. I've seen some incredible talent play at the church and two of my favourites were, "Jesse & Juliana," a brother & sister duo. Jesse plays wonderful guitar riffs that ring out Santana

with those chilling flowing notes that hold your attention. Meanwhile, Juliana provides the rhythm and harmonies that hold the song together. They really do compliment each other well.

Rob Lutes played at the church a few years back with songs from his album, "Truth & Fiction." He is a master storyteller with lyrics that you can visualize. The biggest act I saw at this venue was "The Good Lovelies" made up of three multi talented women who I first heard on CBC radio; their beautiful harmonies filled my heart with a chilling feeling of déjà vu. All this to say, the quality of acts that play at the church are first rate.

The acoustics of the church are naturally made by design. If you missed Jason Lang's performance "Handle with Care" in Morin Heights, he's coming to Arundel Saturday July 29. Doors open 7 pm show starts at 7:30 pm. Ticket are \$25. Don't miss this one! Do check out Arts Arundel's Facebook page for upcoming events.



Always by
your side



On April 18, Caisse Desjardins de la Vallée des Pays-d'en-Haut held its annual general meeting online. It was an opportunity to announce the past year's financial results to members. Members then had 4 days to vote on dividends.

There were 4 seats to fill out of 12 on the caisse's board of directors. 8 validated applications were received and one candidate eventually withdrew. Following the end of the deferred voting exercise for the election of directors, here are the four directors elected for a 3-year term:



Mme Monique
Éthier (réélue)



Mme Chantale
Gagnon (élue)



Mme Marival
Gallant (élue)



Mme Marie-
Chantal Lavigne
(réélue)

The dividend plan was approved and \$1.93 million will be returned to caisse members and the community in the form of individual and collective dividends in 2022.

More specifically, an amount of \$1,682,205 will be paid to members in the form of individual dividends and \$248,974 will be added to the Community Development Fund (CDF). «This amount is a form of giving back to the community that allows us to concretely experience the presence of Desjardins and its cooperative nature. I would like to thank our members who, by doing business with us, enable us to contribute to enriching the lives of people and of our community», mentions Ms. Monique Éthier, board chair of Caisse Desjardins de la Vallée des Pays-d'en-Haut.

2022 Highlights

Caisse Desjardins de la Vallée des Pays-d'en-Haut, is:

23,452

members

12

directors

60

employees who rely on
strength of the Desjardins
network and partners

\$1.04

billions in assets
management

\$1.93

million distributed to our
members and community

Visit [desjardins.com/
caissevalleepaysdenhaut](https://desjardins.com/caissevalleepaysdenhaut)
to see our 2022 annual report.



[facebook.com/
caisseValleePaysdenHaut](https://facebook.com/caisseValleePaysdenHaut)



Desjardins

Caisse de la Vallée
des Pays-d'en-Haut



The Story Behind

**Driving 'Up-North'
in the 1950s , part 2**

Joseph Graham - Main Street
joseph@ballyhoo.ca

We turned into the mile-long, sandy single-track road through a farmer's field and then along the lakeshore past other cottages, the beaches just outside the door of the car, the waves rolling in along the sand. You could see right across the lake from there, to a steep mountain with a cliff and at the bottom of it ran the railroad track.

Naturally, our place was our favourite. It was on a good-size parcel, part of a family compound, overlooking a rather dangerous rock that jutted out into the water and was known as Moosehead Point. Its silhouette really did look just like a moose head from across a bay on our way there, but first we had to climb over a hill and go down the other side.

This task was a challenge and could be done by taking a pretty good run at the hill, because these cars were not really designed for climbing. Not only did it have no seatbelts or air conditioning, it also had no gas pump – or at least not one that could furnish the motor going up too long a hill. Would we make it? If not, even in the summer we might have to back slowly down, turn the car around and try again, this time going backwards up the hill to send the gas flow down instead of up to the motor.

The 1950s was the golden age of cars. We young boys grew up knowing every model on the road, and with a dad like ours, we also had to know how they worked. I used to know the models, but the real pro was my elder sister. She had died, though, by the time I started researching this story, so I sent a quick email to my younger brother, asking him if he remembered that sporty convertible that my mother had acquired – a second car! It was around 1956. He emailed right back to tell me it was an Austin Somerset. He was only four back then, but he also knew the year of manufacture of the older car, 1949, and probably a Packard.

As an aviation mechanic and pilot who had flown during the war, my father trusted only himself to make sure the cars were properly put together. He approached it the way like parachute jumpers. If you don't fold it yourself for the jump, well, you jump at your own risk. In September 1957, when we were all back in school after the summer in the country, Dad drove home with a brand new 1956 Ford Meteor, the one that had the thunderbolt on the sides. What decided him on the Meteor, though, was that he appreciated a good engine, and this one had a Thunderbird engine. His interest had less to do with the extra power than with the reputation of quality that came with the Thunderbird engine.

The first thing he did was take the engine apart – who cares about the guarantee that your parachute was properly folded? If you didn't fold it yourself... Needless to say, he voided the warranty, but he wanted to make sure the new motor assembly met with his approval.

Thinking back on those times, that senior generation had lived through World War Two, and most of them would have been diagnosed with PTSD today. They were still in the military in their minds. He served four years on active duty and taught young pilots for a year before that. How many of them didn't make it? He also flew rescue missions and was a test pilot. The concept of taking something for granted could prove fatal in an environment like that. And he was not alone. His whole generation dealt, each in their own way, with those things.

A cousin told me a story about coming up from the city to that compound on the lake in Val Morin. He was a kid and his father, a doctor, and they were alone in the car. My uncle had served during the war too, in his capacity as a doctor. That day, coming north, they witnessed an accident on the highway. My uncle pulled off the road to see if he could help. A man was injured and needed immediate attention. The ambulance had not arrived, but it had been called. The man was also in shock and bleeding. The doctor sent his son to the car to fetch a blanket he knew was there. He took care of the injury while his son returned with the blanket, and he covered the man, to keep him a bit warmer. Soon, the ambulance arrived, and he signalled to his son that it was time to leave. Back in the car, he told his son that what they had just witnessed was not to be repeated.

The next day his no-nonsense mother was looking for a blanket that was supposed to be in the car. Where had it gone? She asked his father. A blanket? He had a reputation for being absent-minded, and his son watched him play on that. The women had also been through the war. She did not insist, probably knowing from his answer that there was a reason.

The first thing the men did when they opened the summer chalet was set a golf ball on each floor, then they jacked each house back to level, shimmed it up and started up the water pump. We weren't allowed in the houses until they told us.

I went over to the lake side and looked out across the water. The train was going north towards Ste. Agathe, chugging out its little steam clouds like smoke signals. Three forty-five. It would be right on time.

Now when I think back on that generation, I do not wonder why the trains ran on time and parcels were delivered when they were expected.





Garden Talk

Productive partnership blossoms

June Angus - Main Street

Gardening is a great way for children to learn about where food comes from while connecting with nature. Thanks to a brand-new partnership between Morin Heights Elementary School (MHES) and the local gardening organization Tournenvert, students will get some much-needed assistance to restore the school's vegetable garden to become a thriving part of the school community.

To start things off, on May 26, a couple of Tournenvert volunteers did the initial garden prep with some much-appreciated help from the municipality of Morin Heights who provided some tools, materials and the assistance of a couple of horticulturists to get the gardens ready for planting. Tournenvert has also secured funding from the local Centraide to help cover some of the garden's ongoing expenses.

On May 29, a band of Tournenvert volunteers were on hand to work with the school's 230 or so students who came out to plant everything from cucumbers and tomatoes to pumpkins and beans.

If all goes according to plan, MHES students will harvest and taste recently planted crops such as radishes before the school year ends. When they return in the fall, students will continue to care for and harvest other late season crops such as pumpkins and squash also planted this spring. Over the school summer holidays, volunteer gardeners, parents, teachers and others will be called upon to help maintain and keep the garden going during the prime growing season.

The school's community garden is part of the MHES "Wild School Project." The garden provides a learning environment integrated into the school's curriculum as students learn about their personal impact on their environment while they gain an understanding of the natural world, pollinators, and local ecosystems. The garden also creates a leaping off point for learning about bigger issues such as food security and climate change.

The collaboration with MHES is a perfect fit for Tournenvert, which is a non-profit organization and member of the Fédération des Sociétés d'Horticulture et d'Écologie du Québec. The group has been active in the horticulture, ecology and environment sectors of the MRC des Pays-d'en-Haut since 1989. Their membership is comprised of avid gardening volunteers from the area.

They are interested in the development of social horticulture projects dedicated to the well-being of the community and the protection of the environment through youth learning, therapeutic assistance to the elderly and the intergenerational participation of citizens. Their projects include an arboretum in Ste-Adèle as well as a garden at the local CHLD.

Since 2015, Tournenvert has also collaborated with St-Sauveur by planting and maintaining the "Petits Semeurs" vegetable garden at Parc Molson, where 8 volunteers run workshops for children attending local day camps. The day camp kids come to the garden to taste the vegetables and berries grown there and learn about the benefits of gardening, the importance of pollinators and much more. As avid gardeners, Tournenvert members also enjoy organized outings to visit beautiful local gardens and even recently visited Ottawa at the height of tulip season.

While the MHES community garden has been evolving over the years, it was always difficult to keep it going over the summer months. This new association with Tournenvert strives to overcome this obstacle. If you have a passion for gardening and some volunteer time to spare, please contact Micheline at Tournenvert directly by calling 450-226-1252.

A lesson we can all learn from this wonderful project is that a child is never too young to start developing a love and understanding for growing plants – more specifically food – and spending time in the great outdoors.



Free Community Event

Day of the Passionate

AU COIN DU JARDIN (2501 Chemin Jean Adam in St. Sauveur)

Sat, July 8

Two free workshops and BBQ

1 pm: Exploring Food Forests with Marci Babineau (English)

3:30 pm: A Garden for Birds – Daniel Forting (French)

Workshops are free but you must reserve a spot.

Email Communications@aucoindujardin.com or call 450-227-5523 to reserve your spot.



ROYAL LEPAGE
HUMANIA
BEYOND A TRANSACTION, A RELATIONSHIP

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110 RUE ALLEN - MORIN-HEIGHTS
ASKING PRICE: \$1, 250, 000 . Your dream is to live in the Laurentians: here is the perfect bungalow! Ultra impeccable with spacious, bright and pleasant living areas. Sports trails at your fingertips and amenities too! 4 bedrooms, 2 1/2 bathrooms, gas fireplace, double garage, screened porch, finished basement. [15335197]

70 AV. DU VICOMTE - SAINT-SAUVEUR
ASKING PRICE: \$1, 380, 000
Splendid bungalow in the heart of the village on a most intimate lot. Filtered views of the mountains. Double garage, veranda with electric retractable screens, 4 bedrooms, 3 bathrooms. Garden level basement in the back. [10218755]

106 CH. DE L'ARDOISE - SAINT-SAUVEUR
ASKING PRICE: \$475, 000 . Really nice house in one of St-Sauveur's prettiest and most prestigious neighbourhoods. Quiet and peaceful area, surrounded by trees, only 4 minutes from the heart of the village. Charming interior with 3 bedrooms upstairs, 2 bathrooms, 2 fireplaces & finished basement. Come discover this gem without delay. [14867929]

★★★★★
Lucyne, you are the most efficient and nicest real estate broker in the Laurentians. Thank you very much for your fantastic work in selling my condo. With your guidance and 'home-staging' it sold within 2 weeks! Ronald.P.

It takes more than a **SMALL** sign to sell... It takes a **BIG** ❤️

Pat Thomas: Winner of Loisirs Laurentides Volunteer Award 2023

Pat Thomas is a model for us all. With her limitless energy and her cheerful demeanour, she has been at the heart of our Arundel community for many years. In fact, if you made a list of all Arundel events over the past twenty plus years, you would be hard pressed to find more than a few that have not benefitted from her positive spirit as a community volunteer.

Over the years, Pat has been an active member on the Board of Directors for the lake associations (lacs Beaven and Rond), involved with the Habitation Stephen Jake Beaven Seniors' Centre and the popular Library Lecture Series as well as a volunteer on the Board of Directors of Loisirs Arundel.

Pat has also been involved with Victoria's Quilts, was a classroom volunteer assistant and school volunteer. She, along with others, formed the Arundel Citizen's Committee and she is also the vice-president of the Arundel Cemetery. Other events Pat contributes to are the community Christmas Sing-Alongs, the Arundel Art Show and the Marché des jardiniers.

In summary, Arundel can always count on Pat's strong community spirit to assist at any community event. Some of her initiatives have been large, others are less demanding, but the whole of her work, as a body, is astonishing. Can there be a more extraordinary volunteer? Pat well deserves every bit of thanks and recognition we can give her.



Citizens concerned over mining claims

Organized by Québec solidaire, committed citizens of the Laurentians recently launched a poster campaign against the explosion in the number of mining claims in the region in order to raise awareness of this little-known issue, which will have an impact directly on the lives of residents.



Approximately 10% of Quebec's territory is on a mining claim, an area reserved for mining exploration or exploitation. Many are located inside tourist areas, lakes and natural environments. At the beginning of May, followed by Québec solidaire, the Minister of Natural Resources and Forests revealed that the number of claims had jumped by 65% in two years in Quebec.

A public meeting in the region on June 12

Solidarity MNA Alejandra Zaga Mendez, the party's spokesperson on this file, will come to support the mobilized citizens during a public meeting at the Sainte-Véronique municipal hall (1841, boul. Fernand-Lafontaine, Sainte-Véronique), on Monday, June 12 at 7 pm, during an evening on the theme of mining claims. This will be an opportunity for people in the region to learn about the issue and voice their concerns.

Québec solidaire calls for a moratorium

"We are currently facing a real mining boom in Quebec and our mining regime is worthy of the Wild West. It doesn't make sense. If we want to take the time to do things right, we must now declare a moratorium on new mining claims to listen to the population and adopt new rules of the game for the mining industry", supports Alejandra Zaga Mendez, United MP of Verdun and the party's environment critic.



The other side of getting old

Time is on my side

Florian Gaudreau

My perception of time changes with every passing moment. Sometimes, I feel like I'm in the back seat of a taxi watching the meter clicking off the minutes, as I worry about where I have to be. I'm glad there's less of that in my life since I'm semi-retired or (semi-employed). Some young folk call my situation semi-dead (not funny guys). I'm not overly busy, but busy enough to keep me on my toes. I have enough time to complain about my aches and pains, but not enough time to dwell on them. As long as I have time to laugh and get caught up with family and friends, I'm good.



Time is a funny thing; sometimes it goes by without a thought, other times it lasts like there's no tomorrow. There are days when I wonder why I even got out of bed. Either way, time marches on and the only thing I can do is watch it go by. I'm trying my best to take things as they come and not get twisted out sorts about being where I must be. I'm starting to learn that it's more important to be chill than it is to be punctual, being on time is the end goal, but not at the expense of rising stress levels.

I'm not in a hurry to get anywhere so, a word for you young folk out there, don't drive behind me if you're in a hurry.

Worrying about how things will turn out doesn't do much to resolve the problem. I figure I may as well chill and enjoy the time I have. Now that I have a little more time on my hands, I've decided to love deeper and appreciate what time I have.

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Developed by Christopher Collyer, BA, CFP

Market volatility, investments and taxes

Why do I have a tax bill for my investment even when the value has dropped?
During times of volatility, it's natural for investors to worry that their investments will lose value – in fact they may even expect a decline at times. What's unexpected, however, is getting a tax bill for an investment that has dropped in value. Many mutual fund and segregated fund investors may wonder why this happens.

The reason is fairly straightforward. The fund has either received income (interest or dividends) from its underlying investments during the year, or the portfolio manager sold underlying investments, realizing a capital gain. Even though the price of the fund has dropped, the income from transactions that have occurred throughout the year must be passed along to investors, and that income is taxable.

Here are a couple of examples of how this works:

The fund earns income

Receiving taxable income in a down market is like owning an apartment building. The value of the building may be lower now than when you purchased it, but you must declare any rent you collect as income. The principle is the same when it comes to investment funds. Mutual funds and segregated funds report dividends or interest that they receive from the investments they hold, and investors will be taxed on this dividend or interest income.

The fund realizes capital gains

Capital gains and losses can be a complicated topic, but the following scenarios can help clarify how they work.

Scenario 1: If you hold a share directly, you only pay tax when you sell it.

A mutual fund or segregated fund is made up of a variety of stocks and securities with many investors. For simplicity, we'll assume that the fund has only one stock and you are the only investor.

Let's say you purchase the fund for \$100 and sell it later for \$180. Because you've sold it at a profit, you'll receive a tax slip showing a capital gain of \$80.

$$\text{Gain} = \text{proceeds less cost}$$
$$\text{Gain} = \$180 - 100 = \$80$$

Scenario 2: You may receive a tax bill even if you don't sell.

An investor is taxed on a fund's trading activity. In this scenario, you buy a fund for \$100, but the fund manager purchased this particular stock years earlier for \$10.

$$\text{Gain} = \text{proceeds less cost}$$
$$\text{Gain} = \$180 - 10 = \$170$$

The fund manager sells the stock later for \$180 and the fund realizes a gain of \$170. By law, this gain is passed on to the investors. If you were the only investor, you'd receive a tax slip for a capital gain of \$170 even though you've only seen an increase of \$80 since your purchase.

Thus, not only will you be taxed when you sell the fund, but you'll also be taxed on gains realized if the fund manager sells underlying securities.

Scenario 3: You may receive a tax bill even if your investment drops in value.

Expanding on scenario 2, let's suppose the fund drops in value after you buy it. If you recall, your purchase price was \$100 and the fund manager's purchase price was \$10. After you bought the fund, the value dropped to \$60. If you sold it at this time, you'd receive a capital loss of \$40 – the difference between your purchase price (\$100) and the selling price (\$60).

$$\text{Loss} = \text{proceeds less cost}$$
$$\text{Loss} = \$60 - 100 = -\$40$$

However, if the fund manager sold the stock instead, the taxable amount reported would be a capital gain of \$50 – the difference between their purchase price of \$10 and the sale price of \$60. And as the investor, this amount would be taxable to you even though your investment in the fund has dropped in value.

An investor never pays tax on more than they actually earn in profit. If you pay tax on the \$50 gain, your cost is increased by that amount and is included when you sell the stock yourself. For example, if you sell the stock after receiving the \$50 gain, your new cost is \$150. If the stock is valued at \$60 when you sell, you'll now have a capital loss of \$90.

Investing at year-end

At the end of the year, mutual funds often pay distributions and segregated funds often allocate to investors.[1] The distribution or allocation consists of income and capital gains received within the fund, and the amount is taxable.

If significant year-end distributions or allocations are expected, consider investing in a dollar-cost averaging or money market fund to avoid the tax impact.

Strategies to consider when a capital gain is reported

Switch funds to realize capital losses and offset gains.

Switch to another fund to trigger a capital loss and recoup taxes already paid on gains. If the loss is more than the current year's gain, you can carry it back to previous years to offset other gains.

Transfer capital losses between spouses.

If you haven't incurred any capital gains this year or in the previous three years, but your spouse or common-law partner has, it's possible to transfer capital losses to your spouse using superficial loss rules. Here's how it works:

John purchased 100 shares in ABC Co. for \$30,000. Later, he sells those shares for \$10,000, realizing a capital loss of \$20,000. If his wife, Jane, purchases 100 shares in ABC Co. within 30 days of John selling them, John's loss is transferred to Jane for tax purposes under the superficial loss rules.

Jane then waits a minimum of 31 days and sells those 100 shares for \$10,000, incurring a capital loss for tax purposes of \$20,000, but no actual monetary loss for her. This allows her to claim John's \$20,000 loss against her taxable capital gains.

Talk to your advisor

There are a number of approaches you can take to reduce the impact of reported capital gains on your taxes. Your advisor can recommend the best strategy for your situation.

[1] Distribution date or allocation date can vary by product, i.e., mutual fund corporation, mutual fund trust and segregated fund contract, and by specific fund, i.e., some funds distribute or allocate periodically in addition to year-end while for money market and dollar-cost averaging funds, distributions and allocations of fund income are determined on a daily basis.

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If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

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Real Wine for Real People Summertime wines

April Sirois – Sommelier - ISG

The warmer weather is finally here and we are pulling out all our summer shorts and light tops to go with the weather that is finally upon us. As we put away the coats and scarfs that no longer suit the weather, remember, food and wine are no different. As the days get hotter and longer we seem to eat lighter and fresher in the summer months and, by extension, drink lighter wines. Most people are not interested in sitting out on the back deck on a hot day eating a big bowl of steaming stew and drinking a big heavy red wine!

In simple terms while ‘seasonal wine’ might focus on colour, with the whites and rosés of spring and summer being exchanged for reds in autumn and winter, colour is in fact not the most significant factor. The texture and weight of the wine is what really counts, with crisp, fresh whites and light, fruitier reds headlining the warm summer months and heavier whites and reds in the cold winter months.

The increasing trend to ‘eat seasonally’ makes it even more important to ‘drink seasonally’ because what is in your glass is equally as important as what’s on your plate and so therefore wine choices should reflect both the time of year and the ingredients being used. Lighter, crisper wines meant to refresh the palate are more desirable in the warm summer months when eating lighter food, while fuller, richer wines accompany our comfort foods in the depths of winter.

Summer is for living outside, enjoying picnics and BBQ’s in the yard and dining out in the great outdoors. It is the time for bright, lively, fresh, whites, refreshing elegant rosés and juicy, light reds. Yes, crisp white wines are great for quenching your thirst in the warmth of summer, but so are slightly chilled, easy-drinking young reds.

White wines are chilled and usually have lower alcohol levels than reds, meaning that you won’t get so light-headed drinking them in the sun and the heat. Sauvignon Blanc, Pinot Grigio, Albarino, Muscadet are but a few of the white grape varieties to choose from in the summer. These light, fruity wines are great with the lighter style summertime food. Although these days, rosé is enjoyed all year round, it is in the summer months when it really comes into its own. A delicious glass of refreshing, pale pink Provence Rosé on a warm, summer day is hard to beat.


Although we normally associate red wines with winter, in the hotter months, look for reds which are high in acidity, lower in tannin, and also lower in alcohol, making them a refreshing choice at outdoor picnics, or BBQ’s. Beaujolais, Grenache, and Pinot Noir are wines that work well. Just pop them in the fridge, but for no longer than 20 min as you might also chill out the flavours.

Enjoy your wine with food but more importantly with family, friends and a few laughs.

Cheers

~ It’s a smile, it’s a kiss, it’s a sip of wine, it’s summertime! – Kenny Chesney





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I’m Just Saying The Quebec ferris wheel

Ron Golfman - Main Street

If we just finished paying our high taxes for 2022, an exercise, which is supposed to be used towards ALL of us, for funding services in Quebec, then why are rights and services being used to take them away while we continue to pay? Only days ago, the government decided to give their MNA 30% raises and, education minister, Drainville, suggests that they are more valuable and have tougher jobs than teachers. I beg to differ.

At a time when we are short of teachers, nurses and doctors, to even suggest that only illustrates yet again how out of touch our government is with the people. We are also short of service workers and manual labor employees while the government limits or discourages people from coming here because of the illusion that French will disappear if we open our borders to those who actually want those jobs. This is yet another grand illusion, much like trying to convince us that saying Bonjour/Hello is not a respectful way to greet all citizens, or welcome tourists, suggesting falsely that it threatens the already accepted embrace of French as our primary language.

It is imposing enough to have our elected, and now overpaid, MNA's tell us what we can wear to work, in what language we can speak, which school our children, French or English attend and promote that putting ‘Le’ in front of stores is more important than providing better care for our senior population, whose neglect has been clearly illustrated over the last few years in tragic and dramatic fashion.

A good and odd example is Canadian Tire. The first word may not be popular with xenophobes, and the second an English word. Has that stopped either French or English from shopping there? No, it hasn't. It is a bitter pill to have to swallow the existence of the 'language police,' running around at a serious financial cost to play prefect and issue fines, which presumptively helps pay for the MNA salary increases.

Trump wanted to build a wall to keep immigrants out and the CAQ wants to use a linguistic wall to do the same. Ask the governors of Maine, New York or Vermont, who all buy Hydro from Quebec, if there are any language restrictions on purchasing power; I think not. Why can't Quebec citizens be afforded the same rights, we just paid our taxes. Will the language police come knocking because my appliance plates from Westinghouse do not read Ouesting Maison? At the soaring cost to buy groceries due to inflation and labor shortages, there seems to be bigger fish to fry than making sure Winner's sign now reads Victoires.


I was heartened to read that communities are accepting bilingualism in 48 towns across the province. My hat is off to Mayor Scott Pearce of the Township of Gore, who was able to speak to and for both French and English citizens in a respectful manner. I feel the same in that my neighbour, Gaston, and I share tools, talk now and then in whatever language provides clarity on the moment and do not require fencing to divide our properties any more than we need any type of wall. I wish, and I'm Just Saying, that our highly paid CAQ group would use some of their salary increases to visit beyond their comfort zones.

If they need a model, come watch our Morin Heights mixed softball league. Co-ed, ages 18 and up, teams from all over, players range from Saudi, to Jewish, French and English, Scots and Parisian and more. Our president, Serge, runs our meetings in both languages for continuity and nobody minds, as the motivation is community. Our 8-team league does not require divisions, as we all play with the same rules equally and it works.

Bonne Été to everyone!

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June 2023

MAIN STREET 

Hansard, the play

Joseph Graham - Main Street
joseph@ballyhoo.ca

On April 30, we had the opportunity to see the last presentation of Theatre Morin Heights' version of the play Hansard. Written by Simon Woods and first performed at the Royal National Theatre, London, on September 3, 2019, it is a story that is a challenge for any theatrical group. Out here in Morin Heights, Noel Burton and Corina Lupu rose to that challenge. The play describes a British parliamentarian in the Thatcher government and his Canadian wife, sharing their differences about a law designed to prohibit the promotion of homosexuality.

It is a play in one act, and it is dependent upon good acting. They rose to that challenge and slowly related the story of the character's lives, the two of them challenged by their deep differences in values. As it progresses, it appears that we are witnessing the implosion of a marriage, brought to the fore by their different responses to the issues of the day. We learn that he strongly upheld the legislation, and we learn of her deep shame and anger of having to be his wife and thereby assumed to be a supporter of the new legislation.

We learn slowly that there is baggage in their past, but we have trouble grasping why such an issue at such a time could be bringing it to the fore. We learn of their son, as she declines to prepare for arriving dinner guests, even to the point of refusing to change out of her nightgown. Our focus is held as the clock advances towards noon and the arrival of their guests. It will all happen here, in front of us – and then we learn more.

Noel and Corina fully inhabit their characters and build towards a crescendo, bringing us along into an old, deeply personal story, until we learn that their son is no more. Then we learn how each of them carries the pain for their own actions and missteps, the deep division between father and son, and the closeness the son felt with his mother.

Would telling you the end destroy it if it ever comes back?

Maybe.

There were tears and shock in the audience, and while the curtain call brought heavy applause, no-one moved from their seats. No-one stood up to congratulate the performance. We all stayed, as though bolted to our chairs even after the curtains closed and the lights came on. No-one moved.

Apparently, it happened at the end of most of the performances of this play at Chalet Bellevue. We slowly began to talk with people at other tables as people began to talk tentatively about the story.

We only slowly came back to ourselves, to our lives.



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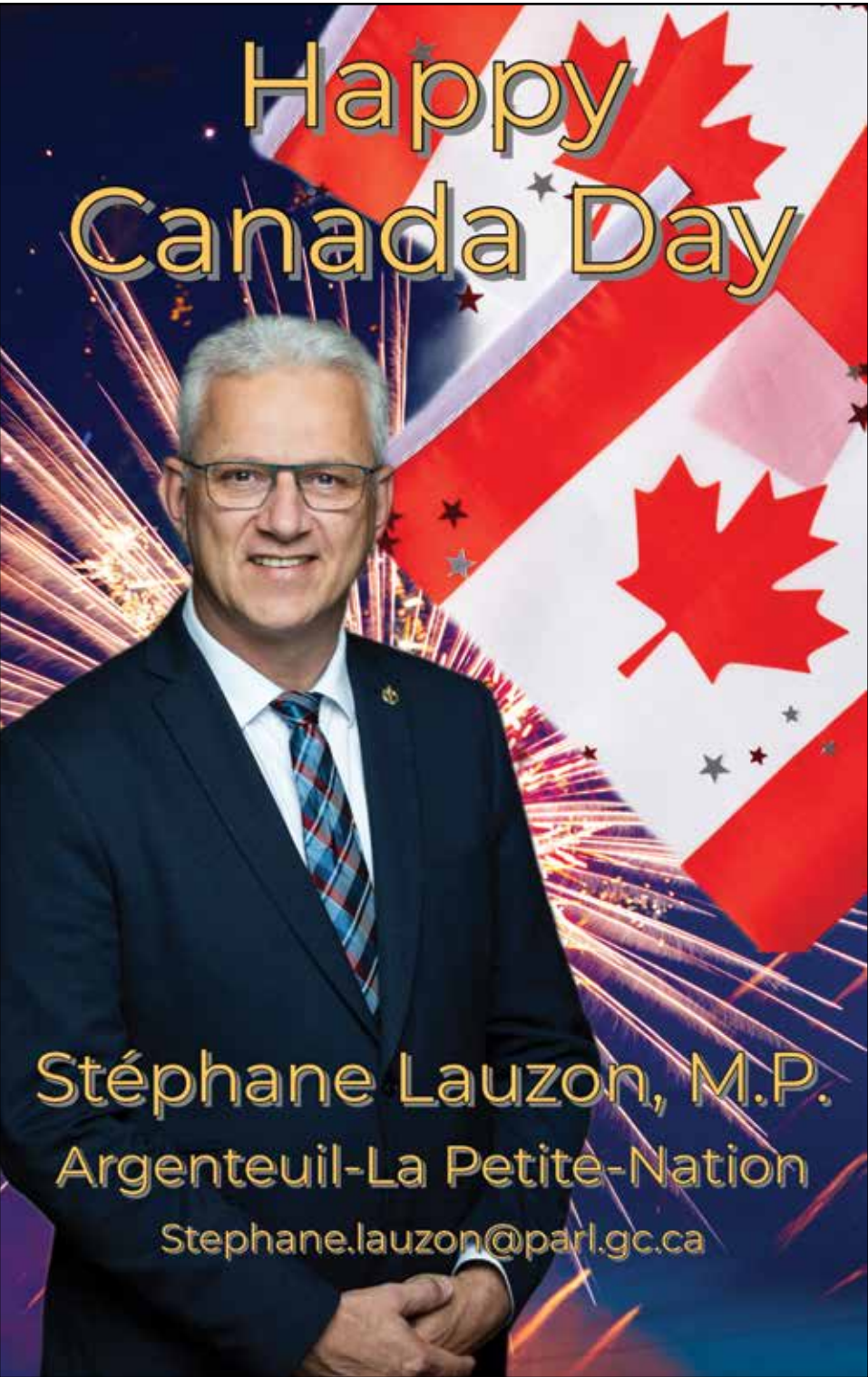
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