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# What's On My Mind... Safety beyond Covid

Susan MacDonald, Editor

Great news broke this week as the Quebec government announced, finally, the changing of pandemic alert zones, from red to yellow, across most of the province as of Monday, June 14. This welcomed broadcast also included the imminent termination of many of the social restrictions we have been living under for the past several months, meaning we will now be able to enjoy our summer with friends and families. Life will get busy and safety measures must still apply, even beyond Covid-19.



Every year, SOPFEU (Société de protection des forêts contre le feu) reports devastating statistics on the loss of homes and woodlands due to human-related forest fires. Most of these are caused from the tossing of lit cigarettes, burning trash, and unsupervised or improperly extinguished campfires, all of which could have been avoided. Their website, [www.sopfeu.qc.ca](http://www.sopfeu.qc.ca) provides a wealth of information on fire prevention and safety tips, as well as alert notices, when bans on open fires are in effect.

Drowning is one of the leading causes of unintentional death for Canadian children ages one to four. After completing a 10-year survey on water-related fatalities, the Red Cross determined several common factors, and has listed them on their website, where they also provide important information on swimming and boating safety. Please visit [www.redcross.ca](http://www.redcross.ca) for more information.

Road accidents increase greatly during the summer as pedestrians, bicycles and motorcycles add to the usual traffic. It is important for all users to follow the 'rules of the road' when riding or driving, and to maintain focus and vigilance at all times. Everyone is responsible when sharing the road, please visit [www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca) to view important tips and guidelines.

Heat waves can be extremely dangerous for people and pets, particularly the young and the elderly. Simple tips such as reducing activity during the hottest part of the day, using fans and air-conditioners, staying hydrated and checking on family members regularly can be augmented even further by viewing the precautions and guidelines on the Red Cross website, [www.redcross.org](http://www.redcross.org).

Hospital emergency rooms generally experience an increase in patients during the summer, frequently related to sport injuries. No matter what sport or outdoor activity you enjoy this summer, it is important to ensure you protect yourself by wearing the appropriate safety equipment such as helmets and padding. Share the trails and facilities respectfully, and pay attention at all times.

Following the social safety rules of wearing masks and maintaining proper distancing over the past year has brought us back to a semblance of normalcy. To ensure that continues, please continue to follow the health protocols in place.

Stay safe and have a wonderful summer.

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# Observations

## The Great Game Never Ended

David MacFairlane - MainStreet

This reference to a Great Game dates back to the late 19th Century, when the British Empire was involved in an existential struggle with pre-Soviet, Tsarist Russia for control of the tribal regions and the Central Asian khanates in the area between southern Russia and northern India, a wild, tribal region, a chunk of which eventually became Afghanistan. Tsarist Russia sought to expand its territory and sphere of influence, to create one of history's largest land-based empires. The Russians would have been quite happy to wrest control of India away from Britain as well but didn't. As Britain solidified its hold on India - including what is now Myanmar, Pakistan and Bangladesh - Russia conquered Central Asian khanates and tribes on its southern borders.

In the end, after 3 wars between the British and Russia, all lost by Britain, the borders of the region were settled, with Afghanistan serving as an independent buffer state between Russia to the north, and The British Protectorate of India, in the south.

Today, in a post cold war era, this Great Game continues with new players, but the same aim at power: still Russia, more than ever, with new allies China and Iran, while opposed to them is the United States, along with a shrunken and greatly diminished Britain and a motley crew of European countries. The powerful anti-Russian group that is orchestrating this side of the Game is to be found in Davos, Switzerland, the headquarters of the World Economic Forum (WEF). The conference, now in its 50th year, is a perennial draw for the world's most powerful people. Around 3,000 global leaders, bankers and business executives, policy makers and public officials attend these meetings to plan the next moves in their agenda. The aim of this clandestine organisation is nothing less than a One World Government, with the elites in control, and the rest of us obedient serfs, who will do as we are told and "own nothing, yet will be happy". I'm not making that up. Those are the very words expressed by Klaus Martin Schwab, founder and executive chairman of the WEF, in his last book COVID-19, The great reset (2020), where he exposes the goal of using the crisis created by the pandemic to create a new world economic order.

The problem is, for these people to win, they have to get the United States fully on board, and that has not happened yet. As Tom Luongo, former Senior Financial Editor with Newsmax Media, says in his latest blog, "Who benefits from China and the U.S. at each other's throats? Who benefits from a collapse of the global economy as trade embargoes proliferate? Who benefits from conflicts in the South China Sea? - Taiwan? Hong Kong? Los Angeles? Ukraine? Belarus? Israel? Who benefits from the cyberattacks on our infrastructure, the closing of our pipelines? The Freezing of Texas? Who? Really? China?"

No. China loves selling us their stuff.

Who actually created the policies, which hollowed out our manufacturing, domestic production, turned us into borrowed money addicted and gender-fluid decimated societies? It wasn't China. I'll tell you who benefits. The European Union and Davos. <https://tomluongo.me/2021/06/02/fauci-files-wuflu-war-to-come/>

Already the Euro, which had a reverse effect of causing inflation in the European Union, was in fact created to attempt to replace the US dollar as the global reserve currency. That plan failed for now.

But the Great Game is still being played out at the highest levels beyond our knowing with the means available, and the signs are there to observe. High-level actors are being taken out of the scene or are realigning. It is in that perspective that we can comprehend such events as the Brexit and the new alliance of Britain with the US, the Biden administration pulling back from the Middle-East, Israel being left out to hang while negotiations are restarted with Iran... Think also of Eric Schmidt, CEO of Google, who resigned a year ago, then Jeff Bezos of Amazon also resigned, and more recently, Bill Gates of Microsoft got shafted by the release of incriminating reports of his long-term, unhealthy relationship with Jeffrey Epstein. Next, the removal of Israeli PM Netanyahu, followed by the email trail of evidence exposing the close, personal relationship of Dr. Fauci, head of the US National Institutes of Health with the scientists at the Wuhan Laboratory in China. Fauci financed directly the "Gain of Function" research into this virus ("the euphemism for biological research aimed at increasing the virulence

and lethality of pathogens and viruses <https://ahrp.org/what-is-gain-of-function-research-who-is-at-high-risk/>), which later, mysteriously, got loose to cause an international pandemic. There is a trail of evidence and US Government money leading from Fauci to the Wuhan Institute of Virology. Fauci and his shenanigans have been protected for years by the elites, but now, he is also being thrown under the bus, while the Davos crowd struggles to stay ahead of events and control the narrative which seems to be slipping away slowly from their grasp.

While we, the public, are being distracted by the push to vaccinate the world, the lockdowns, masks, social distancing and all the fear-mongering propaganda that governments are imposing on us, there is an existential battle for this planet occurring behind the curtain between the White Hats and the Davos group. Yes, that's what they call the good guys in certain circles of observers who are close to this internecine struggle for freedom and world peace on the one side, and for war, depopulation and control on the other side.

Down at the level of ordinary people like us, this struggle is reflected in the divisions in our society. The dismal future of "the vaccinated" pitted against "the un-vaccinated", the curtailment of our rights and freedoms under the Constitution by "vaccination passports", the refusal to have open, transparent, honest, public discussions about the necessity for vaccinations and the nature of vaccines, as well as the solidity of science behind the measures implemented all over the world and the models used to justify them. All this divides us horribly.

The good news is there are signs that the "good guys" are winning, with the help of the rational and critical thinking of scientists and other specialists or commentators who dare to raise the right questions...

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**Sir Ernest Benn, 1875-1954.**  
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## Simply Words on Paper

# Three companions had great impact on our lives

Jim Warbanks - Main Street

Our faithful black Lab Charley, 11+ years old, had been on meds for some time. We went for our (almost) daily walk about two weeks ago. He picked up and distributed all his p-mail messages and greeted some friends. He chose to rest a couple of times on the return trip. Then, he had difficulty on our stairs, and was wheezing eerily. He collapsed on the floor and dragged himself to his water dish. He seemed disoriented and unable to rise.

We made "the call" to the vet and she confirmed our decision. Unfortunately, due to Covid-19 restrictions, we were unable to be with him on the final stage of his journey. Charley, a rescue with great personality, was an amazing dog who gave us so much pleasure. We will always remember him fondly.

I would characterize Charley as "brave from far, but far from brave." He tended to be spooked by unexpected Hallow'een, Christmas or other decorations. If he heard a noise outdoors after dark, he would go to the top step, give a single authoritative bark, but refuse to investigate.

### Different traits

Charley and his two predecessors had very different traits that endeared them to us.

First in line, Shadow, was a "Heinz 57" puppy who was abandoned outside the vet clinic. Teachers from the nearby school found him and arranged that he be kept for the day. My wife, Mary, agreed with me that we should adopt him. Shadow was not an intellectual, but so attached to us and always willing to try something new. We joked that every time he bumped his head on the underside of the kitchen table, he dropped one IQ point!

His worst habit was attacking and spreading any garbage we inadvertently left below the sink as soon as the front door closed. He made up for this by tirelessly pulling me up and down the street in my wheelchair the summer that I had serious leg surgery requiring a full cast.

We never fed any of our dogs from the table, but made an exception for my mother-in-law. They understood each other well. She would tell him that she would not share her toast and jam breakfast with him. He would just lay his head firmly on her arm until she agreed to give him "just a bite."

### Zootherapy model

When my mother-in-law was hospitalized, we inquired about bringing Shadow to visit her. The visit was a highlight that markedly brightened her outlook. Several other staff members fussed over this canine visitor. Shadow thus served as an early zootherapy program model.

Shadow suffered a seizure one morning, was kept at the vet's for observation, and the decision taken that recovery was unlikely, so sadly, he was euthanized the same day by a very caring vet who knew him by name.

### Eye contact

After a hiatus, we found Chekhov at a "no-kill" barn shelter near Rigaud. The dogs stabled there tended to be unadoptable - elderly, mis-shapen or suffering behavior problems. Chekhov, part golden retriever, was calm and easily maintained eye contact. He had obviously been well cared for, but his owner never could be found.

We quickly discovered that he suffered from deep separation anxiety. He trashed blinds and door frames and even succeeded in breaking out of a very secure cage. This behavior caused some formidable work schedule issues in colder weather for us, but we persevered and eventually Chekhov decided himself that he was cured.

Chekhov was a very perceptive animal, who knew who to befriend graciously. He was surely no runaway threat. On one occasion, he jumped over the deck railing aided by a snow accumulation, but then decided it would be just as much fun to jump back on the deck. Let out the back on another occasion, he found the gate open and just strolled to the front door, then barked to be let in. Somewhat unseemly for his breed, Chekhov had another quirk. He steadfastly refused to go in our backyard pool or any deep water beyond his front paws, no matter how we enticed him with toys.

### Skijoring

We had established a daily walk routine, with much longer jaunts on weekends. We had also trained with a competitive racer who gave a course in skijoring, cross-country skiing aided by a dog on a special harness. Though he knew the commands well, he would sometimes choose to divert to another trail that piqued his interest. After all, he was leading me.

As he aged, our walks became shorter, but still an agreeable treat for both of us. That is, until the day that we had to turn back home very early. He was spent, exhausted. He could only rise with great effort. Sadly, consultation with the vet was conclusive. Chekhov left us.

These three remarkable companions each enriched our lives in so many ways. We miss them.



# 4korners

## Mornings in the Park start in Lachute!

Andie Bennett

Mornings in the Park have been a staple of 4Korners Bright Beginnings programming since it began two summers ago, in Deux-Montagnes and Rosemere. This June, our communities in MRC Argenteuil will also be able to join in the fun as Sharon Sangster prepares to host the event every Monday from 10 am to 11:30 am, alternating between Parc Barron and Parc Richelieu in Lachute. Mornings in the Park is for children 0-5 and their parents or caregivers and is a place to socialize and give parents/caregivers an opportunity to exchange stories. There are fun activities organized by 4Korners to keep the kids engaged as well as a period of free play.

Not only is Sharon great for this program on paper, with an early childhood education diploma as well as a BA in interdisciplinary studies for ages 0-5, but she also has a unique bubbly personality brimming with positive energy that she describes as being a little out of the box. As someone attending weekly Zoom meetings with Sharon, I can confirm this. Sharon will be bringing her effervescence to the park as well as craft activities involving Play Doh and other materials, and there will be a song circle to close out the 1.5-hour sessions that draw on her Mother Goose training, which, as a parent of a VERY discerning 4-year-old during story time, I really wish I knew existed before now.

When I called Sharon to discuss the program, she was already in full idea mode, even laying the early groundwork to recruit my musician husband to play for the kids one week, and I can tell there will be no lack of engaging activities. Sharon tells me she has done a million of these before, not only through her school training but raising her own two children as a single mother (while completing her degrees) and running a baby drop-in for 7 years. This may be old hat for Sharon, but I can hear no hint of boredom in her voice, and, as usual her energy is off the charts. I had to ask her where this comes from and she tells me her mom is a very positive person and she learned early on how to make yourself happy. For Sharon, that means outdoor activity and the occasional bowl of ice cream.

Monday Mornings in the Park start June 28 in Deux-Montagnes and Lachute, and Blainville/Rosemere will begin on June 29, and continue every Tuesday. All social distancing guidelines will be respected. To register and find out which park we will be at, contact [info@4korners.org](mailto:info@4korners.org).



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We take this opportunity to wish all our citizens a Happy Quebec National Holiday on June 24th and a Happy Canada Day on July 1st!

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The MRC des Laurentides launches an appeal  
Urgent need for housing assistance

In response to the current housing crisis in its region, the MRC des Laurentides is setting up a housing search assistance service, asking landlords with available residential accommodations in the area to come forward. It will thus be possible to make the link with housing seekers.

As of Friday, June 4, 2021, tenants looking for housing in the MRC des Laurentides territory can dial (819) 425-5555 extension 1090 to speak to an agent who will liaise them with the owners of housing. This is the same number to reach for owners as for researchers. This service is intended for all people who are currently looking for accommodation or who are at risk of finding themselves homeless in the short term.

With current vacancy rates for private and subsidized housing nearing 0%, many families and individuals are at risk of being homeless on July 1. This very low number of available accommodation makes the search more difficult.

The prefect of the MRC des Laurentides, Mr. Marc L'Heureux, concerned about the situation affirms that, "the new telephone line will provide support to citizens of the MRC des Laurentides who are worried about not finding a roof over their heads on July 1. We had to act! "

According to a survey on the needs of the Laurentian population with regard to housing, carried out by the Regional Council for Social Development of the Laurentides (CRDSL), there are various issues related to the scarcity of housing:

- The increase in rental housing costs
- The real estate "boom" which has created such pressure on the market that many families, couples or single people are unable to find housing, both for rent and for purchase.
- Workers arriving from another region who wish to settle and become homeowners in the Laurentians must give up the idea of buying, and temporarily turn to the rental market.

As a result, difficult access to housing creates great precariousness, especially since the pandemic is increasing the phenomenon.

The networking service of the MRC des Laurentides will aim to match tenants looking for housing and owners, however it remains the responsibility of both parties to do their research and investigations.

Whether you are a private owner or seeking lodging, the MRC des Laurentides invites you to contact its networking service now! Dial: (819) 425-5555 ext. 1090 or write an email to: [logement@mrclaurentides.qc.ca](mailto:logement@mrclaurentides.qc.ca)

Housing search assistance service: Accessible free of charge from Friday June 4, 2021 until mid-July 2021 - Monday to Thursday, 9 am to 5 pm and Friday, 9 am to 12 pm.



# NEWS BITS FOR JUNE

## Land protection plan against floods

The Member for Deux-Montagnes and Minister of the Environment and the Fight against Climate Change, Mr. Benoît Charette, the Member for Argenteuil, Mrs. Agnès Grondin, and the Member for Soulanges, Mrs. Marilyne Picard, welcome the announcement by the Minister of Municipal Affairs and Housing, Mrs. Andrée Laforest, concerning the granting of a sum of \$490,000 jointly to the MRCs of Deux-Montagnes, Argenteuil and de Vaudreuil-Soulanges so that they continue to update the mapping of flood-prone areas in their territory, taking into account risk management.

This work will allow them in particular to deepen their knowledge of the flooding problems of their territory and thus contribute to better management of flood-prone areas.

The aid granted is part of the implementation of measure 3 contained in the Plan for the protection of the territory in the face of flooding, namely mapping the hazards of flooding at the watershed level. This provides for an additional subsidy of \$8 million that will be distributed to all municipal organizations that have already received financial support in 2018. Of this amount, a total of \$2.79 million has been granted to 14 municipal organizations including the MRCs of Deux-Montagnes, Argenteuil and Vaudreuil-Soulanges. The remaining amounts will be paid during the 2021-2022 and 2022-2023 fiscal years.

## Safety and the environment first on the Rivière Rouge

The council of the municipality of La Conception takes the safety, the environment and the well-being of its citizens and visitors to heart. In this regard, the great popularity of the Rivière Rouge brings the authorities to tighten environmental rules, particularly on access and public safety. This decision of the municipal council came following the observation of the traffic report of the Rivière Rouge by visitors during the last summer season, as well as from many testimonials from citizens. Mayor Maurice Plouffe specifies that for the sake of keeping harmony and public order on its territory, elected officials had to intervene in view of the 2021 summer season.

The municipality announces two important mandates. The first to the non-profit organization, "Plein-air Haute Rouge" for the management of the two public descents on the Route des Tulipes, and the second to the security firm "Groupe Sûreté inc." to ensure a patrol in order to ensure compliance with the regulations in force relating in particular to traffic, access and parking along the Rivière Rouge. The contracts were awarded for the summer period of 2021, from mid-June to mid-September. Access to public descents remains free for all citizens of the municipality under proof of residence. For visitors, the costs will be \$10 per car parked. To ensure optimal and safe use of roads and avoid access to private properties along the river, the Municipality reminds that **parking is prohibited at all times** on the following arteries: rue Principale, route des Tulipes, route de la Montagne d'Argent, chemin de la Station, route des Saules and route Ormes.

## New employee at Loisirs Laurentides

Loisirs Laurentides is pleased to announce the hiring of a new employee, Ms. Esther Latourès, to support its permanent team.

"We have just added a very resourceful person to our team. Through her varied experience with non-profit organizations and her dynamism, Ms. Latourès will enable our organization to meet the government mandates entrusted to us by the Ministry of Education and to meet the expectations of our regional clientele, particularly during this pandemic period. Through her work, she will help support the efforts of organizations wishing to relaunch their activities as soon as they receive the green light. She will coordinate the important issue of the development of volunteering and our training program for the year 2021-2022," said Loisirs Laurentides general manager, Ms. Éline Lauzon.

## A 2nd Season for the Capri Golf Trail: The City signs a new enhanced agreement

The City of Saint-Colomban is proud to announce that it has signed a new agreement with the owner of the Capri Golf Club, Mr. Patrice Arbic for the winter seasons 2022 and 2023. This agreement was born out of the City's desire to offer a new outdoor site to its citizens to practice winter sports on the territory and also of the owner's desire to welcome citizens to his property. With the immense success of the 2021 season, the City has decided not only to renew the agreement, but also to improve it by adding kilometers of trails and making sliding possible. The new agreement is for a period of 4 months, from January 1 to April 30, for the next 2 years.

### New for the 2022 season

The trail for practicing various winter sports will be redesigned to cover a larger area. The course will remain beginner level and accessible for all ages. In addition, for the 2022 season, it will be possible to slide and in order to make the most of the site, the City plans to organize various activities during the winter.

"It's a pleasure to renew this agreement for a 2nd season. We hope people enjoy the new stuff and enjoy the trail as much as they did last year," said Capri Golf Club owner Patrice Arbic.

### About

Located in the heart of the Laurentians, the City of Saint-Colomban has more than 17,000 inhabitants and covers nearly 95 square kilometers. It is part of the MRC de La Rivière-du-Nord, with the towns of Saint-Jérôme, Sainte-Sophie, Saint-Hippolyte and Prévost.

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Welcome to:

**Nicole Cormier** and **Claude Mongeon**, who opened their new store **Poêles & Foyer Saint-Sauveur**, 220-G ch. du Lac Millette, St. Sauveur (Carrefour des Trois Villages). Nicole and Claude offer superior outdoor wood fireplaces, indoor wood and propane fireplaces, fireplace conception, high-end tools and accessories. As well, they sell unique pizza ovens and BBQ's. Their specialties are gas and wood fireplaces and of course, their wonderful, personalized service. They can also create an outdoor, customized fire pit for you at your home. Wishing Nicole and Claude much success at their new store. 450 227-0080 / cell 514 712-5167 / [poelesfoyersstsauveur.com](mailto:poelesfoyersstsauveur.com) / [claudesetfoyersstsau.com](mailto:claudesetfoyersstsau.com), [nfo@poelesetfoyersstsau.com](mailto:nfo@poelesetfoyersstsau.com) / Facebook: Poeles & Foyers Saint-Sauveur.

Owners **Jordan** and **Matthew Olynick** and **Alexandra Beaulieu**, who recently opened **Olynick's Poissonerie/Bistro**, 50 rue de la Gare, St. Sauveur. They will offer fresh fish and seafood at their market and a variety of delicious take-out food. Included will be fresh lobster, salmon, tuna, octopus, oysters, mussels and yummy lobster rolls. They will also offer a great fish 'n chips. Open for lunch and dinner menu. The restaurant will open at a later date and will feature a terrace/bistro. 450 227-6436 / Facebook: Olynicks

### Congratulations to:

**Jennifer Lee** and **Jack Gitelman**, owners of **Noritech**, who are excited to welcome you to their new premises at 365c rue Principale, St. Sauveur (next door to Rachele-Béry). Jennifer, Jack and their knowledgeable technicians provide computer sales, service (remote support if needed) and repairs for all your computer needs. Computers, notebooks, screens, printers and ink, accessories and much more are available to purchase. They are also authorized dealers for Xplornet Satellite Internet and Shaw Direct TV for their rural clients! They look forward to seeing you soon. Best of luck. Info: 450 227-4848 / 1-866-984-4848 / [socialmedia@noritech.ca](mailto:socialmedia@noritech.ca) / [www.noritech.ca](http://www.noritech.ca).

### Did you know that:

#### New Book boxes:

There are new book boxes at 928 Village Rd., Morin Heights at Lummis Park and at 99 ch. Lac Echo, Morin Heights? There will soon be another book box located at Chalet Bellevue, 27 rue Bellevue, Morin Heights. You can leave, exchange, take or loan a book of your choice for free.

### Laurentian Ski Museum moves to a new locale

The Ski Museum will be housed in a different location, which will be at the former Banque Nationale building, located at the corner of de la Gare and rue Principale, St. Sauveur? It is integral that the ski museum and its contents be proudly displayed in St. Sauveur. This move will ensure more visibility and many more visits to the museum. Also, each week, for 8 weeks, from May 6 until June 30, various "Laurentian ski personalities" affiliated with the ski museum will be interviewed on Youtube. Info: 450 227-2564 / [museeduskideslaurentides.com](http://museeduskideslaurentides.com).



## NOTICE OF INVENTORY CLOSURE, RALPH ALLAN KERR

Notice is hereby given that, following the death of Ralph Allan Kerr, on February 14th, 2020, then residing at 5 Pointe-Aux-Bleuets, Gore (Quebec), J0V 1K0, an inventory of the deceased's property has been made by the Liquidator of the Estate, Jason KERR, on June 2nd, 2021, before Mtre Barbara A. Thompson, Notary, in accordance with the law. It can be consulted by interested parties at the office of Mtre Barbara A. Thompson, Notary, 707, chemin du Village, suite 201, Morin-Heights (Quebec) J0R 1H0.

Given on June 2nd, 2021

Jason KERR, Liquidator of the Estate

# Online Art Exhibitions - Why go virtual?

Since the start of the COVID-19 pandemic, art event organizers are increasingly taking their exhibitions online in order to allow art-lovers to browse and purchase artworks from the safety and security of their homes. Solutions to exhibiting art online can range from simply posting artworks on Facebook to having the event hosted on a professionally operated e-commerce platform, as a “virtual event”.

Virtual art exhibitions, when implemented well, not only attract more visitors and boost sales but they can also lower costs and offer significant management flexibility as compared with physical events. Virtual art exhibitions offer the following benefits to art event organizers and their exhibitors:

- **Wide access:** Art lovers can visit your online event from anywhere, at anytime and over an extended period of time.
- **Convenient access:** Art lovers can easily come back for repeat visits and those facing the challenges of travelling and social distancing can visit your event from the comfort of their homes
- **Flexible exhibition space:** A large selection of artworks may be showcased without concern for display space, while smaller exhibitions may be attractively presented
- **Easy management:** Artworks may be rearranged and replaced quickly at any time
- **Cost effective marketing:** Attractive and targeted social media campaigns can be designed cost effectively by leveraging the existing content of your virtual event
- **Low insurance and security costs**

Going forward, when social distancing is no longer necessary, the virtual art exhibitions are expected to remain popular with art-lovers due to access flexibility and convenience, the features we all have come to enjoy and desire as consumers. As well, the event organizers have come to appreciate the potential for increasing sales, ease of management and lower costs that are associated with virtual events.

Whether you are planning to hold a virtual art exhibition as a stand alone event or in conjunction with a physical event, Ateliers Müz, a social enterprise based in the Laurentians, can assist you with organizing and operating it every step of the way, all at a small fee which may be charged directly to the exhibitors. Leveraging their significant experience, they will work with you in designing your virtual event, host it on their secure e-commerce platform ([www.AteliersMüz.com](http://www.AteliersMüz.com)) and attractively showcase your exhibitors and their artworks. Atelier Müz will also promote your virtual event locally, regionally and beyond.

Simin Foster  
[info@AteliersMüz.com](mailto:info@AteliersMüz.com)

Ateliers Müz is committed to empowering and supporting artists and artisans in the Laurentian and the surrounding regions. They also offer valuable virtual exhibition hosting services to art groups and art event organizers.

# Mont-Tremblant will have its Sports Center!

The Mont-Tremblant City Council is pleased to announce the award of the construction contract for the future Sports Center, adjoining the new permanent building of the Collegial Center. This center will improve the sports facilities offered to the entire population of the region, and in particular to students of the Collegial Center. Construction will begin next July and end in July 2022.

Located near the Erik Guay sports island, the Center includes a double gymnasium with changing rooms, bleachers, a multifunctional room and a reception area. A \$13 million project (before taxes and equipment), the Sports Center will be built thanks to an investment from the three levels of government. The City of Mont-Tremblant is injecting \$9.5M into the project, including \$7M financed by the reserve for sports, educational, recreational and cultural purposes, as well as \$2.5M by loan by-law. The governments of Canada and Quebec are contributing equally to the project's financial package to the tune of \$4,379,800 (\$2,189,900 each). This municipal building will be operated and maintained by a private representative and the schedule, programming and pricing will be provided by the City's Culture and Recreation Department.

“Today we are celebrating an important milestone for our city with the announcement of the construction of the Mont-Tremblant Sports Center. The citizens of Mont-Tremblant will be able to benefit from improved regional sports infrastructures that position us as a must-see sports destination. I would like to thank the governments of Canada and Quebec for their significant financial support. Thank you also to MP Chantale Jeannotte for her invaluable support. This major project is in line with the orientations of our strategic plan to develop sports infrastructures to promote the attraction and retention of young people, families and seniors by encouraging a healthy and active lifestyle,” underlines Mayor Luc Brisebois.

The Mont-Tremblant Sports Center in brief

- Located on Boulevard du Docteur-Gervais at the intersection of rue Cadieux
- Two 40 m x 32 m gymnasiums with 2 m clearance, for a total capacity of 700 people
- Sports facilities allowing the development of 6 badminton courts, 3 basketball courts, 2 volleyball courts, 2 indoor futsal football fields, 2 floor hockey fields, 1 tennis court, 2 handball courts, 1 ultimate frisbee field and 1 netball field
- Floor covering for high-end gymnasiums (Tarraflex type)
- Interior wood veneer walls
- Acoustic panels and sound system
- Mechanized opaque separating curtain between the two gymnasiums
- Two electronic scoreboards
- Changing rooms for men and women
- Bleachers with 155 seats, including 4 for wheelchairs, and a rear row for 50 standing people
- Atrium (entrance hall) with a capacity of 50 people
- Multifunctional room that can accommodate 70 people

Located in the heart of an institutional and residential sector, the Erik Guay sports island has several municipal recreational facilities: Gilles Cadieux arena, aquatic complex, basketball court (summer 2021), tennis courts, modular and wave tracks (pump-track) for cycling, skateboard park, football / soccer field with synthetic surface as well as an athletics track. The La Richelieu cycle path also provides access to the Le P'tit Train du Nord linear park from the Erik Guay sports island.



# About Sainte-Adèle

Chris Lance - Main Street

Spring has brought us lots of sunny days, but no rain. Outdoor burning of debris is pretty much banned throughout our town and surrounding regions. The City updates their website when we are allowed to make fires.

Parks are open in Sainte Adèle and it's free for those with resident cards. At Parc de la Riviere Doncaster in Mont Rolland, you will need your Citoyen card to have free access. There are 24 parks in Sainte Adèle. Now you can get Parc-o-metre, an app that opens a platform and interactive map that show you the parks, sport installations and recreative destinations plus the activities available at each site. Visit the town's website, then Service des loisirs, parcs et espaces verts. You will see the link for Parc-o-metre.

There is a community garden at Parc Claude-Cardinal, 125 rue des Cantonniers where you can obtain a plot at a cost of \$35 for this season... first come first served. Call 450-229-2921 ext 7244 or visit [www.sainte-adele.qc.ca](http://www.sainte-adele.qc.ca) under Activites et Evenements and check out Jardin Communautaire.



There are also free activities with no registration necessary. At the Place des Citoyens there is Line Dancing on Wednesdays from 7 pm to 8:15 pm from June 30 to August 19; Zumba on Thursdays: 7 pm to 8 pm from July 15 to August 19; Swing en Solo on Fridays: 7 pm to 8:30 pm starting July 2 to August 20. There is also Yoga at Parc de la Famille (bring your own carpet) on Tuesdays, 7 pm to 8 pm, from June 29 to August 17.

The beach on Lac Rond will open on June 12 until September 6 from 10 am to 7 pm. All these aforementioned activities are subject to COVID-19 health rules.

The tennis courts are up and running (free for residents). Apply through the town's website to get a pass number and then book a court time at [ballejaune.com](http://ballejaune.com)

There are 5 pickleball courts at Parc Claude-Cardinal. A league plays on Mondays, Tuesdays, Wednesdays and Saturdays from 9 am to noon; and Tuesdays and Thursdays from 6 pm to 9 pm. For information call Robert Desmeules at 514-794-9447.

If you like Petanque, call Claude Ratelle at 450-229-9966 and play Monday to Friday at 6:45 pm. That's situated over at Mont Rolland near the old railway station beside the P'tit Train du Nord.

After 14 years of fighting with M. Lupien and Sainte-Adele's illuminated cross, Mayor Briere wants this to stop. On May 17 our municipal council hoped to stop the actions of Marc Lupien who is seeking damages from our town. This battle just goes on and on.

Chapeau to Mayor Briere as she has accepted the honorary president of Relais pour la vie des sommets, which is part of the Canadian Cancer Society Relay for Life. The objective for this year is to collect \$100,000. For more information [www.relaispourtavie.ca](http://www.relaispourtavie.ca)

Enjoy the seasonal change. Enjoy the outdoors and activities. Stay healthy.

# Swimming in the Summer Essential water safety

(NC) Connecting with nature is one of the best parts of the summer, especially if you have access to a lake, ocean or other body of water. But with more of us finding refuge in the great outdoors during the pandemic, drowning incidents are up, so it's important to be extra careful.



Here are some essential swimming safety tips to keep in mind:

**Find the right spot:** Choose a safe place to swim, such as a supervised beach. If you're swimming at a lake or beach without a lifeguard, make sure there is always a designated spotter on land who can call for help if there's trouble.

**Wear proper equipment:** Make sure young children and inexperienced swimmers always wear an approved lifejacket or personal flotation device when playing in or around water. Still, make sure you keep a close eye on your kids even when they're using swimming aids such as armbands, floating seats, water wings and neck rings.

**Review current conditions:** Check with your municipality for health and safety notices before wading into the water. This can include warnings about water pollution levels or a strong undertow.

**Take some classes:** Help kids learn about water safety by signing them up for a swimming and water safety program. Parents, adults and older teens can also sign up for first aid training to learn basic lifesaving skills.

**Know what to do in an emergency:** Always call 911 if someone is drowning or lost in the water. Along with local partners, the Canadian Coast Guard's search and rescue program is also there to assist people who are in imminent danger in the ocean, Great Lakes and St. Lawrence River. Its mission is to save 100 per cent of at-risk lives, and it has a response time of 30 minutes or less during their operational season.

Find more information at [ccg-gcc.gc.ca/index-eng.html](http://ccg-gcc.gc.ca/index-eng.html).

**National Holiday  
Mont-Tremblant presents  
Radio Radio and Steve  
Provost in drive-in mode**

The City of Mont-Tremblant and the Société nationale des Québécoises et des Québécois des Hautes-Rivières are proud to present a carefully knitted program for the National Day. This year, against the winds and the pandemic, the party promises to take off at Mont-Tremblant Airport, as well as in several towns and villages across the region!

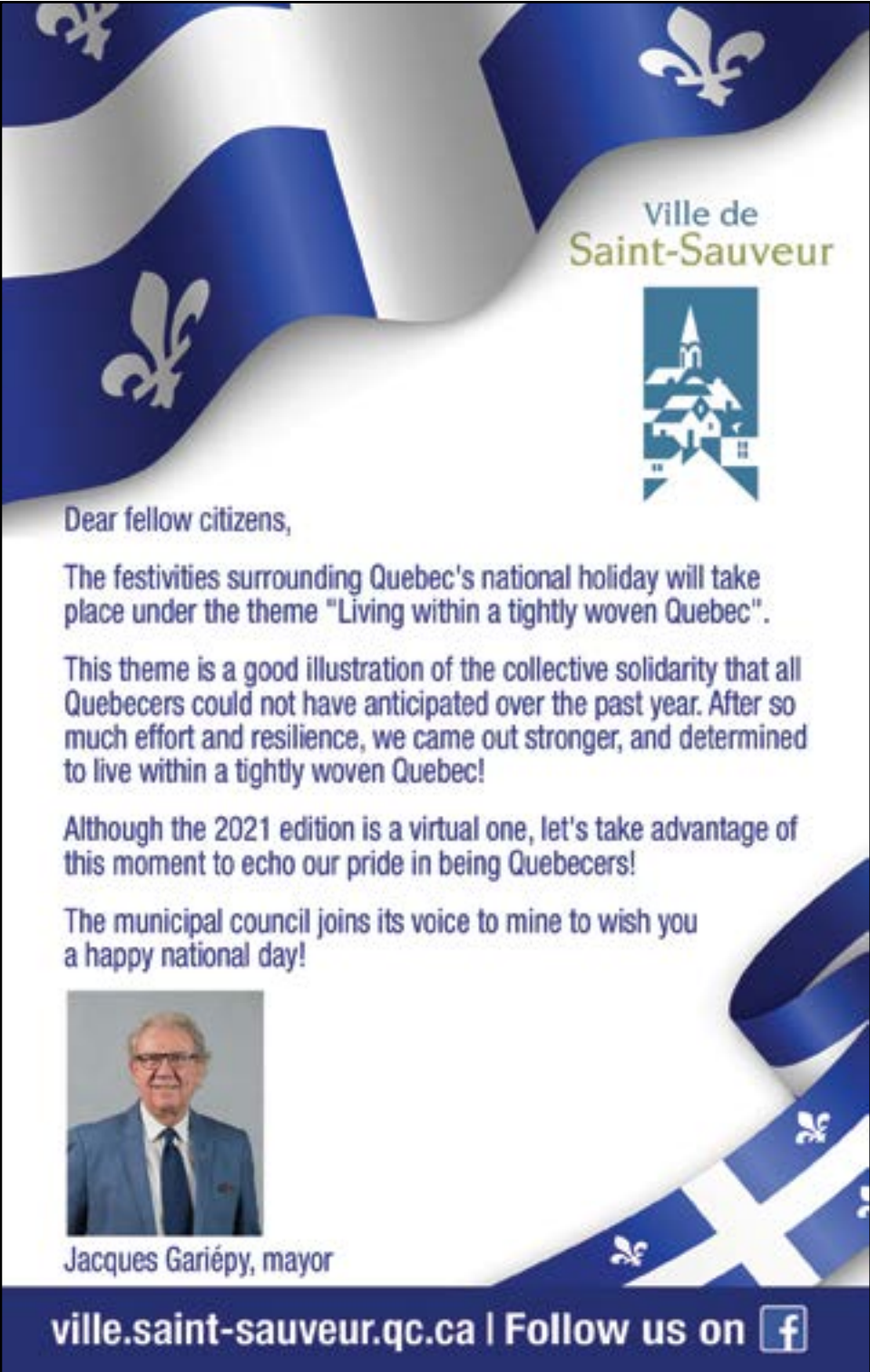
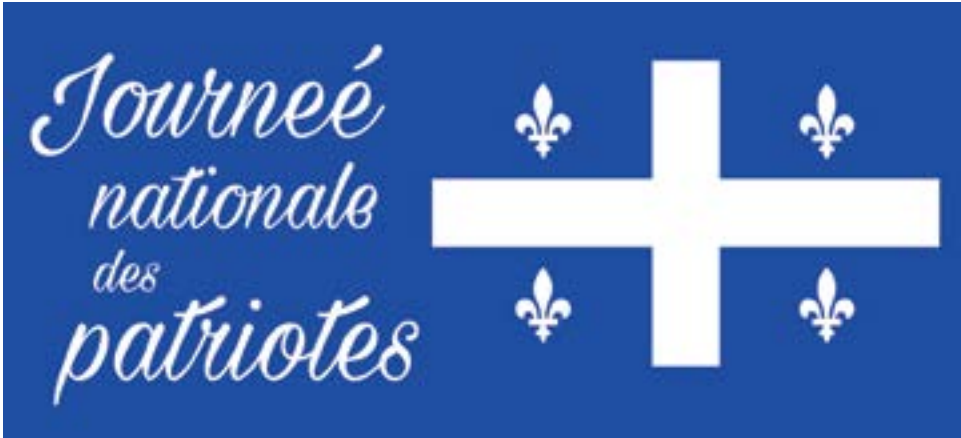
## Mont Tremblant

On June 23, the runway at Mont-Tremblant Airport will be transformed into a stage for the presentation of the regional spectacle of the National Day. From 8 pm, attend drive-in mode to Steve Provost's frenzied performance followed by members of the Radio Radio group who will land on the airport stage to come and celebrate their love of Quebec with us in their festive and colorful rap! The evening will be rounded off in style with the traditional fireworks, which will end around 11 pm. The event will be broadcast by TVCL on Cogeco, stations 4 and 555 (HD).

On June 24 at 8 pm, still in drive-in format, attend the live broadcast of the Grand spectacle of the National Day Experience, ‘the tightly woven Quebec.’

And finally, on June 25, Mont-Tremblant will present a Quebecois-style drive-in with, as the main program starting at 9:15 pm, the film **La Déesse des flies à feu** by director Anaïs Barbeau-Lavallette. This will be preceded at 7:30 pm by a Quebec animated film for the whole family: **Félix et le trésor de Morgäa**.

To attend the three National Day events in Mont-Tremblant, you must reserve your parking space at [villedemont-tremblant.qc.ca/fetenationale](http://villedemont-tremblant.qc.ca/fetenationale) (one ticket per vehicle per evening, available online only). For more information: 819 425-8614, ext. 2500.



**Even once vaccinated,  
you still need  
to protect yourself.**





**Let's work together to keep respecting health measures  
so we can protect each other.**

**[Quebec.ca/coronavirus](https://Quebec.ca/coronavirus)**




**Lucyne FARAND**

Real Estate Broker

514 952-6316

lucynefarand.com







**87 AV. CARMEN SAINT-SAUVEUR - \$399,000**  
Incredible! In the village of Saint-Sauveur on a tranquil street. Lovely two-story stone home with basement. Absolutely impeccable and very-well maintained. 3 bedrooms, 2 full bathrooms, lots of storage, WOW – gas fireplace 21486376



**2040, RUE DE COLERAIN, SOUTH-WEST MONTREAL - \$799,000**  
One of the most charming houses in the neighbourhood. Cottage with concrete basement for storage. 2 bedrooms plus a multipurpose office space. Nice land with perennials that bloom throughout the summer. Visit soon. See video (Multimedia). 11960708



**CH. ST-GERMAIN – STE-ADÈLE - \$875,000 + TPS/TVQ**  
Group of land comprising 8 cadastral lots including one ready to build. The others served by a small cadastral street to be built. Very nice site. Quiet area on rue St-Germain and easy road access. Land ranging from 51,000SF to 1,350,000SF. Developers, here is an OPPORTUNITY! 19821563



**MANY MORE LISTINGS ARRIVING SOON**  
Incredible! In the village of St-Sauveur and nearby. Please check my website regularly: [www.lucynefarand.com](http://www.lucynefarand.com). 'Like' my FaceBook and follow me on my professional page. Looking forward to speaking with you soon.




It takes more than a sign to sell... It takes **A HEART FOR SALES**

# Arundel News



## ARUNDEL CRAFT FAIR

June 19: 9 am – 2 pm

Arundel United Church

Celebrate the opening of the Saturday markets at the Arundel Craft Fair, featuring 20 local artisans selling wood craft, pottery, stained glass, jewelry, art work, photography, hand-made clocks, artisanal paper, sewing goods, artisanal soaps, and more. The farmer-producers will also provide you with fresh food products. Ice Cream thanks to Scoop-Dawg, Pete Pickrell, and his ice cream truck, from Pointe Claire.

## WELCOME TO “P’TITES FOLIES”

Good news! Tom Noakes of Morgan Farm has opened P’tites Folies on the premises of the La Maison Au Coin, sadly, now closed,. P’tites Folies will offer fresh coffee and tasty treats on a “To Go” menu. This resto-store supports local producers and organic products. Open 8 am to 4 pm every day, except Monday. Come on in and try it out!



## FARMERS MARKETS OPEN EVERY SATURDAY UNTIL OCTOBER 9

Saturdays 9 am – 2 pm

Arundel United Church

Join us for a fun outdoor activity. We sell fresh seasonal organic fruits and vegetables; breads, pastries, and baked goods; sheep, goat and cow cheeses; eggs, chicken, and lamb products; smoked salmon; mushroom, honey and maple products; jams and condiments, and much more. Local artists and artisans will join us on a rotary basis, selling artwork, photography, and handmade craft. Between 10:30 am and 1 pm, enjoy live outdoor concerts featuring local artists, thanks to Loisirs Arundel. Yummy ice cream is provided by Pickrell’s mobile truck. Only 15 minutes from Mont Tremblant. Plentiful parking available. Follow us on Facebook.



## Making it Work in the Laurentians

## Your soft skills are power skills: mastering the job hunt in 2021

### Maya Khamala

Job hunting isn’t as straightforward right now as it was pre-pandemic. It’s been a rough year, but the Quebec government recently committed \$4 billion over 5 years to help economic recovery, which means we can realistically expect the job market to start reopening. Whether you’re a recent grad, have been unemployed for a while, or are hoping for a career transition, this is good news.

But, as the market reopens, competition is bound to increase. Set yourself apart professionally by harnessing your natural superpowers. The trick is to focus on your soft skills, rather than your more clear-cut technical ones.

As the saying goes, “Hard skills will get you hired, but no soft skills will get you fired.”

Soft skills = power skills

Your technical, or ‘hard’ skills, are undeniably important - they represent the knowledge you’ve built through years of education and training. But your soft skills are what set you apart from other candidates who possess the same technical qualifications as you do. Also known as people skills, or interpersonal skills, power skills include strong communication, flexibility, empathy, and leadership. These are skills that can only be learned through unique life experiences. They’re what make you shine and allow you to stand out on your CV, in an interview, or on the job.

Questioning whether soft skills are really that important? They are. Research shows 67% of HR managers would hire a candidate with strong soft skills, even if the person’s technical skills were lacking, while just 9% would hire someone with strong technical skills but weak soft skills.

Why soft skills are so important

- They’re transferable across industries. Learning to emphasize your soft skills widens your job search to include any jobs you can do, rather than limiting you to those based on what you’ve studied or past jobs you’ve held.
- They help you feel more qualified. Hot tip: use soft skills to fill gaps in your technical qualifications. Lack of direct experience is not necessarily a barrier to landing a job. After all, the number one skill CEOs ask for is “willingness to be flexible, agile, and adaptable to change.”

How to rethink & reframe your soft skills as POWER skills

- On your CV, and in interviews, don’t stop at describing the concrete tasks you’ve accomplished. Demonstrate how you managed time, resources, people, emotions, and intimidating challenges to meet with ultimate success. Interview questions that begin with “tell me about a time when...” are the perfect opportunity to flex these power skills.
- If the job calls for “a capacity for innovation and creativity,” relate it back to your artistic capacities, your resourcefulness, or your problem-solving skills.

Your soft skills are what make you unique and you can only develop them by learning from life’s lessons. YES’ Employment Counsellors can help you identify your power skills and craft your career story for potential employers so that you can give yourself the credit you deserve. It will help boost your confidence and employers’ confidence that you’re the one they’ve been looking for.



**CANTON de HARRINGTON TOWNSHIP**

**WE WISH ALL OUR CITIZENS SAFE AND HAPPY CELEBRATIONS ON**

 **June 24 – Québec National Day**

 **July 1 – Canada Day**

**Please remember to follow all current restrictions and safety protocols**

# Lachute Residence Celebrating 52 years with 52 beds

By Lori Leonard

Lachute Residence has been in existence for 52 years, and opened its doors in 1969, at 377, rue Principale, Lachute. It has always had 52 beds for its residents. The Lachute Residence is truly a landmark, not only because it's been around for more than 50 years, but also because of the amazing people working there who pay special attention to the residents. From the attentive care that Dr. Danièle Michaud provides, to Manager Joseph Hakizimana, to the nurses, the PABS, Cathy Alexander, Recreational Director, Luce Labelle, Physiotherapist Technologist and the staff, the residents (and their families) feel confident they are in good hands. The Lachute Residence has been "home" to hundreds of seniors.



Other groups committed to Lachute Residence include the Ladies Auxiliary, the Lachute Regional Residence Foundation and the Users' Committee. Both the Ladies Auxiliary and the Lachute Regional Residence Foundation raise funds to contribute to various important projects for the residents. The Users' Committee ensures that residents are aware of all their rights and provide support on many levels.

Lachute Residence is the only designated institution in the Laurentians with the mission to provide a substitute living environment to the English-speaking community at the regional level. As such, services are provided, both in French and in English.

Many people are not aware the Lachute Residence accepts seniors requiring long-term care, not only from Lachute, but also from other areas across the Laurentians. Seniors must meet the admittance criteria established by the Ministry of Health and Social Services for CHSLDs and ask their local CLSC social worker to be placed on the waiting list specifically for this residence. Excellent services are provided by qualified bilingual employees, who enhance its "homey" atmosphere. Cathy, the Recreational Director, ensures that many lively activities take place, including activities to boost mental and physical health. Residents can also participate in art classes, zoo therapy and go on fun outings once the covid veil lifts.

We wish Lachute Residence many more years and thank all the dedicated individuals who enhance residents' lives on a daily basis. For info, call 450 562-5203, ext. 1. For donations to the Lachute Regional Residence Foundation, cheques can be mailed to 1, chemin privé du Sommet, St. André d'Argenteuil J0V 1X0.

## The municipality of Sainte-Agathe-des-Monts is the recipient of the Marcel Bouchard Award of Excellence in Library Development

The president of the Laurentian BIBLIO Network, Mr. Carl De Montigny is pleased to unveil the name of the municipality, which has distinguished itself at the regional level for the development and improvement of its library. The City of Sainte-Agathe-des-Monts, which, through a project of \$3.2 million, including a subsidy of \$1,084,900 from the Ministry of Culture and Communications as well as \$25,000 from the 24H Tremblant Foundation, has built a library, that, integrates heritage with today's needs.

Wishing the library to become the central place of cultural and community life, the municipality has managed to keep the old post office, a Beaux-Arts-inspired building, while doubling the area with bright spaces, thus creating a superb marriage between the past and the present. The winning municipality received a magnificent maple plaque shaped by the sculptor-cabinetmaker of Val-David, Mr. Mathieu Patoine.

Having almost doubled in size, the library is equipped with spaces that better showcase the collection, while taking advantage of new technologies including self-service lending. Among the improvements, is an attractive corner for the youngest readers, a new multifunctional room thanks to the financial participation of the 24H Tremblant Foundation and, a place reserved for the archives of the Heritage Committee.

The award was unveiled at the Annual General Meeting on June 2. This award is named after the founding director general of the Laurentian BIBLIO Network, Mr. Marcel Bouchard, who has worked for 23 years for the growth and development of a network of libraries in the Laurentians and Lanaudière regions.

The jury also awarded a special mention to the Municipality of Oka for a construction that demonstrates the important progress made in providing its residents with a more visible, bright and attractive library.

This year, the Laurentian BIBLIO Network is celebrating its 40th anniversary under the theme "40 years of history". During the Annual General Meeting, 8 video clips were unveiled under major themes, including its creation, collections and computerization. Several people from the municipalities that are members of the Network participated by sharing their memories. They are available on the YouTube channel Ma BIBLIO à moi.

During the summer, a section on the history of the Network will be added to the website ([mabiblioamoi.ca/en/qui-sommes-nous](http://mabiblioamoi.ca/en/qui-sommes-nous)) including video clips.

For 40 years, the Réseau BIBLIO des Laurentides, a non-profit organization set up by the Quebec Ministry of Culture and Communications, has supported the development, operation and promotion of libraries in its region. Members benefit from significant economies of scale in addition to professional and technical expertise to provide high quality service to their residents at an affordable price.

# Funding Needed for a Mini C-Arm at Lachute Hospital

By Lori Leonard

Orthopedic surgeons who practice at the Lachute Hospital suggested to the Argenteuil Hospital Foundation (AHF) they would like to have a Mini C-Arm, an introspective imaging machine to allow them to perform many new intricate surgeries at the hospital. This project would be funded and supported by the Argenteuil Hospital Foundation.



Consequently, the Mini C-Arm was purchased by the AHF and has been in operation since September 2019. This equipment significantly increases the number of intricate outpatient surgeries completed on hands, wrists, ankles and collarbones, as well as other surgeries. By using the Mini C-Arm, more than 400 to 600 new surgeries will be successfully carried out each year. More than 15% of surgeries performed are on youth post-accident injuries from sports activities. It is now just a matter of a few days to wait for a Mini C-Arm surgery; people no longer have to wait weeks or months.

The AHF has a deadline of March 2024 to finance the total cost of the Mini C-Arm and its affiliated equipment in the amount of \$292,000. Thanks to generous partners of the AHF, \$150,000 has already been raised. However, there is a remaining balance of \$142,000 left to be paid. Thus, the AHF is turning to you, their generous private donors for financial support.

Since acquiring the Mini C-Arm, the hospital's surgical department has been extremely cost-effective. More importantly, patients from the across the Laurentians come to Lachute for their exceptionally precise surgeries. The Lachute Hospital is the only center in the Laurentians that has a Mini C-Arm for the foreseeable future which in turn, increases visitor numbers in Argenteuil. The CISSS has requested that the objective for the 5 orthopedic surgeons who operate and do follow-ups at Lachute Hospital is to plan for 400 to 600 day surgeries and with the new Mini C-Arm they will be able to accomplish this goal!

Marie-Isabelle Poupert, General Director of the Argenteuil Hospital Foundation states "Maintaining the needs of our community and that of our surrounding regions and communities is an invaluable asset for all of us. We hope that you will make a donation towards this important new state-of-the-art imaging machine."

To make your donation, you can do so in a variety of ways: visit [www.fhar-genteuil.com/en](http://www.fhar-genteuil.com/en) / call Marie-Julie Demers at the Argenteuil Foundation 450 562-3761, ext. 72100 / mail a check to The Argenteuil Hospital Foundation, 145, avenue de la Providence, Rm U-237, Lachute, QC J8H 4C7.



## Essential Oils Oils for summer

Susan Rich

Yay it's official, we are heading into the glorious warmth of summer. If you can't figure it out, I love this season best of all. It does, however, come with its own issues such as bugs, burns, allergies and heat discomfort. So what can we do?

**Allergies** - Lemon, Lavender and Peppermint is a magical combination that has worked miracles for me and many four-legged friends. You can either take them internally (if they are pure and recommended for internal use), or you can take a drop of each with a carrier oil, i.e coconut oil, and rub that under your feet. I kid you not, within 20 minutes you will notice a difference. As soon as you start to feel the symptoms recurring simply repeat the process.

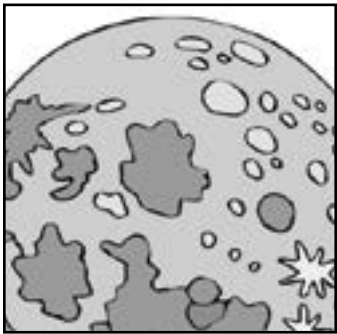
**Bugs** - I did focus on this in last month's article, but here is a refresher. I know that using commercial bug sprays work, however they are extremely toxic to your body and if there is a natural option that is just as effective, why not use that instead? The most effective ones are lemon eucalyptus, citronella, cedarwood, geranium and lavender to name a few. I personally make a blend of these with a carrier and spray it on my body and or clothing. They must be reapplied as needed.

**Burns** - In this context I'm talking about sunburn, but when it comes to any kind of burn think lavender. Lavender is soothing to the skin, calms the redness and heals the burn. Add frankincense to speed the healing. If you have waited too long and it's starting to really sting, adding peppermint will cool it right down. The trick is to apply the oils with a carrier, and in this case I recommend a neutral lotion, as soon as you notice the burn. I have very sensitive skin, and even with sunscreen I usually get one burn per year, and these oils have saved my skin on several occasions.

**Heat and humidity** - This is the easiest to combat. Take a spray bottle filled with water, add some peppermint. Spray it on you anytime you are feeling that the heat is just too much. You will be cool and comfortable before you know it.

For more information on how to get 100% pure CPTG oils, and how to integrate them into your healthy lives, please feel free to contact me at 819-421-2253





**Zach Factor**

## Plastic purge

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

I am struggling with the ingredients of my shaving cream. As I lather and shave, I have a choice to rinse the razor and cream under tap water or wipe the blade with a tissue and throw it in the garbage. I struggle because inside are microbeads of plastic. I am aware these microplastics go down the drain and out to a sewage treatment facility that is not equipped to remove them. Worse, I know these minute toxic materials go into micro-organisms and then work their way up the food chain until they are inside us, and not on us, as before.

Recently, the Federal Liberal government passed its first legislation banning the use of some single use plastics, such as straws, cutlery, and Styrofoam. However, most Canadians are growing uneasy with this slow action. According to Oceana.org, Canada out-consumes the world in its use of plastics. We need it to be gone, and quickly, or eventually those microplastics found today in animals and food products will quickly destroy our health.

Plastic is made from synthetic or semi-synthetic polymers. Like the gasoline in your car, plastic is pumped from the ground as crude oil. We call it plastic because, when heated, it is malleable or has plasticity. The ‘nick-name’ became the shortened word, plastic. The petrochemical industry is driven by our insatiable demand for millions of plastic products.

The first man-made plastic, made from celluloid, was created by Alexander Parkes who publicly demonstrated it at the 1862 Great International Exhibition in London. Besides billiard balls, celluloid became famous as the first flexible photographic film used for still photography and motion pictures. The evolution of plastic moved forward a decade later with the invention of casein-formaldehyde blends. In 1907, Leo Hendrik Baekeland improved phenol-formaldehyde reaction techniques and invented the first fully synthetic resin to become commercially successful under the trade name Bakelite. There was no turning back. Every decade a new synthetic chemical compound was born: 1926: PVC; 1936: Acrylics; 1938: Teflon; 1939: Nylon; 1942: Low Density Polyethylene (LDPE), think laundry detergent containers, dispensing bottles, wash bottles, tubing, plastic bags; 1953: Saran Wrap; 1954: Styrofoam; 1964: Polyimide- medical equipment, semiconductor protection, 1970: Thermoplastic polyesters: fiberglass, car parts, clothing- terms like Dacron, Mylar and more. Finally, in 1985, Liquid Crystal Polymers, for your flat screen TV. Our last hundred years of creative plastic ‘advancements’ now reads like an environmental horror movie. How will all this progress impact Mother Earth seven generations on?

Plastics accumulate in dump sites as we mindlessly discard single-use containers, used synthetic clothing, used cars, used take-out trays in our home garbage cans. These materials are so durable, that the plastics your family threw out in 1955 may still exist, intact, in a landfill today.

Out in the Pacific, an island, the size of France, has been growing, completely made from all the plastics washed down rivers or dumped from ships. Those who take our Canadian plastic garbage offshore, once sent it to countries like the Philippines, Indonesia and, once upon a time, to China, but no more. Now, ships are literally dumping our “recycled” materials directly into the ocean and going back to get paid to remove more. Where we think we are doing our best community service by recycling, turns out that only a fraction of what we put in our blue bins is used for recycling. We pay with our tax dollars to have others “hide” the rest.

In that light, in 2015 a 16-year-old Dutch youth presented an innovative way to clean up the growing island of garbage in the Pacific Ocean. Boyan Slat, now 23, founded the international organization “The Ocean Cleanup” after deep sea diving off the coast of Greece where he saw more floating plastic bags, than fish. In 2018, Slat and his team moved his invention off the coast of California to the island, officially named Great Pacific Garbage Patch, and used his invention to haul the garbage up on to ferries and tow it to recycling centers.

Slat’s mission continues, and he expects to have this Pacific garbage island cleaned up this year. He is planning to have 60 other garbage islands also cleaned. We need to help him: we need to demand alternatives from every company from whom we buy product. Toy companies are rapidly converting to sugar cane bio-plastics, but we need more; a bigger shift, purchasing less, using organic durables such as hemp clothing. Our First Nation elders have taught for millennium “tread softly on the land for there-in lies our grand-children”.



Plastic bottle lids, lighters, toothbrushes, toy parts, all look like food to the endangered Albatross even in their marine protected habitat. This bird is one of millions of creatures each year that are dying from consuming our plastic waste floating in the ocean. Photo credit: Manuel Maqueda, “the story of Albatross. The Midway Project” <https://www.albatrossthefilm.com/>



**The Story Behind**

## Quebec Anglo-phones in Laurentian History

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

I started writing this column twenty years ago because I felt it was important for us to value ourselves as a community and to accept our minority status in Quebec. I liked Jack Burger’s observation that, if we all moved to the same town, it would be the second largest in the Laurentians. It’s a strong message still and it goes with the fact that Quebec Anglophones are the second-largest linguistic minority in Canada. The largest, of course, is our Quebec franco-phone majority. That is why we need dedicated English community services and a newspaper.

Our health and social services arm, 4Korners, is supporting us in many ways while maintaining a healthy connection with the majority culture. We, people belonging to the second-largest linguistic minority in Canada, should not take 4Korners, Main Street and other community endeavours for granted, especially in the current environment of the Quebec government wanting to further restrict English usage. Anglo-Quebec is a large, bilingual, and often forgotten minority in Canada and we have to look after ourselves. When 4Korners asked me to do another talk, I did it on the same theme as last time, Anglo-Quebec contributions to Laurentian history and heritage.

The talk I chose to do was the story of the rest cure and the people who began it. I called it “The Air is Like Champagne,” and it fulfilled a heritage need among many Laurentian Anglos who are no longer living here. Like so many of our own children, they left Quebec at the beginning of their careers a generation or two ago, but of course the Laurentians will always be ‘home’ for them. The title of my talk came from Elizabeth Wand, a New York nurse who set up a rest home in Ste. Agathe where Montreal doctors could send their patients for convalescence. She was here in the 1890s and she wrote a book about her time, called simply “Quisisana.” This was the name she had given to her operations, and she included a translation, “Here is Health.”

Elizabeth Wand had to give up her business after less than ten years because many people with tuberculosis were arriving in the Laurentians with their families. The doctors were less willing to send their patients to an area crowded with people who had a contagious disease. Tuberculosis care took over, even as the municipality itself rejected the development. Ste Agathe became a treatment centre in spite of itself and Wand did not wish to compete with this new vocation. Tuberculosis was not just another plague. It was the greatest enemy humans have ever faced, killing one billion people in the prime of their lives between 1700 and 1900.

Perhaps a part of the reason for this development was the very same thing that attracted Wand herself to the Laurentians. An article in Harper’s Magazine written by a well-known geologist, Principal of McGill University Sir John William Dawson, described Ste. Agathe’s climate. With its cool nights and dry air, Ste. Agathe, was ideal for the tuberculosis rest cure and a number of Americans came with a family member stricken with the disease.

Canadian Pacific’s labelling of its stations also favoured Ste. Agathe. Along with the station’s name, its elevation above sea level was posted. As the train arrived in the station, the passengers would be informed of both, and this information was significant. The posting at Ste. Agathe declared that it was twice as high above sea level than either Ste. Adele or St. Jovite. The other stations were located at spots in their local geography that are 600 feet above sea level, while Ste. Agathe is at 1200 feet.

The significance of the greater elevation mattered because of a widespread belief. In those times before antibiotics, people believed that illnesses and disease in general all came from the miasma, lowland mists found stalking us in swamps and sitting on the lakes in the early morning. It drove the wealthy to build their houses at higher elevations and meant that waterfront locations were higher risk. Ste. Agathe, at 1200 feet, was therefore safer than lower areas at only 600 feet. This ignores the fact that Ste. Agathe boasted a medium-sized lake right in its village that was almost at the same elevation as the railroad station. Wealthy people arrived, bought land, built elaborate homes, and rested. When the family member died or was cured, they moved on.

On top of that, sanatoria were built to offer the rest cure. A very large part of this movement was underwritten and encouraged by wealthy Anglo-Quebeckers who had country homes in Ste. Agathe, and the English-language health establishments in Montreal turned them into tuberculosis treatment centres and hospitals. By 1912, Ste. Agathe boasted two hospitals dedicated to tuberculosis treatment. It grew to become one of the most important chest and tuberculosis treatment centres in Canada. During the First World War, one of those hospitals increased its capacity to over 300 beds, taking on the gas victims returning from the trenches in Europe. The world-famous doctor, Norman Bethune, worked at another one of these hospitals.

These were Anglo-Quebec initiatives that lasted and grew through World War Two, and only came to an end with the discovery of antibiotic treatments for the disease in the early 1950s. Ste. Agathe’s economy was hit hard by the closures that followed.

If you missed the talk, 4Korners has put it on YouTube. Go to their site at 4korners.org and in the top right of the screen you will see the familiar YouTube icon. There are several groups of videos. Go to the section on 4Korners talks, then look for “The Air is Like Champagne.” Don’t worry if you get distracted on your first visit. You will find many great stories about the dynamic role of Anglo-Quebeckers in Laurentian history.



## Garden Talk

# Pollination primer

June Angus - Main Street

Vegetables generally require some form of pollination to produce. Understanding the pollination process and the importance of pollinators such as bees and other insects will go a long way towards ensuring a successful harvest.

The well-documented plight of the honeybee and the Collapsing Colony Disorder has raised our overall awareness about the fragility of all pollinators to disease and overuse of pesticides. We are reminded that pollinators play a key role in worldwide food production and are an integral part of many ecosystems and habitats including our own backyard veggie gardens.

Pollination occurs when the pollen grains (found in the male parts of the flower) come into contact with the flower's stigma (one of the female parts of the flower). Different plants rely on different methods to do this pollen transfer: wind pollination, self-pollination, and "biotic" pollination (usually by bees or other insects).

Corn, wheat, and oats are examples of plants pollinated by wind. When the wind blows, the tassels at the top of the corn fall down on the corn silk and ears below. Pollination occurs and kernels (the seeds) are formed. If you have ever opened a cornhusk and noticed missing kernels, this indicates poor or incomplete pollination.

In self-pollinating vegetables, flowers are formed complete with both female and male parts. Plants in this category include: tomatoes, eggplant, peppers and legumes such as beans and peas. When conditions are ideal – perfect temperatures, humidity, wind, etc. – self-pollinating plants produce fruit all on their own. But growing conditions are rarely perfect so pollinators such as bees and other insects provide valuable help to these crops.

Some vegetables produce separate male flowers and female flowers. These plants depend solely on pollinators such as bees, butterflies, wasps, moths, beetles, flies and even ants to collect pollen from one flower (a male flower), which is rubbed off onto the next flower (a female flower). Plants in this category include: melons, pumpkins, winter squash, zucchini and cucumbers. Fruits such as apple, peach, cherry, blueberries, and blackberries also require pollinators.

Strategically planting a variety of flowers in and around your vegetable garden can go a long way towards attracting all sorts of local pollinators. The added benefit is that your garden provides a suitable habitat to allow pollinators to thrive.

Consider these planting options to make our gardens more productive and pollinator friendly:

Pollinating bees and butterflies adore marigolds, a colourful annual that come in various shades of yellow, orange and red. The added bonus is that predatory insects are also attracted and can kill off other garden pests. For these reasons marigolds have long been a favourite companion plant for tomatoes. Marigolds are also easy to plant as a garden border or simply tuck them in here and there. Strategically placing pots of marigolds in and around your garden also works without taking up valuable veggie planting space. Zinnias offer many of these same benefits.

In the perennial category Purple Coneflower (Echinacea) and Black Eyed Susan (Rudbeckia) are native plants that attract a diversity of wildlife. Their blooms lure butterflies and native bees; both plants grow well in many soil types.

Since leafy greens do best in the garden before the real summer heat sets in, allow a few specimens to bolt and flower. The tiny flowers that will appear on lettuce, kale and arugula will help to attract a diversity of pollinators, including native bees, and beneficial insects that will encourage pollination for other vegetables in the garden.

Lavender, sage, rosemary, thyme, lovage and chives are examples of flower-producing herbs that also attract a wide range of pollinators and beneficial insects.

In rare circumstances when pollination is not going well, you can intervene. Gently shake plants that usually self-pollinate or need help from the wind. This is a tried-and-true method used by many greenhouses. For plants such as zucchini that have male and female flowers gently rubbing a small artist paintbrush inside the male flower and then transferring to the female flower will give Mother Nature a much needed helping hand.

Wishing you all success with pollination and a bountiful harvest.



## Word Play

# The Residue of effort

Louise Bloom - lousebloom@me.com

Recently, while practicing yoga under the instruction of a particularly literate yoga professor, I was deeply impressed by something he shared concerning the residue of effort.

He was referring, as residue, to the physical release and the sensations experienced after performing the posture. He asked us to stop and feel the specific vibrations alive in the body after a period of exertion. The awareness of the aftermath of any physical exertion is something that might catch our attention.

What I found most striking however, was his indication that we, as us humans, find it difficult to receive and experience the residue of our actions, and in this case, the benefits that were evidenced by the delicious sensations available after performing the posture. For some weeks, I have given his observation serious consideration.

I had first consulted the dictionary to define the term "residue". The dictionary offers as follows:

- a small amount of something that remains after the main part has gone or been taken or used.
- a substance that remains after a process such as combustion or evaporation.

Clearly, the residue is the remainder, the echo, and in the case of physical effort, a vibration that remains as a result of an action.

In the weeks that ensued, I began tossing around the word 'effort', trying to determine what actions were effortful, and what, if any, residue I might receive, whereby I might benefit. I became more aware of my actions and reactions while considering whether I am in fact able to receive the benefits from the sensations that follow my efforts.

Further research revealed that 'effort' as a noun is described as follows:

- exertion of physical or mental power: It will take great effort to achieve victory.
- an earnest or strenuous attempt: an effort to keep to the schedule.
- something done by exertion or hard work: I thought it would be easy, but it was an effort.
- an achievement, as in literature or art: The painting is one of his finest efforts.

The words, exertion, strenuous, and hard work, offered me some deeper understanding as to why this phrase and the yoga teacher's comments had influenced me. The word effort was now large and round and full of intention, although not necessarily the indicator of an easy win. Efforts are sincere activities that are done with a possible goal, but I am reminded to go forward without expectation.

Today, as I prepared for a very demanding hike, I decided to make the effort without knowing the outcome. I had an intention without expectation. The hike, reported to be 8 kilometers long, was beyond my usual capacity, yet I stayed open to the possibility that it could be achieved. The views along the way were reported to be spectacular, and therefore a reasonable enticement.

With very much effort I made the grade and accomplished the route, and reaching the near end, I decided to wait for a car to fetch me in the parking lot above the final return. As I waited quietly in the sun, I practiced and received the residue of effort, fully rewarded. The blue of the sky, the fresh spring breeze and the scent of the ocean below was enhanced by the body fatigue that was tingling pleasantly through my limbs.

I was indeed able to receive and I look forward to such residue as a great part of future adventures.

PS: I hiked 9 kilometers that seemed mostly uphill!

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



## NOTICE OF INVENTORY CLOSURE, RALPH ALLAN KERR

Notice is hereby given that, following the death of Ralph Allan Kerr, on February 14th, 2020, then residing at 5 Pointe-Aux-Bleuets, Gore (Quebec), J0V 1K0, an inventory of the deceased's property has been made by the Liquidator of the Estate, Jason KERR, on June 2nd, 2021, before Mtre Barbara A. Thompson, Notary, in accordance with the law. It can be consulted by interested parties at the office of Mtre Barbara A. Thompson, Notary, 707, chemin du Village, suite 201, Morin-Heights (Quebec) J0R 1H0.  
Given on June 2nd, 2021  
Jason KERR, Liquidator of the Estate

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**Anyone or anything...**

# Obituaries

**ARCHIBALD, Thomas Bryan**  
**December 18, 1943 – April 11, 2021**  
Former resident of Morin Heights passed away in Abbotsford, BC after a brief battle with covid. Bryan will be lovingly remembered by partner Kathi Tompkins, sons Travis (Amy) and

Tyler, sister Debbie (Marcel), brothers Craig (Cathy), Shane, Gordon and Tim (Nancy) and several grandchildren. Predeceased by brother John. Bryan loved life, his family and his many friends. He will be forever dearly missed..."Gone fishing".



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## Open letter to Prime Minister Justin Trudeau

Dear Prime Minister Trudeau:

The media outlets publishing this letter are competitors. We publish news in every region in Canada. In both languages. We don't always see eye-to-eye.

So an open letter to you – and the prominence we're giving it in our publications – is unprecedented. But then so is the threat to news media in Canada. And, frankly, so shocking is the inaction of your government that it demands this unprecedented step.

For months, you and the Minister of Canadian Heritage, Steven Guilbeault, have promised action to rein in the predatory monopoly practices of Google and Facebook against Canadian news media. But so far, all we've gotten is talk. And with every passing week, that talk grows hollower and hollower.

As you know, the two web giants are using their control of the Internet and their highly sophisticated algorithms to divert 80% of all online advertising revenue in Canada. And they are distributing the work of professional journalists across the country without compensation.

This isn't just a Canadian problem. Google and Facebook are using their monopoly powers in the same way throughout the world – choking off journalism from the financial resources it needs to survive.

The difference is that other countries are putting their foot down. Australia's parliament – with support from all parties – has enacted comprehensive new legislation requiring the two web giants to negotiate collectively with that country's media. And they've backed up these new rules with enforcement teeth.

Time and again, you and your government have committed to similar action. The Minister of Canadian Heritage has specifically and repeatedly committed to tabling legislation this spring. But after months of promises, there is still no legislation. And with the summer parliamentary recess approaching and the strong possibility of a fall general election, words alone will not sustain Canadian journalists through the long months of legislative inaction and relentless power plays by Google and Facebook.

Indeed, recently, Facebook announced short-term commercial arrangements with a few Canadian media outlets. Until all news media in this country can negotiate collectively with Google and Facebook, the two multinationals will continue to use their market dominance to drive terms that are in their interests.

Let's be clear: Canadian news media are not looking for new funding or new taxes, or user fees. We're not calling for – and certainly don't want – restrictions or regulations affecting freedom of speech.

In fact, the health of our democracy depends on a vibrant and healthy media. To put it bluntly, that means that you, Prime Minister, need to keep your word: to introduce legislation to break the Google/Facebook stranglehold on news before the summer recess. It's about political will – and promised action. Your government's promise.

The fate of news media in Canada depends on it. In no small way, so too does the fate of our democracy.

Signed,

Jamie Irving  
Chair of News Media Canada  
www.levellingthedigitalplayingfield.ca



### The English Link

## CJE Argenteuil goes to school

Andie Bennett

For Simon Bonenfant, Project Manager at Carrefour Jeunesse-Emploi D'Argenteuil, "a person is a person no matter what language they speak." So it was a wakeup call one year ago when 4Korners sent him a survey about what CJEA services are available to English speakers and he realised they did not have any. This was the beginning of a beautiful... partnership with 4Korners, spearheaded by Sharon Sangster. The plan was set out to begin adapting services with a focus on building connections with the English schools.



The CJEA quickly took 4Korners up on their offer to work on translating not just documents but workshops that they would eventually present at Laurentian Regional High School with the help of Community Learning Centre coordinator Melanie Bujold. The CJEA have since presented two workshops at the high school about entrepreneurship and different approaches to finding a job. It is a relationship that they plan to continue, with CJEA working on translating workshops as needed while respecting the priorities of LRHS. They have also included LRHS in their student retention program through Créneau Carrefour Jeunesse, helping students between the ages of 15 and 19 who are either at risk of dropping out or are within six months of leaving school. This program helps them catch back up and reintegrate into classes.

Of their ten-person staff at the Lachute office, Simon says at least six are comfortable speaking English including one perfectly bilingual employee, and they insist the door is open to any English speakers looking for the services they offer. These range from preparing a C.V. to managing personal finances. Their overall mission is to help young adults between the ages of 16 and 35 become contributing, independent members of society by improving their skills, competences, and knowledge. The CJEA also promotes community engagement and is encouraging young people to volunteer by organizing events like bagging and distributing compost bags for Earth Day. For added incentive, prizes ranging from cash to new work boots are awarded based on the level of commitment.

For now, it is a work in progress with the English-speaking community. Simon says it all starts with a good, confident link with the schools. This year's goal was to start slowly but strongly, and he feels that has been accomplished. He recognizes that translating the CJEA webpage and their Facebook page would be a good idea, but this remains on the to-do list for CJE D'Argenteuil.

### Vaccination against COVID-19 in the Laurentians

## Complete vaccination coverage for residents in private seniors' residences in the region

The Integrated Health and Social Services Center (CISSS) des Laurentides is pleased to announce that the second round of vaccination against COVID-19 for residents housed in private seniors' residences (RPA) in the region has been completed since June 1. Residents of these settings now benefit from full vaccine coverage against COVID-19!



As a result, residents living in RPA who consented to the vaccination were able to receive a second dose of the vaccine on time, which will allow them to benefit from maximum protection against the virus.

In addition, this major vaccination operation took place on site in each of the RPAs and was expertly carried out by the mobile vaccination teams of the CISSS des Laurentides.

"This complete vaccination coverage, combined with the favorable evolution of the epidemiological situation in our territory, as well as the gradual de-confinement that has begun, is a major step forward towards a more normal life for our seniors. They will be able to look forward to seeing their loved ones and their families gradually, which will be extremely beneficial for their well-being," explained the Deputy Chairman and CEO of the CISSS des Laurentides, Mr. Jean-Philippe Cotton.

He also wishes to underline the importance of continuing to respect sanitary instructions "With the summer season upon us, we must keep in mind that the safety and health of all remain our priority. This is why we need to be vigilant, even if our seniors have full immunization coverage. I am counting on the collaboration of everyone in order to continue this collective effort in the last round of this fight against the virus," he declared.

To obtain all the relevant information on vaccination: Québec.ca / vaccinCOVID



# Main Street Money

## Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Lower the family tax bill

#### Intra-family loans as an income-splitting strategy

With grocery bills and house prices continuing their upward trajectory, budgets are tighter than ever. Most Canadian families might welcome any opportunity to keep a bit more of their hard-earned money in their bank accounts. A good place to look for cost savings is with the family tax bill, and one strategy in particular can lead to significant savings: the use of intra-family loans to split income.

### The basics on income splitting

Income splitting involves transferring income from a high-income earner to a family member in a lower tax bracket. Because the lower-income individual is taxed at a lower marginal tax rate, the family pays less tax overall. However, the Canada Revenue Agency (CRA) restricts most forms of income splitting through the Income Tax Act’s attribution rules. A person can’t simply give a spouse \$100,000 to invest and have the spouse declare the investment income in a tax return at a lower marginal tax rate. In such a situation, the investment income would be attributed back to the original individual and taxed at the higher marginal rate.

There are, however, a few legitimate and effective ways to split taxable income with a spouse or other family members. One of the most effective strategies, in a low interest rate environment, is through a loan directly to a family member or, where minors are involved, to a family trust. Provided the loan is properly structured, the recipient can invest the proceeds from the loan, with the income taxed at a lower marginal rate. Of course, one of the keys to a successful income-splitting strategy is to make sure that investment returns are higher than the interest rate charged on the loan.[1]

### Interest rates and deadlines

Intra-family investment loans most commonly involve a loan between spouses, either married or common-law. But this strategy can also be effective for funding the expenses of minor children, such as private school or extracurricular activities, through a prescribed-rate loan to a family trust with the minor children as beneficiaries. It’s a good idea to have a formal, written loan agreement in place. For this strategy to work, the following criteria must be met:

- Interest must be paid on the loan at a rate that’s at least equal to the CRA’s prescribed rate (updated quarterly). If the commercial loan rate is lower than the prescribed rate at the time the loan is made, this lower commercial rate can be used. You can find the CRA’s current prescribed rates at ... <https://www.canada.ca/en/revenue-agency/services/tax/prescribed-interest-rates.html>
- In order to be compliant with the CRA’s attribution rules, annual interest payments must be made to the lender no later than January 30 of the following year. Failure to do so may result in the income earned on the borrowed funds being attributed back to the high-income earner. And, as a result, the income splitting strategy will no longer work.

### Already have a prescribed-rate loan?

Locking in current low interest rates may seem very attractive. But what if you and your spouse already implemented this strategy in the past when the prescribed rate was higher? You can still take advantage of the current lower rate to increase your tax savings opportunities. First, your spouse will need to repay the existing loan – it’s not enough to just re-sign the loan agreement. To repay the existing loan, investments may have to be sold, which may result in capital gains. However, any gains would be taxed to your spouse and, therefore, the tax would be less than if you held the investment yourself. You can then arrange a new loan at the current lower rate and new investments can be purchased.

### Making it work – an example

Spouses John and Jill are in different tax brackets – John at 48 per cent and Jill at 20 per cent. John loans Jill \$200,000 at a prescribed rate of one per cent.[2] Jill invests the money and earns four per cent, or \$8,000. She then pays John the \$2,000

loan interest and deducts the same amount as loan interest expense. Jill pays \$1,200 in tax on the remaining \$6,000, and John pays \$960 on his interest income.

Here’s how it stacks up:

- John would have had to pay \$3,840 in taxes had he invested the \$200,000 himself.
- By loaning the money to Jill for the purpose of income splitting, the family tax bill is reduced by approximately 44 per cent to \$2,160, representing savings of \$1,680.

### Take action

Income splitting can be a great tax-saving strategy for families that have a pool of non-registered capital that they’re willing to invest, and where a spouse or other family member is in a lower marginal tax bracket. To take advantage of income splitting, speak with your advisor, who can walk you through the necessary steps.

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# Fabrique de la Paroisse St-Sauveur

## Our church is coming back to life

The Church in Saint-Sauveur will be able to receive 100 persons without reservation or filling a register. We are returning to normal and all those who wish, will have access to the Church and the celebrations.

Until June 13, we will maintain the actual schedule for masses: 5 pm on Saturday night, and 9 am, 10 am, 11 am and noon for Sunday morning.

Starting June 20, we will be back to the normal schedule: 5 pm on Saturday night and 9:30 am and 11 am on Sunday.

Welcome back to all of you, it will be our pleasure to receive you for the Sunday services.



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# Real Wine for Real People

## Why the bother over boxed wines?

April Sirois – Sommelier - ISG

I was on a Zoom 5 à 7 with a friend and found that my wine glass was almost empty. While still talking, I opened the fridge and refreshed my glass from a box of rosé. When my friend saw the box, she was shocked, and asked me when did I start to drink wine from a box? I admitted to her that this was not a new thing for me, or my husband.

Surprising her, it made me wonder if people assume that because my husband and I are both sommeliers that we open and enjoy nothing but high-end wines all the time.

Now, don't get me wrong, I do love a well-crafted Bordeaux, and nothing makes me happier than a vintage Champagne but, let's face it, trying to drink only high-end wines is a recipe for bankruptcy. So, most of us also find room in the rotation for interesting, mid-range, more affordable wines, including the under-appreciated boxed wine.

Thomas Angove, a winemaker from Australia, first invented boxed wine. He had the consumer cut the corner off the bag, pour out the serving of wine, and then reseal it with a special clip. It was actually based on a bag in a box used by mechanics to hold and transport battery acid. Yum!

In 1967, Penfolds Wines patented a plastic, air-tight spigot that we now use welded to a wine bladder, making storage more convenient. For the next few decades, boxed wines were primarily preferred by producers of less expensive wines because it was more cost effective than the glass bottles. However, in 2003, California wine makers started using boxes, cartons and cans for some of their own higher quality boxed wines.

What these producers knew is that this bulk format of wine vessel has a lot of pluses that more than make up for the less than romantic delivery system. Bag-in-box packaging is less expensive and lighter than glass bottles. It is also more environmentally friendly than bottled wine and easier to transport and store. When the wine is poured, the flexible bag collapses on itself, preventing air to fill the vacated space, thereby preventing oxidation of the wine. Try keeping a bottle of wine in your fridge for a month, opening and sipping a little from it every day. Trust me, you will not enjoy the last half nearly as much as the first. Also, because there is no cork, the wine will never be 'corked'. It should be noted though that boxed wine is not intended to be stored for long periods of time and should be consumed within a few months of purchase and within a month of opening.

The next time that you are at the SAQ, head over to the shelf of boxed wines and have a look. You may find something that you really enjoy.

It is true, that some boxed wines are not great, but the same can also be said about bottled wines.

~ Cheers!

# I'm Just Saying

## Unsung heroes

Ron Golfman - Main Street

Earlier this week, the C.A.Q.'s Three Musketeers gleefully announced that the dream of reopening our socialization is close enough to stimulate the five senses in us all. If their words come to fruition by the time this article is in print, the dream of a real summer may be close at hand. With that in mind, it's time to recognize some of the real local heroes among us who have kept us afloat in uncertain times.

**Les Entreprises Robert Gauthier** - Their stellar service and friendly demeanor was consistent, despite the sparse customer traffic due to reduced driving and the need for servicing. During our cold and blustery winter, because of the one-person rule, Robert and Francine were thoughtful enough to hire and park a heated semi-trailer adjacent to the garage, replete with chairs and music for people to wait in comfort. Quite the kind, extra mile!

**Esso and Ultramar** - Open throughout so that we could get gas, milk, a newspaper, and even a lotto ticket to dream on. The staff, working long hours at minimum wage, were pleasant and accommodating. Kudos!

**Euro Coiffeur** - Despite many open, and then closed, moments, Heidi and her staff always called back, often to confirm or alert us to a better time slot if a cancellation occurred. They never let on that many of us looked post-apocalyptic, offering not just a cut, but great conversation served with coffee, tea or water. Sweet humanity!

**Vaillancourt** - The Big V set up hand sanitizing, arrows on the floors, and stayed open at off hours. Sam, Sally and Heidi would shout out helpful directions to help people find what they were looking for while keeping the flow. Of course, the popular take-out counter was a godsend for a pizza or sub to take home, easing our stress and fatigue.

**I.G.A.** - Pierre and his staff greeted us at the door with Purell, freshly wiped down carts and a Bonjour/Hello. They were one of the first to offer phone shopping and home delivery. The cashiers, who tirelessly showed calm and a smile even when some customers' patience was less than theirs, conducted themselves with class and warmth none will soon forget!

**S.A.Q.** - Last but not least. Naturally, as a sign of the times, the S.A.Q. was busier than ever. A glass of spirits to watch the unfolding newscasts, or to play cards in isolation, heightened the frequency of visits there. Given the volume, the staff were friendly, helpful and courteous. Cheers to you!

Of course, there are so many more unsung heroes who carry us through this rare experience. Delivery drivers, the pharmacy, The Bake Shop, Mickey's Café, and many more. I apologize to any not mentioned, but we are grateful. It is worth mentioning in a big way those businesses who had to remain closed due to regulations, such as Comforts Bar, The Legion and many others we long to visit again soon.

We will come back stronger in the months ahead; such is our nature. The opportunity to swap stories and share our gratitude in person, to all those who have helped carry us towards the finish line, is something to look forward to.

So, and I'm Just Saying, continue to stay safe and we'll see each other soon!

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