



**Natalie Maheu Inc**  
nmaheu@me.com  
maisons-laurentides.com  
514-213-6207

*Integrity, passion & 22 years experience!*

**PICKRELL'S**  
Since 1983  
Mobile Ice Cream

24 flavours of ice cream, sorbet, yogurt and vegan options and biodegradable cup and spoon

Anniversaries, Birthdays  
Lakeside Barbecues  
Employee Appreciation  
Schools... and more

[pickrellsicecream.com](http://pickrellsicecream.com)  
514-777-5858

See p.14 for listings

**Lyndsay Wood**  
Real Estate Broker

514.774.8019  
[lyndsaywood.com](http://lyndsaywood.com)  
[lyndsay.wood@remax-quebec.com](mailto:lyndsay.wood@remax-quebec.com)

2 OFFICES TO SERVE YOU • ST-SAUVEUR & LACHUTE

FREE seller & buyer consultations

Over 15 years experience

**Philippa Murray**  
COURTIER-IMMOBILIER — REAL ESTATE BROKER

**C) 450.530.5787**  
**O) 1.800.465.8040**  
[philippa@philippamurray.com](mailto:philippa@philippamurray.com)  
[www.philippamurray.com](http://www.philippamurray.com)

**LOCATION DANIEL BOIVIN**

**SALES • RENTALS • SERVICE**

270, PRINCIPALE, SAINT-SAUVEUR • 450 227.0079  
[WWW.LOCATIONDANIELBOIVIN.COM](http://WWW.LOCATIONDANIELBOIVIN.COM)

SEE PAGE 2 FOR AD

**ANDREW FUGERE**  
RESIDENTIAL REAL ESTATE BROKER

**1.514.232.5150**

**JESSICA MILLION**  
CHARTERED REAL ESTATE BROKER

**1.819.323.6581**

**EQUIPEMILLION.COM**

**MILLION**

21 BÉLISSE MORIN HEIGHTS, QC J0R 1H0

**Rachelle Béry**

Rachelle-Béry Saint-Sauveur

See p.4 for Ad

Organic and natural

**377, rue Principale,  
Saint-Sauveur  
450 227-3343**

**LAURENTIAN LAKESIDE COTTAGES**  
Private, family-friendly vacation rentals available year-round.

[www.laurentianlakesidecottages.com](http://www.laurentianlakesidecottages.com)

**Gillian Hartley Inc.**  
Real Estate Broker

**C 450-806-4646 O 450-227-8411**  
[gillianhartley.com](http://gillianhartley.com)  
[gillianhartley.re@gmail.com](mailto:gillianhartley.re@gmail.com)

**assuruni**  
Suzanne Singleton AIB, CAIB  
Licensed Insurance Broker

**Cell: 514-447-7903**

Commercial property, Businesses,  
Vehicles, Personal Homes, cottages

[www.sue-singleton.com](http://www.sue-singleton.com) | [s.singleton@assuruni.com](mailto:s.singleton@assuruni.com)

Serving throughout Quebec

See p.8 for Ad

Do business with a team of professionals

**LORTIE RÉFRIGÉRATION INC.**

202, rue Cameron, Hawkesbury, Ontario K6A 2X8  
Tél. : 613-632-8742 • 1-800-336-0361 • Fax: 613-632-2074



## SHOP LOCAL. BUY STIHL.

<b>MS 170</b> GAS CHAIN SAW 30.1 CC • 1.3 KW • 3.9 KG/8.6 LB ①		<b>SAVE \$60</b> <b>\$229<sup>99</sup></b> <small>MSRP \$289.99 with 16" bar</small>
<b>MS 180 C-BE</b> GAS CHAIN SAW 31.6 CC • 1.5 KW • 4.2 KG/9.3 LB ① <i>Easy 2 Start</i>		<b>SAVE \$30</b> <b>\$349<sup>99</sup></b> <small>MSRP \$379.99 with 16" bar</small>
<b>MS 250</b> GAS CHAIN SAW 45.4 CC • 2.3 KW • 4.6 KG/10.1 LB ①		<b>SAVE \$30</b> <b>\$429<sup>99</sup></b> <small>MSRP \$459.99 with 16" bar</small>
<b>MS 291</b> GAS CHAIN SAW 55.5 CC • 2.8 KW • 5.6 KG/12.3 LB ①		<b>SAVE \$80</b> <b>\$549<sup>99</sup></b> <small>MSRP \$629.99 with 16" bar</small>

### YOU COULD WIN A HARLEY-DAVIDSON® MOTORCYCLE

PRIZE SUPPLIED BY BLACKBROOK HARLEY-DAVIDSON®  
\*VISIT WWW.STIHLCLUB.CA FOR DETAILS

PRIZE ONLY MUST BE ELIGIBLE AS 18+ AND 21+

Dealers may sell for less. Pricing on all chain saws and blowers will remain in effect until June 24, 2022. Pricing on all other power tools and accessories will remain in effect until July 29, 2022. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL Limited is not responsible for a printing error, the local STIHL Dealer has the final authority to set product pricing. Pricing valid at participating dealers only while supplies last.  
① Weight with powerhead only. ② Price shown with 61PHM3 chain.

[STIHLCANADA](#)

[WWW.STIHL.CA](#)



**NEW!**  
**STIHL CANADA APP**  
**NOW AVAILABLE**



The new STIHL Canada App is here and is available for download on the Apple App Store and Google Play for all Apple and Android devices. With this app you can:

- Navigate the STIHL Canada product catalogue through our mobile website
- Mix fuel and oil easily with our Fuel Mix Calculator
- Find running times for all our Lithium-ion battery products
- And more...

# L D R

LOCATION DANIEL BOIVIN

**SALES • RENTALS • SERVICE**

270, PRINCIPALE, SAINT-SAUVEUR • 450 227.0079  
WWW.LOCATIONDANIELBOIVIN.COM



[www.stihl.ca](#)



Opening Hours: Mon. - Fri.: 7 am - 5 pm • Saturday: 7 am - 4 pm • Sunday: Closed





**NORITECH**  
CENTRE INFORMATIQUE

NEW AND REFURBISHED  
COMPUTERS ON PROMOTIONS

COMPUTER REPAIR SALES  
AND SERVICE — PC & MAC

365C Rue Principale Saint-Sauveur (450)227-4848 (866)984-4848



DIAGNOSTIC

OPTIMIZATION

UPDATEUPGRADE

CONFIGURATION

INSTALLATION



# What’s On My Mind... This summer’s line-up

Susan MacDonald, Editor

After two years of cancelled or restricted events, arts and culture venues across the Laurentians will be open and in full swing this summer, providing a multitude of events for all to enjoy. The calendar of events for the upcoming season is jammed packed so plan ahead as tickets are likely to sell out well in advance.



First on the agenda will be celebrations for our National holiday, Fête St-Jean on June 24 and, Canada Day on July 1. Municipalities across the Laurentians have organized a magnitude of exciting entertainment for you so check your municipality’s website for full details.

Many of our favourite events, including The Route des Arts Open Studio Tour (August 6 to 14) and ongoing gallery exhibitions ([www.routedesarts.ca](http://www.routedesarts.ca)), the Festival des Arts Saint-Sauveur (July 28 to August 7 / [www.festivaldesarts.ca](http://www.festivaldesarts.ca)), Mont-Tremblant’s International Blues Festival (July 14 to 16 / <https://blues.tremblant.ca>) and Authentica Fiesta Cubana (Sept 2 to 5 / [info@valleesaintsauveur.com](mailto:info@valleesaintsauveur.com)) will be back with their usual line-ups of great entertainment.

The program for the 14th edition of the Mont-Tremblant Festi Jazz ([www.jazz-tremblant.com](http://www.jazz-tremblant.com)), taking place from August 3 to 7, will include more than 30 free concerts. However, please note that you must obtain your free tickets in advance to attend concerts and to access the site of the shows.

Great news to share is the return of the oldest agricultural fair in Quebec, The Expo Lachute Fair (July 7 to 10 / <http://expolachutefair.com>), which will feature their agricultural events along with the famous demolition derby, midway and great live entertainment. This year’s ticket prices, which are now available for purchase online includes the midway!

Throughout the cultural silence of the past two summers, those involved behind the scenes showed a remarkable ingenuity in formatting new ways to continue to provide us with our entertainment, in addition to supporting their artists. The challenges were huge, but they succeeded and, during that time, computers in households across the region resounded with music, or logged-in to tours of museums and exhibitions. Thanks to their efforts, those melodies will soon echo once again across our beloved valleys and mountains.

Until then, I suggest you routinely check the websites of your favourite venues, to keep up with their latest developments. Chances are, you will find some welcome surprises.

Enjoy the read...



On this National day, let us proudly celebrate our Quebec, our language and our Quebec culture.

Happy National day!



**Marie-Hélène Gaudreau**  
member of parliament  
LAURENTIDES-LABELLE

1 844 750-1650  
[MH.Gaudreau@parl.gc.ca](mailto:MH.Gaudreau@parl.gc.ca)

@MHGaudreauBQ



**Lucyne FARAND**  
Real Estate Broker

[lucynefarand.com](http://lucynefarand.com) 514 952-6316



**WATERFRONT - COMING SOON!**  
Lake Leonard in St-Sauveur. Charming log home, **SOLD FULLY** furnished. 3 bedrooms, 2 bathrooms. South orientation. 3 levels. Dock. Very private. Showing weekend of June 22 - 25. See listing for schedule or call me.  
By appointment only. Asking price **ONLY \$599,000**

**BROWNSBURG**  
Thank you Annabelle for your trust and loyalty. We did a great team job. Congratulations! You will soon be moving into your first home. Cheers! I wish you a lot of happiness and a lot of fun there. See you soon.

**PRÉVOST - 955 CH. DU LAC ÉCHO Commercial condominium**  
Congratulations to Manon Choquette and François Huneault, remarkable entrepreneurs, producing several lines of natural products for animals, ALSO distributed in the Laurentians. The business is growing. Newly installed in their brand new place of business in Prévost. Thank you for your great trust. I hope your brand ZANIMO becomes well-known all across Canada !

**CREA** THE CANADIAN REAL ESTATE ASSOCIATION

**HOUSING MARKET SNAPSHOT FOR APRIL 2022**  
\*Based on data recorded over Canadian MLS® Systems. All percentage changes are year-over-year comparisons.



**-25.7%**  
Housing sales down 25.7% in the same period in 2022 compared to the same period in 2021.



**-10.5%**  
New mortgage rates down 10.5% in April 2022 compared to April 2021.



**+7.4%**  
The average mortgage rate for a 5-year fixed rate mortgage is 7.4% in April 2022 compared to April 2021.



**AVERAGE PRICE CHANGE ACROSS CANADA**

It takes more than a sign to sell... It takes a **BIG HEART**

MAIN STREET

June 2022

main.street@xplornet.ca 3



# Your health food store in the Laurentians



We are excited to welcome you to our wonderful terrace where you can enjoy our healthy meals and light snacks...



• Salads • Sandwiches  
• Vegetarian meals  
(Aux Vivres, Crudessence, Palmyra, Gourmet Vege, and more healthy brands)  
**OPEN 7 DAYS, 9 AM TO 7 PM**

377, rue Principale Saint-Sauveur, 450 227-3343



CLUB DE GOLF

ARUNDEL

OPEN TO ALL!

TUESDAY & THURSDAY

GOLF EN FOLIE

\$44<sup>95</sup>

PER PERSON

GOLF + KART

STARTING AT NOON

FRIDAY & SATURDAY

\$79<sup>99</sup>

STARTING AT NOON

GOLF + KART

RIBS & FRIES

EMPLOYMENT OPPORTUNITY

SHOP ATTENDANT

SNACK BAR ATTENDANT

Full-time & part-time positions

VERY COMPETITIVE SALARY, TIPS AND UNLIMITED GOLF!

Join a dynamic team!

Contact **Stefan Lebel** at **819-421-5773**

or by email at **slebel@dickiemoore.com**

60, chemin du Golf, Arundel QC J0T 1A0

**www.golfarundel.com**

# Arundel News

Janet Thomas

**ARUNDEL CRAFT FAIR:**  
**Arundel United Church 17 rue du Village**  
**JUNE 25: 9 am – 2 pm** Rain or shine  
Join us for the popular Marché des artisans. Thirty-five local artisans will show and sell their handcrafted wares: paintings, pottery and stained glass, wood carvings, bird and bat houses, books, sewing and knitting items, leather and felted purses and wallets, tole painting, jewelry, macramé, flowers - and so much more! Follow us on Facebook! For more information, please contact Janet: 819-238-1829 / janet.thomas700@gmail.com /

**ARUNDEL FARMERS' MARKETS BEGIN**  
**Every Saturday: June 25 to October 8 from 9 am – 2 pm**  
Breads and pastries, meats, cheeses and eggs, fruits and vegetables, micro greens, garlic and maple products, jams, jellies, and preserves - all organic and all local! Eat local. Support our local farmers and artisans. Help families stay on a working farm. Help build local food security. Follow us on Facebook!  
For more information, please contact: 819-238-1829 / janet.thomas700@gmail.com

**VICTORIA'S QUILTS CANADA, LAURENTIAN BRANCH FUNDRAISER**  
**Grace Anglican Church Hall**  
**7 ch Church**  
**Saturday, June 25: 11 am – 3 pm**  
Volunteers for Victoria's Quilts Canada make lovely warm quilts to donate to cancer patients. Now they are holding a fundraiser to buy their materials. Come out and support a good cause.  
Pre-packaged 100% cotton: "jelly rolls" (42 pieces of 2.5 x width of fabric); "layer cakes" (42 pieces of 10" x 10"); "charm packs" (42 pieces of 5" x 5"); half-yards; full yards, and home curated pre-cuts. Also selling a variety of printed cotton panels, packaged kits to make children's quilts (panel, batting and backing included) and a variety of crafts made by VQCLB members. Cash only.



**YUM! PETE PICKRELL'S ICE CREAM TRUCK RETURNS TO ARUNDEL**  
Other communities have tried to lure Pete away, but thank goodness he is committed to Arundel. Pete brings us the tastiest ice cream in every flavour. Look for his truck on the corner in the heart of town every Saturday mid-morning to late afternoon.

**STRAWBERRY LUNCHEON SOCIAL:**  
**Arundel United Church, 17 rue du Village, Arundel**  
**JULY 1: 11:30 am - 1:30 pm**  
Back by popular demand, this premier social event is not to be missed! Celebrate Canada Day with a community lunch served picnic-style outdoors under tents. Delicious assorted sandwiches are topped off by scrumptious strawberry shortcake with real whipped cream. Pay at the door: Adults \$15; children 5 to 12 \$5; under 5 free. For more information, please contact: janet.thomas700@gmail.com

**CANADA DAY CELEBRATIONS IN ARUNDEL**  
**July 1**  
**10 am -11 am:** Flag Raising Ceremony at the Legion  
**11:30 am - 1:30 pm:** Strawberry Lunch at the Arundel United Church  
**1 pm - 2 pm:** Bike/Wagon/Stroller/Walk Parade to Municipal Garage Park. Leaving from Arundel, Huberdeau, and Montcalm. Prizes for the best decorations!  
Events at Arundel Municipal Garage Park  
**2 pm - 4 pm:** Family Olympics: intergenerational games. Fun for everyone.  
**2 pm - 6 pm:** Local Food Producers: preserves, breads, snacks, meals, desserts, and beverages.  
**2:30 pm - 3:30 pm:** LIVE Music featuring Les Barockers: classics from the 70's, 80's & 90's  
**3 pm - 5 pm:** Family Softball (ages 16 and older)  
**4 pm - 8 pm:** BBQ  
**4 pm - 11 pm:** Bar  
**5 pm - 6 pm:** Magic Show with Blair Marshall  
**6 pm - 11 pm:** LIVE Music featuring Amélie, Victor Court, Normand Hébert  
**9:30 pm – 11 pm:** Bonfire

**July 2**  
**9 am – 2 pm:** Farmers Market with Craft, Art, and LIVE outdoor Concert  
**6 pm:** Legion Steak Dinner: \$25 donation  
For more information, please contact the Municipality of Arundel: (819) 681-3390

MAIN STREET

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

Published by  
Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G  
450-533-0222  
email: [main.street@xplornet.ca](mailto:main.street@xplornet.ca)  
[www.themainstreet.org](http://www.themainstreet.org)  
f TheMainStreetNews

Founder: Jack Burger

Advertising Sales: Susan MacDonald,

Publisher/Editor: Susan MacDonald

Associate Editors: June Angus

Art Director: Laurie Roch

Contributing writers: June Angus, Louise Bloom, Lys Chisholm, Chris Collyer, Ron Golfman, Joseph Graham, Lori Leonard, David MacFairlane, Mat Madison, Marcus Nerenberg, Sue Rich, Janet Thomas and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

© 2013 Les Éditions Main Street Inc. -  
Reproduction in part or in whole without written permission is prohibited

• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: JULY 8TH

IF YOU WISH TO PLACE AN AD CONTACT :

Susan MacDonald

450-533-0222

Legal Deposit  
Bibliothèque  
nationale du Québec  
2014

QCNA

AJRQ

ISSN 1718-0457

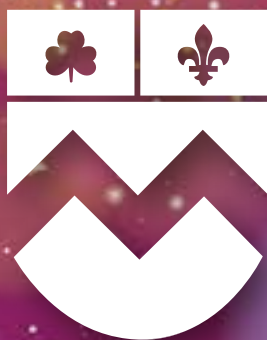
4 main.street@xplornet.ca

June 2022

MAIN STREET f



**FREE  
ACTIVITIES**



**MORIN-HEIGHTS  
1855**

**40<sup>th</sup>  
edition**



*Come  
celebrate*

**CANADA Day**

**MORIN-HEIGHTS  
JULY 1<sup>ST</sup>**



**Sommet  
Morin Heights**

**231, BENNETT STREET**

**FROM 14:00**

- BBQ and bar service all day
- Meet our firefighters and police officers!
- Face painting for kids, air brush tattooing, inflatable games, challenge games, water game with foam party, jumpai, animation, impromptu musical performances, pony rides, and more!

**FROM 16:00**

Coachella makeup

**16:30**

The Famous Egg Toss,  
sponsored by IGA  
Morin-Heights

**18:00**

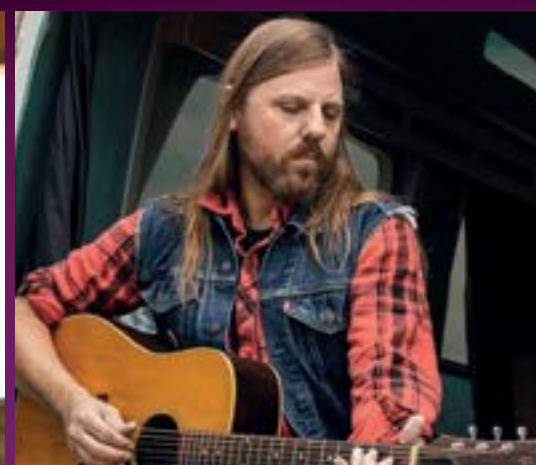
African percussion  
and dance show by  
**Bern Dez and Jam  
Experience** with the  
participation of the  
dancer **Salameo  
Almirante**

**19:00**

Canada Day's  
birthday cake



**20:00** Live music by  
**COLIN MOORE**



**21:30** Live music by  
**STEVE HILL**

**22:00**

Flag raising and fireworks by Royal  
Pyrotechnie

**22:15**

**STEVE HILL** returns to  
the stage

**23:30**

End of celebrations



GLASS CONTAINERS, ALCOHOLIC BEVERAGES  
AND ANIMALS ARE NOT ALLOWED ON SITE  
In case of heavy rain, most activities  
will have to be cancelled

**www.morinheights.com**

**Canada**



# Festival Imagine

## Just imagine....

Lori Leonard – Main Street

**Autism and Arts in the Laurentians (AAL)** is a community based non-profit organization that has and continues to provide free art and socio-recreational activities to autistic and neurodiverse young adults since 2017. Many of these individuals are incredible artists, so they will gather together to celebrate their art, their rich inner world and outstanding creativity.

In collaboration with its members, artists, partners and sponsors, AAL will showcase the passion and diversity of these creators at the Dunany Golf Club on July 9 and 10, 2022. The event is called **Festival Imagine** and AAL aims to provide an inclusive, supportive artistic experience for neurodiverse artists and festival-goers. The goals will be to increase Autism Spectrum Disorder (ASD) awareness and acceptance, to develop emerging Anglophone ASD artists, to increase social engagement of the artists, to provide sales opportunities for their artwork, for the artists and community to celebrate AAL's 5th anniversary and to fundraise for the future.

Activities will include an art exhibition by 6 emerging and established autistic artists, an exciting on-line art auction (the week before the event at <https://autismartlaurentians.wixsite.com/festival-imagine>), a silent auction at the event, artists kiosks, morning painting workshops with AAL's long-time collaborating artist **Carol Lyng** and interactive family activities. There will also be an exciting raffle with beautiful prizes to win for participants, to help AAL fundraise. Attendance is absolutely **free** and the community will be welcomed warmly to encourage all the extremely talented artists.

Featured autistic artists will be:

Benjamin Lachapelle (Ben Animalia) – painter, sculptor (realistic and imaginative) and published author/illustrator

- Casey Vormer (Remrov) - pencil artist (photorealistic) and published author
- Jonathan Pepin – Intersection Art Contest Winner and illustrator (imaginative)
- Lena Baldoni (Sourie Animé) – painter and illustrator (imaginative)
- Ryan Botelho – Intersection Art Contest Winner and illustrator (realism)
- Zach Reisman (Zach Designs) – illustrator and 3D artist (imaginative)
- Carly Hay, Dunany artist, podcaster and Health & Mental Well-Being Advocate will be Master of Ceremonies.

There will also be a fantastic collective exhibition of artwork created by neurodiverse students from Summit School, Galileo Adult Education Center, Dunrae Gardens Elementary School, John Grant High School, Westmount Park School & WINGS, L.I.N.K.S. High School, Carlyle Elementary School and Laurentian Regional High School.

AAL would like to thank its partners of Festival Imagine: 4Korners and Community Learning Centre and supporters: ELAN (English language arts network), MNA Nadine Girault, MNA Agnes Grondin, MNA Éric Girard, Main Street newspaper, the MRC d'Argenteuil, P.E.P's store, D&D Création, Dunany Studio Artists, IOOF Beaver Lodge #6, Inspirations Newspaper and Lori's Links. As well, a huge thank you to all the Laurentian artists who donated amazing artwork for the auctions and to all the donors who provided beautiful items for the raffle.

A post festival, on-line exhibition will take place from July 16 to August 16 on [www.AteliersMuz.com](http://www.AteliersMuz.com). This will be an extension of our festival meant to reach family members, friends and the greater autism community who may not attend the July 9 -10 event.

We hope that we can count on your attendance, participation, strong support and your imagination. Help us to "IMAGINE" together!

On-line art auction: <https://autismartlaurentians.wixsite.com/festival-imagine>



# TEAM BRAYDEN – forever 11

The Brayden Odell AVM Awareness campaign was initiated in honor of our 11-year-old son and brother, who died tragically in January 2021. Arteriovenous Malformation (AVM) is a silent killer that children are born with but rarely display symptoms until it is too late. An AVM is abnormal tangle of blood vessels connecting arteries and veins, which disrupts normal blood flow and oxygen circulation.

My family wants to make others aware of this silent killer. We have started a fund with the CHU Sainte-Justine in Brayden's memory. We want to make a difference! We want to find a cure! We want children to have early screening before it's too late! AVM is only rare until it happens to you!

On August 6, 2022 we will be holding the first annual Brayden Odell – AVM Awareness golf tournament at the Arundel Golf Course. We hope to have a couple hundred people participating in this important event.

We are looking for prizes or cash donations for the various activities that we will be holding during the tournament.

- **Longest drive**
- **Hole-in-one**
- **Closest to the pin**
- **A silent and online auction**
- **Sponsor a hole for \$200 (a sign recognizing the sponsor will be displayed at the tee box)**

Your donation in the form of a prize, gift certificate or cash would be appreciated sincerely. All prizes will be acknowledged at the tournament with the name of the sponsor who donated it.

If you are interested in donating to our event, please confirm to Jennifer Dwyer at [Jennifer@teambrayden.org](mailto:Jennifer@teambrayden.org) and she will arrange to pick up the donation or prize.

Thank you in advance for your support of our cause.

Sincerely,

Jennifer, Kevin, Brianna, Dylan and Shane Odell  
[www.teambrayden.org](http://www.teambrayden.org)



## A Special Concert in Lachute St-Anastasie Church, 174, ave Béthany, Lachute Saturday June 18: 8 pm

Once upon a time ...

**THE FOUR SEASONS OF VIVALDI**  
and magnificent movie themes ...  
...under candlelight!

Performed by the "Ambitus" string quartet

Tickets: \$35. Reservation on the website: [www.concertchandelle.com](http://www.concertchandelle.com)  
and at the door the night of the concert. (Cash only)

Info: (514) 774-9148 or [www.concertchandelle.com](http://www.concertchandelle.com)




July 9 & 10, 2022  
10 am to 6 am

festival  
imagine

Presented by Autism & Arts in the Laurentians (AAL) in collaboration with Community Learning Centres and 4Korners

In collaboration with its members, artists, partners, and sponsors, AAL strives to showcase the creativity, passion, and talent of artists with autism and other special needs through an arts festival at Dunany Country Club on July 9 & 10, 2022. Imagine Festival will endeavour to provide an inclusive, supportive artistic experience for autistic & neurodiverse creators & festival attendees to provide an opportunity for all communities to explore common interests in the arts.

 **Dunany Country Club - 2053 Dunany Road  
Wentworth, QC J8H 0B5**

### FESTIVAL ACTIVITIES

- Indoor and Outdoor Art Exhibitions
- Artist Tables (100% direct sales to artists)
- Morning Painting Workshops (Artist Carol Lyng)
- Creative Activities
- Artisan & Sponsor Raffles & AAL Table
- Silent Auction of Artwork donated by Laurentian Artists

AAL endeavours to prioritize the unique sensory needs of autistic artists and festival goers in the execution of these activities

### FEATURED ARTISTS

- Master of Ceremonies – Carly Hay
- Casey Vormer (Remrov)
- Zach Reisman (Zach Designs)
- Lena Baldoni (Sourie Animé)
- Benjamin Lachapelle (Ben Animalia)
- Ryan Botelho
- Jonathan Pepin

The Festival will also showcase artwork by AAL Members and neurodiverse students

On-line art auction: <https://autismartlaurentians.wixsite.com/festival-imagine>

Post Festival Online Exhibition: July 16 to August 16 on [www.AteliersMuz.com](http://www.AteliersMuz.com)

A special thank you to all our supporters, sponsors, contributing artists and to the Dunany Golf Club for hosting the event.



Chilling Tiger by Casey "Remrov" Vormer





# Laurentian Personality Phil Shaw – a colourful athlete

Lori Leonard – Main Street

Phil Shaw lives in Val Morin, but lived in Shawbridge and Morin Heights throughout the years. For a while, Phil also lived in Rose-mère. He decided to return to the Laurentians as the region was more favourable for Phil’s favourite pastime, roller skiing and cross-country skiing. He also claims that “the air is fresh, the snow conditions good and locals are friendly.”

Phil started cross-country skiing in grade 1. From a very young age he had a deep love for everything cross-country skiing had to offer.

Phil says he loves this sport so much as he always learns something new about the equipment or how his body reacts differently to the varied cross-country ski training he pursues. Phil’s parents gave him a pair of XC skis for Christmas in 1969 when he was 3 and, he started skiing in his parent’s yard and driveway in Shawbridge.

Phil competed in his very first 1 km XC ski race in grade 3 when cross-country skiing was part of the Physical Education program. He won the race and was the only child who didn’t cry during or after the race!

Since then, he has moved onto more exciting challenges and has been cross-country ski racing at the Elite level since 1988. Phil competed in numerous provincial and national races, often making the podium at the provincial level. He has also been an Elite racer at the prestigious Worldloppet circuit since 1988 and won the Gatineau Worldloppet 3 times and won a bronze medal at the Master World Cup in 2002 in his age category, 30-35, at the time.

What is unusual about Phil is that from late November through late December you can see Phil roller skiing along Laurentian roadways dressed as a Christmas Elf in a red & white costume. Two or three weeks prior to Halloween, Phil sports a skin-tight yellow Lycra outfit. He wears the same yellow outfit around Easter time. During warmer months, he roller skis in colourful T-shirts & shorts and frequently carries brightly coloured balloons behind him.

Phil waves and smiles at everyone he crosses paths with on the ski trail and whilst roller skiing on highways. Most of the time people smile and wave back and honk at Phil. He enjoys bringing a smile to people’s faces!

At 55, Phil has a full-time business called what else? rollerski.ca He sells new & used roller skis, accessories and teaches and trains people how to roller ski. For those unfamiliar with roller skiing, it is cross-country skiing on four wheels, using poles to propel forward. The speed travelled depends on your strength, fitness, technique, terrain and weather. Generally speaking, the average roller skier can easily cruise at 15 km per hour. Phil adds, “It takes lots of practice though.”

Other hobbies Phil enjoys are reading action-fiction, observing nature, kayaking, paddle-surfing, swimming and walking/hiking. He also enjoys watching and studying human behaviour, live and via social media.

Since age 30 Phil has followed a healthy diet consisting mostly of fruits and veggies. His wife, Annie Gauthier, is a ballerina and teaches dance. Although they do not have children, Phil is often seen toting his lovable 13 year-old Chihuahua, Phily, in his packsack while he roller skis along Laurentian highways. Phily truly seems to enjoy the ride! Recently, Phil bought two four-month old sibling Chihuahas, Coco and Alvie, because he knows he will be heart-broken when he loses Phily.

Phil suggests joining a cross-country ski club and being coached if you are interested in cross-country skiing or roller skiing. He says “accept being coached and make a 10 year commitment.” Then you, too, can pull fluorescent balloons and wear bright, funky costumes to make people smile. A word of advice: It’s not for everyone! Thanks for the smiles Phil!

For more info check out [glisse-roule.com](http://glisse-roule.com) or [rollerski.ca](http://rollerski.ca)

## Hearts for Ukraine

We would like to thank everyone who contributed to our HEARTS FOR UKRAINE CAMPAIGN. It has been an amazing experience and we are overwhelmed by the support of so many people. It’s wonderful to walk through the neighbourhood and see the wooden hearts hung on front doors and on posts at the end of driveways. To date, we have collected \$2,125 to be donated to Unicef Canada/Ukraine. There are still plenty of hearts left for those who did not have a chance to buy one.

Hans & Erika Bruderer, Ste. Anne-des-Lacs  
450-224-4414



# In the Anglosphere Joyful Noise Choir

Kathleen Hugessen  
Penny Rose

The words “make a joyful noise to the Lord” appear several times in the Old Testament. Ian Lebofsky, musician and music educator, loved the words and promised himself that, one day, he would direct a choir called “Joyful Noise”.

No one, himself included, is entirely sure when his dream came true. “About 24 years ago?” he ventures. The choir started in Montreal where Lebofsky was working in schools. “I’d be burned out after teaching,” he says, “And I’d be re-energized after a choir rehearsal. It was all about: let’s have some fun and sing!”

Among the choristers were several Morin Heights residents who asked Lebofsky to set up a sister choir in their village. The Morin Heights branch began meeting in the village’s elementary school and members who were there in those days fondly remember sitting on kindergarten-sized chairs for rehearsals. After a time, the Montreal branch faded away and only the Morin Heights Joyful Noise Choir (JNC) remained. It moved to the hall in the library and has now settled into Chalet Bellevue. Zoom meetings were held during the COVID lockdowns—not really much fun. “But the real troopers hung in there,” Lebofsky says. When there isn’t a pandemic, the choir performs a Christmas concert and a spring concert in the Morin Heights United Church. It also performs in seniors’ residences and at other regional venues.

Lebofsky left Morin Heights and the choir tried to carry on without him. It just didn’t work. They begged him to come back. He agreed when alto Penny Rose offered to coordinate all the organizing for participation, rehearsals and concerts. Today, Lebofsky lives in Hudson and does the commute every Tuesday afternoon, weather permitting, from September to May, with a break for the holidays. He found commitment to the choir was greater in the village than it had been in Montreal. “In a small town in the country, people are more interested in showing up. For concerts, the whole town shows up!”

As to the music the choir performs, Lebofsky says, “I and most of the choir are old hippies. We sing the soundtrack of our lives.”

Alto Reisa Manus joined the choir 18 years ago after a friend who sings in the choir suggested it might help her overcome her pain at the loss of her partner. “It lifted my spirits immediately,” she says. “I love the energy and the smiles. I love to sing. The name of the choir is perfect. It brings such joy.”

Dave Brown, bass, joined just 4 years ago, despite having lived in Morin Heights for 40 years. “I like singing and music. I like the people and that it’s part of the community. I like that people don’t have to pay for the concerts, they’re just asked for a donation.”

Soprano Monica Silva-Jansens has been with the choir about 20 years. Asked what is special about it, she gets a little teary. “Ian is wonderful,” she says. “He’s the inspiration. He brings out everything inside you. He doesn’t even know what he does.”

By the time this hits the presses, JNC’s two live performances for this year, the first since COVID arrived, will be in the past. You can, however, get an idea of the group in these videos:

<https://youtu.be/UkDbnemVPsM> and [https://youtu.be/B6\\_4YI9LoT8](https://youtu.be/B6_4YI9LoT8)

Singers interested in joining are encouraged to contact Penny Rose at 450-226-2746 or at [pennyrose@jenanson.com](mailto:pennyrose@jenanson.com)

## Is the Real Estate Market Still Healthy?



By Lucyne Farand

Well, there is some good news and some bad news depending on whether you are a buyer or a seller. Here are the national statistics:

- Sales are down by 24.7% year to year as of April 2022, total residential sales are 54, 894 units this year versus 73,907 last year
- House listings are down 10.5% for the same period; 91,559 this year compared to 102,294 last year so there is a smaller inventory of houses available for sale
- The average sales price of houses in Ontario is down 6.5% compared to last year

These statistics also represent the state of the market in the Laurentians, except for the average sales price, which is up by 24.6%, comparing April 2022 with April 2021. The average price for a home in the Laurentians is \$542,750\$ versus \$435,345 last year.

The main factor for the market cool down is a combination of recession fears and rising mortgage rates.

We are essentially moving from a seller's market to a more balanced market.

Historically and happily, the mortgage rates are still low and the market is still healthy in most regions across Canada.







GOVERNMENT  
REIMBURSEMENT  
STILL AVAILABLE

BUY 2 UNITS RECEIVE \$2500  
BUY 3 UNITS RECEIVE \$5000

ULTRA LOW TEMPERATURE  
CENTRAL UNIT RECEIVE \$5000

Come see us in store  
for more information!

Do business with a team of professionals

 **LORTIE RÉFRIGÉRATION INC.**

202, rue Cameron, Hawkesbury, Ontario K6A 2X8  
Tél. : 613-632-8742 • 1-800-336-0361 • Fax: 613-632-2074



## Catfish in Lac Rond

Algis Kemezys

I have been swimming and feeding the local fish in Lac Rond, Sainte Adèle for the past eight years. It has been a great pleasure taking unique photographs of the sunfish and the small-mouthed bass as they have become accustomed to my presence. I have become friends with several and have taught them to come to my call and allow me to touch them. Then, 5 years ago, with the arrival of catfish, everything changed.

The catfish grew rapidly, to about a foot long, as they ate their way through the sunfish population, one of their key foods. Over the years, the catfish population flourished and decimated the small sunfish numbers. What was horrifying was that they eventually learned to follow me to where I fed the local fish. The catfish is intelligent and sometimes works with other catfish to hunt the sunfish.

The catfish settled into that area so, I have been feeding the sunfish along with the bass, hoping they would grow large enough not to be preyed upon. Unfortunately, sunfish grow too slowly. I also feed the bass that are now large enough to fight off the catfish. I named one bass Claude Monet, because he has been with me for the last several years. I have also observed that the sunfish stopped hanging out in the shallow waters, where the catfish lurk.

From what I understand the catfish have come up the North River. After coming up the Saint Lawrence River for the last 100 years? Catfish wait at various tributaries, smelling the water to see if any fish live at the other end. If so, they enter the lakes via these streams that run off many of our lakes. Once there, they take over and there is no way of stopping them, as they have no natural enemies. The only way to stop them is to fish them out of your lake, which you must do underwater, because catfish have homes to raise their young. You may also put catfish traps in your lake.

To prevent invasion by this formidable predator you must screen off the access points to your lake from the North River or other rivers connected to the St Lawrence. Do not remove the weeds because fish use them to hide from a variety of predatory birds. The red carps are certainly one problem in any lake but the catfish is almost unstoppable and will eventually kill all of the sunfish and other small fish too because they just keep growing larger when they have the food to eat. They will also try to eat bathing birds if they run out of fish or frogs.

In places like the Mississippi River, they can grow large enough to eat a small dog, cat or child.



## About Sainte-Adèle

Chris Lance - Main Street

As the saying goes, April showers bring May flowers. Instead, we got May weather with mixtures of extreme heat, miserable days of needed rain, huge winds and, at least one tornado on the Saturday we would all like to forget. Mother nature is a power that brought torrential rains and wind that snapped trees and power lines all over Sainte-Adèle and surrounding regions. Our town is still recovering; the clean up continues and the left over damage is now cut-up and stacked along the sides of all major and minor roads. Piles of branches, debris, cut-up timber and the continuing whining of chain saws on properties throughout the Laurentians will continue through the next few months. Houses, garages, vehicles, hydro lines and more were affected or destroyed by the winds of May. Insurance companies will hopefully pay up after collecting those monthly premiums. I am sure Hydro will raise rates next year to cover the incredible job they did cleaning-up and restoring power. Lots of firewood will be available this winter.

Golf is history over in l'Esterel. The course was sold and the new owners hope to put together a new development. The Stern brothers presumably paid 4.5 million for the golf track and, according to a recent referendum; the citizens don't want a new development. The land is not yet zoned to develop.

All other golf courses are open for your golfing pleasure and volunteers will clear Sainte-Adèle bike trails. Let's hope the weather cooperates.

Sainte-Adèle tennis is free for residents again this year. The clay courts are open in both Sainte-Adèle and Mont-Rolland and league play has already started. Lysanne is running the weekend Round Robins again this year. Check the Ball-Jaune-Sainte-Adèle website to see the rules, hours of play and times available to reserve. You have to clean up your court after play and there are instructions as to what you have to do to clean courts for play. The main 3 courts in Sainte-Adèle have new lights but they need proper adjusting to light the middle court for night play. The lights go off at 9 pm sharp. Enjoy the tennis.

Pickleball is also gaining popularity in Sainte-Adèle. Go to Sainte-Adèle's website to get the rules and play areas around our town. There are times to play and leagues you might want to consider joining this summer for you and, your summer visitors.

This will be a big summer up north. Guests and family will flock up here due to the "no mask necessary" rules set out by Premier Legault. Everyone here is maskless as if the covid pandemic has vanished like the English rights issue. Hopefully, in a few months, we won't see a new strain and, continued strains of covid flourish. Everyone has their \$500 gift from M. Legault who seems assured he will get a new mandate in this fall's election and continue his vendetta of pushing the English out by restricting rights to language, medical issues and legal rights. We shall see where all this goes after the next election and future pending legal battles.

Enjoy your summer and watch your health. Stay safe.



## Essential Oils Summer skin care

Sue Rich

I simply love the summer and, the feeling of warm air and sunshine on my skin is heaven to me. I do however have sensitive skin and can burn easily so I have to be quite careful not to let that happen. I really don't like to use commercial sunscreen, simply because in the past, I have gotten chemical burns and, I also don't trust many of the ingredients to be safe. For the past few years, I have made my own amazing sunscreen and, will once again share the recipe below. If I'm going to spend the entire day in the sun, like if I'm paddling on a lake or river I will wear a rash guard shirt to be 100% sure. All this said, there are occasions when I'm not vigilant enough and do end up getting a burn. When this happens I use an after burn spray that calms the burn and basically reverses the damage overnight.

**Magic after sun spray:**  
8 oz spray bottle  
7 oz distilled water  
1/2 oz fractionated coconut oil  
10 drops frankincense  
10 drops lavender  
10 drops peppermint  
Shake and spray on the skin as often as needed.

**Sun-screen:**  
1 tbsp pomegranate oil (SPF 15- 20)  
3/4 cup coconut oil (SPF 2 - 8)  
1 tsp carrot seed oil (SPF 38 - 40)  
1 tsp raspberry seed oil (SPF 28 -50)  
2 tbsp Shea Butter (SPF 3 - 6)  
2 tbsp Non-Nano Zinc Oxide (non-nano = won't absorb into your skin)  
10 drops lavender essential oil  
10 drops myrrh essential oil  
Glass jar

**Directions:**  
Combine all ingredients except zinc oxide and essential oils in a jar. Place jar in saucepan of water at med/high heat and stir contents until ingredients start to melt. Once all ingredients are combined, add in zinc oxide, essential oils and stir well. Store in a cool place.

Please note that it's highly recommended to let this absorb into the skin for a few minutes before exposure. Although I have added SPF values, this in no way means that the total SPF factor is extremely high. We cannot add them up for a total value. I hope you all have a wonderful summer.

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







## NEWS BITS FOR JUNE

### Summer Job Program Marie-Hélène Gaudreau announces investments of over \$1M

Marie-Hélène Gaudreau, MNA for Laurentides–Labelle, announces investments of \$1,024,684 for the riding. These investments will allow the realization of 237 projects and the creation of 340 jobs as part of the Summer Employment program for the next summer season.



The Summer Jobs program offers wage subsidies to employers in the non-profit, public sector and private sector organizations with 50 full-time employees or less, so that they can create summer jobs of quality for young people aged 15 to 30.

For employers who would like to learn more about the program summer employment, check their eligibility and prepare to submit a project for the next summer season, you will find all the necessary information on this page: <https://www.canada.ca/en/employment-social-development/services/funding/jobs-summer-canada.html>

### The CISSS des Laurentides wins two prizes!

The Laurentians Integrated Health and Social Services Center (CISSS) is proud to announce that it stood out by winning two awards at the special edition ceremony COVID-19 of the Health and Social Services Network Excellence Awards, on May 26.



The commitment and passion of the teams were brought to light thanks to two innovative projects set up over the past two years: The Clinical Support Unit for Pre-Hospital Emergency Care project and The COVID-19 pre-outbreak and outbreak management kit project.

The CISSS des Laurentides also wishes to highlight the honorable mention won by the project La HALTE des Laurentides supported by the five domestic violence shelters in the Laurentians. The CISSS congratulates the various project partners and is pleased to have been able to be associated with this one!

The Health and Social Services Network Excellence Awards are an initiative of the Ministère de la Santé et des Services Sociaux. To learn more about the Prizes, see: <https://www.msss.gouv.qc.ca/professionnels/soins-et-services/prix-d-excellence-du-reseau-de-la-sante-et-social-services/>

### Mr. Guillaume Gissinger appointed as director of Sentiers Mont Tremblant

In the coming days, the City of Mont-Tremblant will welcome Mr. Guillaume Gissinger, who will occupy the brand new position of director of trails. Mr. Gissinger will notably be responsible for consolidating and developing the network in accordance with Orientation 4 of the 2019-2023 Strategic Plan | Destination 2030, which affirms the City's desire to offer a network of four-season trails for all levels of difficulty and, accessible to a diverse clientele.



SENTIERS  
Mont-Tremblant

**New at TrailHUB:** Sentiers Mont-Tremblant reminds you to consult TrailHUB on your mobile phone or on the Web at [villedemont-tremblant.qc.ca/sentiers](http://villedemont-tremblant.qc.ca/sentiers) for a list of open or closed trails. Remember that after heavy rain, the trails are closed for 24 hours.

**New this season:** at the request of Mont-Tremblant, TrailHUB has added the direction of one-way trails, such as Tremblante, to its interactive maps. This addition will allow mountain bikers to better plan their route, in addition to making the network safer by reducing the risk of someone going in the opposite direction on a downhill trail.

### Mont-Tremblant consults the population

In anticipation of the opening of the new Sports Center in the fall of 2022, Mont-Tremblant would like to know the opinion of the population of Mont-Tremblant and surrounding municipalities regarding the sports and recreational offer of the future building. To do this, the City has launched an online survey that will improve the programming, both in terms of schedules and activities offered. To take part in the short survey, go to [villedemont-tremblant.qc.ca/sondage](http://villedemont-tremblant.qc.ca/sondage) before June 12.



## STRICTLY BUSINESS

By Lori Leonard - Main Street

#### Welcome to:

**Annie Drouin**, the new Director General for the **Chambre de Commerce in St. Sauveur**. Annie will replace the well-loved Pierre Urquhart when Pierre completes his term. Pierre held the position of Director General for the past 28 years. He has overseen hundreds of events, hosted years of meetings for Chambre de Commerce St. Sauveur, welcomed hundreds of new local enterprises and has been a true patron for St. Sauveur. Pierre will stay on with the team until Fall 2022. Annie was a member on the Board of Directors with Pierre for the past 15 years. Annie has lots of expertise as a successful businesswoman. Annie, we wish you the best of luck and Pierre, we wish you a very happy retirement. Thank you Pierre for your many years of dedication. You merit a well-deserved vacation!

#### Congratulations to:

**Vasalina (Lily) Babaeva, Chef Daniel Mitchell and Rawad Miri**, new owners of the recently opened **Bistro St. Sauveur**, 146 rue Principale, St. Sauveur. The resto has been renovated beautifully with a new bar and bright lighting inside. Their menu consists of French cuisine including 10 delicious varieties of mussels. All dishes are homemade on site. Unique offerings include kangaroo and bison. Other favourites are lamb, seafood, fish, chicken, duck and beef. Homemade delectable desserts are also prepared for you by Chef Daniel. Bring your own wine. Open Wednesday to Sunday: 5 pm to 10 pm. There is a take-out menu available as well as delivery service. 450 227-1144 / [bistrostsauveur.ca](http://bistrostsauveur.ca) / Facebook: Bistro St Sauveur

Ville de  
Saint-Sauveur



**Robert Boyer**, who celebrates the 70th anniversary of his hardware store **Matériaux Robert Boyer**. The building in Ste. Anne des Lacs was demolished and reconstructed in 2000. In 2012, a fire ravaged the building. That did not stop Robert! The building was reconstructed once again. Currently there are 22 employees working there. Robert's father, Claude, who was once mayor of Ste. Anne des Lacs, is now 93 years old. Robert's grandfather Benjamin Boyer discovered Ste. Anne des Lacs in the early 1900's. Wishing you many more years of success Robert!



**Pierre Labelle**, new owner of **Laurentian Docks**, 2379 Jean Adam, St. Sauveur. Pierre took over the reins of this dock business on June 3<sup>rd</sup>. Services include new wood and aluminium docks, floating posts, cedar docks and also all types of dock repairs. Laurentian Docks services the Lower Laurentians and Lanaudière regions. Best of luck Pierre with your new challenges! 450 227-2342, ext. 205 / [info@quaislaurentiens.com](mailto:info@quaislaurentiens.com) / [quaislaurentiens.com](http://quaislaurentiens.com)



#### Did you know that:

If you enjoy gardening and visiting beautiful gardens, **Le Jardin de François**, St. Sauveur will open on June 15! It is a philanthropic garden developed by local businessman **François Marcil**, with more than 8000 varieties of flowers to see. Visits are \$25 and the entire amount is donated to the Laurentian Alzheimer's Association. More than \$211,000 has been raised since 2010. Gardens are open Wednesday and Saturday mornings from June 15 to August 24. Tours are provided between 8:30 am and 10 am and reservations are required. Children under 10 and people with Alzheimer's visit for free. For info or to make a reservation: 450 227-4666 / [jardindefrancois.com](http://jardindefrancois.com) / [info@jardindefrancois.com](mailto:info@jardindefrancois.com)



### Cancer Support Group Meets June 18 – Meditation

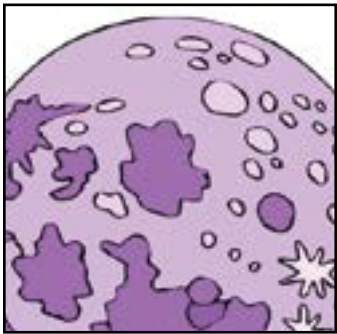
At the next meeting  
of Laurentian Region  
Cancer Support Group

set for June 18 at 1 pm, Josephine Piazza of Yoga Tout Laurentides will lead the group through a series of meditation techniques to help the mind cope with grief or trauma. A group discussion will follow. The meeting will take place at Chalet Bellevue in Morin Heights. Option also to attend via Zoom.

Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the June meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca).







## Zach Factor

# Mysterious 108

Lys Chisholm & Marcus Nerenberg -  
Main Street

Science has spent the past few hundred years delving deeply into the mysteries of the universe. The language of science, mathematics, uses numbers to define the relation of matter to energy. On the spiritual side, mystery schools that have their origins in great antiquity have also used numbers to define our existence. As the twenty-first century unfolds, the two seemingly separate worlds are overlapping in surprisingly synchronistic patterns. Mathematically speaking, one of the greatest points of convergence is the number 108.

108 is an enigmatic number. It is called a Harshad number - when you add its numerals together, they equal 9 ( 1+0+8) and its manifestation when we see it around us, in both obvious and hidden forms, is teaching us a universally understood message.

108 has been highly revered by Eastern traditions for thousands of years. In Taoism, the Wu style of Tai Chi has 4 parts totaling 108 movements. Buddhists believe that the road to enlightenment is littered with 108 temptations and, that humans have 108 feelings. According to Bhante Gunaratara, Western Buddhist teacher and scholar, this number is reached by multiplying the senses of smell, touch, taste, hearing, sight and consciousness by whether they are painful, pleasant or neutral, and then again by whether these are internally generated or externally occurring, and yet again, by past, present and future, until we get 108 feelings.  $6 \times 3 \times 2 \times 3 = 108$ .

The prayer beads, called malas, used by the practitioners of most Eastern faiths, contain 108 beads that represent the path of the sun and the moon across the sky. They are used, as we in the west use a rosary, to chant a mantra 108 times. Today, we can accurately measure close astral body distances. The span from Earth to the Moon is 108 times the diameter of the moon (but only once a month, because the moon's orbit around Earth is not a perfect circle but more of an ellipse). Similarly, the distance between Earth and the Sun is 108 times the diameter of the Sun! And, to add to this great mystery, the Sun's diameter is the equivalent of 108 Earths.

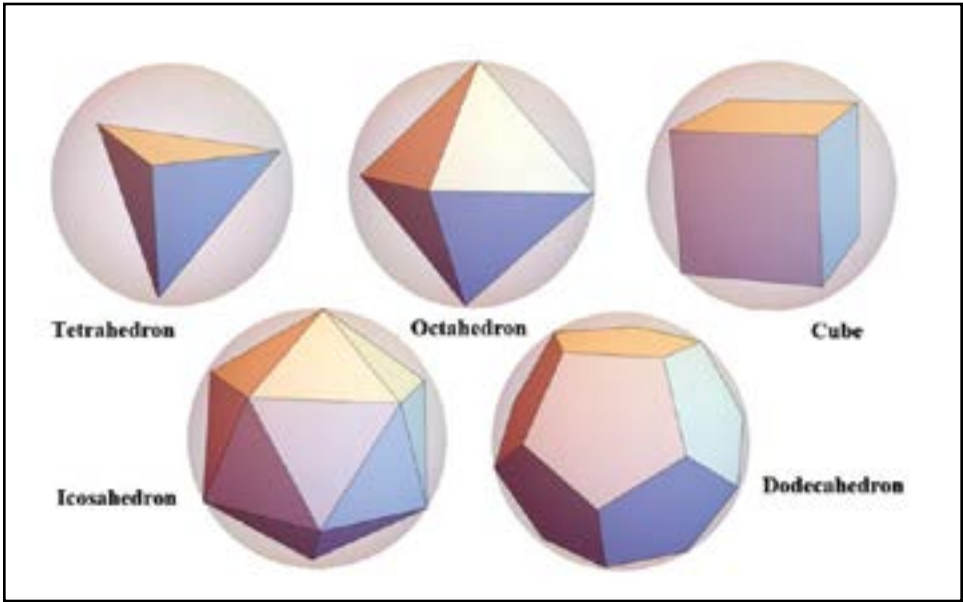
The mystery of 108 does not end there. The radius of the Moon is  $108 \times 10 = 360$  (perfect circle)  $\times 3 = 1080$ . Silver, associated from the oldest of written history with the Moon, has a modern chemical element signature of 108: The actual molecular weight of silver is officially 107.90595.

The radius of the Sun is equal to  $108 \times 4000 = 360 \times 1200 = 432,000$  miles. And 432,000 is a measure of time in a Hindu Yuga Cycle of cosmic time. As well, the Great Pyramid amongst a myriad of amazing representations of mathematical formulas, such as the Golden Section and Phi, corresponds to the dimension of the Earth at a scale of 1:432,000. The Sun, which has its own orbit around the barycenter (theoretical center of mass) of our Solar system, is, at its furthest point, almost 432,000 miles off center.

Clearly, the sages of antiquity understood cosmology quite accurately. While our European and Middle Eastern ancestors claimed that the universe was created about 6,000 years ago, the yogis have always maintained that our present cosmos is billions of years old.

Here on Earth, our ancestors incorporated this knowledge into places like Stonehenge where the diameter of the stone ring is... yes... 108 feet. The ancient Sanskrit alphabet, the precursor to all our written language today, has 54 male letters and 54 female letters for a total of 108. In the ancient practice of Aryurvedic medicine there are 108 pressure points that unite consciousness with the physical body to create life. The 'chakras' are the intersections of energy meridians and there are said to be a total of these 108 pathways converging to form the heart chakra. One of them, the sushumna, leads to the crown chakra and is said to be the path to self-realization.

If we can navigate the 108 great sins, step beyond our 108 feelings and, follow this one path through the heart at least nine times a day, say for about 12 days, we are on the road to making this planet and everything around us a supremely better and wonderful world. We suggest, for starters, finding someone or something to hug.



The 5 Platonic Solids and the sphere that perfectly contains them embody all the knowledge of Sacred Geometry, all the relations of physical matter and, the origin of creation as described in all the ancient religious texts. To discover more: The Story of Creation Through Sacred Geometry <https://www.youtube.com/watch?v=utMx48aGndI>



## The Story Behind

# Handing the Past to the Future

Joseph Graham - Main Street  
[joseph@ballyhoo.ca](mailto:joseph@ballyhoo.ca)

Many of us hope to record our family history. I am no exception, but one of the reasons to do so, in my mind, is to share with my descendants what we know about the world of our ancestors, to provide stories of the family's past for the younger members to maintain a sense of belonging, a connection with their elders, with their family's past.

I did not have that intention when my oldest grandchild turned two. I just wanted to reach out, to maintain a family bond across an ocean, another continent. I made a booklet with photographs of his toys playing by themselves, then I went to an online site called Blurb.com, and those together with a few sentences. From there, the story told itself and for a very modest cost, Blurb turned it into a small hardcover book and delivered it across the sea.

Children have access to a lot of books aimed at them and many describe marvelous adventures. But imagine what it must be like for a child to recognize personal items in a book, to perhaps see their own parents, or even themselves. Imagine seeing the adventures of a stuffed animal that they know and seeing themselves sharing that adventure. With the technologies available, this is not that hard to put together.

Blurb.com and other such sites are very helpful if you allow yourself the patience to learn to use them. I have three grandchildren, and from ages 2 to 6 or 7, they were happy to receive the birthday present of a book featuring familiar spaces and toys, seeing themselves sharing in the strange world of the imagination.

In one of the stories, I told of a stuffed animal who decided to visit my granddaughter. She had played with the stuffy at our place, so it was something she already knew. The story described in images the efforts that the stuffy went to in order to travel from Canada to England. Eventually, the stuffy discovered that she could do anything she wanted in a book, so she told the story of travelling to see her friend, my granddaughter, and the adventures they had together. She described how much fun it was feeding my granddaughter chocolate pudding, or stretching herself out on the page as long as a rope so she could be as tall as my son, the 'daddy' in the book.

When my own children were little, I told them bedtime stories, and I described them as having been told to me by a person whose name was a composite of their middle names. This same person became the author of the birthday books for their children, so even the author of the books was a part of a story. In the frontispiece, I declared the book the sole property of the grandchild, with no right to be copied, partially because I liberally borrowed online images to flesh out the pages. Using images that way is fine on a one-off basis with no commercial or broad distribution, and the point of the story is that it is personal, not a market item.

I had great fun doing these, although they took a lot of time to produce. I learned that there was a site called gimp.org that allowed me to edit images. Before the children could read, this was important to keep their interest. My objective was simply to encourage them to establish a personal relationship with books and with stories.

I could do some absurd things with these photos, like describing my grandson falling through a hole in the snow into an underground world where the inhabitants, a bunch of photoshopped ladybugs, were waiting for him to come because he was a human, and as such, he must be the train engineer who was going to solve a problem with their train. Of course, the problem could be solved simply by good listening, and so the human succeeded in solving it. Other stories involved another planet in which the trees were in charge and were very concerned about our world and how our trees are being ignored.

To my surprise, the children did not get bored with the stories. I was also fortunate that their parents encouraged both generations. My elder son observed that if they were too young for the story, they inevitably went back to it months later, as they grew.

When the eldest was soon going to turn ten, I suggested that perhaps I should grow up with him and ask what kind of story he wanted me to tell. When he told me that I should write a book about his family history - where he came from, I realized that he had set a challenge for me. Born in England to a mother from Kenya whose parents' families were from Goa, a Portuguese-speaking part of the Indian subcontinent, and a father from Canada whose parents' families had roots in France, Ireland, Scotland, Australia, Turkey, Ukraine and Poland, this would take some serious research, including interviewing as many family members as I could find.

Blurb offered a flat-book format that allowed for large maps, and that helped. The book was a success - you could say it sold out, and it stands together with the original story books on a bookshelf, a permanent record for him and his sister and cousin, with more books added to the shelf every year, elaborating on various branches of the family histories.

The following years, and for as long as they care for me to continue, I can elaborate on aspects of the times of their great-greats. I imagine these more serious stories will outlast the early child adventures and become personal reference books for the grandchildren.

Starting with a vague hope that one day I would have time to record family stories for posterity, thanks to modern technology, I have found myself doing so and delivering them to the safety of the future.







## Garden Talk

# Encouraging pollinator habitats

June Angus - Main Street

One in three bites of food you eat depends on pollinators, according to Pollinator Partnership Canada – a registered charity dedicated to the protection and promotion of pollinators and their ecosystems. With the news this spring that honeybee keepers across the country are struggling with yet another year of huge losses in their colonies, up to 60% in Quebec alone, many fewer bees are available to help food producers with their pollination needs this year.

While solving this problem goes well beyond the control of most home gardeners, there are things we can do to create and preserve habitats for a wide variety of pollinators including many bee varieties, butterflies, moths, wasps and other insects as well as hummingbirds.



For example, as “No Mow May” wrapped up this spring, I was amazed by all the bees and other insects visiting the flowering “weeds” that popped up in our bits and pieces of lawn. These so-called weeds not only included dandelions (which are actually not a native plant and are of questionable value to native insects), but there were also forget-me-nots, wild strawberries and clover creating a buzz in the garden. Together with all flowering trees that blossomed, it looked like our local pollinators got a good start.

To create a more permanent pollinator paradise, consider turning a small patch of lawn into a season-long native wildflower garden that will feed wild bees and their pollinating cohorts from spring through fall. This could be far more attractive than a shaggy lawn full of weeds. Also consider planting native trees that provide more food for pollinators than any lawn ever could.

When creating pollinator-friendly environments in your garden, keep the following tips in mind. Start by choosing a sunny spot that is somewhat sheltered from wind. Stiff breezes make it hard for pollinators to get from flower to flower without expending a lot of extra energy. Planting similar flowers in groupings or clumps will make it easier for bees to find choice flowers while making pollen collection more efficient.

Bees and other pollinating insects are not all attracted to the same flowers, so include a variety of flower types, colours and shapes to keep them all happy. Planting a variety of flowers that bloom at different times throughout spring and summer will also encourage pollinators to keep visiting your garden all season long.

Pollinating insects need some water. Strategically place some small rocks with nooks and crannies in your garden to capture water and give insects a place to land while they drink. Birdbaths are also useful but water must be kept fresh to discourage mosquito production if left stagnant.

Incorporating native plants into your existing garden is always the best options. Pollinators are well adapted to these local plants, which are also perfectly adapted to our growing region. Local garden centres can advise you about the best native plant varieties that are available for sale in your region.

Although not native, these annuals will attract pollinators and generally bloom all season long: Aster, Cleome, Cosmos, Heliotrope, Helianthus, Lobelia, Salvia, Sweet Peas and Zinnia. Some perennials that are popular with pollinators include: Chrysanthemum, Delphinium, Echinacea, Hollyhock, Lupins, Rudbeckia and Salvia.

One person taking the lead to encourage pollinators in a garden can’t change the world, but if many of us take action, we can make a difference!



## Word Play

# (Inside the Parenthesis)

Louise Bloom - [louisebloom@me.com](mailto:louisebloom@me.com)

With advancing years, reading, which now instigates writing, has become a passion, an addiction, a definite need. Like a chain smoker, I tend to download a book to my Kindle within minutes of my having completed my last. I welcome the adventure, the meeting of new characters, new philosophies, new configurations. I am enamored constantly by the printed page.

A devoted and constant reader like myself may eventually notice the writing habits of writers in general, that is, punctuation and aspects of style. I have noticed that writers often relegate a phrase, an explanatory or parallel element, to a life in parenthesis. This element is enclosed or set apart from the rest (enclosed in the brackets).

For myself, something seated in parenthesis infers something set aside. Sometimes, it is a comment provided to ensure that the previous statement is clear, as some fact that further elucidates the phrase. Sometimes, I get the feeling that the writer has just provided (in parenthesis) some secret information that is not permitted to be part of the body of the work. In all cases, words in parenthesis become rather remarkable (very noticeable) by their very placement.

I checked out the use of parenthesis online to expand my understanding of this phenomenon.

I read that:  
A parenthetical phrase is *an explanatory or qualifying word, clause, or sentence inserted into a passage*.

Parentheses are used *to enclose incidental or extra information, such as a passing comment, a minor example or addition, or a brief explanation* that could *make the statement more convincing*.

Parentheses *communicate* to readers that the material inside the parentheses is not necessary in order to understand the main sentence, nor is it part of the grammar of the main sentence but *is pertinent enough to be included*.

Parenthesis is an element of writing used when a writer wants to *insert information into a passage that adds detail*. A parenthesis might be necessary, or might not be, to the reader’s understanding of the piece. It might add detail that’s interesting but could be skipped.

As I became interested in what was parenthetical in the writer’s behavior, I realized that the writers included those comments following a phrase because they themselves had decided that the inclusion WAS necessary, injecting clarification, humor, or, something more intimate, less formal than the original sentence. While the commentaries that I include here seems to minimize the importance of that which is in parenthesis, I have become convinced through my own comparative study, that the use of parenthesis is often more fundamental than realized. Often, the writer reveals himself through these bracketed add-ons, allowing his or her viewpoint a vital breathing space. These are afterthoughts that count.

As I began to follow what was shared in parenthesis, I concluded that this was indeed the element of human communication that also could be seen in reverse, as censorship. We are often censoring ourselves, relegating certain comments to the parenthesis of the mind, those things that we leave out in our exchanges with others that are an evident part of our true sentiments, but because of habitual repression and shame, we leave certain comments out of our conversation.

What do you relegate to parenthesis, or avoid sharing? What is held tightly within the brackets? One needn’t be a reader or writer of any great consequence to find out *what’s inside the parenthesis*.

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.



**Orientech**  
AUTOMATION SOLUTIONS

**BUSINESS DEVELOPMENT MANAGER OPPORTUNITY**

Located in Lachute, we design and build automation equipment for production lines with robots and technologies that are part of the solution to labour shortage. Take part in the adventure and help us find great automation projects to support the manufacturing plants of the future by contacting us about our open position in our sales department! Interested, email us at [automation@orientech.com](mailto:automation@orientech.com)

**HONEST, EFFICIENT AND QUALIFIED SERVICES**



**450.224.7472**  
[lori.leonard@sympatico.ca](mailto:lori.leonard@sympatico.ca)  
[www.lorislinks.com](http://www.lorislinks.com)

**Need help with a job?**

- Handymen, carpet/sofa cleaning
- Dock repair/new docks
- Snow removal from roofs
- Electrician, plumber
- Fireplaces, chimneys
- HVAC specialist (thermopumps, AC, heat)
- Painting
- Tree cutting, landscaping
- Window cleaning

**Anyone or anything...**



# Obituaries

**Shirley d’Allmen (nee Lepot)**  
**August 31,1931 – May 12, 2022**



It is with great sadness that we announce the passing of Shirley d’Allmen, a generous soul who will be missed dearly. Loving wife of the late Fred d’Allmen. Devoted mother of Diana (PatO’Keeffe)

and Eric (Ellen Fuller). Very proud grandmother of Daniel (Mary), Alyssa, Emily and Julia.

Shirley was a woman of many talents: artist, seamstress, knitter, gardener and our resident family genealogist. She was strong, determined and had a can-do-attitude that served her well when helping Fred build their home (Ste Anne des Lacs), traveling the world by freighter ships with Fred, earning her pilot’s license in her forties, and after a debilitating stroke left her voiceless in her seventies, a devastating outcome for someone who had the gift-of-the-gab.

Most of all, she took the greatest pleasure in large family gatherings and time spent with friends. To honour our social butterfly of a mother, who believed every milestone deserved a party, the family will welcome friends to a Celebration of Life for her and Fred (delayed by COVID) on July 31, 1 - 4pm at Les Sentiers 2480, Cure-Labelle Blvd, Prevost, Qc. / [www.lessentiers.ca](http://www.lessentiers.ca).

The family would like to thank the 3rd E floor staff of the CHSLD Pays d’en Haut and most of all, Francoise Racette and Sandra Trubiano. We would have been lost without you.

**Donald Joyce**  
**1929-2022**

Passed away at the Lachute Residence, on June 5, 2022 at the age of 92.

He will be missed by his children Jennifer (Gary), Richard (Caroline) and Tim (Heike), his grandchildren Sarah, Alexa, Taylor, Sean, Ashley and India, his great grandchildren James, Theo, Charlie, Oliver, Arthur and Gloria, extended family and friends.

A gravesite ceremony will be held privately.

Sincere appreciation to the wonderful caring staff at Residence Lachute.



## MEMORIAM

A Celebration of Life for **Fay Rankin** will be held July 10, 2022, 2 pm – 4 pm at the Legion Branch 171, 127 Rue Watchorn, Morin-Heights



**Granite NADON Inc.**

**MONUMENTS  
LETTERING  
RESTORATION**

**For a memory inlaid in stone**

7855, ch. du Chicot Sud, Mirabel  
Tel: 514 262-6220 / 450 597-0521  
[info@granitenadon.com](mailto:info@granitenadon.com)  
[www.granitenadon.com/en](http://www.granitenadon.com/en)

Opening hours:  
Monday – Friday: 8 am – 4:30 pm  
Saturday: By appointment  
Sunday: closed

**palliacco**  
support, accompaniment & respite care

**Palliacco Activities**

**MRC des Laurentides, des Pays-d'en'Haut and south Antoine-labelle**  
In the current context of confinement, we offer videoconference meetings and activities at our offices.

**Coffee meeting for the bereaved by videoconference:**  
Tues, June 14: 7 pm to 8:30 pm / Tues, July 12: 7 pm to 8:30 pm.  
**99 rue Saint-Vincent, room 2, Ste-Agathe:**  
Monday, June 20: 1:30 pm to 3:30 pm.

**Comforting tea for people with cancer or in remission by videoconference:**  
to people with cancer or in remission to share and explore multiple approaches that can help you navigate through times of great change. Dates: Friday June 17: 10:30 am to noon.

**Meetings for caregivers by videoconference:**  
Thursdays, June 2, 16 and 30: from 10:30 am to noon. Thursday, July 14: 10:30 am to noon.

**Regenerative Yoga by videoconference:**  
for people with cancer, their caregivers and the bereaved to help maintain a sense of balance, relaxation and flexibility: Mondays, June 13, 20 and 27: 2 pm to 3 pm. Thursday, June 2: 10 am to 11 am.

**Relaxation group by videoconference:**  
for people with cancer, their caregivers and people in mourning to discover and experiment with tools to relax and find inner calm. Wednesdays, June 1, 15 and 29: 10:30 am to noon / Wednesday, July 13: 10:30 am to noon.

**End-of-life support service:** We offer a home support service for anyone at the end of life who wishes to die at home

**Individual support to all our customers:**  
We have a team of volunteers trained to support all customers in our territory at our offices, by telephone or videoconference.

**For info please contact: 819 717-9646**  
[communication@palliacco.org](mailto:communication@palliacco.org) [www.palliacco.org](http://www.palliacco.org)

**FUNERAL SERVICES**

**Cremation, burial, funeral services of all kinds.**

Full services in ENGLISH  
Based in Prévost, we cover the entire Laurentian territory.

**MAGNUS POIRIER**  
AMBASSADEUR  
Since 1923

**LES SENTIERS**  
Cimetière Naturel / Services Funéraires

2480, boul. du Curé-Labelle, Prévost  
Toll-free: 1-844-565-6464 | [lessentiers.ca](http://lessentiers.ca)





# Main Street Money

## Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Investing in the land of opportunity

Here’s what makes U.S. equities attractive to Canadian investors. Canadian investors have been increasingly looking south towards U.S. markets, investing a record **\$82 billion** in U.S. securities between January and November 2021. What’s attracting them? And should you be paying attention, too?

**Stock market performance** is likely one of the big factors contributing to the flow of money into U.S. equities. Over the past two decades, the U.S.-based S&P 500 Index has averaged an annual compounded rate of return of 9.5 per cent, beating the 8.0 per cent return of Canada’s S&P/TSX Composite Index. Investors who ignore U.S. equities are missing out on a potential growth opportunity.

Diversification is another major reason Canadians have been embracing international opportunities. After all, the world beyond our borders accounts for **more than 97 per cent of global equity market capitalization** and offers the possibility of investing in sectors that aren’t strongly represented in Canada. For example, a large proportion of Canada’s equity market is tied to resources, and when the energy sector ran into headwinds in 2020, so did the S&P/TSX Composite Index. The S&P 500 Index gained 16 per cent in 2020, compared to only a 2.2 per cent return for the S&P/TSX Composite Index.

On January 31, 2022, the **three most dominant sectors** in the S&P 500 index were information technology (28.7 per cent of the index), health care (13.1 per cent) and consumer discretionary (12.0 per cent). The **top three sectors in S&P/TSX Composite Index** on that date were entirely different: financials (33.5 per cent), energy (14.8 per cent) and industrials (11.7 per cent). Investing in both markets, rather than just one, enables investors to diversify into parts of the economy that tend to experience ups and downs at different times.

Furthermore, investing in U.S. equities can provide exposure beyond the domestic U.S. market. That’s because many multinational companies have their headquarters in the United States and are listed on U.S. exchanges. These businesses have a foothold in multiple countries, so they can benefit from local economic growth wherever they do business – and their investors can too.

### When to invest in U.S. equities

There’s no time like the present, **according to Sandy Sanders**, head of the U.S. Core Value Equity team at Manulife Investment Management. He says that carefully selected U.S. equities are well positioned to benefit from the U.S. economy’s current strengths.

Sanders points out that American consumers are in better shape than Canadian consumers, paying less interest relative to their income than they have in decades. There’s huge demand for housing from millennial renters, who have increasing purchasing power and hold 40 per cent of all jobs in the United States. Furthermore, Sanders believes that demand in the system from back-ordered goods that were less available during the pandemic should help sustain revenue and earnings growth over the next several years. All of this should help support U.S. equity returns through 2022 and beyond.

### How to invest in U.S. equities

How investors go about accessing the growth potential of U.S. equities depends on their risk profile, goals and time horizon. Often, trading accounts allow Canadian investors to buy stocks listed on U.S. exchanges directly. Or for built-in diversification, exchange-traded funds (ETFs) aim to replicate the performance of U.S. benchmark indexes.

Many investors prefer to know that experienced portfolio managers are overseeing their investments. To access the professional expertise of specialists who spend all day, every day analyzing U.S. equities, investors can invest in mutual funds that focus primarily on U.S. equities or mutual funds that include U.S. equities as part of a balanced portfolio of stocks and bonds.

When selecting a mutual fund, it’s important to look for a disciplined research process with a track record of identifying companies that have sustainable competitive advantages. Some funds concentrate on a specific company size (e.g., small-cap, mid-cap or large-cap), a specific industry (e.g., technology or health care) or a specific investment style (e.g., growth or value). Others have more flexible mandates that allow them to seek out the best opportunities whatever their size, industry or style.

If you’re interested in investing in U.S. equities, speak with your advisor about which opportunities work best in the context of your overall wealth plan.

Small, medium or large?

In the United States, as elsewhere, companies come in all different sizes. There are small-caps, often just starting out and more volatile but with the potential for high growth. There are large-caps, established and relatively stable but with lower growth potential. And then there are the companies in the middle – mid-caps – that have achieved a certain scale and presence in their industry and that, if chosen with care, may become the household names of tomorrow.

Whether investors choose one size, two sizes or a mix of all three, they can benefit from exposure to the largest equity market in the world, representing **more than half of global equity market capitalization**.

Christopher Collyer, BA, CFP  
Investment Advisor, Manulife Securities Incorporated  
Financial Security Advisor, Manulife Securities Insurance Inc.  
200 – 9800 Cavendish Boulevard  
Saint-Laurent, Quebec H4M 2V9

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

Stocks, bonds and mutual funds are offered through Manulife Securities Incorporated. Insurance products and services are offered through Manulife Securities Insurance Inc. Banking products and services are offered by referral arrangements through our related company Manulife Bank of Canada, additional disclosure information will be provided upon referral. Please confirm with your Advisor which company you are dealing with for each of your products and services.

© 2021 Manulife. The persons and situations depicted are fictional and their resemblance to anyone living or dead is purely coincidental. This media is for information purposes only and is not intended to provide specific financial, tax, legal, accounting or other advice and should not be relied upon in that regard. Many of the issues discussed will vary by province. Individuals should seek the advice of professionals to ensure that any action taken with respect to this information is appropriate to their specific situation. E & O E. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the fund facts as well as the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Any amount that is allocated to a segregated fund is invested at the risk of the contract holder and may increase or decrease in value. [www.manulife.ca/accessibility](http://www.manulife.ca/accessibility)

The opinions expressed are those of the author and may not necessarily reflect those of Manulife Securities Incorporated or Manulife Securities Insurance Inc.

Manulife Securities related companies are 100% owned by The Manufactures Life Insurance Company (MLI) which is 100% owned by the Manulife Financial Corporation a publicly traded company. Details regarding all affiliated companies of MLI can be found on the Manulife Securities website [www.manulifesecurities.ca](http://www.manulifesecurities.ca). Please confirm with your advisor which company you are dealing with for each of your products and services. This publication contains opinions of the writer and may not reflect opinions of Manulife Securities Incorporated or Manulife Securities Insurance Inc. The information contained herein was obtained from sources believed to be reliable, but no representation, or warranty expressed or implied, is made by the writer or Manulife Securities Incorporated or Manulife Securities Insurance Inc. or any other person as to its accuracy, completeness or correctness. This publication is not an offer to sell or a solicitation of an offer to buy any of the securities. The securities discussed in this publication may not be eligible for sale in some jurisdictions. If you are not a Canadian resident, this report should not have been delivered to you. This publication is not meant to provide legal or account advice. As each situation is different you should consult your own professional Advisors for advice based on your specific circumstances.



**BUYING COLLECTABLES**  
Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, gold, jewelry, stamps, records, judaica, Olympic & military items  
**42 YEARS OF TRUST**  
Call Ron:  
514 996-6798  
Fully vaccinated



**M**  
CONSTRUCTION  
*McVeigh*  
Craig McVeigh  
Bur. : 450.226.7448 | Fax : 450.226.7485  
Cell. : 450.712.6593 | [craig@cmcveigh.com](mailto:craig@cmcveigh.com)

**Healthy teeth and gums for a healthy life!**  
Call us today!



**Soins Dentaires Prévost**  
**450.335.2990**  
[www.dentisteprevost.com](http://www.dentisteprevost.com)

**SUPPORT LOCAL FARMERS**

**ENTREPÔTS MORIN-HEIGHTS**

**Indoor Storage Space Rental**  
24 hours/ 7 days  
• Individual alarms  
• 50 square feet and up

**(450) 226-1313**  
543 du Village, Morin-Heights  
Office at 591 du Village

**Shop Local**

**Support your community during this difficult time**



Over  
15 years  
experience



Lyndsay Wood  
Real Estate Broker



bonjour  
Agence immobilière

Tranquillité Intégrité Chantier

FREE MARKET EVALUATION

514.774.8019  
lyndsaywood.com  
lyndsay.wood@remax-quebec.com

2 OFFICES TO SERVE YOU  
ST-SAUVEUR & LACHUTE



NEW!

WATERFRONT @ \$325,000  
Charming cottage with unique location on Lake Beauport. Magnificent view, abundant windows and skylights. Open-concept common area. Features wood stove, gazebo, shed and balcony overlooking the water. Less than 1 hr. from Mt. St. Short term rentals permitted. Centre 15553170



NEW!


2020 IN BROWNSBURG. Beautiful 2020 bungalow in a new development located just outside Lachute, 1 minute from Highway 50. Perfect for home office or intergenerational. 2 bedrooms, possibility of 2 more in the partially finished basement. Fully fenced, landscaped backyard, patio, deck, pool and shed. Centre 28568147



10.9 ACRES IN MORIN HEIGHTS  
Eco-friendly unique 2008 straw home nestled on 10.9 acres of forest bordering the Viking trails. This acreage has trails throughout, 2 bedrooms with an office space in the mezzanine, screened-in veranda, wood stove, open concept, heated floors. Less than 10 min. from the ski hill, and 45 minutes from Montreal. Centre 23469839



URGENT!!!  
PROPERTIES NEEDED!  
WATERFRONTS, COTTAGES,  
HIGH-END HOMES AND LAND  
OVER 5 ACRES!  
MANY BUYERS AND INVESTORS  
IN WAITING! ALL QUALIFIED!  
CONTACT ME TO PUT YOUR  
PROPERTY FOR SALE



CLASSIFIED  
ADS


Please note: rates for  
classified ads are \$25  
for 1-25 words and \$50  
for 25 - 50 words.  
Kindly email ads to  
main.street@xplornet.ca  
Payments must be by  
cheque and mailed to  
Main Street, CP 874,  
Lachute QC J8H 4G5.  
Payment is due prior  
to publication

BUYING COLLECTABLES  
Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, cufflinks, jewelry, Judaica, vases, figurines. Olympic items & Estate liquidations 42 years of trust !  
Call Ron: 514 996-6798. Fully vaccinated

GUITARS  
Do you have a guitar you don't know what to do with? Give me a call, I may be interested in buying it.  
Greig: 514 386-7717

SERVICES REQUIRED  
Excellent handymen.  
Please call Lori's Links  
at 450 224-7472 for info.

ADVERTISING POSSIBILITY  
QCNA offers a one-order, one-bill service to advertisers.  
Call us for details on reaching English Quebec, and through classified ads French Quebec and every other Canadian province & territory.  
Info: 819-893-6330



RAVEN  
Psychic Medium /  
Celestial & Life Guidance  
Person/Phone/Zoom  
Info:ravendance@protonmail.com  
Je parle Français!

## Real Wine for Real People Drinking red wine in summer

April Sirois – Sommelier - ISG

At long last, the first summer that we can finally all get together for a glass of wine with our friends is almost here. However, with the warmer weather, later sunsets and lighter meals, you may have been thinking about storing your red wines until autumn, when cooler temperatures and heavier foods return. It is a fact after all, that red wine is for the cooler seasons and white wine is for the warmer seasons, right? Nope, this is not true at all.

With a little adjustment to the temperature that you serve them at, almost any light, red wine can be a summer wine too.

Where did this common habit come from? Well, it finds its ties from the fact that years ago, we mostly ate rich dense foods in the winter and, turned to lighter, brighter foods in the summer. We ate what was on hand when it was on hand. In the summer that was an abundance of leafy greens, water filled vegetables like cucumbers and zucchini, bright flavoured fruit with fresh fish and, birds like chicken and pheasant. In the winter we relied on root vegetables, hard cheeses, beef and large game type meats; food that we could store for longer periods of time. We discovered that as our foods changed with the seasons so would our wines in order to complement the different styles of dishes.

Try drinking a big robust Cabernet Sauvignon with a lightly butter sautéed perch on a leafy green salad with summer peaches and you will understand why most of us don't do that. Now, we eat meat and potatoes all year round. Grilled meat is a BBQ staple and we want to have our red wine to complement it, but it does have some drawbacks in the summer, for instance, the tannin content.

These are the polyphenolic compounds, which are released during the vinification process of reds. When these tannins come in contact with saliva, the sensation on the palate is one of astringency or dryness like black tea steeped too long. That is not generally how we like our mouths to feel in the summer. The best and easiest way to avoid this sensation is to increase the temperature of your wine. However, this will increase the presence of alcohol in our mouths, which makes a drink a bit heavier to swallow and, can even tip over to a "soupy" sensation to the wine. So, that being said, not all reds are suitable for summer

A Chianti Classico, served slightly chilled, is actually quite delicate, pleasant and juicy on the palate with aromas and scents being more perceptible at a cooler temperature. Light red wines like Chianti, Beaujolais, Pinot Noir, Grenache, Nebbiolo and Lambrusco are a perfect alternative to white wines in the summer. So, go ahead and enjoy that glass of red wine with your steak in the summer, just make it a lighter red and, chill it just a touch.

Welcome back to the warm weather and getting together with friends.

~Cheers

## I'm Just Saying Coming-out conversation

Ron Golfman - Main Street

After what felt endless, we are emerging as a population and actually losing our reticence when contemplating socializing in person with others. As we become bolder than simply sticking a toe in the water to check the rebirth of the art of mingling, I took the opportunity to rekindle visiting haunts where I had not been in almost two years, and integrated myself in conversations to find out what is on people's minds. While I have paraphrased some content, the coming comments are not mine, but rather the offerings of those in Morin Heights and Saint-Sauveur.

I asked new faces and some familiar people this 'what is on your mind of late, both serious and sarcastic, no taboos but please, be respectful in your comments'. At Amir, standing in line, a few guys said that they expect the government to insist that the Habs will only be allowed to be pronounced as Canad-Yens, and one speculated that the QLF will explain their interventions as following the rules of only speaking French and now Mandarin.

When walking my routine exercise route at Molson Park I joined a bilingual group of stroller-walking couples who graciously spoke between French and English in order for me to comprehend the discussion. This led to agreement that the broken promises of the CAQ hurts all Quebecers. Some cited the wrong in denying access for all students to both French and English, in a respectful way. Health service was highlighted as, and mutually agreed upon, the need is no laughing matter, as all people deserve to be treated with respect and clarity. The notion of the government having the right to seize medical histories, not for medical, but for political reasons, was a feared attempt by the government to wield too much power.

The school issue morphed into agreement that the limiting of English is one thing, but denying access to French students limits the ability of French students to seek jobs in international business and, that this will further deplete the work force and create an exodus from Quebec by both solitudes so as to be gainfully employed. One gentleman suggested that the government would soon build a moat around the province to keep people in.


Humor and disdain were found at the local watering holes. Some resented being told what you are allowed to wear to work and, what you are allowed to say, including restrictions on bilingual greetings; this segued naturally into the optional masks pros and cons.

Finally, I told the story of trying to find a Hasbro Mrs. Potatohead toy for my granddaughter and, after several calls telling me that the product is now not gender specific, Amazon came through with what I wanted. At the end of the helpful chat, I expressed that there seemed to be some misdirection in the wisdom of the above. The Amazon aide chuckled and said 'hey, in Quebec, you're lucky that the word misdirection hasn't been changed to Madame-direction. I admit laughing at that, but quickly and, I am just saying, thought that anything seems possible of late in this climate heading for election.

The bottom line is, keep talking to each other as, unbeknown to the government, we are not that far apart.

14 main.street@xplornet.ca

June 2022

MAIN STREET 





## Making it Work in the Laurentians

### The rise of the mid-career break (and how to make yours a reality)

Maya Khamala

The rise of the mid-career break, AKA the ‘grown-up gap year’ is upon us. A career break is a period of time (usually six months to two years) away from employment. While some use their grown-up gap years as time off, many use it for personal or professional development, doing one or more of the following:

- Traveling
- Working abroad
- Volunteering
- Pursuing studies or training for career development
- Turning a passion into a startup
- Acting as a caretaker for loved ones
- Raising a family
- Recovering from injury or illness

Close to two-thirds of Canadians have considered taking a mid-career break, and 1 in 4 are already in the process of saving up.

#### The pros and cons

Taking a career break is not a decision to be taken lightly, so be sure to weigh the potential benefits and the drawbacks.

#### Pros:

- During the pandemic, burnout increased - and that’s saying a lot. A break can help you disconnect, recharge, and recalibrate, providing a meaningful mental and physical health boost.
- It can be a golden opportunity to re-evaluate your career goals and build new skills (i.e., learn a new language).
- You only live once. Carpe Diem.

#### Cons:

- It may be challenging to successfully re-enter the workforce upon your return. Despite close to two-thirds of British employees reporting an interest in taking a gap year, most worry their career prospects will be damaged.
- It may be more expensive than you think. It takes thorough budgeting to make your money last.
- Explaining gaps can be challenging. While some employers may find it difficult to look past a gap on your CV, remember that a career break is about gaining additional experience, which will help shape the rest of your career - directly or indirectly.

#### How to make your mid-career break a reality

Depending on whether or not you have savings already, it can take a lengthy pre-gap period to plan and save effectively.

Saving for a career break is a lot more doable with the support of your employer. Ask them if they’re willing to set up a deferred salary leave plan (DSLPL), which allows up to one-third of your salary to be deferred in order to fund your leave. Plus, this income isn’t taxable until you actually take your leave!

If your employer is not quite on board, and/or your degree of burnout makes matters urgent, begin by assessing your personal finances to determine when it might be realistic to take that break.

There’s no formula that will work for everyone and, for some, taking time away doesn’t mean quitting entirely. Some may still work or freelance part-time to finance their break.

The trick is to find what works for you and make it happen!

A YES Employment Counsellor can help answer questions about your CV, LinkedIn profile, upcoming interviews, or gaps in your employment. You can book a 30-minute Drop In with one of our experts by calling us at (514) 878-9788. Spaces are limited, booking is required. Reserve your spot today!

## Algis Kemezys

### Wins plethora of awards for homemade film

Lori Leonard



Congratulations to Algis Kemezys from Ste. Adèle who has won several accolades and special awards for his movie, "The Messenger Hermes Remembers". The movie has been shown internationally and has won over 60 awards to date. Most of them are "Best International Short Film". In fact, International Film Festivals started inviting Algis to attend because of the movie's great success. FilmFreeway is the world's no. 1 film submission portal.

Filmed in many wondrous locations around the globe since 1998, this story commingles the divine with the mundane across the vast spectrum of the imagination utilizing the five elements: water, air, earth, fire and music to arrive at its quintessence.

Algis’ partner for the last 38 years, Byron Ayanoglu, played Zeus, and, Paul William Roberts, who played Hermes Sr., have passed away. Algis plays young Hermes and local talent, Nina Kory, plays Aphrodite.

His movie has received the title "Best Short International Film" from Hollywood, NYC, England, Barcelona, Sydney, Kuwait, Kathmandu, Belgium, Taiwan, Malta, Vietnam, Singapore, Brunei, Munich, Philippines, Bhutan, Dubai, Maldives, Cotswold, Berlin, Geneva, Buenos Aires, Houston, Busan, Madrid and many more.

Algis says, “I could not be happier or more surprised with the success that I have achieved with my personal homemade movie.”

For more info, facebook.com/algisthomas.kemezys



## Bring your little ones to Mornings in the Park!

Andie Bennett

Mornings in the Park in Deux-Montagnes and Rosemère have been a staple of the 4Korners Bright Beginnings programming since it began three summers ago. These will continue this summer, Tuesdays and Thursdays from 9:30 am -11:30 am, rotating between parks in Deux-Montagnes and Thérèse-De Blainville along with the MRC Argenteuil edition that was added last June. Families from Argenteuil that want to take part in the activities will be heading to Parc Richelieu in Lachute on Mondays and Wednesdays from 9:30 am -11:30 am starting July 4.

Mornings in the Park is a 4Korners-run activity for children 0-5 and their parents or caregivers. There are plenty of fun activities to keep the children entertained as well as a period of free play. It is also a place to socialize and give parents and caregivers an opportunity to exchange stories.


Our childcare specialists plan crafting activities involving Play-Doh and other materials, and there is usually a song circle to close out the 1.5-hour sessions that draw on the renowned Mother Goose training, which, as a parent of a VERY discerning 5-year-old during story time, I really wish I knew existed years ago. If you are struggling for ideas of how to entertain small children, our activity coordinators Jaime and Sharon could have the solution with seemingly endless ideas for engaging and educational activities.

There was less enthusiasm last summer for the Afternoons in the Park program geared toward the older 6- to 12-year-old kids, so it has been reworked for this summer with fewer dates and more specific activities. These will take place on the property of the new satellite office located at 2 Rue du Ravin in Sainte-Thérèse and will start on July 13 at 1 pm with ‘Games Galore!’ as the theme of the day.

Mornings in the Park kick off on Tuesday, June 28 at Parc Dubreuil in Blainville, Thursday, June 30 at Central Park in Deux Montagnes and Monday, July 4 for our communities in Argenteuil at Parc Richelieu in Lachute. To register and find out which park we will be at going forward, contact info@4korners.org



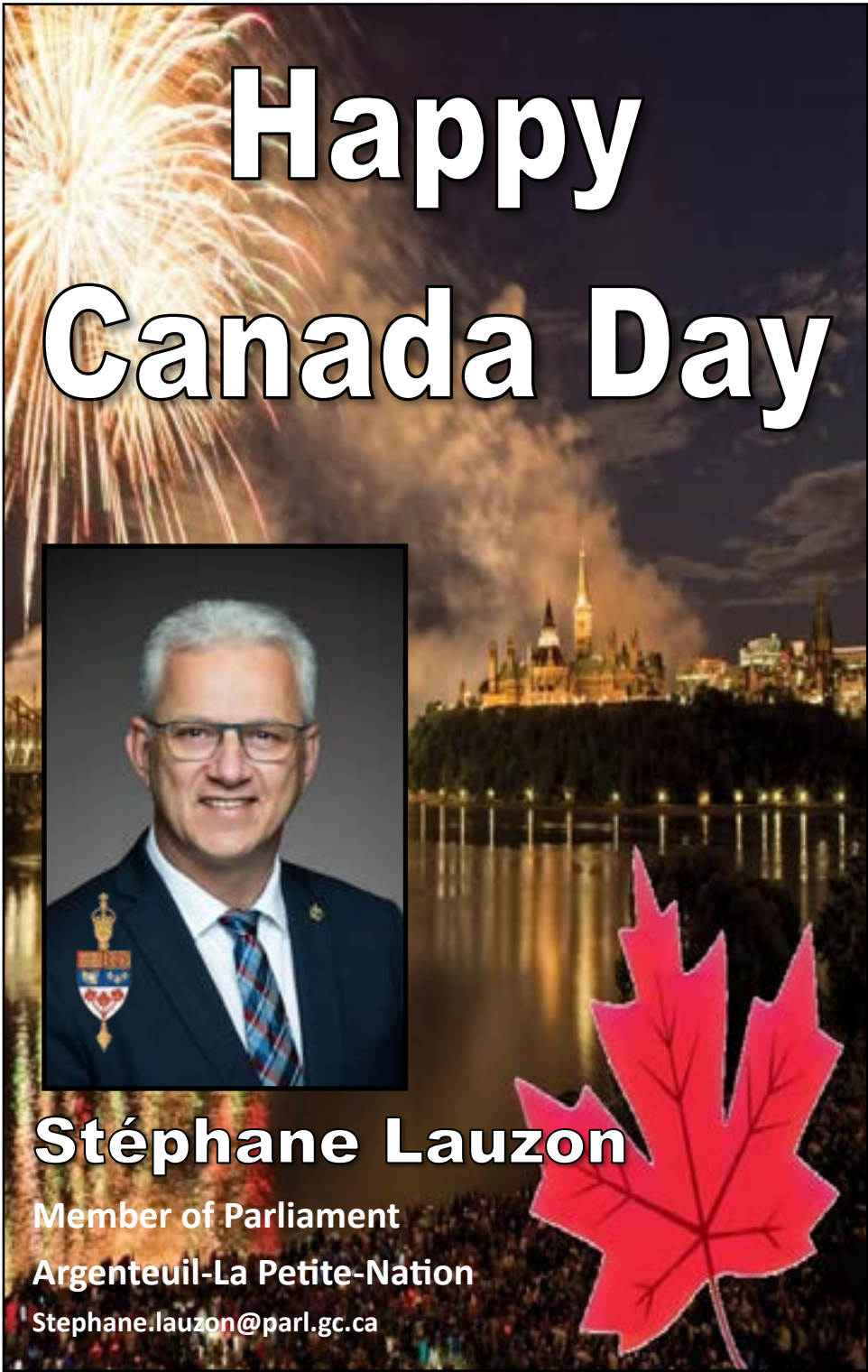
# Happy Canada Day



## Stéphane Lauzon

Member of Parliament  
Argenteuil-La Petite-Nation  
Stephane.lauzon@parl.gc.ca







# Dividends

# Sharing \$25.5M\* is in our nature

The Laurentians Desjardins caisses are proud to share these dividends with their members and community. That's the true power of cooperation.

Details and conditions at [desjardins.com/dividends](https://desjardins.com/dividends)

\*The amount to be paid out as member dividends and community dividends from the 2021 year-end surplus earnings will be determined by each caisse at its annual general meeting. For all details, visit [desjardins.com/dividends](https://desjardins.com/dividends) or contact your caisse.



**Together,  
we enrich  
the life of  
people  
and our  
community**

Desjardins has contributed **\$1 million** for the Bassins Desjardins, the aquatic centre at the Centre sportif Pays-d'en-Haut. This is the largest partnership in the history of Caisse de la Vallée des Pays-d'en-haut, and it shows we're here for our community. You told us that major projects with positive impacts in the Pays-d'en-Haut were a priority, and we listened.



450 227-3712

Follow us on !

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