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# What's On My Mind... Main Street celebrates its 19th anniversary

Susan MacDonald, Editor

I am not sure why Jack chose the month of March to launch the first edition of Main Street back in 2001, but I know he loved a challenge and it seems the daunting weather wasn't enough to deter him from his mission of delivering the local news, services, and entertainment, in English, to the Laurentian communities. Of course, it is likely that this was just the date when the first issue was ready to roll off the press, because with Jack, one never knew what to expect next! Now, here we are, shoveling our way through another March and, this year, celebrating our nineteenth anniversary. What an exciting and challenging journey it has been!



So many changes have happened over the past years as we've watched some long-term writers step down and new ones join the team. We've observed many changes within the commercial sector, celebrated anniversaries, witnessed closures and expansions, and welcomed new enterprises to our communities. For all of us, life is about change, and evolving with the times.

As for the industry itself, with the ubiquitous use of social media, coupled with a lack of government funding, many media outlets have transitioned to digital platforms. However, the intrepid print media, like Main Street, continue to retain their relevance to communities, despite their struggles to thrive in a world of changing tastes and priorities. It is only with the support of local advertisers that community newspapers, like this one, can continue to keep publishing, so please remember to let advertisers know that their dollars are effective by bringing you to their establishments.

Looking ahead, there are a few topics I would love to see included in our pages on a regular basis and I invite you, the readership, to participate. If anyone is interested in submitting articles on sports and leisure, culture, organizations for youth and/or seniors, pets, and hobbies, please feel free to send them in. No opinion pieces, please, as we have that department covered! For details, you can contact me directly at [main.street@xplornet.ca](mailto:main.street@xplornet.ca).

As we spring forward, I would like to thank all our loyal readers, our supporting advertisers, and my dedicated home-team of writers, sales representatives and distributors, my graphic department and data-base controller, for their outstanding, individual contributions to Main Street over the past years.

Here's looking forward to celebrating our twentieth anniversary next year! Enjoy the read...

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# Simply Words on Paper

## To combat global warming, just cool better

Jim Warbanks - Main Street

The dire physical, economic and social consequences associated with uncontrolled global warming are now close to being universally understood and accepted. However, rigorously implementing the proposed solutions world-wide in developed, under-developed, and emerging countries remains problematic, to say the least.

Let us examine the impact of selected options. Should we become vegetarians? Should we re-forest the depleted areas in the Amazon? What if we chose to cycle to work? It has been estimated that, if half of the world's population were to forego eating meat, we would reduce the accumulation of the greenhouse gas carbon dioxide by 66 billion tonnes by 2050. If we chose to replant two-thirds of the depleted tropical forests, this would result in a saving of 62 billion tonnes. Note that an unlikely one-third increase in bicycle use world-wide would save us a paltry 2.3 billion tonnes.

### Productivity increases

The development and widespread use of air conditioning has produced awesome benefits for humankind, both at work and where they live. It has transformed productivity in tropical countries, notably spurring the economic development in southern China. Heat-related deaths in Europe have plunged by a factor of ten since 2003, when 70,000 more people than usual, including a high proportion of vulnerable elderly residents, perished in a heat wave. Air-conditioned classrooms and dormitories have had a positive impact on children's education.

In the next ten years, it is expected that as many new air conditioners will be installed as there were between the invention of this technology in 1902 and 2005. Obviously, as the planet warms, more people will require air-conditioning. This will unavoidably have a measurable impact on global warming.

### Nudging the thermostat

To counter this trend, air conditioners must become radically more efficient. It is significant that the most efficient machines on the market today require only about one-third the power of the average unit now in use. In addition to the economies which can be realized by nudging down your thermostat by a couple of degrees, still comfortable, but not frigid, air conditioners must become much more efficient and energy performance standards either raised or established to attain the best possible performance.

Manufacturers must stop using refrigerants that damage the atmosphere. For instance, hydrofluorocarbons exhibit over one thousand times the heat-trapping punch of the safer options now available. Replacing these destructive components would reduce total greenhouse gas emissions by an astounding 90 billion tons of carbon dioxide by the 2050 target date. Making the units as efficient as possible could also double these savings, well above the total economies generated by the three other options studied earlier.

### Kigali Amendment

There is an international deal to phase out these pollutants, the Kigali Amendment, which is an addendum to the 1987 Montreal Protocol. It entered in force in 2019 and could provide an 80% reduction in HFC pollutants by 2047. Canada ratified this Amendment on 3 November 2017. To date, 93 countries have signed the Kigali Amendment, but the United States, China, Russia, India, as well as most Asian and Middle Eastern nations have not yet adhered to it. There remain big uncommitted gaps among African and South American nations.

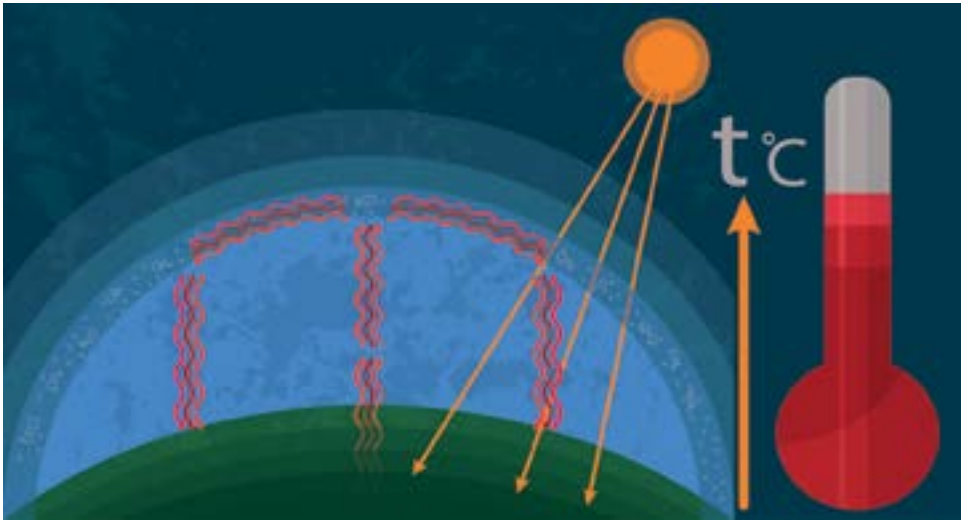
To reduce the need for air conditioners, offices, malls and even cities could be designed more appropriately. Buildings should have overhanging roofs or balconies for shade and improved natural ventilation. Something as elementary as painting roofs white can help lower interior temperatures.

### Environmental cost

Improving the design of the machinery in use remains an essential element. But to assure that the global population becomes healthier, wealthier and wiser at an acceptable environmental cost, all aspects of the overall cooling system need to be scrutinized and improved.

Of course, it is also vital that those major countries listed above that have not ratified the Kigali Agreement will require strong international prodding and perhaps even condemnation as a last resort, if they continue to ignore the potential world-wide health benefits which will accrue to us all when we succeed in slowing global warming.

Step up and do what is right for us all, you laggards, and implement the Kigali Agreement. It is the cool thing to do!





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# STAND UP!

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- It is designed to ensure participants' safety and adapted to their capabilities.




- Démontre efficace, le PIED s'inscrit dans un continuum de services qui vise à prévenir les chutes et les fractures chez les aînés autonomes qui vivent dans la communauté et qui sont préoccupés par les chutes ou leur équilibre.
- Le PIED contribue à améliorer la qualité de vie des aînés en augmentant leur sentiment de confiance face aux chutes et en leur permettant de se maintenir actif physiquement.
- Animé par un professionnel qualifié et formé, il a été conçu pour être sécuritaire et adapté aux capacités de chaque participant.

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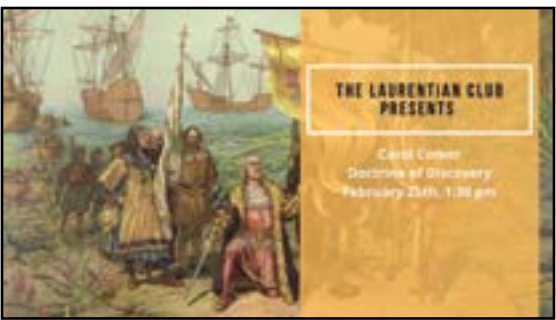
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# Laurentian Club of Canada

On February 25, Carol Comer presented a video produced by the Anglican Church in 2010, about 'The Doctrine of Discovery': a Papal Bull issued in 1493 by Pope Alexander VI, that established the superiority of white European Christians over Indigenous and non-Christian peoples, giving them sovereignty, and the right to colonize and seize lands.



Before European contact, the Americas were populated by millions of indigenous people; numerous distinct clans, skilled at pursuing diverse ways of life under well-organized social, political and economic systems. Common to them all was a sacred reverence for Nature and their place in it.

Since then, the Doctrine, enmeshed in our legal systems, has contributed to the systematic annihilation of our indigenous peoples, the disregard for treaties and indigenous people's rights to self-govern, as well as government and church efforts to "kill the Indian in the child" through residential schools, the '60s scoop' and relocations to reservations.

All these indignities have been imposed on our indigenous First Nations peoples, but by whose authority and by what right?

Reconciliation demands we meet Nation to Nation. Indigenous people are as resilient as seeds; their mother is Earth, and her shining waters hold the blood of their ancestors. Their right to self-governance is as true as ours.





# About Sainte-Adèle

Chris Lance - Main Street

The skiing in February was excellent up north. Hopefully you had the time to enjoy the hills en famille. There’s nothing better than a few hours of downhill or cross-country skiing, and then lighting a wood fire, enjoying a beverage, and nodding off in your favourite chair reading a magazine, newspaper or book. These are a few of the highlights of living up north that bring a feeling of being glad to be alive, while relaxing after a sport-filled day.

The sun, when it appears, is getting stronger, and the days are starting earlier and lasting longer. Spring is around the corner, and you can almost forget about Trump, the Virus, the Flu, the potholes, the barricades, the stock market slump, the cross above Sainte-Adèle, staying in shape, watching your weight, keeping an eye on the kids, shovelling snow, meditating, going to Zumba, Tai Chi or yoga, and all those other b.s. options we have been encouraged to do with our leisure time. K.I.S.S - Keep It Simple Stupid; get up, have a coffee and a sticky bun or a jam-laden toast, throw on warm clothes, and then walk, skate, snowshoe or ski for a few hours. Just enjoy yourself before you worry yourself to death. It can be a lovely day in the neighbourhood.

There are a lot of cultural activities available at Place des citoyens, and you can buy tickets online at the longest Internet address: ville.sainte-adele.qc.ca/achatenligneplacedescitoyens. And for 10 bucks you can buy a DVD called Ma Rolland, mon village at town hall, the library or Place des citoyens.

Mayor Briere plans to hold a referendum on the sport complex of the MRC des Pays-d’en-Haut. Hopefully it will be held before they start the building and take on the huge debt it will create. There is a Facebook page explaining the vision of the sports complex – you might want to check it out before the referendum is held.

April is around the corner. It will be that time to put away the boots, shovels, winter coats, gloves, salt and sand mixes, tuques, skates, traction contraptions, scarves, long underwear, stretched-out sweaters, ski boots, left hand gloves, ski jackets, boots and more boots.

The geese will be flying overhead before you know it.



## Val David

Following a call for projects addressed to community organizations for the programming of the Val-David Centenary, more than 17 projects were received and analyzed by the programming committee.

Total projects totaled \$306,750 and requests for financial support totaled \$178,950. With a budget envelope of \$45,000 granted by the Municipality to encourage community initiatives, the choices were based on specific objectives.

Five organizations were selected to carry out six different projects. These include the Musée de la chanson québécoise, Flââneurs Erratiques, the Val-David Exhibition Center, the LézArts Loco and the Atelier de l’île.

The nature and details of the projects will be revealed when the Centennial program is unveiled, which will be brought to light in a few months.

The organizing committee would like to thank all the other organizations that have submitted projects. Many of them will be found in the legacy projects or municipal projects.

In addition to this component of the programming, which targets organizations, the Centenary will reserve an important place for artists, leisure, sport and outdoor and community activities.

The organizing committee is hard at work to align regular programming in the colors of the Centenary with projects from the community in order to offer festivities commensurate with the important social, cultural and outdoor history of the village.

You have ideas, want to get involved, see the details on the site valdavid.com/centenaire and express your interest by contacting the Centennial coordinator at: centenaire@valdavid.com.



## The English Link Transport Collectif -- a primer

Andie Bennett

The first thing I noticed on my maiden voyage with l’Inter des Laurentides was a red box situated at the front of the bus, directly behind the driver’s seat. Too small for skis, I thought...perhaps grocery bags? (There is a spot for skis, of course.) Turns out it is a book box! The book sharing initiative was just one of the pleasant surprises I discovered on my trip with l’Inter’s coordinator Véronique Gagnon. Véronique is in the process of training ambassadors for the public transit system that runs from Saint-Jérôme to Mont-Tremblant and beyond!

The buses are a step up from what I was used to living in Montreal. The seats are clean and plush -- certainly comfortable enough to kick back and read a book that was left by some other user of the public transit system. (Currently there are more books going out than coming in, so that’s something to think about if you are preparing for a bus ride - bring a book or two to leave for your fellow commuters!) More importantly, what it lacks in frequency it makes up for in speed. Our group hopped on the 11:24 bus in Piedmont and we were in Sainte-Adèle eating lunch at the fabulous Café L’Entre-Gens by noon.

The buses have stops scheduled at major points every 45 to 60 minutes during rush hours, strategically avoiding any runs through the tight, busy streets of Saint-Sauveur, and keeping mainly to the fast moving 117 artery. The solution to getting to the bus stops is served up by way of their taxibus system. At a cost of \$5, a taxi will pick you up at a designated taxibus stop and deliver you to a stop along the path of the big bus. The taxibus must be reserved ahead of time but it is a convenient and relatively affordable way to get around if you are without a personal vehicle. The \$5 taxibus fare does not include a transfer to the bus, which charges \$6 for a one-way ticket, reduced to \$4 if you buy a pack of 10.

For specific schedule times, stop locations and information about the door-to-door Transport adapté options, you can refer to their leaflet, or to their website, at linter.ca which, although is not available in English, is well conceived and easy to understand. My random testing of our bus driver’s proficiency in English consisted of me demanding; “Thank you! If I was lost could you help me?” as I stepped off the bus. “Absolutely!” he yelled back, before flashing me a huge smile, closing the doors and continuing on his route.



## Arundel News

Janet Thomas

A tribute to Mary Graham (1920 - 2020)

It was with great sorrow that we learned of Mary Graham’s passing on January 27, at the age of 99. Mary was born in Arundel, where she worked, married, raised her family, and finally died. She devoted her whole life to her community.

Born the daughter of veterinarian William Morrison and Birdie Cooke, Mary grew up in the house where her son David and his wife Debbie later raised their own family. As a girl, she helped her parents with their poultry farm. As a young woman, she was the switchboard operator, in the days when the telephone company had an office in Arundel. In 1960, she became post mistress, and only left 26 years later because she had reached the age of mandatory retirement.

Mary was a bastion of our community; an active member of the Women’s Institute, the Ladies Auxiliary of the Legion, the Anglican Church Women, and a library volunteer. She was the organist for Grace Church and received the Bishop’s Award for her long service to the Anglican Church. In her free time, she enjoyed quilting, knitting, reading and crossword puzzles - all of which became difficult as she progressively lost her eyesight. Right to the end, Mary tried to attend every community event, including the Saturday Farmers’ Markets, where she chatted with vendors and visitors alike. Four times every day, she would walk to Debbie’s store to visit with her family, chat with neighbours, and pat Mac, the dog, who adored her.

Mary loved her family and community dearly. All of Arundel loved her right back.







# NEWS BITS FOR MARCH

## Out of court settlement between Grenville-sur-la-Rouge and the exploration company Canada Carbon

After two years of legal debates, the municipality of Grenville-sur-la-Rouge announces that it has reached an agreement with the exploration company Canada Carbon Inc. (CCB). The agreement puts an end to the lawsuits, including the \$96 million lawsuits; it does not guarantee the social acceptability of the project, nor does it solve the problem with mining laws in Quebec.

"This is the end of one chapter and the beginning of another for this project, which has yet to achieve social acceptability. We will continue to act in the interest of the health, the safety and the environment of our citizens," said Thomas Arnold, Mayor of Grenville- sur-la-Rouge.

The agreement also includes five components, which bring the following benefits to the citizens of Grenville-sur-la-Rouge:

1. The \$96M lawsuit is abandoned, thus allowing the citizens once again their right to speak without fear.
2. The end of all related legal costs.
3. CCB undertakes to submit the project to Quebec's Office for Public Hearings on Environment (BAPE).
4. If, after a favorable BAPE review, the project was to obtain social acceptability from our citizens, and be authorized by the government, CCB would also have to comply with more stringent standards, including the hours of operation (blasting and crushing) limited to between 7:00 am and 7:00 pm weekdays.
5. CCB will also have to assume its share of the costs related to bringing municipal roads to the required standard, to make them compliant and safe, and before the start of operations, in this case we are talking about Scotch Road.

For the municipal council, this agreement ensures better management of the economic, environmental, and social risks that this project poses for this small municipality of 2,800 inhabitants. "Quebec must learn from this whole saga. The Legault government must strengthen existing laws so that other municipalities do not have to endure what we have suffered. Municipal laws must take precedence over the law of mines, not vice versa," Tom Arnold insists.

Keep in mind that the related decision on the \$96M lawsuit, about whether or not the nature of the lawsuit would be considered a SLAP (Strategic Lawsuit Against Public Participation), has remained pending before the Quebec Court of Appeal since December 2018. All municipal governments are anxiously awaiting the judgment. The municipality wishes to thank the 150 or so Quebec municipalities and organizations, which have supported it in its efforts thus far.

## Mont-Tremblant: Voici la vérité!

False information is circulating regarding the transfer of the management of the Mont-Tremblant Police Service to the Sûreté du Québec. To give citizens the right information the City was obliged to produce and distribute an explanatory leaflet, **Voici la vérité!** to all Tremblant homes. After a rigorous analysis by the Agglomeration Council, it was determined that an agreement with the Sûreté du Québec would make it possible to offer the best police service that would meet the current and future needs of the City, at a lower cost.

The file is currently in the hands of the Minister of Public Security and the final decision will be theirs.

The leaflet can be viewed on the City's website: [www.villedemont-tremblant.qc.ca](http://www.villedemont-tremblant.qc.ca)

## The Argenteuil MRC launches an online mapping tool

The Argenteuil MRC is very proud to make available to the population and its local municipalities an interactive map presenting various public data related to property assessment and sustainable land use planning. This new tool allows you to consult the mapping of the property assessment, view the lot line and obtain information on properties, in addition to identifying wetlands, rivers and floodplains.

The cartographic platform makes it possible to search by building address, serial number or lot number. The user can personalize the map by navigating between different base map themes, between the 2018 aerial photo collection, a topographic map, or the OpenStreetMap.org road map, and by selecting the layers he wishes to appear. Online mapping also offers the ability to share, annotate or print a map, in addition to performing distance calculations. A navigation aid is also offered to facilitate the user experience.

The online cartography is accessible from the home page of the MRC d' Argenteuil's website at [www.argenteuil.qc.ca](http://www.argenteuil.qc.ca).

## About the cartography and geomatics service of the Argenteuil MRC

Since 2008, the Argenteuil MRC has had a geomatics service for the management of spatial information as well as the production of plans. Geomatics ensures an essential and growing presence in several departments, in particular, in sustainable spatial planning (infrastructure, hydrography, agricultural potential), in civil security (floods, fire risks), in land assessment, in economic development (deployment of high Internet speed, tourist maps) and in planning adapted and collective transport. The MRC makes its expertise in spatial analysis available for the benefit of its local municipalities and its partners.

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Welcome to:

The new **Souvlaki Bar**, located at 105-F Guindon St., St. Sauveur, which will open its doors in early March. This great Greek restaurant will offer authentic souvlaki along with their famous Greek style chicken and a variety of other mouth-watering meats. All dips, sauces and salad dressings are homemade including their renowned, delicious tzatziki. There will be a take-out counter to bring 'a taste of Greece' back home to your family and friends. All menu items will be available for take-out. They also offer Loukoumades (deep fried honey balls) with an extensive variety of coffees and drinks, including the signature Greek Frappé. 450 227-0923 / [Souvlakibar.ca](http://Souvlakibar.ca) / Facebook: Souvlaki bar restaurants.



### Did you know that:

If you are a businesswoman or female entrepreneur seeking excellent coaching, **Karen Lukanovich, MBA**, owner of **Summit2Summit Coaching**, specializes in offering women coaching techniques to achieve their goals and reach new summits? Let her help you focus on what really matters and enjoy a personal/professional life in which you thrive. A competitive sports coach for many years and Olympian, Karen keeps her clients motivated and focused on action and offers a structured approach and the necessary tools, assessments and resources specially designed to empower YOU. [karen@summit2summitcoaching.com](mailto:karen@summit2summitcoaching.com), cell: 450 530-4621 / [summit2summitcoaching.com](http://summit2summitcoaching.com) / [karenlukanovich.com](http://karenlukanovich.com) / Facebook: Karen Lukanovich.



**Trattoria DiMitrio Restaurant**, 10 Filion, St. Sauveur has brand new décor and other exciting new changes? There are delicious new Italian meals on their menu. Every dish is made with fresh, natural, organic products. There is also a brand- new bakery/ patisserie/café on-site offering homemade artisanal bread and delectable desserts. Take out: Choose any pizza and receive the second one free (at the counter) until April 2020. 450 227-1001 / [trattoriadimitrio.ca](http://trattoriadimitrio.ca) / Facebook: Trattoria Dimitrio.



**La Petite Boîte à Lunch** has moved to their new premises at 4-A, Ave. Filion, St. Sauveur? They offer delicious lunches including grilled sandwiches, wraps and a wide array of healthy salads and soups. They also offer delectable brownies, éclairs and cupcakes, as well as tasty muffins. They also have yummy take-out food. Drop by to see Rachel and her team for a great lunch. 450 227-7557 / [lapetiteboitealunch.com](http://lapetiteboitealunch.com) / Facebook: La Petite Boite a Lunch.



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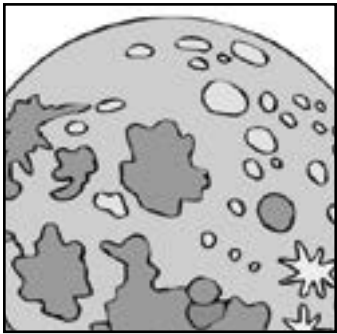
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# Zach Factor Water and her daughters

Lys Chisholm & Marcus Nerenberg -  
Main Street

Water. It's everywhere. In our homes, piled on cars after a snowstorm, flowing downstream as winter loosens its grip on the forests, and the streams begin their springtime trickle, and then cascade towards the Rouge or the North Rivers. In the Laurentians we lose the sense of its importance because it's so abundant. Everywhere we turn, we find a spring, a lake, a river, all free flowing and abundant. But what is water?

Water is one of the four mystical elements, along with Earth, Fire and Air. Ancient Egyptians honored the Goddess Tefnut, daughter of Ra, who symbolized all the moisture of the heavens. At the dawn of time, when she disappeared with her brother, Shu (Air), the Creator, Ra, sent his Eye to search for them. Overjoyed when he found them, he wept, and his tears fell to Earth becoming the first Humans. Over the millennia, culture after culture has stories honoring Water and its power of purification.

Chemically, we know water in its unromantic name H<sub>2</sub>O, a colorless, tasteless, odorless compound. H<sub>2</sub>O is a Hydrogen atom (H) attracted by an electrostatic charge to two Oxygen (O) atoms. Atoms are made up of three basic sub-atomic particles, protons, electrons and neutrons. Hydrogen atoms, the lightest element, consist of an electron and a proton. Some hydrogen atoms also have a neutron and are known as deuterium. Deuterium bonds with Oxygen to form what is known as heavy water- D<sub>2</sub>O. A typical sample of water has 120 to 200 parts per million of deuterium.

On average, an adult body consists of about 50- 60% water. We are constantly being encouraged to stay hydrated. We have added minerals and coloring, or bubbles to get us to drink it, but we remain mindless about its effect on our bodies. If we took all the water out of a human body, what would remain is a pile of dust and a puddle of grease that would fit in a chocolate box.

Deuterium occurs naturally in the water in our bodies and, for most of our lives, we use it along with regular hydrogen water for metabolism, growth and the functioning of all our 30-40 trillion cells. The problem, science has discovered, is not the deuterium itself but rather an over- accumulation of deuterium. As we age, science is seeing a correlation between elevated deuterium levels and diseases like diabetes, cancer and obesity. Various molecules of the body begin to change shape, which then affect the function of cholesterol metabolism, hormones and neurotransmitters. As these functions are affected, enzyme reactions slow down in the body and it starts to age. Cellular division and repair slow down, liver metabolism slows down and we become a recipe for disaster: Studies have shown how deuterium in the cells affects the normal spin of the nuclei, leaving cells susceptible to bonding by invading virus and other unwanted biologicals. (Mao, J., Liu, Z., Tang, C. et al. 2004); Yves Maréchal, in The Hydrogen Bond and the Water Molecule, 2007)

Deuterium and regular hydrogen occur naturally in water on our planet's surface. Since the end of the last Ice Age, our planet has been in a thaw for the last 11,700 years. The rapidly changing climate and melting polar ice have increased surface level deuterium by over 30%. The current concentration is about 155 parts per million on average, and this depends where samples are extracted. Despite a mere 1-2 drops per litre of water, this is significant ratio. When scientists look at deuterium this way, they become attentive and more work is directed towards health impacts. Healthy levels should be under 130 ppm. Several companies around the world extract the heavy molecules containing deuterium and reduce the level to 25- 125 ppm. When consumed, Deuterium Depleted Water (DDW or light water), in studies, is observed to reverse many degenerative conditions. The jury is still out with such treatments, and depleted water is quite expensive.

As we discover more extraterrestrial sources of water in the universe, via the Atacama Large Millimeter/submillimeter Array (ALMA), including those with much less deuterium, not only will this make life possible off planet, but potentially lengthen the lifespan of humans significantly.

Until such time, the Chinese are working on a way to mass produce DDW using platinum and, one day, this may be the new standard in drinking water worldwide.

## WHAT IS DEUTERIUM?

Hydrogen

Deuterium

Deuterium is a stable isotope of the element hydrogen. It carries an extra neutron, which makes it 2X as heavy and 2X as big.

High deuterium levels can wreak havoc inside our bodies & can lead to chronic fatigue, disease development, premature aging, & metabolic problems. One example: deuterium can break the nanomotors inside of our mitochondria, hindering ATP production -- ultimately lowering energy.

Photo Credit: Paul Saladino, MD



# The Story Behind Wapikoni Mobile

Joseph Graham - Main Street  
joseph@ballyhoo.ca

After the Second World War and the discovery of the death camps, a time we have come to call the Holocaust, surviving European Jews sought a safe homeland where there would be no further persecution. Many settled in Palestine, recreating the very old country called Israel. They were joined by Ladino-speaking Jews who had been in the diaspora since the time of the Spanish Inquisition, as well as the Mizrahim, Jews who lived in Moslem countries and others, some from as far away as South India. They had to settle upon a common language and chose their ceremonial language, which was no longer spoken except in prayers. Determined to give it voice, they resurrected Hebrew as a modern national language. Today, it thrives and is spoken in Jewish communities around the world.

The Indigenous peoples of the Americas, the world's most advanced horticultural civilization at the time, also experienced a holocaust. It began at the same time as the Inquisition with the arrival of Europeans in the Americas. Up to 90% of the indigenous people died of European diseases and through racial wars within the first few generations after contact. Those who survived struggled to maintain themselves and their culture, signing treaties with the new arrivals and respecting their promises while hordes of Europeans filled their homelands, pushing them out and ignoring their side of the agreements.

By the early 1800s, the majority European population was sure that their Indigenous minorities, whom they considered as sub-human, would not survive. In Canada and the United States, a decision was taken to assimilate them by separating the children from their parents, grandparents, culture and language. They set up residential schools in which Indigenous language, culture and dress were strictly prohibited. There were over 150 of these schools in Canada alone, and the last one closed only 23 years ago. Since then the many Indigenous nations throughout Canada have joined many more all across the Americas, trying to re-establish their connection to the Earth.

At the Canadian Museum of History in early February, Wapikoni Mobile hosted a symposium on indigenous languages in the Americas. I attended hoping to gain an understanding of what is involved in saving these languages. I went with my notions but left with a much different view.

According to its executive director Odile Joannette, the inspiration for Wapikoni grew out of a health and social services program in the Atikamekw community called Wemotaci, far northwest of St. Donat, at a latitude similar to Roberval. Access to some of these communities is very difficult and it is not unusual for people to use narrow logging roads in their normal traveling, roads on which huge logging trucks and equipment barrel along.

Faced with a high youth suicide rate among the Indigenous communities, the health and social service workers began to encourage young people through the arts, hoping to help them rediscover what it means to be who they are, to express their existence with pride and meaning.

Wapikoni Awashish, a young woman involved in many aspects of her community and the star apprentice of film director Manon Barbeau, worked with 14 other Atikamekw youth on the film La fin du mépris (the end of contempt). It was a project welcomed by the Elders because it involved the youth and helped in the challenge of dealing with suicides. On a spring day in May 2002, Ms. Awashish, traveling on one of the narrow roads, was killed in a collision with a logging truck. The community, along with Manon Barbeau and her team, was devastated. Youth suicide is tragic, but when a highly motivated model youth is killed in such an accident, it is very difficult for such a small, isolated community to recover.

Manon Barbeau, along with the Atikamekw Nation Youth Council and the First Nations of Quebec and Labrador, worked together with the Assembly of First Nations and the National Film Board to create Wapikoni Mobile, named in the young woman's memory.

Attending the symposium on February 11, I witnessed young Indigenous artists discussing their expressions of culture and experience. They all worked with Wapikoni Mobile where they were encouraged to learn and talk their Indigenous languages and to celebrate them by using art forms to revitalize culture, language and history. They are racing against time, learning from their elders. Kevin Papatie an Anishinaabe from Kitcisakik, a community in the Abitibi region, underlined the sense of urgency describing the loss of 24 of their 25 Elders in the past 15 years. International participants included representatives from Chile, Panama and Peru, with references made to initiatives and challenges in Mexico and Australia. Along with them were nine Indigenous participants presenting from communities across Quebec. All their challenges are similar. Jani Bellefleur-Kaltush, an Innu from Nutashquan, described a common problem of experiencing initial resistance to the new media among their Elders, but how they come around when they understand its role in saving the culture. Martin Akwiranoron Loft, a printmaker from Kahnawake, reported that members of the community are pushing to set aside space for artistic expression as a tool to save the culture.

I learned how language is tied to their cultures, which are tied to the land. It becomes clear that preserving understanding of the land is preserving stewardship and other fundamental Indigenous values, ones that we neglect at our peril as Indigenous stewardship methods are being lost with the loss of the Elders.

A study of 15,000 properties in South America, Canada and Australia has shown that Indigenous stewardship persistently out-performs conservancies and other land protection in maintaining biodiversity. Saving Indigenous languages is saving culture, biodiversity and us all.

Hebrew's rebirth gave the Jews a voice, and in recovering from our American holocaust, our challenge is to save the many distinct cultures who speak the languages of Indigenous life across the land. Each one is essential. Wapikoni and other groups are spearheading a mission that could save us from ourselves.





## Garden Talk

# A walk in a food forest

June Angus - Main Street

Food forests are a “new” old idea that is gaining ground as a beneficial and sustainable way to garden. The idea comes from careful observation of how a forest grows, where different plants - ranging from the tallest trees to small plants on the forest floor - coexist in harmony. They benefit one another as they grow despite having different food, water, and light requirements. All of this just happens automatically in nature with no wasted space.

A classic example of this approach, applied to gardening, is the Three Sisters used by Native Americans. Corn, beans, and squash are planted together to grow healthier plants and maximize yields. This works because the beans convert nitrogen from the air into a form the plants can use. The corn acts as a trellis for the beans, while the squash becomes a ground cover to suppress weeds and conserve moisture. Such beneficial plant groupings are known as guilds in the world of permaculture and sustainable agriculture.

Permaculture mimics the way a forest works where all the empty spaces between the lowest bushes to the tallest trees are used. So, when choosing plants for your own food forest garden, start by thinking in layers: tall trees, small trees, bushes, herbs, ground covers, roots, and vines. A small garden can have just a few layers, while a complete food forest garden will contain all of them.

Each layer should consist of plants that fulfill different functions, such as nutrient accumulation, nitrogen fixing, mulching, repelling pests and attracting beneficial insects. Other plants can also help break up soil, create habitat for helpful critters and clean heavy metals from the soil. As much as possible, choose perennial plants or those that reseed themselves.

To start an edible backyard food forest garden, start by looking for a flat, sunny, well-drained area of your garden. You may want to skip incorporating large trees that are 50-foot giants or conifers that may make the soil too acidic. Instead consider trying smaller specimens such as full-sized fruit or nut trees. In our climate apple trees do well. These trees should be pruned to allow enough light to reach the lower layers.

The shrub layer fits nicely underneath the small tree layer and usually consists of flowering and fruiting shrubs such as blackberry, elderberry and blueberry. The herb layer comes next and sits lower to the ground. It can include plants such as rosemary, oregano, sage, and yarrow.

The ground cover layer fits into the small spaces between each plant to suppress weeds and offer a habitat for friendly garden critters. Ideal options include strawberries, nasturtiums, clover, and creeping thyme. Finally, the root layer fills space below ground to help aerate and loosen soil. Consider including garlic, horseradish, or even potatoes.

Keep companion planting in mind by choosing plants that are known to benefit one another. For example, leeks, rosemary, and sage planted near carrots will repel pests. Meanwhile carrot roots excrete a substance that stimulates the growth of peas.

Vines and climbing plants make good use of vertical space, climbing trees and filling in all the remaining gaps. Ideal options include cucumber, melon, peas, and scarlet runner beans.

No garden is complete without plants to attract beneficial insects that will eat pests and pollinators to help set fruit. This is the perfect way to beautify your forest garden with flowers. Almost any flower that produces pollen or nectar will do the job well.

A forest garden is not something easily built in just one season, especially if you don't already have a mature fruit or nut tree. But don't give up. These principles and a few simple changes each year will be the building blocks towards creating a sustainable food forest right in your own backyard.



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## Word Play

# Everything leans - Part II

Louise Bloom - louisebloom@me.com

We have the good fortune this winter of spending some very warm days in a small, coastal town in Mexico. The booming of the ocean and the whirring wind of the ceiling fan compete as white noise. There is no real silence, but a kind of quiet exists between the walls of these two sounds. From noon until four in the afternoon we escape the heat in our little room. Here, I continue to contemplate ideas of Elizabeth Matiss Namgyel, and I experiment with the concept of 'dependent arising'. I hold the idea that all things lean on one another, that all things are interdependent, by talking myself through various experiences – providing a kind of narration in my head.

“If dear G. had not cleaned the driveway and decided to add the sand and gravel because the sand and gravel had been too frozen to acquire... then generous Jen would not have been able to arrive at the door in time to fetch us to the airport...if it had snowed Tuesday instead of on Sunday and had the weather not been clear and the road dry .... and so on.” In my narrative of events, I notice that I am applying negative terms.

Rather then, “Because G. cleaned the driveway and added the sand and gravel, Jen was able to fetch us in time and the clean dry road allowed us to arrive at the airport with enough time to endure the very long wait at the luggage drop-off, and the slow progress through security. All those arriving at gate 52 would have similar narratives, that woven together, place us all on Aero Mexico flight # 178.

I observe that no phenomena can be singular, permanent or independent. Taking this to heart, I begin to answer the question; Of what importance is this to my life? Does knowing this 'dependent arising' affect the way I see the world and function within it?

Embracing the total interdependence of everything begins to soften the harsh self-criticism that has been my life-time companion. Despite intention, effort or talent, we are less in control than we imagine, being ourselves dependent for our existence on the 'leaning' of events. Nothing is independent. Nor is anything singular. Whether person or object, thought or deed, it always has a partner, a predecessor, an antecedent, a creator. Nor is anything permanent. Humans tend to hold onto and restore things – wash and dry continually – but eventually age and use renders all ordinary objects as impermanent as the wind. As we are.

I find I am now less disturbed by difficult events, knowing that they change continually in the wake of time. Moods that might become conflicts, merely contemplated and left undisturbed, seem to dissolve.

On the Rinconcita, the famous road to Mexico's Mazunte beach, chaos reigns. Simultaneously, a man rides a horse, children play with a cyber toy, tourists cross the road enjoying ice cream, a car alarm pulses continually, a Mexican love-ballad cries, cash registers exclaim, a truck pushes through the narrows with impatience, and at least five spoken languages are parts of the whole.

Dependent arising is everywhere. The revelatory aspect of this contemplation is the irony that in letting go of control, crisis and drama give way to a much gentler perception of life.

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



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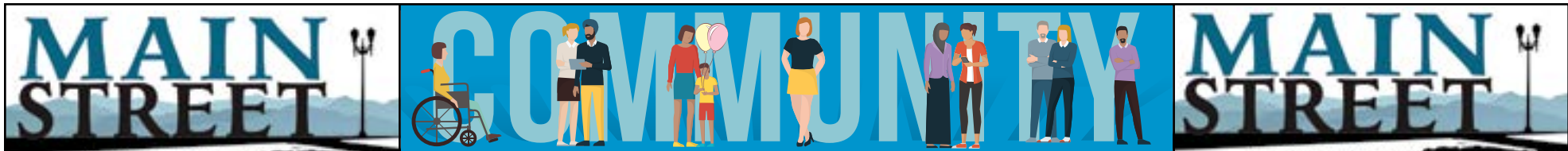
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## RELIGIOUS SERVICES



### ROYAL CANADIAN LEGION LA LÉGION ROYALE CANADIENNE

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

### Branch 171 Filiale Morin Heights

**Sat, Mar 14: 6 pm** - St. Patrick's Day Supper

**Fri, Mar 20: 6 pm** - TGIF Smoked Meat

**Sat, Mar 28: 8 pm** - Rockabilly Night with The Runaway Boys

Darts: **Thurs: 3 pm** - new players welcome  
3rd Mon of the month: 1:30 pm - cribbage – new players welcome

Check with the legion for daily bar hours  
Hall rental available at competitive prices  
Info: 450 226-2213 <http://www.legion171.net>  
Facebook: legion 17

### Branch 70 Filiale Lachute

Monthly bus trips to the Casino have resumed.

Please call the branch for info

Monthly Saturday night Military Whist Games – call for info.

**Tues: 1 pm:** Euchre

**Thurs: 1 pm** - Cribbage

**Saturdays: 2:30 pm** – Darts

For information call: 450 562-2952  
after 3 pm - 634, rue Lafleur

### Branch 71 Filiale Brownsburg

**1st Tues of each month** - Soup luncheon

**4th Thurs of each month** - Military Whist

**Bar open Wed - Fri 3 pm - closing**

Everyone welcome.

Contact Sheila: 450 562-8728 / 514 909-8885

### Branch 192 Filiale Rouge River

**Tues: 9:30 am - 11 am** - Yoga

**Fri, 9:30 am - 11 am** - Chair Yoga

Info: Marlene: [www.yogaetctetra.com](http://www.yogaetctetra.com)

**Tues: 7:30 pm** - Cribbage (info Michel):  
514-882-2978

**Wed: 1 pm** - Bridge (info Kathleen:  
819-687-9517)

Please check our Facebook page for full details on upcoming events. Non-members welcome  
Hall & Party space with kitchen and bar facilities available for rent.

Bar open daily at 3 pm

For further info: 819 687-9143 /  
[arundellegion@gmail.com](mailto:arundellegion@gmail.com)

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

940 du Souvenir (St-Jérôme QC J7Z5R6, CA)

Tel: 450-438-5524 ask for Michel

Email: [legion.stjerome@hotmail.ca](mailto:legion.stjerome@hotmail.ca)

PTSD/Suicide hotline for veterans and family  
24/24 & 7/7 at 450 848 4362

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Facebook: Légion190 St-Jérôme

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Clerk of Session: Linda Rodger: 450-562-6162  
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Sunday service and Sunday school **10:30 am**.

#### MILLE ISLES PRESBYTERIAN CHURCH

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#### ST. ANDREWS EAST PRESBYTERIAN CHURCH

5, John Abbot St., St. André d'Argenteuil

#### LOST RIVER PRESBYTERIAN CHURCH

5152 Lost River Rd., Harrington

#### DALESVILLE BAPTIST CHURCH

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

#### LACHUTE BAPTIST CHURCH

45 Ave. Argenteuil - 450-562-2837  
**Worship Service - 10:30 am**

#### TRINITY ANGLICAN CHURCH – MORIN HEIGHTS

757, Village, Morin Heights (450-226-3845)  
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#### ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH

94 Ave. St. Denis, St. Sauveur 450 227-2180  
**Sundays: 9:30** - Worship services.

#### HOLY TRINITY ANGLICAN CHURCH

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The Rev Josée Lemoine  
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#### ANGLICAN PARISH OF ARUNDEL & WEIR GRACE CHURCH

7 Church Street

**Sun, Apr 5: 11 am** – Palm Sunday

**Thurs, Apr 9: 1 pm** – Maundy Thursday

**Fri, Apr 10: 2 pm** – Ecumenical Service

**Sun, Apr 12: 11 am** –

Easter Sunday Eucharist

Reverend Josée Lemoine

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are held every **Sunday at 11 am**

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The Reverend Josée Lemoine -

Priest in Charge

The Reverend Nick Brotherhood -

Interim Priest

The Reverend Tania Lesack

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The second Sunday of each month is a

fun Family Service

Everyone is most welcome to join us.

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#### UNITED CHURCHES OF CANADA

450 562-6161 or 514 347-6250

#### KNOX-WESLEY CHURCH

13 Queen Street, Grenville

Contact: James Hocquard - 819-242-4722

**Sundays: 9:15 am** - Weekly Sunday Worship  
and Sunday School

#### ST MUNGO'S UNITED CHURCH

661 Rte. Des Outaouais, Cushing

Contact: Sandra Goorbarry - 819-242-5523

#### LACHUTE UNITED CHURCH

Hamford Chapel, 232 Hamford Street, Lachute

Contact Pat Hodge 450-562-8365

**Sundays: 11 am** - Weekly Sunday Worship

#### HARRINGTON UNITED CHURCH

370 ch. Harrington, Harrington

Contact: Eleanor Morrison: 819-429-1925

**Last Sunday of each month: 1 pm**

#### ST ANDREWS CHURCH, AVOCA

150 Avoca Rd, Grenville-sur-la-Rouge

Contact: David Elo 819-242-6559

**2nd Sunday: 1 pm - April - December**

#### SHAWBRIDGE UNITED CHURCH

1264 Principale, Prévost (at de La Station)

Contact Sandra Trubiano - 450-224-5188

**Sunday service time is 9:15 am.**

#### ARUNDEL UNITED CHURCH

17, du Village, Arundel, 819-687-3331

Contact : Heather Hodge - 819-687-9230

**Sundays: 10 am:** Worship service.

#### MORIN HEIGHTS UNITED CHURCH

831,Village, Morin Heights

Contact Catherine Davis – 514-712-8863

**Sundays: 10:30 am** - Weekly services

#### STE-ADELE UNITED CHURCH

1300 ch. du Chantecler, Ste-Adèle

Contact: Jacques-Henri Honoré /

450-512-8007 / [eglise.ste.adele@gmail.com](mailto:eglise.ste.adele@gmail.com)

#### BROOKDALE UNITED CHURCH, BOILEAU

Info: 819 687-2752

#### PARISHES OF THE LOWER LAURENTIANS

Everyone welcome

#### ST. AIDAN'S WENTWORTH

86, Louisa Rd - Louisa

**Mar 15: 11 am** - Holy Communion

**Apr 19: 11 am** - Holy Communion

#### ST. PAUL'S - DUNANY

1127 Dunany Rd, Dunany

**Apr 12: 4 pm** - Easter Sunday Holy  
Communion

#### HOLY TRINITY - LAKEFIELD

4, Cambria Rd, Gore

**Mar 22: 11 am** - Holy Communion

**Apr 26: 11 am** - Holy Communion

Bilingual services with gospel/  
bluegrass music

#### CHRIST CHURCH - MILLE ISLES

1258, Mille Isles Rd - Mille Isles

**Apr 12: 11 am** - Easter Sunday

Holy Communion

#### VALLEY GATE CHURCH

Pauline Vanier, 33, de l'Église, St. Sauveur

Info: [porte.valle@gmail.com](mailto:porte.valle@gmail.com)

Website: <http://www.portedelavallee.org/>

Please join us every **Sunday at 10 am**

#### VICTORY HARVEST CHURCH

351 des Erables, Brownsburg-Chatham

Pastor Steve Roach 450 533-9161

**Sunday: 10 am** - Bilingual Service

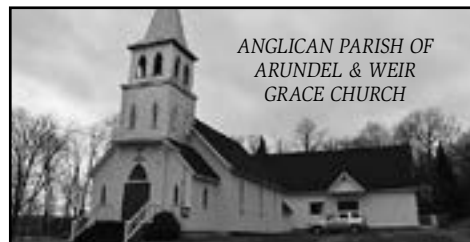
#### FABRIQUE DE LA PAROISSE ST-SAUVEUR

205 rue Principale, Saint-Sauveur

**Saturdays: 5 pm** - The parish offers a  
bilingual mass

#### SAINT SAUVEUR CHURCH

205, rue Principale, St-Sauveur



ANGLICAN PARISH OF  
ARUNDEL & WEIR  
GRACE CHURCH

## LAURENTIAN CLUB NOTICE

**Holy Trinity Church  
12 Préfontaine Ouest (corner of Tour du lac)  
Ste-Agathe-des-Monts, Quebec J8C 1C3**

**Guest speaker: Karyn:  
Penny Lane Farm Sanctuary**

Penny Lane Farm Sanctuary Inc. is located near Saint-Pascal-Baylon, Ontario east of Ottawa and is a federally registered Not-for-Profit organization. It provides a safe haven for live animals that are at risk or have known abuse and neglect before being brought to the farm. Its mission is 'to provide educational opportunities for all who need to show compassion to farm animals.'

**Tuesday, March 24: 1:30 pm**  
Refreshments following the discussion  
**Annual membership \$35**  
**Guests \$10**

Info: 819 326 4401

[www.laurentianclub.ca](http://www.laurentianclub.ca)

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

LAURENTIAN CLUB OF CANADA



## Laurentian Region Cancer Support Group

*Groupe de Soutien du Cancer  
de la Région des Laurentides*



Next meeting for cancer patients,  
families and caregivers is  
**SATURDAY AFTERNOON**  
**March 21, 2020 - 1 pm**  
**Chalet Bellevue (main entrance)**  
**27 Bellevue, Morin Heights**

**Speaker: SHAWNA DUNBAR**  
**Cannabis Care Consultant, Wild Iris**  
**"Understanding Medical Cannabis"**

*Upcoming meetings: April 18*  
*Acupuncture & Pain Management*

**Meetings are conducted in English**  
**ADMISSION IS FREE**

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

REGISTERED CHARITY - DONATIONS APPRECIATED





## COMMUNITY NEWS

### AMI-QUEBEC PROGRAMS ACROSS QUEBEC

Tele-workshops/Webinars  
Info: 1 877 303-0264 (514 486-1448 in  
Montreal) info@amiquebec.org www.  
amiquebec.org

### VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg –  
Chatham Saturday /samedi:  
**11 am – 1 pm / 11h – 13h**  
Corner /coin - des Érables & McVicar

### WILLKOMMEN

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

## COMMUNITY EVENTS

### LOST RIVER COMMUNITY CENTRE 2811 RTE 327

**Tue, Mar 17:** St. Patrick's Day  
Corn Beef Dinner  
Doors open at 5 pm / dinner at 6 pm  
Adults: \$17 / Children: \$8.50 / 12 and  
under – FREE  
Music, dancing, fun, singing, BYOB  
**Sun, Apr 5: 9 am - noon:** April Breakfast  
Basket draw donations will go to the  
Parkinson Canada Research Fund  
Everyone is welcome to join us  
See event details and photos on our  
Facebook page  
Like LRCC on Facebook at  
LRCC-Lost River Community Center

### HARRINGTON GOLDEN AGE CLUB (259 Harrington Rd)

Cook's Night Out: 1st Friday  
of the month at 5:30 pm  
Members \$10 / non-members \$12  
Bingo: 1st & 3rd Sunday of the  
month at 1:30 pm  
Quilting: Mondays at 10 am  
Knitting: Mondays at 1 pm  
Line dancing: Tuesdays at 7 pm  
Welcome back to all

### SCOUTS MORIN HEIGHTS

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

### ARGENTEUIL GIRL GUIDES

Laurentian Elementary School  
455 Court St, Lachute  
(side entrance on Bellingham)  
**Wed evenings: 6:30 pm - 8 pm**  
Any girl (age 5+) or woman is  
welcome to join us

### THEATRE MORIN HEIGHTS PLAY READING

Morin Heights Legion  
Morin Heights Legion (127 Watchorn)  
**Wed, Feb 19**  
Doors open at 7 pm / reading starts at 7:30 pm  
Audience participation essential.  
Join in to read or just relax and listen  
For more news call 579-765-3999 or visit  
or Facebook.com/TheatreMorinHeights.

### LACHUTE ARMY CADET CORPS

Open to teenage girls and boys  
between 12 and 19 years.  
Leadership, music, highland dancing,  
map and compass marksmanship, and  
Eco-stewardship are among the training  
Uniforms and training are free; all we  
ask for is a commitment.  
Info: Captain Dan Demers:  
514-927-9260

### ATELIER DE LÎLE

Laurentian Dialogues - an exchange  
between engraving and poetry  
Alphonse-Desjardins Hall, 1145, rue de  
Saint-Jovite  
**Until Mar 15**  
11 engravers and poets joint together to  
present a very special project.  
Info: 819-425-8614, ext. 2500 / villede-  
mont-tremblant.qc.ca

### MORIN HEIGHTS HISTORICAL ASSOCIATION

Chalet Bellevue  
75, Chemin du Lac Echo  
Morin Heights J0R 1H0  
**Sun, Apr 19: 1:30 pm** - Bilingual pre-  
sentation on The Development of Skiing  
in the Laurentians  
with speaker, James Jackson who is  
a member of the Laurentian Ski Hall of  
Fame.  
Admission is free to members / \$5 for  
non-members  
The Morin Heights Historical Association  
invites you to visit their new  
website at morinheightshistory.org.  
It features interesting articles, an  
online store for publications and online  
membership options  
mhha98@hotmail.com /  
www.morinheightshistory.org

### ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

### ALCOHOLICS ANONYMOUS MEETINGS

Holy Trinity Church Hall, Ste-Agathe  
Corner of Préfontaine St. W  
& Tour du Lac Road.  
**Friday evenings: 8 pm**  
Having problems with alcohol? Looking  
for help? Join us for a group meeting  
and support.

### FEST'ÉRABLE

Saint Sauveur Valley  
**Sat, Mar 21: 11 am - 5 pm**  
Activities for the whole family include  
maple product stands, mini-farm, axe  
throwing, lunberjacks, woodcarving  
demonstrations, musical performances  
and more. Info: 450-227-4633

### LACHUTE 4H CLUB

Fundraiser Dance  
Grenville Community Centre  
**Sat, Mar 28: 8 pm**  
Music by Honky Tonk Strangers with  
Jean-Philippe Levert on the fiddle.  
Tickets \$10 - available for purchase  
from a Lachute 4H member or director.  
Also available at the door.  
Refreshments will be served later  
in the evening.  
Hope to see you there and thank you  
for supporting the Lachute 4H Club

### BURTON EL NINO AT TREMBLANT

Tremblant Resort, 1000 ch. des Voyageurs  
**Mon, Apr 6: 8 am - 3 pm**  
Children under age 12 can get some  
precious advice on how to improve their  
freestyle snowboarding skills with  
Burton Québec and the Tremblant  
team coaches.  
FREE ACTIVITY

### LAUNCH OF THE TREMBLANT BLUES FESTIVAL

Tremblant Resort, 1000 ch. des Voyageurs  
**Sat, Apr 11: noon - 11 pm**  
Unveiling of the 2020 festival's programming.  
Live musical performances  
FREE ENTRY  
Info: 819-681-3000 ex. 46643 / trem-  
blant.ca

### PARTY AT THE SUMMIT

Tremblant Resort  
**Sat, Apr 11: noon - 4 pm**  
Celebrate the end of the ski season with  
a BBQ, music, games and more  
FREE ENTRY  
Info: 819-681-3000 ex. 46643 / trem-  
blant.ca

### CANICOURSE TOGO 2020

Parc Régional Éducatif Bois de  
Belle Rivière  
9009, route Arthur-Sauvé  
**Sat, Apr 18**  
Canicourse Togo is a canine sport  
event bringing together  
more than 85 human-dog teams. All  
profits will benefit Les Chiens Togo,  
an organization whose mandate is to  
train abandoned dogs  
to become service dogs.  
Info: facebook.com

## ADVANCE NOTICES

### SPRING BAKE SALE & COFFEE HOUR

Margaret Rodger Memorial Church  
**Sat, May 9: 10 am - 1 pm**

### LACHUTE UNITED CHURCH EVENTS

United Church, 232, Hamford Street  
**Sat, May 16: 8 am - noon:**  
Plant, bake table and  
treasures sale

### LACHUTE UNITED STRAWBERRY SOCIAL

Grenville Community Centre  
**Thurs, July 2: 6:30 pm - 8:30 pm**

### AUPC CRAFT SALE

Grenville Community Centre  
**Sat, May 2: 10 am - 3 pm**  
Light lunch available

### AUPC BARBEQUE

Along the Grenville Canal  
**Fri, Aug 7: 5 pm - 7 pm**  
Bake table available /  
bring your lawn chair

### LAURENTIAN AREA MINISTRY ANNUAL CHICKEN DINNER

Top Shot Restaurant,  
417, rue Principale, Lachute  
**Wed, Sept 16: 5 pm - 7 pm**

### EXHIBIT – DANS UN GOUTTE D'EAU

Saint-Hippolyte library  
**Thurs, Mar 19 – Wed. Apr 22**  
A series of photographs over 20  
years showing microscopic life in  
Laurentian lakes  
Info: 450-563-2505 /  
saint-hippolyte.ca

## FAUBOURG SUICIDE PREVENTION CENTRE

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

Intervention and help for all  
Laurentian residents.

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



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888 974.3940

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL  
info@4kornerscenter.org 4kornerscenter.org

**PAIX**  
Programme d'aide en d'intervention

PAIX: To fend off violence!  
819-326-1400 / 1-800-267-3919  
www.organismeapix.ca

**Alcoholics Anonymous**  
Helpline:  
**1 877 790-2526**

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



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**450-744-0122**

stsauveur@automod.qc.ca

www.automod.qc.ca/succursale/st-sauveur/





# Laurentian Personality

## Rose and Don Manconi

Lori Leonard – Main Street

A community is only as strong as its strongest members. Rose and Don Manconi are two of Gore’s strongest community members. Don has resided in Gore for the last 51 years and Rose joined him in 1988. Rose has been the President of the User’s Committee for the Lachute Residence for the past 2 years. The mission of the User’s Committee is to promote English rights for seniors and to ensure that the residents enjoy the best home life as possible at the residence. This includes the quality of food, hygiene and the general well-being of all 52 residents. It’s not an easy task when the youngest resident is 30 and the oldest is 106! Rose also helps organize the monthly Bingo session at the Lachute Residence, along with the help of the Ladies Auxiliary members. Usually, 20-23 residents attend with 10 volunteers helping out. The residents truly enjoy this lively game and it is an event they don’t want to miss!



Don initiated and has been Chairman of the Trinity/Gore Church Christmas Basket Project since 2010. Rose is his Co-Chairperson. Together, with all of the volunteers, they helped 42 families to enjoy a complete Christmas dinner last year. The total cost of this project is approximately \$6,000, which Don raises at his Annual Christmas Steak Dinner Fundraiser, which takes place at the Dunany Golf and Country Club. The event includes 130 guests, with the Lake Hughes volunteers. The Christmas Basket Project takes 7 days to organize and complete all of the food baskets.

Don has also worked on, and continues to work on, the Lake Beattie Project regarding the development of the public recreational park in Gore in both summer and winter. Don has been a City Councillor in Gore for the past 25 years. All 6 councillors in Gore have achieved the successful development of the Gore Community Center, the community garden, Beattie Lake recreational park, the Annual Environment Day and the Eco Center in Gore. Whenever or wherever there is an event or fundraiser in Gore, you can rest assured that Don is involved.

Thank you to Don and Rose for their incredible enthusiasm to volunteer and help out in the communities of Gore and Lachute. Don and Rose would like to thank everyone for their monetary donations and also thank all the volunteers who make their projects so successful.

*spring leisure*

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101, RUE PRINCIPALE, SAINT-SAUVEUR J0R 1R2

**www.bruleriedeshonts.com**

**7/7**

From 6 a.m. Mon to Sat. Family Size

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



**LEGAL SECRETARY**

The firm Godard Bélisle St-Jean & Associates, s.e.n.c., located in Sainte-Agathe-des-Monts, is searching for a bilingual legal secretary (60% of the work is performed in English)

**PROFILE:**

Good sense of initiative, responsibility and organisation Good capacity to master Microsoft Office and Excel; Capacity to speak and write in English and in French;

Please submit your candidacy to Me Alfred A. Bélisle by mail at **3 Préfontaine Street East, Sainte-Agathe-des-Monts (Quebec) JBC 1R5** or by e-mail at **alfred@qobel.ca**.

Every candidacy submitted will remain strictly confidential and the information contained will remain subject to professional secrecy.





Maya Khamala

Starting a business can be very exciting, but did you know only 51% of new companies make it to their 6th year? Save yourself time (and money!) by learning from others’ mistakes!

How to avoid the top 5 reasons why businesses flop:

1. **Bad value proposition, bad marketing**

Your value proposition is what makes your business attractive. Entrepreneurs often fail by focusing on product quality at the expense of everything else. Yet focusing on your customer is essential to your success. To determine your value proposition, start with understanding who your target market really is. Once you’ve identified your specific client group, ask yourself what problem(s) your product or service can solve for them. Invest in SEO, marketing and PR that answers this question clearly and engagingly.

2. **Poor competitor analysis**

Never assume that your product is in a league of its own. It’s important to do a proper competitive analysis to identify your competitors and their marketing strategies so you can set yourself apart. Give yourself an edge by understanding your competitors’ mistakes and improving upon their strategies.

3. **Lack of funds**

We’ve all heard the expression, “spend money to make money”. But, as with most things, balance is key. It’s crucial to keep track of net cash and cash-equivalents going in and out of your business. Ensure you’re prepared for lulls or unexpected expenses. Work on funding applications. Spend wisely, but don’t hesitate to invest in good people and products. Not doing so will cost you long-term.

4. **Perfectionism**

You can’t do everything yourself. Do what you’re best at and delegate the rest or risk burning out (along with your business).

If you’re a perfectionist, you may be particularly prone to taking everything on. Use the Pareto Principle (the 80/20 rule) to combat time and resource-consuming perfectionism. The main idea? Once you’ve put 20% of the time into a task, you’re already 80% finished. If you keep working on it after that, you’ll see diminishing returns. Recognize when the profits gained are less than the resources invested.

5. **Weak network**

Building your business in isolation isn’t just a lonely way of life; it can limit the success that networking can open you up to! Find a mentor. Ask questions. Never underestimate the benefit of a fresh set of eyes. Setbacks are normal, but avoiding the mistakes of others will help you save time and money so you can get back to what’s really important – building your business!

Visit [yesmontreal.ca](http://yesmontreal.ca) to see how we can help you avoid other common pitfalls and put your best foot forward.

# Distribution Points

We are often asked where our FREE copies of Main Street can be picked up. While there are too many locations to list them all, below you will find our major distribution points across the Laurentians where your copy of Main Street can be found on the 2nd Friday of each month. Better be quick though as they literally fly off the shelves! Enjoy the read...

**MORIN HEIGHTS – 1325 copies**

Available at: IGA, Familiprix, Vallaincourt’s

**ST-SAUVEUR – 2675 copies**

Available at: IGA, Provigo, Rachelle Béry, Petino’s, Jean Coutu. TD Bank, Brulerie des Monts and Fumoir des Lacs, Chalet Pauline Vanier

**STE- ANNE-DES-LACS – 50 copies**

Available at Marché du Village

**STE-AGATHE – 1950 copies**

Available at Metro and IGA,

**ST. ADOLPHE D’HOWARD – 50 copies**

Available at the Marché

**ST. JOVITE – 1150 copies**

Available at Maxi, Bourassa, Metro & Rona

**VAL DAVID – 175 copies**

Available at Au Petit Poucet Restaurant, Familiprix and Metro

**STE-ADÈLE – 535 copies**

Available at IGA, Valso Esso, Tim Horton’s and Chateau Stationary

**STE-MARGURITTE DU MASSON – 100 copies**

Available at Le Magasin Legare

## Making it Work in the Laurentians

# Avoiding the most common startup mistakes



## Nature Everyday

# Water: Stories of Colca Canyon

By Mat Madison, biologist

Back in August 2019, Benoit Charette, minister of the Environment, stated that the year 2020 would make water a priority for its ministry and the Quebec CAQ government. Well, we’re in it now. So, I’ve decided to dedicate my writings in Main Street to water, humanity’s relationships with it, the way we manage it, as well as the issues arising. I’ll present stories and examples from here, as well as from abroad, as I always do.

So, to start off, let’s talk about my trip to Colca Canyon in Peru. The Cañón Del Colca is a 3270-meter (10,730 feet) deep canyon, one of the deepest in the world, in the Arequipa region of Peru. Its history dates to pre-Inca Quechua-speaking people. They and the Incas turned these dry mountains into a lush, green cultivated valley.

The first story I want to tell is that of the stepped terraces, called andenes. These are like huge steps on the steep mountain sides that create large platform terraces retained by tall rock walls. These terraces are what makes it possible to grow food on such steep slopes, whilst controlling erosion, creating warmer microclimates and, of course, capturing, storing and distributing water. I’ve seen these built in many parts of the world, but Peru is renowned for these.

In the Colca area, these are everywhere. In the valleys they are of large scale, but in the Canyon they are high, and less wide. On the morning of the second day of my 4-day trek into the Canyon, I climbed the trail 200 meters (650 feet) higher in altitude from the river at the bottom of the Canyon. This whole section of the trail navigated through food forest terraces. We walked on a mule trail that must have existed for centuries in between a lush mountain side man-made forest. There were fig trees, cherry trees, apples, prickly pear, peaches and, my favorite, avocado. This lush agroforest landscape stood out from the other dry cactus dominated mountainsides, and it was all made possible by an ingenious water canal structure.

Throughout this 20-hectare (50 acre) system, the people had built and maintained swales and ditches that captured, stored and distributed water to areas of the forest that needed it. By storing the water higher on the landscape, they could guide it to areas within the system. But this water, where was it coming from? It wasn’t raining that much around here, even in the January rainy season. I walked the trail for another 3 kilometers (1.8 mile) up this secondary canyon, passing through two other terraced food forest and two other villages that also benefited from the same water canal. At the second village, water was being diverted from the rich mountain river. The canal brought water from this spot all the way to the first food forest almost 2 miles (3.5 km) away. Everywhere the canal went, the lush vegetation would grow. All people had to do is to guide it through the landscape, from the canal to the river at the bottom of the canyon, through the fruit forest and pastured terraces. The most awesome part about this whole system is that this canal and these terraces were built millennia ago, by hand, with the help of mules to carry the stones and soil, on steep cliff-like topography. Today, thanks to technology, the leaky parts of the once clay-based canal have been reinforced with concrete poured on site. Oh, another thing also; because these areas utilized the sunlight and the hot air from the canyon, people used to grow oranges before a disease destroyed them a few decades ago.

The second story is of the Hualca-Hualca River that flows through the valley of Cabanaconde, a town located on the south plateau of the Colca Canyon. The Hualca-Hualca is a 6000+meter (20,000 foot) tall snow-covered volcano located 16 kilometers (10 miles) from Cabanaconde. This is where all the water used for drinking and growing crops in Cabanaconde comes from. Based on the PhD thesis of anthropologist Paul H. Gelles that I found in Cabanaconde, the water situation wasn’t always easy. First off, people used canals to bring water from the river to their terraced fields. Sharing this resource between the people wasn’t always without fights. So, even centuries ago, people had water regimes in place, the politics of water management, to ensure that top parts of the valley were irrigated before the bottom parts of the valley. Secondly, because people depended on the waters of the Hualca-Hulca, every family had to dedicate a member to take part in the annual climb up the mountain to clean the river and ensure that it flowed. This was a cultural and even sacred event, an offering to the gods. People died every year climbing to these snow-covered altitudes. But it was part of the culture, part of the community and a collective effort to protect the water on which everything depended. In 1971, the Pampas De Majes (Majes Canal) project started with the objective of bringing more water to the Hulca-Hulca basin. This did help, but it also created other issues and other fights over the resources. But, most of all, the collective and cultural values related to the Hulca-Hulca slowly disappeared.

People don’t adventure up the mountain anymore. The water culture has changed, and the collective approach to water management is no more, evidence that technology can also lead to loss of intrinsic cultural values. I think we can relate to ...





# Obituaries

### BARD Marilyn Olive

On February 9, 2020 Marilyn Olive Bard of Montreal, Quebec, passed away peacefully in Nanton, Alberta, at the age of 77 years.

Marilyn is predeceased by her husband Edward (Pete) Bard. She is survived by her 2 children, Timothy Fontaine (Tracy) and Deborah Fontaine (David Humphreys); three step-children Ralph (Leslie), Richard and Catherine (Kirk) Bard. She is also survived by her nine grandchildren; Logan and Eli Fontaine, Travis, Krista (Tyler) and Kayla Humphreys, Stephanie, Natalie and Dayton Bard; three great-grandchildren; Ismay, Jackson and Jaxon, and many foster children.

At Marilyn's request no funeral service will be held. The family asks that you Celebrate her Life by remembering her fondly, sharing your encounters with her and if you wish, in lieu of flowers make a donation in her memory to a fibromyalgia, arthritis or chronic pain charity of your choice.

Marilyn, Mom, Nana, we hope that now you are free and with the angels, you will be able to do all the things you loved to do without pain. You are forever in our hearts.

To email condolences please visit [www.snodgrassfuneralhomes.com](http://www.snodgrassfuneralhomes.com). Arrangements in care of Snodgrass Funeral Home Ltd., High River. (403-652-2222)



### D'ALLMEN Fredrick James December 25, 1928 - February 21, 2020

It is with great sadness that we announce the passing of Fredrick J. d'Allmen. He was a kind and gentle soul who lived life to the fullest.

He was a master electrician and could build and fix most anything. In 1955 he started to build his dream home on his favourite Laurentian mountain in Sainte-Anne-des-Lacs. He traveled the world, had many adventures and was always determined to learn and experience new things. He was generous to a fault with his time for anyone in need. Everyone knew they could call Fred, just not during afternoon nap-time, to see if he had a part, the equipment, or knowledge to help. The answer was usually, yes.

Most of all, his life and love revolved around his family, his wife of 67 years, Shirley (Lepot), his daughter, Diana (Pat O'Keefe), his son, Eric (Ellen Fuller) and his four grandchildren, Daniel (Mary), Alyssa, Emily, and Julia

The family would like to thank Francoise Racette, Gwendi and Sheldon Segal for all their help and moral support

As per his request, a summer party will be held to celebrate his life. Details to follow.

He will be so missed



### MATTER, Luc Johan Sept. 28, 1933 – Feb. 27, 2020

Long-time Lakefield denizen Luc Matter slipped away peacefully on a stormy morning, just days after discovering he was suffering from an aggressive cancer. Luc died the way he lived—on his own terms—and leaves behind a community of family and friends, whose lives he touched in so many ways.

Father, husband, friend, mentor and elder, Luc will be mourned by his wife Nina, his sons Edan and Gray (nee Gus), whom he loved more than life itself, and his surviving relatives still living in Holland: his brother Bert, his sister Theunke, his cherished niece Bo Matter, and many other nieces and nephews. He also leaves behind his beloved dog Maika, the last in a long line of canines, felines, equines and other animals, for whom he cared so deeply.

Luc would not have been able to remain in his treasured home without the tireless support of many people. Special thanks to family angel Linda Cass Jones and her husband Bill Jones, and deepest gratitude to neighbours Elisabeth and Richard Sunerton.

Luc lived a full, principled and meaningful life, which will be celebrated at a memorial in May (date to be announced).



### IN MEMORIAM - In Loving Memory of 35 years...

**DOUCET Jeannette  
(née Daigneau) Nov 22, 1928 -  
March 3, 2016**

“Petite Fleur de Mon Coeur,”  
I love you! My Sweetie, you are  
dearly missed and lovingly re-  
membered by myself, your loving  
husband, as well as your family &  
close friends.

You were the most beautiful person  
in the world with a heart twice as  
big and anybody who met you fell  
in love with you (as I did, again  
& again, each & every day). Your  
passion for life will live on through  
your love of collection dolls &  
angels as well as all the beautiful  
paintings & crafts your loving  
heart created throughout your life.  
Many of us were so touched by  
your angelic voice through your  
singing, in your younger years.  
You are one more angel in heaven  
leaving us all with beautiful  
memories...

Rest in peace my Sweetie... we'll  
miss you and you will live on every  
day in our hearts, in everything we  
do, to carry on, for you and with  
you ... Your loving sweetness will  
be our legacy!

Your loving husband Fernando  
(Fred Doucet).

### MCDONALD Brent Haddon

The family of the late Brent McDonald wish to thank all those who sent cards, messages, beautiful flowers and/or contributed to worthy causes in his memory. Thank you to those who attended visitations and the funeral, especially those who traveled far to be there. All gestures of sympathy were greatly appreciated. Special thanks to the D North 8th floor nurses and doctors of the Royal Victoria Hospital (Glen site of MUHC) for such wonderful care.

Sincerely, Marjorie



### IN MEMORIAM

**THOMAS GEORGE SMYTH  
APRIL 21, 1929 – MARCH 2, 2010**

In loving memory of a wonderful husband, a great father and a super grandfather. As we approach the 11th anniversary of your passing, please remember that you're not forgotten, nor ever shall be; As long as life and memories last we shall remember thee. With all our love, your wife Doreen, daughters Cindy (Derek), Heather (Hal) and grandchildren, Tyler, Taylor and Courtney.  
God Bless.



**palliacco**  
support, accompaniment & respite care

## Upcoming Activities

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

#### PERSONAL SESSIONS TO RELIEVE STRESS

Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe, Mont-Tremblant and Saint-Sauveur by appointment.

#### FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION

##### Comforting Tea

**Mon, Apr 13: 10:30 am - noon**

(Mont-Tremblant - by reservation)

**Fri, Mar 27 & Apr 24: 10:30 am - noon (Ste-Agathe)**

##### Coffee Club

**Thurs, Apr 2: 1:30 pm - 3 pm**

(by reservation) (Mont Tremblant)

**Mar 19 & Apr 16: 1:30 pm - 3:30 pm (Ste-Agathe)**

##### Regenerating Yoga

Every Thurs from 1 pm - 3:15 pm (Mont Tremblant)

Every Thurs from 9:30 am - 11 am (Ste-Agathe)

##### Mourning Group Sessions

For those who have lost a loved one, 10 meetings on the stages of mourning and the possibility of sharing experiences with others living the same reality.

Starts in May (Mont-Tremblant)

— registrations now open

Starts in April (Saint-Sauveur)

— registrations now open

Palliacco is looking for volunteers to support palliative home care. To become a volunteer, you will receive training in palliative care support and support for caregivers in order to acquire skills, Knowledge and interpersonal skills to support at home.

Rivière-Rouge and Mont-Tremblant

sectors: **Mar 11, 18 & 25**

##### Relaxation Group

To relax and acquire tools to do you good. Visualization and relaxation exercises will bring you calm and well-being.

**Fridays: 1:15 pm - 2:45 pm (Ste-Agathe)**

##### Caregiver Training

**May 5, 12, 19 and 26, 2020**

Training of 4 half-days to support a loved one in palliative phase and / or at the end of life. To support you, allow you to share with other caregivers and prevent burnout.

Sectors: Rivière-Rouge / Ste-Agathe / Mont-Tremblant:

##### Accompanying services

Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers.

Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)



**4Korners**

Family Resource Center

*A Cornerstone of the Community*

## 4Korners Community Cup kicks off

### Andie Bennett

My favorite award to vote on while a member of the Montreal Canadiens press corps was the Jacques Beauchamp Trophy. The award was named after a long-time sports journalist who covered the team from 1943-1965. Beauchamp even signed a contract to be the backup goaltender to one of the greats, Jacques Plante, in 1959. Members of the press elect the winner of the award colloquially referred to as the “unsung hero award.” It is given to the player who contributed greatly to a team’s success while never receiving any special honour for it.

While covering sports for CBC, I also started a segment called Andie’s All-Stars where I would shine a light on people who were making a difference in their communities through sport. A sampling of my All-Stars includes a combat sports coach who started a boxing program for people with Parkinson’s, a young man training youth basketball coaches to be life coaches for students in low-income schools, and a gym teacher from a Mohawk immersion school in Kahnawake who gives countless hours of her personal time to organize after-school sports for her students. It is without question what I am most proud of from my 20 years working in the media.

I now find myself constantly in awe of the community I have become a part of in the Laurentians, and I want to continue this passion for revealing unsung heroes who walk among us. So, from now on, this 4 Korners article will be, for the most part, devoted to honouring those who are making an impact in our communities and deserve some recognition. I will still write about any and all upcoming 4 Korners events or major changes but the column’s core will be featuring people who are making a difference and quietly impacting those around them. They can be little league coaches, daycare workers, volunteers in your community or anyone that you see going the extra mile for others. Each month we will honour someone new in one of the different Korners (see what I did there?) of the Laurentians. My ultimate goal is to bring them all together for a big 4K Community Cup celebration at the end of the year, but I need your help! So please get in touch if you know people who deserve to be recognized for what they are doing in their communities.

Email me directly at [andie@4kornerscenter.org](mailto:andie@4kornerscenter.org). To receive information on monthly activities in your inbox, subscribe to our newsletter at [info@4kornerscenter.org](mailto:info@4kornerscenter.org) or check our website [www.4kornerscenter.org](http://www.4kornerscenter.org)





# Main Street Money

## Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Inheritance strategies

Whether you pay off debt or invest, some strategic planning can help newly inherited money go a long way.

When a loved one passes away and leaves a bequest to you, you may be filled with a range of emotions from grief to relief – while you are saddened by your loss, an inheritance can be an excellent opportunity to improve your financial well-being. An inheritance is a gift that needs to be treated with special care. If you find yourself the recipient of one, here are some ideas to consider.

### Take your time

It’s a good idea not to make any major decisions about your inheritance too quickly. Carefully think about your options and how they might relate to your financial goals. Consider placing the assets in a high interest savings account until you are ready to make decisions.

### Pay off consumer debt

Consumer debt (which includes credit cards, loans and lines of credit) often comes with a higher interest rate than a mortgage, so that’s a good place to start. Canadians were carrying an average of \$23,496 in non-mortgage debt in early 2019.

Identify your highest-interest debt and consider applying a substantial amount of your extra money towards that balance. Paying off a \$3,000 credit card balance charging 19.99 per cent interest, for example, can save you nearly \$560 in the first year. By contrast, if you continued making only minimum payments, it would take more than 17 years to pay off the balance and cost close to \$3,500 in interest.

### Pay down your mortgage

The biggest debt for many is often a mortgage. Across Canada, the average mortgage balance is about \$210,000. If your mortgage allows lump-sum pre-payments, consider allocating the extra funds towards the principal. You could save hundreds or even thousands in interest and be a step closer to paying off your mortgage.

### Boost your retirement savings

Money can grow quickly inside a Registered Retirement Savings Plan (RRSP), because you don’t have to pay any tax on investment growth until you make withdrawals.

Assuming you have contribution room available, \$5,000 invested in an RRSP today, earning an average rate of return of six per cent and compounded annually, will grow to almost \$29,000 in 30 years. That’s a tidy sum to put towards your retirement lifestyle. Don’t forget you also get a tax deduction based on your RRSP contribution, which may mean a refund the next time you file your taxes.

### Save for a short-term goal

Many of us have a mix of short-term goals. You may be saving for a down payment on a home, a new car or a dream vacation. Or you may want to build up an emergency fund.

Consider stashing extra cash in a Tax-Free Savings Account (TFSA) for these types of goals. Any investment growth accumulates tax-free, and the money can also be withdrawn tax-free. One of the best features of a TFSA is that you can take out money to finance a short-term goal and then re-contribute the same amount in the following calendar year. In other words, you don’t lose your contribution room when you withdraw.

### Save for education

If you’re saving for a child’s post-secondary education, you can get a head start by investing in a Registered Education Savings Plan (RESP). An RESP offers an incentive to save for a child’s education in the form of Canada Education Savings Grants (CESGs) for eligible beneficiaries and contributions.

CESGs match 20 per cent of up to \$2,500 in contributions each year, up to a maximum lifetime limit of \$7,200.

If you didn’t contribute last year, and you contribute \$5,000 this year, you could receive \$1,000 in CESGs. Over 10 years, earning an average rate of return of five per cent and compounded annually, that \$6,000 could grow to over \$9,700.

### Make sure your own estate plan is up to date

Just as important as creating an estate plan is periodically reviewing and updating it, especially after you experience significant changes such as receiving a large inheritance. Keep in mind that upon your death, the residual beneficiary of your will could be the sole beneficiary of your increased wealth – and this may not be your intention.

By considering these tips and working closely with an advisor to put a plan in place, you can ensure that your inheritance is used effectively – just as your benefactor would want it to be.

Christopher Collyer, BA, CFP  
Investment Advisor, Manulife Securities Incorporated  
Financial Security Advisor, Manulife Securities Insurance Inc.  
This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

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## It's Time For WWF Earth Hour



World Wildlife Fund (WWF) announces that Earth Hour will be March 28, 2020, 8:30 pm, your time. This global event takes place every year as we turn off our lights for one hour across the planet to remind us of nature loss and climate change. Undoubtedly, once again, global leaders will watch Earth Hour participation and its yearly effort to remind them of the Earth's difficulties and to find solutions when at their global conferences.

Earth Hour started in Sydney, Australia, in 2007 and now involves some 180 territories and countries, including Canada, and hundreds of historic sites and monuments throughout the world turn off their lights, including many locations and homes near you.

You in your home and your community are invited to turn off the lights for one hour - nothing easier. For example, ski town Mont-Tremblant's City Hall has turned off its lights for some years now. Perhaps, your City Hall, neighbours, local businesses would be interested, too, if you mention it to them.

Go to the website: [www.earthhour.org](http://www.earthhour.org) to watch the video and feel the excitement. Just switch-off for one hour...



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**HAPPY St Patrick's DAY**





# I'm Just Saying Tripping over my plan

**Ron Golfman - Main Street**

February acts out every four years; as if being the harshest month of the winter is not enough, it adds another day every leap year to remind us that old man winter, not only controls the weather, but the calendar too. We crawl into March with idealistic fantasies that spring is just around the corner. This illusion is much like driving in Saskatchewan, where you see a town on the prairie horizon, get excited, then realize it is actually 100 kilometres away.

Those of us who are fortunate enough to have the occasional opportunity to escape for a week or two to warmer places are blessed for the chance. The only downside is the required preparation prior to actually departing. In my case, I admit to being both neurotic and an over-thinker in this portfolio. First is the mandatory List 'A', which includes finding people to drive me to and from the airport, in order to avoid long term parking fees, and returning from a trip at midnight, to a frozen, snow-covered vehicle in -30-degree weather. Once secured, I would need to ask my new chauffeur if it was possible to start my vehicle at home occasionally, to keep the battery from fading and allow the snow-removal contractor easy access.

Next are my pets and plants. My two cats, brother and sister, need attention every second day to ensure water, food, litter changes, and some treats, which are issued at reasonable frequencies. Given that dogs have masters and cats have servants, they just want the tech person to be consistent. Prior to leaving, I always go to a big-box store and buy enough cat supplies to last a decade, just in case. Extra keys, emergency numbers, and making an information sheet for the house and pet watcher is necessary, explaining everything, from watering plants to shut-off valves, to things not important to the reader.

List 'B' starts with getting out a suitcase, which I inevitably have to trade for a larger one at the completion of the packing job. I usually pack enough clothing to last until 2030, in spite of it being a week getaway. Trying to remember items, such as phone charger, the right toiletries and books, it's often sunscreen, or a ball cap, that I realize I have left behind once I arrive at my destination. Closing the second-choice suitcase is akin to trying to fit a Rolls Royce engine into a Volkswagen beetle and, once accomplished, the zippers seem to be perspiring under the pressure. Worry sets in as to the weight of the monolith.

Getting a good night's sleep prior to departure day is often met with insomnia, as my mind races to remember what I have forgotten to do or bring. During the car ride to the airport, I barely listen to the conversation, fidgeting in my pockets for passport, wallet and such. This action is again repeated when changing from winter coat and boots to a lighter jacket and sneakers. Once at the airport, feeling alone and anxiety riddled, instead of excited for the trip, I start wondering if the stove is off, was the thermostat left at the right temperature, will the bananas go bad and is there an Iranian missile base near my flight pattern.

Finally, after feeling violated at customs, I am on the plane. The seat belt sign comes on precisely when I have an uncontrollable need to pee. I search fruitlessly for gum or candy to avoid ear-popping upon take off. As we lift off, and I'm Just Saying, I begin to moul, shedding my angst, knowing that, after all this effort to prepare for my trip, I really do need a vacation.



# Essential Oils Combating bacteria and viruses

**Susan Rich**

We are living in a scary time. There is a possible pandemic happening and people are nervous. Travel plans are being cancelled and the media is creating fear. This fear is not unwarranted because we do have to be careful, but there are measures we can take to protect ourselves.

Our cells have an oily lipid layer to protect them. Two of the main things that cause illness are bacteria and viruses. Bacteria thrives on the outside of cells, while viruses work inside. That fatty barrier is supposed to keep the good stuff in and the bad stuff out. On occasion however, there is a breach of that barrier, and viruses begin to replicate their DNA and make us sick.

Most medications are water-based, synthetic agents that cannot penetrate the cells. Therefore, there isn't much to do, other than to go home, drink lots of water, get plenty of rest and hope for the best. Water and oil don't mix, so if the recommendation from your doctor is water-based, it will have a really hard time penetrating through that oily cell membrane and stopping the multiplication of a virus.

Essential oils are different though; because they are oil-based, it means they can permeate those cell membranes! They can work on a cellular level without side-effects or addictions, and they can combat bacteria on the outside of the cells and prevent the increase of viruses on the inside. That is why they are often more effective than the modern approach to health problems.

Certain oils are fantastic for combating both bacteria and viruses, such as oregano, tea tree, cinnamon, clove and lavender, to name just a few. Now, I know we've gone over this before, but I will stress again, that not all essential oils are created equally. The cheap essential oil you buy in the big-box store will not do the same thing. Please know your source, how the oils are tested, where they come from and make sure you can easily find independent laboratory reports on your oils.

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



# FitTip # 141 The open heart

**Lisa McLellan – Main Street**

I have had the good fortune to be able to travel these last years. I have seen all manner of churches, mosques, monasteries, cathedrals, castles, palaces, alters, village shrines, ancient and important temples, figures of Christ, saints, Hindu gods (Shiva, Ganesha, Brahma), Buddhas (laughing buddhas, sitting, lying, standing buddhas). I have been to sacred sites, from the simplest bubbling spring to mountain tops adorned with the most ornate and grandiose buildings and statues. Sacred places. Places of worship.

Worship is defined as a feeling or an expression of reverence and adoration; a giving over of oneself to something bigger – the creator, the life force, a deity ... there are so many forms. I was brought up in an atheist/agnostic home. Religion and worship were not an integrated part of my life. No Christmas mass, no saying grace, and also, no religious dogma. Yet, my spirit has been deeply stirred by the beauty and sacredness of these sites. The power. So much passion, effort, artistic mastery and sacred intention have been invested into creating, honouring and protecting these sites, since the beginning of time.

I have been deeply touched by the role worship plays in the daily lives of the Balinese people during my stay here. Purity of intention is what makes the difference. Worship and spirituality are their way of life. When respect, humility and gratitude are given freely, the environment and peoples' lives and their relationships are touched by love. Judgemental, sceptical, critical and aggressive minds and egos are stilled during worship, which allows the sweetness and gentle power of the heart to be revealed. I am transformed by this gentleness, this non-judgemental and simple way of being. I am letting go of the stressful way of living, and unwinding my fears, doubts and worries in this peaceful balm of heart medicine.

If we can't WOW ourselves with materialistic things, we have to WOW ourselves with something else ... like the power of spirit, Nature, our family and friends, our community, coming together to support and help each other, by laughter and simply being. It is difficult not to get caught up in our speedy, competitive individualistic Western system. I don't denigrate it though, as it is also the source of our comfort, our quality of life and our freedom. How can we walk the line between the worlds of materialism and spirituality to find balance, peace and meaningful living?

Breathe, my friends, and open your eyes to what is around you. Be humble. Move forward with an open heart and a clear mind. Be grateful for what you have, however little or abundant it may be. Help your neighbour. Honour your freedom to make choices and create the life you desire. Laugh. Play. Relax. Delight in the beauty of nature. Smile. Give. Receive. Dare to love with a simple, respectful and true heart.

Namaste – the light in me honours the light in you.



# Strings & Things A prime mover

**Dale Beauchamp**

Since this will be the last installment of Strings & Things, I'll just say that it has been a lot of fun writing this column these last six years, and a great pleasure being a part of the Main Street team. I feel like I'm out of ideas, which is absurd, since there is so much more to be said. I feel that I have exhausted my potential, and it's time to make room for someone else. Having said that, I thought it only fitting, to give a nod to the fellow who inspired me to get into instrument repair.

Dan Erlewine is my friend and mentor. He is responsible for helping launch the careers of a great many instrument repair techs. During his tenure at Stewart Macdonald Guitar Supply (stewmac.com), he has led the R&D crew in developing many tools and jigs that are staples in building and repair shops worldwide.

Dan began tinkering with guitars as a teenager in the late 1950's. He was the lead guitar player for the Prime Movers in the 1960's; a Michigan based blues band that included Jim Osterberg (one day to be known as Iggy Pop) on drums. They opened for Cream, on their debut North American tour in 1968. He still plays in bands to this day.

In 1973, Dan came up with the first prototype for the Neck-Jig, which would eventually become an essential tool in the industry. It allows for much more accurate fretwork, by simulating the effects of string tension, when there are no strings on the instrument. I'd be lost without it. Dan has always operated a repair shop, and taught repair. Around 1984, he put out a series of video tapes on the subject; another industry first. For the first time, we could look behind the scenes. In the ensuing years, he was the repair columnist for Guitar Player magazine, interviewing the likes of B.B. King, Buddy Guy and Albert Collins. He built a custom electric guitar for Gerry Garcia, and the famous Flying V that Albert King always played. He also wrote his first book, The Guitar Player Repair Guide, considered the bible of the craft. He has authored and co-authored several books since, and in 2001, put out a series of definitive DVDs, that brought us up to date on new tools and techniques. There is an avalanche of information here.

He recently retired from his long career at Stewmac. At 75, most would take it easy, but not Dan. A couple of years ago, he built a new, larger, state of the art shop, where he continues to repair, give courses, and hold seminars and workshops. He also continues to make short how-to videos for Stewmac's bi-weekly Trade Secrets series (check out the archive). He's brought the art to new heights and remained a down-to-earth guy. I've had the privilege of working in his shop on several occasions, and always left vibrating with his energy and generosity.

Thanks, Dan.





# Real Wine for Real People

## What is the deal with decanting?

April Sirois – Sommelier - ISG

Decanting and aerating are optional and controversial subjects for a lot of wine enthusiasts. Why do we decant wines? Should we decant all wines? What about those little aerators? Well, let's explore what it means to decant, when and why we would do it and what wines will benefit from it.

### We have 2 main reasons for decanting wine.

1. To remove sediment from the wine. Wines that are older or unfiltered will throw sediment made of yeast cells, tartrates and tannins. While this is not harmful, it looks bad in the glass and tastes unpleasant, bitter, astringent and acidic. The most effective way to separate the wine from this sediment is to decant: slowly pouring the wine into a clean vessel, leaving behind the solids. If you are decanting an older wine for this reason, remember to be very gentle with it and open it right before it is to be served, keeping the oxidization to a minimum.
2. To aerate or add oxygen to the wine. This opens it up and smooths out any harsh flavours. This can be a very effective way to improve the general flavor and aroma of a very young, inexpensive, or a very big, bold wine that could use a little more age. Many people will also use a little gadget called an aerator to achieve this effect.

Opponents of decanting for aeration purposes argue that swirling the wine in your glass has exactly the same effect and suggest that decanting can expose the wine to too much oxygen, leading to oxidation and dissipation of aromas and flavor – which is what you don't want to happen.

Wines that should absolutely be decanted include:

- Malbec
- Shiraz
- Cabernet Sauvignon
- Bordeaux

Big, cellar-worthy wines that may, otherwise, seem too young and tight to drink, such as a big Bordeaux, Barolo, or Napa Cabernet, often benefit from opening up in a decanter. These types of wines ideally would be left to age and be slowly exposed to oxygen by years of aging in a cellar; this takes time (and patience) to wait to enjoy these special bottles.

Decanting a young wine is often necessary to allow the tannins, which compound, and which give red wines their specific, grippy, mouth-puckering quality, to round out and become less severe. The exposure to oxygen helps to soften up harshness, enhance a wine's aroma, and allow the fruit flavors to come forward, making wines that may be considered a bit edgy and young more immediately accessible. This is called letting a wine open up, or breathe. Decanting greatly accelerates that process.

To know if decanting will help the wine that you are opening, pour yourself a taste. If the wine in your glass seems a bit too sharp or edgy, then try decanting it. The results are likely to surprise you. It can be fascinating and fun to taste the wine at 15 min intervals to see how it develops and changes over time once exposed to oxygen.

Side note\* If you do not have an actual decanter any clean glass container will work.

Now you can dare to decant, with confidence.

~Cheers.

## New Measure Promoting Development Adoption of a Regulation on PPCMOI

The City of Brownsburg-Chatham will adopt a new by-law allowing a flexible approach for the realization of a Particular Construction Project, Modifications and Occupation of a Building; better known as PPCMOI.

"The adoption of this by-law is one of the important pieces in the reform of the mission of the City's Planning and Sustainable Development Service. Like other measures in progress, or to come, this was put on a fast track because we wanted it to have immediate impacts on the development and construction projects under analysis, says Mrs. Trickey, mayor Brownsburg-Chatham."

Allowing the authorization of a project that does not comply with regulations while respecting the objectives of the urban plan is a choice for development projects with particular characteristics. Everything is done in collaboration with the applicant to achieve projects while respecting both municipal guidelines and civic values.

The project can thus satisfy both the applicant and his desire to use a building for his purposes. By its flexibility, it allows a greater adaptation to the specificity of the districts. In a way, the effect is the same as if the project benefited from a modification to the planning regulations made to measure for the applicant.

The possibility that the authorized project deviates from planning regulations is however strictly supervised. According to the law, to be authorized, the project must respect the objectives of the city's urban plan.



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## Lachute 4H Club News

The Lachute 4H Club is alive and well with approximately 40 members registered. 4H Canada and 4H Quebec offers many exciting opportunities to its members on a local, provincial, national, and even international scale.

Many people think 4H is only for farm kids from a farming background...It's not! 4H is open to anyone looking to learn about news things and be part of an amazing group.

When you join 4H there are many different activities you can participate in including: animal showing, life skills (cooking, handicrafts), square dancing, gardening, public speaking, and so much more.

We have monthly meetings hosted by various farmers and businesses in the area.

Throughout the year there are opportunities to go camp, leadership training, and even a provincial rally. There are also club-to-club exchanges and scholarship opportunities for older members.

If you are between 6-25 years of age and you think 4H is something you would like to try, please contact Erin Black (450) 562-4248. We look forward to seeing you!

Lachute 4H Fundraiser Dance

Save the date, and get your dancing shoes ready! The Lachute 4H Club is having its annual fundraiser dance March 28th at the Grenville Community Centre. Music by Honky Tonk Strangers (with Jean-Philippe Levert on the fiddle) will begin at 8:00 pm. Tickets are \$10.00 and can be purchased by a Lachute 4H member, leader or director. Tickets will also be available at the door. Refreshments will be served later in the evening. Hope to see you there!

Thank you for supporting the Lachute 4H Club

## Masonic Lodges Sponsor Scholarships

For the first time the Masonic Lodges in Lachute (Argenteuil Lodge #67) and Arundel (Laurentian Lodge #81) will be offering scholarships to deserving students residing in the areas served by the two Masonic Lodges.

Applications from students attending or planning to attend a recognized post-secondary institution in Canada will be accepted until June 30, 2020. The applicants should be following courses or programs relative to "climate change and/or environmental issues".

Applications and further information are available through email at [repottawadistrictqlq@yahoo.com](mailto:repottawadistrictqlq@yahoo.com)



# CLASSIFIED ADS

Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to [msw\\_sue@yahoo.ca](mailto:msw_sue@yahoo.ca). Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment is due prior to publication

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## Arts & Culture Collab'ART – new creative project

The City of Saint-Sauveur is launching Collab'ART, a new project to promote local creators that will be carried out in collaboration with businesses in Saint-Sauveur. This innovative project is part of the City of Saint-Sauveur's 2017-2020 Cultural Development Agreement, signed with the Ministry of Culture and Communications.

Made possible thanks to the valuable involvement of the members of the City of Saint-Sauveur's cultural policy advisory committee and Mrs. Nathalie Morel, visual artist of Saint-Sauveur, Collab'ART aims to be an original, engaging and collaborative project.

Focusing mainly on the cultural development of communities, Collab'ART aims to combine four artists with as many businesses in Saint-Sauveur. In tandem, they will have to determine the concept of the work of art, as well as the most favorable place for its creation inside the premises of the company.

The four works will be produced on May 28, 29 and 30, jointly with the artists and companies that have been selected. Citizens will also be invited to participate in one of the stages of creation. The works will be unveiled on Saturday June 13, 2020 at the premises of the companies involved, where the public will be invited to visit to admire them. They will be exhibited there until September 7, 2020.

### CALL FOR NOMINATIONS

To enable this innovative project to be carried out, the City of Saint-Sauveur invites local artists and businesses from Saint-Sauveur to submit their applications. Detailed information is available on the [ville.saint-sauveur.qc.ca](http://ville.saint-sauveur.qc.ca) website, under the Leisure and Culture / Culture tab. The deadline for submitting applications is Wednesday, March 18, 2020, 5 p.m.

For more information, please contact the City of Saint-Sauveur's Community Life Service at 450 227-2669.

## Reminder: Animals Prohibited on the Linear Park Northern Pass

The Mont-Tremblant City Police Service reminds users of the linear park that it is forbidden to walk there with an animal, including dogs on a leash. Contravention of these regulations is punishable by a minimum fine of \$50 in addition to the applicable fees.

In addition to the municipal animal by-law, the Government of Quebec has adopted several by-laws that have been in effect since March 3, 2016. Among these regulations, there is the obligation to provide at all times all dogs with a leash of a maximum length of 1.85 m in a public place. A fine of \$500 to \$1,500 may be imposed on a person who does not comply with these obligations.



## The Canadian Tire Bon Départ Foundation

For the fifth consecutive year, the Fondation Bon Départ Canadian Tire du Québec is investing in families in the Laurentians region. This year, a donation of \$5,200 was presented to the Youth Program Directorate of the Integrated Center for Health and Social Services (CISSS) in the Laurentians. This generous donation made it possible to purchase child car seats.

Seats were offered free of charge to nearly 25 families who receive services from the SIPPE program (integrated services in perinatal and early childhood), to allow them to ensure the safety of their children by having a car seat that meets the vigorous standards.







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**\$50** /weekly (208 weeks)

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<sup>1</sup>Cash price: **\$20,524**

FEATURES	Hyundai 2020 Venue Essential Auto IVT	Nissan 2020 Kicks S CVT
Front 3-Stage Heated Seats	✓	✗
Android Auto™ and Apple CarPlay™	✓	✗
Automatic Headlights	✓	✗
Screen Size	8"	7"
COMPREHENSIVE LIMITED WARRANTY**	60 months / 100,000 km	36 months / 60,000 km



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<sup>1</sup>Cash price: **\$22,624**

FEATURES	Hyundai 2020 Elantra Preferred Auto IVT	Toyota 2020 Corolla LE CVT	Honda 2020 Civic LX CVT
Heated Leather-Wrapped Steering Wheel	✓	✗	✗
Blind-Spot Collision Warning	✓	✓	✗
Rear Cross-Traffic Collision Warning	✓	✗	✗
COMPREHENSIVE LIMITED WARRANTY**	60 months / 100,000 km	36 months / 60,000 km	36 months / 60,000 km



### 2020 TUCSON

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<sup>1</sup>Cash price: **\$28,174**

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OR STEP UP to the 2.0L Preferred FWD for **\$5** more weekly

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FEATURES	Hyundai 2020 Tucson Preferred FWD	Nissan 2020 Rogue S FWD	Mazda 2020 CX-5 GX FWD
Proximity Key with Push-Button Ignition	✓	✗	✗
Lane Departure Warning with Lane Keeping Assist	✓	✗	✗
Heated Rear Seats	✓	✗	✗
Heated Leather-Wrapped Steering Wheel	✓	✗	✗
COMPREHENSIVE LIMITED WARRANTY**	60 months / 100,000 km	36 months / 60,000 km	36 months / Unlimited km

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\*Lease offer available O.A.C. from Hyundai Financial Services based on the following new vehicles: 2020 Elantra Preferred Auto IVT/2020 Venue Essential Auto IVT/2020 Tucson 2.0L Essential FWD/2020 Tucson 2.0L Preferred FWD/2020 Elantra Essential manual with an annual lease rate of 1.49%/2.99%/1.99%/1.99%/0%. Total lease obligation is \$14,539/\$12,333/\$16,099/\$17,063/\$9,315. 261/208/208/208/156 weekly payments of \$50/\$50/\$70/\$75/\$60 for 60/48/48/36-month walk-away lease. \$1,495/\$1,895/\$1,495/\$1,495/\$0 down payment and first monthly payment required. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Lease based on 16,000 km per year; 12¢ per excess kilometer. Lease offer includes delivery and destination of \$1,710/\$1,810/\$1,810/\$1,810/\$1,790 and fees of \$115 (tire tax of \$15 and air tax of \$100). Registration, insurance, RDPRM, licence fees, levies, charges and all applicable taxes are excluded. Finance offers available O.A.C. from Hyundai Financial Services based on the following new vehicle: 2020 Elantra Essential manual with an annual finance rate of 0%. Cost of borrowing is \$0, for a total obligation of \$19,174. 261 weekly payments of \$74 for 60 months. Down payment of \$0 required. Tires and air conditioner charges of \$115 (\$15 and \$100 respectively) for models with air conditioning and delivery and destination charges of \$1,710 included. Registration, insurance, a maximum RDPRM charge of \$75 and all applicable taxes are excluded for all purchase financing offers and payable at delivery. <sup>1</sup>Cash price of \$22,624/\$20,524/\$28,174/\$30,374 available on new in-stock 2020 Elantra Preferred Auto IVT/2020 Venue Essential Auto IVT/2020 Tucson 2.0L Essential FWD/2020 Tucson 2.0L Preferred FWD models. Tire and Air conditioning charges of \$115 (\$15 and \$100 respectively) and delivery and destination charges of \$1,710/\$1,810/\$1,810/\$1,810/\$1,790 are included. Any dealer admin fees, registration, insurance, a maximum RDPRM charge of \$75 and all applicable taxes are excluded. <sup>1</sup>Offers available for a limited time and subject to change or cancellation without notice. Vehicle colour is subject to availability. Delivery and Destination charge includes freight, P.D.I. and a full tank of gas. Dealer may sell for less. Inventory is limited, dealer order may be required. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Visit www.hyundaicanada.com or see dealer for complete details. <sup>2</sup>Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. <sup>3</sup>Android Auto™ is compatible with Android phones running Android Lollipop or newer. Android Auto may not be available on all devices and may not be available in all countries or regions. Additional apps may be required. Visit www.android.com for further details and any applicable limitations. Android and Android Auto are trademarks of Google Inc. <sup>4</sup>Apple CarPlay™ works with iPhone 5s, iPhone 5c, iPhone 5 and later models running the latest version of iOS 7 and above. Apple CarPlay™ may not be available on all devices and may not be available in all countries or regions. Visit www.apple.com for further details and any applicable limitations. Apple and Apple CarPlay are trademarks of Apple Inc. <sup>5</sup>J\*The Hyundai name, logos, product names, feature names, images and slogans are trademarks owned or licensed by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. For further details, terms and conditions visit www.hyundaicanada.com/buyright and www.hyundaicanada.com/leaseight or your local dealer.



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