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See Ad on page 3 & 19

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Wednesday, March 31, 2021

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What’s On My Mind... Keep on smiling, Jack...

Susan MacDonald, Editor

“Our fearless leader,” they called him; the man behind the doors of a smoke-filled office, sitting behind a coffee-stained desk, littered with scattered scraps of paper. Only the brave would dare venture through that portal, particularly during production week, as none could predict his response to an uninvited interruption, if he even acknowledged the intruder at all. That was Jack, our Main Street founder, husband, and true friend to all who knew him.



Beneath Jack’s gruff exterior was a heart of gold, and a driving commitment to serve the Laurentian Anglophone community, which he believed to be ‘one divided’, and scattered in small pockets throughout the entire Laurentian region. His goal was to build the bridge of Main Street to unite these communities and enable the exchange of local news and community information within the hamlets, villages and towns of the region. It was a daunting endeavor to say the least, and no one, least of all Jack, ever imagined it would grow into what our readers now fondly consider as “the paper of the people.”

Sadly, Jack lost his battle with cancer in May 2012, handing the reins of Main Street over to me. Just before his passing, he reminded me gently, well, maybe firmly would be more appropriate, of how important it was for Main Street to continue to serve the English community. Even in his last days, this was still his major concern. I remember him saying, “You’ve got this, girl, keep it going.” I wasn’t so sure then, but here we are, nearly nine years later, celebrating the milestone of our 20th anniversary!

There have been many changes over the years, as we’ve rocked and rolled through happy and hard times, and we have only succeeded due to the unfailing commitment and loyalty of the Main Street team, our precious advertisers and you, our readers. I wish to thank each and everyone one of you personally, for your continued trust, and support over the past twenty years.

And so, this month we celebrate. Tomorrow, we look forward to new challenges and successes as we continue to bring you the news and highlights from across the Laurentians.

Keep smiling, Jack, we’ve got this...

Enjoy the read...



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Thank you for your support to the Laurentian communities and local businesses



Observations

Today, telling the truth is a revolutionary act

David MacFairlane - MainStreet

Is it time to reconsider the global warming narrative by concentrating on the real factors that damage our environment?

In the past decade, so many studies have proven "global warming" as a false narrative, that even climate activists have renamed it "climate change". We will not bake to death, but many may freeze to death because some regions will not be prepared for what many scientists have been warning about; the next cooling period of the earth. The real inconvenient truth is that earth's climate has been warming, cooling, and dramatically changing, since the beginning of time. Chinese sea captains reported melting ice caps as far back as 1434. Even James Lovelock, whose "Gaia Hypothesis" is the founding platform for global warming hysteria, now admits that he was an alarmist and has debunked the entire cabal. Lovelock has stated that the idea that humans are responsible for changes in the climate is not credible. (AmericanThinker) In fact, far more potent and prominent factors are at play.

The disruptive Arctic freeze of mid-February wasn't just confined to North America where, on the 14th, a staggering 79% of the U.S. was below freezing. The cold engulfed a large portion of the northern hemisphere, including central and eastern Europe, Northern and Western Asia, North Africa, and the Middle East, where major snow fell even in Libya for the first time in over 15 years. Snow also blanketed parts of Jordan, Syria, Lebanon, Turkey, Israel and Saudi Arabia. The worst snowfall in 50+ years hit Moscow, while in Manitoba, 20 new cold records were broken using data going back to 1879. Record snowfalls were recorded in England and Scotland of up to 30cms along with extreme cold temperatures.

In the US, "The situation is critical," said Neil Chatterjee, of the U.S. Federal Energy Regulatory Commission. The coldest spot in the U.S. was 25 miles east of Ely, Minnesota, where readings fell to -50 degrees F. A National Weather Service report stated, "Over 150 million Americans are currently under Winter Storm Warnings, Ice Storm Warnings, Winter Storm Watches, or Winter Weather Advisories as impactful winter weather continues from coast-to-coast." When all of Texas, almost all of Louisiana and Mississippi are under winter storm warnings, it is cooling, not global warming, that is winning the race to climate reality.

Over the past million years, glacial and interglacial cycles have been triggered by variations in how much sunlight reached the Northern Hemisphere. The feedback of intensifying sunlight amplifies the initial warming until the Earth's orbit goes through a phase when the sunlight diminishes. Then, that feedback operates in reverse, reinforcing the cooling trend. (Climate.gov) The term "Global Warming" was changed to "Climate Change" when scientific evidence emerged, and then intentionally suppressed, that a long-term period of "global cooling" may be ahead. It could last, perhaps, 11 years, but could last as long as 30 years, according to NASA. In fact, for all ages, the sun and its activity has been the main factor affecting the climate of the planet.

Professor Valentina Zharkova, of Northumberland University, gave a presentation at the Global Warming Policy Foundation, in October 2018. The information she unveiled should be a wakeup call. Since then, her findings have been confirmed by subsequent weather events, but continue to be ignored by governments and the mainstream media. The upcoming Grand Solar Minimum is forecast by Zharkova to be similar to the last one, called the Maunder Minimum (1645-1715), which was a period when sunspots were exceedingly rare and much of the planet experienced colder than average temperatures. Even NASA has agreed that their latest analysis of the solar cycle just ended (SC24) reveals it to be the weakest cycle for the last 200 years, continuing towards another minimum event. Sunspots are visible as dark blemishes on the sun's surface, or photosphere. The greatest number of sunspots in a solar cycle is designated as "solar maximum." The lowest number is a "solar minimum." (nasa.gov) These grand minima operate in large cycles of 350-400 years, so we are due for another one.

We are already seeing an increase in unstable weather patterns, as the weak solar cycle, continues to weaken the jet stream, changing it's usual zonal (tight) flow to a more meridional (wavy) flow. Major flooding, snowstorms, anomalous cold, and bursts of unseasonable heat, are all contributing to one of the poorest growing years on record for the farmers around the globe. An uptick in high-level volcanic eruptions is also associated with low solar activity. (electroverse)

There is no doubt we are in the grip of a serious environmental crisis characterised by the term "climate change". The scientific community is promoting the idea that our planet is rapidly warming due to excess CO2 (carbon dioxide) gas produced by human activity since the Industrial Revolution, and the last 70 years in particular. While it is obvious that human activity is the main cause of environmental destruction, the premise that it's due to CO2 emissions is flawed, when evidence of the effects of the sun's activities on earth's weather patterns is

allowed. Consider that in one, single second, the sun produces more energy than has been consumed by human activity in all of history! (learnastronomyhq)

The main causes of the environmental crisis are the destruction of wild habitats, pollution due to industrialisation, over-use of soils, over-population, erosion leading to desertification, chemicals causing barren, infertile landscapes, draining wetlands for development, monoculture agriculture, and climate fluctuations. While the planet has warmed, in part due to human activity and CO2 production, the current thinking completely ignores historical CO2 levels prior to the last millennium. CO2 is used in photosynthesis, a process that is necessary for the survival of life on earth.

In this perspective, the Green New Deal calls for ending the use of oil and natural gas, and moving to electric vehicles, solar, wind, and geothermal power. It is an implausible, impossible plan. This winter, in Germany, most solar panels were covered with snow, and there was no wind to drive wind farms. Germans were in trouble, cold trouble. Texans also faced the same chaos, as wind turbines froze. Even though tremendous progress has been made in green energy technology and energy conservation, fossil fuels still win the war due to their higher density of

energy. Try getting a Boeing 747 off the ground with batteries – it won't work for obvious reasons. Maybe some day, but not today. Without fossil fuels we won't have plastics for the composite materials to make wind turbines and photo-voltaic panels. Without fossil fuels, there will be no mining of lithium and other rare earth materials essential in battery technology, and the metals to produce and build all the infrastructure required for this world powered by "green" energy. In short, ending the use of fossil fuels will end civilisation as we know it today. As Einstein once said bleakly, a future "world war" will be fought with sticks and stones, so people, be careful of what you ask for.

As part of the climate change agenda, the myth that we can successfully achieve a net-zero carbon economy is a topic for

another discussion.

Nonetheless, the disinformation about climate change could make millions vulnerable to converging events.

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Simply Words on Paper

Now that was a really big snowstorm

Jim Warbanks - Main Street

The headline, a few days ago in the Montreal Gazette, was certainly unambiguous. It read: “The Storm of the Century began 50 years ago today and lasted for days.” That kindled vivid memories that I decided to dust off here.

But first, please bear with me as I explain why implementation of the metric system, just getting underway at that time, has modified our perception of winter. A 25 cm snowfall, with 100 km wind gusts, at -20 C, sounds far worse than 10 in of snow drifting in 60 mph winds at -4 F. In my formative years, it was not considered cold until the thermometer fell to 0 F (now -18 C).

Stormy winter

It had already been a stormy winter. The memorable storm began on March 3, peaked the next day, so that 47 cm had fallen by March 5. There were thirty storm-related deaths across Quebec, and a multitude of medical emergencies and injuries. Streets remained hopelessly jammed for days. The most viable means of transportation was by snowmobile. Total snowfall that winter was 380 cm.

Thankfully, I remained safe but had some harrowing experiences. At the time, I was working for Seagram’s at the distillery in suburban LaSalle. Since my car, an over-powered, rear-wheel drive Pontiac Firebird with wide tires, by coincidence remarkably similar to one pictured in The Gazette, was hopelessly snowed in, I decided to walk home, wearing a large garbage bag over my winter coat. It was a slow trek through the drifts, occasionally meeting and chatting briefly with fellow travelers before parting ways.

Passing car

Alone, at one point, I swear that a single yellow car came speeding through the blizzard and passed close to me before quickly fading into the squall. I know that this sounds impossible, and it probably was, but it remains a vivid recollection to me or, more likely, a storm-related hallucination.

I finally reached home, about two kilometres from the plant, exhausted, to find the main entrance door to the newly constructed four-plex where we lived partially open and filled with drifted snow. We were the only tenants at the time. I enjoyed a taste or two of a Seagram product to warm up. We were fortunate not to experience any power interruptions, which were frequent elsewhere across the province.

Party hearty

I left on foot for work early the next morning. Since my duties included production planning for the bottling department, I knew that there would be challenges to face. The first was to wake some of the employees who had stayed over all night and had partied heartily in our complex of offices adjacent to the bottling lines. There was strong evidence that they had been very well lubricated.

A good friend, who was sound asleep in my large, old leather office chair, had had his ears painted red with an indelible marker by mischievous colleagues. There had been liberal use made in creative ways of ‘crazy glue,’ which was then new on the market and quite expensive.

Those without access to a comfortable chair had slept in various niches using whatever was at hand to assure their comfort. For instance, a pile of purple cloth Crown Royal bags, which were stored nearby in large quantities of various sizes, could easily be re-purposed for sleeping, or for engaging in certain more playful activities.

Unplowed streets

Some of the hardier types worked a full shift that day, estimating that job to be easier than trying to reach their homes through unplowed streets and snarled traffic. Absenteeism was high through the week as more snow fell. Supplies of bottling materials were erratic at best, as transportation, either by truck or rail, remained a daunting problem. Normal operating efficiency was not restored for some time.

Beyond work associations, I enjoyed having many good friends within the company. One esteemed colleague had planned a sumptuous get-together with a group of co-workers. The storm absolutely decimated the guest list. He and his wife had cooked, baked and ordered catered food for the event. As collateral damage to the storm, they were forced to consume all of the accumulated food themselves. He repeatedly mentioned this contretemps any time a related subject was raised. I chose to regard this as being “in jest” at least after a year had passed.

Anonymous stories

Just about every rule in the book had been broken by the revelers, damage was not insignificant, prolonged absenteeism was a disruption with financial consequences, but upper management wisely chose to disregard these transgressions. Stories accumulated and were shared, most often anonymously, but no one who experienced ‘the storm of the century’ at the LaSalle distillery was likely to forget it.



Read Main Street online and sign up for our newsletter to get the latest news updates and specials.

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Tom’s Journey

Andie Bennett

Tom Whitton is a 4Korners board member, president of the Canada Day Committee in Deux-Montagnes and former City Councillor. He has decided to share a personal story about his health, the pandemic and how negative self-talk can sabotage even the best intentions.



PART 1

A Love/Hate Relationship with Food and What We Tell Ourselves about Ourselves

The year 2020 was a trying one for us all.

The COVID-19 pandemic has wreaked havoc on our lives. Many have gotten sick...many have died. The arrival of the pandemic panic in March 2020 came at a time where I had another health worry – my rising blood sugar levels. In 2010, at age 41, I was diagnosed with Type 2 diabetes. My doctor had told me a few years earlier that it was very likely I would become a diabetic due to my weight and my unhealthy eating habits.

Food had always had a hold on my life. From multiple runs to the cookie jar when watching after-school shows on TV, to stuffing my face at Super Bowl parties, food clearly had a negative impact on my life...but the internal dialogue surrounding it was becoming increasingly dark.

I can remember many work meetings where someone brought doughnuts or muffins or Timbits. Forget the subject matter of the meeting - all I could think about was: “What kind of doughnuts are there?” “I don’t want to be the first person to take a doughnut?” “I really want a second doughnut, but people will think I’m a pig!” “I can’t have a second doughnut. I’m already so fat.” And on, and on, and on...

This internal dialogue is a microcosm of “conversations” that I have been having since I was a young child. I go through more or less the same questions every time. In most of the cases, I would give in to the idea, hop in a car and drive to DQ, to the dep or to McDonald’s to satisfy my craving.

Though I ate carelessly, I would fear getting on the scale to see the number. The rare time that I did, the highest number I ever saw was 292.5 lbs in 2010. “Holy crap! I weigh almost 300 lbs!” This realization and the diabetes diagnosis scared me. As much as food controlled me, my logical brain kicked in and said, this is crazy – I must do something. With Metformin getting the sugars back to a safe range, over the next two years I worked out, I reduced my calorie intake, and I managed to get down to a respectable 218.5 lbs.

I felt good. The exercise portion of what I did, I continue to this day. But, mentally, the changes I made to my food choices were not sustainable. The internal dialogue restarted... “I just finished my workout. I feel like getting an Aero chocolate bar.” “I’ll just pop into the DQ for a quick Cookie Dough Blizzard.” (Yes, Blizzards will be a recurring theme here!) My 218.5 lbs rapidly became 230. By 2016, I was in the 240s, by late 2019 my weight had crept to over 250 pounds.

Every 6 to 9 months, I mustered the courage to step on the scale. This, foolishly, was about the frequency with which I measured my blood sugar. I was taking my Metformin. I could not fathom going on insulin. I figured if I were taking my meds, it was not going to be a problem. Late February 2020 I had a moment of bravery and I measured my morning fasting blood sugar. I registered at 7.6. Way too high. (It’s supposed to be between 4 and 7!)

Another moment of clarity came over me. During these past 10 years post-diagnosis, I had a friend who had severe complications from Type 2 diabetes and who ultimately passed away. My uncle also passed away from complications from Type 1 diabetes.

I want to live. More importantly, I want to have a good quality of life while alive. It was time to kick into action again. But how? And more importantly, how to make it stick!

In Part 2, Tom revisits his youth and sees how this internal dialogue has had a negative impact on his health and his lifelong relationship with food. For any questions or comments, please feel free to contact Tom Whitton at TomWhittonDM@gmail.com.

Seniors, we need your input!

4Korners is currently conducting a needs assessment to better understand English-speaking seniors residing in the Laurentians, specifically your needs in regards to health, social services and other related services offered in your region. The purpose of this survey is to determine whether the existing services offered in the Laurentians meet the needs of the English-speaking community. Any information gathered during the survey will be kept strictly confidential to 4Korners authorized personnel.

If you would prefer to answer the questions by telephone, or would like a paper copy please contact us at info@4korners.org or 1-888-974-3940

The survey is available in English and French by following the link: <https://www.surveymonkey.com/r/4kseniorpartners>





COVID-19 vaccination

The first round of vaccinations in RPAs is now complete

The Centre intégré de santé et de services sociaux (CISSS) des Laurentides is pleased to announce that the first round of COVID-19 vaccinations for all residents of Private Senior Residences (RPAs) in the Laurentians is now complete. In all, some 6000 RPA residents, i.e. almost 90% of seniors residing in the 85 certified RPAs in the region, agreed to be vaccinated.

The CISSS des Laurentides wants to remind the public that getting the second dose is important and will be available as soon as possible. The majority of those who did not get vaccinated were unable to receive the vaccine because they were showing symptoms or had tested positive for the virus. As a result, these individuals will be offered the vaccine at a later date. The vaccine appears to achieve maximum efficacy among seniors 28 days after getting the shot.

“Providing the first dose of the vaccine to seniors residing in RPAs is another very important milestone in the vaccination campaign to protect the most vulnerable individuals as quickly as possible. I want to commend the unstinting hard work of the teams who have made this possible in such a short time. Given the vastness of our region and the stringent conditions under which the vaccines must travel, our teams met the challenge brilliantly, administering between 400 and 900 doses daily in just 10 days,” said President and Executive Director of the CISSS des Laurentides, Ms. Rosemonde Landry.

The COVID-19 vaccination campaign is already underway for the general population, by age group. In the Laurentians, as of February 25, people aged 85 and over (born in or before 1936) can book an appointment to get vaccinated.

As of 11 am on February 26, 19,975 people have been vaccinated in the Laurentians.

For more information on the COVID-19 vaccination campaign, visit <https://www.santelaurentides.gouv.qc.ca/english/> or <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/>.

Sainte-Agathe-des-Monts Regional ecocentre

Two temporary ecocentres available during the work period

In order to carry out major expansion work on the regional ecocentre of Sainte-Agathe-des-Monts, the MRC des Laurentides wishes to advise the public that it will close its doors from March 15 until the summer of 2021. In order to maintain a service for collecting materials from citizens, two temporary ecocentres will be at their disposal in Sainte-Agathe-des-Monts and Val-Morin.

The temporary ecocentre of Sainte-Agathe-des-Monts will be located at 1155, route 329 and will be open to citizens as of March 23, 2021. Opening hours will be Tuesday to Friday, 9:30 am to 4:30 pm and Saturday 9 am. to 2 pm.

The Val-Morin ecocentre, located at 5805, rue du Bel-Automne (municipal garage), will be open from March 27 and will be accessible to residents of Val-Morin only. Hours of operation will be Saturday 9 am to 3 pm (March 27 to May 8, 2021) and Friday noon to 5 pm and Saturday 9 am to 3 pm (from May 15).

Although the temporary ecocentres allow a continuity of the collection service, considering the reduced hours of operation and the risk of queues, it is strongly recommended to postpone the visits as much as possible until the official reopening of the ecocentre de Sainte-Agathe-des-Monts, scheduled for summer 2021. It is also possible to visit the other surrounding ecocentres of the MRC des Laurentides, located in Val-des-Lacs, Lantier and Sainte-Lucie-des-Laurentides.

The expansion and optimization work of the Sainte-Agathe-des-Monts ecocentre, at a cost of \$ 2.3 million, will make it possible to triple the area of the latter, improve the waiting time and ensure better sorting of residual materials. In addition, the new configuration will ensure more efficient and safe traffic on the site for residents, attendants and trucks carrying containers.

For more information on ecocentres and residual materials, visit www.traindeviedurable.com

Targeted patrols to prevent auto theft

With increased traffic during spring break, the Police Department of the City of Mont-Tremblant (SPVMT) is stepping up its patrols around the parking lots of the Tremblant Resort in order to prevent auto theft. “Thieves can take advantage of the high traffic to blend in and make their way quickly to major centers before the curfew. By assigning staff to strategic locations, we are able to complicate their task,” explains Jean Desjardins, director of the SPVMT.

Residents and visitors are encouraged to systematically lock their vehicle doors and report any suspicious behavior by calling 819 425-2723. If you witness a theft, dial 911.

Welcome to:

Manon Desgagnés, owner of **Le Rouge Tomate**, who will move her team to lovely new premises at 210 rue Principale, St. Sauveur, at the end of April. Moving to larger premises will allow for more space for new products, such as focaccia, an Italian charcuterie, and more ready-made sauces. They will also feature local products. Of course, they will still offer their well-loved fresh pasta and pizza, and delicious, home-made pies and desserts. Open from 8 am to 6 pm, seven days a week. 450 227-3883 / lerougetomate.com / Facebook: Le Rouge Tomate.

Gregory and Andy Shlybeurt, Virginie Bock-Poirier, Robert Landry, and owners of **La Fabrique de Petits Bonheurs daycare centre - Viviane Loranger-Bolduc, Magali Roy, Anne Garneau**, owners of the new **Radis-Noir, Épicerie écolo**. This store, at 728, ch. Ste. Anne des Lacs, Ste. Anne des Lacs, opened December 20, 2020.

Radis-Noir is a complete grocery store specialized in healthy, organic fruit and vegetables, sourdough bread (Boulangerie eBou) and meat from local producers. Gluten-free and lactose-free products, and artisanal herbal teas, beer/wine are available. Chef Gregory and the team from ITHQ (Institut de tourisme et hôtellerie) prepare box lunches, frozen and fresh meals for busy families. Specialties: Chef Gregory’s smoked salmon, salsa, pies and desserts. Families with young children at daycare can also pick up healthy snacks, lunches and fresh/frozen meals directly at **La Fabrique de Bonheurs**, 10-A ch. des Merisiers, Ste. Anne des Lacs. Future projects include a market on Wednesdays, and an open-door terrace. More smoked products will be on the menu soon. Open week days 8 am - 7 pm, weekends 8 am - 5 pm. 450 327-5600 / radisnoir.ca, info@radisnoir.ca / Facebook: Radis-Noir-épicerie-écolo

Did you know:

If you suffer with a sore back, anxiety, post-covid symptoms, earaches or hearing problems, digestive problems, reproduction or menstrual problems, muscle aches, insomnia, alcoholism, smoking cessation, dietary issues and more, that these illnesses and symptoms can be treated by a professional acupuncturist? **Jessica Savaria** is a passionate, certified, bilingual acupuncturist who is ready to help you resolve your health issues. Treatments for children are also available. To contact Jessica, call 514 677-6145. Her office is located at 108 rue Principale, St. Sauveur. Website: acupuncturejessicasavaria.clinic / Facebook: Jessica Savaria acupuncture.

That the **St. Sauveur Parish**, 205 rue Principale, St. Sauveur is now open? Bilingual mass will take place at 5 pm on Saturdays, and Sunday masses take place at 9 am, 10 am, 11 am and 12 noon. The church is also open Monday to Thursday from 10 am to 3 pm. For more info: 450 227-2423.

There are private medical services close to home for minor family emergencies? Two nurse practitioners **Marise Drouin and Kim Dupuis** own and operate **Clinique Santé Praticienne+**, a private clinic located at 570 boul. des Laurentides, Piedmont. There is a nurse for vaccinations and another nurse to provide blood tests. Other nurses provide flu shots, regular vaccinations, ear drainage, referrals to specialists and blood tests. The nurse practitioners see patients for minor emergencies like infections, stitches, renewal of medication and more. The annual membership fee is \$20 and a subsequent \$65 per visit. Receipts are provided. 450 227-4243 / cliniquesantepaticienne.com.

Clinique Santé Praticienne



Cancer Support Group Continues To Meet

While in-person meetings are still not possible, the Laurentian Region Cancer Support Group continues to meet virtually via Zoom. Next meeting is Saturday, March 20 at 1 pm. Meetings are open to people living with cancer and their loved ones or caregivers. For more information about this peer support group or to receive the Zoom link for the next meeting call 450-226-3641 or email cancer.laurentia@yahoo.ca.





About Sainte-Adèle

Chris Lance - Main Street

As they say, there are two sure things in life: death and taxes.

We all know there have been many deaths in La Belle Province in the past year. In Sainte-Adèle, we had municipal tax evaluations rise, on average, by 7.15%, according to the brochure attached to this year's tax bill from our town. My evaluation went up 25.5%. So, the action I will have to take is to pay an additional \$79.20, with reference to by-law 394-2019, and to do it by April 30 of this year, to see if the evaluation is too high. Fat chance of success there, and it is a harsh year for such a large tax increase.

The other solution is to sell my house to someone else and move to an area with a less onerous tax regime. Up here, we all know every house can be sold – Real Estate is booming and should continue in 2021, as city slickers move up north. I guess Sainte-Adèle's Mayor Briere enjoys that "Welcome Tax" with rising evaluations.

L'Entraide benevole des Pay-d'en-Haut is once again helping low-income taxpayers. From March 8 to April 24, you can get help filing your income tax returns, if you qualify, and have \$27,000 or less as a single person, \$34,000 for a couple, \$32,000 for one adult and child and additional kids \$2,000 for each. You can call 450-229-9020 to leave your name, telephone number and municipality where you live. This year, tax returns are more complicated, due to all the different funding that was available during Covid.

Looking for something to do? 1000 people are needed for vaccination centers in our region. Check out the career section, or volunteer, at the Internet site: santalaurentides.gouv.qc.ca. The Centre integre de sante et de services sociaux (CISSS) des Laurentides is the largest employer in the region. There are 16,500 workers, 80 installations, 1000 doctors, 40 nursing specialists, 6 hospitals, 18 CLSC, 1400 volunteers and 14 public CHSLDs.

Cinema Pine is open, but no popcorn

No one is saying we had an easy winter season. February brought buckets of snow. Shovels are on sale and needed. Hiking, fat biking, snow shoeing and x-country skiing are filling the woods around Sainte-Adèle. Most of the ski hills in our region are open and coping with the downhill crowd. It's time to get out and enjoy the area before the Legault curfew. However, if you have a dog... where did I put that studded rhinestone collar from my Valentine's Day gift package? We do still have a few passable walk-ways – so get heathy and active, it's been a long, lonely winter for most of us.

Golf Esterel is calling it a day – the owners are closing it up and looking to evaluate their position and the future of the site. Special thanks to golf pro, Dave Ross, and his team.

On Sunday, March 14, at 2am, Spring begins, and we move our clocks forward one hour. Over the last year, I can barely remember what day it is, let alone the date. But Spring is here, and we can get outside more, with the hope of at least one jab of that vaccine, from here to summer.

Smile, if you are reading this. At least, you are on the right side of life.

Stay healthy, and watch the geese returning for another summer, up here, in the Laurentians.

The COVID-19 vaccination campaign continues in the Laurentians. Vaccinations now open to people aged 70 and over

The Ministry of Health and Social Services is now inviting people aged 70 and over (born in 1951 and before) to make an appointment to be vaccinated against COVID- 19.

Remember that the availability of vaccines is limited, vaccination in the population takes place in stages. Although vaccination is done by age group, it will still be possible for an older person to make an appointment to be vaccinated even if the vaccination sequence in their area has been extended to the following age groups.

"The massive COVID-19 vaccination campaign continues to go well in the territory. As of March 9 at 4 pm, 26,674 appointments had been assigned in the Laurentians. I am delighted with the popular enthusiasm for receiving the vaccine. Together we will succeed in stopping the transmission of the virus. Until then, it remains essential to continue to apply the various health measures, even after receiving the vaccine, "said Rosemonde Landry, President and CEO of the CISSS des Laurentides.

Visiting the Québec.ca / vaccinCOVID Internet page is the easiest and fastest way to make an appointment and to follow the progress of the campaign by region. For those who do not have access to the Internet or who are having difficulty using it, you can call 1-866-495-5833 for support. If necessary, relatives are encouraged to offer support to seniors for making appointments online.

People who are not in the priority group being vaccinated in their area should avoid calling, requesting the website, or showing up on site to get vaccinated. Each group will be informed of the appointment setting for them at the appropriate time.

8 main.street@xplornet.ca

Arundel News

Janet Thomas



Welcome to Adriana Pace and Richard Barel

If you see new faces on the cross-country ski trails it is likely they are Adriana and Richard. They have recently taken early retirement from management positions to enjoy their Arundel home all year round. In 2014, when they found a log house for sale, they fell in love with it - right on the river, surrounded by natural beauty - perfect! This young (er) couple are outdoor enthusiasts. In winter they cross-country ski, and in summer they enjoy the bike trails. Now, Adriana is happily planning her garden, while Richard describes how much he enjoys watching the deer along the river and the birds at their feeder. Together, they turn to me and ask, "What do you hear?" "Nothing," I answer, "Just the quiet", to which they laugh and respond, "Exactly! What a delight to have 'le temps de vivre' amidst all this beauty." And what a delight it is to welcome this couple, so full of warmth and joie-de-vivre.

Introducing Daniel Forest: Loisirs Technician

There is a new town employee living above the offices. Daniel Forest has assumed the Loisirs position, and what a lot of experience he brings! For 30 years, he held the position of Special Events Coordinator at the Montreal Botanical Gardens, organizing live theatre, outdoor concerts, and more. Recently, he coordinated 266 volunteers to offer 30,000 hours of recreational programming for seniors in Terrebonne. In his new position, he finds that Arundel already has lots of ideas and that he needs to be our support in achieving them. A young senior himself, you'll find him most evenings on the skating rink, and happy to chat.



Making it Work in the Laurentians

Self-compassion: maintaining your job search motivation during COVID-19

Maya Khamala

Let's face it; the world as we know it isn't always conducive to cultivating a healthy level of self-compassion, and the ongoing global pandemic only makes being kind to yourself that much more integral. This truth extends to all areas of family, relationships, and even job searching.



Why is self-compassion more important than ever right now?

In these deeply uncertain times, young Quebecers, in particular, are experiencing a spike in anxiety. A province-wide study, by the University of Sherbrooke, shows that 37% of adults, aged 18-24, are reporting anxiety or depression. It's no coincidence that those most affected include those most commonly stigmatized; young adults, anglophones, immigrants, and health-care workers. Yet, one of the strongest tools of survival at our disposal is self-compassion.

What is self-compassion?

Practicing self-compassion means treating yourself the same way you would a friend going through a difficult time. When things get tough, we tend to be more critical of ourselves and our perceived failings than we are of others. Self-compassion researcher, Dr. Kristin Neff, defines self-compassion as being "kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?" It's important to be able to tell the difference between what you can and can't achieve, and make peace with the fact that not everything is in your control.

Why is this an important lesson for job seekers?

Although it can be hard to stay positive in the face of mass unemployment, it's worth considering that although negative self-talk is understandable, positive self-talk is powerful. In this time of social distancing, it's easy to find the job search process alienating. It can seem like you're alone in the struggle. Add to this the lack of feedback typical of job searching, and voila, anxiety. By all means, keep setting professional goals. But, when you do, be sure to factor in the impacts of the pandemic on your energy. When we don't make space for self-compassion, it's easy to aim too high, miss opportunities, and/or feel like a failure when initial plans veer off course.

Make self-compassion part of your job search routine

If you'd like to make a more conscious effort to be kind and patient with yourself while you look for a job, consider cultivating the following habits:

- Practice imagining how you would support a loved one in your position, and then try asking for and receiving that support yourself.
- Continue to prioritize the meaningful things. Social distancing aside, you can still find creative ways to give and receive emotional support.
- Reclaim agency by learning new skills. This could mean getting comfortable with working and communicating via Zoom.
- Get your house in order. Create a space for job searching and working that is pleasant, organized, and motivating.
- Take breaks as needed—because self-compassion just may be the magic touch you need to land that perfect job.

Connect with YES to create your job search strategy, learn new skills, and stay motivated in your search. For more information, visit yesmontreal.ca.

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We all want to know more about COVID-19 vaccination



There are many reasons to get vaccinated, including protecting ourselves from the complications and dangers caused by infectious diseases, but also to stop the return of infectious diseases that are avoidable through vaccination.

The COVID-19 vaccination campaign now underway is aimed at preventing serious complications and death from COVID-19. We also use vaccination as a way of protecting our healthcare system and getting back to a more normal life.

When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs)
- 2 Workers in the health and social services network who have contact with users
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults
- 4 Isolated and remote communities
- 5 People 80 years of age or older
- 6 People 70 to 79 years of age
- 7 People 60 to 69 years of age
- 8 Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of COVID-19
- 9 Adults under 60 years of age who do not have a chronic disease or health problem that increases the risk of complications, but who provide essential services and have contact with users
- 10 Everyone else in the general population at least 16 years of age

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.

What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

- 1 mRNA vaccines:** These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.
- 2 Viral vector vaccines:** These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.
- 3 Protein subunit vaccines:** These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell’s nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name “coronavirus.”



What side effects can be expected from injection with the COVID-19 vaccine?

ome minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose “reminds” the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

Québec.ca/COVIDvaccine

1 877 644-4545

Québec

Generous donations for Lachute Residence from Lachute Regional Residence Foundation

Lori Leonard – Main Street

The Lachute Regional Residence Foundation was incorporated as a non-profit corporation on March 30, 2016. Their sole goal and purpose is to raise funds to benefit the residents who live at Lachute Residence, 377 rue Principale, Lachute. Many people do not know that Lachute Residence is the only Laurentian CHSLD with bilingual status and that there is a higher percentage of Anglophones who live there.

The Lachute Regional Residence Foundation purchases goods and services that the Ministry of Health cannot fund as they do not consider them to be essential for the residents' health. However, funds raised by the Lachute Regional Residence Foundation under the helm of Dr. Gerald Boos, certainly have made life far more comfortable and enjoyable for the residents. Dr. Boos has such excellent insight into what would make the residents more comfortable as he worked as a physician at Lachute Residence for 12 years prior to his retirement.

Here is a list of some of the superb donations that the Lachute Regional Residence Foundation has made to the Lachute Residence:

- 4 beautifully hand-painted colourful murals painted on the foyer walls by artist/muralist Marie-Andrée Tardif
- 5 Thera-Glide Safety Chairs to prevent falls and accidents
- Funding for a zootherapy program with Caro Bayard (featuring a delightful, well-behaved cat called Lilli-Pou and Sinbad, a friendly elderly cocker spaniel who visits the residents)
- An I-pad so that residents may see and speak to their family during covid isolation
- 6 MP3 players so residents may listen to their favourite music
- A multi-activity cart to carry materials/games to help stimulate the memory of residents with dementia
- A donation to support art therapy drawing classes for residents

All of these items are truly appreciated by the residents and staff at the Residence. A huge thank you and kudos to Dr. Gerald Boos, the Board and donors of Lachute Regional Residence Foundation. You have all enriched the lives of so many residents who have enjoyed activities despite covid.

All donations (big or small) to the Lachute Residence are appreciated. Payable to: Lachute Regional Residence Foundation/Fondation de la Residence Regionale de Lachute, 1 chemin du Sommet, St. André d'Argenteuil, Québec, J0V 1X0. You can also communicate with Dr. Gerald Boos at g.boos1990@gmail.com



Left to right: Dr. Gerald Boos, Caro Bayard (zootherapist) and Board Members Edna Hall, Vera Young and Faye Webb Dumont
Cocker spaniel Sinbad and kitty Lillie Pou.

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The Municipality of Morin-Heights wishes to congratulate the Main Street team for the continued efforts and partnership and for keeping the English community informed throughout the last 20 years!
Long live Main Street!



**20 YEARS
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READERS VOICE

To the Editor/Publisher
**Susan MacDonald and
David MacFairlane**

I really appreciate David MacFairlane ‘Observations’ in the past years and his latest opinion on “COVID – Where do we go from here”?

I am writing to you because I am concerned about free speech being banned or removed from your paper. If Mr David Gutnick does not agree with Mr. David MacFairlane, he can skip his observations in the paper.
I want to thank you for allowing Mr. David MacFairlane space to express his point of view and his opinions. His observations always come with references on the subject, you only need to check his notes to get a better idea and make up your mind. If you approach any subject with a closed mind you will reject anything that does not follow general approval.

Mr David Gutnick attacks the messenger, not the message. As Editor/Publisher, have you ever met an expert on American elections?
Main Street is great journalism. I remain a reader of Main Street if free speech is allowed in the paper.

Yours truly,
Denis Giroux
Arundel, Qc

.....

Letter to the editor,

David MacFairlane always brings a new point of view in his articles and it’s very interesting.

I always read his column with interest.

Robert Lafontaine
MSc Biology

.....

To the Editor Main Street - reference to the February 2021 edition and the Readers Voice

Mr. David MacFairlane is a scholar and a gentleman, a credit to Main Street. His research and authorship shows he has excellent understanding of the subject with his use of the scientific method in the formulation of his arguments and qualifications.

There is a difference between laws in the physical world (such as gravity) and theories, statistics, and points of view in the realm of human thought. Those who understand the difference know the importance of questioning narratives and giving full consideration to legitimate alternatives.

Mr. MacFairlane brings to light alternative thought to mainstream conjecture tainted by advertisers, politics and media that sells by repetition, emotion and sensationalism. The subjects he has chosen to inform are very important to each one of us and to the health of our society. They do need to be investigated and discussed. Thank you for your excellent work and courage.

Sadly members of our society such as Mr. Gutnick whose missive about Mr. MacFairlane was published in Readers Voice is duped, single-minded and crass. His vile insults and inane bravado to say it is your duty to discredit Mr. MacFairlane is evidence of cancel culture infliction. Thank you for exposing this counter-productive behaviour and to preserve our freedom of speech.

Mark Skelton, Milles Isles/ Montreal





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Launch of the 2021 season Maple syrup production in Quebec is booming!

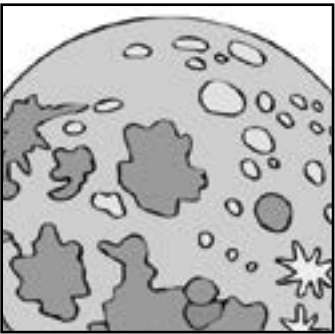
Temperatures that rise above freezing during the day and drop below zero at night have finally enabled some 11,300 maple syrup producers to harvest maple water. Sugaring-off time has finally started in the south of the province! This period, which marks spring in Quebec, should continue until the end of April in all regions. The Quebec Maple Syrup Producers (PPAQ) is enthusiastically taking the opportunity to present an economic portrait that shows that maple syrup is a booming industry today!

2020, an exceptional year
Maple syrup, an emblematic product of Quebec culture, had a record production year in 2020, at 175 million pounds, largely attributable to favorable weather conditions. Quebec produced 73% of world maple syrup production in 2020. Our industry saw a 14% increase in sales and 22% in exports compared to 2019.
In all, 90% of the 131 million pounds of maple syrup exported by Canada come from our Quebec maple syrup regions. In the Laurentians and Outaouais alone, 169 maple syrup companies participated in 2020 production, which totals close to \$ 20 million. The region has made nearly 2 million taps during the season.

An economic portrait that sets the table for 2021
Tradition has it that the PPAQ officially taps a maple tree to mark the start of the season. This year, we are reinventing the ritual by publishing our economic report instead and launching the video "One maple at a time" to highlight the work of the men and women who carry maple syrup with passion.
We hope to have an equally exceptional year in 2021, hoping that the catering-type sugar shacks will not be outdone. Indeed, the pandemic struck this industry sector at the very heart of the seasonal peak last year and these cabins, our ambassadors of maple, found themselves helpless in the face of their doors being closed. This year, they will have access to the macabanealamaison.com site to market their products and we hope that this movement of solidarity will enable them to get through the crisis.

March 2021

main.street@xplornet.ca 13



Zach Factor

Gobekli Tepe: The smoking gun of ancient archeology

Lys Chisholm & Marcus Nerenberg - Main Street

In 1994 German archeologist Klaus Schmidt discovered Gobekli Tepe, in south-eastern Turkey. The name means ‘potbellied hill’ to the locals, and it appeared to be an ancient place of worship or gathering. The dig site consists of at least twenty megalithic stone circles, like Stonehenge, four of which are now excavated, and the rest detected by ground-penetrating radar. The discovery sent shock waves through the field of archeology as it challenged a long-standing theory that organized religion appeared only after cultures began adopting agriculture.

The astounding fact is that carbon dating has placed Gobekli Tepe construction at about 12,000 years ago. At that time humans were supposed to be hunter-gatherers, living in small nomadic social groups, at the end of the last Ice Age. We were not the hierarchical, stratified, multi-disciplined society that is required to execute an enormous project of this magnitude.

Göbekli pillars are skillfully quarried with smooth straight surfaces and are embellished masterfully in relief carving. Geometric-shaped symbols, abstract representations of humans decorate the large structures. The central pillars appear to represent anthropomorphic beings, with arms and suggestions of clothing. But much of the art at Göbekli is naturalistic. The reliefs depict single wild animals, or engaged in relatively complex scenes, with mammals (lions, bulls, boars, foxes, gazelles), snakes and arthropods. A special ceremonial role is played by birds and pair of central pillars exhibit two magnificent carvings of lions.

The whole site, now understood to be both mathematically proportioned and astronomically specific, was frequented for a few millennia, then backfilled with earth, stones and rubble before being abandoned. For reasons that are unclear, in fact, this sacred place was meticulously buried, filled in so efficiently as to preserve it as a time-capsule.

Early in the 1980’s, in Egypt, another archeological storm was brewed. Radical archeologist, John Anthony West, made enemies by suggesting the Great Sphinx on the Giza Plateau was at least 12,000 years old. He claimed that evidence of water erosion to the Sphinx and its enclosure could only have happened when the climate was much wetter before the Sahara became a desert. In 1986, he brought Boston U geologist, Robert Schoch, to Egypt, who later confirmed West’s hypothesis about the age of the erosion. Schoch (pronounced “shock”) presented a paper to the American Archeological Society in 1993, and Egyptologists were outraged, and claimed that Schoch was a liar, an idiot, perhaps even insane. The Sphinx could not be more than 4,500 years old. They demanded evidence of any other structure that was built while we still lived in caves and ran from saber-toothed tigers.

At that time there was no such proof and Schoch and West hunkered down as disdain and ridicule rained down on all sides. There is no one angrier or more vengeful than an archeologist who refuses to consider alternate theories. In 1996, Schoch met Klaus Schmidt at Gobekli Tepe and was handed the smoking gun. He compiled the missing evidence of another megalithic structure comparable to his calculations of the age of the Sphinx.

Schoch went one step further. He began research into cataclysmic events that may have played an important role in shaping geological and human history, eleven to twelve thousand years in the past. Analysis of ice cores from Greenland, and results of ice penetrating radar, proved that several massive chunks of a rogue comet hit the Earth across Canada, Greenland and Europe in 10,900 BC, and caused the Ice Age climate, known as the Younger Dryas, to extend another 1,200 years to 9,700 BC. Then research shows a Solar event ended the Ice Age, when a massive ejection of energy and plasma from the Sun caused a fast and intense warming of our planet, (days) setting off a sudden and dramatic sea level rise. The coastline of every continent disappeared, the land bridges between Asia and North America and numerous island chains in the Pacific Ocean were inundated permanently. Our present-day flood legends of Noah, Gilgamesh, and all the other ancient indigenous cultures around the world are no fiction.

If it’s impossible that hunter- gatherers could assemble the work force, or the food, or the materials, or the organizational skills, or the multi-division of roles, to construct monolithic wonders then, perhaps, we might examine the possibility that cataclysmic events wiped out advanced civilizations and almost all signs of their existence, leaving only a few mega-projects behind. Some of us still believe that we are the pinnacle of culture and technology on Mother Earth. Solar related weather events in Texas, this past month, tell another story.



Excavation site of Gobekli Tepe started by Klaus Schmidt in 1995. The find is the epicenter of evidence suggesting lost civilizations in existence over 10,000 years ago. Photo credit: Prontotour2020



The Story Behind Who was Fridtjof Nansen?

Joseph Graham - Main Street
joseph@ballyhoo.ca

When Herman “Jackrabbit” Johannsen cut the Nansen ski trail at Mont Tremblant, he envisaged a long run that would give you plenty of space to ski. If you stopped from time to time just to take it all in, you could use up a good part of your morning. Fridtjof Nansen, a fellow Norwegian for whom the trail was named, would have been known to Jackrabbit. In fact, Fridtjof’s son Kare was also in the employ of Joe Ryan, the American who was transforming the mountain into a modern ski resort in 1938. According to Toponymie Quebec, Kare chose the name to honour his father’s memory.

Fridtjof Nansen received the Nobel Peace Prize in 1922, in recognition of "his work for the repatriation of the prisoners of war, his work for the Russian refugees, his work to bring succour to the millions of Russians afflicted by famine, and finally his present work for the refugees in Asia Minor and Thrace." What would have impressed Jackrabbit was that Nansen was the first person to ski across Greenland in 1888. He was 27 years old and left on his carefully planned adventure with his team right after the thesis defence for his doctorate on “the structure and combination of histological elements of the central nervous system.” He is recognized as one of the founders of modern neurology.

When Nansen arrived on the west side of Greenland at the small port of Godthaab, after skiing almost blindly over the glaciers for seven weeks, the town representative greeted him and told him that his thesis had been recognised. He was probably more interested in a shower and a drink, but he was already preoccupied with the idea of how to get to the North Pole. No-one had done that yet.

Before leaving on his historic ski, he had been intrigued by a theory that the Arctic ice drifted continuously west. An American ship, the USS Jeannette, had been crushed in the ice off the Siberian coast, yet its remains were found later in Greenland. Using this ice drift, Nansen thought, would be a potential means of getting close to the North Pole. Immediately upon his return, he worked with Norway’s most respected ship designer and together they designed the ship Fram. It would have to be able to house 12 men with enough supplies to last five years, and to withstand the crush of the Arctic ice. Other people may have been satisfied with their trans-Greenland achievement and their doctorate in the subject of their choice.

The ship’s hull was four feet thick at the bow and stern and two feet thick elsewhere. Its design was stubby and curved. For its crew, Nansen chose experts in different aspects of his anticipated needs. With the Fram frozen into the ice, they could monitor its location by the stars and a timepiece. They brought skis and dog teams too. The Jeannette crew did not have any way of travelling over the ice once their ship was crushed, and this proved a fatal problem.

With everything ready and all the scientific and navigational posts filled, a determined army officer and dog-driver named Hjalmar Johansen from Telemark, Norway, accepted the post of the ship’s stoker. Everyone on the crew was Norwegian, and Johansen may not have made it if a highly qualified Brit named Frederick Jackson had been accepted. He was rejected because he wasn’t Norwegian. Upon being refused, Jackson created his own adventure, travelling to Franz Josef Land an archipelago over 2000 km north-east of Murmansk, Russia.

Nansen’s mission to reach the North Pole left northern Norway on July 21, 1893. The Fram headed east along the Siberian coast until September, when it sailed north, well to the east of Franz Josef Land, and locked into the ice. The ice sheet did not take them north until January. By November, after over a year in the ice, Jansen calmly considered that five years’ supplies might get them to the magic 90°N latitude, the pole, but they had five years’ supply for the whole trip. He announced that when they got as far as latitude 83°N, he and Johansen would attempt a run for the pole, their objective, with dogsled and skis. They realized that it would be hard to know where the boat was if they succeeded, since it would continue to drift, so they would make a run for Franz Josef Land, a much larger target.

Working together, they made kayaks for the two men to take with them to travel from the edge of the ice to Franz Josef Land. Otto Sverdrup, who had accompanied Nansen in his crossing of Greenland, would take over responsibility for the boat and crew. All were satisfied that the boat had proven itself worthy of the challenge of the ice, so the dogs could go with Nansen and Johansen.

The new year, 1895, brought them closer to the departure latitude, but in early January, the ship began to tremble, and they exited to the ice, waiting out the event. The ship held. By January 8, the ship itself had reached a new record for closeness to the pole at 83°34’N, just a hair north of the standing record of 1883 during which 19 of Adolphus Greely’s 25-person mission died of cold and hunger awaiting rescue.

In mid-March, Nansen and Johansen headed off from 84°4’N. At first they made good time, but soon they realized the ice they were sledding and skiing over was itself moving south. On the morning of April 7, they witnessed a wall of ice blocks ahead. Nansen took a reading, 86°13’6"N. It would have to stand as their closest approach. If they tried to go further, their food might not cover their return. As it was, they would not be able to feed all the dogs. They did their readings and headed for the huge target of Franz Josef Land.

...to be continued





Garden Talk

Growing tomatoes from seed Part 1

June Angus - Main Street

Growing tomatoes from seed to harvest is extremely satisfying and rewarding. In our climate, the process is generally divided into two parts: starting seeds indoors sometime in April and then moving young plants outdoors once the risk of frost has passed in late May or June to grow to maturity.

The first step towards success is choosing the right variety of seed for your growing conditions and harvesting expectations. For example, small bushy plants that produce miniature tomatoes are great in tight spaces such as planters on patios or balconies. In a larger garden plot, mix quick-to-mature small varieties to eat starting mid summer with larger types that are ideal to harvest for canning later in the season.

Read the directions on seed packages or online descriptions carefully. Note the number of growing days a variety requires to set fruit. On average, smaller-fruited plants take 60 days from seed to harvest while larger fist-sized tomatoes can take from 70 to 80 days. It's worth noting whether the plants are classified as determinate or indeterminate. This refers to the plant's growth habit. Determinate vines only grow to a certain height and will not require much pruning or staking. Indeterminate vines continue to grow in height throughout the season and will need support, pruning and space to grow.

Online seed companies and garden centers offer plenty of seed choices so if you don't have your seeds yet it's time to order now. You can use seeds from previous years, however the germination success rate declines as seeds age.

With seeds in hand, all you need to get growing are some shallow plastic trays or cups, soilless seedling mix, the seed package directions and a well-lit area. Recycled yogurt cups and egg cartons make great starter containers. Timing is also important. If you want to transplant outdoors by early to mid June, start your seeds by early to mid-April.

Moisten the seedling mix and place in the growing containers. Make a small hole with a pencil end or baby fingertip and plant 2-3 seeds in each tray cell or cup. Cover with about ¼ inch of soil. Keep the growing containers in a warm space 20-25°C. Always label your containers, especially if you are growing more than one kind of tomato.

Spray the growing media surface daily with water to keep it moist but not soaking. Once the plants germinate (poke through the soil) place the growing containers in bright light. If more than one seed germinated in a cell or cup, thin them out to leave just one plant in each

While a sunny window can work, tomatoes generally need supplemental light from a full spectrum grow light or fluorescents. They need at least eight hours of fairly intense light per day to encourage development of sturdy stems and bushy foliage.

Transplant seedlings to slightly larger pots or containers as needed to support steady growth. Ensure these containers have drainage holes. If within a few weeks roots are growing out the bottom, it's time to move the plants again to a slightly larger container.

But avoid the temptation to plant little tomato seedlings in large containers which will promote lots of root growth below the surface at the expense of your foliage and overall plant development.

Next month, we'll look into moving tomato seedlings outdoors with tips on hardening off, transplanting and caring for tomato plants all summer long Happy planting.



Word Play

Reverberation; everything vibrates

Louise Bloom - louisebloom@me.com

On Mondays, Wednesdays and Fridays at noon, I bring myself with either enthusiasm or resistance, to the on-line yoga classes of Mr. Jason Bowman. While I am a veteran of yoga, I am definitely new to these flow-yoga classes, their pace, their language, the no-stopping-until-we-finish-it-all attitude, and I always find it mega-challenging.

Jason often suggests, for example, when and if we pause momentarily, after attempting to stand and hold still on one leg, that we immerse ourselves in the reverberation of the posture. I have experienced this reverberation when I return to myself after the extreme effort.

At first, I tried to determine what was happening while defining the word itself. The reverberation seemed to be a release, a warming, an energy, a memory, or a pleasant experience of something that I had not encountered until now. The word itself had legs, many legs, like a centipede that scurries around inside of me, distributing sensations. Within the word 'reverberation' are its other words; the word 'verb', implying movement, with its companion 're', the prefix, which refers to return, repeat, continue. Continuous movement makes a strong case to describe the centipede, bringing to my mind a whirling and turning, like a dancer.

The word itself reverberated. It returned to me many times in a day, bringing my attention to other circumstances, other objects, and moments in time, that invited me to stop and look closely with all of my senses. The vitality of things began to stand out, or to retire, depending on what I could determine was emanating. Objects began to take on a different significance.

The full-blown tulips, stems resting tranquil in the water-filled vase, were blaring their red-orange pulsation into the kitchen, loud and determined. The freshly baked banana cake on the counter had an oscillation of its own – a kind of slow breath, full of health and vital energy. The snow that was steadily accumulating on the roof of the car outside the kitchen window, was growing, swelling, sighing – enjoying its reign over nature, as if luxuriating, with no sun in sight. In a moment of silence, it seemed to me that everything around me began to announce its native energy. Everything was vibrating.

I realised that I was having an experience of heightened awareness. It can be argued that those objects with which I am in contact, on a regular basis, were emerging as the apparitions of a Covid-confined individual who has begun to identify with everything, like talking to the walls, so to speak. While that might be an easy dismissal of these experiences, I am nonetheless encouraged to recognise that these occasions of observance reveal the energetic reality of everything that surrounds us.

These are the kinds of awareness that inspire us to re-arrange the furniture in a room or to hang something new on a wall, tidy a corner, or take the time to find the right colour flowers that might soothe or exhilarate.

The synonym dictionary provides us with the words, repercussion, consequence and echo as the substitutes for the word reverberation. This indicates that a reverberation is the result of something that came before, and the echo is a continuation of the vibration of that which happened.

Our awareness of the vibration of all things grants us the ability to arrange our environment in a way that pleases us, that energizes us, that lifts our spirits.

Recognizing that energy is the basis of all things gives us a greater range of creative activity while at home, alone.

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

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Obituaries

GERRIT DORREPAAL (1925 - 2021)

Gerrit Dorrepaal, aged 95, passed away peacefully at the Lachute Residence on February 12, 2021. Gerrit was born to parents Gerrit Dorrepaal and Maartje Weststeijn, on November 15, 1925 in Koudekerk aan den Rijn, the Netherlands. Predeceased by his loving wife of 49 years, Hendrika (Rika) van Bekkum as well as his eldest daughter Maartje (Marty). He leaves behind his daughters, Ellen (Michael Wilson), Nancy, Erica (Mike Dawson) and his son-in-law, Norm Bonenfant. Loving grandfather (Opa) of Shannon, Melanie (Keith), Jeremy, Phillip and Stephanie. Devoted great-grandfather (Opa Gerrit) of Olivia, Skye, Keiran, Aidan, Devon and Lucas. Also survived by his sister, Maartje Hoogeveen of the Netherlands.

Gerrit showed great interest in gardening and worked at Lekx Nurseries from the young age of eleven years old.

He met Rika not long before he joined the Dutch army where he was stationed in Indonesia from 1946-1949. Shortly after his return, he married his sweetheart and in 1954 they immigrated to Canada along with their daughter. They settled in Arundel, Qc. where he worked at the flower nursery and later rented and ran the business. In 1960, Gerrit bought land in Grenville, Qc. and started his



own business, "Grenville Nurseries", which was his life long dream. Gerrit and Rika worked together growing the family business, for over fifty years. Gerrit raised many prize winning exotic birds and was a proud and lifelong honorary member of the Eastern Bird Breeders Association.

His family wishes to express their appreciation towards the wonderful staff at the Médaillon d'Or and, more recently, the Lachute Residence for their special care and devotion. The family members were present at the Funeral Complex, on Sunday, February 21, from 2 pm to 4 pm. A private ceremony for immediate family will be held at a later date. Due to the current circumstances, all health protocols were followed, including a limited number of 25 people inside the Complex. A register of visitors at the entrance of the Complex was mandatory for the registration of each visitor.

Arrangements entrusted to:
Mozart Desforges Funeral Complex
331, Bethany Ave, Lachute
Tel: 450-562-3636 Fax: 450-562-6864
Email: resfunmozart@videotron.ca

KRAUS, Andrew

Passed away peacefully at the Palliative Care Unit of the Sainte Agathe Hospital in his 91st year on February 15, 2021. He will be missed by his family and his friends.



Laurentian Personality A Passion for birds

Lori Leonard – Main Street

Ginette Meloche and her husband, Pierre Boudreau, moved to the Laurentian village of St. Hippolyte in 2011.

Ginette is a bird lover and has been keenly interested in birds from a young age. Her mother raised and kept budgies for years. Ginette began raising her own birds in 2003. Her first birds, canaries, were "wonderful little singers". Later, in 2005, Ginette acquired an interest in cockatiels and budgies. This opened up a whole new world!

Canaries, cockatiels and budgies became her friends and the number of birds she raised continued to grow.

Ginette became an expert on these three types of birds. She chose these particular species of birds as she finds pleasure in listening to the delightful songs of canaries and enjoys communicating with the budgies and cockatiels. Well, they just make her laugh!

Ginette differentiates the sex of the birds depending on the type of bird. For example, only male canaries sing. Sexing of cockatiels is completed by DNA testing, and the wax on budgies' beaks changes colour at six months old.

Since Ginette has female and male birds, she has the pleasure of overseeing their eggs until babies arrive. Mother birds cover their eggs and babies arrive after 21 days. Lots of TLC must be given to the babies, which Ginette happily provides.

Ginette patiently feeds baby cockatiels and budgies by hand from the age of 14 days to ensure they will be used to the human touch to become companion birds.

All three types of birds have different cage requirements to ensure their comfort. Canaries fly from left to right and budgies and cockatiels like to climb. There is quite a difference in the size of these birds, and larger birds require larger cages.

Ginette would like bird lovers to know that when they decide to take on a bird, they are taking on a responsibility for many years. Canaries and budgies can live for 8 to 10 years and cockatiels for 18 to 20 years.

Birds have the same needs as we do. They must be kept at room temperature, and a healthy diet and proper environment must be maintained. Their diet consists of a balance of grains, fruits and vegetables.

Canaries do well living alone in a cage, while other birds may prefer to share their cage with another bird. Of course, birds thrive best when provided with love and attention. No doubt, Ginette's birds have lots of that!



The English Link

Put on your own oxygen mask first

Andie Bennett

Sylvie Desrochers knows firsthand the realities of being a caregiver. When her mother suffered a ruptured brain aneurysm in her early 50s, Sylvie became her caregiver, while also trying to balance home life with two small children. For 20 years, she cared for her mother with little outside support available. Now, in her work as a psycho-social worker with L'Antr'Aidant, she is trying to make sure that others in her position will have more options. "I don't have a solution, but I do offer support," she tells me on a phone call she squeezed in before her workshop on compassion fatigue.

Sylvie is one of the two English-speakers who run support groups at the community organization that works to improve the living conditions of caregivers of seniors, or people with a geriatric profile. They serve the communities in the Pays d'en Haut and Riviere du Nord MRCs, and now, with their virtual support groups, they can cover a wider territory of the Laurentians. L'Antr'Aidant understands the need to have support and documentation available in whichever language one is most comfortable, and they are in the process of making sure all available resources at L'Antr'Aidant are available in English.

L'Antr'Aidant has recently partnered with the CISSS (integrated health and social services centres) to offer new psycho-social support and accompaniment services to caregivers with 6 new online support groups. They are offered weekly, or bi-monthly, and have been developed to meet the needs of caregivers at all stages of their journey. Included in this program is the possibility of at-home respite, provided by Maison Aloïs Alzheimer, covering the 2-hour virtual support group and providing an additional 2 hours for the caregiver to do whatever else they need to do.

When I spoke with Sylvie about the support groups at L'Antr'Aidant, she told me how important it is to first get the pulse of the group and figure out what their needs are. For long-time caregivers, compassion fatigue is common, and can leave caregivers feeling numb and hopeless. Guilt is a constant theme when your contact with suffering is constant, and she encourages caregivers to concentrate on areas where they do have power. She shares a sobering statistic: over 60% of caregivers die before the person they are caring for.

We all know about putting on our oxygen mask before helping others, and L'Antr'Aidant wants to help caregivers breathe. Visit www.lantraidant.com for more information about the support they offer. Email clic.aidant@lantraidant.com for more information about the virtual support groups offered in French and English.



Essential Oils

First aid

Susan Rich



In our daily lives, we all get cuts, bumps and bruises. The normal first aid kit found in most

homes is, oftentimes, just not enough.

Antiseptic - We need to clean the wounds to avoid infections. While essential oils are great at disinfecting, some are better than others. My first choice would be Lemon, as it is mild on the skin. There are others, like Oregano and Clove, but they are very powerful and could sting, so be sure to dilute them before application.

Burns - Lavender is your new best friend when it comes to burns. The sooner you can get it on the burn the better, as you will reduce the damage occurring on the skin. When you apply it, you will feel the burning sensation die out in seconds, and if you keep applying it, as soon as the sensation comes back, you will avoid it from blistering all together, if you didn't wait too long.

Cuts - Helichrysum and/or Yarrow both do wonders for stopping the bleeding, healing the wound, and relieving the pain. Just a few drops right on the wound is all it takes to stop the bleeding and, with repeated applications over the next few days, you will be amazed at how fast it heals. Once you've stopped the bleeding, and if it's really deep and requires stitches, I would not recommend applying the oils directly on the stitches, but rather around the area until the stitches come out.

Bumps and bruises - Frankincense is my 'go to' oil for instant relief and healing. You can couple it with lavender and apply several times a day to get the blood circulating in the area and, before you know it, that bruise will be gone.

Sore muscles - When I over-do activities, or try new ones, and my muscles ache, I reach for Lemongrass oil. Lemongrass is known for reducing lactic acid in the muscles. Lactic acid is what makes these muscles ache, as it clogs up the tissues and makes them tight. Rubbing a few drops, combined with a neutral lotion or coconut oil, over the sore muscles will loosen things up and have you moving freely again before you know it.

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





Main Street Money

Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Keeping the cottage in the family

Create a lasting legacy with a smooth transfer of ownership.

A family cottage is a place of cherished memories, where children, and maybe even grandchildren, have grown, swam and played under the stars. As owners grow older, they may begin to think about handing it down to their loved ones. Early planning can help avoid conflict, reduce taxes and ensure the cottage remains in the family for the next generation – and possibly for generations to come.

Begin the dialogue

There’s a special kind of lifestyle that goes with owning a cottage. S’mores, swimming and lounging on the deck go hand in hand with bugs, mice and never-ending repairs. There are costs for maintenance and taxes, and family schedules to consider. You might assume that your children would love to take over the cottage one day, but it’s important to ensure they actually do. If you have more than one child, would they all want to share it? And if so, can they get along and handle the property responsibly? These questions should all be raised early on, before any assets change hands.

The capital gains issue

Over the years, many cottages and vacation homes have increased significantly in value and are now worth substantially more than their purchase price. At death, 50 per cent of this increase in value, minus the cost of improvements (such as additions or decks) is subject to tax if the cottage is transferred to anyone other than your spouse – this is capital gains tax. An asset like a house qualifies as a principal residence and is exempt from this tax, but, generally, cottages are not. If your estate does not have enough funds, it may be forced to sell the cottage to pay the tax.

There are several strategies to consider that can help reduce taxes and support a smooth cottage transfer.

1. Sell the cottage to the kids now

By selling the cottage to your children today instead of transferring it at death, you can limit the tax liability and pass the responsibility for any future capital gains on to your children. In addition, because the cottage is transferred outside of your estate, the time and costs associated with settling the estate are reduced, and the cottage is protected against potential claims from creditors or other parties. If you decide to go this route, set the sale price at least equal to the fair market value of your cottage, not a reduced or nominal price. The Canada Revenue Agency will consider the cottage to have sold at the fair market value, so reducing the price will not reduce the capital gains tax. Also, when your children eventually sell or pass on the cottage, they will be required to report the reduced purchase price as their cost base, resulting in double taxation.

The sale will trigger a capital gain tax liability, but you can structure the sale and the tax payment over five years if you take a mortgage back from your kids. You may also consider forgiving the mortgage in your will so that your kids will receive the cottage free of any debt.

Selling the cottage today can also provide you with a source of income. You’ll want to ensure the additional yearly income doesn’t push you into a larger tax bracket and reduce any government benefits such as Old Age Security.

One possible drawback to consider with this solution is that the children become the owners of the cottage. They could sell it, or it could become an asset at risk in the event of a marriage breakdown.

2. Leave the cottage for children in the will

If you choose to pass on the property after your death, there are two ways to do it: you can name the heirs in your will and they will become co-owners of the cottage, or you can create a trust that owns the cottage and give each heir a portion of the trust.

A trust allows you more control over what happens to the cottage. You can allocate funds for maintenance, taxes and bills. A trust also protects against marriage breakdown or bankruptcy. Keep in mind that trusts cost money – a fee of about 1 or 2 per cent of the cottage’s value every year.

3. Use life insurance to cover capital gains

Life insurance can be a cost-effective way to help pay capital gains tax. Consider purchasing a policy that pays out after both you and your spouse pass on. You can also choose a plan where the death benefit increases over time to match the growing tax liability. If cost is an issue, your children could pay a share of the premiums.

4. Sell the cottage and pass the proceeds to your children

You may opt to put the cottage on the market now or specify that it be sold after your death. After paying taxes and transaction costs, any remaining proceeds will pass to your kids. They can then use the money however they want, including buying their own cottage. The downside to this option is that the cottage doesn’t remain in the family, but it may be a reasonable solution to avoid potential conflict.

Cottage-sharing agreement

- A cottage-sharing agreement can help co-owners manage expectations and avoid conflict around many issues. Some things that should be discussed and put into writing include:
- Schedule for usage
- Rules around pets, guests and renting out the cottage
- Opening and closing the cottage, cleaning, and performing maintenance and repairs
- Maintaining a cottage budget, including paying for utilities, taxes and insurance
- Deciding on large renovations and purchases and how these should be financed
- Retaining the cottage ownership within the group

Keep your receipts

You can reduce taxable capital gains by keeping financial records for any improvements you make to the property – for example, additions, bunkies, decks, landscaping, septic systems and boathouses.

Did you know?

Capital gains tax came into effect December 31, 1971. Even if you owned the cottage before that date, you need to calculate the increase in value only since then.

Get professional advice

However you decide to transfer ownership of your cottage, proper planning can help ease the way and reduce the tax burden for you and your loved ones. Speak to your advisor and a legal and tax professional to determine your best course of action.

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Real Wine for Real People Whiskey or Whisky what's the difference?

April Sirois – Sommelier - ISG

Welcome to March and, with it, Saint Patrick's Day.

This month, in honour of the well-loved Irish holiday, I am writing about my favorite type of whiskey. Irish whiskey, in all its beautiful, fragrant, amber glory.

Irish whiskey has a long and distinguished history. It is believed that it was made back in 1405, when the first written record of 'whisky' appears in the Irish Annals of Clonmacnoise, where it was written that the head of a clan died after drinking an excessive amount of it at Christmas. This was a bit ironic when the word whiskey actually originates from the Gaelic "uisge beatha" meaning "Water of Life."

The first licenced distillery was Bushmills, in Northern Ireland, in 1608. This was well before spreading to Scotland, where they make whisky with no "e", and then later to the United States (Bourbon) and then to Canada (Rye). But, more than an "e" distinguishes Irish whiskey from Scotch whisky and the others.

Irish whiskey is made with a blend of malted and un-malted barley, whereas Scotch uses only malted barley (grain that has been soaked so that it begins to sprout). Also, the malted barley in Scotch is dried slowly over constant peat smoke, which gives most Scotch a distinctive, dark, smoky flavor.

Irish whiskey is made from smokeless, kiln-dried barley, allowing more of the grain flavors to be highlighted. Also, Scotch is distilled twice, while Irish whiskey is triple-distilled, which results in Irish whiskey being a smoother, higher-alcohol spirit.

This triple distilling process was a practice that was first started by John Jameson, a Scottish transplant to Ireland, who established one of Ireland's most successful whiskey distilleries, in 1780. This distillery is still producing some of the best whiskey in Ireland. We even find differences in the aging process of the two: Irish whiskey must, by law, be matured for at least three years, with Scotch whisky only needing two, thereby mellowing out the Irish whiskey more than Scotch style. It's interesting to note that, since 1990, Irish whiskey has been the fastest growing spirit in the world and, in 2020, global sales rose by an intoxicating 11.8%. The Irish Whiskey Association expects well over 12 million cases to be exported from the Emerald Isle in 2021.

Serious whiskey aficionados prefer to drink Irish whiskey neat, or with just a bit of spring water, to bring out its more subtle characteristics. Of course, a lot of people, myself included, also like it in Irish coffee, or with ginger ale and lime, or in a hot toddy, and, at Christmas time, it is wonderful in eggnog.

And, "who doesn't love the Irish?" At the heart of Irish culture is its people, who are internationally known for being welcoming, warm and funny, even if I do say so myself.

~Sláinte



Hot Whiskey

Simple and easy, this beverage highlights the whiskey flavour and is super soothing on a chilly day.

Ingredients

- 2 slices of lemon studded with 3-5 whole cloves
- 1 Tbs. brown sugar or honey
- 1.5 oz. Irish Whiskey

Directions

- Place all ingredients in a mug
- Pour hot water to fill the mug
- Stir and enjoy



I'm Just Saying The D.T.'s and 2 No Trump

Ron Golfman - Main Street

The title heading this month plays on a 'sort of' post-Trump era, in which we detox from him being everywhere, all the time, and refer to a bid in the card game of Bridge, which usually sparks a long glance at the bidder. Unfortunately, D.T. is never really gone, lingering unwanted by many, much like a bad smell, or toilet paper stuck to one's shoe. It would be easy to go on about him, but I will leave that to his die-hard supporters who seem to live in the pages of a Lewis Carroll classic.

Also, I thought of going on about the provincial government's choices for reopening parts of our society, while the word 'variant', with its many shapes, remains sadly only a heartbeat away. By the time this article is printed, I won't be surprised if you are allowed to play tennis, but only solo. As for the Federal government, I could rant about the new gun laws. Getting automatic rifles off the streets is the right direction, but ignoring New Zealand and Australia in not making the return law mandatory is a fool's paradise of wishful thinking. The wisdom here is to have a voluntary return of weapons, in a society where many protest wearing masks for their own safety. All the above is true, just go ask Alice.

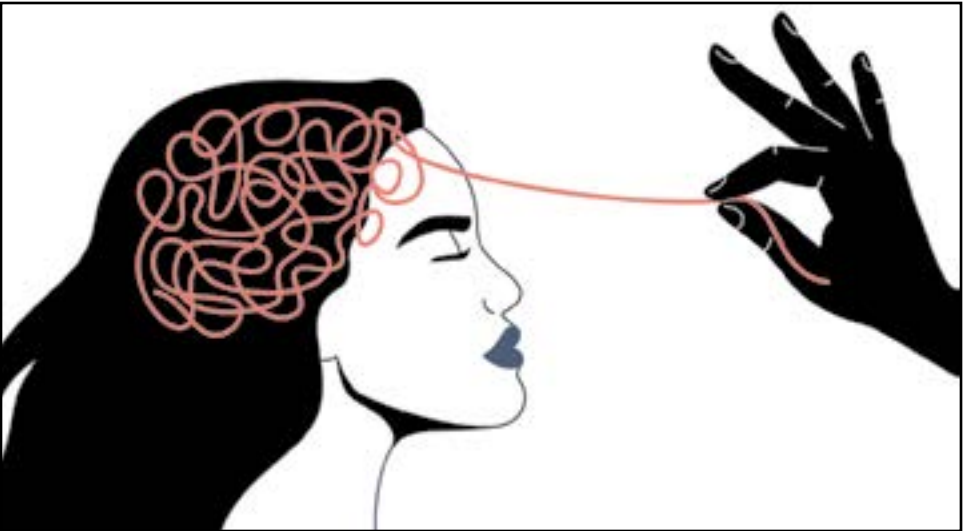
Our conscious focus, now that D.T. has less presence, seems to have us back to looking at the inane as opposed to the important. While the Federal government plays 'Mother May I' with China over the illegal and baseless incarceration of the two Michaels for over two years, we are distracted from this dire situation by those pushing the panicked priority to 'Free Britney Spears'.

As an ardent believer in freedom, I abhor the coup in Myanmar, a country striving for a place in the democratic world for almost a decade. I believe it is wrong for the military to have placed the elected leader, Aung San Suu Kyi, on house arrest, but I cannot help but wonder why she and her party, condoned the Rohingya Genocide, and that is a matter which is more than just a footnote. To steal from Britney's catalogue, the media must be listening to "Oops, I Did it Again" when placing importance on delivering the news. At this rate, it won't be long until another government asks Dennis Rodman to intervene.

Locally, aside from the smattering of science deniers, I am proud and heartened by the efforts of those of us, in the Lower Laurentians, seemingly successfully lowering the COVID numbers. I applaud the mayors who beseeched the province to set up temporary roadblocks to keep the reckless away, even if their pleas fell on deaf ears. Doctors, nurses, cashiers, maintenance workers, and others who are at risk daily, are the brave ones.

My secret prayer, and I am not a religious man, is that after imposing mandatory mask-wearing during this awful time, the government comes to its senses and finally aborts the law against wearing religious symbols.

We've already proved, and I'm Just Saying, that what we wear, does not affect the quality of the person behind the garb. Stay safe!





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Proximity keyless entry with push-button ignition	✓	✓	✓
Real-time traffic	✓	✓	✓
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Heated leather-trimmed steering wheel	✓	✓	✓
Proximity keyless entry with push-button ignition	✓	✓	✓
Real-time traffic	✓	✓	✓
Comprehensive Limited Warranty**	60 months / 100,000 km	60 months / 100,000 km	60 months / 100,000 km



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Heated leather-trimmed steering wheel	✓	✓	✓
Proximity keyless entry with push-button ignition	✓	✓	✓
Real-time traffic	✓	✓	✓
Comprehensive Limited Warranty**	60 months / 100,000 km	60 months / 100,000 km	60 months / 100,000 km

2021 Kona: Leasing information is not available as of February 6, 2021.

Based on 2021 vehicles and AutoPricing as of February 6, 2021.

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