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Noritech

A warm goodbye and a friendly hello

By Lori Leonard

After 22 years in business, Jennifer Lee and Jack Gitelman, owners of Noritech have decided to retire. Jennifer and Jack have been instrumental in providing local businesses and the community-at-large with excellent technical services and support. Would you believe that they have placed an ad in Main Street each month for the past 21 years?

During their tenure, Jennifer and Jack and their amazing support staff remedied various technical emergencies and provided expertise on computer and networking needs.

Jennifer and Jack were also proud of their successful satellite division. Due to covid, many new residents moved to the Laurentians and Jennifer and Jack assisted them to ensure they would enjoy excellent Internet service. Jennifer said, “Throughout the years, many of our clients became friends and were like extended family.” Jennifer and Jack would like to thank their customers for their loyalty and patronage throughout the years. They are planning some well-deserved, exciting travel in the near future.

Jennifer and Jack are pleased to “pass on the baton” of their turnkey operations to Daniel Bouthillette, the new owner of Noritech. Jennifer and Jack looked for just the right person and Daniel fit the bill perfectly! Daniel has worked in the technical business for more than 25 years and owns two Digibean stores in Rosemere and Lachine. Daniel has lived in Ste. Adèle for five years. You will be pleased to know you will receive the same excellent service and support from technicians Stéphane Beaulieu and Jean-Sébastien Lecourt.

It is not just a coincidence that Daniel took over the helm on February 14, on Valentine’s Day, as Daniel is a man with heart who is truly passionate about providing businesses and the community with the same top notch, excellent support and technical services customers have come to enjoy over the years.

We take this opportunity to wish Jennifer and Jack a wonderful retirement and safe travels. We also wish Daniel and his team the best of luck with Noritech in the future.

Nortitech is located at 365C rue Principale, St. Sauveur. 450 227-4848.



Photo: Left to right: Daniel Bouthillette, Jennifer Lee and Jack Gitelman

What’s On My Mind...

A change in times and seasons

Susan MacDonald, Editor

I can smile now, looking out from my window, knowing that the mountains of snow and icy roads will soon be mere memories of this long and brutal winter. Hang in there, folks; March is here, and although Mother Nature may still have an occasional hiccup, we’re over the winter hump.

Although spring doesn’t officially start until March 20, our days are noticeably longer and will be even more so starting on March 13 when daylight savings time kicks in. It’s time to sweep away the winter blues and start planning for spring in all its glory. There will be lots of activities out there to enjoy and, this year, we will be able to enjoy them in the company of friends and families.

Shamrocks and leprechauns will rule the day on March 17 as our Irish communities celebrate St. Patrick’s Day, a cultural tradition that has been celebrated for over a thousand years. It promises to be a fun time for all.

Our traditional cabanes à sucre will open for business this month. Sap-lines are up, and a few old-time taps and buckets are still visible on sugar maple stands on the smaller, family operations. Quebec’s sweetest industry will be in full operation soon, with its producers ready to welcome patrons to their establishments to enjoy our famous Quebecoise cuisine. I can hardly wait!

March 2022 is also Main Street’s 21st anniversary, and we are very proud to have reached such a tremendous milestone. It is so gratifying to know we are still welcomed warmly into your homes each month and that our efforts to keep you up-to-date and informed, in English, are sincerely appreciated. A huge thank you goes out to the truly dedicated Main Street team, our loyal advertisers and to you, our readers. Here’s to keeping the presses rolling and the pages turning for many more years to come!

Over the upcoming weeks most of the covid-related restrictions we have been obliged to live under will be lifted gradually. However, it is up to us, individually, to remain cautious and act responsibly. Following common sense measures, such as maintaining proper hygiene and hand washing protocols and, self-isolating if you are ill or exhibiting symptoms, will help ensure our newly returned freedoms will not be revoked.

Wishing you all a warm finish to March, bon appétit at the cabanes à sucre.

Enjoy the read...



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The Youth Laboratory: a collective approach, lively and inclusive

The City of Saint-Colomban is proud to announce that financial assistance of \$40,000 has been granted by the Youth Secretariat with the Youth Strategies Program in the municipal environment of the Government of Quebec for the Youth Laboratory project. The City wishes to initiate a concerted process for the development of a local youth action plan targeting 15-29 year olds in order to strategically establish the target audience's sense of belonging to the City in a context of accessibility and universal inclusiveness.

To achieve this, the City will set up a youth advisory and executive committee including various stakeholders, including elected municipal officials, a human relations officer, representatives of the various municipal services, cross-sector partners and a group of young people. The City wishes to bring together the expertise of all the partners in order to develop a common vision and optimize its actions aimed at young people. This is an opportunity for the City to establish a solid base of collaboration and create a mobilizing lever for lasting partnerships.

"The City Council would like to thank the Government of Quebec for the financial support granted under the local youth action plan. It is an important commitment of our electoral program, the development of activities for adolescents and young adults. This lays the foundations for the development of an offer of activities that will energize this large proportion of our population," said the mayor of Saint-Colomban, Xavier-Antoine Lalande.

About

Located in the heart of the Laurentians, the City of Saint-Colomban has more than 18,000 inhabitants and covers nearly 95 square kilometres. It is part of the MRC of La Rivière-du-Nord, with the towns of Saint-Jérôme, Sainte-Sophie, Saint-Hippolyte and Prévost.

The Laurentian Craze

By Lucyne Farand

The Laurentian region is experiencing many enthusiastic new buyers. Consequently, the number of real estate sales has an effect on the escalated real estate prices since the pandemic began. However, we must realize that we lagged behind in home evaluations compared to several other areas.

The Laurentians offer a dream place to reside. People move here to enjoy their retirement or to settle here full-time with family. Everyone appreciates the dynamism and effervescence of our region for its nature, sports, restaurants, culture and arts.

Living here in retirement or semi-retirement is now possible thanks to early retirement. For others, part-time or full-time telework conditions mean that we can truly combine business with pleasure. Many local owners appreciate the superior quality of life and are not overly eager to sell their property, thus creating less property availability in the marketplace.

The Laurentians have developed greatly recently and now offer new clinics, supermarkets, real estate development choices and schools. We have everything right here including beautiful landscapes, fresh air, services and sports at our fingertips.

More and more families have decided to take the leap and move up here full-time, while others prefer buying a country home to relax and yet others simply buy to invest. No matter the situation, everyone can clearly see the multitude of advantages of living up here and they really do not miss the city life.

Despite the lack of inventory, the houses that arrive on the market are magnificent and the number of buyers is reduced since the majority have found their "rare pearl". Consequently, the market should be more balanced by the end of summer. Let's stay positive and confident for the future.



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Testimony: Lucyne was awarded the Royal LePage Prix Diamant 2021, an extremely prestigious award given to real estate agents for their outstanding service and sales. Lucyne puts her heart and soul into every sale, which is one of the main reasons she is so very successful. Even though she faced such a challenging year with covid and all its many obstacles and tribulations, Lucyne succeeded with flying colours.
Wow! Félicitations Lucyne!

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For more information, please contact: Janet Thomas, President, Arundel Public Market: 819-238-1829 / janet.thomas700@gmail.com

BRINGING THE INTERNET TO ARUNDEL

By Jan Morgan

Jan Morgan is the daughter of our beloved family physician Dr. R. B. Henry, who resided and had his practice in the turreted house on the road to Huberdeau. Like her father, Jan herself has always been a visionary in our community.

It was the autumn of 1989. I had just retired from my last job as Director of Education Services for Kativik School Board, newly established for Arctic Quebec under the James Bay Agreement and, was wondering how I was going to spend my retirement. My son-in-law, David Brown, mentioned a federal government grant for introducing the Internet to rural communities. I gathered David and my friend Kelly Seoul and together we applied!

I am fairly certain that our Arundel project was the first of its kind in rural Quebec. We set up a Board of representatives of participating communities, which I chaired at monthly meetings with André Lanthier, of Huberdeau, as Vice-Chair.

David, who was Vice Principal of Carleton University, secured an on-going supply of computers as they were retired from the university. We sold these to interested adults for a nominal price. We also obtained a computer for the library for visitors to use free of charge.

One night per week I taught computer skills to a rapidly growing group in the Arundel school. It was a great success, which continued for five years!

Later, Kelly and I set up RougeNet as an Internet service for our area. Kelly opened an Internet Café in his home on rue du Village, where he served coffee to his visitors who came to access his Internet.

Voilà! Arundel had Internet service, computers, and skills to boot.

Following this project, I moved to Montreal to live with my husband in a senior's home. Now, after ten years away and, thirty-three years after initiating our Internet project, I have returned to Arundel to live with my son and daughter-in-law in my family home. I am pleased to find life here much as it was yet also growing and moving with the times. We are all so much more connected than we used to be: emailing, texting and Zooming on a daily basis. Yet I find the essential "esprit" much the same as it was.

An exceptional natural environment in Piedmont

The Municipality of Piedmont is happy to announce that it is continuing its efforts to protect natural environments by the acquisition of a space composed of a wooded area and a natural beach. This gesture represents one more step towards the consolidation of the Chemin du Pont park. Endowed with potential high ecological level, the land in question is truly an exceptional natural environment.



The acquisition of this land, located along the Rivière du Nord will also contribute to ensure resilience in the face of climate change while promoting the maintenance of biodiversity.

"We all know and, it has been even more evident since the start of the pandemic, green spaces bring a host of privileges to the community, so investing in a ecosystem rich in biodiversity that will benefit the entire Piedmont community remains one of the most appropriate strategies for me," declared Ms. Nathalie Rochon, Mayor of Piedmont.

"It is in this perspective that the municipality works continuously to improve the living environment of its citizens" added the mayor.

"After weighing the pros and cons, the purchase of this land had become a must for the municipality. So we decided to go ahead and quickly seize the offer in order to transform a problem into an opportunity. It is important to remember that the zoning of this land is light commercially. In addition, it is located in a flood zone area and there was a possibility of building two houses or even a multi-unit apartment. The issue of parking and civil security will be examined," she concluded.



About Sainte-Adèle

Chris Lance - Main Street

Getting around Sainte-Adèle is expensive, with gas prices at \$1.58 a litre. Driving over potholes, instead of pavement, when you approach the south entrance of Sainte-Adèle is hazardous to say the least. Weather-wise, February was cold, snowy, rainy and miserable.

Across the Laurentians, we find deep and dangerous potholes on city and provincial roads and highways. Rain and warm weather, followed by overnight freezing temperatures, have torn up the asphalt. Sainte-Adèle is not the only pothole paradise so drive carefully, as you swerve around those tire-crushing holes.

COVID news has been replaced by live coverage of Putin soldiers killing Ukrainians on sight and, destroying cities, hospitals, apartments and entire neighbourhoods as we watch and wait for the killing to stop. We are being lulled into thinking that we are lucky, and we are. However, costs are high and it is expensive to purchase a house in Sainte-Adèle, as well as to purchase food, new clothes for the kids, summer tires, rakes and seeds for the birds.

Our new mayoress, Michele Lalonde, is holding her own as her mandate moves forward in 2022. The changes, to wearing masks and, other health rules, have allowed the council to cancel their monthly events by zoom and resume regular meetings. So, if you want to ask Mayor Lalonde about the roads, you can attend the council meetings and voice your concern in person with, or, without a mask.

The ski season will probably wind down in mid April, after Easter. Anybody can ski without the vaccine passport after March 15. It is going to be a much different spring this year as most restrictions will have been removed. I remember last April-May when we were locked down, one visitor per home. Hopefully we will all keep that in mind as we transition to new COVID rules.

Indoor tennis and the health club at InterClub are going full out to get us all ready for the outdoor courts in Sainte-Adèle. The snowbirds will be returning soon enough and perhaps may not require a PCR test upon their arrival.

Provincial elections are coming this year so all COVID related restrictions will evaporate. I wonder whether regional hospitals and health care centers will return to some sense of normalcy. Hats off to all those hospital workers over the past two years.

I'm looking forward to ridding myself of winter boots, hats, gloves, scarfs and parkas. I'm just not sure about removing my mask.

Viking Ski Loppet event makes its 50th year comeback!

While Sunday morning of February 20, 2022 saw the closing ceremonies of the 24th Olympic Winter Games in Beijing, some 124 enthusiastic registrants were headed to the Morin-Heights based Viking Ski Club to participate in the Loppet classic cross-country event.

Disappointed that last year's Loppet event was "Covid cancelled", organizers were determined that this year's 50th anniversary should not be missed; pandemic protocols and weather challenges notwithstanding! Caution with such uncertainties led to a delayed on-line registration launch, but as usual, attracted a full age range of participants from 6 to 80 years old!

The Skip Sheldon racing network at Viking offered participants a choice of 5 km, 10 km and 20 km race courses. The surprise late snow dump necessitated some pre-dawn track setting to ensure participants would enjoy close to "Olympic perfect" ski tracks!

As usual, the mass starts were staggered with the 20 km off and away at 9:30 am, then 10 km at 9:50 am, and the 5 km at 10:10 pm. A local company, MS1 Timing, used their hi-tech antennas at the finish line to capture the precise race times from CHRONOTRACK chips on racers' bibs. Race results were then instantly available on-line....a quantum leap from numb fingers on stop watches and clip-boards as was done in the "olden days!"

Medal distribution was limited to just the fastest male and fastest female for each course. In lieu of the usual physical presentation of all the other age category medals, a "Participation Certificate" was sent to all participants. Also, to commemorate this special 50th Loppet event, a sew-on badge was given to all participants, volunteers and organizers.

Hot vegetable soup and energy bars were conveniently available for one and all near the finish line, a chance to compare race experiences, replenish expended calories, and warm up as temperatures hung around a nippy -12 degree Celsius.

Staging this complex outdoor winter event would not have been possible without the support of the dozens of volunteers who so enthusiastically manned their respective posts/duties. It is to them that we owe the huge success that this 50th anniversary Loppet turned out to be!



Photo credit: David Divolpi



NEWS BITS FOR MARCH

New housing units for seniors in Argenteuil

The Member of Parliament for Argenteuil, Agnès Grondin, is delighted that an amount of \$8.1 million has been announced for the construction of 31 new social and affordable housing units in the riding under the Second Agreement Canada-Quebec regarding the Rapid Housing Initiative. This is in addition to housing at Habitations Saint-Adolphe-d’Howard, intended for seniors.

This agreement, which will make it possible to finance a total of 79 projects in the regions of Quebec, facilitate the creation of more than 1,400 new social and affordable housing units, thanks to an investment of nearly \$338 million. To ensure that Quebecers in need who live there will pay only 25 % of their income, the Quebec government will also invest up to \$128 million over the next 20 years.

The two Housing Initiative agreements represent a total investment of approximately \$517 million. Since January 2021, there have been nearly 3,000 units that have been financed in order to be delivered according to construction standards recognized in Quebec, for the benefit of Quebec households in need.

Highlights

The Second Canada-Quebec Agreement concerning the Rapid Creation Initiative housing:

- supports the creation of new permanent affordable housing;
- finances the construction of new rental housing, the acquisition of land and the conversion or refurbishment of existing buildings to accommodate affordable housing;
- aims to ensure that all funds are committed as quickly as possible so that the accommodation is available within 12 months of the conclusion of the agreements, unless otherwise agreed.

The Quebec government is also committed to funding rent supplements of some projects. With this assistance, eligible tenants will pay rent equivalent to only 25 % of their income. Info: www.habitation.gouv.qc.ca

More than \$145,000 for the improvement of the local road network

The MNA for Argenteuil, Ms. Agnès Grondin, announced recently that the Government of Quebec has granted financial assistance of \$147,636 to the municipality of the Township of Gore to support it in improving its local road network. More specifically, this amount will support the work on Shrewsbury Road.

Anxious to better respond to the specific needs of the various regions, the government of Quebec offers a full range of tools, including the Local Road Assistance Program (PAVL), that allows municipal governments to revitalize their local infrastructure. The amounts announced today are directly related to the \$120 million economic update unveiled last November.

Highlights

The PAVL aims to support municipalities in the planning, improvement and maintenance of the local road network for which they are responsible. It has a total budget of \$357.7 million for 2022-2023 and is divided into three areas (Planning, Improvement and Maintenance of infrastructures). These axes consist of a total of 11 sections, 2 of which were added in February 2021, i.e.:

- the Recovery axis, which aims to facilitate the implementation of temporary measures following a fortuitous event on a level 1 and 2 local road;
- the Support axis, which allows the realization of certain infrastructure projects related to the improvement of the pavement and road safety, which did not fit into any setting before.
- The standardization of the PAVL terms and conditions, made public in February 2021, reduces the administrative requirements for municipalities and eligible organizations.

Planned dumping of sewage in the Diable River

The City of Mont-Tremblant will carry out repair work on a joint inside the settling tank of its activated sludge plant located at 60, chemin de Brébeuf in Mont-Tremblant . This work will take place from April 11, 2022 for a period of 48 to 72 hours. In order to carry out this work, wastewater cannot temporarily be directed to the portion of the treatment chain and will have to be temporarily diverted towards the Diable River.

The water will be partially treated by a fine screening filtration process. The Ministry of the Environment and the Fight against Climate Change (MELCC) allows municipalities to carry out such an intervention insofar as they undertake to put in place several mitigation measures in order to minimize the impact of the spill on the receiving watercourse.

Although this procedure is standard and authorized by the Ministry, the City of Mont-Tremblant initially took steps to have wastewater from the Downtown sector transported by tanker trucks to the aerated ponds in the Village and Resort sectors. The City had reserved a budget of \$400,000 for this purpose. Unfortunately, the only bid received following a public call for tenders was for more than \$2.5 million, six times more than the planned budget. Considering the major overrun of the budget reserved for the transport operation, the purification capacity of the Diable River during flood periods, as well as the marginal nature of nautical activities during the period in question, the City has come to the conclusion – consultation with the Department of Environment and Sustainable Development – that the implementation of the standard overflow procedure authorized by the Ministry constitutes the only viable option.

For any questions, contact 819 425-8614 / travauxpublics@villedemont-tremblant.qc.ca.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Nancy Katsof, an independent travel consultant with **Expedia Cruises - Air, Land & Sea Vacations**. Nancy recently moved to Prévost full-time and is thrilled to join the Laurentian community. It would be Nancy’s pleasure to help you plan your dream vacations, whether that be a once in a lifetime Galapagos cruise, an overwater beach bungalow, or anything in between. Best of luck Nancy! We are glad to have you up here!

Nancy can be reached at 514 262-2277 / nkatsof@expediacruzises.com / expediacruzises.ca/en-CA/NancyKatsof

Did you know that:

If you are searching for great movers this spring or summer, **Déménagement LaCasa**, 148 ch. Watchorn, Morin Heights is available? **Marjorie Privé** and **Jordan MacDow** are the owners who specialize in residential moving whether it is a local move or a move across the country. They will be sure to take special care of your furniture and personal items. To contact them: 514 978-6683 / demenagementlacasa@gmail.com / demenagementlacasa.ca / Facebook: Demenagement LaCasa.

Soupe et Compagnie is open once again for those who need meals at lunchtime? Meals are available on Tuesday and Thursday between 12 noon and 1 pm. It is a great way to socialize and meet new people. If you are interested in enjoying a lunch, please call 450 744-0207 to make a reservation. Also, there will be a brand new service called Café Internet, which will be available this spring on Fridays between 10:30 am and 11:45 am. People can share a coffee, some friendly conversation and get trained on how to use the Internet. Soupe et Compagnie is located at the back of the big church at 205 rue Principale, St. Sauveur.

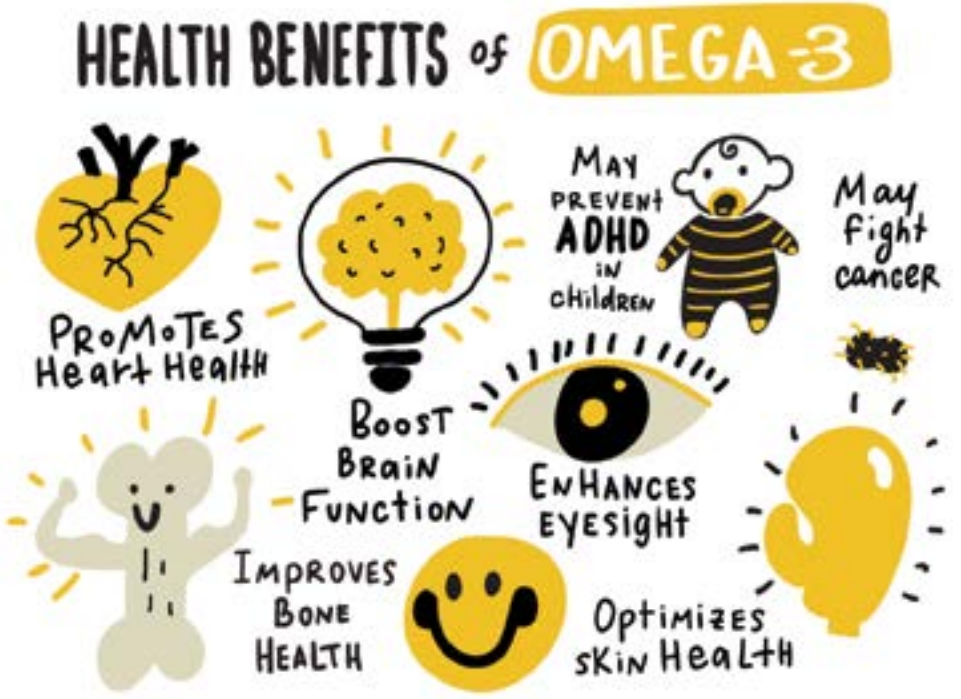
If you like writing special notes or sending beautifully, hand crafted painted cards, **Arthur Gervais**, a local artist from Ste. Anne des Lacs, paints lovely aquarelle scenic cards? Arthur’s cards are 4 in. x 6 in. and have accompanying envelopes with a clear plastic protective sleeve. 1 card \$15 / 3 cards \$40 / 5 cards \$60 and 10 cards \$100. Arthur’s cards are so beautiful that they can be framed. These days, friends truly appreciate receiving a lovely handwritten note in the mail. For info: 450 224-7827 / artgervais@gmail.com / Facebook: Arthur Gervais.

I take this opportunity to wish everyone a beautiful Spring season.



Cancer Support Group Talks About Nutrition March 19

The next monthly meeting of the Laurentian Region Cancer Support Group will take place Saturday, March 19 at 1 pm via Zoom and in-person at Chalet Bellevue, Morin Heights. Susan Campbell-Fournel will join us to provide information about how diet and nutrition can work to support our immune system. Meetings are free and open to people living with cancer and their loved ones or caregivers. To receive the Zoom link, to reserve a place for the March meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.







Making it Work in the Laurentians

Personal branding for job-seekers: your post-pandemic pitch

Maya Khamala

If you're currently navigating a job search you likely already know that having a professional edge is everything. Rise to the top by refining your personal brand. Branding is not limited to entrepreneurs! It can help anyone in the process of a career shift, seeking a promotion or coping with unemployment.

What is a personal brand?

Ultimately, your brand is an attempt to get people to associate you with certain qualities. Digitalmarketing.org defines personal branding as "an ongoing process of developing and maintaining a reputation and impression." In other words, your brand and accompanying brand statement are how you can showcase who you are and what you stand for.

Whether you're networking, job searching, or developing your career prospects, people will inevitably check out your track record online when deciding whether to hire you or partner with you. Strong branding makes the difference.

Soft skills come first!

When developing your personal brand, it's helpful to think about the qualities you possess that help you stand apart from other applicants.

While your hard skills describe what you can do (i.e., technical skills or language proficiency), your soft skills explain how you work and, can set you apart from other candidates with the same abilities. Often formed by your personal experiences, these might include abilities such as empathy, flexibility, leadership, problem-solving and time management skills. In today's market, these are the skills many employers are seeking, so be sure to showcase them on LinkedIn, on your CV, and in any interview setting!

Start building today by networking

Once you've figured out what sets you apart as a candidate, it's time to get the word out. Roughly 57% of positions are filled thanks to network contacts. Professional and personal referrals alike can make all the difference when applying for a sought-after position. So, never underestimate the value of your contacts, both within and outside of your field.

Try to engage with a wide range of contacts to cultivate mutually beneficial professional relationships. Think of networking as a long-term investment in your career that allows you to make an impression and, to let others know what you have to offer, while also learning what they have to offer. You never know when a connection might lead to the partnership or hire of a lifetime. Opportunities to network are everywhere; you just have to seize them! And remember, networking is a skill, so how you do it matters. Always be clear about your intentions, learn from others and practice.

So, what are you waiting for? Drop that personal brand statement into your social media accounts, cover letters, and outreach emails...and watch as doors swing open.

A YES Employment Counsellor can help answer questions about your CV, LinkedIn profile, upcoming interviews, or gaps in your employment. If you don't already have an Employment Counsellor and need a last-minute appointment or some advice, book a 30-minute Drop In with one of our experts today! Spaces are limited, booking is required. Call us at (514) 878-9788 to reserve your spot today.

More drug gargle tests thanks to interns CISSS des Laurentides disability programs

At the height of the 5th wave of COVID-19 interns from the Integration Work program for people with an intellectual disability, a disorder of the spectrum of autism or a physical deficiency (DI-ASD-DP) came to lend a hand to the teams of the Integrated Health and Social Services Center (CISSS) of the Laurentians. Since January 10, between six and eight trainees have been preparing gargle screening sets, used to screen certain patients or employees.



This internship follows the positive experience achieved during the first wave. A first internship at the CISSS des Laurentides warehouse allowed DI-TSA-DP interns to collaborate in the preparation orders for personal protective equipment for CISSS des Laurentides staff and regional partners. In the middle of the 5th wave, the objective was to ensure internal production of COVID-19 screening tests to meet increased demand. Again, the tasks requested for the achievement of this objective were entirely appropriate, accessible and above all interesting for trainee learning.

People with an intellectual disability, an autism spectrum disorder or a physical disability evolve easily in the performance of adapted tasks. For them, these responsibilities are rewarding, motivating and they accomplish them with both meticulousness and pleasure. Thus, the trainees of the Work Integration program have the chance to develop their autonomy and develop different professional skills.



Talk to me, Goose...

Andie Bennett

When stuck in the car with a screaming child, frustration can range from severe to mild. It's comparable to the impending doom, of a hungry toddler in a waiting room. Thankfully, we can offer a solution that merely requires some fun elocution.

The positive effects of rhymes, songs and storytelling on language development of small children are well documented. The Parent-Child Mother Goose Program started in the late '80s in Toronto, was the brainchild of a psychologist, a social worker and a storyteller. The programs are now accessible around the world including the sessions being offered, in English, through 4Korners in partnership with the Laurentian Literacy Centre.

The Parent-Child Mother Goose Program is designed to equip parents with the tools to take charge of an otherwise stressful situation (on those days that you forgot ALL the snacks) and, also nurture the parent-child bond and encourage early communication. To be clear, this is a program for the parents, not storytelling entertainment for small children. Each group of parents and children meets with two teachers once a week where they learn songs, rhymes, and little stories to delight and entertain their child without props like toys or instruments. Over 10 weeks, the parents will learn several songs and rhymes that, through repetition and group participation, they can commit to memory to whip out in a time of need.

By having this experience in a group setting there is also the advantage of breaking the isolation many young parents feel - exacerbated by current safety measures - and to use the pleasure and power of rhymes, songs and stories taught and experienced orally in a group setting to nurture the parent-child relationship and to foster family wellness.

The skill of storytelling is, for many people, becoming a lost art. With screens so easily accessible we don't need to rely as heavily on our ability to entertain a squirmy child, but these skills can bring so much joy to both the parent and the child. As someone with NO Mother Goose training whose child is now repeating 'pooped in a shoe!' with great enthusiasm, I can clearly see the advantage of having some actual children's tales at the ready, instead of on-the-fly-improvised tales of my cat's fecal incontinence.

If you are looking to add some tools to your parent tool belt, there are sessions currently underway every Wednesday morning from 9:30 am to 11 am at Bibliothèque Jean-Marc-Belzile in Lachute. Registration is free and is done on site. Another 10-week session will begin April 13.

For more information contact 4Korners at info@4korners.org or the Laurentian Literacy Centre at 450-562-3719.



INVITATION

Virtual annual general meeting

Find out more about your caisse's results and accomplishments.

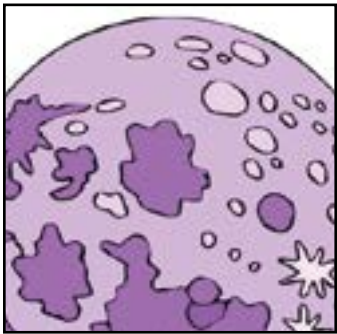
- Monday, April 4, 2022 | 6:30 p.m.
- The meeting link is posted on www.desjardins.com/caissevalleepaysdenhaut

Vote online.

From April 5 to 8, 2022, vote on how member dividends will be paid out and to elect your caisse's directors (if applicable) via www.desjardins.com, your caisse's website or AccèsD.



Don't miss it!



Zach Factor

Old books, old stone Part 1: The Edfu Texts

Lys Chisholm & Marcus Nerenberg - Main Street

At times, when the world is filled with dread, concern and fear about world war, it is wise for us all to retrace our steps to see where we might have taken a wrong turn, or, perhaps to be reassured that our growing pains in bettering ourselves as a human civilization are not in vain. To that end, we can look to where we can find the world’s oldest creation story at the Ptolemaic era Temple of Edfu in Egypt.

Myth is a powerful tool. Within myth we find the elements and glue that hold communities and civilizations together. Carl Jung, psychologist, tells us that both language and shared stories of upheaval and Earth changes can be carried within the human psyche for eons. Sometimes, buried within ancient myth, we find morsels of truth that help us understand what we could not, even 30 years ago.

Edfu construction began in 237 BC, during the Ptolemaic period, after Alexander the Great had conquered Egypt. It was only completed in 57 BC. The Temple walls house the glyphs of 3 books. John Anthony West, author and researcher, in a 2015 tour, explained how carving the old stories from ancient scrolls in stone was a way to preserve messages for future generations. Many temples were defaced or demolished for construction material in the 7th century. Edfu was likely spared from desecration as it had been buried in sand and was only rediscovered in 1860.

The strange, pictorial writing, carved in stone at Egyptian temples, was forgotten over time until French Egyptologist Champollion, in 1822, translated the first trilingual writings (Ancient Egyptian, hieratic- a shorthand of Egyptian, and Ancient Greek) found on the Rosetta stone. Early hieroglyphs from the ancient dynasties were easiest to translate. The later Ptolemaic cartoon-like glyphs were far more complex to decipher, another visible indication of the spiritual and cultural decline of Ancient Egypt.

Modern translation of the massive number of Edfu glyphs proved difficult and, funding was scarce. In the early 1980’s, several Egyptologists attempted to copy and decipher some of the glyphs and it is their work that revealed the ancient creation myth. E.A.E. Reymond, in her book “**The Mythical origin of the Egyptian Temple**” translates glyphs from one “book” called “**The Island of the Egg**” that harken to a time before the most ancient peoples of Egypt and speaks to a different land where the Primordial gods “rested in their mansions”. The myth describes “The First Primeval One” who existed before all others. The next creative event was to “fertilize the land”. The gods then took physical forms and “built their abodes” and created “the Elements”. Reymond explains these “gods” are never individualized but are always referred to as a group and they remain nameless. They are also referred to as “The Most Aged Ones” and the first “Generation of Mesenty” although who Mesenty is we do not know. This first generation of gods is succeeded by another called the Kao. They assume power to create the rest of the world. They create “The Lotus” from which radiates energies, that is the Sun. They create a djed pillar that arises from a field of reeds and which becomes the resting place of the original falcon God.

Another book called “**The Island of Trampling**” describes a conflict involving a Snake-God that destroyed their land, the primeval water submerging the island home, which became a tomb for the original divine inhabitants. The next part of the story describes the generation of gods called the Shebtiw, Wa, and Aa. Although the text does not explicitly say there was a flood- other glyphs describe the remnants of reeds sticking out of the water where the island once stood. The Shebtiw are attributed with building the original sacred temples down the Nile.

The scientific evidence that the present Edfu temple is built over an earlier temple site is found in the large megalithic stones in the floor and signs of later repair. Author Brien Foerester, who researched megalithic stone structures found all over the world, identified the Edfu granite altar and the sacred ben-ben chamber at the heart of the temple as being pre-dynastic, showing signs of industrial machining. The massive granite blocks were transported from quarries hundreds of miles away.

Egypt has requested that Edfu be designated a World Heritage Site due to the vast amount of untranslated text, essentially, the oldest, rare books on Earth.

Next Month: “Old Stones Speak”



The Story Behind *The Devil River*

Joseph Graham - Main Street
joseph@ballyhoo.ca

The Devil River, *Rivière du Diable*, runs for about 70 kilometres from the northeast to the southwest through a valley that lies just north of the St. Narcisse Moraine. It was formed by the same glacial action that formed the moraine, that huge bank created by the recurring freezing and thawing of the retreating Laurentide Ice Sheet, separating the Rouge and Nord River basins. The Devil, a tributary of the Rouge River system, runs through a valley below the moraine, more or less west, and it must once have been a very unstable lake, alternately fed and starved at the whim of the glacier.

This glacier stood three to five thousand feet high, and up to thirteen thousand feet where Hudson’s Bay is today, an almost unimaginable wall of ice that would crush a city like Montreal to its elements and leave its traces buried under ice six times the height of its highest buildings. The weight of the glacier was so great that the ground that was compressed under it is still rebounding today from its release ten thousand years ago. If a couple had stood in a coniferous forest on the hilly plateau that we call St. Faustin-Lac Carré, rather than feeling themselves on the high ground, as they would today, they would have looked way up into the icy mountains to the north, mountains that dwarfed even the mighty Tremblant and hid it in a frozen cast that could have sat as high again above Tremblant’s summit. In the spring, as the glacier began to retract, the torrents of water rushing off the glacier would have thundered to the southwest along the edge of the icy mountains, pulling along rocks in the river’s rage. In winter, frozen along the surface, the glacier would have seemed to creep up over the hills, convincing the observers that it intended to tear down the tentatively advancing forest. Still, spring would come, and the ice would retreat under the glare of an ever-hotter sun.

Glaciers grow by gathering snow on their cold surfaces and piling it so high that the bottom layers get crushed into ice and squeezed out the sides. In this way, they move along the ground, slowly crushing and pushing any obstacle in their paths. When they melt, they leave gigantic deposits behind. This was the state of affairs for five centuries, twenty generations of humans, in the early stages of the ice sheet’s rapid melt in the valley of the Devil River. The Laurentian Ice Sheet lasted 21 million years, covering all of continental Canada east of the Rockies, but it disappeared over a period of 2,600 years. If the lifespan of the Laurentian Ice Sheet is seen as 24 hours, it disappeared in the last 10 seconds, a victim of rising atmospheric carbon.

During its death throes, ice, pushing steadily from the north, would carry stone and sediment in its frozen clutches, then it would melt back, leaving an ever-greater pile along a ridge. That ridge, that we call the St. Narcisse Moraine, is only one of hundreds that were formed during the rapid melt.

A huge volume of fresh water flooded to the southwest, north of the moraine, probably a lot of it under the ice sheet, carving wide valleys as it flowed. As the ice age came to an end and an age of warmer summers began, the front of the glacial mountains retreated ever further to the north, sending runoff down along the walls of other moraines, but each year, each successive decade, losing force to the warming summers.

When spring comes now, the melt of the winter snows re-enacts these scenes and the rivers pour forth their once-captured waters, overflow their banks and deposit sand and pebbles as high up their sides as they can. Soon, though, as the calm of summer advances, the rivers meander as though inspecting the base of their once great holdings, sometimes turning back upon themselves and cutting corners, leaving small, disconnected lakes, and other times gathering in a depression, then flowing out around some forgotten rocks, cascading down the valley. The once tentative forest of conifers has spread around these tamed rivers and a mighty forest, a green veil, has grown on both banks, a forest that stretches north to the tundra, almost as far as a domain where frozen ground still holds court.

The first humans to venture through these hills, ancestors of the Algonquin, used the tamed rivers for transport and fishing. Certainly, they would not have called it the Devil. Good and evil are Christian concepts. They may have called it by a name that evoked a trickster, a name to evoke the way it twists and turns. Even the first loggers and surveyors who named the river did not see it as Lucifer’s property, as the Commission du toponymie informs us: Son nom, n’ayant rien à voir avec Lucifer, s’explique par le fait que la rivière est très agitée, parsemée de tortueux rapides qui rendaient périlleuses les activités de drave ou d’arpentage et que, à certains endroits, elle émet, dit-on, un bruit tellement assourdissant qu’aucun son au monde ne pourrait être entendu, phénomène à rapprocher de l’expression en diable, qui signifie très fort. (Its name, having nothing to do with Lucifer, is explained by the fact that the river is very agitated, filled with tortuous rapids, that made logging perilous and surveying difficult, and, at certain locations it emitted, they say, a noise so deafening that no sound of the world could be heard, a phenomenon suggesting the expression of the devil, signifying ‘very strong’.) No doubt, though, like many of our place names, its choice was influenced by what the Algonquin call it, probably coming from the mountain spirits evoked in their name for Mont Tremblant, Manitonga Soutana. According to the Commission, the surveyor G. E. McMartin first recorded the name Devil River in a report in 1887.





Garden Talk

Plan now, save later

June Angus - Main Street

Rising food prices and supply chain issues are a growing challenge. With our own local growing season just around the corner, now is the perfect time to take control and plan a summer food garden.

Whether you have a huge veggie patch or just enough space for a few containers on a deck or balcony, growing some of your own vegetables and herbs can be very satisfying both physically and mentally. Better still you get to enjoy the fruits of your labour come harvest. And a little investment now will save you money down the road.

For starters, all herbs are more cost effective to grow than to buy at the grocery store. While many herbs are easy to start from seed, come spring you can also buy a 4-pack of starter herb plants for about the same price as just a few sprigs from the produce department. Basil, cilantro, rosemary, parsley, chives, mint and thyme all grow well in the ground or in pots. You can also grow many other varieties not readily available in stores. Ideally, grow your herbs where they are handy for harvesting – not far from your kitchen. Pots of fresh herbs will also thrive on a bright windowsill indoors all winter long.

Tomatoes are one of the most rewarding and cost-effective home-grown crops to cultivate. A packet of seeds, or even a few plants from a nursery, cost far less than purchasing the equivalent of what you'll get from your harvest at the store. Growing your own from seeds (which you should be starting now indoors) also gives you access to a much greater variety ranging from hybrids to heirlooms. Don't delay if you plan to purchase seeds online. Popular choices are going fast. Tomato plants need full sun and plenty of water so plant accordingly.

All salad greens including lettuce, spinach and kale are also worth growing. These crops are easy to plant directly in the ground from seed so require very little investment to produce a bountiful harvest. Few greens tolerate extreme heat, so they thrive best in spring and early summer. You can also plant a second round late summer for harvest early fall.

Green or wax beans are another great investment. A few dollars worth of seeds can produce many pounds of beans over the season. I prefer the bush varieties because they seem to produce faster and don't require much trellising or other support. If you stagger your planting you can have a continuous harvest for at least 6 weeks. And if you end up with too many, they can easily be blanched and frozen.

Cucumbers are easy to grow even in a container. While I love growing zucchini they do take up a fair bit of space. Both crops are also very cost effective when you compare the cost of seeds with the cost of purchasing your final harvest.

If your garden is small, crops such as corn, cauliflower or potatoes may not be worthwhile to grow, as you won't have enough space to produce a decent harvest.

No matter what you chose to grow, if you end up with too much don't worry. Share your harvest with friends and family. There are also plenty of good how-to instructions online for preserving an over-abundant harvest.

If you can't grow your own, or it's off-season, buying greenhouse vegetables locally produced will help support our local economy and is better for the environment than depending on food trucked from hundreds or even thousands of miles away. But with a little planning now, you can take control of your own supply chain for the coming growing season and maybe even stash some food away for next winter.



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Anyone or anything...



Word Play

The Handmade Endeavor

Louise Bloom - lousebloom@me.com

I have always been interested in cottage industries and hand made products, things that are made by and reflect various cultures, items such as basket ware, pottery, woodwork, soap, knitted goods, blankets and quilts to name a very few. Part of that interest stems from the idea that the individual or group of artisans could work with their hands to earn their living, could produce items that were required by our domestic needs and, could provide unique items that were artfully created that may be more meaningful to homemakers, than machine made goods.

Handmade is any of a wide variety of types of work where useful and decorative objects are made completely by hand or by using basic, simple tools. It is the traditional main sector of craft and applies to a wide range of creative and design activities that are related to making things with one's hands and skill.

Because of my own interest in artful pursuits with a penchant for the practical, I am attracted to the idea that handmade products are often "green" thereby consuming less energy in production than machined goods. These items are often better in the sense of workmanship. Buying handmade items might support a tradition, a culture, a heritage or a talent.

In using one's hands to create, we are literally coming from the heart. The energy travels directly from the heart to the hands through the arms – the intention is the prime mover, the product, imbued with the care and loving thoughts that the heart can engender.

Whatever we are adventuring with, repairs, recipes, cleaning and polishing, removing, rejuvenating, rifling, or discarding – whether knitting, sewing, throwing clay, drawing or painting, everything in these categories is hand-work. Baking alone requires precision and attention. The Great Canadian Baking Show is proof that all arts and crafts can raise the participants to supreme levels of skill.

But, not everyone thinks of his or her self as an artist, or endeavors to improve their skill beyond the simple pleasure of the activity.

What interests me regarding all these project-based activities and, what I have come to unwittingly observe, are the unseen benefits of handwork, the advantages experienced by regular use of the hands in somewhat creative endeavors. I observe in myself and, others, that these activities seem to drive the emotive and thinking processes into a more organized, more integrated, less anxious state.

I spent some time perusing the Internet to garner proof of what I have already observed in my years of teaching art and experiencing artistic communion.

Crafts such as knitting, crochet, weaving, ceramics, needlework, and wood-work focus on repetitive actions and a skill level that can always be improved upon. According to national psychologist Mihaly Csikszentmihalyi in her national bestseller "Flow" this allows us to enter a "flow" state, a perfect immersive state of balance between skill and challenge.

In the book, DRAWING ON THE RIGHT SIDE OF THE BRAIN, it is explained that investing in drawing and other handwork activities increases the cognitive functions, suggesting a shift to the use of the right side of the brain. Intuition increases and positive brain chemistry occurs.

In my own experience, as a neo-knitter and crochet beginner, I have taken advantage of short on-line teaching videos, to teach me the minimum skills so that I might perform and enjoy the work. I have involved colour. I knit to rest, to recharge and to contemplate while repeating the necessary hand movements. As my hands do the stitching, my mind relaxes, organizes, enjoys. Thus, I encourage you to honour and activate your hands and see where it takes you.

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



Obituaries



In loving memory

OF
MURIEL (MURIE) SCOFIELD

1924- 2020
From the family.



palliacco
support, accompagnement & respite care

Palliacco Activities

MRC des Laurentides, des Pays-d'en'Haut and south Antoine-labelle

In the current context of confinement, we offer videoconference meetings and activities at our offices.

Coffee meeting for the bereaved By videoconference:

99 rue Saint-Vincent, room 2, Ste-Agathe:
Monday, March 21 from 1:30 pm to 3:30 pm.

Comforting tea: By videoconference to people with cancer or who are in remission to share and explore multiple approaches that can help you navigate through times of great change. Date: Friday, March 25 from 10:30 am to noon.

Loved ones, meetings for caregivers: By videoconference, for caregivers, to share their experiences. Date: Thursdays, March 10 and 24, from 10:30 am to noon.

Regenerative Yoga: For people with cancer, their caregivers and bereaved to help you maintain a sense of balance, relaxation and flexibility. By videoconference: Dates: Mondays, March 14, 21 and 28 from 2 pm to 3 pm. Thursdays, March 17 and 24 from 9:30 am to 10:30 am.

Relaxation group: For people with cancer, their caregivers and people in mourning to discover and experiment with tools to relax and find inner calm. By videoconference: Dates: Wednesdays, March 9 and 23 from 10:30 am to noon.

Basic training in palliative care to become a volunteer at Palliacco: For people who want to give their time to accompany and support people with cancer, their caregivers and people in mourning. By videoconference: Dates: Wednesdays, March 9, 16, 23, 30 and April 6 & 13 from 9 am to noon.

Mourning group: For people who are grieving. In person unless otherwise advised by Public Health. Dates: Saint-Sauveur: Thursdays: March 24 - May 26: 1:30 pm to 3:30 pm. Mont-Tremblant: Mondays, March 21 to May 27: 7 pm to 9 pm. Sainte-Agathe-des-Monts: Fridays, March 25 - May 27: 1:30 pm - 3:30 pm.

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

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

Info: 1 855 717-9646
communication@palliacco.org
www.palliacco.org

Laurentian Business Women's Group

After a lengthy hiatus of activities and meetings due to the Covid pandemic, the Laurentian Business Women's Group participated in a fabulous outdoor activity at Wasabi Coaching Centre in Morin Heights. The horses taught the group about leadership and teamwork.

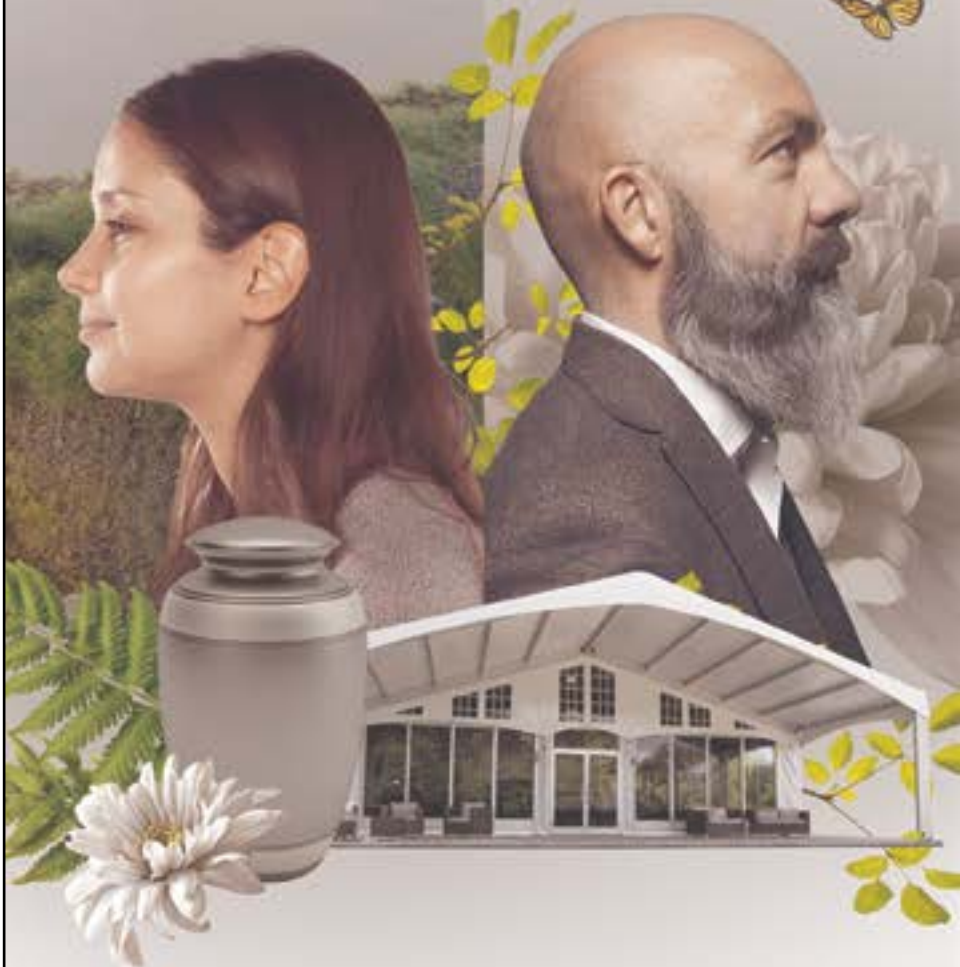


Photo: Front row left to right: Anouk Lorie (Owner of Wasabi), Josephine Piazza, Lise Tanguay, Karyn Dupuis (Photographer)

Back row left to right: Lori Leonard (President), Wendy Trautwein, June Angus, Irina Marschinkowski, Louise Lapointe, Candice Kaisin, Louise Pesner, Mary Goulet

Horses: Left is Buck and right is Piko

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Developed by Christopher Collyer, BA, CFP

What is greenwashing?

How this latest buzzword relates to investing

With increasing awareness of climate change and social issues, more investors want to be able to invest in funds that align with positive outcomes for society and the environment. As a result, the demand for sustainable investment products is growing rapidly. In fact, a recent Morningstar report found that global inflows into sustainable investment products increased by 88 per cent in the last quarter of 2020. [1] By 2025, global assets in this category of funds are expected to surpass US \$53 trillion, according to Bloomberg Intelligence.[2]

It’s great that investors are mindful of environmental, social and governance (ESG) related issues and, that there is a widening range of sustainability-related products to choose from. However, new challenges have surfaced, including the risk of greenwashing.

Greenwashing explained

Although the term “greenwashing” has been around for a while, it has become more mainstream recently. Simply put, greenwashing is the act of making false claims or providing misleading information about how environmentally friendly something actually is.

Let’s say a product is marketed as being made from recycled plastic. Sounds great, right? But when you read the fine print, it becomes clear that only one per cent of the material used to make it is recycled. While the statement about recycled plastic isn’t technically a lie, it misleads consumers into thinking the product is eco-friendly when, in fact, it’s not.

Greenwashing can also apply to investing and could happen in a number of different ways. It might be a misleading fund name or marketing that doesn’t reflect the true nature of a fund’s objectives. Other examples might include a lack of adequate information about a fund’s sustainability-related strategies, or a fund’s asset manager failing to meet sustainability-related commitments.

Why is this happening?

Ensuring sustainable products live up to sustainability claims is complicated. Due to how fast the demand for these types of products has grown, standardized frameworks are still being worked out, which should set out:

- Clear guidance and standardization for disclosure and regulatory approaches
- Well-developed sustainability-related practices for asset managers
- Clear and consistent disclosure requirements, both at the product and asset manager levels
- Consistent terminologies
- A clearly defined product classification system
- A standardized reporting mechanism for asset managers [3]

How can investors choose products that meet their sustainability expectations?

The reality is that most asset managers are financial experts and not necessarily environmental experts. However, greenwashing is less likely when asset managers are clear about their process and transparent about what their funds do and don’t do.

It’s also a good idea for investors to do their own research. Looking closely at what they plan to invest in and, learning about a fund’s asset manager, the fund’s contents, strategies and objectives, and individual companies’ practices can go a long way towards reducing the chances of being misled. When investors are knowledgeable about the content of a fund, they are more likely to be able to make an informed decision.

Investors can also talk to their advisor about what’s important to them – about what they want to see in terms of sustainability. Here are some questions that may help you to begin a conversation with your advisor about sustainable investing:

- What companies are represented within the fund?
- How have these organizations been assessed to be considered sustainable?
- What are these organizations doing to help make the world a better place?

When advisors have a clear idea of what their investors are looking for, they can help them more easily identify misleading information to help avoid the risks of greenwashing.

Speak with your advisor

If you are interested in investing in companies that make positive contributions to society or the community, or those that contribute to fighting climate change, let your advisor know.

They can help you explore funds that work for your long-term investing goals while living up to their sustainability mandates.

As an investor, it’s important to understand how your personal values can impact investment decisions:

- You might wish to avoid certain business sectors because the products or services provided clash with your own sense of right and wrong
- You might feel strongly supportive of or opposed to certain social causes and wish to be aligned with like-minded companies
- Family influence may be strong where the choices you make follow along with what your parents supported

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This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca
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Saint Patrick's Day and the power of 3

April Sirois – Sommelier - ISG

It's March again and, along with the warmer weather and flowing maple syrup we will soon be celebrating Saint Patrick's Day here in the Laurentians, whether you are one of the many Irish that call this area home or, maybe, just Irish for the day. That will mean lots of (socially distanced) socializing, food and drinks, some of it, maybe even green.

The connection between drinking and Saint Patrick's Day is simple enough: the holiday in Ireland and now right across the world, is a feast day that by no accident was arranged to be held in the middle of lent. The Irish meant this to be a brief respite from all the austere piousness during this time on the catholic calendar. So, of course, it features plenty of merry making around the three things that the Irish do best, food, beer and whiskey.

Wine, obviously, is not produced in Ireland; the country is too far north, at the same latitude as Newfoundland and anything above the 50th parallel is just too cold to grow grapes. But, the Irish have long enjoyed drinking wine, especially from Bordeaux. In fact, in the eighteenth century, a number of Irish immigrants even moved to Bordeaux to produce wine. Among them were the founders of top chateaux whose names we still celebrate today: Leoville-Barton, Lynch Bages, Phelan Segur and Kirwan. So, I like to think that even by skipping that glass of green beer for a nice white, red or even a rosé is still staying true to the spirit of the celebration. I will be wearing green and I may even have a shamrock pin that I will wear on my sweater.

Now, it is said that the shamrock was introduced to the Pagan Irish by Saint Patrick as a symbol to teach them about the holy trinity, but I think that the number 3 has always had a mythical and deep fascination for people all over the world. (Tesla was fascinated by it.) It is the number of dimensions that a human eye can perceive. It makes up a pyramid that is the strongest and most stable physical shape that we know of. It represents the past, the present and, the future in everyone's life. We use sayings like "3rd time a charm." The Wicca has the triple goddess, the maiden the mother and the crone. And, if you capture a leprechaun lore has it that he will grant you 3 wishes if you let him go. I think it could also be a symbol of the three kinds of alcohol that we imbibe, being wine beer and spirits.

Saint Patrick really was into something with that Shamrock. As for the more commonly known story of Saint Patrick chasing all the snakes out of Ireland, well, it is most likely because there were never any snakes there to begin with!

~Sláinte!

I'm Just Saying

Spring Forward

Ron Golfman - Main Street

Spring, probably the best mood-altering cure this optimistic season we've felt such a strong longing for, is coming. With all the trappings that go with it this particular year, aside from the seasonal ritual

of under and overdressing, setting up sump pumps and, the scramble to get a snow tire appointment, there is more.

In a normal year, an expression almost gone from our dialogue, we start getting our taxes done, while constantly checking to see if the Aerobic Corridor in Morin Heights and the walk-a-bout at Molson Park in Saint-Sauveur are open to the public. Though it has zig-zagged over the last few years, the possibility of having a beer with friends at Comforts, the Legion 171, or the odd blessed day when one can have lunch on the deck of the Old Orchard, is starting to feel imminent.

All the negatives we have to endure can be pushed aside and be replaced by a walk in the sun without losing one's appendages to the bitter cold. I am naively optimistic that those who want to negotiate a reasonable way of living with free movement, while supporting the economy and health concerns, will result in the government meeting with the rational protesters to find a happy medium.

People on both sides of many issues should be able to breathe easier in plus zero, sunny days, and, with the release from being indoors endlessly, remind ourselves of all that we have within reach, something many seem to have forgotten; more of what we have in common than what has divided us.

Many of us hold distinctly different views on what freedom means and while that won't change completely, being wonderful communities, famous for our usual focus on quality of life might just seep into our dialogue. That notion and, the proper opportunity to experience our precious democracy, will come in the form of elections, the most important voice we hold.

So, on a positive note, find joy in the prospect of getting our bikes out of storage, and going to visit the new Provisoir in Morin Heights, a gas bar that looks more like a pavilion that fits well in our community. Let's complain less about the tourist traffic in Sauveur and Morin Heights and, appreciate that social interaction is at our fingertips. Open the closed fists of the tension felt over the past winter and, I'm Just Saying, extend a hand to each other and share how much we have in common.

14 main.street@xplornet.ca

March 2022

MAIN STREET 

Thomas More Institute Gets Seniors Sharing Ideas

The Thomas More Institute (TMI), established in Montreal in 1945, provides adults with life-long learning opportunities in the liberal arts, including the possibility of earning a Bachelor of Arts degree from Bishop’s University.



Among those learning opportunities is the Seniors Outreach Program, offered in residences and community centres in and around Montreal. One of the most remote of these “campuses” lives at the Trinity community centre in Lakefield, Gore, where participants meet on Fridays from 1:30 pm until 3 pm.

The Program offers an 18-week discussion course that runs in two sessions, from September to December and from January to April. The cost is \$20 per session. Each year, the course has a central theme. This year’s is: Exploring Canada Through the Arts.

Weekly readings are provided to participants. Printouts for the next week’s readings are available at each meeting and TMI also sends the files by email.

Barbara Alfonso, Gore, is a co-moderator for the group (the other is your humble correspondent), which currently has about a dozen members, the oldest in his 90s. Alfonso first joined the TMI group as a participant some four years ago to explore The Evolution of Detective Fiction. “I wanted to keep learning,” she says. “I wanted to meet people and connect with smarty pants in my age group!” The detective fiction sessions were extremely popular and resulted in the group writing its own detective novella.

The following year, Alfonso became a moderator for the session, which explored the role of food in culture and history. She signed up for the role because, she says, “I live nearby. I’m from Gore. And moderating makes me stretch a little.”

The group is active and engaged, with members hailing from Wentworth (Dunany), Gore, Mille Isles and Morin Heights. Discussions are lively, with a variety of opinions expressed in a welcoming milieu. This year, the readings guided participants through samples of Canadian art, music, architecture and history from a range of cultures and regions. From Inuit beadwork on the Governor General’s inauguration dress and Haida carvings, to historic Quebec paintings and architecture, and the work of war artists, the topics provided fodder for stimulating conversations. Occasionally there would be a “show and tell” when group members brought in samples of art and literature from their homes to further illustrate the subjects.

Then came the Omicron variant of COVID-19 and, after the final meeting in early December, the group disbanded until further notice. That notice has come and the new session is due to begin on March 11.

For anyone wishing for more information, Jennifer MacGregor is the program coordinator. She can be contacted at jmacgregor@thomasmore.qc.ca or 514 935 9585. Program information can be found on the TMI website thomasmore.qc.ca



4K Speaker Series

The next presentation of the 4K Speaker Series will feature Michelle Sullivan - Upstairs Downstairs, Cochand Style: Behind the Scenes at Canada's First Ski Resort.

The presentation will be held on March 18 at 1 p.m and will be available on Zoom (registration link below) and in person at Chalet Bellvue, 27 Bellevue, Morin-Heights. Registration is mandatory: (450) 974-3940 ext.: 601 / info@4Korners.org

Zoom Registration Link: <https://us02web.zoom.us/join/register/tZ0qdOmvrT-4vHtEWu-ql3xAWAC5iNuyvRbX1is>

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4Korners Basic Income Tax Clinic

The 4Korners Basic Income Tax Clinic will be open from March 9th thru April 27th to provide free assistance in filing federal and provincial income tax forms. This service is offered to low income individuals.

There are three ways to file your taxes with us!

Option 1: Drop Off

You are welcome to drop your tax documents off any time during our opening hours
Monday - Thursday 9am-4pm, Friday 9am-12pm at
1650 chemin d'Oka, Deux-Montagnes, A volunteer will contact you to follow up.

Option 2: In person

Make an appointment to have your taxes filed while you are present during one of our weekly clinics.

Deux-Montagnes - 1650 Chemin d'Oka, Wednesdays, from March 9th to April 27th

TWO NEW IN-PERSON LOCATIONS!

Saint-Sauveur - 19 Av. de la Gare, local 19-C, exclusively on March 21st

Sainte-Agathe-des-Monts - 195 Rue Brisette local 72, exclusively on March 25th

Option 3: Remotely

Make an appointment to have your taxes filed by means of a videoconference or telephone call without having to visit our office.

**To schedule an appointment or for more information contact
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