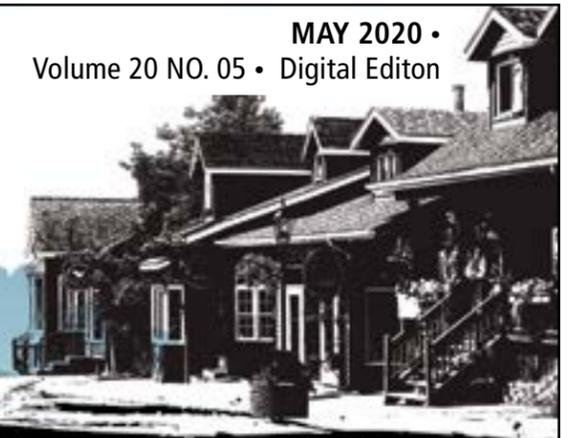


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Volume 20 NO. 05 • Digital Edition



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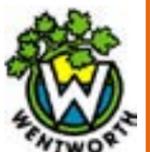
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From the bottom of our hearts, THANK YOU

- **Health and social services workers, for bringing great courage,** dedication and compassion to your essential functions
- **Community organizations,** for your unprecedented commitment in the pursuit of your missions
- **Social clubs and associations,** for your supportive initiatives, such as fundraisers and home deliveries
- **Volunteers and caregivers,** for your generosity towards the most vulnerable, especially through check-in phone calls
- **Government staff, workers in our shops, restaurants, industries and other essential services,** for looking after our well-being
- **Entrepreneurs, producers and artisans,** for your unparalleled ingenuity and admirable adaptability
- **Farmers,** for your essential role in the food chain
- **Local media,** for providing much-appreciated relevant information and promoting the good deeds within our community
- **Artists and cultural organizations,** for finding new ways to reach out and touch people
- **Citizens,** for your understanding and your willingness to follow government instructions

Thanks to you, the population of the MRC d'Argenteuil is in good hands!
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Together, we will get through the COVID-19 crisis.





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STAY HOME – STAY SAFE

What's On My Mind...

Picking up on a new foot

Susan MacDonald, Editor

What's on my mind this month is how quickly our lives changed when our homeland was stricken by the COVID-19 pandemic. In what seemed a mere heartbeat, life as we knew it was gone, replaced with a complete shut down of commerce and a total end to all social interaction. Collectively, although we were not prepared for such a crisis, most accepted the emergency measures put in place, believing, falsely, this was a temporary situation, and that life would return to normal within a matter of weeks. Regrettably, we now know that is not the case and moving forward we must adapt to our new reality and make appropriate changes as we pick up again on a new foot.



More than ever before, online shopping has become the new way of fulfilling our needs and it is encouraging to note how many businesses have altered their operating protocols to maintain their services, while still respecting the necessary health measures in effect. Pre-ordered items can be paid for in advance and either picked up at the store or delivered to your door. Most large food chains offer online grocery shopping and will prepare your order. You can then arrange to pick it up or have it delivered to your door. Many restaurants, including some very high-end establishments, now offer take-out and delivery, as they wait for the green light to open the doors to their dining rooms and terraces. Everyone is doing their utmost to ensure our needs are being met and it is up to us to support their efforts by shopping locally.

Over the upcoming weeks, more restrictions will be lifted and more doors will open. If we want that trend to continue, then it is up to us, individually, to act responsibly and respect fully the current health protocols in place. Wear your masks, use your hand sanitizers and disinfecting wipes, and at all times, maintain the appropriate social distancing. Our lives are in your hands- keep them clean!

In closing, I take this opportunity to thank everyone on the 'front lines' who are working above and beyond the call of duty to ensure the health and safety of the population. A special thank you goes to those in the health care system; your efforts and dedication are most sincerely appreciated. God bless you all.

Enjoy the read... stay home and stay safe.

The CISSS des Laurentides salutes the work of its teams

On the alert since the beginning of March, teams from the Laurentian Integrated Center for Health and Social Services (CISSS) have had to adapt to multiple changes in the framework of the current COVID-19 pandemic. The President and Chief Executive Officer, Ms. Rosemonde Landry, wishes to salute their remarkable work in an extremely demanding context.

The unprecedented pandemic situation has brought many upheavals, mainly for healthcare personnel. In order to meet the needs of the population, part-time staff has been forced to upgrade to full-time because of the essential needs that must be met. In addition, several health care workers have been displaced from units, services and facilities. Staff must adapt to multiple changes: modified schedules, new work colleagues, regularly updated procedures, etc.

"Reconciling the needs of the population and the expectations of the personnel is a major challenge in the current circumstances. We are aware that these changes have a potentially significant impact on employees, especially on their personal lives. The pandemic generates stress, in addition to the changes imposed by the context," underlines Rosemonde Landry.

She adds that the staff impressed her greatly with their willingness to contribute and help, with their great sense of duty and the heart they put in providing care and services to those who need it.

"It is certain that we want to return to normal as soon as possible, both for the good of the population and for that of the care staff. Despite the excessively demanding work environment that we are currently living in, I am extremely proud of my troops who understand the reasons that force us to solicit them in this way and who roll up their sleeves with determination," concluded Ms. Landry.

People have shown great appreciation to health and social services workers for several weeks. The CISSS des Laurentides would also like to say thank you to all the employees for making a difference through their dedication.

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Observations A New World Is Coming - Terra Incognita

David MacFairlane - MainStreet

We are hearing from many that the world after Covid-19 will be different. The question is: Different in what way? Will it be better or worse?

The notion that “we are going to get through this together” seems to be based on the assumption that the crisis is going to diminish quickly, and if we stick together, our sacrifice will be minimal and life will return to the way things were before. This is simply not so, because the truth that not all people are equal is about to become more apparent than ever before. The world is changing faster than ever. The lockdown and social distancing will alter society profoundly.

In Canada, Quebec, with the greatest number of known cases, is the epicentre of the coronavirus pandemic, but the statistics are flawed because we are not conducting serology tests for antibodies to identify those who have had the virus and recovered without requiring medical intervention. Those tests are not available for general use in the Canadian population. However, New York is the epicentre of the virus in the US, and the State’s health authorities have just begun serological blood testing for antibodies to determine how many people have had Covid-19 and recovered. At a state-wide level, the testing found that 13.9% of 3,000 people tested across the state have already had Covid-19. For New York City, the percentage was even higher... 21.2%. More than one in five people in NYC are estimated to have had and recovered from the virus. Therefore, applying the lower percentile of 13.9%, to a state population of 20 million, it would imply that 2.7 million people in New York State could have had Covid-19. Obviously, these numbers will change as more serology testing is done, but so far, the results are encouraging, and that is good news indeed.

Likewise, applying the same percentile to Quebec, with a population of 8.5 million, it would suggest that almost 1.2 million citizens could have had the virus already and not been included in the official statistics. However, due to the differences in population densities between rural and urban, using just the populations of Greater Montreal, Laval, Quebec City and Gatineau of 4.5 million, the number of infected and recovered could be about 625,000 people.

Serological blood tests in Germany have revealed that 14% of the population has already had this virus.

Obviously, this would make the mortality rate of Covid-19 much lower than officially stated. However, without wide-scale serological testing, we will never know the true story about the severity and extent of the virus although, in some population groups, it is undoubtedly critical and often fatal. Due to the cost of individual serology tests, it is unlikely that this will be a high priority for our health authorities. However, that is a reckoning for another day, since the survival of our society and economy must be our first priority.

An unlikely premise being promoted by officials is that a vaccine will be the ultimate resolution to this pandemic. Covid-19, like all other coronaviruses, likely will mutate, and do so repeatedly. So, like other ‘flu vaccinations, the available vaccines always target the last iteration of the virus and not the newest mutation. It becomes a losing game, because the virus will always be one mutation ahead of the current vaccine, which, therefore, can be only of limited benefit. Standard ‘flu vaccines are known to be only from 10% to 60% effective. Therefore, if Covid-19 is a new, highly infectious and virulent member of the family of influenza coronaviruses, and despite all unprecedented efforts to contain it, the virus remains in our population, like all other ‘flu viruses, then I would suggest that by trying to dodge a bullet we might have stepped on a landmine instead.

An economy cannot survive on bailouts forever. We cannot lockdown populations forever. Governments don’t have money except through taxation of their citizens. All deficit spending must be financed by borrowing against future tax revenues. In the end, the citizens always foot the bill when the piper comes calling. So, these bailouts will come with a staggering future liability to citizens when these politicians will be long gone from the scene. At some point, to generate revenue, people have to produce actual goods and services. This requires capital and strategic planning. It requires many things that arbitrary shutdowns make scarce and difficult to find. One would have to be terribly naive and ignorant about how businesses work to think that commerce, investment, and entrepreneurship would just continue as usual under these conditions. The implications are that this could go on for years and the damage to individuals, their families, jobs and future prospects will be enormous and incalculable.

On the other side of the pond, France’s President Macron has said that strict social distancing measures will remain in place, and the borders closed until May 11, and there would be no swift return to normality. In Italy, Prime Minister Conte told parliament that, “We have to maintain and respect, on all levels, the measures of social distancing and promote the general use of individual protective equipment until

there are vaccines and treatments available.” Spanish Prime Minister Sánchez said that the return to normality “will be slow and gradual, because it has to be secure.” In Portugal, Prime Minister Costa warned that “normality will not return until a vaccine is available to the general public, and de-escalation does not mean, for a long time, returning to normality.” Both Germany and Sweden are cautioning citizens not to take normal summer holidays due to the coronavirus crisis.

Clearly the intention is to use this virus to force drastic structural changes to European societies, through population control and massive borrowing and spending. By keeping people locked down, authorities know they are destroying the economies, but the political objective to forge a “United States of Europe” appears to be worth the social and economic devastation they are causing to keep this European dream alive. The more likely outcome will be the end of the dream and a breakup of the European Union.

Down the road, there will be valuable lessons to be learned about how populations respond to these interventions of such a staggering economic magnitude never before witnessed in human society. Never before has there ever been such a drastic response to any disease of this nature. The psychological damage to the people may be far worse than anyone imagines. Social distancing is a drastic step toward dividing and destabilizing our civilization.

What is most troubling is not the pandemic, nor even the economic damage, because they will pass eventually, and we will recover in the course of time. The most disturbing aspect of this crisis is the way we have allowed governments to seize this opportunity to expand their powers so vastly, while forcing us to shelter at home, fearful of an unseen enemy, and stripped of our basic freedoms.

To ensure that we do not lose what is guaranteed to us under the Charter of Rights and Freedoms, we must recognise that this stealthy and subtle approach of a socialist, totalitarian state, shrouded in the guise of a benevolent patron, brings no gifts.

“No man is great enough or wise enough for any of us to surrender our destiny to. The only way in which anyone can lead us is to restore to us the belief in our own guidance. Henry Miller – The Wisdom of the Heart (1941)



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14,000 copies distributed throughout the Laurentians

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

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IF YOU WISH TO PLACE AN AD CONTACT :

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ISSN 1718-0457



Simply Words on Paper Bill Gates is exhibiting very commendable leadership

Jim Warbanks - Main Street

Since the early days of the coronavirus pandemic, we have become accustomed to seeing or hearing Canadian “talking heads” deliver updates, list statistics, explain policies, protocols, procedures and plans, as well as outline budget and relief measures. In spite of their varying styles Justin Trudeau, Francois Legault, other provincial leaders and their ministerial and public health acolytes have most often focused on the “issue of the day” then answered fairly predictable questions from media representatives. If the issues at hand were not of such vial importance, this might be considered tedious.

After these press conferences, another batch of “talking heads” deliver summaries, analyses and prognostications on news and opinion segments ad infinitum. Stay tuned for too long and information overload may well threaten your sanity. The only saving grace is that this blanket coverage is markedly superior to that provided by their American counterparts.

CNN broadcast

It was therefore quite refreshing when I stumbled on a CNN broadcast hosted by Anderson Cooper one recent evening, while flipping channels. The featured guest was Bill Gates. He was engaging, even charming and animated, remained focused on the message that there were specific short-term and long-term goals to be addressed that required a coordinated, timely global response, rather than being limited to national or regional priorities. He responded to questions in a non-confrontational manner, without ever going astray. He demonstrated dynamic leadership. Gates referred to a paper he authored, just published in the prestigious New England Journal of Medicine. I just had to seek it out.

He emphasizes that the pressing goal of saving lives now must be accompanied by an improved ability to react to future outbreaks. The Bill and Melinda Gates Foundation has already been in the forefront by funding many promising projects in recent years, particularly to aid poorer regions. The current coronavirus pandemic (Covid-19) kills primarily elderly people who suffer existing health conditions but healthy adults as well, with an overall kill rate of about 1%, about half that of the 1918 “Spanish Flu” pandemic. It appears that each infected person, even those with mild or no symptoms, can transmit the virus to two or three others. He notes that this virus has now affected ten times the number of people as the earlier SARS epidemic in a much shorter period.

Health care systems

He repeats that low- and middle-income countries (LMICs) have little political power or economic influence and limited health care systems, so they require assistance now from the more favoured entities to help limit the spread for all nations. This will ultimately save lives around the world.

Gates states that the Coalition for Epidemic Preparedness Innovations has identified eight promising vaccines for potential clinical trials, and lists the required steps, if found safe and successful, that could provide the desired outcome. A similar course of action applies to treatments, which could lessen the impact of the dreaded disease. He envisions that accelerating innovations in screening techniques, including the use of evolving machine learning solutions (a nod to his Microsoft roots?) could hasten the process.

He foresees larger systemic adaptations, such as strengthening the deficient health care systems in LMICs now to prepare for the emergence of a future pandemic. Countries must agree to freely share information on available trained personnel at all levels, as well as inventories of stockpiled supplies. Plans to manufacture and distribute billions of doses of any developed safe and effective vaccines and antivirals at a faster pace and at a low cost per dose will require both upgraded manufacturing techniques, as well as collaborative partnerships between the public and private sectors. Funding of multiple competing projects by the Gates Foundation should serve as a model for other potential groups. For him, there should simply be no possibility that needed vaccines and antivirals go to the highest bidder. Make them available and affordable to those at the centre of the outbreak who have the greatest need. It is both the right thing to do and the right strategy.

Low unit costs

Manufacturing facilities that make vaccines for routine immunization programs in massive volumes, thus reducing unit costs, can and should be re-purposed and ready when needed. Gates has reportedly reserved one such facility for use at short notice. This is a perfect example of the forward-thinking strategy that needs to be emulated more broadly. I saw an unsubstantiated, but interesting report that an existing high-volume facility located in India could potentially swiftly output vaccine doses at a mere 0.5 cents per dose.

Gates is in a unique position to exert influence on both governments and the private sector to inject the billions more dollars needed to assure adequate funding in these relatively high-risk ventures. The alternative is the economic pain that we are experiencing globally, imposed by the ongoing pandemic. Pay now or pay much more dearly in both dollars and lives later.



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4K Community Cup winner of the month!

Andie Bennett

4 Kornerers will be dedicating this spot to shining a light on individuals making an impact on their community. When I put out the call on Facebook for suggestions of someone who has stepped up for their community during this unprecedented time of pandemic lockdown, one name kept popping up. Ashley Tott. Over and over this name was brought up, followed by sub-threads of “I second that,” “Agree 100%,” and “Agree! She, along with others are helping seniors with grocery orders.”

When I finally reached Ashley on the phone, she told me she had tears in her eyes when she saw how many people had brought up her name. She says it has a lot to do with how present her family has been in the community. Her parents started The Gourmet Village when they first moved to the Laurentians, and many in the community have watched her grow up and become the general manager of the business her family sold 2 years ago.

Along with building a business, her father also inspired a love of volunteerism and community involvement by showing Ashley how much impact one person can have. When the pandemic hit, Ashley didn't want to just post an offer of help “if anyone needs it” on Facebook. She knows too well that people need help. Through his church, her father has served on a committee that has supplied school breakfasts to kids for many years. She could not shake the thought that now these kids would be missing those important meals and people would be struggling to feed their families. Due to some privacy concerns, picking up the breakfasts for the families that were now missing out proved impossible, so Ashley pivoted and found another way. When she saw her friend Danny Stewart offering to pick up food donations, Ashley jumped on board and, as Danny says, “took it to the next level.” The result was 13 pick up spots (left outside, no possible contamination from donors) for non-perishable food that was brought to the Garde Manger, as well as several other people directed to their webpage to donate financially.

To say she is a woman of action is an understatement. Ashley also sits on the administrative council for Carrefour Jeunesse and is heavily involved in the Morin Heights Mixed Softball League. She has a deep love of her community and I think I can say, the feeling is mutual.

To recommend someone for the 4 Kornerers Community Cup, please email andie@4korners.org.

Subscribe to our newsletter at info@4kornerscenter.org or check our website www.4kornerscenter.org

Birds Connect our World

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Every year Nature Canada and its partners work alongside nature organizations across the country to celebrate World Migratory Bird Day.

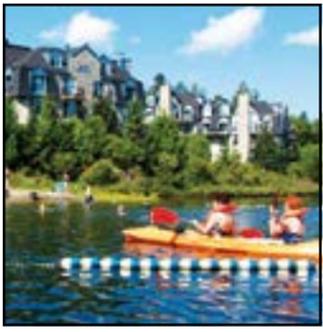
This is the official website of World Migratory Bird Day 2020—your all-in-one place to **discover**, **restore**, and **defend** Canada's migratory birds and the places they call home.

We've curated a number of fun and educational resources for birders of all ages. On this site you will find everything you need to celebrate World Migratory Bird Day from the comfort of your home.

Our love of birds comes with a responsibility to act in their defence. Bird populations are in decline and their habitats are in peril. It is up to all of us to protect the lands that are so essential in keeping birds safe and healthy throughout their annual migrations.

This year, let's help birds complete their journey.





About Sainte-Adèle

Chris Lance - Main Street

Place des Citoyens and all the events are shut down until further notice. Our parks are more or less closed to laughing kids. Our restaurants and bars are no longer open – the restos are surviving

and trying to make on-going payments like rent. Our sidewalks should be full of strollers, not that we have many retail businesses to engage at the best of times, but our population is older and staying at home, as they should.

Our hair stylists and barbers are at home also. We are looking a little ragged and feeling a little jaded. The news war rooms are reporting casualties and deaths throughout Quebec and the rest of the world. We have become better acquainted with words like herd immunity, containment, hospital deaths, non-hospital deaths, ICUs, hot zones, cold zones, CIUSSS, CLSC, CHU, CNEST, CSD and CHSLD. In my opinion, the coldest zone surrounds our Minister of Health. The oversight of our CHSLD is frightening. Our CHSLDs have become palliative care units without sufficient care, staff and security for workers and occupants. The buildings, including our newly-built, and unoccupied, CHSLD de Sainte-Adèle, architecturally resemble our prisons – small windows, big asphalt yards for administrative care and guards – a place to hide our forgotten seniors. It's totally scary to think Legault wants to take over all public and private CHSLDs, just creating more committees, administrations, rules and bureaucracy. Let's face it, once things are better, the focus here in Quebec, politically, after the high fives are done, will revert back to immigration and language, but with far fewer older people than we had when this began in late January, opening up lots of space in the current CHSLDs. The problem will disappear and be buried as a dark period in the history of Quebec's health care system.

On the brighter side of summer life for survivors of Covid-19, there is hope that the golf courses, parks and tennis courts will open, not to mention yoga, Zumba, soccer, badminton, billiards, kin-ball, Tai Chi, karate, dance, and day camps for the kids.

I'm guessing if you have money and food, you might rake the leaves, plant a vegetable garden, paint your house, wash your car, wash the windows, change your tires or leave them on, since winter is coming again and you have no where to go, read a book, shave or learn to dye your own hair, barbeque, swim, if you have a pool, eat a lot, eat some more, watch Netflix, consider joining the French Foreign Legion, send your kids to school, or not, reconsider your move to a CHSLD, walk, more or less, try every snack in the store, figure out ways to collect \$2000 a month and still work, or not, cut the lawn with scissors, or let the grass grow like your hair around the bald sports and become a hippie again, contemplate the fact that people will not be visiting you over the summer, or just watch the news, and they will find you when you haven't paid your municipal taxes some time in early winter.

Whatever it is stay alive and safe, enjoy the spring, and keep your sanity and sense of humor.

Re-opening of Two Multifunctional Trails

Tremblantois and Tremblantoise will be able to reclaim Le P'tit Train du Nord linear Park and La Villageoise-de-Mont-Tremblant trails starting Saturday, May 9. Walking, running and cycling will be allowed again, respecting the distance and hygiene guidelines.

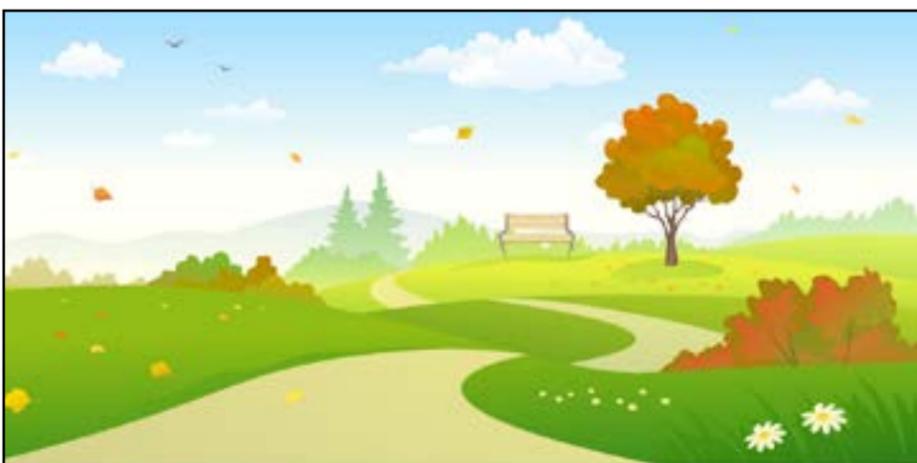
"Moving and getting some fresh air is important for maintaining health and morale. We are therefore happy to make our multifunctional tracks accessible again to our citizens so that life can gradually resume its course. I count on you to respect the instructions and allow us to keep these tracks open," said Mayor Luc Brisebois.

To ensure everyone's safety, the City of Mont-Tremblant reminds users to avoid gatherings and to maintain a distance of two (2) meters between them at all times, except for members of the same family.

Police cadets will be on the trails throughout the summer season to ensure compliance with these rules.

And the trails?

"Currently, many people are asking us about reopening the trails. Know that they are not closed because of COVID-19, but because we are in the thaw period. Like every year, we plan to open them by early June. Starting May 15, our teams will maintain, repair and secure the trails before they open," said Mayor Luc Brisebois.



The English Link

La Maison des Jeunes de Sainte-Adèle

Andie Bennett

I remember hollering to friends in high school to meet me at 'the rock' at lunch, or whenever a gathering was being planned. When I started learning about Maison des Jeunes I thought about 'the rock.' Not because there was anything particularly special about it, as it was simply a giant rock. But, to the teenagers at my high school, it was more than that; it was our spot. This is such an important thing for a young person - to have a place to go where you know you will be welcomed, a place you feel belongs to you and yours. That is what Maison des Jeunes provides for the young people of Sainte-Adèle.



For 35 years, the Maison des Jeunes has welcomed kids, from the ages of twelve to seventeen, year-round. The activities offered range from improv to fat bike. Although the website and Facebook page are all in French, the English version is in the works, and they welcome members of the English-speaking community and do employ bilingual staff. Wednesdays are devoted to the 6th graders of Sainte Adèle elementary, Saint-Joseph and Chante-au-Vent schools. The kids are picked up by MDJ staff members at the school and given a snack, as well as dinner that the kids help prepare. They are engaged in various activities until 7:30 pm. The staff at Maison des Jeunes are there to provide a positive, safe space for kids to meet friends, have fun, relax, talk, confide, be listened to, play music, laugh, and cry. Executive Director, Marie-Andrée Cyr, has been there for over 30 years. She has been able to see kids grow into healthy adults and continues to be inspired by watching small miracles happen every day.

In 2005, Maison des Jeunes opened the community youth home, Labyrinth. It's a short-term residence, open to anyone aged 16-25, with a goal of helping young people get their lives on track. When I ask Marie-Andrée to describe who typically comes to stay at Labyrinth, she said there are as many reasons as there are people who stay there. Residents could need help finding affordable housing, filling out a job application, working on a C.V. Whatever the challenge, Labyrinth has trained staff to assist every step of the way.

Labyrinth remains open during this crisis and, although the physical home of Maison Des Jeunes is closed, animators are still finding ways to connect with their kids. They post videos, have online chats, suggest virtual activities, and look forward to the day they can welcome kids back to the house at 1215, rue du Bourg-Joli, Sainte-Adèle.



Arundel News

Janet Thomas

Apply Now For The Masonic Post-Secondary Scholarship:

The Masonic Lodges in Arundel and Lachute invite applications for a scholarship program available to CEGEP or university students who reside in the areas served by these two lodges and who will follow studies focusing on Climate Change or Environmental issues at a Canadian post secondary institution. Contact (514) 236-4591 repotawadistrictglq@yahoo.com

The deadline has been extended to September 30, 2020.

Due to government regulations cancelling all cultural events until August 31, we have cancelled all summer activities, including summer lectures for the Arundel Speaker Series, the Arundel Flea Market, summer concert events, the Arundel Craft Fair and the Arundel Art Show. Please watch for notification of when these events will resume. In the meantime, stay home and stay safe. This too will pass.





NEWS BITS FOR MAY

MP Agnès Grondin presents \$ 10,000 to food banks

Argenteuil MP Agnès Grondin gave \$10,000 in gift certificates to four food aid organizations that provide services to communities in the riding of Argenteuil.

The Argenteuil Mutual Aid Center, the Saint-Colomban Mutual Aid Center, the Garde-Manger des Pays-d'en-Haut and Laurentian Food have benefited from this financial assistance.

In this period of health emergency, the issue of food security quickly presented itself as a priority for the government and its actors. Promptly, the National Assembly adopted an exceptional measure allowing members to use their operating budget for the purchase of food for vulnerable communities in their ridings, up to \$10,000.

The Member for Argenteuil invited anyone who, due to financial difficulties resulting from the current crisis, would need a food boost to contact the following organizations:

MRC d'Argenteuil

The Argenteuil Mutual Aid Center - 450 562-5151

The food breakdown network in the west of the Argenteuil MRC (Grenville sector) - 819 242-9173

• Café Partage d'Argenteuil: for its economical grocery store, its shopping groups and its baskets of fruit and vegetables - 450 562-0987

Saint-Colomban: The Saint-Colomban Mutual Aid Center - 450 436-1453, ext. 312 Arundel, Barkmere and Montcalm: Laurentian Food - 819 430-6083

Lac-des-Seize-Îles, Morin-Heights, Saint-Adolphe-d'Howard and Wentworth-Nord: Le Garde-Manger des Pays-d'en-Haut - 450 299-2011

"We are in an exceptional situation and do not hesitate to ask for help. I would like to take this opportunity to thank all the employees and volunteers of food banks who are among our shadow heroes. Each week, they are on the front line to make sure that no one goes without assistance, and that is quite remarkable!" concludes MP Agnès Grondin.

The MRC d'Argenteuil supporting its businesses

Since the beginning of the COVID-19 crisis, the MRC's economic development department (Service de développement économique or SDE) has been working hard to support the region's entrepreneurs and help them get through this difficult period. To date, the MRC d'Argenteuil has offered personalized support to over 95 businesses through programs, services, information, and advice, and they continue to encourage the business community to call upon its dedicated staff.

Emergency assistance program for small and medium-sized businesses

The members of the MRC d'Argenteuil investment committee approved the awarding of a first round of loans under the Emergency assistance program for small and medium-sized businesses set up by the Government of Québec on April 3. Following this decision by the FLI-COVID-19 committee, \$155,000 of the \$875,327 budget allocated by the Minister of the Economy and Innovation for the MRC d'Argenteuil will be invested in the working capital of five SMEs. Several other files are under review and decisions will be announced shortly.

It should be noted that in the context of the pandemic, the maximum loan under this program is \$50,000, at an interest rate of 3%, with no payments or interest for the first three months. To learn more about the fund, entrepreneurs are invited to contact the SDE at sde@argenteuil.qc.ca. The MRC also invites entrepreneurs to discover all the special support measures available at www.industrieargenteuil.com.

Enthusiasm for local shopping platforms

The MRC d'Argenteuil is pleased with the favourable response to the two local shopping platforms recently launched by the community, and for which it provided \$10,000 in funding. Achat Argenteuil, designed and operated by Trifecta Médias of Lachute, was created for local businesses to facilitate access to online sales. The platform can be accessed at www.achatargenteuil.com. The Maude - Marché locavore initiative, managed by the Pub Sir John Abbott work cooperative of Saint-André-d'Argenteuil, is an online grocery store that allows the population of Argenteuil and surrounding areas to order fresh, good quality local products. It can be accessed at; www.maudemarket.ca/fr/accueil.

Both platforms have been a great success thanks to the remarkable work of the projects' initiators and the unprecedented solidarity shown by the population of Argenteuil.

Argenteuil, present for its entrepreneurs

The MRC d'Argenteuil is working closely with the Argenteuil Chamber of Commerce and Industry (CCIA), which maintains an active presence among its members and non-members. A detailed list of measures offered in times of crisis has been added to the CCIA's website and can be consulted at cciargenteuil.ca/support-covid19. The MRC d'Argenteuil encourages the business community to take advantage of the support offered by the CCIA: admin@cciargenteuil.ca.

In addition to investing in entrepreneurs affected by the crisis, the SDE of the MRC d'Argenteuil is continuing its industrial development efforts, particularly through the sale of land, as well as the creation of new businesses. At present,

many businesses working in the food, health, environment, and natural resources sectors are maintaining their activities in accordance with government directives.

In closing, the MRC d'Argenteuil would like to take this opportunity to thank the population for its considerable efforts to help the region's businesses, particularly by buying locally. The MRC encourages citizens to continue to show solidarity and build on this momentum by visiting the local shopping platforms and supporting Québec products and businesses through lepanierbleu.ca, a directory funded by the Québec government to boost local commerce across the province.

COVID-19: directory of suppliers of sanitary products and protective equipment

In collaboration with the Greater Mont-Tremblant Chamber of Commerce and the Economic Development Corporation (CDE), the City of Mont-Tremblant is launching a call to list the merchants who offer sanitary products or protective equipment to combat the spread of COVID-19.

The products and equipment sought are the following: masks, gloves, Plexiglas, disinfectant gel, display panels for hygiene measures or others. Merchants who sell these items are asked to send an email to the Chamber of Commerce of Greater Mont-Tremblant at www.annie@ccgmt.ca and to indicate in the subject line "Here is what I offer".

This list will allow businesses, organizations, and institutions to obtain supplies quickly and locally during this difficult period. The list will be shared with those who request it from the Chamber of Commerce at the email indicated above.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Danny Chang, new owner of **Luau restaurant** since April 13, at 146 Morin, Ste. Adèle. They are offering free delivery to Val David, Ste. Agathe, Ste. Marguerite, Piedmont, St. Sauveur and Morin Heights for a certain period of time. Open 7 days/week 11 am to 9 pm. They offer authentic Chinese food, sushi, and poke bowls. If you pick up your order, there is a discount. Big kudos to Danny who offered 310 free meals to workers at Ste. Agathe Hospital and free meals to 20 local ambulance workers, 30 meals to IGA, plus more to community organizations. Outstanding community spirit! Best of luck to Danny and team! 450 229-2911 / Facebook: Restaurant Luau, www.restaurantluau.com.



Congratulations to:

Sandra Sabourin, a **certified lawyer** with 15 years experience specializing in family law and now family mediation. Sandra opened her practice at 835, rue de St. Jovite, Mont-Tremblant, in January 2020. Sandra is bilingual and facilitates mediation for couples concerning child support, access to children, alimony, financial responsibilities, etc. Due to the current virus, Sandra is pleased to provide her mediation services by Messenger, Zoom, etc. Best of luck Sandra! 819 425-4217 / sandra@sabourinavocate.ca / Facebook: Sandra Sabourin avocate et mediatrice / website: sabourinavocate.ca



Guillaume Gariépy and **Geneviève Payette**, owners of **Paysagement Gariépy** with new premises at 359 ch. Avila, Piedmont. Their previous business was located on highway 117, Piedmont. Guillaume and Geneviève offer plant design, garden opening and closing, garden and lawn maintenance, art scape, installation and design of pavé-uni and natural stone and installation of plants, shrubs, trees, etc... They attribute their success to being a family-run business. They are passionate about their work. Best of luck to you! Open Monday through Sunday 7-7. 514 796-8818.

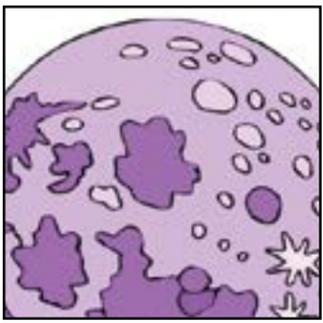


Kindness overflows in our community:

A huge thank you to **Danny Stewart** who created a post on Facebook to offer breakfast items to children in need. Thanks to **Michael Quinn**, the creator of the Facebook page, Covid 19 des Laurentides, to offer help to the elderly, those with medical conditions, shut-ins, etc... Thank you to **Pierre Chiasson**, administrator of the French Caremongering Laurentides Facebook page. **Ashley Tott** kindly posted info for a food drive to help **Garde-Manger Ste-Adèle**. Ashley also drove around to pick up food for needy families. Many volunteers helped with food pick-ups and drop-offs. **Venetia Bodycombe** also drove around to collect food and offered a bin outside her home in Morin Heights as a community food drop-off. Ashley contacted the **IGA in Morin heights** and set up a bin there to make it easy for people to donate both non-perishables and monetary donations! IGA food donations are ongoing. People are able to make a cash donation on-line to Garde-Manger, or directly at the IGA, Morin Heights. **Danny Stewart**, his wife Jaime Dubman and their children also drove by homes to pick up food for the drive, then to IGA to pick up food from there to bring it to Garde-Manger. If anyone would still like to make a monetary donation, go to gardemangerpdh.ca/comptoireAlimentaire or make a donation to help feed children for the Breakfast Club of Canada breakfastclubcanada.org/fr/dons-particuliers.



While there may be some Covid-19 negativity, the generosity of Laurentian residents shines through and the kind gestures and goodness from people's hearts is amazing! Bravo to all of you!



Zach Factor Living in space

Lys Chisholm & Marcus Nerenberg -
Main Street

The International Space Station (ISS) has been a reality in our consciousness for so long, that we now

take it for granted that people are constantly living in orbit. What is less known is that micro-gravity is a hostile environment to humans. After relatively short stays at the ISS, astronauts are subject to several life-threatening conditions. Since our bodies have evolved to function in Earth gravity, the absence of gravity causes our bodies to malfunction. The bones lose mass and become weak. The blood migrates to the extremities and balloons the legs, arms, back and face. Serious problems for eyes, circulation, bones, and cognitive faculties occur. Wonderfully fit astronauts quickly develop signs of old age. We need the burden of gravity for our bodies to function properly.

It takes 150 to 300 days to travel to Mars. In zero gravity, we would arrive there as basket cases. Even though Mars' gravity is one third that of Earth, we would land unfit to do the job of active colonists. We need to create artificial gravity in space. The Gateway Foundation has stepped up with feasible solutions to this challenge. In the 1950s, Werner Von Braun designed a wheel-shaped, rotating space station. The design produces a gravitational effect by pushing all objects against the outer rim of the disc by centrifugal force. Depending on the diameter of the wheel and the speed of rotation, the gravitational force can be adjusted to different values: the Moon 1/6, or Mars 1/3 that of Earth.

The Gateway Foundation has a plan that uses technology already developed for and proven effective on the ISS. Their first rotating space station, aptly dubbed the Von Braun, will be assembled in low Earth orbit. Beginning with a central hub, once constructed, it becomes the permanent docking station. The habitation outer rim will be assembled out of twenty-four interconnected modules attached to a metal lattice framework. The docking hub and the living area will be connected to each other by four spokes through which people and cargo will travel back and forth. The docking hub remains stationary while the rest of the structure rotates in order to create artificial gravity in the living modules. The entire station will be firmly laced into a rigid form using cables (think bicycle spokes). Most, if not all the financial backing, will be private investors who see the literally infinite possibilities of space travel.

The Von Braun space station is the pilot project for building additional rotating gravity environments off Earth. With precision scheduling that accounts for every nut and bolt used and placed, it will take two years to complete. The Von Braun will combine a research platform, an industrial location and a tourist destination for people who are not billionaires and luxury units for those who are. Some of the 24 modules will contain restaurants and boutiques, two modules will be combined gym and auditorium facilities, others will house comfortable hotel accommodations and of course laboratories for numerous areas of experimentation and observation. If artificial gravity solves the medical challenges posed by living in space, the rotating station will be the springboard for much greater adventures.

On the shoulders of the Von Braun, the next project, a much larger spaceport, is already on the drawing board. It is called "Voyager", an honorable name that graces the first two space probes that have traveled beyond the edge of our solar system. It is to be several times larger than "Von Braun"; a self-contained small city, in which people will live, work, have children and perhaps retire. It will serve as the base for exploring the rest of the solar system, and as such, be a hub of specialized manufacturing.

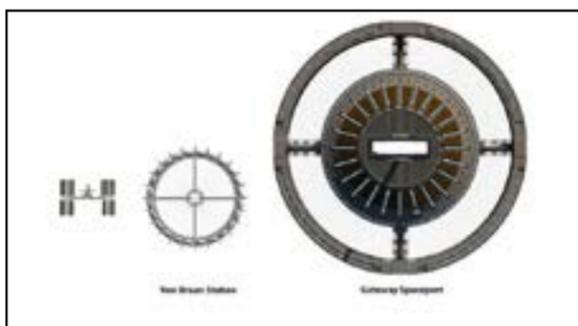
If rotating space stations do solve medical issues, resulting from zero gravity, the next logical step is to build one with a propulsion system that could make an interplanetary voyage. Such a craft could carry several hundred colonists and all their equipment to Mars. We are now on the threshold of perfecting self-replicating robotic machines which will manufacture all the goods necessary to construct a colony using the resources that are abundant on the red planet. The possibilities are only limited by our imaginations, and hopefully, by our evolving moral compasses.

If the quarantine in the past few months has taught us anything, it is personal resolve, steadfastness, and heightened creativity in the face of separation from family and friends. Perhaps those of us who have mastered living in isolation will be excellent candidates for living in space, when humanity rises up once again.



Artist rendition: The Von Braun Space station will be in full operation before 2030. Image credit: The Gateway Foundation 2019

A comparison between the ISS (International Space Station), the Von Braun Station and the Gateway Spaceport, a link to life on Mars. Image credit: The Gateway Foundation 2019.



The Story Behind The Lost Trails of Paul d'Allmen Part Two

Joseph Graham - Main Street
joseph@ballyhoo.ca

In memory of Fred d'Allmen who passed away on February 21, 2020, in his 92nd year. He conserved his father's ski maps and donated them to the Laurentian Ski Museum.

Continued from last month:

Back home in Montreal, Rhoda had endured her own hardships, losing their two-day-old daughter. It may have been receiving the news of the death of her husband that finally broke her resistance, and she also contracted influenza. Cared for by d'Allmen's mother, both women suffered the burden of the loss, but soon it was followed with a message that Paul had survived. Initially, placed with other corpses, he was listed as dead, but on October 31st, someone saw him twitch, and he was rescued and sent home.

A part of d'Allmen's skull had to be replaced with metal, and when Lady Drummond later offered to pay his tuition at McGill University, he tried, but in spite of a solid grounding in school in Switzerland, he could not keep up. As he described it, he had forgotten all he had learned. That part of his brain had been irrevocably damaged. While he was recovering in the Ste. Anne Military Hospital, his wife Rhoda passed away.

After the war and his recovery, d'Allmen found a position with Montreal Light, Heat & Power Consolidated, a firm in which the Holts, the employer of his sister Martha, were founding partners. It is testimony to the impression that the von Allmens made upon their various employers that he was offered a job at all. He had been discharged from the military as unfit and had to teach himself to walk. Rising to the challenge, he took up yoga and became an expert canoeist. His second wife, also named Rhoda, was eleven years younger than him, and they eloped in 1926. He certainly wasn't a catch in the eyes of her family. She herself was raised by her aunt and uncle, and was rejected by her adoptive parents because of her decision to marry, but even she got cold feet after the wedding and fled from her husband. Three months after their marriage, Paul came to find her, having secured a place for them to live, and when their first child was born in 1927, her adoptive parents reconciled with her.

They had two sons, and taking long walks with them as children, Paul taught himself to walk with crutches. He also taught himself nutrition, discovering what he could and could not eat. He knew his survival was a miracle, and that he had to look after himself with great care. Those who knew him marvelled at his need to meditate and knew better than to disturb him when he retreated into a trance-like state.

Many Montrealers first began to go to the country for the summer because it was cheaper than staying in Montreal. They would give up their city lodgings when the children got out of school and rent very inexpensive lodgings from a farmer. These summer homes boasted no plumbing, and because they were situated in farming country, food would also be reasonably priced. The children could run wild, finding new friends or even making themselves useful, and being free of the city also meant cool, quiet nights and clean air. The d'Allmens came north that way, with Paul staying in the city in cheap, simple lodgings in Verdun, and taking the train up north for the weekends.

Like many others, the d'Allmens became attached to the Laurentians. As they prospered, they found a permanent home in Ste. Anne des Lacs, and soon came up north in the winter also. Having grown up in the mountains of Switzerland, Paul cherished the stability of skis, and found peace cutting through maple stands or crossing a snow-covered farmer's field on the side of a hill. He soon began to map the trails he travelled.

In 1931 he produced his first map, calling it simply 'Laurentian Ski Map.' Carefully drawn in India ink on a sheet a bit shy of four square feet, representing about 300 square miles, it shows Ste. Agathe in the top left corner (northwest limit), Mont Rolland dead centre, and encompasses the area south of Lesage in the bottom right (southeast limit). It includes Ste. Margeurite du Lac Masson, Ste. Adele, St. Sauveur, Morin Heights, Shawbridge, Val Morin, Val David, Ste. Margeurite Station and St. Hippolyte, complete with the roads, railways, contours, miles of ski trails with their names, and about ten resorts. The names on the map include Lover's Leap, Devil's Jump, Cote du Sac au Dos, and intriguingly Trail of the Fallen Women, a name that seems associated with nothing more than a couple of amusing spills. Skiers would recognise most of the resort names - Chalet Cochand, Laurentian Lodge Club, Bellevue and others. While there is a trail called Johansen(sic), and the trails connect right across the territory, there is not yet any trail called the Maple Leaf. It would come later, as Paul d'Allmen would eventually draw over 40 such maps of the region. His son, Fred, who continued to live in Ste. Anne des Lacs, could account for 43, and there are likely others that were lost or destroyed. Some of the maps were hung in railroad stations to guide skiers, and one was copied and made into a placemat for The Pub in St. Sauveur. Many of the maps are signed Paul d'Allmen, Chairman of the Trails Committee of the Laurentian Zone.

D'Allmen used a compass and an altimeter, basing the maps on aerial and geodesy information. He walked and skied the trails, marking and cutting, and in the process left us documents of a much different time, when people skied through pristine woodlands and open fields with a specific destination in mind. One of his maps shows St. Sauveur with every street and house marked in with the owners' names. His maps were not a commercial venture but a passion, and he did not encourage their commercialisation. His son, having inherited a bit of his artistic flare, illustrated some with trains, buses and skiers.

Paul d'Allmen died on May 3, 1981. He spent over 30 years mapping, marking and skiing trails, and some of his maps have been preserved at the Laurentian Ski Museum, thanks to the diligent work of Pierre Dumas.



Garden Talk

Tips for first-timers

June Angus - Main Street

The combination of spring and COVID-19 confinement means more of us than ever before – including many novice gardeners – are now outside and keen to get down and dirty growing a vegetable garden.

If you are a newbie growing your first-ever veggie patch, bear in mind that like most hobbies, gardening is one that takes practice, involves trial-and-error and requires patience. Along the way, it's almost guaranteed that the weather, wild critters or pests will throw curve balls at your best-laid plans. But don't despair, plants tend to be very resilient and adaptable and are great teachers.

Here are a couple of tips to help ease you through the early part of this growing season.

Don't plant before the last frost: This gardening rule-of-thumb applies to many plants, especially young seedlings that you started indoors or purchased from a garden center. Also hold off on planting seeds directly in the ground for beans or peas as they can pop up in just a few days and their new tender shoots don't like frost.

However, you can plant seeds for root vegetables such as radishes, beets and carrots while there is still a frost risk. These seeds can take over a week to sprout. Warm days will help them germinate but they will still be protected underground on a cold night that might create frost.

Around here, frost can still happen anytime from late May to mid June so watch weather forecasts to see if there are frost warnings. If, despite your best planning, an unexpected frost is forecast, cover vulnerable plants with material such as sheets or plastic. Remember to uncover all plants as soon as possible the next day.

How to ward off critters: If your yard is entirely fenced in and deer have no access, great! Otherwise, count on having to put some kind of fence or other protection around your growing beds to prevent wildlife from turning your garden into their personal buffet.

Aim for a fence that is at least 6 feet tall. Metal posts available from hardware stores wrapped with deer mesh works well. Use simple tent pegs to attach the mesh to the ground. This discourages rabbits, ground hogs, squirrels and the neighbour's cat from squirming under your mesh fence.

If a fence is not possible, consider using a gadget such as a motion-detecting sprayer that connects to a garden hose. These activate and spray when an animal gets too close. Just remember to disengage before you go into your garden, or you might end up wet!

More is not always better: Growing plants close together helps cut down on weed infiltration and can increase your garden's yield. However, more is not always better for the health and productivity of your garden. Take carrots for example. If too many of them are growing too close together, your carrots won't have enough space or nutrients to develop properly. The result will be thin, spindly specimens. So it's okay to be ruthless and thin those carrots. Information regarding correct spacing for various vegetables is generally found on seed packets and with tags that come with nursery plants.

As you try growing your own vegetables, don't expect that everything will go without a hitch. Treat gardening as a learning experience where you get to work with Mother Nature, learn from friends and neighbours and ultimately get to enjoy the fruits of your labour.

Happy gardening!



Word Play

Elemental

Louise Bloom - louisebloom@me.com

As this period of self-isolation progresses, I feel an increasing tightness surrounding me as this contraction of living brings us closer to ourselves. Like a chessboard in play that is constricted by its rules, my choice of activities keeps shrinking. Rather, I would confide, that some activities are no longer powerful enough to provide distraction. During this time period I find myself naming basic functions and completing fundamental tasks, much more in touch with that which is elemental.

This morning would be what I call a regular Covid-19 day. Between 8 and 10 am I was able to shower and dress, order shampoo online, clean and disinfect the small humidifier with vinegar, bottle and freeze 15 jars of beef broth, water the three orchids (as Monday is their time to drink), roast two eggplants, replenish the butter dish, clean the kitchen sinks and feed the sourdough starter. It is 10:05 am, and I am now talking to you and wondering how you are faring today, in a world that requires that we attend to our relationships with the basic, the essential.

While gazing out the window yesterday, I noticed the natural order of the elements in our regular environment. The earth is our ground, and the water shares the grounded plane of existence with the earth. At the horizon, the ground meets the air, and that which is deemed as ether or space. Fire is placed on the earth and, when ignited, joins the earth and sky. Space is the mother of the other elements. The experience of space (the ether) as luminous emptiness, is the basis of higher spiritual experiences. These elements are found in the body from root to throat in exactly this same order.

These five elements provide the foundations of the entire physical world, for all organic and inorganic substances. Each of the five elements represents a state of matter. Earth is not just soil, but it is everything in nature that is solid. Water is everything that is liquid, and Air is everything that is a gas. Drawing awareness to these elements daily seems to help me stretch the landscape, adding something to my inner world that enlarges it. This awareness brightens experience and enriches perception. I am reminded of the miracle of pure existence. The orchids, for example, are an exquisite manifestation of earth, nourished by air and water.

Each of the five elements has a certain relationship with the other elements, based on their nature. These relationships form the laws of nature. Some elements are enemies, in that one blocks the expression of another. Fire and water, for example, will "destroy" each other if they get the chance. In order to co-exist, fire and water need to be separated. Earth and water love to "hug" each other, and air and fire increase each other.

We can identify with the elements by beginning to notice their presence in our bodies. Earth forms solid structures, such as bones, flesh, skin, tissues, and hair. Water forms saliva, urine, semen, blood, and sweat. Fire forms hunger, thirst, and sleep. Air is responsible for all movement, including expansion, contraction, and suppression. Space forms physical attraction and repulsion, as well as fear.

Next time, I will examine the use of the elements to purify and rebalance the body, as we continue to observe the miraculous possibilities of that which is merely elemental.

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

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RELIGIOUS SERVICES



ROYAL CANADIAN LEGION
LA LÉGION ROYALE CANADIENNE

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

Branch 171 Filiale Morin Heights

Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice. We look forward to seeing you again when the restrictions have been lifted. Stay home – stay safe Hall rental available at competitive prices Info: 450 226-2213 <http://www.legion171.net> Facebook: legion 17

Branch 70 Filiale Lachute

Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice. We look forward to seeing you again when the restrictions have been lifted. Stay home – stay safe For information call: 450 562-2952 after 3 pm - 634, rue Lafleur

Branch 71 Filiale Brownsburg

Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice. We look forward to seeing you again when the restrictions have been lifted. Stay home – stay safe Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale Rouge River

Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice. We look forward to seeing you again when the restrictions have been lifted. Stay home – stay safe Please check our Facebook page for full details on upcoming events. Non-members welcome Hall & Party space with kitchen and bar facilities available for rent. Bar open daily at 3 pm For further info: 819 687-9143 / arundellegion@gmail.com

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

940 du Souvenir (St-Jérôme QC J7Z5R6, CA) Tel: 450-438-5524 ask for Michel Email: legion.stjerome@hotmail.ca PTSD/Suicide hotline for veterans and family 24/24 & 7/7 at 450 848 4362 (English/French) Michel Due to the current COVID-19 crisis and social distancing measures in place all activities and events have been cancelled or postponed until further notice. We look forward to seeing you again when the restrictions have been lifted. Stay home – stay safe Legion site (French) www.legionstjerome.ca/ Facebook: Légion190 St-Jérôme

THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH
Office: 166, rue Lesage, Ste-Adèle, QC J8B 2R4
Montfort: **11 am** • Laurel: **9:30 am** •
Weir: **9 am** • Huberdeau: **10:30 am**
Info: 450-229-4454, fax: 450-229-3062

CHABAD OF SAUVEUR
Jewish educational & social events.
Rabbi Ezagui 514 703-1770, chabadsauveur.com

HOUSE OF ISRAEL CONGREGATION
27 Rue St Henri West, Ste. Agathe
819 326-4320
Spiritual Leader: Rabbi Emanuel Carlebach
514 918-9080 • rabbie@ste-agathe.net
Services every Sabbath,
weekend, holidays

MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH
463 Principale, Lachute /
www.pccweb.ca/mrmprc
Interim Moderator: Rev. Richard Bonetto
Clerk of Session: Linda Rodger: 450-562-6162
Sunday service and Sunday school **10:30 am**.

MILLE ISLES
PRESBYTERIAN CHURCH
1261, Mille Isles Rd.

ST. ANDREWS
EAST PRESBYTERIAN CHURCH
5, John Abbot St., St. André d'Argenteuil

LOST RIVER PRESBYTERIAN
CHURCH
5152 Lost River Rd., Harrington

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

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450-562-2837
Worship Service - 10:30 am

TRINITY ANGLICAN CHURCH –
MORIN HEIGHTS
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
We are a member of the
Laurentian Regional Ministry.

ST. FRANCIS OF THE
BIRDS ANGLICAN CHURCH
94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.

HOLY TRINITY
ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Rev Josée Lemoine
Sunday service: 9 am
Fellowship in the church hall afterwards.

ANGLICAN PARISH OF ARUNDEL &
WEIR GRACE CHURCH
7 Church Street

Sun, Apr 5: 11 am – Palm Sunday
Thurs, Apr 9: 1 pm – Maundy Thursday
Fri, Apr 10: 2 pm – Ecumenical Service
Sun, Apr 12: 11 am –
Easter Sunday Eucharist
Reverend Josée Lemoine
Everyone welcome Sunday services
are held every **Sunday at 11 am**

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
The Reverend Josée Lemoine -
Priest in Charge
The Reverend Nick Brotherhood -
Interim Priest
The Reverend Tania Lesack
Services are held every **Sunday at 9:15 am**.
The second Sunday of each month is a
fun Family Service
Everyone is most welcome to join us.

ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER
Holy Trinity, Calumet,
St. Matthew's, Grenville
Holy Trinity, Hawkesbury
Info: 613-632-9910

UNITED CHURCHES OF CANADA
450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Contact: James Hocquard - 819-242-4722
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

ST MUNGO'S UNITED CHURCH
661 Rte. Des Outaouais, Cushing
Contact: Sandra Goorbarry - 819-242-5523

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Contact Pat Hodge 450-562-8365
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
370 ch. Harrington, Harrington
Contact: Eleanor Morrison: 819-429-1925
Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA
150 Avoca Rd, Grenville-sur-la-Rouge
Contact: David Elo 819-242-6559
2nd Sunday: 1 pm - April - December

SHAWBRIDGE
UNITED CHURCH
1264 Principale, Prévost (at de La Station)
Contact Sandra Trubiano - 450-224-5188
Sunday service time is 9:15 am.

ARUNDEL UNITED
CHURCH
17, du Village, Arundel, 819-687-3331
Contact : Heather Hodge - 819-687-9230
Sundays: 10 am: Worship service.

MORIN HEIGHTS UNITED CHURCH
831, Village, Morin Heights
Contact Catherine Davis – 514-712-8863
Sundays: 10:30 am - Weekly services

STE-ADELE UNITED CHURCH
1300 ch. du Chantecler, Ste-Adèle
Contact: Jacques-Henri Honoré /
450-512-8007 / eglise.ste.adele@gmail.com

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

PARISHES OF THE LOWER
LAURENTIANS
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ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles

VALLEY GATE CHURCH
Pauline Vanier, 33, de l'Église, St. Sauveur
Info: porte.valle@gmail.com
Website: <http://www.portedelavallee.org/>
Please join us every **Sunday at 10 am**

VICTORY HARVEST CHURCH
351 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service

FABRIQUE DE LA PAROISSE
ST-SAUVEUR
205 rue Principale, Saint-Sauveur
Saturdays: 5 pm - The parish offers a
bilingual mass

SAINT SAUVEUR CHURCH
205, rue Principale, St-Sauveur

Please note that all services
have been temporarily
suspended due to the covid-19
virus and the safety measures
put in place.
Services will resume when the
current situation changes.
Please contact your individual
churches for updates
We will keep you advised

LAURENTIAN CLUB NOTICE

Due to the COVID-19 virus and current health
measures in effect all meetings have been
temporarily suspended until further notice.
We look forward to resuming our regular
meetings as soon as possible.



STAY HOME STAY SAFE
LAURENTIAN CLUB OF CANADA

LAURENTIAN CLUB OF CANADA

Laurentian Region Cancer Support Group

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



Due to the current situation regarding
COVID-19, our monthly meetings are
cancelled until further notice.

Fortunately, our previously scheduled
speakers have agreed to reschedule
for a future meeting.

Meanwhile, please call if you need
information or a friendly ear regarding
your current journey with cancer
450-226-3641

Meetings are conducted in English
ADMISSION IS FREE

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

REGISTERED CHARITY - DONATIONS APPRECIATED



COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

These are tough times for us all. Ami is still here for you. Tele-workshops/Webinars. Info: 1 877 303-0264 (514 486-1448 in Montreal) info@amiquebec.org www.amiquebec.org

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg – Corner /coin - des Érables & McVicar. Currently on hold

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE 327. Due to the current COVID-19 virus, all events and activities have been cancelled or postponed. Check for updates on our Facebook page. See event details and photos on our Facebook page. Like LRCC on Facebook at LRCC-Lost River Community Center

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd). Due to the current COVID-19 virus, all events and activities have been cancelled or postponed. Check for updates on our Facebook page

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

Laurentian Elementary School 455 Court St, Lachute (side entrance on Bellingham) **Wed evenings: 6:30 pm - 8 pm**. Any girl (age 5+) or woman is welcome to join us. All meetings are currently suspended until further notice

THEATRE MORIN HEIGHTS

No live theatre events are being scheduled until further notice. We are working on various options for the new 2020-2021 season. Please visit our Facebook page <https://www.facebook.com/TheatreMorinHeights/> for updates. Also, we are posting links of FB for musical or theatrical live streaming events (free for limited times) that we hope you will find interesting and entertaining. Thank you for your support. For more news call 579-765-3999 or visit www.facebook.com/TheatreMorinHeights.

LACHUTE ARMY CADET CORPS

Lachute Army Cadets activities are tentatively suspended until further notice. All active Cadets are expected back after the suspension has been lifted. Can't wait to see you all back. Info: Captain Dan Demers: 514-927-9260

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

ALCOHOLICS ANONYMOUS MEETINGS

Holy Trinity Church Hall, Ste-Agathe Corner of Préfontaine St. W & Tour du Lac Road.

All meetings are temporarily suspended. We will advise you when they will start back. Having problems with alcohol? Looking for help? Join us for a group meeting and support.

MORIN HEIGHTS HISTORICAL ASSOCIATION

Chalet Bellevue 75, Chemin du Lac Echo Morin Heights J0R 1H0. Due to the closure of all municipal facilities through Aug 31, we will not be able to hold our Annual General Meeting as scheduled on June 14 at Chalet Bellevue. The Board of Directors will discuss alternatives at an online meeting and the results will be published directly to the members when known. The Morin Heights Historical Association invites you to visit their new website at morinheightshistory.org. It features interesting articles, an online store for publications and online membership options mhha98@hotmail.com / www.morinheightshistory.org

ADVANCE NOTICES

LACHUTE UNITED STRAWBERRY SOCIAL

Grenville Community Centre Thurs, July 2: 6:30 pm - 8:30 pm. Currently on hold with the possibility of being postponed or cancelled

AUPC BARBEQUE

Along the Grenville Canal Fri, Aug 7: 5 pm - 7 pm. Bake table available / bring your lawn chair. Currently on hold with the possibility of being postponed or cancelled

LAURENTIAN AREA MINISTRY ANNUAL CHICKEN DINNER

Top Shot Restaurant, 417, rue Principale, Lachute Wed, Sept 16: 5 pm - 7 pm. Currently on hold with the possibility of being postponed or cancelled

VIRTUAL EXCURSIONS & CULTURAL EVENTS FOR PARENTS

Music

Virtual Musical Instruments - www.virtual-musicalinstruments.com/guitar. Learn to play a variety of virtual instruments online using your keyboard and mouse!

Berliner Philharmoniker Digital Concert Hall - www.digitalconcerthall.com/en/home **May 11:** Bon Jovi, Billy Joel, Mariah Carey and Sting will perform for Rise Up New York!, a citywide virtual telethon to raise awareness and funds to help New Yorkers impacted by the COVID-19 pandemic. It begins at 7:00 p.m. EST on CNBC nationally, and on all New York City stations.

May 15: Miley Cyrus is scheduled to perform her song "The Climb" during Facebook and Instagram's Celebrate the Class of 2020 event in honor of graduating seniors who have had their commencement ceremonies canceled because of the pandemic. The ceremony will also feature words of wisdom from Lil Nas X, Awkwafina and others, as well as a commencement speech by Oprah Winfrey. It begins at 2:00 p.m. EST and can be streamed on Facebook.

May 18: Jon Bon Jovi, Dolly Parton, Meryl Streep, and other big names are set to perform for "A Night Of Covenant House Stars," a live stream concert benefiting the Covenant

House charity. The show kicks off at 8:00 p.m. EST on new streaming service Broadway On Demand.

The Rock Hall Online –

www.rockhall.com. Explore Rock Hall EDU – free online learning resource. For fans of all ages, Rock Hall EDU delivers engaging lessons, activities and resources that can be incorporated into current learning plans or as fun family activities.

Museums - Virtual Tours

The Canadian Museum of Civilization - www.historymuseum.ca/event/the-canadian-museum

Bring the museum right into your home with virtual tours, activities and exhibitions.

deCordova Sculpture Park and Museum – www.decordova.org

Offers virtual visits of current exhibitions, live streamed story hours, Sculpture Park narration and more. **Virtual Egyptian Museum** - virtual-egyptian-museum.org

The Rosicrucian Egyptian Museum is an educational institution that uses trans-disciplinary approaches to increasing knowledge about the past, present and future related to the diversity and relationships in nature and among cultures.

Live Theatre

National Theater Live - www.nationaltheatre.org.uk/nt-at-home. Offers a selection of performances on Thursdays. Check out

Space

NASA

Step inside NASA and take a 3-D virtual tour of NASA's Armstrong Flight Research Centre and discover links to other virtual journeys dealing with space. www.nasa.gov/centers/armstrong/feature/go-for-flight-in-a-virtual-tour-of-nasa-armstrong. Try some 'augmented reality experiences via The Space Center Houston's app.

Virtual Planet Tour

Take a magical virtual tour of six exoplanets and read the story. Stunning Virtual Tour of Exoplanets Takes Its One Hundredth 'Passenger'

FAUBOURG SUICIDE PREVENTION CENTRE

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Laurentian community network
Réseau communautaire des Laurentides
LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

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

Alcoholics Anonymous
Helpline:
1 877 790-2526

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



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THANK YOU FOR YOUR CONTINUED SUPPORT.
If you live in the MRC des Pays d'en Haut, Argenteuil, Antoine-Labelle or des Laurentides, you can get your coffee delivered to your home or come and pick it up directly at la Brûlerie des Monts.

 **It will be fine. Let's buy local.**
197, rue Principale, Saint-Sauveur
450 227-6157

*Some conditions apply.



Laurentian Personality Josephine Piazza - A Godsend for many

Lori Leonard - Main Street



Josephine Piazza moved from Toronto to Lorraine in 2001, then to St. Sauveur in 2015. When Josephine arrived, she was a part-time personal fitness and yoga instructor and part-time personal caregiver and worked at clients' homes to help get them through their day.

Josephine became a certified Yoga Tout professor in 2013; specializing in chair-adapted yoga for seniors. Yoga Tout is a yoga school with its mission to promote healthy living for seniors. In 2016 Josephine became a Franchisee. Since then, she has taught more than 500 people. During Covid 19, she hosts virtual Zoom classes to residences on television platforms, so residents can participate in the privacy of their apartments. Josephine also provides weekly yoga classes to women from the Laurentian Business Women's Networking Group. The beauty of her classes is they are adapted to all levels of fitness/experience.



Clients contract her bilingual services in private/public residences, community centres and social clubs. Her yoga classes help business women and seniors to maintain their health, improve balance and self-confidence. Yoga also helps individuals to deepen their breathing, enhance their posture, improve muscular flexibility and reduce stress. Other benefits are improvement in circulation and the immune system.

Josephine assists Parkinsons, St. Sauveur (people with Parkinsons/caregivers), 4 Korner (seniors/caregivers), Maison Aloïs Alzheimer, FADOQ des Laurentides and Habitations Loyer Modique (seniors in low-rent housing facilities). Josephine collaborates with CISSS des Laurentides and Argenteuil. She is a valued member of LESAN, Pays d'en Haut (LESAN is an organization that shares information with the community and helps bring health/social services to anglophones).

Josephine is passionate about working with seniors and says "as we age, our experiences change. Cognitive and physical changes are inevitable. However, effective memory stays with us for our lifetimes."

Josephine and her daughter Alessandra have an expression they often use. "Look where we live. There is so much to enjoy in our beautiful region." In her leisure time, Josephine spends time with her children Alessandra 12 and Jacob, 22. She also enjoys reading and learning.

Everyone she works with adores Josephine as she is "down to earth". It's no surprise, as she was born on Earth Day, April 22. She concludes; "What began as a career change in my 50's has evolved into a soul-nurturing vocational experience." For info, call Josephine at 514 349-0775 or by e-mail yogatoutlaurentides@gmail.com. Website: yogatout.com.

NOTICE OF 2019-2020 ANNUAL GENERAL MEETING

SADC
Société d'aide au développement des collectivités
DES LAURENTIDES

Date: Thursday, June 18, 2020 at 9 am
Location: by videoconference
(see details at www.sadclaurentides.org)

Three positions are up for election: one position representing Youth for the MRC des Laurentides as well as two regular positions for the MRC des Pays-d'en-Haut. Any member wishing to apply for an elective position must send his or her offer of candidacy by electronic mail to info@sadcclaurentides.org or by regular post to 1332 boul. de Sainte-Adèle, Sainte-Adèle, J8B 0J7, by May 29, 2020 at 4 pm.

This notice is given by order of the Board of Directors.

450 229-3001 | 1 888 229-3001 | sadclaurentides.org

Canada  Canada Economic Development for Quebec Regions offers a financial support to the SADC des Laurentides

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Making it Work in the Laurentians

Skill-building and networking in the time of COVID-19

Maya Khamala

“During an economic slowdown, it’s important to focus on what you can control - improving your skills and reaching out to your network,” says Heidi Parsont, CEO and founder of TorchLight Hire.

It’s hardly news that the global COVID-19 pandemic is having an extraordinarily harsh effect on the economy. A shift in mindset is necessary in these times of uncertainty, but it’s important to remember that it is still worth your time and energy to build new skillsets and continue to network during the pandemic.

Skill-Building
Choosing to see physical distancing, or quarantine, as an opportunity rather than a roadblock, can help you gain a competitive edge. Building a mix of hard and soft skills in this obligatory ‘downtime’ could turn you into more of an asset in the eyes of employers. While hard skills are something no one is born with, like coding, accounting, or budgeting, soft skills are elements of your personality (which can also be learned over time), such as interpersonal skills, strong communication, and leadership.

There are a ton of online learning platforms to choose from when endeavoring to build skills, from e-books to helpful podcasts and engaging webinars devoted to honing professional development. Online courses and certifications, offered via sites like Coursera, Google Skillshop, Hootsuite, LinkedIn Learning, Khan Academy, Skill Share, Udemy, EdEx and Class Central, are also great resources. While some are free, others (typically the interactive courses) come with associated fees.

Networking
By leveraging blogs, online groups and social media, you can successfully forge important professional connections with people online. Indeed, this is a skill as important as any other nowadays. The connections you make can in turn be rewarding professionally, both in the immediate sense, as well as down the line when we’re past this current crisis. Effective networking is about making lasting impressions to get lasting results.

Connecting with people online has never been so easy—at least in terms of the digital tools at our disposal. However, one way of making the most of these tools, is understanding how to write messages to which people will respond. For instance, it’s wise to avoid overly vague or forceful demands. Instead, use concise, yet personalized, messages intended to engage someone meaningfully. Message templates can easily be found online to help you get started.

The bottom line? Even in times of adversity, challenges can be reframed as opportunities for growth. Skill-building is a form of personal enrichment, and networking is not desperate, or over-the-top, as some would believe, but rather, a strategic way of indicating your experience, instead of hoping and waiting for your experience to speak for you.

So, without allowing panic or uncertainty to take over, start by making time for skill-building and networking sessions each week. The simple act of making time is a powerful start! If you need inspiration, or help getting started, visit yesmontreal.ca to view our upcoming workshops, or to set up a meeting with one of our Job Search counsellors - we’re online and we’re here for you!



Distribution Points

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

MORIN HE - 1950 copies
Available at IGA, Provigo, Rachelle Béry, Petino's, Jean Coutu, TD Bank, Brulerie des Monts and Fumoir des Lacs, Châlet Pauline Vanier

ROVEUR - 2675 copies
Available at IGA, Provingo, Rachelle Béry, Petino's, Jean Coutu, TD Bank, Brulerie des Monts and Fumoir des Lacs, Châlet Pauline Vanier

STE- ANNE-DES-LACS - 50 copies
Available at Marché du Village

STE-AGATHE - 1950 copies
Available at Metro and IGA,

ST. ADOLPHE D'HOWARD - 50 copies
Available at the Marché

ST. JOVITE - 1150 copies
Available at Maxi, Bourassa, Metro & Rona

VAL DAVID - 175 copies
Available at Au Petit Poucet Restaurant, Familiprix and Metro

STE-ADELE - 535 copies
Available at IGA, Valso Esso, Tim Horton's and Chateau Stationary

STE-MARGURITTE DU MASSON - 100 copies
Available at Le Magasin Legare

PIEDMONT - 100 copies
Available at City Hall, Couche Tard, Tim Horton's and Hopital Vétérinaire Piedmont

PRÉVOST - 200 copies
Available at IGA, Jean Coutu, Tim Horton's, Microbrasserie Shawbridge and Floral Fatimo

LACHUTE - 3500 copies
Available at IGA, Super C, Giant Tiger, Canadian Tire, Dépanneur Campbell

GRENVILLE - 650 copies
Available at IGA

ARUNDEL - 150 copies
Available at Arundel Provisions

HUBERDEAU - 125 copies
Available at Dépanneur Au Petit Centre

HARRINGTON - 40 copies
Available at the Municipal Town Hall

LOST RIVER - 50 copies
Available at Dépanneur Lost River

GRENVILLE-SUR-LA-ROUGE - 50 copies
Available at Dépanneur Kilmar

HAWKESBURY - 650 copies
Available at Freshco

News From the Quebec English School Boards Association

Notice to the Minister of Education and Higher Education of Québec

On Monday, April 27, the Government of Québec announced a plan to gradually reopen elementary schools throughout Québec. High schools are to remain closed for the remainder of the school year. The Government's plan requires that elementary schools outside the Montréal Metropolitan Community (CMM) reopen on Monday May 11. Schools in the CMM are to reopen on Tuesday May 19.



School attendance is to be voluntary for students. Vocational programs can resume according to the same schedule with reduced group sizes. In-person adult education classes may not resume.

A number of conditions must be adhered to in the reopening of schools (and centres):

- Reduced class size (maximum 15 students)
- Physical distancing requirements (2 meters) to be maintained
- Enhanced sanitary measures
- No group meals
- No physical education classes
- A reduction by 75% of the estimated capacity of school busses (a Public Health Department requirement)
- No school employee aged 60 or over should be in school

The Current Situation

While there remains significant debate about the health and safety risks of establishing large groupings in public institutions, we acknowledge the need to reopen schools in a gradual and manageable way, ideally before the end of the current school year if conditions permit. It is our considered opinion that for the entire elementary school population of Québec, reopening in two stages only a week apart, does not constitute a safe and measurable return to school for our staff and students. This is, however, a responsibility and consequences that the Government of Québec and public health authorities have, thus far, taken upon themselves.

Our concern is with the practical and operational challenges in achieving this across the province by the prescribed deadlines, and its appropriateness on the Island of Montréal given the fact that this region is still very much an active COVID-19 “hot spot”.

As of April 30, there are still far too many unknowns that compromise the ability of school boards to safely and effectively reopen schools. Our assessment is that the implementation of these measures will vary significantly in different school boards and may not even be possible in some areas. We are also convinced that the international health considerations that we outlined in our previous recommendations cannot be met in many schools by these deadlines (these guidelines are contained in the WHO document entitled Considerations in adjusting public health and social measures in the context of COVID-19 - Interim guidance, 16 April, 2020, found here: https://apps.who.int/iris/bitstream/handle/10665/331773/WHO-2019-nCoV-Adjusting_PH_measures-2020.1-eng.pdf).

The Government announcement was made this week with a lack of proper consultation and with no prior notice to school board officials who have the required knowledge and expertise to effectively develop and implement a workable plan. To make such a significant announcement without sharing the required data, research, and analysis has had the effect of transferring the risks and fallout of a weakly developed plan from the Minister of Education to the administrators of schools and school boards without their essential input to its design.

A proper consultation would require that the data on how many students, teachers, support staff, and bus drivers are available would have been analyzed before announcing a plan to the public. Prior analysis would have revealed the wide disparity in the application of the plan from region to region and in fact from school to school in suburban and rural areas. This is data that should have been collected in the two weeks before a public announcement - not the two weeks after.

Rather than inspiring confidence in the public, this hastily announced plan by the government has had the effect of significantly raising anxiety and stress levels among teachers and parents in particular, as well as the general population. This is clearly evidenced by a petition to delay school reopening until September, already signed by over a quarter of a million citizens.

QESBA's Position

Our nine English school boards maintain that their priority is and always has been the health and safety of our students, staff and their families. While no English school board will reopen any of its schools and centres earlier than the dates proposed by the Government of Quebec, respective English School Boards will decide if and when each of their schools and centres may reopen, once they determine that all the conditions required can be met in each instance.

The nine English School Boards in Quebec wish to respectfully remind the Government of Quebec and the Minister of Education that we continue to assert our legal & constitutional authority to control and manage our minority language school system and it remains our public responsibility to make the right decisions for our communities.

Obituaries

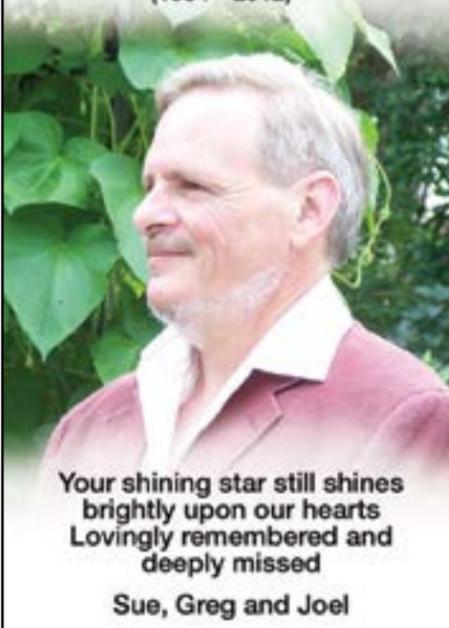
MEMORIAL

Douglas Thompson found peace from his pain on March 2, 2020 after a long time being hospitalized. He left to mourn his wife of fifty-six years, Grace Tomalty; his son Kent (Claudine) but sadly missed the birth of his granddaughter Abby whom he was so looking forward to holding. Also, his daughter Jennifer (Alan), and his loving grandsons, Shane & Shamus.

- Perhaps you sent a lovely card or sat quietly on a chair
- Perhaps you sent a floral piece if so we saw it there
- Perhaps you said the kindest words as any friend can say
- Perhaps you were not there just thought of us that day
- Whatever you did to console our hearts, we thank you so much for whatever your part

Many thanks again, Grace and family

In Loving Memory **BURGER, Jack**
(1954 - 2012)



A Few Words of Wisdom

Written by **Andy Rooney** - CBC's 60 Minutes

I've learned....

That the best classroom in the world is at the feet of an elderly person.

I've learned....

That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned....

That being kind is more important than being right.

I've learned....

That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned....

That love, not time, heals all wounds.

I've learned....

That I wish I could have told my Mom that I love her one more time before she passed away.

I've learned....

That when your newly born grandchild holds your little finger in his little fist, you're hooked for life.

I've learned....

That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.



Lyme Disease in Québec

From the official website www.quebec.ca

There are a dozen species of ticks in Québec. The only species that can transmit Lyme disease in Québec and northeastern North America is the Ixodes scapularis tick, also called the "deer tick" or "blacklegged tick".

Since ticks can be transported by birds, they are found in almost all regions of Québec. However, not all ticks carry the bacteria. The risk of contracting Lyme disease is highest in sectors where there are established populations of blacklegged ticks that carry *Borrelia burgdorferi*. In Québec, according to available surveillance data, these tick populations are established in the following areas:

- The north and west of Estrie
- A large part of Montérégie
- The south-west of Mauricie and Centre-du-Québec
- The south-west of Outaouais

Since diagnosing Lyme disease can be difficult in some cases, the actual number of cases is probably higher than the number of cases reported. However, the mandatory reporting system, introduced in 2003, nonetheless allows the progress of the disease to be monitored in Québec.

Since 2011, there has been a significant increase in the number of Lyme disease cases reported to the public health authorities in Québec as well as an increase in the proportion of cases that acquired their infection in the province. This proportion has increased from around 50% in 2013 to over 70% since 2015.

The number of cases of Lyme disease reported in Québec since 2014 is as follows:

- 125 cases in 2014
- 160 cases in 2015
- 177 cases in 2016
- 329 cases in 2017
- and 304 cases in 2018

The fact that Québec winters are less cold than they used to be partly explains this increase. The warmer climate enables the ticks to survive and grow more easily.

To learn more about Lyme disease and ticks visit www.quebec.ca and write Lyme disease in the search box. The full article is available in English.



palliaccio
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Palliaccio has had to cancel several activities due to COVID-19. Please see information below.

Palliaccio is suspending the following services:

- Home care support, except for those people at the end of life;
- Massage therapy at home;
- Individual follow-ups;
- All activity groups;
- Our presence at the oncology clinic. We have agreed to support the CISSS des Laurentides by providing volunteers or workers to ensure people wash their hands;
- All basic, end-of-life and ongoing training;

There will be somebody in the office as usual. Palliaccio's managers and service coordinators are available to telecommute, but they will limit home visits. No direct intervention with customers, except at the end of life. We ask people aged 70 and over not to come to our office.

Info: 819 717-9646 / 1 855 717-9646

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Main Street Money

Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Could you be paying too much tax? Plan today for lower taxes tomorrow.

Nobody likes to pay more taxes than they have to. The good news is there are strategies beyond contributing to a Registered Retirement Savings Plan (RRSP) that can help reduce your taxes. A variety of expenses can be claimed as tax deductions or tax credits on your tax return.

Here are six strategies to consider.

1. Make a TFSA contribution before December 31

Starting in 2009, all Canadian residents age 18 years or older can contribute up to a maximum amount per year (\$6,000 for 2020) to a Tax-Free Savings Account (TFSA). Any unused contribution room can be carried forward indefinitely. The cumulative total since 2009 if you have not previously contributed is \$69,500 (including 2020).

2. Make a donation by December 31

The credit for donations is two-tiered, with a greater credit on donations over \$200. Spouses can pool their donation receipts and carry forward donations for up to five years. Carrying forward donations and having them all claimed by one spouse means the \$200 threshold with the lower credit applies only once. If you donate stocks, mutual funds or segregated fund contracts directly to a charity, you will get a donation receipt for the fair market value but the tax on any capital gain will be eliminated.

3. Realize capital losses to offset capital gains

A capital loss must be deducted against any capital gain in the current year, but any excess loss can be carried back three years or carried forward indefinitely to reduce a future taxable capital gain.

If you are selling an investment at a loss, remember that the settlement date must occur in 2019 in order for that loss to be immediately available this year, or one of the prior three years. As trades take two business days to settle, complete your trade by December 27, 2019, to realize the loss for the 2019 taxation year.

4. Receive at least \$2,000 of eligible pension income to receive the pension income tax credit

If you are 65 or older, and receive eligible pension income, you're entitled to a federal tax credit equal to 15 per cent of the first \$2,000 of pension income received, plus the provincial tax credit.

If you don't receive pension income, you could withdraw \$2,000 from a Registered Retirement Income Fund (RRIF) per year. The tax credit will also apply if you use RRSP funds to purchase an annuity paying at least \$2,000 per year.

The interest income from an insurance company guaranteed interest contract (GIC), or the interest element of a non-registered annuity contract, also qualifies for the pension income credit at age 65 or older.

5. Make a RESP contribution by December 31 and receive CESP

The Canada Education Savings Grant (CESG) is available only on the first \$2,500 of contributions per year per child (to a maximum of \$500). The grant room accumulates until the end of the calendar year that the child turns 17 – even if he or she is not a beneficiary of a Registered Education Savings Plan (RESP). Unused basic CESG amounts for the current year are carried forward. If you have available grant room carried forward, the CESG is available on up to \$5,000 in contributions per year (to a maximum of \$1,000).

If RESP contributions haven't been made, enhanced or catch-up contributions can be made to obtain the maximum lifetime CESG of \$7,200 in just over seven years (i.e., \$5,000 annual contributions to receive \$1,000 of annual CESG). Also consider contributing by year-end, when there are less than seven years until the child turns 17 and RESP contributions haven't been maximized.

6. Turning 71 this year? Make an RRSP contribution by December 31

If you turn 71 in 2019, you must terminate your RRSP by December 31 by transferring it to a RRIF, purchasing an annuity, receiving a lump sum or a combination of these options.

You can use your spouse's age for calculating the RRIF minimum withdrawal if your spouse is younger and you don't wish to take as much from the RRIF as would be required for your age. However, you must elect to do this before any payments are received. Once made, this election cannot be changed. Withdrawals over the RRIF minimum are subject to withholding tax, and the attribution rules could apply for a spousal RRIF.

If you have unused RRSP contribution room, you can make a lump sum contribution before closing your RRSP. The deductions can be used in any future year, whenever they are most beneficial for you in reducing taxable earnings.

If you have no carry-forward RRSP contribution room but have earned income this year, you'll have RRSP contribution room in 2020 but no RRSP. You could consider making next year's contribution in December of this year, just before your required conversion date. The penalty for the overcontribution will only be one per cent for the month. On January 1, your overcontribution disappears, and you'll get a tax deduction on next year's tax return or whenever you choose to claim it.

With these tax-planning tips in your back pocket, and the help of your advisor, you can be on your way to a lower tax bill.

Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.

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

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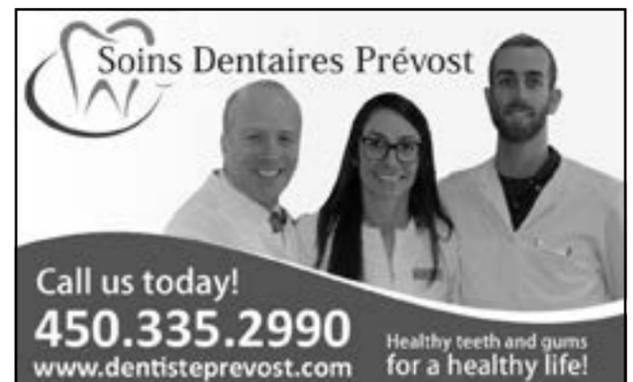
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I'm Just Saying Ray Bradbury meets Stephen King

Ron Golfman - Main Street

May is not only the name of the present month but, for all of us, it has become the first word out of our mouths when attempting to find out what we are permitted to do during these extraordinary times.

I have a better understanding of the movie, District 9, since the government has restricted my ability to go more than 20 kms in any direction for fear of being issued a \$1,000.00 fine. Only weeks earlier, my home had felt akin to a goldfish bowl, in the context of social distancing, but now I am not trusted to 'look but don't touch' due to others not being able to follow the aforementioned directions for our collective health.

I find myself singing that classic line from the Eagles' Hotel California, 'you can check out any time you want, but you can never leave.'

I have practiced self-distancing while in isolation, adding to that exercise the ability to not read or watch Donald Trump much as he damages the world in the name of self promotion and ego. Equally, it is easy to get trapped into spending emotion and energy reading predictions of when we'll get out of this mess, when the truth is that until a vaccine is found, we might as well get our answers from the fortune teller at the carnival.

The new normal, which we anxiously anticipate, cannot be painted on any canvas yet. My guarded optimism is tempered by the worry that it seems easier to forget what we have learned rather than adapting to what is necessary. Like many of you, I want to help. It is difficult to accept that I have hit an age marker wherein making donations of food and money are the wingspan of what I am safely allowed to offer. Only months ago, I enjoyed discounted admission to events and cheaper coffee due to my age milestone, but now, I am saddened that my energy is untapped. Being 65 is reminiscent of driving on the highway doing 65 mph. It's an acceptable speed, safe and helpful, but nobody notices you except to move past you. I will admit that spending time colouring a rainbow and then hanging it in my window made me feel childlike in the activity, so I am not done yet.

The minimum wage has gone up to \$13.60 in this month of May, a number I felt was low-ball even before our present situation. I used to feel that \$15 per hour was reasonable, but given that those providing most of the essential services we all count on are the ones being paid so poorly, in the season of infusing monies everywhere, what about them? I suggest bringing the minimum wage up to \$20 per hour until we are out of this mess, and then, without penalty, ease it back to \$15 so that those people feel valued in ways that are real.

In a time of social distancing, we still have the ability to turn to each other for support and comfort. My faith in humanity is fed daily by those in our communities who organise food drives and those who donate if they can. Those who call people just to say hello and check in not only combat loneliness but also give us that invisible link to each other which is fundamental to our collective mental health.

The message I wish to impart in this article is, and I'm Just Saying, that we'll come out the other side of this difficult time if we don't fight it, but rather fight for it together.

Mont-Tremblant Summer Market – on Hold

Faced with the uncertainty surrounding the possibility for public markets to resume their activities this summer, the City of Mont-Tremblant takes the lead and announces that it is putting its market on hold for the coming season.

The Mont-Tremblant Summer Market is currently in the process of updating. Counting on the 2020 season to mark a turning point in its positioning as a destination market in the Laurentians, the City chooses to bet on its long-term success.

"The Summer Market, in addition to encouraging healthy lifestyles, local producers and local purchases, is a living and gathering environment for the Tremblant community. However, the context of COVID-19 will not allow us to offer the public an experience that meets our expectations," said Mont-Tremblant mayor, Luc Brisebois.

A renewed experience

In addition to a brand new and refreshing brand image, new country and contemporary kiosks will offer visitors a renewed experience starting in summer 2021. The Culture and Leisure Department overseeing the Summer Market is working on the development of activities and entertainment programs on the site. The objective is to update its agri-food offer and to attract new merchants and producers in order to offer customers a more complete and diversified range of products.

Mont-Tremblant also stays the course on its Holiday Market and does not rule out the holding of a harvest market in the fall.

In the meantime, in order to support producers and merchants already registered for the 2020 edition of the Summer Market, the City has grouped them into an interactive map available at ville-demont-tremblant.qc.ca/marche which lists their contact details, their products as well as the delivery service or collection point offer.



Community Gardens Open Under Certain Conditions

Cultivating the land is good for keeping fit and lifting morale, in addition to providing access to fresh and nutritious food. This is why the City of Mont-Tremblant will reopen its community gardens as of Saturday, May 9 with the establishment of conditions aimed at ensuring compliance with the recommendations for distance and hygiene formulated by the National Institute of Public Health of Quebec (INSPQ).

"It is important for us to give back access to community gardens to our people so that they can enjoy the benefits of gardening this summer, which will allow them to produce beautiful crops. By respecting the special procedures, they will be able to cultivate a vegetable garden without compromising their health or that of others," explained Mayor Luc Brisebois.

Access to the gardens

Gardeners are invited to respect the special hours:

Active workers: Monday to Friday from 4 pm and Saturday and Sunday all day
Others (unemployed, on leave, retirees, etc.): Monday to Friday until 4 pm.

- Only one adult per household allowed on the premises.
- The presence of another adult will be tolerated for gardeners whose physical condition does not allow them to perform the tasks alone.
- If possible, it is best for children to stay at home. Children under 12 must be under the supervision of an adult at all times.
- People with symptoms of COVID-19 should not access the gardens.

Social distancing measures

- Obligation to maintain a distance of two (2) meters between each person present, with the exception of members of the same family.
- Meetings are prohibited at all times.

Hygiene measures

- Each person must bring their own tools, including their watering can.
- Gardeners should not touch anything other than the garden hose provided and their own gardening equipment.
- Gloves are compulsory to handle the barrier, the garden hose and the waste bins.

The City will make frequent visits to community gardens to ensure proper functioning and compliance with the rules.

In total, 50 small gardens are available to Tremblantois and Tremblantoises to grow vegetables, fruits, flowers or aromatic plants during the summer season. All of the gardens are currently rented, however it is possible to register on a waiting list by contacting 819-425-8614, extension 2600 or by email at travauxpublics@ville-demont-tremblant.qc.ca.



Designated Evaluation Clinic Added in the Laurentians

In the fight against COVID-19, the Laurentian region has received approval from the Ministry of Health and Social Services to establish a third designated evaluation clinic. Located in Sainte-Agathe-des-Monts, this clinic began accepting patients on April 14.

Consultations are by appointment only and the clinic is open to individuals seeking a consultation who are experiencing flu-like symptoms, symptoms of gastro-enteritis or symptoms associated with COVID-19. It is also possible to get tested for COVID-19 at the clinic. On its first day, the multidisciplinary team performed fifteen medical consultations.

The procedure for booking an appointment remains the same as for a screening test: patients must call the general hotline at 1-877-644-4545. A nurse will direct them to the required service. It is also possible to obtain a medical consultation with a referral from a physician or a pediatrician. The clinic is open 7 days a week from 8:00 a.m. to 8:00 p.m.

Strict protection protocols are in force in these new evaluation clinics, for patients as well as for the caregiving staff. Furthermore, it is compulsory for patients to enter these facilities unaccompanied in order to limit the risk of contamination.

COVID-19 designated evaluation clinics are a complementary measure intended for non-critical cases in need of care. Their aim is to support hospitals, family medicine clinics and public health teams. Opening these clinics will make it possible to avoid overwhelming emergency departments and to reduce the number of individuals seeking consultations in medical clinics.





Real Wine for Real People

Some of the many health benefits of wine

April Sirois – Sommelier - ISG

Here we are six weeks into a global pandemic that has us all locked away in our houses, drinking more than our usual amount of wine and feeling a little guilty about it. Well, feel bad no more fellow self-isolators and wine drinkers, indulging in wine daily has many health benefit, and can actually be good for you. I did a little research and came up with a few good facts to help you enjoy raising that glass of wine.

Wine drinkers live longer

That's right; people who drink wine may live longer. Daily wine consumption is often part of a healthy lifestyle. The long-lived residents of France, Greece and Italy drink red wine as a part of their age-promoting lifestyle. Compounds found in red wine tannins have been found to help promote cardiovascular health. People who drink wine seem to live longer.

Get smarter

Resveratrol in wine may help improve short-term memory. People in a test group taking resveratrol had a significant increase in retention of words and showed faster performance in the portion of the brain associated with learning, memories and emotions.

Protect your pearly whites

Did you know that drinking wine is a little-known way to protect your teeth from bacteria? Wine has antimicrobials that help reduce five of the common oral plaque-causing bacteria. So, that after dinner glass of wine is good for your teeth.

Colon cancer

Studies show that moderate consumption of red wine possibly can reduce the risk of colon cancer by 50%. Resveratrol contains potent antioxidants and may even help with colon health.

Stave off those pesky sniffles

A study looked at 4,000 faculty members at five universities across Spain. Those who drank wine were less likely to come down with a cold compared to those that drank beer or spirits. Again, it's believed to be the antioxidants that help lower inflammation and reduce the symptoms of colds.

Lower your cholesterol (without changing your diet)

Resveratrol is thought to reduce LDL and increase HDL, meaning that our blood vessels are less likely to be coated with plaque. Even the American Heart Association admits that moderate consumption of any type of alcohol can increase your HDL, or good cholesterol, by about 12%.

Reduce the risk of stroke

Wine may reduce the risk of ischemic stroke. In analyses adjusted for age, sex, and smoking, intake of wine on a monthly, weekly, or daily basis was associated with a lower risk of stroke compared with no wine intake. The benefits were not seen in beer or hard alcohol consumption.

Regulate blood sugar levels without drugs

Red wine is abundant in polyphenols. The polyphenols in wine interact with cells involved in the development and storage of fat and the regulation of blood sugar. The amount of polyphenols in a small glass of red wine appears to be as effective as certain diabetes drugs.

If you drink in moderation, a little wine may actually be good for you. Please remember to drink responsibly.

~Cheers

Keeping Things In Perspective

Source unknown...

It's a mess out there now. Hard to discern between what's a real threat and what is just simple panic and hysteria. For a small amount of perspective at this moment, imagine you were born in 1900. On your 14th birthday, World War I starts, and ends on your 18th birthday. 22 million people perish in that war. Later in the year, a Spanish Flu epidemic hits the planet and runs until your 20th birthday. 50 million people die from it in those two years. Yes, 50 million. On your 29th birthday, the Great Depression begins. Unemployment hits 25%, the World GDP drops 27%. That runs until you are 33. The country nearly collapses along with the world economy. When you turn 39, World War II starts. You aren't even over the hill yet. And don't try to catch your breath. On your 41st birthday, the United States is fully pulled into WWII. Between your 39th and 45th birthday, 75 million people perish in the war. At 50, the Korean War starts. 5 million perish. At 55 the Vietnam War begins and doesn't end for 20 years. 4 million people perish in that conflict. On your 62nd birthday you have the Cuban Missile Crisis, a tipping point in the Cold War. Life on our planet, as we know it, should have ended. Great leaders prevented that from happening. When you turn 75, the Vietnam War finally ends. Think of everyone on the planet born in 1900. How do you survive all of that? When you were a kid in 1985 and didn't think your 85-year-old grandparent understood how hard school was. And how mean that kid in your class was. Yet they survived through everything listed above. Perspective is an amazing art. Refined as time goes on, and enlightening like you wouldn't believe. Let's try and keep things in perspective. Let's be smart, help each other out, and we will get through all of this.

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Mont-Tremblant Launches the Platform of Virtual Activities - *Anime ta bulle*

Although we are slowly moving towards a certain de-confinement, we must still keep a little bubble and respect the bubble of others. The City of Mont-Tremblant is therefore proud to offer its residents a brand new virtual entertainment platform for young and old: welcome to Anime ta bulle!

The platform available at villedemont-tremblant.qc.ca/animetabulle already offers a dozen video capsules hosted by culture, sport and leisure professionals from the Laurentians. Some will be happy to find their coaches from the Mont-Tremblant Aquatic Complex there! Other capsules will be added week by week to the clown art workshops, AbZone training, bodybuilding for 7 years and + as well as the guitar, drawing and pastel lessons already offered.

"Even though the school and daycare centers are about to reopen soon and people are quietly returning to the office, we know that many will choose to keep the children at home and opt for teleworking. Besides, outside of school and work, adults and children will not yet be able to see their friends and do all their favorite activities. We therefore hope that Anime ta bulle will allow you to have fun, discover and train, but at home, safe in your bubble," explained Mont-Tremblant mayor, Luc Brisebois.

In addition to the all-new web platform, let's remember that the Facebook group Anime ta bulle - Ville de Mont-Tremblant has been offering a place of exchange and pleasure for almost two weeks to maintain ties in the Tremblant community and break isolation, in addition to allowing members to participate in the interactive activities offered. The web platform also lists the favorites suggested by the Culture and Recreation Department since the start of confinement.

This initiative by the City of Mont-Tremblant, partially funded by the Government of Quebec, also aims to support workers in the culture and leisure sectors of the region who are greatly affected by the current crisis.

Do you work in culture, sport or leisure? Mont-Tremblant needs your activities and your video capsules for the programming of Anime ta bulle! Submit your project to us via the web platform.



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Please call Lori's Links at 450 224-7472 for info.

Centraide Laurentides receives a major contribution of more than \$140,000 from the Government of Canada, through the New Horizons for Seniors Program

Centraide Laurentides is pleased to announce the contribution of the Government of Canada, through the New Horizons for Seniors Program, to meet the immediate and urgent local needs of this most vulnerable population. Canada's seniors are the most exposed to the health risks associated with the COVID-19 crisis. Social isolation and poverty exacerbate this risk.

"Physical distance is essential to protect older adults from COVID-19, but this risks isolating them from their community. It is for this reason that the Government of Canada is proud to work with United Way to help meet the needs of seniors during these difficult times. By targeting local expertise, this funding will provide support tailored to the unique needs of seniors across the country. As we all work together to flatten the curve and slow the spread of the virus, the government is supporting Canadians every step of the way. - The Honorable Deb Schulte, Minister of Seniors.

For the Laurentians, more than \$140,000 was received as part of this program to support organizations and the people they support. As of May 4, six organizations in the Laurentians have been partially funded by the Government of Canada through the New Horizons for Seniors Program:

1. 4Korners (Deux-Montagnes)
2. Argenteuil Mutual Aid Center (Lachute)
3. The Little House of Pointe-Calumet (Pointe-Calumet)
4. The little Dophins (Saint-Adolphe-d'Howard)
5. Soup and company from Pays-d'en-Haut (Saint-Sauveur)
6. Community resources Sophie (Wentworth-Nord)

Together, these organizations received \$20,000 from this program to continue their mission. These funds are intended to meet the needs of vulnerable seniors. They will support the delivery of a range of community services, including meeting the basic needs of seniors such as food, hot meals and personal care items. They will also help prevent social isolation by implementing virtual programs, personalized phone calls and mental health supports. In addition, these funds provide support to community service organizations to maintain or improve services such as the retention of volunteers and staff.

Submission of applications before May 15

Just over \$120,000 is still available for organizations that offer services specifically designed to support vulnerable seniors. Interested organizations can submit a request for this program before May 15, using the funding request form for the Emergency Fund of Centraide Laurentides.

An advisory committee meets every Friday to analyze the requests received and quickly allocate the funds. Centraide Laurentides works closely with municipalities, partners and local public health authorities to coordinate investments where they are most needed. This will ensure a quick and flexible response in communities and build on the existing capacity to manage funds responsibly for the benefit of the community.

Link to submit a request:

<https://www.centraidelaurentides.org/demande-de-financement-fonds-durgence/>



The CISSS des Laurentides Confirms Mental Health Services Continue To Be Provided For Vulnerable Patients In The Laurentians

The CISSS des Laurentides refutes a story broadcast by TVA and published in the Journal de Montréal alleging that an internal memo circulated instructing personnel to call patients awaiting care to inform them that their case could not be accommodated. The establishment's priority remains to provide all necessary care and services to all vulnerable patients in the region, especially during a pandemic.

The CISSS des Laurentides follows and implements all ministerial guidelines and ensures that the information is conveyed to its teams in real time. In fact, on April 7 a memorandum was sent to all employees working in the mental health sector, clarifying work requirements during the pandemic in accordance with the guidelines issued by the Ministry of Health and Social Services. More than 7000 individuals have been contacted by Mental Health Services since the beginning of the crisis.

Our services have been adjusting to the situation as the pandemic evolves. Although no program or service is presently closed, the crisis has brought about changes in operating procedures to adapt to the current situation and to respond to priority needs, for example:

- Consultations by telephone instead of in-person (with rare exceptions);
- Individual telephone follow-up instead of group after-care;
- Medium and long-term after-care replaced by short-term follow-up.
- Our teams make every effort to respond to the needs of vulnerable patients, notably individuals who are suicidal, homicidal, or grieving the death of a loved one whether or not COVID-19-related, individuals with chronic mental illness or at risk for psychological distress, psychoactive substance users or individuals experiencing a substance-use-related mental disorder, and patients who are homeless or at risk of becoming homeless. Furthermore, additional measures have been put into place in the region since the beginning of the crisis:
- Opening of 10 beds for homeless individuals;
- Opening of 10 beds for patients from substance-abuse rehabilitation facilities;
- Opening of 14 rooms for women who are victims of domestic violence;
- Opening of 8 beds for patients of non-institutional mental health residential resources (RI-RTF en santé mentale);
- Clinical support by nurses for administering home injections to patients experiencing mental health issues;
- Opening of 18 emergency homeless shelter places in collaboration with the city of Saint-Jérôme and community organisations.
- We also remind anyone experiencing anxiety or distress that the following services are available at all times:
- The crisis intervention team is fully functioning and available;
- The Info-social team has been consolidated to respond more rapidly to requests for help;
- The mental health access team and psychosocial support teams are fully functioning and ready to receive patients. Lastly, the CISSS des Laurentides is grateful to all mental health personnel and support organizations that, in spite of the pandemic, make a difference by being there for our patients each and every day.



COVID-19: storing gasoline is not without risk



The Mont-Tremblant Fire Safety Service (SSIMT) would like to remind you of some safety rules for storing gasoline while the low price of fuel encourages some to stock up unusual amounts of flammable or combustible material.

First, remember that gasoline degrades over time. The octane number decreases, gum or rust is formed, and water accumulates in the fuel. Degraded gasoline can cause difficult engine start-up, malfunction, or even complete engine failure. It is therefore not recommended to keep gasoline for more than 2 or 3 months.

Before storing gasoline, it is advisable to consider the degradation of the fuel in a context where a significant increase in the cost of gasoline, in the short term, is unlikely. What was meant to be an attempt to save could, on the contrary, prove to be expensive!

If, however, you decide to store flammable or combustible liquids, here are some tips for doing so in a safe manner:

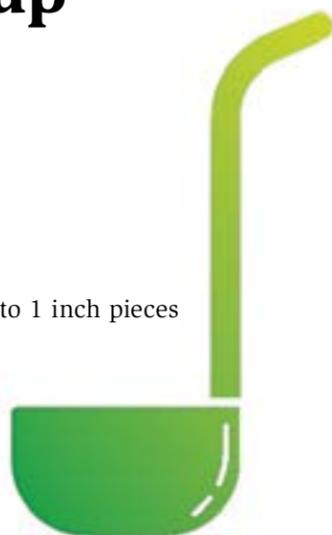
- Keep and store only a minimum of flammable or combustible liquids, especially do not store them inside your residences.
- Store flammable or combustible liquids away from heat sources, out of the reach of children, and in clean, dry places.
- Do not store flammable or combustible liquids on a balcony or near a window or exit.
- Follow the storage instructions on the label.
- Avoid storing them with household products.
- Store them in their original containers with the labels.
- Do not empty them.
- Gasoline must be kept in a sealed, airtight container, designed for this purpose.
- If you need to dispose of flammable or combustible liquids, you must do so at the Ecocentre.

If you have any questions about the storage of flammable or combustible liquids, or any other subject related to fire prevention, do not hesitate to contact the City of Mont-Tremblant's Fire Safety Service at 819-425- 8614, extension 2820, by email at rwberry@villedemont-tremblant.qc.ca or visit villedemont-tremblant.qc.ca/prevention.

Seasonal Recipes

French Spring Soup

- 1/4 cup butter
- 1 pound leeks, chopped
- 1 onion, chopped
- 2 quarts water
- 3 large potatoes, chopped
- 2 large carrots, chopped
- 1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
- 1/3 cup uncooked long-grain white rice
- 4 teaspoons salt
- 1/2 pound fresh spinach
- 1 cup heavy cream



Directions

1. Melt the butter in a large pot over medium heat. Stir in the leeks and onion, and cook until tender.
2. Pour water into the pot. Mix in potatoes, carrots, asparagus, and rice. Season with salt.
3. Bring to a boil, reduce heat, and simmer 30 minutes, until vegetables and rice are tender.
4. Stir spinach and heavy cream into the soup mixture, and continue cooking about 5 minutes before serving.

Per Serving: 194 calories; 13.8 g fat; 16.1 g carbohydrates; 3.6 g protein; 45 mg cholesterol; 1014 mg sodium.





palliaccio

support, accompaniment & respite care

ACCOMPANIMENT AND RESPITE SERVICES

Responding to needs of patients, caregivers and those living with loss

Accompaniment and support for ...

- Patients with cancer or life-limiting illnesses
- Their caregivers
- Those needing end-of-life care
- Those living with loss

Our free services ...

- Home accompaniment
- Laurentian Hospital oncology clinic accompaniment and support
- Caregiver respite and support
- Bereavement support
- Weekly stress reduction group sessions

Palliaccio's services are provided free of charge by trained volunteers experienced in palliative care accompaniment and active listening.

Where ...

- The MRC des Laurentides, Pays-d'en-Haut and the southern part of the Antoine-Labelle region



JUST ONE CALL FOR ANY OF OUR FREE SERVICES:
819 717-9646 or toll-free 1 855 717-9646

2280, rue Labelle | Mont-Tremblant
99, rue Saint-Vincent, Suite 2 | Sainte-Agathe-des-Monts (by appointment only)
35, rue de l'Église | Saint-Sauveur (by appointment only)
admin@palliaccio.org | palliaccio.org

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REMINDER



POSTPONEMENT OF NEXT PAYMENTS FOR MUNICIPAL TAX ACCOUNTS

In the current context of COVID-19, the City of Saint-Sauveur wishes to contribute to the tax relief of its citizens and businesses by extending the due dates for the second, third and fourth installments of municipal taxes:

2nd PAYMENT	Payment from May 11, 2020 postponed to August 11, 2020
3rd PAYMENT	Payment from July 11, 2020 postponed to October 11, 2020
4th PAYMENT	Payment from September 11, 2020 postponed to December 11, 2020



QUESTIONS?
Contact the Service des finances by email at
administration@ville.saint-sauveur.qc.ca
or by phone at 450 227-4633

Ville de Saint-Sauveur





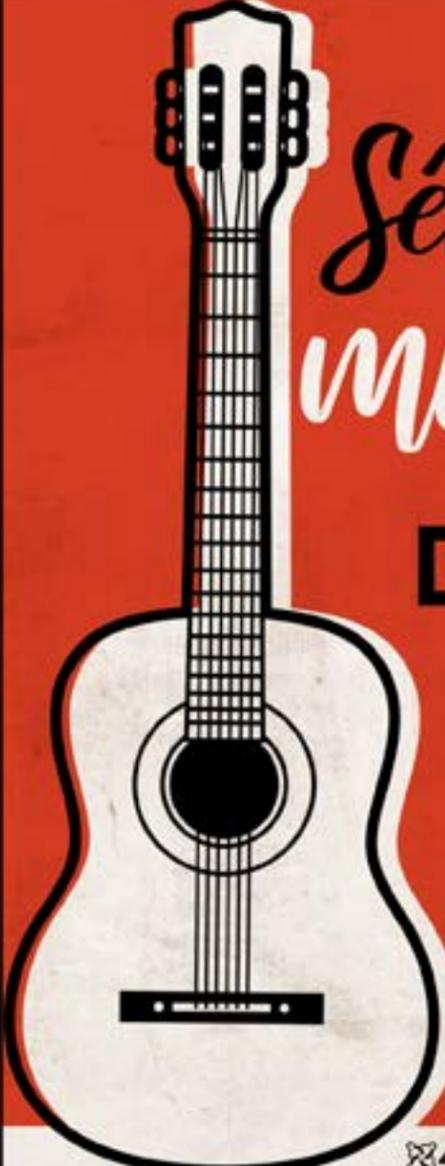

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ONLINE & INTERACTIVE!

SENIORS WELLNESS

Drawing Classes / Cours de dessin

Every Tuesday 10am - 11:30am / Tous les mardis 10h - 11h30

Tai Chi

Every Tuesday 1pm - 2:30pm / Tous les mardis 13h - 14h30

Chair-adapted yoga / Yoga sur chaise

Every Thursday 10am - 11:30am / Tous les jeudis 10h - 11h30

Join us on Zoom to connect live!

All activities take place in English / Les activités se déroulent en anglais.

To register visit our Facebook events page /
Pour vous inscrire, visitez notre page d'événements Facebook
www.facebook.com/4KornersCenter/
or contact / ou contactez Melanie Wilson 1-888-974-3940 ext. 231, melanie@4korners.org

