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What's On My Mind... No Mow May

Susan MacDonald, Editor

It has been a long winter and now that spring has finally arrived, everyone is busy outdoors enjoying the warm temperatures and even the seasonal chores. For many, this includes opening up the cottages, cleaning up yards and preparing flower and vegetable gardens in anticipation of the annual bounty of food and flowers.

Traditionally, we hold off on planting until the end of May, as there still remains a risk of damaging frost, but there is another reason why we should wait until the and of the month before even starting the word elegan



end of the month before even starting the yard cleanup, the threat to our local pollinators.

The concept of **No Mow May** originated in the United Kingdom before making its way to Canada and the United States. The goal of this campaign aims to help biodiversity by encouraging people not to mow their lawns in order to give insects and their food sources a chance to complete their natural life cycles. May is pollinating time for emerging bees and other pollinators so early raking and mowing not only is a threat to the insects themselves but also removes their much needed food sources. Waiting an extra few weeks will give more flowering plants and weeds a chance to grow, supplying much needed food sources in early spring for the hungry insects.

Over the past years, our pollinators have been on a steady decline due to disease, pests, parasites and damaging environmental challenges, including low food sources in early spring. Joining the **No Mow May** campaign is one way people can help these important members of our food supply chain.

If you absolutely must rake and mow in May you can still make a few small adjustments that will help pollinators, such as leaving a section of lawn untouched for just another few weeks. Some pollinator supporters have taken this even further by mowing entertaining designs in their lawns for the first few cuts or planting early flowering perennials along the borders.

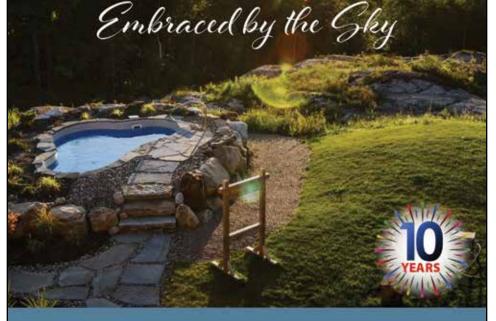
As the season progresses, further suggestions to help our bees and butterflies include raising the blade on lawn mowers, avoiding chemical pesticides, planting pollinator friendly native flowers with varying blooming times, creating nesting places and providing water sources.

Pollinators play a vital role in biodiversity and help produce more than a third of all food we consume. Without them, flowers, shrubs and trees would also not be able to reproduce. They may be small but always remember, our pollinators are the first link in our food chain – let's not be the weakest link.

Enjoy the read...







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Viking Canoe & **Kayak Club**

Looking for new ways to energize in nature? Come and discover us....

the Club de Canoë-Kayak Viking.

Situated in the Municipality of Wentworth-Nord on Lac St-François-Xavier, the Club de Canoë-Kayak Viking is a bilingual, non-profit sprint paddling club. It provides paddling skill development and recreational programs, delivered by qualified coaches, to youth and adults of all ages and abilities, in a safe and friendly environment.

As the only sprint club in the Laurentians, it falls on Viking to support and develop people of all ages to strengthen their physical resilience skills by feeling good and energized, being the best that they can be.

"Fitness for Life" is part of the Club's philosophy. Our mission is to promote amateur sports and an active lifestyle within the community through a variety of competitive and recreational paddling programs for youth and adults. Club members and program participants are asked to share our values of fair play, inclusion, teamwork and ethical participation while striving for their own personal excellence and fitness sustainability.

Since its establishment in 2001, the founders' passion for the sport has been sustained through the creation of multiple paddling programs. This includes a Youth Competitive Development Program for 11 to 16 years old, a Canoe Kids 1/2 day Summer Program for 5 to 11 years old, an adult Competitive Program, a Recreational Dragon Boat Program, a Paddle All Program for people with special needs, and new in 2023 a Nordic walk & Dragon boat program. The club is recognized as a national competitive Masters powerhouse having achieved seven prestigious titles through active participation in National (CanMas) and Provincial championship events. It plays a catalyst role in providing paddling enjoyment to an increasing number of program participants.

To learn more about the Club de Canoë-Kayak Viking and to join the "Fitness for Life" journey, visit our web site www.canoekayakviking.ca





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Making it Work in the Laurentians

Smart Marketing: How to create your ideal client profile

Maya Khamala

When you're trying to start or grow your business, you have to make sure you're attracting the right kind of customer. The key is in knowing whom to look for; honing in on your ideal client profile is the first step in creating an effective marketing campaign. Unlike broad-based marketing, which tries to appeal to everyone, targeted marketing is all about identifying what makes your ideal client special and speaking directly to them about their needs. By mapping out the attributes, behaviors, motivators, and preferences of who you think wants your product or service, you can more effectively strategize how to connect with those customers and build a stable clientele base.

Building your ideal client profile

There are many different kinds of information that can be gathered about your ideal client through a combination of data and research. These include identifying their demographic factors (age, gender, education, income level, marital status, location); psychographic factors (values, beliefs, opinions, interests); behavior (how and when they make purchases); attitudes and motivators; problems and needs.

If you're in presales, and don't have client information yet, consider designing a survey to determine the customer group most likely to purchase your product or service. Take time to check out the competition and see what their customers do and don't like (think: reading Yelp reviews). You can also use external sources like market research reports and Statistics Canada.

If you already have customers, you will be able to find much of this data through social media analytics, emails, Google analytics, customer relationship management (CRM) information and newsletter open/read rates. Design a survey and interview your best clients - past and present - to learn more about what they purchase and why.

There are many free customer-profiling tools online – explore those as well.

Creating targeted messaging

Once you know your ideal client inside and out, personalize your ads by using their language and highlighting the specific benefits that will speak to them communicate your value by creating a focused marketing campaign. Even if you would like your product or service to have universal appeal, a targeted marketing campaign can be a great starting point to attract and solidify a loyal clientele and validate your business offering and pricing.

Staying connected

As your company continues to develop, it's important to measure and track client activity. This not only provides a baseline but it gives you feedback on how to test, tweak and improve your product or service. Respond quickly and thoughtfully to your customers' questions, comments or concerns. Most importantly, keep them up-to-date on your brand through personalized emails, polls and even contests. Remember that the more exposure they have to your company, the more likely they are to keep following and purchasing from it for many years to come!

Want to learn how to get your business started on the right foot? Attend the "Jump Start your Business" Workshop at YES, either in person or online, every Thursday at 2 PM. For more information, visit www.yesmontreal.ca.

Work has started for the construction of the fire station

A sum of \$4,489,000 will be invested for the construction of a new fire station at the Municipality of Saint-André-d'Argenteuil. At this amount, The Ministry of Municipal Affairs and Housing (MAMH) grants a financial contribution of \$3,260,400 to the Municipality as part of the Improvement and construction of municipal infrastructure (PRACIM).



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- Anyone or anything...

The location of the new fire station will be at 35, rue de la Gare. Equipped with 5 garage doors, the station will be equipped with two training rooms. Designed to meet the needs of the territory, this facility should be ready by the end of 2023.

"This new fire station will notably meet legal obligations, but will also allow for adequate response to the various emergency measures that the Municipality could possibly face. This is reassuring news for citizens who will have access to the Municipality quality infrastructure to ensure their safety", maintains the director of fire safety, Francois Lefebvre.



4 main.street@xplornet.ca





Laurentian Personality Simin Foster – Les Ateliers Müz

Lori Leonard – Main Street

Simin Foster was attracted to the natural beauty of the Laurentians and its excellent potential for winter sports and moved here in 1997. While enjoying country life in the region, Simin founded Place Bonbon Candy Company in 2001 at Tremblant Ski Resort. This business was one of the most successful businesses in the area. In 2008, in order to focus on partnering in national technology related entrepreneurial projects, Simin sold Bonbon Candy and founded Ateliers Müz in 2019.

Simin is originally from Iran. She has a fairly large family and is the 4th of 7 children in her family. At 18 years old, Simin moved to England where she lived and studied for 15 years before immigrating to Canada with her husband Steve in 1983. Simin acquired both of her post-secondary degrees in the UK. She has two children and is proud "Mimi" to two grandchildren.

Simin currently manages and operate Ateliers Müz, a social enterprise based at Lac-Supérieur, Tremblant. Ateliers Müz empowers and supports artists and artisans in the Laurentians and surrounding region to gain visibility of their creative artistry and to thrive. Her business assists artists and artisans to generate income effortlessly and cost-effectively. She makes it easy and convenient for art-lovers to find local artwork and creative activities through online services. Simin also mentors and coaches individuals for business start-ups and small businesses.





Simin has always had a passion for visual arts. Her husband shares this interest, as do other close family members, so she feels constantly surrounded by a family of art-lovers!

Even though Simin's university degrees are in engineering and business administration, she always pursued her interest in arts through extracurricular activities. In her previous career, Simin worked as a professional engineer, but became more interested in developing her passion for entrepreneurship.

Simin and Ateliers Müz help artists to increase their visibility and to sell their artwork by setting up and promoting individual online galleries and collective art exhibitions. The categories of artwork accepted by Ateliers Müz include: painting, sculpture, stained glass, ceramic, jewellery, etchings, fabric art and photography. Simin uses a mixture of tools including social media, a newsletter, search engine optimization, local print media and collaboration with partners.

In her spare time, Simin enjoys hiking, skiing, swimming and painting.

Simin would like the community to know that she is passionate about having the Laurentians known for its talented artists and exciting creative activities. She wants artists to know they can rely on her for her professional, caring advice and support related to the business side of their art.

Please help to increase Laurentian artist visibility amongst Laurentian residents and visitors by sharing information on Ateliers Müz. If you are an artist, please check out the new blog posts with very useful, resourceful information for artists at ateliersmuz.com. Simin may be reached at simin@AteliersMuz.com or see Ateliersmuz.com

Simin, thank you so much for your dedication and commitment to our local artists and artisans. You certainly enhance and improve the lives of many artists in our region!

Laurentians Welcomes New Talent to the Music Scene

David Leask – touching hearts through music

In the Anglosphere Joanna Nash

Kathleen Hugessen | Penny Rose

Joanna Nash first came to Arundel back in the 1970s when she and a group of friends rented an old farmhouse over the course of five summers.

The painter and teacher was living and working in Montreal for the bulk of the year. She also spent a portion of 13 summers teaching at the arts program in Ste-Irenée. "I was teaching freelance all along to subsidize my art," Nash says. "It was never full time." She taught art and art appreciation, but her calling was her studio. Paying work was, however, essential. "It's one of the myths about art, that you can sit around and wait to be discovered," she says. "You need investment more than a chance discovery." She adds that, "Making art is very different from the commercialization of art."

But while Nash had left Arundel, Arundel had not left her. When she and two friends decided to leave the city, she knew exactly where to go. In her time in the community, she had met many locals. Often they were the descendants of Scots and Irish immigrants. Subsistence farming surrounded the village. It was all vanishing before her eyes. "I got to know the tail end of the farming community," she says. "We're not going back to that. It was the fortune of timing for me that the farmers were still here."

One of her contacts in the community told her of an abandoned farm—a substantial spread of land—about four kilometers from the town centre, that was coming on the market. She and her friends leapt at the chance. "There was no planning," Nash says. "It was all the eggs in one basket." And, thus, in 2003, Nash and her friends became full-time residents of Arundel. They divided the property. One took on and renovated the house and barn. Nash and the third created their own spaces. "One of us raised sheep," she says. "I raised chickens for a time."

She says the vanishing farming life is being replaced by a new energy in the community in the form of music and art of which of course, she is an active participant.

Nash continued to teach and spent several summers in that role at Haliburton in Ontario. Today, she says, she is "no longer actively teaching," which means she is, but on a reduced schedule. She says Elizabeth Vezina from the Arundel Legion created a Zoom program during COVID. Of course, Nash participated as a teacher.

Nash has also blossomed as a writer. Her blog, available on her website https:// www.joannanash.com/ is a lively view into the inner workings of the artist's mind, illustrated with her art. For example, one post deals with her work with "her" models and gives vivid colour to the interior monologue that accompanies

her work with them. Her website also offers a bouquet of her art and ongoing projects.

Nash is off on a fourmonth odyssey to Newfoundland. By the time you read this, she and her trusty camper van will be well on their way. But she'll be



back in her beloved Arundel in the fall and, with luck, she'll keep blogging from the road and well into the future.

between life's **Burdens and Blessings**. His music has a story to tell and David tells it like no other, touching the hearts of all who listen. But David also has an extensive repertoire of covers songs that he loves to make his own. His performances end up being somewhere between a concert and a hootenanny.



Susan MacDonald

The allure of the rolling hills has drawn many people to the Laurentian region and David Leask was no exception. Originally from Scotland, the green knolls and sweeping valleys reminded him of home, prompting a sense of belonging, a place to set down new roots. After a short stay in St-Hippolyte, David and wife Mary Ellen moved to Morin Heights in April 2023 and settled into their new home and, the community. With the move finally over, it was time to get back to business; David is currently working on his 8th album, has a new single coming out next month and is preparing for several upcoming gigs. But let's step back a bit.

After leaving Scotland, David and Mary Ellen first moved to Mississauga where he continued his illustrious career as a singer-songwriter and live stage performer. David loves performing live, and throughout his 30-year career, he has played over 3,000 gigs of all sizes, from nightclubs and festivals to private functions. As he says, "it's a big part of who I am. Each gig is different, and it's exciting to play off the people and, the atmosphere, never knowing where it will take you."

David writes his own words and music and is also a frequent collaborator, having co-written with over 100 other songwriters. His Celtic roots influence his music and his lyrics are so descriptive that if you close your eyes, you can easily visualize yourself driving down The Highway Home or emotionally caught

While he usually 'plays solo', David loves to share the art of songwriting and actively mentors other songwriters. He has been a songwriting mentor for

11 years with the School Alliance of Student Songwriters, on the songwriting faculty for Guitar Workshop Plus and, an industry mentor at Humber College in their Graduate Composition Program. Conducting songwriting workshops is another of his passions.

David's accolades are many, too many to mention here but a visit to his website will reveal how gifted this song-writing musician truly is. He has won multiple international song-writing awards, including the **Mississauga Arts Award** for performing **Artist of the Year** and, **Songwriters Magazine** has called him '*the most consistent Canadian songwriting competition winner*."

Now a resident of Morin-Heights, David is eager to take the stage and is available to perform at local venues and events. To reserve your booking, contact him directly at website: Davidleask.com / email: david@davidleask.com / youtube.com/davidleaskmusic

Arundel News

Janet Thomas

SPRING FORAGE FOREST WORKSHOP

Laurentian House (31 ch de Barkmere, Arundel - side entrance)

Sat, May 13: 12:30 - 3 pm Sat, May 27: 9:30 am - 12 pm Sun, May 28: 9:30 am - 12 pm

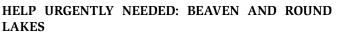
Learn about spring's forest gems: morels, fiddleheads, violets, wild leeks and more. Starting in the barn, you will first learn the basics of identifying plants and fungi, techniques of sustainable wild foraging, gastronomy and preservation. Then our guest speaker and forest guide, The Red Squirrel, will lead us on a 2-hour exploration of the 180 acre private forest of

Laurentian House. On our return to the barn, we will showcase finds and have the opportunity to purchase preserved foraged finds and made in-house products. This workshop is bilingual. Cost: \$45. Pre-registration is through our website: LaurentianHouse.com For more information, please contact us at info@ laurentianhouse.com

ARUNDEL GARDEN SWAP AND SHOP

Arundel United Church (17 Rue du Village, Arundel) Sat, May 20: 10 am – 2 pm

It's time to plant your garden and we have what you need: seeds, seedlings, vegetables, fruits, flowers, indoor plants, shrubs, bushes and more. We even have garden decorations, from birdhouses to sculptures. Cleaning up your garden? Share your extras with your neighbours at the Need One - Take One table – for free!



It may seem early, but we need to organize now to save

our lakes from the damage caused by Eurasian Milfoil. The colonies are growing rapidly, choking some bays and threatening the health of both lakes. ALBeRo, the Association for Beaven and Round Lakes, needs your help to clean our lakes and contain the damage.

The Problem

Eurasian Milfoil damages the natural lake ecosystem by choking out indigenous water plants. It grows so thickly that it reduces the amount of sunlight which penetrates the water, which in turn reduces the quantity and variety of fish and water life. Because it spreads from segments as small as 2 cm., it is important that all boats and swimmers stay away from colonies to avoid breaking off pieces.

The Solution

We have constructed a barge equipped with a suction tube to remove this noxious weed from our lakes, thanks to generous donations from residents and the Municipalities of Arundel and Montcalm. Last summer, teams of volunteers successfully removed the weed from the central section of Round Lake.

The Need

Despite the hard work and encouraging results, this project is now at a stop. We need people to man the barge, and swimmers to uproot the plant and deliver it to the suction tube. Proper training will be provided.

Please sign up. No need to commit to large amounts of ^{*} time. Just give us what you can. The work is best done

in the morning hours before lunch, freeing you to enjoy your afternoons. We need your goodwill and support.

The cause is good. The need is urgent. Please do your part to save our lakes. Contact associationbeavenrond@gmail.com

VICTORIA'S QUILTS

Grace Anglican Church (7 Ch. Church, Arundel) May 15 & 29 / June 13 & 26: 9 am – 2 pm Victoria's Quilts provides free quilts to cancer patients.





About Sainte-Adèle

Chris Lance - Main Street

Sainte-Adèle Mayoress Lalonde is looking for a new Director General for our town. Simon Filiatreault has been working for Sainte-Adèle

since 2015 and in 2020 he was made the D.G of Ste-Adèle. Filiatreault is taking over as Deputy Director General of the city of Blainville.

The potholes are still deep and dangerous in Sainte-Adèle. They get filled with asphalt and then a few weeks later the asphalt disappears with usage of the roads. Perhaps we should just stay home and not drive. According to a recent CAA report-Quebec is the worst pothole region in North America and I am convinced Sainte-Adèle is one of the worst towns for potholes up north. The only good thing about potholes is that some cars slow down considerably, or else the car tires explode on impact and damage to the undercarriage eventually costs you more money and incredible inconvenience.

Now that spring has brought April showers the winter snow is melting away. In spots, the grass is green and the crocuses are blooming. Green and white shoots are popping up after a good raking in the flower gardens. At last, it's going to warm up in May and we can shed the winter boots, tattered gloves and quilted snow jackets. We can slip into shorts, sneakers and our summer gear. Only thing you might need is that old bottle of 6-12 tucked in the medicine cabinet for the bugs or citronella in the back room with all the tubes of glue, paint brushes, tools, nails and endless screw drivers you used to get for free with an Esso gas fill up. It's time to wash the winter debris off the car and the salt off the car mats. You can throw away the used Kleenex, blue masks and gas receipts in the armrest and door compartments of your car. By now you've changed to summer tires or just wear out the winter tires and buy a new set in the fall.

The outdoor tennis courts and golf courses will be opening soon. The trails in the woods will be drying up as the sun gains strength and you can walk or cycle around town. The lake ice will thaw and before you can say the school year is coming to an end, you will be mowing the backyard and cleaning the spider webs from your barbeque and wondering if you have enough propane left over from last year to fire up the first hamburger of the season.

You're waiting for your tax return, waiting for warm weather and wondering whether you can fit into last summer's swimsuit. The great thing is you've survived what ever has been out there trying to get you. Enjoy the spring and summer and rejoice that you're still on the right side of the earth.

Repair work on the P'tit Train du Nord

In order to correct numerous technical and environmental problems and with the aim of improving accessibility and the user experience, the MRC des Laurentides is moving forward with the repair of a section of more than 18km between Sainte-Agathe-des-Monts and Mont-Blanc. It is thanks to the confirmation of the financial participation of its partners as well as the granting of several subsidies from the provincial and federal governments that this work can be carried out this summer.



Recognized for its drainage and soft foundation problems, this part of the linear track is the one that the Corporation du P'tit Train du Nord receives the most complaints from users. The rolling surface sometimes becomes impassable so that the southern and northern part of the linear trail on the territory of the MRC des Laurentides cannot be interconnected.

This large-scale project between kilometer markers 52 and 70, between Sainte-Agathe-des-Monts and Mont-Blanc, is divided into two phases. The first phase, which should begin at the beginning of June, consists of improving the drainage along the edge of the section (ditches, stones, changes of culverts, etc.). The second consists of repairing the running surface and subsequent paving. Inter Chantiers Inc., which won the contract through a call for tenders, plans to close this section for several consecutive weeks during the summer. A detailed communication will be issued by the MRC des Laurentides and the Corporation du P'Tit Train du Nord when the time comes.



Everyone is welcome to come to help, or just for a cup of tea. Follow us on Facebook - Victoria's Quilts Canada Laurentians Branch. You can also use the National website at victoriasquiltcanada.com and click "contact us" and then find a branch under "Across Canada" and click "Laurentian" to send us a message.

The MRC des Laurentides wishes to thank the Ministry of Transport and Sustainable Mobility, the Ministry of Municipal Affairs and Infrastructure Canada for their financial participation and their concern to make accessible to all citizens the accessibility of this regional infrastructure and thus encourage healthy lifestyles.



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Director General and Clerk-Treasurer of the MRC d'Argenteuil steps down

It is with deep emotion that the MRC d'Argenteuil announces the decision of its director general and clerk-treasurer, Marc Carrière, to leave his position as first manager in order to assume new responsibilities as special adviser, part-time, within the organization. Accumulating nearly 40 years of loyal service in the municipal world, including almost 30 years at the head of the MRC d'Argenteuil, Mr. Carrière has wisely planned his succession.

The MRC council appointed Éric Pelletier to the position of general manager and clerk-treasurer during its regular meeting of April 12, 2023. Mr. Pelletier officially takes over as head of the MRC d'Argenteuil team after having assumed this role on an interim basis since 2022.

The MRC Council also appointed Estelle Bédard to the position of Deputy Director General on April 12, 2023. Ms. Bédard had held the position of Acting Deputy Director General and Director of Human Resources since 2022.

"The human qualities of Éric Pelletier and Estelle Bédard, combined with their diversified and complementary skills, as well as their solid expertise acquired over the years within our large family, constitute valuable assets that will enable the MRC to pursue its mission with the high quality standards it has always set for itself, in the best interests of the population of Argenteuil. We congratulate them on their appointments and wish them the best of success in carrying out their duties," concluded Scott Pearce.



More than \$6M to accelerate construction of affordable housing

On behalf of the Minister responsible for Housing, Ms. France-Élaine Duranceau, the MNA for Argenteuil, Ms. Agnès Grondin, is proud to announce an investment of \$6.1 million to accelerate the construction of 61 social and affordable housing units in Saint-Adolphe-d'Howard and Morin-Heights, in the riding of Argenteuil, in order to make them available as quickly as possible to Quebec households.

Recent increases in construction, financing and insurance costs have unbalanced the financial package of many housing projects. Targeted interventions were needed. Thus, the amounts invested will allow promoter organizations to avoid having to absorb these cost increases on their own.

An increase of \$4 million is granted to the Habitation Saint-Adolphe-d'Howard project for the addition of 31 housing units to the existing project. The Habitat Morin-Heights project is benefiting from an additional grant of \$2.1 million for the new 30-unit residence. Both projects are intended for seniors who are autonomous or with a slight loss of autonomy.

Quotes:

"As Minister responsible for Housing, I have an unwavering desire to accelerate housing construction in Quebec. We must do more, faster and better. Allowing projects to be started more quickly, despite an unfavorable economic situation, is one of the ways we favor. It is also a sign of our unequivocal support for the municipalities and promoters who are allies on the ground in achieving this objective."

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Max the Tailor, who has returned to St. Sauveur in a new location at Les Galeries des Monts (75 ave. de la Gare, Bloc C5, St. Sauveur). Max is there to help you with your particular tailoring needs, including alterations to a shirt, pair of pants, or jacket. He also creates beautiful custom-made men's dress shirts upon request and completes alterations for women's clothing also. You can drop by or call Max at 438 401-1800.



Carole Flynn and husband **Jean-François Paiement**, owners of the new La **Maison de Margo Boutique** (49 ave. de la Gare, St. Sauveur). Carole is a designer whose grandfather built this house 100 years ago. Originally, Carole's grandmother started a bed and breakfast in this house. Her grandfather built little houses in the back of the property to accommodate more customers. Carole's brother purchased the property in 1973 and it was converted to long-term apartments in 2021. Later, in 2021 Carole and Jean-François purchased the home. Carole's mother

term apartments in 2021. Later, in 2021 Carole and Jean-François purchased the home. Carole's mother Margo was born in this house so it holds a very special place in Carole's heart. La Maison de Margo is a very upscale boutique that offers unique, farmhouse chic items such as a variety of furniture, tables, cabinets, buffets, benches, etc... As well, you can find lovely country chic dishes, beautiful throws, candle holders, linens, tablecloths and serviettes, unique one-of-a-kind wood bowls, sculptures, lamps, and more.... Drop by for a visit, I am sure that Carole and Jean-François

will welcome you with open arms and a smile. For info: 450 227-6661 / lamaisondemargo.com / Facebook: La Maison de Margo / Instagram.

Congratulations to:

The team at **Le Portage** who celebrated their 50th anniversary of Le Portage on February 14. They have been in existence since 1973 in Prévost on the shores of Lac Prévost. There are 13 Portage centers across Quebec, Ontario and New Brunswick. We wish you many more years of success in helping others. Thank you!



Did you know that:

If you live in Ste. Anne des Lacs or close to it and feel like having a delicious pizza, tasty sub, pasta dish, fish 'n chips or salad you can call **Royal Pizza** (636 ch. Ste. Anne des Lacs)? Please note that there is no delivery so you must pick up the pizza yourself. That being said, it is worth it! Alex will be sure to look after your request. Open Monday to Saturday 11 am to 8 pm and Sunday 4 pm to 8 pm. 450 643-0090.





Cancer Support Group Next Cancer Support Group Meeting May 20

The next Lau-

rentian Region Cancer Support Group meeting is May 20 at 1 pm at Chalet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the May meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.



France-Élaine Duranceau, Minister responsible for Housing

"I am extremely happy to see that our government is taking all the means at its disposal to ensure that the completion of housing projects is not slowed down by a more difficult situation. On the contrary, we support the efforts made by our valued partners, including Habitation Saint-Adolphe-d'Howard and Habitat Morin-Heights, so that their essential projects see the light of day as quickly as possible. These projects for seniors will allow the builders of our communities to maintain their roots in their environment, which is a valuable asset both for their well-being and for the human wealth of the region."

Agnès Grondin, Member of Parliament for Argenteuil

Highlights

A tripartite agreement between each of the municipalities and the Société d'habitation du Québec will seal the conditions necessary for the granting of the sums of money.

About the Quebec Housing Corporation

As a reference in housing, the SHQ's mission is to meet the housing needs of Quebec citizens through its expertise and its services to citizens. To do this, it offers affordable or low-rent housing and offers a range of assistance programs promoting residential construction and renovation, home adaptations and home ownership. To find out more about its activities, visit www.habitation.gouv.qc.ca .

FB: SocietehabitationQuebec Twitter: HousingSHQ



MAIN STREET

May 2023

You may qualify to receive an upfront payment of up to to replace your oil furnace CHAUFFEZ MITSUBISHI GOVERNMENT * REIMBURSEMENT STILL AVAILABLE BUY 2 UNITS RECEIVE \$2500 BUY 3 UNITS RECEIVE \$5000 **ULTRA LOW TEMPERATURE** Come see us in store **CENTRAL** UNIT RECEIVE **\$5000** for more information! Do business with a team of professionals LORTIE RÉFRIGÉRATION INC. 202, rue Cameron, Hawkesbury, Ontario K6A 2X8 Tél.: 613-632-8742 • 1-800-336-0361 • Fax: 613-632-2074



Free accompaniment and support for :

- Patients with cancer or life-limiting illnesses
- Their caregivers
- Those needing end-of-life care 0
- Those living with loss including children and young people

Free services :

- Accompaniment
- Accompaniment training
- Support groups
- Respite and support for caregivers

34korners **4Korners' increasing** requests for caregivers support

Jude Hussain

4Korners is a non-profit organization that connects individuals of the Laurentians with programs that focus on access to health and social services for the Englishspeaking population.

This past year, 4Korners saw a large increase in requests of support services from Caregivers across the Laurentians. To work towards allocating these requests, over 215 hours of support were provided, with 79 unique caregivers receiving one-on-one support from the 4Korners Seniors & Caregivers team. Some of these requests included: psychosocial support and coping with taking care of a loved one, exhaustion, depression, understanding illnesses, navigating the healthcare system, changes in behaviour of a loved one, or home and near the end-of-life care.

The increase in these types of requests show just how demanding, vast, and exhausting the work of a caregiver is. "Caregiving is something you don't look for, it starts off by being very gradual, and then takes you by surprise", says Diane, who serves as the primary caregiver of her sister in Deux-Montagnes. Many caregivers' lives are spent helping others, with little time to spend on themselves. It can be extremely isolating helping others, and many people may not understand the physical and emotional toll that caregivers go through. As Diane says, "It's exhausting work. I have to take appointments, buy food, medicine, schedule hospital visits...it's just so much for one person."

4Korners provides caregivers who reach out with help and emotional support. A monthly caregivers support group is offered where caregivers of all backgrounds are invited to come and connect with one another to share experiences and understandings. When resources are requested from the caregiver community, or during a one-on-one appointment, 4Korners will provide relevant connections from other organizations, or plan information sessions / workshop events to enhance their capacities.

These sessions or events are frequently centered on stimulating social interaction, improving mental/physical health, learning new skills, and receiving beneficial resources and information. By way of 4Korners systems, a strong Laurentian caregiving community backed by support and empathy thrives. This type of support erases social isolation amongst the community, enriching each individual life in the process.

Many caregivers lack the necessary resources, support, or aren't aware of the support systems outside of their lives. Despite many challenges in the public health system, there are resources available. 4Korners acknowledges the hard work that a caregiver puts in towards helping a loved one, friend, or client, but realizes that some can feel isolated or lonely during their time spent doing so. This is why 4Korners works hard to connect peers into a community of practice.

If you are a Laurentian caregiver or know someone who is, you can reach out to 4Korners for support or for more information about our services and find out what is available in your area. Email info@4korners.org or call 1-888-974-3940 450-974-3940 ext. 601.



The other side of getting old That's life

Florian Gaudreau

There are not too many blessings that come with getting old, I'm sure the list of struggles is without a doubt much longer. Then again being alive trumps most complaints about health issues. Life does have its blessings, spring flowers, star lit nights, sunny days it's all there.



- Individual support
- Massage therapy at home
- Respite and support for parents of children affected by cancer (NEW)

Bilingual Services (French and English) Just one call for any of our free services :

819 717-9646 | 1 855 717-9646

2280 Rue Labelle, Mont-Tremblant 24 Rue Sainte-Agathe, Sainte-Agathe-des Monts (by appointment only) 200 Rue Principale, Suite 21 A-D, Saint-Sauveur (by appointment only) admin@palliacco.org | palliacco.org



My biggest and most precious gift of all is my grandson. When I first held Armand in my arms, he was a week old. I was so touched by this occasion I cried, as it was such an overwhelming experience. The thought of holding another generation in my arms was a thrill of a lifetime, the same thrill I got when my daughter was born.

Witnessing the history of my family evolving reminds me of what's important. I can't believe how fast time flies, it's like watching a movie on fast forward, and in my case, that movie would probably be a comedy. Time flew by like I wasn't even there.

Photo: Grandson Armand

Now that my grandson is getting older (2 years old) it's even more of a thrill, like when he sees me at the door and jumps into my arms. French is his first language, but my daughter taught him to say, "Hello, how do you do?" like a perfect little gentleman.

A 2-year-old doesn't always know what he wants, such as the ice cream that his dad just ate! That took awhile to figure out. His dad started pretending to throw up a bowl of ice cream but that's not what he wanted, it came down to one spoon at a time, like a bird regurgitating food. I assume he must have watched a nature show and was mimicking the fledglings.

Flowers in life deserve to be noticed and so do these precious moments with family.





MUSICIANS' JAM NIGHT

Arundel Legion – Branch 192 (79, rue du Village) Monthly event from May to October Open-mic, jam-style evening Folk/ rock/ country/ blues/ lounge all welcome. Info: Guy Melhuish. Guymelhuish@gmail.com



PLANT, BAKE, BOOKS AND TREASURES SALE Lachute United Church-Hamford Chapel (232 Hamford Street) Sat, May 20: 9 am - 1 pm

ARUNDEL GARDEN SWAP & SHOP Arundel United Church (17, rue du Village) Sat, May 20: 10 am – 2 pm Seeds, seedlings, vegetables and more plus a FREE Leave-One-Take-One table.

MUSICAL GARDEN PARTIES P'tites Folies (1 Rue du Village, Arundel) Sunday, May 21 Live music and great food under tents

Info: 514.627.2867 / Guymelhuish@gmail.Com MORIN HEIGHTS ELEMENTARY SCHOOL

OPEN HOUSE & DINNER Wed, May 24: 3:30 pm – 5 pm Open House Wed, May 24: 5:15 pm & 6:15 pm (2 sittings) Lasagna Dinner

Tickets: Adults \$15 / children under 12 \$10. All proceeds will support the Leadership and Wild Learning programs Contact: Tanya Conklin: 450-226-2017 / tconklin@swlauriersb.gc.ca

L'ENSEMBLE VOCAL HÉMIOLE – 20TH ANNIVERSARY CONCERT! Margaret Rodger Presbyterian Church (463, rue Principal Lachute)



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 medicaal issues or who may be homeless. Please help them help others; discretion is assured. BROWNSBURG – BRANCH #71 210 rue McVicar (450-533-6381) Wed: 3 pm – 7 pm Thurs: 3 pm – 7 pm Fri: 3 pm – 7 pm

LACHUTE – BRANCH #70 634, Lafleur (450-562-2952) Open Thurs – Sat: 4 pm – 9 pm MORIN-HEIGHTS BRANCH 171 Open Wed – Sat: 3 pm – 6pm 127, Rue Watchorn, (450-226-2213) Sat, May 13: 6 pm – Mother's

Sun, May 28: 2:30 pm

Tickets: Advance tickets \$25 (lepointdevente.com) / at the door \$30 / children 7 – 12 \$10 / under 6 free. Info: ensemblevocalhemiole@gmail.com

HARRINGTON GOLDEN AGE CENTRE

259, Ch Harrington

Fri, June 2: 6 pm On the menu: TrashCan BBQ and Dump Cake for dessert Licensed Bar (Beer & Wine \$4) Members: \$15 / non-members \$20 Memberships available in May & June at the centre Everyone welcome!

CRAFT FAIR

Morin-Heights Legion #171(127 Watchorn Rd.) Sat, June 10: 9:30 am - 3:30pm

For vendors: Tables cost \$25 - reserve now. Many Artisans!

Contacts: Carol Howell: 450-226-2664 / caroljhowell1@ gmail.com

Carolyn Doull: 450-226-5400 / carolynadoull@hotmail.com

LE STUDIO DES ARTISTES MULTIDISCIPLINAIRES Exhibition: D. Vio – L'Odyssée Des Possibles

Salle Polyvente de la Gare de Piedmont (146 ch. De la Gare, Piedmont)

Fri, June 30: 6:30 pm – 10 pm - Verrisage Exhibition: Sat, July 1: 10 am – 5 pm & Sun, July 2: 10 am – 5 pm

Free art expression workshops

UPCOMING CHURCH SERVICES

St. Simeon's Anglican Church 445, rue Principale, Lachute Sunday morning services at 10 am

Welcome To Church Services - Mille Isles

Gordon Hudson would like to warmly invite you and your family members to attend church services at Christ

Church, 1258 Mille-Isles, in Mille-Isles on the following dates: **Sun, May 14 and June 11: 11 am**

Services will be provided in English. If you have any questions, please call Gordon for further information at 450 432-7572.



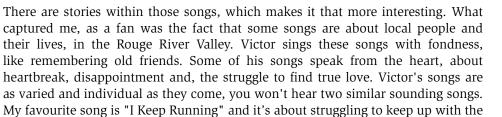
Day Supper Events are open to all !! Darts every **Thursday at 3 pm** Hall rental / Location de salle: legion171@cgocable.ca Info: 450-226-2213 Email/Courriel legion171@ cgocable.ca Web site: https://www.legion171.net Facebook: legion171 Music shows Facebook: morinheights live ARUNDEL – BRANCH 192 79 Rue du Village, Arundel (819-687-9143) Open daily from 3pm





On With the Show Victor Courte

Florian Gaudreau















I confess I'm bias when it comes to certain performers, such as Victor Courte, with whom I've been playing music with since 2018. I first heard

Victor at the "Side Door Café" in Pierrefonds. We really didn't talk much as he was performing and I was part of the audience. He was intriguing because he had shoulder length hair like Shan Phillips, was wearing overalls, and the first song he came out with was "Rouge River Road".

I fell in love with the Rouge River and its valley while working as a rafting guide, so hearing the song was like hearing a bell. After the show I congratulated him on a great performance. There were a lot of people wanting to buy CD's and I was meeting someone, so I left.

I ran into Victor 2 years later at the depanneur on Kilmar road. I told him I took in his show at "The Side Door Café" He asked me if I was a musician and what I played. A harmonica I said and that's when he threw me a harp. What could I say? I couldn't pass up the challenge. I washed the harmonica and played for the customers, it was kind of neat.

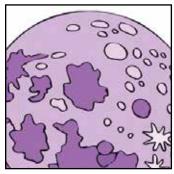
For some reason I forgot Victor's name again, then around 2018 I heard he was playing at the Arundel Church. That's when we finally connected musically. The man has stage presence, there's no denying it, and he's a born storyteller and entertainer. It's a treat to listen to a performer that captivates the audience's attention. bills. It doesn't get anymore real than that, yet it's an up-beat song.

As a songwriter, Victor paints imagery of emotionally challenging times, which makes it easy to identify with. I can honestly say it is an honour to play with him - truly an unrecognized talent that should be heard and seen.

We will be playing July 1 as part of the Canada Day celebrations in Arundel (municipal garage area). I hope you will join us.



MAIN STREET



Zach Factor The Wild Pharma

Lys Chisholm & Marcus Nerenberg -Main Street

Spring is bursting forth and growing, before our eyes. Exploding on every lawn and vacant lot is the pesky Dandelion. But wait before you whack it out

of existence; take time to listen and she will tell you secrets that were developed over millions of years. Its unique tooth edge leaves, arranged in a mathematically perfect rosette, before its dandy 'lion mane' flower bloom on a single stem, is identifiable anywhere. The fact is - Dandelion is an important spring herbal medicine. And it is free!

In 1991, a man was found frozen in a melting Alpine glacier and had been there for over 5,300 years. Named Ötzi, under autopsy his stomach was found to contain a medicinal mushroom and he carried other herbs that matched his health conditions all of which revealed an advanced understanding of plant medicine. For 5000+ years Chinese 5 element healing systems, as well as South Asian Aryuvedic Dosha systems flourished and grew. Around the world, healing was done by those who carried the ancestral wisdom. It was the shaman, the wise woman healer, the Druid priest- every village had their herbal healer.

In the past millennium, medicine has become the domain of a patriarchal monopoly. The medicine woman became the witch. Herbal practitioners were burned at the stake for heresy. From 1350 to 1750 about 50,000 women were so executed. Much medicinal knowledge was lost across Europe. Today our ancient herbal traditions used for thousands of years have been surrendered to hands whose only interest in health is how much money can be extracted for questionable plant extracts or synthetic imitations of these extracts.

Aspirin is a derivative of the White Willow bark. The bark comes complete with the property for pain relief, along with other compounds that mitigate the potential effects on the stomach. White Willow Bark has been used for thousands of years by Indigenous populations of North America who first taught white Europeans how to use it. By processing and removing the other compounds that are in the bark, we leave the user vulnerable to damaging side effects. Acetylsalicylic acid, the pain killing compound in White Willow, when ingested alone will irritate the stomach lining. Pharmaceutical companies scour Nature looking for medically active compounds to patent, synthesize and sell as expensive medicines. They don't hesitate to denounce herbal practitioners and their plants as quackery and bring the full weight of their regulatory bodies essentially against Mother Earth.

Isolated bioactive chemicals provide elegant solutions to specific symptoms, but don't come close to rebalancing our bodies and curing the cause. The "modern" pill is never a cure. Watch any pharmaceutical ad and find a long list of side effects from irritating to potentially deadly ones.

Out of the darkness of medieval Europe, some were able to recover the ancient Greek herbal studies of Galin, (declared to be the 'father' of the modern Pharmaceutical Industry) which opened the way to 17th century Nicholas Culpepper- who wrote the first herbal medical book in ordinary English vernacular so anyone could read it much to the anger of the medical practitioners of the day. Immigration from China included practitioners of herbal medicine with its ancient treatise written by the Yellow Emperor, and acupuncture which North American doctors eventually went to China to learn. Aryuvedic practices came from India by way of Gurus sought by hippies seeking enlightenment.

According to herbalists, the medicine you need, will find you. In a natural setting many medicines grow in synchronicity right outside your home or nearby. The humble Dandelion is a native of Greece but today it grows almost everywhere worldwide. The fresh young spring leaves are high in vitamin A containing 7000 iu. per ounce and are an excellent source of vitamin B2 and C. They are used in salads, smoothies, or to brew a tea. They have a cleansing effect on the liver, gall bladder and spleen, a good way to help end winter sluggishness. The root, best collected when the flower is in full bloom, is dried as a coffee substitute, or made into a tincture,

has great benefit to the liver, urinary tract and more. Many springs ago, we had a friend with jaundice. As he drove from Ottawa to B.C. over a month, he stopped at fields of Dandelions and ate the flowers. Upon reaching Vancouver, the jaundice was gone.

Throughout the Laurentians are a host of other medicinal





The Story Behind Driving 'Up-North' in the 1950s

Joseph Graham - Main Street joseph@ballyhoo.ca

Travelling from Montreal to the Laurentians was romantic and exciting in the days of the old steam-driven passenger trains. Those were the days when everything ran on time, and you received what you ordered when you were told you would. As a child, when I heard the 7:00 AM train release its first steam, I knew it was exactly 7:00 AM. That first release was followed by another after a short delay, and then another, and another, with each delay being shorter than the previous one. The train was starting to move. Once its forward motion accelerated, there was enough steam still in the boiler to blow the train whistle and ... I was off to school on foot, listening to the train receding. A lot has been written about those trains, but when I was at that age we went to the country by car.

Taking a drive up to the country for the summer holidays was just as exciting. Family cars were still novel enough to anticipate adventure, especially for us kids. Also, we didn't even have to be on our best behaviour because – no-one was watching. Who were we likely to meet on the way? Packing the car was exciting, too. It was like a gigantic picnic basket that we could throw what we wanted into. Except that there were five of us, soon six, plus two parents, and those parents had some irrational ideas about space, organization and what we could bring north for the summer.

I must have been five or six when I had a meltdown as we reached the final packing and my mother refused to allow my best friend to come with me. My best friend was a rock that was just the right size and density to hold in my hand and crush other rocks so I could examine their insides. She was unsympathetic. The trunk was still open and I was standing there with my chin and shoulders hanging down around the bottom of my ribcage, my rock evicted as though he was just a thing. There was no way I was leaving without my buddy. A standoff.

My older brother came to the rescue, encouraging me to see things from my friend the rock's point of view. He lived here, in Montreal, and might even get lost in the country. In his interests, he encouraged me to hide him under the porch with some smaller rocks so that he could wait there for me until I returned. I made him comfortable and climbed into the back seat of our old car, a huge, round-backed heavy vehicle, and we set off, four boys and my lone sister who was born between the two sets of us boys. She got to sit on the front bench seat where she could climb onto my mother's lap for a better view of the road. The rest of us jostled for space in the back and if we bounced too much, my father's arm could come flying over the seat back and whack whichever of us happened to be in its path.

The Orange Julip existed even then, and there were ice cream stands hollering offers all along the route. Big signs and garbage thrown from car windows decorated the sides of the road. As we moved north, catching Route 11, the first great attractions were Belmont Park and the green Cartierville bridge. We always had time to look longingly at Belmont Park, because by then the road was crowded with cars full of families all going north, a huge slow-moving caravan passing through fields and past farms. It took half the day to get to our destination in Val Morin.

It didn't matter how open the road was or how crowded. My dad was used to flying planes and when he chose a speed, the speedometer needle stayed fixed at that number. I suspect he was guided by the steady noise of the motor, but it wasn't always possible. He had to live with all those other people on the road. That was how I came to leave a permanent mark on the back of the seat. Back then, the seats were benches, like sofas, one in the front and one in the back. Ours had a silver band of of a soft, shiny metal running along the back of the seat. We were all playing, bouncing, and fighting for our space, the sun pounding down on the black car, the windows open. There were no seatbelts or air conditioning back then. Seatbelts were for airplanes. The traffic was moving, and a long line of drivers' feet were shifting, hopefully in unison, from the brake to the gas, to the brake, all trying to maximize our caravan-like speed. I don't know if the car had a clutch or not, but the gearshifts were generally on the steering column to leave more space for the front bench seat. I remember my father saying "brace yourself" as the car came to a sudden stop and my teeth collided with that shiny silver band. My sister flew from my mother's arms and hit the windshield. It broke. There was a lot of crying.

plants, part of Mother Earth's living pharmacopeia. If you don't know their names or what they do, take time this year to discover the wild pharmacy right outside your door.

10 main.street@xplornet.ca

Photo credit: https://gardenerspath.com/plants/herbs/fun-withdandelions/ Illustration from the book A Curious Herbal, 1737, by Elizabeth Blackwell.

Join the 2023 Quebec Dandelion Challenge! The goal of the challenge is to create habitat for pollinators by leaving all lawns uncut for the blooming season. Photo: Edith Smeesters. https://laidbackgardener.blog/2023/04/06/the-new-dandelion-challenge/

Somehow my sister was alright, and so was I. The rest of the trip, that time, must have taken the rest of the day. A very long line of cars had all collided. Of course, it could have been much worse, and it was for others. Ambulances arrived, and policemen – all men back then.

Most of the time, though, our drives up to Val Morin, to our magical summer house on the lake, were routine. We came over the side of Mont Sauvage, and suddenly below us was the lake, bordered by green fields, and further on, a golf course. Then we turned into the mile-long, sandy single-track road through a farmer's field and then along the lakeshore.

...to be continued







Seeds that you started indoors over the last few months are just about ready to be transplanted. But before making their final trek into the garden, tender young seedlings need a transition period called "hardening off" as they get accustomed to living outdoors.

Up until this point, seedlings have lived in a controlled environment protected from wind, rain, cold, heat, and intense sunlight. The process of hardening off gradually exposes baby vegetable plants, herbs and flowers to these outside elements. It works by stimulating their natural defenses and giving them time to adapt to whatever Mother Nature will throw their way.



time to adapt to whatever Mother Nature will throw *Photo(s) courtesy of Morin-Heights gardener Latia Anderson.*

A good time to start hardening off is about 2 weeks before the last frost date, or 2 weeks before you're hoping to transplant into containers or garden beds. In the Laurentians, the last frost date generally falls between late May and mid June.

Garden Talk

Get ready to

transplant

seedlings

June Angus - Main Street

To get going with hardening off, pick a warm, sunny day, but place the pots, flats, or trays in full shade. Leave them out for only a few hours then bring them back inside again.

Over the next few days, place the seedlings in dappled shade for an increasing number of hours, with some exposure to direct sun. However, continue to move plants at night to a protected or other indoor spot such as a garage, shed or porch, especially if the forecast calls for night time temperatures below 5°C.

If you have a large number of seedlings to harden off, use a wagon or wheelbarrow to assist with moving them around every day.

On the last few days prior to transplanting, give the seedlings several hours of direct sun, and leave them out overnight. But if there is any chance of frost, bring the plants in or cover them. If a deep freeze is forecast during the hardening off period, it's best just to bring plants back indoors until the risk once again passes. This interruption to the process may make it necessary to add a couple of extra days to hardening off.

Weather is not the only factor to consider during hardening off, as local wildlife may be tempted to turn your seedlings into a delicious salad bar. Using my large, elevated, sunny deck for hardening off generally keeps deer at bay. And placing my garden trays on a patio table or garden tool bench discourages most of the groundhogs. Unfortunately, I did not have enough elevated space one year, so I put one tray of seedlings on the deck floor. Within the hour, a groundhog had turned my precious young plants into lunch.

Throughout the transition to outdoors, keep plants well watered because wind and sun tends to dry plants out more quickly than when they were growing indoors.

As already mentioned, transplant only after all risk of frost has ended. However, if frost creeps into the forecast after your new plants are in the ground, cover them with a cardboard box, inverted pot, or row cover...just in case.

Keeping a close eye on weather forecasts and frost advisories becomes a gardener's obsession at this time of year – but it's worth it for the sake of your young plants. Happy transplanting!



Word Play Water, water, everywhere...

Louise Bloom - louisebloom@me.com

Many ancient cultures believed that everything in existence was

birthed from, and ultimately returns to, the metaphoric "waters of chaos" through the substance of water.

In our postmodern world, water most commonly symbolizes an economic commodity, which is bought, sold, collected, and distributed according to various market forces. This shift in human perception has resulted in many unforeseen effects on the earth and the biosphere.

Nature seems to be shivering, not from cold, but from uncertainty. I myself vibrate with anxiety as I learn about recently recorded extinctions, endangered species, and the general outcry that surrounds environmental issues. I have taken to looking at the mundane, the familiar, with new eyes. I am studying water because it is fundamental to us, from vitality to survival.

As the uncertainty about the availability of water in the future rises, water has become a commodity that is traded on Wall Street, a new market since October 2020, to hedge against future water shortage in California. The state has been 'thirsty' for many years, experiencing severe heat, wildfires, and extended drought. Treating water as a tradeable commodity puts basic human rights in the hands of financial institutions and investors. This establishment of the private ownership of water shifts the security of all humans another several degrees into a fragile zone.

Water is a part of a deeply interconnected system. What we pour on the ground ends up in our water, and what we spew into the sky ends up in our water. Lack of access to safe water sources is a leading risk factor that contributes to the world's largest health and environmental problems – particularly for the poorest in the world, the hazard of many infectious and fatal diseases.

Here on this page, I am suggesting that each of us prioritize the health of our water sources, that our knowledge of the elemental indispensable nature of water encourage the deliberate care of our water - to keep sources clean and unpolluted. I make this suggestion not only as a call to action, but chiefly as a call to consciousness. The more we can see and use our water as something blessed, as a sacred element of our lives, the more we are supporting that view, expanding it to include all those areas of the world in which this privilege is not a given.

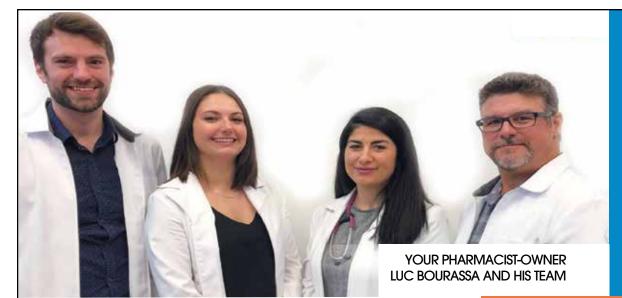
We are unusually fortunate in Quebec to enjoy the abundance of fresh water for drinking and swimming. Having had the opportunity to attend and observe the concerns that face lake associations in our area, I have been awakened to the environmental fragility of the bodies of water that grace our landscape, those bodies of water that give us unlimited opportunity to breathe and bathe well.

An examination of the fundamentals of water's scientific, cultural, and symbolic history may bring us closer to understanding and deeply respecting our dependence on this magical fluid.

While doing this research, I reread THE RIME OF THE ANCIENT MARINER. This is the poetic story of a seafarer, an experienced sailor, who in a foolhardy moment, took up bow and arrow and shot the Albatross (enormous sea bird) that was following his craft in a protective manner. The resulting consequences were devastating, leading to the death of his crew from dehydration. The mariner himself survived but continued to live "life-in-death", having not yet consciously understood the precious nature of all creatures, no less significant than man. This was the lesson, the need to reduce his inflated perception of himself, to understand the laws of nature.

Taking some wisdom from the poem of The Ancient Mariner, I have hopes to raise my awareness, and to acknowledge that merely honouring the laws of nature can contribute to our well-being, for our thoughts alone are most powerful.

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





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MAIN STREET

May 2023

Obituaries

CELEBRATING A WONDERFUL LIFE George Bunny Basler 1928 - 2023 Saturday, June 3: 1 to 4 pm Chalet Bellevue, Morin-Heights

As many people know,

bunny passed away february 27. Come and share your stories and memories at the celebration of life june 3. Light refreshments will be served and there will be a cash bar.

BOB ELMSLIE CELEBRATION OF LIFE

Join us on Saturday May 20, from 1-3PM at Lost River Community Centre for a gathering in memory of Bob

Elmslie, who passed away on New Year's Day, 2023. There was no place more important to Bob than Lake MacDonald, so it's a fitting place to say our farewell. Please share your memories and photos if you have any!

HEINRICH, HANNELORE (BORN) COLLMER 1933-2023

Passed away April 15, 2023 at the age of 90, in Murrieta California. She leaves to mourn: her children,



Rosita, Udo (Christine), Patricia, Petra; grandchildren, Jason (Erin), Robin (Hannah) Kaelyn; great grand children, Leni, Frida and Eva; sister Ruth, brother Robert; nephew, Perry, as well as family and friends across the United States, Canada and Germany.

The family wishes to extend their sincere thanks and gratitude to the Caregivers at Temple Gardens Senior Care for their unwavering care, support, compassion, and love.

A celebration of life will be held later this summer in Murrieta California.

Donations in her memory may be made to the Alzheimer's association, or to a charity of your choice.

Honey, you will be Forever in our hearts

CHESTER H THOMPSON

APRIL 28, 1931- APRIL 28, 2023 Survived by spouse Margie, son Andy, granddaughter Jessica, sisters Hilda and Mary, and several nieces and nephews.

Service is held Wednesday, May 17 at Guay Funeral home in St. Jovite. Visitation 1-3pm Service 3pm Reception to follow at the Weir community centre.



Your shining star still shines brightly upon our hearts Lovingly remembered and deeply missed



Memorial Claude Smith

Ten years – gone by so quickly... seems like yesterday my love Lonely is my heart and home without you still. My memories of your smile keep me going while you watch over me guiding me through the rest of my life. You were my shining star, my hero, You were the sunshine of my life There will never be another like you... Always in my heart and soul Love you a Bushel and a Peck and a hug around the neck Forever you wife, Ilene xxxxx



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Main Street Money **Investment and Financial Education**

Developed by Christopher Collyer, BA, CFP

Think you're too young for insurance?

Get insurance early in life and the benefits will follow you

You're a young adult, with your whole life ahead of you. You may be settling into your first career. You might be working in another field while you strive to land your dream job. Perhaps you've just moved into your own apartment or jumped into home ownership.

Whatever your situation, you know there'll be bills to pay: your rent or mortgage, heat, hydro and water bills, monthly costs for phone, Internet and streaming services and, don't forget those car and student loan payments. You're earning enough to pay taxes now, too, and ideally trying to set aside some savings.

With all the financial responsibilities young adults have to manage, insurance premiums may seem like just another cost that could strain the budget unnecessarily. However, there are benefits to being insured early in life, and some types of insurance are appropriate and necessary for people who are just starting out.

Why get insured now?

Insurance can be considered the "protection" part of your financial plan. It's there, just in case, to help you or your family cover unexpected costs if something terrible happens. You can use insurance to preserve everything you already have - and insurance you get while you're young will be ready to protect everything you'll work hard to get in the future.

Think about these four important advantages to setting up an insurance policy in your 20s or 30s:

You might be able to lock in lower premiums, based on your current health status, for a period of time.



You can make up for the fact that

you probably haven't had time yet to

accumulate a large emergency fund.

You can protect your household from loss of income - which can derail a lot of financial plans and goals.



You can make sure dependants, if you have them, aren't left scrambling financially if something happens to you.



Insurance is changing to meet your needs

When you think about insurance, do you imagine a pile of paperwork full of terms that most people find difficult to understand? That's your parents' (or grandparents') insurance, and things have come a long way since their day.

Insurance companies now recognize that everyone – and especially younger generations - likes to get things done quickly, efficiently and digitally. This understanding has led to a big push to make insurance simpler, faster and easier to understand. Many companies have embraced digital technologies, including the very focused and effective use of artificial intelligence (AI).

Application processes have been streamlined, and some products no longer require medical exams and blood tests, as they once did. An online application with an instant decision (and therefore instant coverage) has become the norm for many insurance policies. Technology also means it's now a much simpler process to submit claims and receive benefits for many types of coverage.

Perhaps most importantly, companies are offering flexible products that meet the needs of younger people, such as term insurance and critical illness insurance.

Term insurance is the simplest type of life insurance

Term insurance pays your beneficiary a tax-free lump sum on your death. You choose the amount of coverage - for example, enough to cover funeral costs or enough to sustain your family's standard of living for several years. You also choose how long you want to have that coverage and lock in the premium price – often for 10 or 20 years.

One of the best things about getting term insurance set up while you're young is that you can generally either keep renewing it until you reach a certain age or convert it into more sophisticated permanent life insurance. In either case, you won't need to go through an underwriting process and risk being denied coverage. Some term insurance policies also allow you to take a cash advance on the policy if you are diagnosed with a terminal illness.

Critical Illness insurance lets you focus on recovery

Critical Illness insurance pays you a tax-free lump sum if you get one of a range of illnesses and conditions covered in the policy. Keep in mind that young people are much more likely to get a critical illness than to die.

The money from either term insurance or critical illness insurance can be used for anything at all. With critical illness insurance, this may include accessing health care treatments not covered by your provincial plan, paying for extra help around the house or with child care, allowing a family member to take time off work to help with your care or simply keeping your household financially afloat.

Pay less when you make healthy lifestyle choices

Behavioural insurance is the latest innovation in life insurance. Programs included with some insurance policies reward you for making positive lifestyle decisions. You can get everything from discounts on gym memberships, wearables and hotels to discounts on insurance premiums. It's a great way to keep up with a healthy lifestyle while taking control of your insurance costs – so you can fit more of the things you want in life into your budget.

Want to get a quick sense of how much insurance you need? Try out the online life insurance calculators at http://manuliferates.com and https://www.insureright. ca. Then speak with your advisor, who can run a personalized calculation and help you to find ways to incorporate protection into your financial plan.

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

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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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Real Wine for Real People The 5 basics of wine

April Sirois – Sommelier - ISG

Tasting and describing wine is done with many descriptors. Earthy, robust, hot and even racy but basically, all wine has 5 main components that we use to describe when we taste. These five basic characteristics are: sweetness, acidity, tannin, alcohol and body.

Sweetness

The flavor in wine that we all experience first making it one of the most basic characteristics of wine. It comes from the residual sugar that is left-over when not all the grape sugars have been fermented into alcohol. It is one of the most distinguishable characteristics of any bottle of wine.

Sweetness is also the main factor contributing towards the calorie count of a glass. Sweet wines being much higher in calories that a dry one.

Acidity

The acidity plays a big part in how tart or sour a wine is. Unripe grapes have high acid levels, but that drops as they ripen. Grapes grown in cooler climates often contain higher acidity because there's less warmth and sunshine available to increase the grapes' sugar and pH levels. These acids include, tartaric, malic and citric. When it comes to pH level, wine usually sits anywhere between a 2.5 and 4.5 pH on the scale.

Tannin

Tannins are natural compounds, existing inside a grape's skin, seed and stem. Tannin (AKA polyphenol) is released from grapes as they soak in their juices, immediately after the grape's been pressed. Because white wines ferment without grape skins, 'Tannin' is mostly used when describing red wines. However, tannin can also be absorbed by oak barrels, so it can be found in white wines, but with much less intensity.

When looking out for tannin in your wine, you'll want to focus on the texture of your tongue. A high level of tannin removes proteins from the tongue, drying your palette like drinking over steeped tea. If you wanted to describe the wine you were sipping to be high in tannin, you'd call it 'tannic'. Tannic wines work well to cleanse the palette from rich or fatty meat and cheese.





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I'm Just Saying Unconsciousness

Ron Golfman - Main Street

The signals that remind us of May: spring rain, budding trees and the frustrating realization that

finding a garage to change our tires is as difficult to find as a doctor up here in the Laurentians. Once upon a time, this period was when our youth would be nearing the end of the school year and beginning the search for summer employment. This ritual has seemingly almost vanished as many of our youth look at mowing lawns, working as clerks, waiters, or cashiers as simply beneath them, financially, and in their self-worth evaluations.

To sound as old as I am, 'when I was that age' I worked at a car wash, as a bagger in the grocery store, and a cashier at a weekend gas station. When I reached the age and attendance of CEGEP and then university, I drove a moonlight cab a few nights a week and was a salesman at a ski shop, just to pay the bills.

In today's world we read about the difficulties businesses have in finding staff in that restaurants are not able to open in the first days of the week here in tourist areas, to the point where Canadian icons like Tim Horton's are either closed at peak times or not staffed well enough to provide adequate services. Our economy is partially suffering because people simply don't want to work for low wages while others, like school bus drivers and hospital staff, are underpaid for essential services. When we ask what in hell are our taxes being



used for, it falls on deaf ears; our governments have no replies.

Once upon a time we would drive up north in winter and ask ourselves why there was no snow fencing on the Mirabel section of the Laurentian Autoroute, or as we say, 'the 15'. The pavement would suddenly disappear and if you passed by Bell Helicopter, you were almost safe. Now the toll-booths are gone on said highway, leaving us with dangerous ruts in the road. These can be lethal under heavy rain or snow and it is all we have to show for the investment. Oh, the many new roundabouts are almost impressive until one wonders why there is no proper lighting on the 15 from St. Jérôme to Saint Sauveur.

Alcohol

One of the key characteristics of wine, the alcohol in the wine we drink is a chemical called ethanol. When producing wine, grapes are put through a process called fermentation to create alcohol. The time taken to ferment playis a key role in the final alcohol percentage, also contributing to the wine's texture and viscosity. Alcohol also plays a part when it comes to the aroma, with it carrying the wine's scent from the surface to your nose.

Body

Finally, the body. The sweetness, acidity, tannin and alcohol are the four factors working together to make up the wine's body. When describing the body of wine, we talk about them being either light, full or medium bodied. Light bodied, or 'lighter' wines generally hold more acidity, less alcohol, tannin and sweetness whereas, full bodied, or 'bolder' wines have the opposite properties. They are less acidic, higher in alcohol, are more tannic and sweeter.

In conclusion, in any wine style that is well crafted, we are looking for balance. If none of the above attribute stands out more than another, you have a balanced wine that can be enjoyed with or with out food.

Now that you know the 5 basic characteristics of wine, you have a mental guide to think about to help you to describe the wine that you are drinking.

Cheers.

 $\sim~$ "Wine is the most civilized thing in the world." --- Ernest Hemingway.

In the 21st century, do we need to connect the dots? For example, weekly circulars are all available on our computers. Aside from the obvious unnecessary destruction of trees, also known as our main oxygen providers, we devalue their importance and then complain that the extraordinary cost of a few cords of firewood is not fair. It costs timber men more to find wood at greater distances and then pay outrageous fuel costs to transport and mill it.

Having just gone through another power outage winter ritual, the above begs the solution; pile up the felled trees and sell them at a discount to those able to come pick it up in piles. We could appeal to our picky labor force by offering a good wage and fresh air, praising their participation in helping the ecosystem and assuring them that they don't have to travel west to plant trees if they don't wish to.

It is very clear, and I'm just saying, that we need to look at both sides of any coin. I was going to discuss the pros and cons of the electric car movement, but that would require mentioning that while carbon-friendly, once dead, the enormous batteries required in these vehicles are a fortune to eradicate in ways other than landfill. Saving the air by killing the earth is not a good solution, and during the next power outage, don't get me, or my car, started...



Local cannabis coach wins 2023 Best Cannabis Educator of the Year

EduCanNation (ECN), a Cannabis Education Not-for-Profit Organization, proudly received the Best Cannabis Educator of the Year award at the 2023 CannExpo, Enercare Centre in Toronto, Ont. This award represents a lot of hard work behind the scenes that often does not get recognized in the world of censorship and stigma.



ECN Executive Director and Co-Founder, Stacy Bobak shares: "It was such an honour to be nominated! After building this

nonprofit for three years, the support we have gained from our community warms our hearts beyond belief. We thank all of our supporters for voting for us! As the Association for Certified Cannabis Educators, we share this award with ALL of the Cannabis Educators working hard to share the facts about cannabis (including our fellow nominees)."

ECN Executive Director and Co-Founder, Shawna Dunbar, is from the Quebec Laurentians. She is a Certified Cannabis Educator, advocating for access to plant medicines since 2015 and working one on one with patients through a local family medicine practice in St Sauveur and other healthcare providers, as well as offering educational talks and workshops since 2017.

Her journey as a Cannabis Educator began through self-education as she researched natural, alternative treatments for her son's epilepsy. After living through the rollercoaster ride of misinformation and lack of support from the medical community, she decided to further her own education so that she might fill the gaps and provide Cannabis Education and support to others so that they would not have to experience the same uncertainty as she and her son did. It is this very experience that led her to the idea of starting EduCanNation Cannabis Education inc. After several years of searching the country for kindred spirits, she met Stacy Bobak and Stephanie Massey along with other passionate Cannabis Educators, who believed as she did, in the importance of standardized, credible Cannabis Education and support for all. Together they officially launched notfor-profit EduCanNation in 2020, where Shawna now plays the role of Executive Director, working hard to create and uphold the highest standard of responsible Cannabis Education, working towards the recognition and accreditation of Cannabis Educators.

Shawna is honored to receive this award along with her fellow ECN members.

About EduCanNation

EduCanNation is a collaboration of Cannabis Educators across Canada whose mission is to provide the highest standard of responsible cannabis education for consumers and health practitioners. For membership information, visit www. EduCanNation.info.

About CannExpo

Rev. Kelly Addison, CannExpo's Award Organizer, shared that including Cannabis Education as an award category shows the importance and the need for it with all that we do. Cannabis Educators are the seed planters, the pioneers, and the historians who want to break the ground, change the language, and save lives. As the Award Organizer, she included this award to highlight the areas in the Cannabis Industry that don't often get the light shone on them.

CannExpo is an inclusive, forward-thinking business who sees value in representing all areas of the Cannabis space, they supported and celebrated each of these categories.

Cannabis Educators feel a call and a need to tell others about this plant which has been locked in chains for far too long. Educators see the science, they see the proof, they have the knowledge and they won't sit down. We hope this award inspires everyone to keep learning and teaching.

More details: https://www.youtube.com/watch?v = fl8PSs6xVfA

170 jobs are now available in the riding Laurentides– Labelle





Many young people will be looking to gain rewarding work experience this summer in Quebec, because they know that knocking on the right door can be an excellent springboard to a successful career. A summer job allows them not only to gain work experience and develop new skills, but also to earn money to pay their expenses, save for the future or finance their studies.

Recently, the MNA for Laurentides–Labelle, Marie-Hélène Gaudreau, announced that 170 jobs are now available to young people under

the Summer Jobs in the Riding program. Young people between the ages of 15 and 30 can consult the new offers in their community on the jobbank.gc.ca/youth website and on the Job Bank mobile application.

The program prioritizes projects supporting youth who face barriers to employment, including youth with disabilities, Indigenous youth, and youth from the Black community and racialized groups.



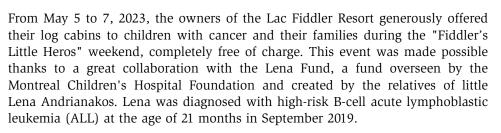
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MAIN STREET

Children with cancer and their families spend an unforgettable weekend in nature thanks to the Centre de villégiature Lac Fiddler **Fiddler Lake Resort and** the Lena Fund



"These are 25 little heroes from the Montreal Children's Hospital and their families who were able to enjoy a dream vacation surrounded by nature in a magnificent log cabin. Several activities have been organized to entertain them during this well-deserved weekend of rest. We have made every effort to allow our guests to forget their daily life for a few days, which includes hospital visits, chemotherapy treatments and surgeries. We warmly thank the owners and employees of the Fiddler Lake Resort without whom this weekend would not have been possible", mentions Christina Kadas, mother of Lena and co-founder of the Lena Fund.

The Fiddler Lake Resort is the perfect place for a vacation of relaxation and family fun. Located just 45 minutes from Montreal, the site offers many facilities such as two heated swimming pools, a children's playground and hiking trails. The Lena Fund and the owners of Fiddler Lake Resort look forward to working together again to provide a memorable experience for children with cancer and their families. To learn more about Fiddler Lake Resort, you can visit their website. Feel free to also visit the Lena Fund website to learn more about it.

About the Lena Fund

The Lena Fund was created by the family of Lena Andrianakos, to benefit the Montreal Children's Hospital. On September 6, 2019, then 21 months old, Lena was diagnosed with high-risk B-cell acute lymphoblastic leukemia. At the time of diagnosis, while Lena's parents were trying to find the strength and courage to support their little girl, they found a quote that marked them. This quote reads: "After every storm there is a rainbow, no matter how long it takes to show. The Lena Fund was born when the storm began to dissipate and the rainbow appeared.















Photo credit: George Schizas



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Morin-Heights

Public Market 885, rue de Saint-Jovite, Espace public Mont-Tremblant Saturdays, June 10 to September 9: 9 am - 1 pm

Blainville, Public Market 1001, chemin du Plan-Bouchard Thursdays, July 13 to September 14: 3 pm - 7 pm

Farmers Market at Basler Park 99, chemin du Lac-Écho Dates to be confirmed

Sainte-Agathe-des-Monts, Marché-sur-le-lac 2, rue Saint-Louis (Place Lagny) Fridays, June 23 to September 1: 3 pm - 7 pm

Val-David: 1361, rue de l'Académie Saturday, May 27 to October 21: 9 am - 1 pm

Saint-Colomban Public market 323, montée de l'Église Thursdays, June 15 to September 21: 4 pm - 8 pm

Sainte-Adèle Public Market 999, boulevard de Sainte-Adèle, Place des citoyens Dates to be confirmed Mont-Tremblant

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Labelle Marché de la gare 178, rue du Dépôt Dates to be confirmed

Saint-Jérôme, public market 320, rue Melançon, near Place de la Gare Tuesday, Friday and Saturday until November 25: 8 am to 5 pm

Nominingue Le Petit Marché du Hameau 2150, chemin du Tour-du-Lac Dates to be confirmed

Oka Public Market 183, rue des Anges 450 491-4444 Sundays, July 2 - September 3

Saint-Eustache, Public Market of Old Saint-Eustache Rue Saint-Eustache, between rue Saint-Nicolas and rue de la Banque. Saturdays, July 1 to September 23:

Mirabel, Mrché du terroir 17530, rue Jacques-Cartier Sundays, June 18 to September 17: 10 am to 4 pm



MAIN STREET