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May 2021 • VOLUME 21 NO. 05  
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# What's On My Mind... Riding the hamster wheel

Susan MacDonald, Editor

I have been an animal lover and nature enthusiast my entire life, but never, in my wildest imagination, did I ever expect to compare myself to a hamster, racing around on the wheel of infinity, a device originally designed as a means of stimulation and exercise for a caged animal. And yet, after a year and a bit of living through this pandemic, I can think of no better analogy about how I feel, and I believe many others must feel the same way too.



For the past fourteen months, we have lived through this crisis, and have accepted curfews, business closures and adaptations, and a devastating loss of our economy. We have adjusted our working conditions and our education protocols, closed down (or limited) all public, family, cultural, and religious gatherings, and have followed staunch health regimes and restrictions. Masks have become part of our daily wardrobe, and our hands are raw and worn from the continuous sanitation measures. We have also accepted the new vaccines willingly, all with the hope of returning to the life we once so easily took for granted. Without doubt, these were the sacrifices we were willing to make if it would bring an end to the pandemic. Today, we continue to live with that expectation, without respite.

Naturally, controversy on all topics related to the pandemic rank high, as solutions to this global issue are sought. Governments, scientists, researchers and pharmaceutical companies are doing their utmost to find the answers, but given the urgency of the situation, they are limited in their ability to do so. They can only base their theories and solutions on past experience and short-term studies, without knowing fully the long-term benefits or consequences. Those questions will only be answered with time, more research, and the continuation of ongoing studies.

Individually, we can do our own research as well, exploring as many different sources of information as we can find. We may, or may not, choose to agree with all we read or hear, which is fine, but in this evolving situation, new information continues to emerge, giving us opportunities to shape our thinking about this extraordinary situation which we have been forced to deal with.

We are living in uncertain times and it seems that each time we are about to step off the wheel finally, new developments and restrictions set it back in motion again. We are tired, irritable and in dire need of relief. Keep the faith, my friends, solutions to other crises in the past have been found, and no doubt they will be found for this one too.

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Salk Institute, founded by vaccine pioneer Jonas Salk, who developed the polio vaccine. The Institute authored a scientific report revealing that the SARS-CoV-2 spike protein is what's actually causing vascular damage observed in COVID patients and COVID vaccine recipients, such as strokes, heart attacks, migraines, blood clots and other harmful reactions.

**“We can ignore reality, but we cannot ignore the consequences of ignoring reality.” Ayn Rand 1905-1982. Russian-American author and philosopher.**

Interestingly, a few days before that report, journalist Tucker Carlson (Fox News) poked the hornet's nest by accusing US authorities of "lying" about the safety of new coronavirus vaccines and attacked Big Tech and the media for censoring scepticism towards inoculation. His comments set off a firestorm of criticism accusing him of falsifying the facts, but all he did was assemble the available information from the Centre for Disease Control (CDC) website and provide those statistics.

people, reported that after injecting 900 people in the community, two people went into anaphylactic shock, one person died, and several others suffered permanent disabilities. He related how one patient is in so much pain now, that she prefers death to life. By contrast, no one in the community died, or became permanently disabled, due to the COVID-19 virus for the past year.

Details, and the copy of his open letter to Dr. Bonnie Henry, British Columbia Provincial Health Officer, in direct defiance of his gag order, can be seen at ... <https://beforeitsnews.com/eu/2021/04/canadian-doctor-defies-gag-order-and-tells-the-public-how-the-moderna-covid-injections-killed-and-permanently-disabled-indigenous-people-in-his-community-2671374.html>

Einstein said this about stupidity; “Two things are infinite: the universe and human stupidity; and I’m not sure about the universe.”

Carlson pointed out that every ‘flu season over 160 million Americans receive vaccinations and a small number die after those shots. In 2019, 203 people died. In 2018, 119 died. In 2017, 85 died. However, from late December 2020 to mid-April 2021, 3,362 people apparently died after getting the new COVID vaccines. Carlson also stated that a physician, who actively treats COVID patients, told him that this is the single deadliest mass-vaccination event in modern history. The full video and transcript of that show can be seen at ... <https://citizenfreepress.com/breaking/tucker-carlson-shatters-media-silence-why-are-thousands-of-people-dying-from-covid-vaccine/>

In late April, a Canadian medical doctor, Charles Hoffe, who has practiced for 28 years in the rural town of Lytton, B.C., comprising many indigenous, First Nations

**MAIN STREET**  
THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

**Contributing writers:** June Angus, Louise Bloom, Lys Chisholm, Chris Collyer, Ron Golfman, Joseph Graham, Lori Leonard, David MacFairlane, Mat Madison, Marcus Nerenberg, Sue Rich, Janet Thomas, Jim Warbanks and many other contributors from the Laurentian community at large.

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ISSN 1718-0457





# Simply Words on Paper

## Putting a political spin on a bad decision

Jim Warbanks - Main Street

With the freedom to choose my topic for this column, I make a conscious effort to vary my input rather than stick with certain dominant interests. This edition will touch on other aspects of Grand Prix Formula 1 racing, since the situation has evolved significantly.

The 2021 Canadian Grand Prix race, scheduled for June 11 - 13 has been removed from the calendar. It was subsequently confirmed that Turkey would now host the event in that time slot.

The statement from organizers claimed that “due to the ongoing international travel restrictions in place in Canada it became impossible for Formula 1 to enter the country without a mandatory 14-day quarantine, leading to the change.”

### Strict safety measures

That is misleading, at best. There is a race scheduled for Baku, Azerbaijan one week earlier. The Grand Prix season in 2020 was a clear success with travel to 12 countries while observing strict safety measures to ensure safe travel for the 1300-person contingent.

How safe are the procedures in place? The measures have proven to be highly effective with over 78,000 COVID-19 tests conducted last season with only 78 positive results, a rate of 0.1%. There is no institution in Quebec that has a faint hope of matching this figure. For comparison, travelers from abroad who are required to hold a valid negative test for Covid -19, the rate of positive tests is still an astounding 1.5%. These infected returnees are not monitored as diligently as the Formula1 crews.

With the successive waves of infection and virus variants, can that stellar performance possibly be maintained? So far this season, over 12,000 tests have been conducted with 14 positive cases again a rate of only 0.1%. It would seem that the primary justification for cancelling the 2021 Grand Prix event was political.

### Comparison to hockey

Might I even suggest that a comparison to the current All-Canadian hockey season does not measure up in either infection rates or the need for frequent postponed games. The core audience for hockey games may well match more closely the voter profile of the party in power.

A couple of positive measures have been announced. The current Grand Prix race agreement has been extended for two years, until 2031 thus assuring the continued viability of the Canadian event, which has always been a favourite among drivers.

Bell has reached an agreement to acquire the Octane Racing Group, promoter of the Formula 1 Canadian Grand Prix, a deal it says will bring financial stability to the race. Francois Dumontier and his entire staff who have played a pivotal role in the development of the Circuit Gilles Villeneuve event are to be fully integrated in the new structure. He heads a passionate, dedicated team. Dumontier noted in a statement that, “the Formula 1 Canadian Grand Prix is the biggest sporting and touristic event in the country.” So, this alliance does augur well for future Grand Prix development.

### Genuine global reach

Formula 1 is a genuine global event with a solid, proven record for Covid-19 safety compliance. Still to come this year are races in Monaco, Azerbaijan, Turkey, France, Austria, United Kingdom, Hungary, Belgium, Netherlands, Italy, Russia, Singapore, Japan, United States, Mexico, Brazil, Australia Saudi Arabia and Abu Dhabi. A new event will be staged in Miami in 2022, and organizers are actively searching for other venues. What a pity that the Montreal event was scrapped. How...provincial!

I take great pride in my command of my second language/culture (French). It is a clear and valuable asset that enhances my life on a daily basis. It allows me much fuller participation in many aspects of community life. If I have such respect for the French language and culture, should I not be entitled to a parallel degree of respect for mine? And yet, each time amendments are contemplated to “protect the French language and culture” the immediate targets mostly revolve around limits to English-language rights and services. Not only is this divisive and ineffective, but I find it to be very degrading.

With the race cancellation, we will never know, but I strongly suspect that if the deeply multilingual F-1 contingent members were greeted by a friendly “Bonjour - Hi” very few, if any, would take offence. They travel the world and value positive communication - in any language. We, on the other hand, tend to look inward. How very...provincial!



# Tom’s Journey Part 3

## A love/hate relationship with food

Tom Whitton

Tom Whitton, 52, talks candidly about his lifelong struggle with food and how the year of the pandemic became transformational for him. In Part 3, Tom illustrates how he refocused on what was important for his physical and mental health.

As we enter 2021, I weigh 193 lbs – 57 lbs down from late February 2020 and 99.5 lbs down from 2010. I run 10-15 kms per week. I do online fitness classes with my good friend Pat Long (Équilibre au carré – please visit his Facebook page). I also walk roughly 15 km per week with my wife. Most importantly, since April 2020, the eating strategies I implemented then are the same as they are now. I’ve heard that it takes three months to change a habit. I’m nine months in, and so far, so good.

My biggest revelation during the pandemic was a) recognizing how destructive internal bullying is, and b) how shifting the internal dialogue to positive reinforcement can be very constructive. If you take one thing away from my words here, I hope that it is that as much as our own words can hurt us, they can also help us.

Now, here’s what is working for me. Perhaps, down the line, this strategy may stop working and I’ll have to adjust. But, 9 months in, it feels sustainable:

- **Plan your food** – I plan out all of the meals and snacks for the upcoming week.
- **Eat small, eat often** - I eat probably 6 times a day. Though supper continues to be my biggest meal, it is still small (700 calories). Outside of my cheats, I probably don’t eat more than 2000 calories a day. Though I don’t measure calories anymore, I have in the past and it is quite useful to gain an understanding of this.
- **Eat a carb with a protein** - The nutritionist I met after “the Diagnosis” said that even with your snacks, you should always eat the two together as they complement each other in the digestive process.
- **Include Fun Foods** – I have added quick to prepare, fun foods to the routine – chicken burgers, hot dogs, omelets. Eating should still be pleasurable, in moderation.
- **Plan your cheats** – French fries and onion rings are my kryptonite, so I allow myself to have one of those once a week.
- **Two desserts per week** – Anything sweet is also kryptonite for me. The nutritionist said that I can allow myself to have two desserts a week. Note – if I have one doughnut - I love the maple glazed doughnuts from Tim Hortons - that’s one dessert – don’t eat three!
- **Weigh yourself every day** – Some people could say that this could get discouraging during plateaus but, as an engineer, data is super important to me. It measures progress. By learning the variances, you can pick up on certain trends. Also, it keeps you honest.
- **Talk about this process with someone** – During the walks with my wife, we talk a lot. Though the pandemic occupied a good portion of our conversations, we also spoke about our food and exercise strategies. The benefit of talking out loud about your strategies positively reinforces the internal discussions that you will invariably have.
- **No more negative reinforcement with eating your kryptonite** – When I have that A&W Mama Burger with cheese, in a combo with onion rings, as my weekly cheat, I experience ZERO GUILT, because it’s part of the plan. In fact, following the plan is positive reinforcement and contributes to a constructive internal dialogue.

My strategies above reflect permanent lifestyle changes where I can eat the foods I want in a way that allows me to have a healthy body, a positive mental outlook and a constructive internal dialogue. I am mindful that new challenges will come along and, with a return to a post-vaccine, quasi-normal life, I will need to actively take measures to maintain my strategies if I go on a business trip or attend networking events. Acknowledging this challenge is half the battle.

If anything that I have said here can lead to even one positive change in someone’s life, that is all that I am hoping for. In my view, the most important change that we can make is what we tell ourselves: “I feel great.” “I feel healthy.” “I am doing well.” “I am well.”

For any questions or comments, please feel free to contact Tom Whitton at Tom-WhittonDM@gmail.com.



# Laurentian Region Cancer Support Group

## Cancer Support Group Covers Skin Care

Our skin can take a real beating whether from environmental factors such as sun exposure or the affects of medications and treatments related to cancer therapy. Elena Di Giovanni, Founder and Creator of She’s Vanity will give an overview of skin care issues and possible solutions at the Laurentian Region Cancer Support Group meeting slated for Saturday, May 15 at 1 pm via Zoom. All meetings are open to people living with cancer and their loved ones or care-givers. For more information about this peer support group or to receive the Zoom link for the next meeting call 450-226-3641 or email cancer.laurentia@yahoo.ca.







# La Cena Épicerie-Traiteur

## Food tastes best when it's fresh

Susan MacDonald

Everyone loves a perfect home-cooked dinner, and chefs across the world would agree that fresh is best when it comes to choosing ingredients for any dish. Add a healthy dash of Italian passion for cooking, and you have the makings of the wholesome and delicious ready-to-go meals available at La Cena Épicerie-Traiteur at 585, boul. des Laurentides, Piedmont. La Cena is the Italian translation for dinner, and you only need to visit a home with these cultural roots to realize that a family unites around the dinner table where food is plentiful, and spirits are joyous.

Owners of La Cena Épicerie-Traiteur, Maya Ramacieri and Jean-Olivier Beaucage, met at the catering company, where Jean-Olivier was Executive Chef and Maya was completing her stage. Maya had just finished courses in Italian cooking and pastry at the Institut de tourism et d'hôtellerie du Quebec. Shortly afterwards, Jean-Olivier decided to return to school and take courses to become a butcher.

With their courses successfully completed, they realized they had great complementary skills and the idea of opening their own establishment took hold. A year after Maya graduated in 2012, they opened La Cena Épicerie-Traiteur's first location in Montreal.


On September 5, 2020, Maya and Jean-Olivier opened their second location in Piedmont, where they were able to find sources for many local products. All meals and desserts prepared at La Cena Épicerie-Traiteur are 100% homemade, without the addition of canned or packaged ingredients. The quality meat from the butcher counter is raised naturally in Quebec without nitrates and antibiotics.

Complementing the fresh and frozen ready-to-go meals and desserts, they also stock a wide selection of quality, imported Italian products not available elsewhere, including a highlight from Sicily - fresh dried pasta! The well-stocked shelves offer everything you need to prepare meals at home, from fresh produce and quality meats, to select oils, sauces, dairy products, and artisanal breads. Vegetarian, vegan and gluten-free products are also available. The new select choice of imported wines now makes La Cena Épicerie-Traiteur your one-stop destination for all your dining requirements.

The true heart of any home is the kitchen, where families and friends join together to relax and share company over a comforting meal. La Cena Épicerie-Traiteur offers you the option to prepare your own dinner, or to save time in the kitchen by enjoying one of theirs. As Maya says, "we offer everything cooked, and ready to cook."




Bon appetite!

La Cena Épicerie-Traiteur: 585, boul. des Laurentides, Piedmont QC / 450-227-8800 / Facebook: La Cena Epicerie Traiteur Nord. Open Wed - Sat: 10 am - 6 pm. Sunday: coming soon!



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# Arundel News



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Tell the Earth "I love you" in seeds. She will return your love ten-fold - in beans, carrots, and squash.

## ALBERO NEWS

Good news! Alex Tyrell, leader of the Quebec Green Party, has assumed leadership of AlBeRo, the association for Beaven and Round Lakes. He is supported by a new AlBeRo Executive. This winter AlBeRo became a registered non-profit organization, with a mandate to protect the environmental integrity of our lakes. On its agenda is continued containment of the Eurasian Milfoil infestations, and monitoring sources of pollution entering our lakes.

## Fishing season is here: Please do your part to protect our lakes

- 1) Before launching your boat, wash it thoroughly at the free boat wash station, located at the Montcalm Town Hall.
- 2) Please do not drive your boat or cast your fishing line into colonies of Eurasian Milfoil: You may break the stems. Even the smallest broken piece will root and multiply the problem.

## Art Appreciation ZOOM Movies: spring / summer edition

This popular series, hosted by artist Joanna Nash, is offered for free through the Arundel Legion. Eight movies explore Realism and Abstraction. Every second Wednesday at 6 pm. To subscribe, contact Elizabeth Vezina [vezina80@gmail.com](mailto:vezina80@gmail.com)

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## Making it Work in the Laurentians

## 3 ways to sell your art online

Maya Khamala

Back in the day, artists had to find ways to expose their art to people, individually, if they wanted to sell. This meant art exhibits, impromptu street sales, and other creative measures. But now, thanks to the internet, it's never been easier to share artwork online. Being able to attract the attention of art enthusiasts across the globe, without leaving the comfort of your own home, can make all the difference when it comes to keeping your art-based business afloat.

Given the effect the pandemic has had on artists, the existence of powerful online selling tools is fortuitous; you just have to know how to harness them!

### The basics

- To get the most out of selling your art online, it's important to:
- Have regular, or unlimited access, to a computer and the internet
- Possess basic computer skills, and be willing to learn new ones
- Schedule regular time to work on online sales and promotions (tweaking your website or social media pages, posting new listings, communicating with customers, conducting research, or simply learning new things)
- Allot an art sales budget—even if it's small, it helps to have clarity on how much you're willing to spend.

The 3 most common ways of selling online are a great starting point for any art sales rookie:

### 1. Social media

There's Instagram, Facebook, Twitter, and YouTube—to name a few. You don't have to do them all, but whatever you do, do it well. Build a following by engaging your audience roughly once a day, but avoid bombarding people. Be responsive and positive when people like or comment on your work.

**Upside:** It's easy, and free. If someone wants to buy your work, they contact you, send payment, and you ship the item.

**Downside:** It's not designed for selling, and content is seen based on algorithms you can't control.

### 2. Websites

It's important to have a functional, well-designed site that's speedy, responsive, SEO-gear, and user-friendly. While a transactional site is integrated with a payment platform, like Shopify, so clients can purchase onsite, you can also create an informational site with free builders like Wix, which necessitate arranging for payments through an outside system, like PayPal or e-transfers.

**Upside:** You retain full ownership and control, and there is no competition.  
**Downside:** There are fees, it can take patience to set up, and you're responsible for getting the word out.

### 3. Marketplaces

Marketplaces, like Etsy and eBay, have long been helpful tools for artists. Whatever marketplace(s) you choose, be sure to focus on using the right keywords, posting quality photos, and accumulating positive reviews. Would-be clients can purchase onsite, and the marketplace takes care of the whole transaction.

**Upside:** It's easy to set up, and you get a built-in search engine and audience.  
**Downside:** It's competitive, it's harder to build brand loyalty, and there are fees.

Ultimately, a combined approach which integrates multiple platforms is likely to be strongest when it comes to raising your profile, selling your art online, and growing your business. You got this!

YES' dedicated Artist Coach can share the best practices you need to make your online platform stand out. Contact YES today to book your appointment!







# We all want to know more about COVID-19 vaccination



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

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

## When did the vaccination campaign start?

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

## Order of priority of recipients of COVID-19 vaccines

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

## What supply strategy was used to acquire the vaccines?

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

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



## What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

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

## Will an mRNA vaccine alter our genetic code?


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

## How do COVID-19 vaccines work?

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

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

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



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

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

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

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

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

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

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

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

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

## Why are two vaccine doses required?

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

[Québec.ca/COVIDvaccine](https://quebec.ca/COVIDvaccine)  
 1 877 644-4545





# For you, your needs and your goals

On April 12, Caisse Desjardins de la Vallée des Pays-d'en-Haut held its annual general meeting online. It was an opportunity to announce the past year's financial results to members. Members then had 4 days to vote on dividends.

There were 4 seats to fill out of 12 on the caisse's board of directors, and 4 candidates to fill the openings. The following directors were elected by acclamation for a 3-year term:



Céline Blanchette



Marion Charpentier



Linda Racicot



Robert Raymond

The dividend plan was approved and \$1.57 million will be returned to caisse members and the community in the form of individual and collective dividends in 2021. As board chair Monique Éthier stated, this plan allows the caisse to support members and meaningful projects in our community. We'd like to thank our members: Thanks to your trust, we've been able to improve the economic and social well-being of people and communities.

## 2020 Highlights

Caisse Desjardins de la Vallée des Pays-d'en-Haut is:



Visit [desjardins.com/caissevalleepaysdenhaut](https://desjardins.com/caissevalleepaysdenhaut) to see our 2020 annual review.

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

**Desjardins**  
Caisse de la Vallée des Pays-d'en-Haut



## The Story Behind Fridjof Nansen, International Diplomat

Joseph Graham - Main Street  
[joseph@ballyhoo.ca](mailto:joseph@ballyhoo.ca)

Fridjof Nansen, the man who skied across Greenland in 1888 and tested the theory that the Arctic ice sheet is constantly drifting around the North Pole, did not continue as an Arctic explorer. Instead, he wrote and published his memoirs, raised his family, and worked as a professor of zoology at Royal Frederick University (University of Oslo).

Between his two explorations, Nansen married Eva Helene Sars, a celebrated soprano and respected skier. They had a daughter before he left on his ice sheet adventure and added three sons and another daughter when he returned. In the early 1900s, they were forced to choose between their kingdom and their nation, as Norway experienced two referenda on separation.

Norway and Sweden had been forced into a union at the time of the Treaty of Kiel in 1814 when Denmark, a Napoleonic ally, was obliged to cede Norway to Sweden, a British ally. Having been allies with the French during the wars with Napoleon, becoming a province of Sweden rankled the Norwegians, and when, towards the end of the century, the Norwegian regional government demanded a separate consulate, effectively establishing their independence from Sweden, King Oscar accepted to hold a referendum on their independence.

Norway voted strongly in favour of its independence, but the king declared that he would stay with Sweden. This may have mildly shocked the Norwegians, who held a second referendum to choose between becoming a republic or founding a new royal house. Royalty in Europe is a caste. To be a kingdom, a country needs a member of that royal caste. When the referendum indicated the popular decision to remain a kingdom, Nansen was chosen to appeal to the royal house of Denmark and convince their prince, Carl, to accept to become Norway's king. His appeal was successful, launching Nansen, the kingmaker, into a more international career.

His first posting was London where he was responsible for establishing Norway's independence from the powerful influences of Russia, Germany and Great Britain. It also confirmed the independence and mutual interests of the three Scandinavian countries, Sweden, Norway and Denmark. Once the treaty had been successfully negotiated, Nansen determined to resign his post. King Edward VII, among others, was charged with convincing him to stay on, representing Norway in Great Britain, but in early December of 1907, while a guest of the king, he received notice that his wife had pneumonia. He left immediately to be by her side, but she died before he made it home. This confirmed his determination to leave England.

During the following few years, Nansen was deeply involved in oceanic research. He invented the Nansen Bottle, a means of examining deep sea water. The invention was still in use at the beginning of the twenty-first century.

Through World War I, the three Scandinavian countries maintained their neutrality. Nansen was head of the Norwegian Union of Defence, but their greatest risk proved to be a lack of food as international trade failed. The United States declared war in 1917, blocking trade even further. Norway sent Nansen to Washington to try to alleviate the risk of starvation at home. After a long negotiation, he contacted his Norwegian principals with a proposal that if they introduced rationing, the Americans could supply food. Seeing them hesitate and dither, Nansen simply went back to the Americans and signed the agreement on behalf of his country.

Nansen's diplomacy was highly respected after the war, so it should not be surprising to see that he was named as the League of Nations' High Commissioner of Refugees in 1921. He had already worked to repatriate 200,000 people to their homes during the Russian Revolution, and among his first tasks as Commissioner, he was faced with saving 30 million people from starvation in Russia after a major crop failure. He discovered no sympathy for helping the Bolsheviks, and so he went to private organisations to raise the funds to feed the starving. He bitterly commented that "There was in various transatlantic countries such an abundance of maize, that the farmers had to burn it as fuel in their railway engines. At the same time, the ships in Europe were idle, for there were no cargoes. Simultaneously there were thousands, nay millions of unemployed. All this, while thirty million people in the Volga region—not far away and easily reached by our ships—were allowed to starve and die..."

Faced with huge numbers of homeless Russian refugees, Nansen created a League of Nations passport, achieving recognition for its status among fifty governments. Nansen was awarded the Nobel Peace Prize in 1922 and donated the prize money to international relief efforts.

Throughout the 1920s, Nansen continued his tireless work with international refugees, proposing an exchange of displaced people between the Greeks and the Turks, and went on to help with refugees after the Armenian Genocide. His proposal to the League that could have settled 15,000 Armenian refugees ultimately failed because of a lack of international will. During this same period, Nansen wrote several books about the tragic situation of the Armenians and is still respected by Armenians today.

Nansen died of a heart attack at 68 in 1930. His passport concept survived not only him but also the League of Nations itself. Under the United Nations, the political theorist Hanna Arendt and many others were saved by what has become known as the Nansen Passport.

Fritjof Nansen is a founder of the science of neurology, an important contributor to oceanography and an inventor. Dozens of places, awards, an institute, islands, ocean ridges, mountains, a class of frigates, a cruise ship, and even a crater on the moon and an asteroid carry his name. Just in the Laurentians, aside from the ski run, you can find a lake, a stream and a street named for him.





## Garden Talk

# Crop rotation key to success

June Angus - Main Street

Crop rotation is crucial for a food garden's long-term success whether you have a small backyard veggie patch or a large-scale farm production.

The concept is simple: Every year alternate where various plants are cultivated. This approach helps to balance soil nutrients because different types of plants have different appetites. While there's plenty of science to back up the theories of crop rotation in major agricultural settings, these principles are easily applied even in a small garden.

For example, vegetables such as beans and peas add nitrogen to the soil. Ideally the next crop to grow in the former bean patch requires lots of nitrogen – such as spinach or broccoli. On the other hand, a former bean plot might contain too much nitrogen for a successful tomato harvest.

Another key benefit of crop rotation is that it interrupts potential disease and pest problems that may occur in soils where the same crops have been planted over and over.

To get started, divide your garden into sections using designated areas in a single bed or whole garden beds or plots. The next step is to decide which plants should grow together in each section. While there are many ways to categorize plants, the easiest approach is to group plants with similar nutritional needs. In general, most plants can be sorted into four major categories – beans/legumes, leafy greens, flowering/fruiting plants and root crops – so having at least four sections for your garden can work well.

**Here is an example of how a rotation plan can work over a four-year period:**

Legumes such as various beans and peas should grow together because they pull nitrogen from the air and store it in their root. Some of the nitrogen is left behind in the soil. That's why these crops are known as nature's nitrogen fixers. The next crop to follow them in a rotation should need lots of nitrogen.

The leafy vegetable category contains all the big nitrogen dependent crops, including lettuce, salad greens, herbs, spinach, kale, cabbage, broccoli, cauliflower and Brussels sprouts. These plants should be first in line to follow where legumes were planted last year.

Fruiting plants need phosphorus to set blossoms and develop fruit. But if they get too much nitrogen, they'll develop great greenery but little fruit. Fruiting plants such as tomatoes, cucumbers, peppers, eggplant and squash (pumpkins, zucchini etc.) should be planted in the plot previously inhabited by the leafy vegetables (which have conveniently depleted some of the nitrogen supply).

Finally, root vegetables such as onions, garlic, turnips, carrots, beets, and radishes should move into the section of the garden that formerly grew the fruit bearing plants. Root crops need lots of potassium but even less nitrogen than the fruiting plants.

There are exceptions to these rules. For example, corn is technically a fruiting plant but it also needs a lot of nitrogen. So it's actually fine to plant corn alongside nitrogen hungry greens. Although potatoes are regarded as a root crop, they are also a nightshade plant that is susceptible to the same pests and diseases as tomatoes. Therefore, planting potatoes in the same plot that previously had tomatoes is not recommended.

The best way to stay on track is to make notes about what you plant and where each year.

If there isn't enough room to make clear sectional divisions in your garden, don't be too concerned. Just use the crop rotation rule of thumb and keep your plants moving season after season.



## Word Play

# And sometimes ... it rains

Louise Bloom - lousebloom@me.com

"April is the cruellest month," is the opening line to T.S. Eliot's famous poem "The Waste Land". What are the lessons we can receive from April, during her 30-day reign?

A year into our particular pandemic, during this week's unwelcome cold winds and snowfall, I plugged Eliot's familiar phrase into Google and came up with some interesting thoughts in an article by writer, Michael Austin. I wondered, like Austin, whether "The Waste Land", as a well-worn artwork, describes and perhaps informs our current experience.

Some of us Quebecers might have a faint recollection of this literary work from high school or CEGEP days. However, those of us born and bred in Quebec are stamped with recollections of our own experiences of the unpredictable habits of April. The sometimes interminably slow melt of accumulated snow, the many unsightly sand-veined ice piles that line the roadways, the unexpected heavy, wet snowfalls that interrupt the process known as the coming of spring, are very familiar to those of us who yearly calculate the best moment to change to summer tires. As we await spring, are we not also immersed in the long-awaited HOPE that the worst is over, that the wasteland will revive?

Austin reveals that "The Waste Land" was thought to have been primarily influenced by the post-war atmosphere of England in 1920. However, between 1918 and 1920, as many as one hundred million people across the globe died from the Spanish Flu, far more than were killed in World War I. The Waste Land is described as a dead land, a handful of dust, an arid plain, a decayed hole, cracked earth, a terrain without hope of fertility, a post-pandemic desolation. Here we have a metaphor for despair.

Despite the hope experienced in the wake of being vaccinated, we are still masked and uncertain about the future, as the economic health of the land keeps sliding downward and the death count increases. Do we dare to hope? And are we locked in fear?

Often, we humans see-saw between hope and fear. In the Waste Land, hope hurts, and April hurts most of all by mocking us with possibilities that can never be realized.

What might bring us patience, acceptance and relevant action during what seems like a crossroads moment? The Buddhists ask that we go beyond hope and fear, to draw ourselves up by cultivating faith in our own resilience and patience, going deeper than the short-lived moments of pleasure that we might be missing currently. This is hard work.

In truth, April is a time of transition. Early in the month I observed the landscape, unusually devoid of snow cover, almost too soon and too fast for the reveal. Here was evidence of a wasteland, colourless and dry, naked and vulnerable. I could only despair. Hope and fear were my constant companions. And then it rained, hard and with purpose. And the following day everything was blushed with colour. The buds swelled and the greenery appeared.

April, the 'cruellest month' reminded me that beyond hope and fear is the certainty of change.

And sometimes it rains.

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

## The Santa Claus Village opens Saturday, June 19

As the COVID-19 pandemic continues, the facility continues to adapt its activities to ensure that they comply with the rules for physical distancing and health measures issued by public health.

Due to the limited number of visitors who will be allowed to enter the Village site at the same time, it will be necessary to reserve places in advance at noel.qc.ca. The reservation period will begin on June 5th. A series of metrics will be communicated to visitors in advance so that they can properly prepare for their visit.



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# Obituaries

## ARTHUR, Sheila Elaine

After a long courageous battle with heart disease our mother left this earth to join her mother and father, Charles and Rose Arthur, in the heavens. Originally from British Guyana, South America, our mom came to Montreal in 1947 and settled down for a life in Canada. She worked various jobs mainly as a seamstress throughout the years then married, and raised five sons. It was tough for her during those early years but she persevered through her church and faith. Sheila was a long time member of the St Michele Presbyterian Church, then the Maisonneuve Presbyterian Church of Montreal and was a pillar of her community. She was a kind and gentle soul throughout her 94 years and loved everyone. She leaves behind her 5 sons Ron, Robert, Raymond, Tony and Michael, grandson, Lee Charles, and many relatives and friends across the globe. Sheila was a friend, a co-worker, a woman of faith and our mom, who we loved very much. We will miss her deeply. Visitation will take place Saturday, May 22 between 1- 3 pm. Services will be conducted by the honorable Rev. Joseph Reed at 3 pm live and viewed by webcast at the Urgel Bourgie Athos, 3955 Cote de Liesse, St-Laurent. Due to covid protocol restrictions, a maximum capacity of 25 people will be permitted to attend the service, by invitation only, and a guest list will be strictly enforced. Thank you for your cooperation. Burial will take place privately at a later date. In lieu of flowers please give generously to the Maisonneuve Presbyterian Church and the Montreal Heart Institute in Sheila's name.

The Lockhart and Arthur family

## DUNDON BORYS, Louise

August 15, 1948 – April 16, 2021

With grace and surrounded by the love of family, Louise Dundon Borys, resident of Morin-Heights, formerly of Quebec City, passed away on Friday, April 16th at Maison Pallia-Vie at the age of 73.

A loving mother, grandmother, and friend, Louise will be missed by her children Stephan (Nathalie Côté), and Andre (Jody Levoy); her grandchildren Felix, Avery, Olivia and Stella as well as her beloved cat Skye. She was predeceased by her parents Earl and Fernande Dundon as well as her husband Walter Borys.

A celebration of life will be held at a later date when friends and family can safely gather. Family and friends are invited to share and send messages of sympathy to andreborys78@gmail.com

Our family would like to highlight the exceptional support we received at home from the CLSC team in the Laurentians. Thank you for your compassion and professionalism.

### Memorial donations may be made to:

Maison Pallia-Vie  
<https://www.jedonneenligne.org/fondation-pallia-vie/FPVDIM/>

Fondation Médical des Laurentides et des Pays-d'En-Haut (Ste-Agathe Hospital)  
<https://www.imakeanonlinedonation.org/fondationmedicale/DIM/>

## Vaccination for all - a priority for the Laurentians

The Integrated Health and Social Services Center (CISSS) des Laurentides is pleased to announce that a first round of vaccination against COVID-19 for people who are homeless or at imminent risk of becoming homeless was successfully carried out in the Laurentians.

74 people agreed to receive the vaccine as part of this vaccination operation, which was organized in complicity with various community partners and which took place on April 27, 28 and 30.

In order to continue awareness-raising efforts among this clientele, the next step will be to equip all the community partners, in particular street workers.

Visit: [Quebec.ca](http://Quebec.ca) / [vaccinCOVID](http://vaccinCOVID) for further information.

12 [main.street@xplornet.ca](mailto:main.street@xplornet.ca)

## WAYNE, Neill 1943-2021

It is with great sadness that the Neill family announces the passing of Wayne Neill. After a long battle with Parkinson's disease, Wayne passed away peacefully on Tuesday, April 27, 2021.

Known for his kindness and gentle demeanour, Wayne gave back to his community through his service as a Shriner and a volunteer fireman for the Town of Lachute. He was deeply cared for and loved by his family and friends. Wayne is survived by his wife, Jean, and four children: Marvin (Andrea), Allen (Laurie), Ken (Marie-Chantal) and Glenn (France). Wayne was the best Papa to his grandchildren: Codie, Joshua (Kayla), Carl (Emmanuelle), Harrison and Erika. He was a loving great grandfather to Maya and Chatham. Wayne is also survived by his siblings: Johnny (Violet) and Heather (Jeff).

The family thanks those who have taken the time to send their condolences. In lieu of flowers, the family asks that donations be made to Parkinson Canada (<https://www.parkinson.ca>) and the Shriners Hospitals for Children (<https://donate.lovetotherescue.org>).

Funeral details will be available in the coming weeks.

[www.salonrolandmenard.com](http://www.salonrolandmenard.com)



### In Memoriam

Claude Smith  
January 25, 1953 -  
April 15, 2013

Seems like yesterday my love  
You were my husband  
My bright and shining star  
MY Hero  
I've lost my life companion  
But my memories keep me going  
I know that you watch over me and  
are still guiding me through the rest  
of my life  
Always in my Heart  
Love you a bushel and a peck and  
a hug around the neck  
Ilene XXXX



## The English Link

# Plan when you can

Andie Bennett

Talking about death, particularly one's own mortality, is unpleasant. It's a fact that family service counsellor Lori Viens does not try to sugar-coat. "It IS an uncomfortable conversation. Especially discussing our own death. But, if the worst happens, it's even more uncomfortable for your children, family and friends to have to have that conversation."

Lori works for Dignity Memorial, the largest network of funeral homes in North America, out of their office in Rosemere, but she can service all of the Laurentians. She has been doing this job for two years, and initially became interested in funeral pre-planning the same way many of her clients come to her. While her husband was working as a principal for two schools, he had a stress-related heart attack. Thankfully, he made a full recovery, but the event shook the couple and made them realize that they had nothing in place should one of them die. "You know, we protect our kids our whole life. This is another way to protect our kids," Lori told me this in a short phone call that began with us swapping stories about the struggles of motherhood.

Because Lori's office is located at one of the busier locations of the company, she can see, firsthand, the contrast between those who pre-plan and those who do not. It can either be a 15-minute meeting with one, designated person, or become one including kids, spouses, and anyone who needs questions answered, lasting upwards of 4 hours. Although she loves what she does and feels privileged to help families through this time, she thinks that people should not have to spend so much time in an office on what is typically a terrible day "On a day when you are grieving, you should be with family."

Lori has spread this message through presentations, including one at a 4Korners Wednesday Wellness Workshop. Working with tools, such as a Personal Planning Guide, she can answer questions that most people are uncomfortable asking. She wants you to think about more than the legal responsibilities surrounding death, such as identification and wills, but also about your preferences for the service and your remains. By making these decisions in advance, you can relieve much of the burden on your family. Let them remember you for how you have left them the time to mourn without the pressure of trying to figure out what you would have wanted.

For more information, or to meet with Lori, contact her at: [lori.viens@sci-us.com](mailto:lori.viens@sci-us.com) or call 514-871-2020 or toll-free 877-871-2020.

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## Complete vaccination coverage for residents in CHSLDs in the region

The Integrated Health and Social Services Center (CISSS) des Laurentides is pleased to announce that the second round of vaccination against COVID-19 for residents in residential and long-term care centers (CHSLD) in the region has been completed since May 8. Residents in CHSLDs now benefit from full vaccine coverage against COVID-19!

Residents housed in CHSLDs who had consented to the vaccination were able to receive a second dose of the Moderna vaccine within the prescribed timeframe, i.e. a maximum of 112 days after the administration of the first dose, which will allow them to benefit from a maximum protection.

"Vaccination offers a real barrier of protection, but it must be added to all the measures contributing to the fight against the virus. It therefore remains essential not to relax the measures and to continue our collective efforts, which will gradually make it possible to regain a certain normalcy," declared Deputy Chairman and Chief Executive Officer of the CISSS des Laurentides, Mr. Jean-Philippe Cotton

To obtain all the relevant information on vaccination: [Quebec.ca](http://Quebec.ca) / [vaccinCOVID](http://vaccinCOVID)

May 2021

MAIN STREET





# Main Street Money

## Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Term life insurance can deliver peace of mind

Creating a safety net that protects your loved ones and all that you’re working hard to build may be more important than you realize. Whether you’re just starting out and thinking more about big life goals, such as marriage, kids and real estate, or you’re already juggling kids, helping aging parents, tackling home renovations and possibly switching careers, you need a solid plan – and that plan should include life insurance.

#### Why do I need it?

Nobody likes to think about the “what ifs,” but they can happen. Life insurance is a way to ensure some peace of mind that your loved ones will be supported in the event of your death. Think of it in practical terms:

- Your loved ones will have guaranteed financial support to carry on after you’re gone
- A home mortgage can be paid off rather than your family having to sell and start over
- Your children will have the financial means to pursue post-secondary education

#### How much insurance do I need?

Having enough life insurance to cover 10 times your annual salary is generally considered an appropriate benchmark. For example, an annual salary of \$75,000 would translate into a policy worth about \$750,000. While this might seem like an extravagant sum of money, consider what your current monthly expenses add up to each year.

The purpose of having life insurance is to prevent financial hardship. If 10 times your annual salary feels like a bigger policy than you want, look closely at your monthly expenses, which may include mortgage payments, property taxes, day-care costs, tuition fees, financial support for aging parents, utilities, groceries and more. Then factor in any outstanding debt, future education costs for children, cost of living increases that your family may have to contend with, and how much you ultimately want them to inherit.

Figuring out expenses, budgets and the right amount of insurance coverage might feel overwhelming, but this is where your advisor can be a solid guide and source of information. There are also lots of life insurance calculators available for free online that can help you complete this important task. Term can be a great starter option

Of the various types of life insurance available, term life insurance can be a good place to start. The application process can be quick and easy and gets you on your way to providing protection for a set period, such as 10 or 20 years that can be renewed up to a certain age. Term insurance often has lower premiums (the payments you make) than other kinds of life insurance.

A term life insurance policy can be created for essentially any amount that you need – from just enough to cover funeral expenses right up into the millions of dollars. And in the unfortunate case of being diagnosed with a terminal illness, you could have the option of taking a cash advance on the policy. Today, some new types of term life insurance also offer potential cost savings on insurance premiums in recognition of healthy living habits.

#### Term coverage for business

Not only is term life insurance a good option for individuals and families, it can also add an important layer of protection for business owners. Including a term life policy as part of your business strategy can help to ensure that the company you’ve worked hard to build continues to run with minimal disruption in the event of a tragedy. The coverage can help beneficiaries handle day-to-day operating expenses, capital gains or estate taxes, and some of the potential costs associated with transferring ownership.

#### Important considerations

Term insurance policies have a defined expiry date, so it’s important to review your life insurance needs as you move through different life stages. What may

have seemed like enough coverage in your early 20s might feel inadequate as you approach mid-life. By working with an advisor, you can make adjustments as your circumstances change. Be sure to have your advisor explain the options regarding renewals for term coverage, or whether converting into a permanent policy makes more sense. Permanent policies usually have higher premiums, but they carry a cash value, which could be used to supplement retirement income.

Owning life insurance is like laying a foundation upon which you can build your overall life plan by providing a layer of protection and security for your loved ones. With all the recent digital innovations in the industry, applying for and getting set up with a policy has become easier. If you’d like to learn more, this article offers a broader view of other insurance protection options available for individuals.

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

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## News from Sûreté du Québec

The Sûreté du Québec, all the police services of Quebec and Contrôle Route Québec recently unveiled the results of the interventions carried out as part of the concerted national operation (ONC) for reckless behavior, which took place from April 9 to 15, 2021. Reckless behavior includes several actions taken by road users who, in addition to being irritating, contravene the Highway Safety Code and can endanger their safety and that of others.

The main reckless behaviors targeted during this ONC were: following too closely, passing without making sure there was no danger, not signally intentions and not making compulsory stops at traffic lights and stop signs

More than 11,000 operations targeting reckless behavior took place across the province, with more than 25,000 tickets issued for various violations of the Highway Safety Code.

Several fatal collisions involving motorcyclists have occurred since the start of the season and particularly during the last week. Motorists are urged to exercise extra caution in the presence of motorcyclists.



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**Real Wine for Real People**

**Wine glasses,  
why so many?**

**Part 2**

**April Sirois – Sommelier - ISG**

A portrait of Ron Golfman, a man with dark hair, smiling. He is wearing a dark shirt with a light-colored patterned collar. The background is dark and out of focus.

# I'm Just Saying The COVID dictionary

**Ron Golfman - Main Street**

As we continue on the roller coaster ride, which we all hoped would be coming to an end after almost a

Have you ever stood in a kitchen store and wondered why there were so many shapes and styles of wine glasses? Turns out that many experts have looked into this and they have found that the shape of the glass does have the ability to concentrate the wine's aroma, further intensifying the flavours, and adding to the enjoyment of the drinker.

**Sparkling Wine Glasses:** Now, here it gets a little bit murky. All sparkling wine is not the same, and some of us wine geeks, who truly love bubbles, will even have unique glasses for our precious Champagne that are a little different for Prosecco, Cava and other Cremants. I like the tall, slender elegant flute glass for my Champagne. The tall, thin bowl retains the beautiful, fine bubbles, and preserves the subtle brioche and floral aromas, while delivering them right to the drinker's nose. Also, the smaller holding capacity means that small pours per glass will keep the bottle chilling at the perfect temperature for refills. However, I prefer the tulip-shaped glass, with it's more generous bowl leading to a more tapered rim, for most other sparkling wines, like Cava and Prosecco. I find that this gives them a chance to allow the fun, festive aromas of these wines to pop out of the glass much better than the champagne flute that can mute them.

**Universal Wine Glass:**  
This is probably the handiest invention for the consumption of wine. “Universal” glasses are suited for drinking any kind of wine. When my husband and I were running our catering/party business, and when we hosted large parties (pre-Covid), this was our go-to glass. There’s no need to collect specific glasses for varietals in everyday scenarios. Of course, if you want to step it up a notch, you can use a standard red wine glass for all reds and a Chardonnay glass for whites and that will have you covered.

### Specialty Wine Glasses:


You may find that you drink a particular type of wine over others. This could be a good reason to indulge and invest in a few specialty wine glasses specific to that type of wine. Like me, with my crazy collection of sparkling glasses, or my Pinot Noir loving husband, with his giant Burgundy balloons. I also have friends that love a good port and find that they enjoy it even more in beautiful, small port glasses designed to keep the aromas in this fortified and more volatile wine, in the glass, to be enjoyed by the drinker.

However, buying good wine glasses can be a bit daunting, not to mention expensive. A few glass manufacturers, including my two favorites, Riedel and Spiegel, offer beautiful quality glass wear in different price ranges. Those at the very top end are not cheap, and can run up to, and over, \$80 a stem! The more approachable glasses by these manufactures and those more likely to actually get used, range from \$5 to \$10 a stem, and can often be found at HomeSense for even less. I regularly haunt the glassware area of our local store and often find great bargains for myself. They also make great gifts.

Now, with all that being said, I would also just like to add that wine drinking is mostly about the wine and who you share it with. While drinking wine from a crystal glass in an elegant room is nice, don't forget that on a beautiful summer day, when someone pulls out a bottle of wine and a couple of paper cups to enjoy the view, and maybe even a sunset, that just might be the best wine that you drink all year.

Cheers...



 As we continue on the roller coaster ride, which we all hoped would be coming to an end after almost a year and a half, we find ourselves seemingly on a never-ending loop, replete with more ups and downs than anyone expected.

Given the doom and gloom we all experience, individually and collectively, it appears appropriate to provide some humor and clarity to the predicament we find ourselves in. Thus, I have attempted to develop a dictionary of sorts to help everyone comprehend what is actually going on. As vagueness and ambiguity spew daily from our televisions, radios and online platforms, perhaps this might help with the sense of double meanings.

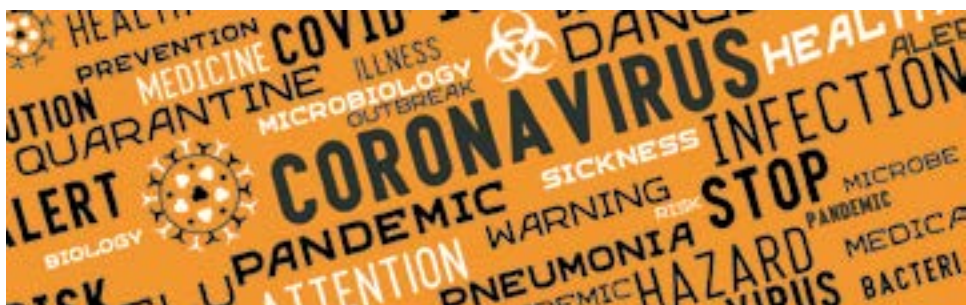
**Legault - [noun or verb].** While this word initially merely represented the name of our Premier, its meaning has changed. The new spelling is 'Le Go', and if one watches the daily or weekly press conferences, Le Go is telling us one thing on a given day, and then some variation, or the opposite, only days later. At this point, many of his directives, in a rare display of bilingualism, are an Arrêt or a Stop. Much like Renault's infamous Le Car, it wasn't a true representation, as the Le Car looked more like a downhill ski boot than a vehicle. It's the same problem with these pronouncements.

**Anti-Vaxer** - Once upon a time the majority here were wisely cautious folks who were opposed to their children getting drug cocktails all in one sitting. A splinter subgroup also believed that playing in dirt, or climbing trees, were risk-filled behaviors. Since Covid-19, the name has been appropriately changed to 'Auntie Vaxer'. The imagery represents those Aunts many of us have had who used to tell us not to trust anyone not in the family. They discounted science in the belief that anything but soap and water, or a wreath of garlic, would be harmful, perhaps deadly, because when that Aunt was young, there was no such thing as scientific fact. Debates on Polio vaccines are not on the table.

**Big Pharma** - This one is an enigma, in that most of us have used products they made, like Aspirin, Buckley's and others, while rightly detesting and cursing them for their unregulated ability to charge unreasonable prices for medications that people needed but rarely could afford. The irony today is that we are totally dependent on Big Pharma names, like Moderna and Pfizer, to provide vaccines at breakneck speeds to help solve this world-wide pandemic. Much like Big Ethel, from Archie comics, whose popularity was less than zero compared to Betty and Veronica, Big Pharma has now become the most popular girl in school.

**Mask Deniers** - Their presence is felt everywhere. These folks may truly feel that wearing a mask is stepping on their personal freedoms. They don't seem to grasp their narcissism in their resistance to masks as a way to oppose government control when, in fact, not wearing a mask is making both them and other people sick. While some in this group demand haircuts as a constitutional right, back in the day, according to proverbial Auntie, we'd cut our own family's hair, and almost nobody cried foul. Perhaps Mask Deniers should be called the 'Me Only Movement'.

As the pandemic is a global phenomenon, and I'm Just Saying, fighting it with a collective approach does not make us communists, socialists or sheep, it gives us a united front to defeat the virus as a global community.







# Laurentian Personality La Samaritaine

Lori Leonard – Main Street

La Samaritaine is a non-profit organization initiated by Soeur Alice, a nun, who collected clothing and distributed it to the poor for 25 years. In 2002, volunteers wanted to create a place where needy residents could find more than clothing.

“La Samaritaine” is derived from the bible story representing the woman who offered water to Jesus. Its logo represents a handshake to help others. In 2000, Father Marc Richer thought about moving the Soeur Alice project at the presbytery to a safe place to thrive. In 2003, with help from Knights of Columbus and business people, it found a new home near the Mont-Tremblant fire station at 120, chemin de Bréboeuf.



President of the Board of Directors is Pierre Boucher. General Manager, Caroline Dumouchel, is responsible for daily transactions. The Board ensures integrity and focuses on future plans.

Pierre retired 11 years ago and has been with La Samaritaine for 8 years. He decided to live permanently in the Laurentians and wanted to pass on his extensive business knowledge at La Samaritaine to help others (he graduated from Harvard Business School). Pierre worked 40 years in the bakery business, spending the last 26 with Weston Bakeries. Pierre ended his career as General Manager and Executive VP and managed 500 people.

Pierre has 2 children and 4 grandchildren. His favorite pastime is skiing. He has worked as a pro ski instructor since retirement, enjoys travel and has visited many ski resorts in Europe. He also enjoys boating.

La Samaritaine receives many donations, and only the best items are kept. They have furniture, toys, books, clothing, sports equipment, gardening items and antiques. It is open to the public. Money generated from the store pays for operational costs, a few salaries, is donated to needy families, used for glasses, food, tutoring or going to a special hospital/dentist.

They have 40 volunteers who donated more than 14,727 hours, have redistributed \$800,000 to the community, provided 140 urgent donations for food, 13 school demands, 180 Christmas baskets and 767 food donations. 23,253 people visited their store. La Samaritaine accepts monetary donations which can be made on their website. Open Monday to Friday 9 am -11:30 am and 12:30 pm - 4 pm. The furniture pavilion is open Tuesday and Wednesday. Goods may be dropped off Monday to Friday during opening hours.

People think of Mont-Tremblant residents as being rich, but the truth is many people are in desperate need. La Samaritaine is the “heart and pulse” of the community, a place to buy treasures at low prices. Although one can find many treasures there, the true gems are Pierre, Caroline and the volunteers.

Info: Caroline Dumouchel, 819 429-5938, lasamaritaine@bellnet.ca, lasamaritaine.ca



# Essential Oils Natural insect repellent

Susan Rich

What a beautiful spring we are having so far. The weather has been fabulous for doing our gardening and getting out into nature. The best part is that the bugs have not started yet...but without a doubt, they will come. Soon enough we will be swatting away the flies and getting eaten alive. Sadly, many people are still using toxic products like DEET and OFF spray, but these products are terrible for our health. You'd be better off using nothing. Although at the time of application, you don't notice any health issues, in the long run you are causing serious damage to your well being. They are known carcinogens and they wreak havoc on your body, including the endocrine system.



Today, I'm going to share with you some of my favourite essential oils that you can use to protect yourself. You will have the same protection, with none of the long-term side effects, and you will smell wonderful too. The bugs love me, so I make a very potent blend of all these oils. I reapply often and have loved the effects.

There are several ways in which you can use them, ranging from applying them to your skin and clothing, or diffusing them in your outdoor space just like the candles and torches. When applying to the skin, I like to make a spray, using distilled water and a little fractionated coconut oil. I carry this spray with me for easy application when needed. They are safe for children and pets, however for the very little ones, it's best to apply to the clothing and not directly on the skin.

- Lemon Eucalyptus is one of the absolute best oils for protection against ticks, black flies and mosquitos.
- Citronella, similar to what is used in candles, but this is pure and toxin free. It's known to repel mosquitos, ticks and fleas.
- Arborvitae (a type of cedar wood) has a lovely scent and the bugs hate it.
- Geranium is known to repel mosquitos and other biting insects.
- Patchouli has a distinct scent that you either love or hate, but the bugs hate it for sure.

So get out there, enjoy the outdoors and be protected all summer long. For more information on how to get 100% pure CPTG oils, and how to integrate them into your healthy lives, please feel free to contact me at 819-421-2253

## NOTICE OF 2020-2021 ANNUAL GENERAL MEETING

SADC  
DES LAURENTIDES

Date: Thursday, June 17, 2021 at 9 am

Location: by videoconference  
(see details at [www.sadclaurentides.org](http://www.sadclaurentides.org))

Five positions are up for election: one position representing Youth for the MRC Laurentides, one position representing Youth for the MRC Pays-d'en-Haut, as well as two regular positions from the MRC Pays-d'en-Haut and one regular position from the MRC Laurentides. Any member wishing to apply for an elective position must send his or her offer of candidacy by electronic mail to [info@sadcdeslaurentides.org](mailto:info@sadcdeslaurentides.org) or by regular post to 332 Boulevard Sainte-Adèle, suite 230, Sainte-Adèle, J8B 0J7, by May 27, 2021 at 4 pm.

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

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