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What’s On My Mind...

Local newspapers matter

Susan MacDonald, Editor

Over the past decade community newspapers have suffered overwhelming challenges, most notably, a decrease in advertising revenue and, the increase in costs for newspaper print. The added burden of the pandemic over the past two years along with the growth of social media has also taken a huge toll. As a result, many publications were forced to close while those who survived were obliged to reduce costs and page counts drastically. It has been a challenging road to navigate.

Without doubt, we are dependent on the Internet and we use it daily as a valuable resource in nearly every aspect of our lives. Immediate and unlimited access to news, entertainment and sources of information are at our fingertips and we can travel the globe in seconds. Where it falls short, is letting us know what’s happening in our own backyards and, it does little to support our communities. That’s where your local newspaper picks up the slack and shines.

Local publications cover local news that is important to you! Within their pages you will find important resources available in your neighborhood, read about the people and businesses in your community and learn about what’s coming up in the cultural spheres. Local newspapers keep their communities informed and up-to-date on many aspects of community life, from the upcoming church bazaars and local fundraisers to governmental changes occurring at the municipal level. Community newspapers support and play a vital role in community life.

For the most part, local newspapers depend on paid advertising and businesses depend on local customers to survive. Our advertisers choose to announce their products and services with the expectation of increasing their sales by attracting customers to their business locale. What is less recognized is the dollars they spend in publicity also supports their entire community by providing the newspaper with an ability to increase its page count, thereby allowing more community news and events to be published.

How do the readers feel about their local read? I reached out to my readership and asked them to share their thoughts on why community newspapers were important to them. I was impressed and humbled by their feedback and I have included a few for you to read in this month’s special 4-page #NewsMatters feature that you will find further along in the edition. I would like to thank everyone for such enthusiastic participation and for reaffirming my personal belief of the important role local newspapers play in our communities.

Enjoy the read...

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WHY THIS COMMUNITY NEWSPAPER MATTERS:

Small but mighty papers deliver impact journalism

BY RUBY IRENE PRATKA

Every day, Trevor Greenway sees the impact of his work.

Greenway is the editor of The Low Down to Hull and Back News, an independent weekly English-language newspaper in Wakefield which covers parts of the Outaouais region.

“If you’re new to the area, the first three things you learn about are the Black Sheep Inn, Wakefield Spring water and the Low Down,” says Greenway. “People won’t read about the town council in Low or Denholm in the Ottawa Citizen or on the CBC website, but they’ll read it here.”

The 29 English-language and bilingual member publications of the Quebec Community Newspapers Association (QCNA) distribute weekly, bi-weekly, monthly, and daily to some 384,000 readers, focusing on high-impact local news. According to the QCNA, three out of five English-speaking residents of areas served by the association read their local paper. >>



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» **HOLDING COMMUNITIES TOGETHER**
Quebec’s English-language community newspapers are part of the glue that holds their respective communities together, keeping long-departed former residents abreast of happenings in their hometown and often covering great distances.


“
Publisher Penny MacWhirter explains that the Spec plays a vital role in the lives of English-speaking seniors, many of whom are unilingual and lack internet access.
”

Lily Ryan is the publisher of *The West Quebec Post* (established in 1896), *The Pontiac Journal*, *The Aylmer Bulletin* and *The Gatineau Bulletin*. Ryan notes that until her father, Fred Ryan, founded the bilingual *Pontiac Journal*, no English- or French-language newspaper covered the entirety of the vast, mostly rural Pontiac region, an area that takes two hours to drive. The *Journal’s* slogan is “Uniting the Pontiac.”

The Gaspé Spec, an English-language weekly in the Gaspé, plays a similar role, uniting far-flung English-speaking communities in Eastern Quebec. Before the *Spec* published its first edition in 1975, Gaspesians “knew more about New Brunswick affairs than they did about Quebec,” the paper’s website explains. The *Spec* is the only regional newspaper covering the nearly 350-kilometre area from Rivière-au-Renard to Matapédia.

Publisher Penny MacWhirter explains that the *Spec* plays a vital role in the lives of English-speaking seniors, many


FACTS



Local community newspapers remain **the favourite source** for local news. Local information is the top reason people read their community newspaper.

SOURCE: 2018 TOTUM RESEARCH STUDY OF MORE THAN 2,000 CANADIANS

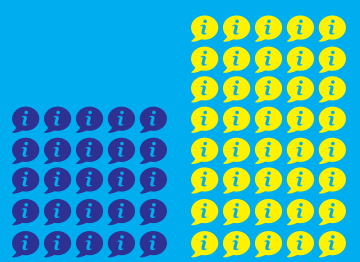
More than 450 Canadian news outlets have closed since 2008.



At least **one-third** of Canadian journalism jobs have disappeared since 2010.

SOURCE: DEPARTMENT OF CANADIAN HERITAGE

Community media contributes to better informed citizens:



respondents in communities with local papers are **15 percentage points** more informed about local news and information than those without one.

SOURCE: BENEFITS AND IMPACT OF COMMUNITY MEDIA IN VARIOUS COMMUNITIES ACROSS QUEBEC, 2019

VISIT [QCNA.CA](http://qcna.ca) FOR MORE INFORMATION AND RESOURCES.

of whom are unilingual and lack internet access. In the first year of the COVID-19 pandemic, the paper produced daily on-line public health digests, which were then shared around the community. The extra work stretched the paper’s staff of four to the limit but reinforced its public service role.

FILLING A VOID
During the COVID-19 pandemic, as large regional newspapers have shrunk further due to advertising constraints, community newspapers have filled a void and helped readers understand a rapidly changing world.

In May 2020, veteran *Montreal Gazette* reporter Brenda O’Farrell founded *The 1019 Report*, covering all 1,019 square kilometres of Vaudreuil-Soulanges. Existing local publications had closed, and the *Gazette* had stopped running a weekly segment that focused on the area.

“This area, which has one of the fastest-growing English-speaking populations in the province, had no local English media,” O’Farrell says. Her goal was to launch a “hyperlocal publication worthy of people’s time,” and the weekly quickly stepped into the gap left by its vanished predecessors.

Thanks to a risk-taking town councillor, O’Farrell exposed a real estate cover-up, and her reporting led to major changes in local urban planning policy. “We were able to give voice to one person who said, ‘This is wrong,’ tease out what was and wasn’t true and give people the proper information,” she says. “This is the role newspapers play in a democracy.”

STORIES MAKING NATIONAL HEADLINES
Community newspapers are staffed by dedicated journalists who leverage the trust they have gained from years of community involvement to cover stories that make national headlines.

Last fall, a Chelsea teacher called Greenway at the *Low Down* newsroom to say her colleague, Fatemeh Anvari, had

been reassigned after wearing a hijab in class during the height of the province-wide debate about Bill 21. Greenway met Anvari, who was initially reluctant to be interviewed, and spoke to her about the story’s potential impact.


“She was worried the story would put a target on her back, but she got so much support,” Greenway recalls. A Léger poll suggested that support for the secularism law dropped from 64 per cent to 55 per cent after the *Low Down* published Anvari’s story; Prime Minister Justin Trudeau expressed his support for Anvari, and the story was picked up by *The Washington Post* and *The Globe and Mail*.

“
Community newspapers are staffed by dedicated journalists who leverage the trust they have gained from years of community involvement to cover stories that make national headlines.
”


“All political stories start at the local level, and (Anvari’s) story is a great example of that,” comments *Low Down* publisher Nikki Mantell. Like Ryan, Mantell has devoted her entire professional life to community journalism.

Greenway launched his journalism career at the *Low Down* before working for a daily paper in Ottawa. In 2021, he returned to the paper as its editor.

“I did break some big stories in Ottawa, but I don’t feel that they had the same impact on the readership.” Community journalists, however, can explore major stories that have an impact on people directly at home, Greenway says.



Funded by the Government of Canada



MHES Students Give Back!

During the weeks leading up to the Easter Holidays, the Morin Heights Elementary School leadership students organized an Easter Food Drive. On April 12, the students loaded up the Garde Manger des Pays-en-Haut truck with over 30 shopping bags filled with everyday essentials and 4 boxes filled with Easter treats. The leadership students coordinated the collection of the goods by giving each class a list of items that were suggested by the Garde Manger. As an incentive, the classes that collected the most won a chocolate treat. The leaders were amazed by the support from the school community. Garde Manger was very thankful for how much was donated. All the leadership students have already agreed to do this next year.

The MHES leadership program is comprised of 25 students from grade 4, 5 and 6. Kelly Fahey, teacher, Ryan Whitehouse, teacher and Tanya Conklin, leadership coordinator want to thank everyone for the support.



Local Newspapers Matter The community speaks

Susan MacDonald

This month members of the Quebec Community Newspapers Association have joined together to participate in this special feature that highlights the vital role local newspapers play within their communities and what better way to do this than to hear from the community itself. Below are a few excerpts from Main Street's writers, readers, advertisers and community organizations portraying the value they see in their local publication – Main Street. More comments will be published in future editions and please feel free to continue sending in your show of support.

Julie Chou – Autism & Arts in the Laurentians (AAL)

When I became a parent of an autistic child, I felt very alone in the beginning. But, because I felt a personal connection with my community newspaper, I felt comfortable reaching out to Main Street for help. Susan MacDonald (the editor) was extremely understanding and supportive. She helped us to promote autism awareness through the paper and connected us with other English speaking special needs families. When our group of families and volunteers formed a social club called Autism & Arts in the Laurentians (AAL), Main Street gave us a voice to reach more families. The exposure also helped in many other ways. One particular article about AAL reached Marilyn and Bruce Adams of the Independent Order of Odd Fellows. As the motto of these Odd Fellows is "Bloom where you are planted", their members felt compelled to support us and in 2018, IOOF Beaver Lodge #6 formally adopted AAL as an ongoing project. To this day, we are blessed by the continued friendship and aid offered by the Odd Fellows and we have Main Street to thank for this.

Emma McCarver – advertiser

In a world where social media and global travel have replaced face-to-face interaction, the need for local community newspapers is more important than ever. Community newspapers are the source of local information and events, which help to reunite communities.

Joe Graham – participating writer, published author

As you can see the forest reflected in a drop of water condensed on a leaf, so our view of the world is reflected in our community. We have reach. We are an aspect of Anglo-Quebec, of Canada and of the whole world. Our own medium, in this case Main Street, allows that perspective to survive. Without it, we will simply be erased, absorbed and forgotten.

Pat Hodge – Lachute United Church

Community newspapers are so important especially during this period of Covid restrictions. They keep us connected to the community on so many levels. Main Street is a vital communication avenue to keep the English community well informed every month.

Yoana Turnin – YES employment & entrepreneurship

Community newspapers are an essential element in building community vitality. They know and care about the community they are writing for and help us to be aware of the issues affecting us and how we may address them. They help strengthen bonds by illuminating local stories, personalities and events, and foster connection between individuals, organizations and government. They understand the nuance of our community and together, they represent our culture, our voice.

Nancy Forget – PALLIACCO

Community newspapers allow Palliaccio to promote its services, recruit future volunteers and share its various activities. This also makes it possible to reach a clientele less familiar with social networks. Community newspapers allow organizations such as Palliaccio to make themselves known, to be visible in the community and to be everywhere, in the warmth of Quebec homes.

Lori Leonard – participating writer, business owner and reader

Main Street is like a warm, comfy blanket on a rainy day.

Two Local Women Complete Boston Marathon!

Lori Leonard – Main Street

On April 18, two local women from the Laurentians participated in the challenging 42.2 km Boston Marathon! Both Natalie Marleau from St. Jérôme (previously St. Sauveur) and Brenda Hunter from Morin Heights entered and completed the run. Natalie explained, "It takes between 12 and 16 weeks for a seasoned runner to prepare for this Marathon." She continues, "It was amazing to meet people from all over the world."

This was Natalie's second Boston Marathon and she has completed 7 others. Natalie met an Italian man who participated in an unbelievable total of 419 marathons! She met people from China, Finland, Italy, Australia, Japan, Chili, Brazil, Quebec and other Canadian provinces. In fact, there were 450 Quebec runners among the 25,000 participants in the Marathon. Citizens from 120 countries participated, impressive to say the least! People cheered the runners on all the way from Hopkinton to downtown Boston and to the finish line on Boylston Street.

Natalie travelled with a bus tour organized by Contact Amérique, an agency specialized in trips for marathons and cyclists. She says, "It was cool. I shared a room with 2 other inspirational women and met some of my triathlon friends at the finish line! It is also worth mentioning that it was the 50th anniversary of the first women who were allowed to run a marathon. It was not until 1972 that women were actually allowed to run and participate in the Boston marathon."

Brenda Hunter, who lives in Morin Heights and, is a volunteer at the Morin Heights library, has completed 14 marathons in various places around the world. Monday, April 18 was Brenda's second Boston Marathon, the pinnacle event for all marathon runners.

At age 69, this was quite a remarkable achievement! Brenda said, "The most difficult part is training throughout our harsh winter climate."

Brenda brought along her good friend Ruth Starr as her lucky charm. They drove down to Boston together. Ruth says she had a perfect spot to watch and cheer on Brenda at the finish line and was amazed at the organization of such a massive event.

Brenda can often be seen running the streets of Blue Hills in preparation for the 42.2 km event. She added, "It was a perfect day with sunny skies and a warm temperature." Brenda finished with ease, with a huge smile and, a finishing time of 4 hours and 53 minutes!

Congratulations to Natalie and Brenda, two dynamic, energetic runners from the Laurentians! You are amazing!




July 9 & 10, 2022
10 am to 6 am

festival
imagine

Presented by Autism & Arts in the Laurentians (AAL) in collaboration with Community Learning Centres and 4Korners

In collaboration with its members, artists, partners, and sponsors, AAL strives to showcase the creativity, passion, and talent of artists with autism and other special needs through an arts festival at Dunany Country Club on July 9 & 10, 2022. Imagine Festival will endeavour to provide an inclusive, supportive artistic experience for autistic & neurodiverse creators & festival attendees to provide an opportunity for all communities to explore common interests in the arts.

 **Dunany Country Club - 2053 Dunany Road
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FESTIVAL ACTIVITIES

- Indoor and Outdoor Art Exhibitions
- Artist Tables (100% direct sales to artists)
- Morning Painting Workshops (Artist Carol Lyng)
- Creative Activities
- Artisan & Sponsor Raffles & AAL Table
- Silent Auction of Artwork donated by Laurentian Artists

AAL endeavours to prioritize the unique sensory needs of autistic artists and festival goes in the execution of these activities

FEATURED ARTISTS

- Master of Ceremonies – Carly Hay
- Casey Vormer (Remrov)
- Zach Reisman (Zach Designs)
- Lena Baldoni (Sourie Animé)
- Benjamin Lachapelle (Ben Animalia)
- Ryan Botelho
- Jonathan Pepin

The Festival will also showcase artwork by AAL Members and neurodiverse students

A special thank you to all our supporters, sponsors, contributing artists and to the Dunany Golf Club for hosting the event.



Chilling Tiger by Casey "Remrov" Vormer



Laurentian Personality Carolyn Doull - an angel to our seniors

Lori Leonard – Main Street

Some people work up front, whilst others work humbly behind the scenes, yet they truly make a difference. Such is the case with Carolyn Doull who works with seniors at the Glen Apartments in Morin Heights.

Carolyn has lived at “The Glen” for approximately 10 years. Prior to living there, she spent her summer months for 35 years in Newygo, Wentworth-Nord.

Carolyn has been involved with seniors at Glen Apartments since she moved into the building (15, rue Glen, Morin Heights). She is a Director on the Board for the apartments and serves as Tenant Liaison in an effort to foster communication with the seniors. Carolyn also heads the Gardening Committee who is in their fifth year of beautifying the landscape surrounding the building.

Carolyn works hand-in-hand with the Tenants' Association to organize social events, exciting projects and, re-establishes important links to the community. She served as Tenant Representative for several years and really enjoyed working with the tenants.

Currently, there are 31 apartments with 32 tenants, including 9 men and 23 women! There are 7 Board members on this non-profit housing organization, which sets the policies and ensure that all runs smoothly. The Glen Apartments are financed by rents, grants, subsidies, donations and other sources of revenue.

To move into the Glen Apartments the criteria is: a person must be autonomous and 55+ years of age. Preference is given to people of modest income and there is a non-smoking policy.

Carolyn says “It’s not always easy to motivate the seniors in the building; some still work or have busy, independent lives, while others choose not to be involved.”

Carolyn has also helped organize several events and activities including: weekly Happy Hours, Christmas dinners and Christmas tree-trimming parties accompanied by the Shawbridge Choir. During covid, people from the building teamed up with Superfolk who provided music and a video. The MHES students dropped by to trim an outdoor tree with edible decorations for local birds and animals and chanted Christmas carols. To reciprocate, tenants watered the students' garden at MHES while they were on holidays last summer. The Superfolk group also drops by in spring to plant flowers and sing for the seniors. The seniors also joined “The Purse Project” initiated by Jennifer Turcotte and partnered with Lori Leonard. They donated many purses, which were given to 3 local women’s shelters. The Glen Apartments have a library that also features lots of puzzles and games. Last summer the tenants built their own horseshoe pit, which became a favourite pastime.

Carolyn helped organize an end-of-summer outdoor celebration with games, food and music, which greatly pleased the tenants after so many months of isolation. She partnered with a new board member, Susan Heid, to collect 20 bags of clothing to donate to Ukraine.

In the past, tenants had a much stronger link with the community, which they would like to see renewed as they welcome community involvement.

The public can become members of the corporation with voting rights at all general meetings. Subject to approval, people can fill out an application that is available at the building's office.

Carolyn says “It is a gift to have this peaceful, very affordable space, which is 5 minutes from all conveniences and set in verdant surroundings with deer strolling by our patios.”

Thank you Carolyn for ensuring that the seniors at “The Glen” have a much happier, healthier lifestyle because of you.



In the Anglosphere ECOL, Providing Lanaudière Anglophones with English services and support

Kathleen Hugessen
Penny Rose

Lanaudière is the region tucked between La Mauricie to the north and east, Les Laurentides to the west, and the St. Lawrence River to the south. It is home to more than half a million people: about 15,000 are English speakers.

Clearly, getting services and programs to such a small portion of the general population offers some challenges. Enter the English Community Organization of Lanaudière (ECOL), whose mission statement begins with: “To serve and promote the well-being of members of the English-speaking community of the Lanaudière region.”

Mathieu Desbiens, Executive Director of ECOL, says the organization, based in Rawdon, received its letters patent as a non-profit in September 2012 and hired its first employee in 2014. He says the work of disseminating support and programs is simplified by the fact that most English speakers in Lanaudière live in three principal “pockets”: Rawdon, Mascouche and Terrebonne.

ECOL achieves its goals in “partnership with community and public sector service providers,” which, Desbiens says, are often carrying out similar programs in the French milieu. He says major contributors are the Secrétariat aux relations avec les québécois d’expression anglaise and the Community Health and Social Service Network (CHSSN) administers federal funding.

Healthy Early Years (HEY) is an initiative supported by CHSSN and is designed to offer programs to improve the health and development of children (0-6 years) and their families. Desbiens says the offerings change every year. Activities may focus on relationships with parents or with preventing separation.

ECOL’s Wellness Centres in Rawdon and Mascouche serve local seniors in an effort to reduce isolation and promote self-care. Desbiens says, “The importance of mental health, heart health and understanding medication uses and abuses are part of the work. Also, exercise such as yoga, walking, flexibility and outings. Game nights have been popular.” He says, “Mental health involves spoken therapy. If you can’t be served in your own language, that’s a problem.” ECOL works to translate public service documents such as flyers and pamphlets originally only available in French.

ECOL also presented a series of Musical Zooms with Rob Lutes, two of which were sponsored by SuperFolk Festival.

The organization has a YouTube channel featuring not only videos about exercise and health, but also about heritage and culture. “We made a short documentary about a mansion built in the 18th century,” Desbiens says. It changed hands from French to English and back again many times until, sadly, it had eventually to be demolished.

As Desbiens says, “To promote well-being is so broad, you can do whatever you like!” Then he adds, “English people own this place as much as anyone else. English or French, you belong here.”

For further information about ECOL and its offerings, go to its website at <https://www.ecol-lanaudiere.org/> or visit its YouTube channel at https://www.youtube.com/channel/UC_YnhHgY3ED93_NGJbev8qg. ECOL also has accounts on Facebook and Twitter. Mathieu Desbiens can be reached at 514-444-5379, or by email at ecollanaudiere@hotmail.com



Join the Theatre Morin Heights Team

Planning is already underway for Theatre Morin Heights’ next big show that will take place from October 19 to 23, 2022. If you would like to be involved on stage or behind the scenes, please contact us. There are many ways that you can volunteer or become part of our thriving local English community theatre troupe – just let us know.

Last year, we were excited to introduce video into our communications mix. We filmed promo videos and recorded our very successful production of the play **Now and Then** by Sean Grennan that was performed last fall to sold out crowds using equipment borrowed from FADOQ. A free viewing of this recording will take place on June 2, from 5 pm to 7 pm, at the Chalet Bellevue in Morin Heights.

The technical limitations we experienced in the production of the video were educational and we are now taking this one step further. After recently receiving a generous municipal grant, Theatre Morin Heights is in the process of acquiring the much-needed equipment to enhance our future multi-media capabilities.

We extend our heartfelt thanks to all of our patrons, members, sponsors, the municipality of Morin Heights, FADOQ and our devoted team of volunteers for their continued support.

For more information on how to get involved or about the free screening June 2, call 579-765-3999, email theatremoringheights@gmail.com or visit our website at theatremorinheights.ca.

Initiation To Bridge

Bellevue Chalet, 27 Bellevue Street,
in Morin Heights.
Mondays: 10 am -11:30 am
FREE Lessons start on June 13 and
ends on August 1.
A minimum of 8 players is required.
Information:
chaletbellevue@morinheights.com
Tel: 450-226-3232 ext. 132







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Arundel News

Janet Thomas

SPRING CLEAN UP IN ARUNDEL

May 14
C'mon! Snap on your gloves, grab a bag, and hit the streets! Clean the roadsides near your home, or, choose a road that is less populated. If you find items that are too large to put in a garbage bag, or if your bag gets too heavy to carry home, you can call Arundel Town Hall at 819-687-3390 to let them know the location and they will pick it up. Post your "garbage" photos on Loisirs Arundel Facebook page for a chance to win a Serres Arundel gift card (random draw). Together we will make our village shine.

ARUNDEL GARDEN SWAP AND SHOP

May 21: 10 am – 2 pm
Arundel United Church, 17 rue du Village
Seeds, seedlings, herbs, flowers, shrubs and garden paraphernalia are available for purchase in time to plant your garden. Do you have too much of something? Bring it to our swap table and trade it for something you desire - free. Agri-producers will also be selling their wares: breads and pastries, eggs, cheese and meats, jams, jellies and condiments, coffee and lemonade. Come for a taste of the season and go home with what you need for your own garden. For more information and to participate, contact Janet Thomas: janet.thomas700@gmail.com

JOYFUL NOISE CHOIR WILL SING IN ARUNDEL

June 5: 3 pm
Arundel Cultural Centre, 17 rue du Village (Arundel United Church)
Enjoy an uplifting choral celebration of the arrival of summer and the opening of our Cultural Centre. The Joyful Noise Choir is widely recognized for its upbeat "soft rock" harmonies that get your heart singing and your toes tapping. Admission is free, no tickets needed. Donations to the new Arundel Cultural Centre are gratefully appreciated. For more concert information, contact Penny Rose at pennyrose@jenanson.com or Janet Thomas at janet.thomas700@gmail.com

ALBeRo MEMBERSHIP AND WATER TESTING

The Association is once again offering different types of certified water tests proposed by the accredited laboratory H2Lab, including fecal coliform (FC) and water potability tests at a 15% discount (<https://boutique.h2lab.ca/collections>). On your membership form, please identify the test(s) you wish and pay the cost along with your membership fee. Please note that a negative or low CF test does not certify that the water is safe to drink. You will be notified in early summer when the bottles for the tests will be available. For more information and to become a member, please visit our website www.beavenrond.ca or email associationbeavenrond@gmail.com

FREE AND MANDATORY BOAT WASHING

Fishing season is upon us. Please take precautions to protect our lakes from invasive species, including Eurasian Milfoil. Before launching, please wash your boat, motor and fish tanks thoroughly. Boat washing is mandatory and free at the Arundel Municipal Garage, access at 60 Rte. Morrison, (Highway 327).



About Sainte-Adèle

Chris Lance - Main Street

The Quebec government has set aside 2.1 million dollars for a 20-unit building for the physically handicapped in Sainte-Adèle. The project is called VIV'en Logis in Sainte-Adèle. According to Mayor Lalonde, a plot of land near the church in Sainte-Adèle will be the site and, construction should start in spring 2023.

Le Mouvement Desjardins has committed 1 million dollars over 10 years to help offset part of the costs to run Le Centre Sportif des Pays dans Haut, near the high school Augustin-Norbert-Morin. The Center is hoping to have the indoor pool open this summer.

With the arrival of spring, Canada's nature conservatory has suggested that we leave wild life alone. Coyotes have been seen in the area, so if you see one, you might want to retreat back on the same path as you came. Keep your dogs leashed so they don't go after the wild life. Do not touch or feed wild animals. And, if one is aggressive, which is rare and continues to approach you, take an imposing presence, make lots of noise, lift your arms and talk loudly. If the animal continues to approach, throw rocks and wood in its direction.

On March 30, Le Café des Bon Vivants opened, which is located on the corner of rues Valiquette, Belec and Gagne. Sophie Landry, Marc Hervieux and his daughter, Loiane Hervieux, have been working on this project. Wishing much success in Sainte-Adèle.

Barber, golfer, weight lifter Jacques Lessard died on March 9. His Dad was a barber, and Jacques and his brother had operated their barber shop for years in Sainte-Adèle. Jacques died at 88 years of age and had been part of our community for years. Condolences to the family. Jacques' smiling face will be missed.

As I write this column from Florida at 30C, under a clear blue sky and, most importantly no pot holes wrecking my tires, I wear sandals instead of snow or rain boots. I know it's a rainy April up north. It's nice not to worry about lousy weather, pot holes, covid, the flu and the up coming election.

Enjoy the spring and hopefully the weather will turn and be nice and warm for my return in early May.



Essential Oils

Beat the bugs

Sue Rich



While I couldn't be happier that we are finally heading into the warm months, this season also brings with it the dreaded biting insects. Many of us suffer

terribly as the bugs just seem to love us more than others. I am one of those people. My friends used to love it when I was with them outdoors, because chances are they would be left alone, while I got devoured. That was until I discovered how effective essential oils are against bugs, not to mention that I am not slathering my body with toxic chemicals.

I make my own bug spray that works just as well as any other bug spray I've used in the past. The only thing is I need to re apply more frequently but that's okay because it smells great and puts a smile on my face. The following recipe calls for a spray bottle, however I actually use a "continuous mister bottle" that you can get from amazon.

Insect Repellent Recipe

- 40 drops lemon eucalyptus
- 40 drops of lemongrass (citronella)
- 20 drops of lavender
- 20 drops peppermint
- 20 drops cedar wood
- 20 drops arborvitae
- 20 drops geranium
- 1/2 oz. carrier oil such as fractionate coconut oil

Fill an 8 oz. spray bottle with distilled water. Shake and spray when necessary

P.S. I use this on my dog as well. I simply spray my hands and rub her down with it.

For your patio area you can set up a diffuser using any of the above oils or a combination of them. You could also have lavender and geranium plants nearby to deter the insects.

For those of us who hate spiders in the house make a simple spray of peppermint, some carrier oil and water and spray the perimeter of your home as well as door and window frames. Spiders hate peppermint. Remember to re apply often.

The trick to using essential oils is to re-apply frequently. These compounds are volatile and evaporate quickly. This is also why we use carrier oils (liquid coconut oil, olive oil, etc...), because the fatty oil will trap the essential oil and keep it from evaporating too quickly.

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





Support Plan Three Mont-Tremblant businesses awarded recovery grants

Sébastien Houle, owner of sEb L'artisanculinaire, Patrick Marcovecchio of Queues de castor and Joël Leclerc, owner of caterer Le Râtelier have each been granted a grant of \$20,000 from the City of Mont-Tremblant to support them in their recovery.

The eight grants awarded so far to as many Tremblant businesses have made it possible to create or maintain 76 jobs on the territory and generate more than \$600,000 in investments. sEb L'artisanculinaire will thus be able to acquire a new brand image and reorganize its establishment. Le Ratelier will acquire a truck and trailers in addition to deploying a human capital retention strategy. Queues de castor will diversify its menu and reorganize its premises as well as its kitchen to make it more efficient and productive.

With a budget of \$300,000, the Support Plan is made possible thanks to a partnership between the Economic Development Department of the City of Mont-Tremblant and the Economic Development Corporation (CDE) of the MRC des Laurentides. Financial assistance takes the form of a (non-refundable) grant, the amount of which cannot exceed 50% of the eligible expenses of the recovery project, up to a maximum of \$20,000. There is still time to submit your project! \$155,000 is still available to fund new projects. Hurry: the assistance program will end when the funds have been exhausted or no later than December 31, 2024.

For assistance or for any information on this program, contact the CDE at 819 681-3373 or visit villedemont-tremblant.qc.ca/plan-soutien

Nearly \$81,000 to support tourism projects

The MNA for Argenteuil, Ms. Agnès Grondin, on behalf of the Minister of Tourism and Minister responsible for the Lanaudière and Bas-Saint-Laurent regions, Ms. Caroline Proulx, announces the allocation of \$80,943 to support three tourism projects in the riding of Argenteuil. This support comes from component 3 of the 2020-2022 Regional Tourism Partnership Agreement (EPRT) as well as from Tourism Laurentians. On April 27, 2022, the Minister of Tourism and Minister responsible for the Lanaudière and Bas- Saint-Laurent, Mrs. Caroline Proulx, announced total support of \$13 million for tourism projects in Quebec under regional tourism partnership agreements.

Distribution of funds:

Chalet Spa Nature (Morin Heights): Acquisition of thermotherapy for each of the three chalets in Morin Heights: \$31,132.

Laurel Adventure Natue (Wentworth North) Expansion of the kennel, purchase of snowmobiles and construction of two bridges: \$31,132

TerraVie (Montcalm): Construction of a building serving as a kitchen and dining room for campers: \$18,679.

Director General Jackline Williams announces her departure

After a 31-year career in the municipal world, Jackline Williams will complete her term as Director General of the MRC des Pays-d'en-Haut in December 2022.

During the MRC Council meeting of April 12, the MRC Council initiated the process for the replacement of the Director General who wishes to retire on December 31, 2022. Jackline Williams says she leaves with a sense of accomplishment, proud to leave the MRC in order for the person who will succeed her.

Call for projects 2022 The MRC grants \$110,000 to improve living environments

Following the launch of the call for structuring projects and within the framework of the Regions and Ruralty Fund (FRR) – component 2, the MRC des Laurentides announces the granting of grants totaling \$110,000 to support the implementation of fifteen projects aimed at improving living environments on its territory.

Resulting from an agreement with the Ministry of Municipal Affairs and Housing, each year, the Council of Mayors of the MRC des Laurentides reserves an amount dedicated to this call for projects where organizations, municipalities and private companies can take advantage of financial support to carry out a project that achieves the objectives targeted by the intervention priorities. These priorities include, in particular, support for the social and cultural economy, improvement of the reception and management of businesses, support for traditional industries such as tourism, agri-food and forestry, as well as support for economic recovery in the context of the COVID-19 pandemic situation.

Fifteen projects selected

Following the announcement in November 2021, twenty-eight (28) eligible projects were submitted and analyzed by a selection committee, with the total amount of applications representing \$542,529. In addition to the intervention priorities, the projects also had to meet the principles of the Support Policy for Structuring Projects to Improve the Living Environments of the MRC des Laurentides Territory. Among these 28 proposals, fifteen eligible projects have been the subject of a favorable recommendation for the allocation of financial assistance by the Council of Mayors of the MRC Laurentides.

This call for projects is possible thanks to government contributions resulting from the Support for local and regional development skills of the MRCs of the Regions and Ruralty Fund (FRR part 2) of the Ministry of Municipal Affairs and Housing (MAMH).

We invite organizations to watch for the next call for projects, which will be announced next fall.

For more information, we invite you to visit the MRC des Laurentides website: <https://mrclaurentides.qc.ca/frr/>

Congratulations to:

Danny Chang who recently opened **Restaurant Luau St-Sauveur**, 50A rue Principale, St. Sauveur. The Chinese resto is located inside Le Versailles Hotel at 50, rue Principale. This is the new sister to Restaurant Luau, 146, rue Morin, Ste. Adèle and to their affiliated pastry shop, Luau Pâtisserie, 802 boul. Ste. Adèle, Ste. Adèle. The pastry shop offers Japanese cream puffs, Korean flower cupcakes, celebration cakes, Korean macarons and bubble tea. We are sure the new Luau resto in St. Sauveur offering a delicious array of specialty Chinese food will be a great hit! The resto offers delectable dumplings and dim sum, sushi, poke bowls, complete meals for one person or up to family-size portions. There is a 10% discount to pick up your order. Good luck Danny! 450 744-0829 / Facebook: Restaurant Luau and Luau patisserie / website: www.luau-stsauveur.com

Lucyne Farand who was recently presented with the prestigious **Prix Diamant Rouge 2021** award by **François Léger** and **Christian Bouvrette** at **Royal LePage Humania**. Wow, what an accomplishment Lucyne, you certainly deserve it. Lucyne had an outstanding year in real estate sales for 2021. She was very touched and thankful to be recognized in this manner. As Lucyne always says “It takes heart to sell” and she does have a great heart. If you wish to sell your home or purchase a new home, contact Lucyne at 514 952-6316 / lfarand@royallepage.ca

Father Ronald Labonté, well-known, well-loved **Curée of St. Sauveur Parish** who will take his retirement this coming summer after 55 years. Father Labonté is now 80 and after several years of providing valuable support to the community, he will take a little time to relax and enjoy himself. Throughout the years, Father Labonté presided at many births, christenings, weddings and deaths and, provided so many people with great inspiration. He was also known as The Traveling Priest as he worked in various Laurentian communities at many churches. He also officiated at the church in Morin Heights for 30 years. Father Labonté estimated that annually he celebrated 100 births, 20 marriages and 60 deaths, although these numbers were less during covid. We wish you much luck Father Labonté. You have helped and provided support to so many of us over the years, now it is time to look after you! Enjoy your travels!

People on the move:

Have you wondered what well-known couple **Denis and Denise Parent** are up to after retiring from their two local ski equipment stores? Denise is a double-bass player and performs with the **Philharmonica Mundi Orchestra of Montreal** and also with Cordicelli Orchestra, Ste. Thérèse.

Denise will perform at Centre Claude Champagne in Montreal on June 5. Denis is keeping busy by managing his two buildings: **Sports Denis Parent** on ch. Lac Millette, St. Sauveur and his other building in Morin Heights, which houses **La Fouillerie and caterers, Cumin & Paprika**. As well, Denis is one of the many owners of the **dépanneur at Lac des Seize Iles**. Bravo Denis and Denise!

If you are 50+ and like to remain active athletically or culturally, become a member of **FADOQ**. This organization opens the door to many physical or cultural activities such as computer training, workshops, sports, competitive sports and so much more. It is also an ideal way to meet new friends, socialize and to become involved in your community as a volunteer or to meet others. For those who prefer to stay home, they offer a wide range of virtual lectures, shows and workshops. Many activities are free. Check it out at FADOQ.com

Did you know that:

If you need excellent financial assistance or information regarding your business loans, equipment financing, business mortgages, accounts receivable financing, merchant cash advances or credit card processing, you can call **Chris Service** at **Service Capital** at 1 877-386-3664? He will have all the right answers for you. Chris lives in Ste. Anne des Lacs, which makes it convenient to meet with him up here, rather than having to drive to Montreal. Chris will ensure that your financial needs are met and that you are well looked after! For more info, check out servicecapital.ca / Facebook/Instagram links are on website info@servicecapital.ca / chris@servicecapital.ca



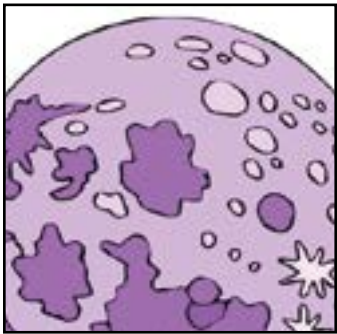
Cancer Support Group Meeting: May 21 You have a story to tell

One of the best ways to know and understand the events of our lives and their impact is by using a centuries-old, uniquely human and, innate skill that we all have: storytelling. This process allows one to organize and remember events in a coherent fashion while integrating thoughts and feelings. Once an experience has structure and meaning, it would follow that the emotional effects of that experience are more manageable.

At the next meeting of Laurentian Region Cancer Support Group set for May 21 at 1 pm, Jill Grumbache, Founder Holistic Journaling, will lead the group through a series of techniques and exercises to demonstrate why it's healthy and therapeutic to tell your story through journaling. The meeting will take place 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.





Zach Factor

The Polymath of the Year

Lys Chisholm & Marcus Nerenberg - Main Street

A polymath is a person of encyclopedic learning. Hypatia of Alexandria (400AD) was a mathematician, astronomer and, a philosopher; Jagadish Chandra Bose (1858-1937) was a prolific Indian sci-fi writer but also made famous advances in physics, biology, and botany. Shen Quo was an 11th century Chinese military commander who retired to write significant contributions on 30 different subjects from botany to fashion to UFO's. Others are the likes of Leonardo Da Vinci to recent polymaths like Judy Chicago (1939-), but this year's award goes to the last true Renaissance man, who loved this world with a passion and, who saw all its splendor and horror as part of the Divine Hand of God- the great Athanasius Kircher.

Kircher, a Jesuit, was a linguist, archaeologist, astrologer, inventor and exceptional scholar. He lived in 17th century Rome and was deeply involved with a variety of studies from music to magnetics to Egyptology. He was truly the first to explore the study of light and refraction. He was a middle-aged man when the plague came to Rome in 1656. As plague killed thousands, the cause was believed to be a celestial event and bad air. People scrubbed their homes and used essential oils while the rich left the city if they could. The ill were taken to quarantine "lazarettos" to isolate and die. Soon, schools, courts, markets and businesses were closed. Whole districts were fenced-in; quarantine violators were jailed and sometimes executed. Kircher was confined to his center of learning called the Collegio Romano. During the lockdown, Kircher wrote volumes on many subjects, but his main interest was in the study of lenses and optics, which he had been investigating years before the epidemic. He had already authored a tome called The Great Art of Light and Shadow. He wrote guides to building sundials, how to project images and how to use the smicroscopus, a primitive microscope.

Kircher used his compound lens scope to describe mites as " hairy bears". He found minuscule creatures in cheese, vinegar and milk. It was this curiosity, found under his early lenses, that led Kircher to research another work, The Examination of the Plague, published in 1658.

Kircher found masses of "little worms" in the samples he examined. Today, we know these as bacterium. He designed a series of experiments with specific intent for others to copy. This 'methodology to replicate' were the critical first steps in experimental replication, a mandatory principal of the scientific method today.

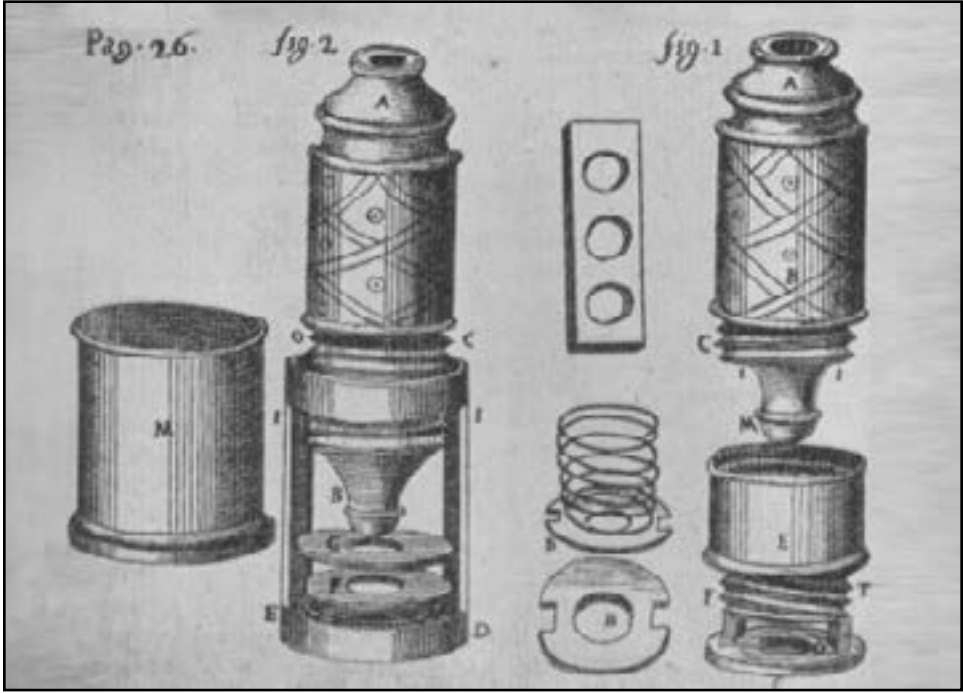
Kircher used meat and left it exposed to the night air. Under his lenses he could see a multiplicity of little worms of different sizes, normally invisible. Kircher successfully assumed that the plague operated in the same way. He examined the blood of the affected under his scope and was stunned to see it swarming with these invisible little worms.

Kircher developed multiple theories as to how the illness spread but his work was soon debunked by the Medici physician, Franceso Redi. Redi was a man of a different time and the first of a new generation born to the Age of Reason. He was not tied to the church and was part of the wave that would soon divorce their thinking from the limitations of religious dogma. He took to replicating Kircher's experiments and created containers for four tests, the first ever documented controlled experiment. Redi put snake meat, fish, eel meat and a slice of veal in 4 separate flasks. He sealed the tops. He then created four more, the same, and left them open. Maggots appeared on the flesh of the open containers but not in the closed. Kircher had not thought to do this simple step.

Kircher's works were relegated into the era of Renaissance pre-scientific spiritual gobbledygook, somehow missing the serious recognition he is due. Kircher approached the world with a forgotten innocence and appreciation that he openly shared. The misery brought by the plague was to him a spiritual task on the pathway to enlightenment. He was the first to propose a pandemic as a living observable thing. Now, science is merging with spirit as we explore multi-dimensional realities. Like the microscope, we are developing instruments that can perceive hitherto 'invisible' realms.

Over the next three centuries, Kircher's foray into working with multiple lenses would open the way to a great deal of scientific experimentation using the microscope. For this extraordinary forgotten gift, we declare Athanasius Kircher the Polymath of 2022.

More information on Kircher can be found in the essay by John Glassie here at <https://publicdomainreview.org/essay/athanasius-kircher-study-of-the-plague>



The Compound microscope by Anathasius Kircher from "Notes on the Early History of Microscopy" by CHARLES SINGER, M.D.



Joseph Graham - Main Street
joseph@ballyhoo.ca

Interest in our heritage properties is growing in Ste. Agathe. Sir Mortimer Davis's marvelous country estate, the imposing Chateau Belvoir, has been acquired by a modern benefactor, Louis Lespérance and the Poissant-Lespérance family. This same family also acquired Manoir Maplewood in Waterloo in the Eastern Townships, a stunningly beautiful home built by A. B. Foster in 1865. Both of these properties offer a destination for events, weddings, corporate and more. Their websites, featuring the histories of the buildings, can be visited easily through the links manoirmaplewood.com and manoirdavis.com.

As you drive along Chemin Lac des Sables, go past the entry to Stonehaven, the fully renovated and repurposed country home built by D. Lorne McGibbon, and a short distance later you will notice a little road leaving Chemin Lac des Sables, turning up a hill, away from the lake, called Rue Sir Mortimer B. Davis. Both Davis and McGibbon were major benefactors in Ste. Agathe, having each created and financed one of the two major tuberculosis treatment hospitals in the first quarter of the 20th century. Both built magnificent country homes, Great Houses, on either side of the subtler country home that Lord Shaughnessy built for himself. In those times, Ste. Agathe was a destination where the very wealthy maintained country getaways. The trend, started by Octavien Rolland of Rolland Paper, included Senator Donat Raymond, hotelier and owner of the Montreal Canadiens, Alfred Baumgarten, founder of St. Lawrence Sugar, and many others.

Mortimer Davis was born in Montreal and attended Montreal High School. After he graduated, he went to work for his father in the family business, S. Davis & Sons, Cigars. He was the third of seven children in a modern Jewish family and these influences encouraged him to make a difference in the world. By twenty-one, he had some significant success experimenting with growing tobacco and is credited with having established commercial cultivation of tobacco in Canada. He also headed Ritchie Cigarettes, negotiating with the Imperial Tobacco Company of England to create the Imperial Tobacco Company of Canada. He was offered directorships in many companies and his influence grew, but he never lost sight of his roots. Following the example of his parents, he gave to many charities, including Notre Dame, Montreal General and Mount Sinai hospitals. Although he was not a religious man, he remained a member of Temple Emanu-El, which his father had helped found, and he gave generously to other charities in the Jewish community, becoming its largest single donor.

In 1898, he married Henrietta Meyer of San Francisco, and among his closest friends was another American, Thomas George Shaughnessy. Lord Shaughnessy, whose name is associated with CP Rail, did not grow up in the Montreal English establishment, but in the more modern, at that time, civil tradition of the United States. He is rumoured to have quit a prestigious private club upon learning that it had refused membership to Davis on ethnic grounds. Shaughnessy encouraged Davis to buy the property next door to him in Ste. Agathe.

Davis built Château Belvoir around 1909, about the same time that Davis discovered that one of his benevolent investments was not working out as planned. He had put money forward on a loan basis, most likely interest-free, to help Eastern European Jewish immigrants and refugees establish themselves here. One group had secured a loan and created a commune, also in Ste. Agathe. This group sought to make a community based on Eastern European communist ideals. The original farmer, Calixte Laframboise, was only too happy to sell the place. Once the trees had been removed, the thin soil and the short season proved challenging to support a family, let alone a community. When the last commune member left, Davis was obliged to take over the title. This was the furthest thing from his desires, and so he immediately turned it over to a doctor, probably Dr. R.C. Paterson, who began receiving tuberculosis patients. By 1912, Davis and a few other businessmen had supplied the doctor with a new building on the site, and they called it Mount Sinai Hospital, the first Jewish-community funded public hospital in the Montreal sphere of influence.

When war broke out a year later, Davis set about financing a Jewish battalion to fight for the British. It was for this action that he received a knighthood, but over the next ten years he would finance Jewish religious schools, donate a fully equipped new building to the YM-YWHA, remain a major contributor to two Montreal hospitals, as well as Mount Sinai, and endow a law chair at Laval University. He maintained an active role on many boards and of course guided the growth of the Imperial Tobacco Company of Canada.

Sir Mortimer Davis had one dream left to fulfill, and that was to see to the creation of a major Jewish-community hospital in Montreal, one that would facilitate internship for Jewish medical graduates, and would carry Davis's name. He felt that his whole estate could not cover the cost. That is why he stipulated in his will that 75% of his estate go to the creation of such a hospital fifty years after his death. While his will also provided large donations to both the Montreal General and the Notre Dame hospitals, Davis believed that it could take 50 years for his estate to grow large enough to build the whole, new Jewish community hospital.

This was not to be. A Jewish hospital was built before the fifty years was up, but upon that anniversary, negotiations were made to donate the balance of his estate to the Jewish General Hospital which agreed to commemorate him by adding his name to the hospital's.

Joseph Graham is the author of Naming the Laurentians and Insatiable Hunger. See more at ballyhoo.ca



Garden Talk

Give houseplants a summer holiday

June Angus - Main Street

Most houseplants will delight in taking a vacation outdoors over the late spring and summer months – after all, that’s their natural habitat. And, just like for us, the extra light and fresh air can work wonders.

Moving some of your houseplants outside also provides a quick and easy way to transform balconies, decks and patios into a veritable oasis of greenery with little or no added expense to your annual gardening budget.

In our climate, the plant migration to the great outdoors can take place anywhere from late-May to mid-June. You’ll know the time is right when nighttime temperatures no longer dip below 10°C. The next step is to allow houseplants to acclimatize to being outside. This period of “hardening off” is the same process used when transitioning new seedlings to being outside.

Start by exposing houseplants to a few hours in the shade every day. Then bring them in at night. Over the next 7 to 10 days gradually increase the time plants spend outdoors. Bear in mind that even sun-loving houseplants need to start out in the shade. If plants are exposed to too much sun too quickly, white or brown patches may appear on leaves as a sure sign of sun scorching.

Once the hardening off period is finished, plants can stay out all day and night. While many tropicals will be happy to soak up at least 6 hours of sun a day, plants that prefer indirect light should avoid direct sun after 10 am.

How often houseplants need watering outdoors depends on a variety of factors. High temperatures, light levels and wind will cause plants to use water faster. Slightly cooler temperatures may mean less watering. When plants are exposed to gentle rain, this will impact their watering needs too. Avoid overly saturated soil by monitoring and eliminating water that collects in closed containers or in pots with overflowing saucers. Soil that is too wet can cause root rot.

Summertime’s warmer temperatures and brighter light can also trigger faster growth. This is another factor that can affect the frequency of watering and fertilizing. Since outdoor watering schedules can vary from daily to once a week, the key is to monitor the moisture in the soil and then adjust the watering timetable accordingly.

If larger houseplants are growing in lightweight pots, place them inside larger and heavier containers to prevent them from easily toppling over. When growing against a deck railing or wall, large plants can also be secured by twine or clips for added support and to prevent damage from sudden wind gusts or storms. If severe weather is forecast, consider temporarily moving your houseplants to a more sheltered location.

When do you bring your houseplants back indoors? The short answer is before the first frost hits. Since that can be any time from late August to mid September, just keep your eye on weather forecasts. However, when nighttime temperatures consistently dip below 10°C, don’t delay. Start the transition by bringing them in at night and putting them back out during the day. Don’t panic if your plants are exposed to a light frost. While it might cause some damage to foliage, it won’t likely kill the plant.

Once back indoors, check leaves and stems to make sure that no pests have hitched a ride. Isolate plants that have newly returned from their outdoor summer vacation from your other houseplants. This quarantine period should last for a couple of weeks. If problems with pests pop up, it’s easier to deal with on a limited number of plants without infecting your whole collection.

At this point, we’re all counting the days till there is no more risk of frost. That’s a sure sign spring is here and no longer teasing us as it did with those random snowstorms in April.

Can’t wait until we can get down and dirty in our gardens once again!



Word Play

What’s in a word: Fold

Louise Bloom - louisebloom@me.com

In the world that makes up my art practice, I am investigating the book ,“The Art of the Fold”, to generate a project for artists, which relies on the ‘fold’. The book I refer to is a foundation manual for the study and practice of folding paper into various book forms and, includes some wild origami-based items as well. Written by artists Ulla Warchol, and her mother, Hedi Kyle, this book is a friendly companion to this kind of endeavor.

When working in the studio, I often work from a theme, from which erupts the idea ... the idea that generates the image and the appropriate choice of materials, the actual manifestation and production that becomes the art.

More recently I am moved towards creating three-dimensional objects that express the idea through form. This suggests a sculptural structure and, as a print-maker, I naturally lean towards the use of paper and printed image as my primary building blocks.

This project asks the artist to approach the materials and the possibilities alive in those materials, the paper and the fold, the manipulation of which will spawn ideas yet unknown. And perhaps the theme, or idea will reveal itself to the art maker in the folds he/she creates. I imagine that a theme will emerge, enfolded in the paper.

I thought to share the many meanings that are attributed to the word FOLD, as I seek to trigger my own imagination.

We fold for neatness: clothing, linens, towels, all kinds of laundry and sometimes newspaper, plastic, and tarpaulins. We also fold for size reduction, another way of controlling our environment.

We fold things away, as to hide, to dismiss, to store, or make intimate or secret. In school days, we fold paper notes to pass to one another, to avoid prying eyes.

Nature folds and unfolds. The butterfly folds its wings during periods of rest, and winged creatures fold and unfold as they move through the air, generating extraordinary energy.

Geology folds the earth as the Tectonic plates move together and eventually display a fold in the landscape.

As for a reference to humans, we might say, “He folded” and it means that he has submitted or retreated or given up in the current situation.

In the yoga practice we are often instructed in English to “fold forward”, meaning to fold the body in half, so that all the limbs are reaching for the ground, a posture that always affords grounding, and here infers submission, in another sense.

When cooking, we are sometimes instructed to fold the ingredients into one another, a direction that is different from mixing, and one that intimidates me, as I am never certain when things are folded, as they should be.

As well, The Fold in English is an ancient reference to a community, the origin of which is the word ‘falod’, meaning a staked-off pasture area. The settlers of the area were probably herders of domesticated animals such as sheep, cattle, and pigs, rather than arable farmers.

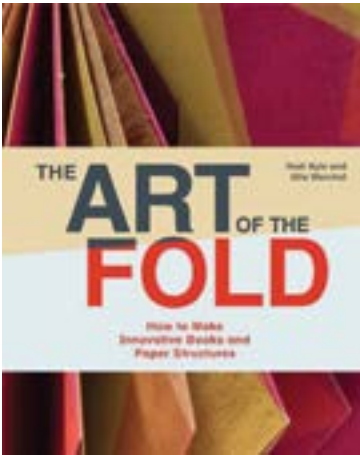
We still, in English, use the expression ‘return to the fold’, meaning, coming home, back to the community.

The fold, therefore, represents a place of origin, and perhaps place of comfort and safety, where we are lovingly enfolded.

The simple structure of this newspaper relies on the fold for its structure; it’s bearing, its exchange of intelligence, its commitment to its advertisers and its reader community.

And may I say, long live the fold!

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.



Morin Heights Historical Association

5th Annual Heritage Awards Dinner
Saturday, May 28, 2022
Cocktails at 6pm – Dinner at 7pm
Chalet Bellevue
Tickets \$50.00 per person
Reservations: mhha98@hotmail.com

Annual General Meeting
Sunday, June 5, 1:30 pm
Chalet Bellevue

This event is for members only. If you would like to join and attend, you can review our website: <https://morin-heightshistory.org/> and join on-line or, if you prefer, at the door before the meeting

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Get organized

Ensure loved ones can find your important information in case of an emergency

No one likes to think about it, but if something happened to you, would someone else be able to find your important documents? If you’re injured – or worse – you’ll want a family member or an executor to be able to locate your financial and personal information, such as estate paperwork or health information, quickly and with the least amount of hassle possible.

Being prepared can help avoid potential delays or confusion during stressful times. Having important paperwork in order simplifies things for your loved ones or your executor, and can help ensure that nothing gets overlooked.

The best part is that it doesn’t take much work to organize your documents. Simply creating special binders or folders and keeping it in a safe place will do the trick. You just have to make sure you tell your loved ones or your executor where they can find it.

Here’s a list of information you might want to include.



Personal information (each member of your household)

- Full legal name and birth date
- Health card number
- Driver’s licence and passport numbers
- Blood type
- Medications
- Allergies
- Health care provider contact information
- Other important contacts (daycare, school, specialist, in case of emergency, etc.)



Legal documents

- Will
- Powers of attorney (including directions on how to manage your financial, health care and end of life decisions)
- Trusts
- Birth certificate
- Marriage certificate
- Divorce certificate



Banking information

- Mortgage(s)
- Lines of credit
- Loans
- Credit cards
- Safety deposit box number and key



Investment account information

- Non-registered accounts
- Registered Retirement Savings Plans (RRSPs)
- Registered retirement Income Funds (RRIFs)
- Tax-Free Savings Accounts (TFSA)
- Registered Education Savings Plans (RESPs)
- Pension accounts



Insurance policy contracts

- Life insurance
- Disability insurance
- Critical illness insurance
- Long-term care insurance
- Health and dental insurance
- Home and auto insurance



Additional information

- Notices of assessment for recent tax years
- Business documents if you own or co-own a business
- Real estate deeds
- List of jewellery, art, collectibles and other valuables
- List of digital assets (social media accounts, data or digital files, websites, subscriptions, etc.) *consider providing passwords to a trusted individual and/or executor



Contact information

- Advisor
- Accountant
- Lawyer
- Executor / Power of Attorney



Storing your documents

Once you’ve organized your information, you’ll want to keep it in a safe place. Consider the following:

- Safety deposit box (accessible by a joint owner or executor)
- Filing cabinet
- Home safe

Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.
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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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Real Wine for Real People

The pandemic of Phylloxera – part 2

April Sirois – Sommelier - ISG

Throughout the 19th century people transported large numbers of plants, including wine vines, from America to Europe and, because the aphid is less than one millimetre long and barely perceptible to the human eye, they made the ocean voyage, virtually unnoticed. In Europe, they attacked the roots of wine vines, spreading from one vine to another along the ground through cracks in the soil. They were also carried long distances by wind, farm machinery, animals, and on human feet. All affected plants became stunted, failed to thrive and eventually died.



This louse spread first to the Languedoc region, then other parts of France and Europe. By the end of the century, most of Europe and North Africa had been affected. It is estimated that almost half of all vineyards in France were affected. Many wine regions went into decline, unable to recover. Others lost valuable plants and changed to a more productive, lower quality grape variety.

At first, many refused to accept that this small parasite was responsible for the damage. It took a French government inquiry, in 1869, to determine that it was indeed the culpable pest. The hunt for a cure took longer than it should have, due to professional jealousies between the French and American researchers. Possible cures included flooding vineyards with water (effective and still practised in Argentina, but rarely practical) or spraying with carbon disulphide (highly flammable and dangerous to the aphids, but also to people and plants).

Finally, in the 1880s, Thomas Munson, a Texan with a love for grapes and grape vines, discovered the only way to prevent infection was to graft resistant American rootstocks onto European vines, permitting European grapes to grow on a rootstock resistant to the Phylloxera aphid. Today, virtually every vine you see in a vineyard has been treated this way prior to planting.

Phylloxera aphid cannot survive in very sandy soils, so the great plains of Hungary and, Colares, in Portugal, are immune from attack. Chile, surrounded by the Andes Mountains on one side and The Pacific Ocean on the other, has remained free from Phylloxera and many other plant diseases as well. These are the only places left where, in order to plant a vine, a grower need only stick cuttings directly into the ground with no grafting necessary. South Australia, by observing strict controls and quarantine has so far remained free.

For a time, it seemed as if the dangers posed by Phylloxera had passed. However, several supposedly isolated regions such as Oregon and New Zealand have discovered, at great cost that no region is immune. The most expensive recent outbreak occurred in California in the 1980s.

Growers, advised by Davis University, planted many vineyards in California with the AxR1 rootstock, despite warnings from European viticulturists that it did not have sufficient resistance to Phylloxera. The error was to cost dearly; 50,000 acres of vines were destroyed. It is estimated the cost to the industry was nearly \$6 billion.

So, that is the story about how an American vine aphid almost wiped out the entire European wine industry and how an American Viticulturist saved it.

~ Cheers



I'm Just Saying

A few observations of our 'burbs'

Ron Golfman - Main Street

I have been on my often-promoted walks through Morin Heights and Saint-Sauveur over the last month, whenever the schizoid weather permitted. I noticed the old adage that some things change and, some just don't. For example, in Saint-Sauveur, aside from the 'right out of the Godfather film sequence of restaurant after restaurant burning to the ground', they seem to have added the burning of real estate buildings at an accelerated pace as well. Fortunately, these eyesores have started to be rebuilt in earnest.

While I will always miss the bygone Steak and Frites restaurant, replete with personal memories, I am delighted to have the new and larger Amir restaurant sprout up rather quickly. The tragic burning of the Remax building in the center of town is finally being resurrected after spending the winter as an embarrassment, in the middle of the main street, surrounded by quaint shops. The new one will be welcome for aesthetic purposes aside from the offered service.

The big park in the centre of town has been terrific all winter and appreciated as much as it is during the summer months. Aside from being the only refuge to have a public facility if one needs to go, the reminder of closed restaurants or being denied access due to the pandemic is solved in this one bright fell swoop. I have always had a soft spot for this park where one can watch life go by from a comfortable bench.

As for Morin Heights... the reconstruction of Watchorn, with wide sidewalks, is most welcomed. The new and classic lighting is simply charming, but is a misstep in not continuing them down the hill, past Basler Park and to the corner of Sunset Hill. I am displeased and concerned that our government won't fight hard enough to change the speed coming into town from Montfort (on the 364) to 50 km. I, as did my late great friend Arnie Hodge, continue to push for that to happen.

I am a big proponent of safety and while this theme appears to be in the right direction, the number of new stop signs in town are so over-done that it makes one wonder if the roads and highways department isn't in cahoots with the companies who sell brake pads. There should be, and I'm Just Saying, a sign noting the speed and, a recommendation to take Graval pills for the ride.

While I have already praised Basler Park and Molson Park in previous articles, I believe there is merit in acknowledging how beautiful the landscaping and flower arrays are in both towns. It's a fun exercise, pardon the pun, to go strolling in both towns, making observations that help to remind us of the abundant charm found in the places we call home.

So, get out there and enjoy; May is the perfect month to do so.





Making it Work in the Laurentians

Social media content strategy for artists

Maya Khamala

Social media can be a powerful marketing tool for artists. It provides a platform on which to share your art with the world, connect with and be inspired by other artists and, expose your work to a widespread audience of potential buyers and curators.

Of course, social media has never been more crowded. To set you apart, cultivating an engaged audience is crucial. The trick: posting the right (amazing, original) content for the right audience. This means understanding your audience and niche, what attracts them to your art, which social media channels they frequent and any other relevant information.

Even once you know all that, determining what, when, and how often to post is not always obvious.

Content ideas

- Content ideas can come from anywhere! Here's some inspiration to get you started.
- Share or promote your artwork
- Give a behind-the-scenes glimpse into your process
- Share a fun and accessible 'how-to' guide
- Offer simple art tips and tricks
- Create a list of dos and don'ts
- Recommend tools, books, podcasts or other resources
- Discuss common mistakes and how to avoid them

Content types

There may be one kind of post you prefer... Maybe you like to (re) share links with stories pertinent to your art form. But don't forget to switch it up. Basic content types include:

- *Text*: easy to produce, relatively low engagement
- *Images*: fairly easy to produce, high engagement
- *Video*: more challenging and costly to produce, very high engagement
- *Audio*: easy to produce, growing in popularity

The 4:1 approach

Once you know what type of content you want to post, you still need a plan.

Of the basic content types listed above, choose a "staple" - the type you'll use most often. Then, for every four "staples," publish one different type for variety's sake.

If you ever run out of ideas for content, try reflecting on the varied interests of your audience and then research the best keywords to describe them. Use helpful analytics tools like Google Trends, UberSuggest, BuzzSumo, or AnswerThePublic to gain insight into the use of specific or combination keywords.

Bring it all together

One last word of advice: whatever you do, don't neglect creating a social media calendar. It is the glue that holds everything together and helps you plan out your posts. Doing things this way will save you from scouring trending topics every day in search of new ideas.

Creating your calendar is easy. You can either use a simple spreadsheet or download one of the widely available templates online. You could also use an automation platform like Buffer, SocialPilot, CoSchedule, or HootSuite.

Bottom line: once you have an inspired content idea (or ten), a sense of what types of content you'd like to share and a social media calendar to keep you on schedule there's really nothing to stop you from meaningfully engaging your audience.

Ready to make waves? Talk to a YES business coach to learn how to create engaging content. More at yesmontreal.ca.

Supper dance to benefit FHA Lachute

The Argenteuil Hospital Foundation (FHA) is pleased to announce that an amount of \$2,654 was raised during the 1st Dinner Dance of the Knights of Columbus in Lachute, held on March 12. During this special evening, with a hundred participants, volunteers were present to offer their best. Thanks to them for their precious help! Special thanks to Raymond Carrière (Grand Knight) and Michel Joly (Family Director), our happy organizers! Finally, a big thank you to everyone who participated!



Photo: L-R: Raymond Carrière (Grand Knight of Chevaliers de Colomb of Lachute), Marie-Isabelle Poupart (Director General of the FHA), Michel Joly (family director of Chevaliers de Colomb of Lachute)

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Lachute United Church
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Community organizations - get your message out!

Andie Bennett

When I came to work at 4Korners it was a completely new environment for me. I enjoy new experiences and tried as quickly as possible to integrate into my new surroundings. But, there was one holdover from my broadcasting career that I could not shake. Everywhere I looked I saw amazing stories: amazing people, doing amazing things. The journalist in me could not stop wanting to see those stories told on the networks that thrive on community interaction.



At a public consultation with my executive director, I discovered one of the possible reasons why we do not see more of these stories on the air. A former TV colleague of mine was on site to file a story and, was tasked with the unenviable job of grabbing a few of what we in the biz call 'streeters' from community organizers in attendance. The reason this is such a dreaded task for reporters is that, among other things, the chance of rejection is high. It can be difficult to find a good person to interview, especially when you have a giant news camera in tow and, then persuade them to be recorded.

As we were commiserating over the rejection, he asked my boss if she would do a short interview. She said she was too nervous. Determined to help my former colleague and use this opportunity to get 4Korners in front of the supper hour news audience, I pulled her aside and gave her a VERY brief media training. She was still nervous, but she did great! We both had a light-bulb moment of how community organisations could benefit from some basic media training. A month later, we had a game plan and, some fresh new funding to develop a training program for community organisations.

For the next year, I pored over old notes from the trainings I attended while working at CBC and TSN. I also recruited some former colleagues to help with special chapters and videos. My favourite millennial journalist, Sarah Leavitt, brought her creativity and wit to the section on social media while Catherine Verdon-Diamond contributed a video specific to visible minorities navigating difficult questions from reporters. The program is designed to prepare and empower community organizations to respond to media requests as well as generate their own content and, to court mainstream media to cover their programs and activities.

Contact info@4korners.org if you work in a community organization and are interested in this media training.



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