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MUNICIPALITY OF THE MONTH: STE AGATHE, PAGE 16

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WHAT'S ON MY MIND...

Susan MacDonald, Editor

Community Initiates

While the following community initiative actually commenced several years ago in North-End Halifax, Nova Scotia, a recent episode of Dragon's Den, which aired on April 2, has brought this inspiring story, along with an update of its success, back into the public eye. Here's how to bring tears to even a dragon's eyes.

"If you change the way you look at things, the things you look at change." This is the motto of the 40 at-risk youths and their families who are collectively involved with **Hope Blooms**, a youth-led enterprise with its roots based in the soil of a community garden. In 2008, the city awarded a plot of land to Hope Blooms' founder, Jesse Jollymore, and thanks to her extraordinary efforts, as well as those of the other mentors of this group, the Hope Blooms Community Garden in Warrington Park began its transformation from an over-grown weed bed to a sustainable garden and successful enterprise.

For the next few years, the Hope Blooms' team tilled the soil, planted seeds and nurtured the plants. Then, in the community centre's kitchen, they transformed their herb and vegetable harvest into three varieties of organic salad dressings, which they brought to the local market and sold for \$7 a bottle. The venture was a success from the start; their week's worth of stock always sold out by noon and by the end of the 3-month growing season, they had sold over 2,000 bottles.

Being able to "give back" to the community was a major part of the initiative behind the garden and due to their incredible success the group has been able to do so in spades. Some of their community commitments have included:

Shared community meals: Once a month, the 40 members prepare and share a meal focused on a cultural theme celebrating the diverse culture of their community. This has encouraged social unity and helped to reduce social isolation among the various families within the community.

Baby food for new mothers: Youth members prepare and distribute fresh organic baby food to new mothers in the community.

Soup for seniors: Fresh soups are prepared and given to seniors to help provide them with healthy meals.

Free food bin: Each Hope Blooms' member donates the extra produce from their plot to the "free food bin" to share with those less fortunate.

Profit sharing: From each bottle of salad dressing sold, \$1 is added to the youths' scholarship fund and another is donated to a local charity. Some of the charities they have participated in have included the elementary school lunch program, shelters for homeless women and children, and a \$500 scholarship donation to a youth within the community hoping to attend college, but who did not belong to Hope Blooms.

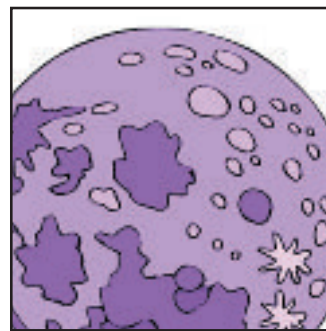
Back in the den, the children presented their pitch to the dragons; \$10,000 in exchange for a 5% royalty on their profits until the money had been paid back. They wanted to build a greenhouse to grow their crops year-round. All dragons, except one, invested a total of \$40,000 with no return to them, but with the stipulation that future profits continue to be used for the goals of Hope Blooms. The greenhouse has since been constructed and business continues to flourish.

This is one of the most inspiring community initiatives I have ever seen or heard of, and most incredible of all, it is one of those rare opportunities that is within reach of anyone who wishes to pursue it. All it takes is initiative, a willingness to work hard and a small plot of land. When you sit back and think of all the downstream benefits a project such as this could offer to an entire community, well, it's simply mind-boggling.

Folks, our planting season is a month away, so there is still time to start planning. Surely, somewhere in your neighbourhood, there must be a small plot of wasteland just waiting to flourish. As this enthusiastic group would say, "**plant a seed and harvest a dream...**" Please visit www.hopeblooms.ca to learn more.

Next month, join us as we visit Morin Heights and participate in their exciting upcoming event.

Enjoy the read...



Zach Factor News Flash:

Dear Zach Factor followers - It is with deep regret (but little surprise) that I must share the news of Lys Chisholm's and Marcus Nerenberg's recent abduction by "those from elsewhere." Please know that Main Street is doing everything within its power to meet the demands of release and confidently expects the safe return to their journalistic positions for the May edition. We thank you for your understanding of the missing column this month.

Coming up on Facebook: This month, a few familiar faces are missing from our printed pages but not to worry, you will be able to read most of them, along with several other interesting articles, on our Facebook pages throughout the month. Visit us regularly at **The MainStreetNews** to see what other Laurentianers have to share as well.



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Observations

Waiting For The Next Shoe To Drop

David MacFairlane - Main Street

My phone ringing incessantly awakened me from a morning slumber. It was just before 9am on September 11, 2001. My friend on the other end screamed, "turn on your TV!" and hung up. I was just in time to watch the second plane crash into the South Tower (2WTC), while the North Tower (1WTC), was already on fire, with smoke pouring out of the upper windows.

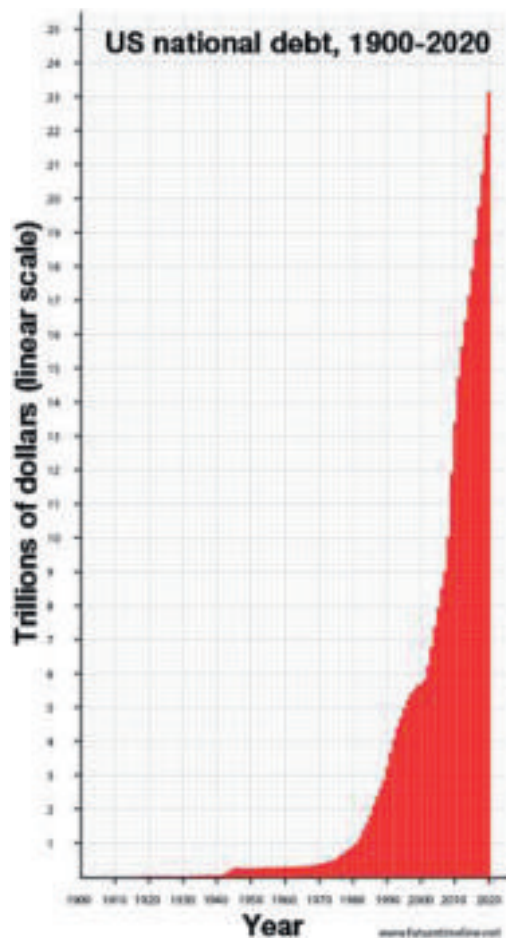
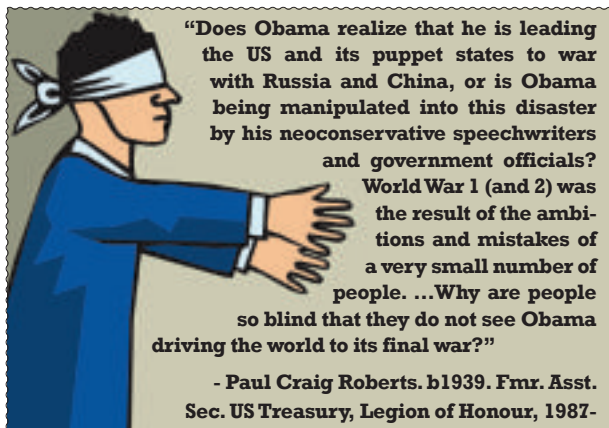
The whole world changed that day and, most decidedly, not for the better. The path to global war had been set and the US clarion call to arms and bloody vengeance had, thereafter, set us on a violent path from which we have not yet deviated, and which has cost millions of lives and trillions of dollars of national treasure and resources. The cost of human suffering of the maimed, wounded, and radiated by depleted uranium munitions is immeasurable, and will continue for many generations.

Once again we, the people, have been totally hornswoggled, (bamboozled, duped, snowed, screwed, I tell ya!), by a small coterie of politicians and elites, most of whom have never pitched a tent or successfully completed 3 push-ups. We have been propelled in the direction they intend to take us, whether we like it or not. We have become victims of a little-known, little-understood gambit, called the "Hegelian Dialectic". Dialectics, a Greek word for discourse, was proposed by George Hegel in the mid-19th century, as a method of argument, consisting of three stages of development: thesis, antithesis and synthesis. This is the process politicians have used to accomplish changes in society, about which they hope you will remain ignorant. It is the tool used by the ruling classes to manipulate the thinking of citizens and to force through changes, or objectives that would, otherwise, be refused.

This is how the process works and goals are reached: The elites, knowing in advance what outcome they seek, create a problem (thesis) and condition the population into clamoring for the type of resolution that they, the elites, have already anticipated (antithesis). When the citizens have been adequately conditioned and intimidated, the ruling class then presents its own agenda as the solution (synthesis), which is accepted. Do you remember Obama's ex-Chief of Staff, (now mayor of Chicago), Rahm Emmanuel's comment that "a crisis is a terrible thing to waste"? The tragic irony is that the "solution" is not intended to solve the problem at all, but to extend it and inflame it. Then, when it has become even more painful, and more resolution is demanded, another "solution" is put forward that, again, moves the agenda towards the ultimate goal the elites have in mind. The entire process has been rigidly controlled from above, and all matters of public debate, and threat assessments, have been simply charades of public theatre, since the final decisions have never rested in the hands of citizens. Few of us have heard of the Hegelian Dialectic, but most of us have been profoundly impacted for generations by its application in the political process, and by the neutralization of popular opposition to the goals of the ruling classes.

Knowing this, and observing how we have been on an aggressive war footing ever since 2001, isn't it obvious that we have been manipulated, conditioned and deceived by our so-called leaders and those to whom they report, behind the curtain? Soon after the 9/11 tragedy the US led a coalition of puppet nations into war with Afghanistan (2001) and Iraq (2003). Since then, the US has, with allies, bombed populations in Somalia, Yemen, Libya, Pakistan, interfered in or subverted the political administrations of Egypt, Syria, Haiti, Tunisia, Venezuela and others in Europe, like Georgia, Ukraine, and the peripheral, ex-Soviet republics surrounding Russia. Actually, their fingerprints are everywhere!

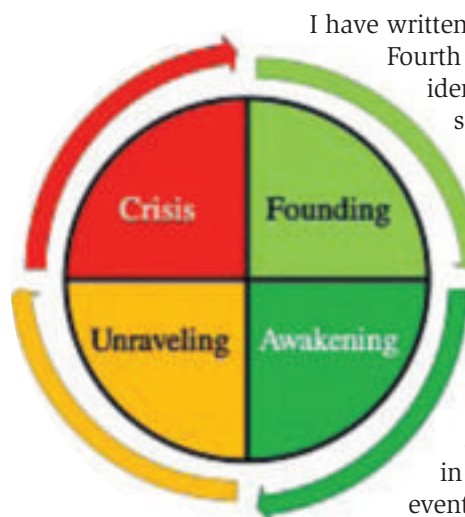
The fact that citizens are being manipulated is becoming common knowledge, much to the dismay of those in power. This has been due entirely to the Internet and the free flow of information around the world - a phenomenon impossible to accomplish even just a few years ago. In 2011, a Swiss study by the Federal Institute of Technology, Zurich, exposed a "network of global corporate control," mostly financial institutions and central banks that exert massive influence surreptitiously over the international economy. Then in 2013, Karen Hudes, a Yale Law School graduate and 20-year veteran of the World Bank, was fired for exposing the corruption inside that institution. She was the Senior Counsel there and was in a unique position to see how the elites used a tight core of financial institutions and mega-corporations to dominate the planet. In an interview with The New American, Ms. Hudes discussed how we have allowed the planet's resources to be controlled by a group of "corrupt, power-hungry figures centered around the privately-owned US Federal Reserve." She stated that this network controls the media to give cover to its clandestine activities,



and maintains economic control by keeping governments and individuals addicted to debt and politicians to massive financial contributions. Ms. Hudes is not some "wacko conspiracy theorist" folks; her website gives details of her impressive credentials.

Since the Cold War ended in 1991, the US and its puppet allies have engaged in a continuous projection of military and financial power around the world. However, the Achilles heel for the US is its precarious financial condition, which is worsening by the day. This current crisis in Ukraine, deliberately pushing the Russians into a corner, is the "most serious international conflict the world has faced since the Cuban Missile Crisis (1962)," says D. McAdams of the Ron Paul Institute for Peace and Prosperity. "It's not what any sane person would wish for, but it's what we have." Obama cannot win his confrontation with Putin, and US sanctions against Russia will eventually destroy the US dollar and wreak havoc in the world.

Today, the US is the world's largest debtor and can no longer pay what it owes except by borrowing more, and since foreign lenders are now scarce, suspicious and angry, the Federal Reserve has become America's lender-of-last-resort. This has resulted in the US government becoming subservient to the interests of the bankers of the Federal Reserve, a phenomenon described as "state capture" by Ms. Hude. As early as 1966, Georgetown University historian, Professor Carrol Quigley, warned that "The powers of financial capitalism had a far-reaching aim, nothing less than to create a world system of control in private hands, able to dominate (governments and economies) of the world as a whole."



I have written previously about a cycle identified as the Fourth Turning. It is one of four generational cycles, identified by authors Strauss and Howe in their seminal 1997 book of the same name. It is a period of intense crisis when the identity of a society hangs in the balance and is battered by forces of change. The outcome of this turmoil is hard to discern or predict and is very tenuous. It is a time of extreme danger and marks the end-time of a generation's progress, as society passes through the annealing fire, hopefully to reach the next cycle of renewal, cleansed and with a fresh identity. It could also end in annihilation. This is where we are today. All events are connected, even though they may seem disparate; the ground wars, the proxy wars, the crises in Europe and the Middle East, financial corruption, political brinkmanship, the disappearance of Flight 370, Edward Snowden's whistleblowing, global insolvency.

On March 17th the influential Dow Jones Market Watch newsletter warned that a poll indicated a 99.9% risk of a market crash in 2014. They stated that "something big was hiding in the deep shadows, ... America and the world are in a historic transition, a paradigm shift, a mysterious upheaval that few will grasp ... the global economy will be knocked off-center ... a black swan event is imminent." Again, this is not a fringe, conspiracy-theory newsletter.

If one looks without denial, it is easy to see the signs of global disorder evident everywhere. As the ruling classes become more vulnerable and exposed, they are becoming more desperate. Covert plans are being formulated to censor the Internet and stop the free exchange of information. Western intelligence agencies are attempting to control, infiltrate and manipulate online discourse by dirty tricks, disinformation, reputation destruction, and by compromising the integrity of the Internet itself. This must not happen!

The choices we make will determine our future.

Time is short.



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Impressive Success Rate for the Disability Tax Credit

New Democrat MP Mylène Freeman (Argenteuil-Papineau- Mirabel) is pleased with the success rate of applications being processed for the disability tax credit.

Following an information session that she offered on the disability tax credit last October, more than a dozen constituents have asked her team for help processing their files. "The results have been striking. "Citizens in my riding have recovered \$12,000 as a result of their applications being processed at my office," she said.

"Since the Conservative government did away with civil servants who were formerly tasked with raising awareness about government services and assisting those in greatest need, people haven't been too sure where to turn for help," said Freeman.

"I would just like to remind citizens that it is the duty of their MPs' riding offices to assist them with files that fall under their jurisdiction," she added.

Just a reminder: Freeman's constituency office is open Monday, Tuesday, Thursday and Friday: 9 am until noon and constituents can also make appointments with staff outside these hours.

Tiger Mom's Cub Goes Economical

Yue (Annie) Xu - Special to Main Street

Just how effective is the welfare system?

It is cliché to say that with great power comes great responsibility. In economic terms, that power is money and often it is irresponsibly used or selfishly exploited. In today's society, one source of money being misused comes from the government — the welfare system. It is infested with various degrees of corruption due to parents and individuals alike, as well as disincentives of the government.

Our welfare system consists of financial aid allocated to various categories of needs; the common ones are unemployment and child welfare. The money given to the unemployed is meant to help them sustain living costs until they find a job, and the latter helps parents finance the costs in raising a child. In the long run, low employment rate, economic growth, new innovations from an increase of intelligent people - a happy ending. Money well spent.

Reality says, if it's too good to be true, then it probably is. A hundred shades of grey might not be enough to describe the shady spectrum of the welfare system. Passed down from the ashes of former Keynesian economics, its flaws are hidden from naive eyes. Proposed by John Keynes as a solution to the Great Depression, welfare checks were given to people believing that increased public expenditure stimulates economic growth and creates new jobs. Ironically, the logic makes as much sense as telling people to eat McDonalds everyday to lose weight, as my professor stated in class.

In truth, insufficient savings make the economy worse. Without enough savings, investments for innovations, technology, research and development wouldn't be possible. So, while the welfare system is meant for supporting those in need so that they may give back to the economy, doors for corruption are wide open, rendering it unproductive.

For instance, I've seen parents abuse child welfare checks for personal consumption (i.e., cigarettes, beer, lottery...etc.). They think little of saving, especially for their childrens' future education.

As a "Tiger Mom's" cub, I was raised to use money responsibly and save for my future. Those cool cellphones, music players, and stylish accessories that students had in high school were considered a waste. Spending time and money in education now, means a successful career in the future.

Unfortunately, not all see it this way; quite the opposite. With free government checks, why work and save when you can just spend? In corrupt and selfish ways, this kind of complacency has dire consequences on the next generation. With welfare money going into smokes, how can children afford a higher education?

Those who remain unemployed are continuously fed money at the taxpayers' expense. According to Statistics Canada, government transfer payments to individuals were about \$176.6 billion in 2009. Inevitably, with parents and individuals alike abusing welfare money, the welfare system becomes unproductive.

Yet, despite all the corruption, governments may have little incentive to cut back responsibly. They prefer to buy votes through welfare. Thus, as long as spending and savings are not done responsibly all the money going into the economy isn't improving it in the long run.

In fact, history repeats itself as these children grow up to reflect their parents' behavior. The next generation may even become cynical about the welfare system. If they didn't truly benefit from it, then what use would it be? Ironically, they may vote to abolish the system and potential recipients will lose that privilege.

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News From Sainte Agathe

Jessica Million - Main Street

This winter has been very long, and seemingly never-ending. Environment Canada says it has been the coldest winter in 35 years and that the ice on the Great Lakes is so thick (as are our Laurentian lakes) it could be well into May before it melts. We can only hope for a nice long, hot summer.

In the meantime, we can start planning for our outdoor spring and summer activities, vacations and property maintenance projects. The garden centres like **La Jardinière** on the 117 near Bureau en Gros, is a nice place to stop in to buy seeds and plan new additions to flower beds. **BMR Ste. Agathe** on the 329N also has a garden centre, **Agrizone** and their **Boutique Inspiration** has some wonderful indoor design ideas. They also have some great outdoor furniture and decor items to enhance outdoor living spaces. So don't let the snow keep you from getting ready for spring, start preparing to enjoy it.

At its regular meeting on March 18, the city council awarded the contract for the construction of the waste-water treatment plant to Normec Construction.

This is the second phase of the project to upgrade the facilities of the waste-water treatment plant. The excavation work will begin at the end of May and will continue until the end of the summer 2015. The startup is officially scheduled for September 2015. Work will be carried out under the "Fonds Chantiers Canada" and is funded 85% by the governments of Quebec and Canada.

"This is good news. We will now be able to complete this major project whose 1st phase, (subsidized at 66%), was completed in 2011 with the construction of interceptors," states Denis Chalifoux.

Mayor Chalifoux is confident of the results since the plans and specifications have been approved by the Ministry of Municipal Affairs, Regions and Land Occupancy and that specific performance conditions have been imposed on the contractor. "The contractor must give us a guarantee of results and meet all requirements set by the Ministry, which will prevent us from having any unpleasant surprises," he concluded.

3rd Edition of Festival of Lights on the Lake

The corporation, Events Sainte-Agathe, responsible for the Summer Festival of Sainte-Agathe-des-Monts since 2012, is pleased to announce that the third edition of **Lumières sur le Lac** will take place at Place Lagny on the shores of Lac des Sables, from July 23 to 27. Again this year, G2 Productions will act as the executive producer. The event organizers promise a completely new and dynamic program this year and invite everyone to come out during the five days to participate in all the animated activities planned for the festival.

One of the favorite events is unquestionably the concerts that are presented on the big stage. **Lumières sur le Lac** will offer a roster of artists chosen from the most renowned in Quebec. Organizers are thrilled to announce that an exceptional performance from singer, Marie-Mai, will ignite the stage on Thursday, July 24 at 9 pm. More of the complete programming will be announced shortly... Stay tuned..

Partners of the festival **Lumières sur le Lac** are: Ville de Ste-Agathe-des-Monts and J.L. Brissette Ltée, as well as MarchésTellier IGA and Brasserie Labatt Ltée

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Simply Words on Paper Tribute to Lee Lorch: Persistent and Passionate Principled Activist

Jim Warbanks - Main Street

As a partial antidote to the absurd, brutally manipulative election campaign that has just ended, I suggest that we examine the extraordinary career of a man who recently passed away in Toronto at the age of ninety-eight. Lee Lorch remained staunchly faithful to his principles throughout an extended career, at substantial cost to him and his family.

Lorch, a soft-spoken mathematician, led a lifelong campaign for racial equality. After earning degrees at Cornell and the University of Cincinnati, he quit a draft-exempt job with a NASA precursor to join the U.S. Army, where he witnessed the poor treatment of black soldiers. Post-war housing shortages in New York resulted in the development of a vast 72-acre housing complex, comprising 8,759 apartments, surrounded by playgrounds and lawns, owned by the Metropolitan Life Insurance Company. He, his wife and young daughter were fortunate to be among the 25,000 tenants to move into the complex.

Segregation

Metropolitan Life President Frederick Ecker had earlier stated, "negroes and whites don't mix." If black residents were allowed in the development, he added, "it would be to the detriment of the city, too, because it would depress all surrounding property." A lawsuit brought by three black veterans failed in state courts, because there was no applicable legislation to prohibit such discrimination. Polls did show, however, that two-thirds of residents favored integration.

Lee Lorch became vice-chairman of a group of 12 tenants calling themselves the Town and Village Tenants Committee to End Discrimination in Stuyvesant Town. About 1800 of the tenants eventually joined the committee. Due to his activism, in early 1949 he was forced to leave his teaching position at City College, when he was denied tenure. He found a teaching job at Pennsylvania State University.

Since he had kept the apartment in Stuyvesant Town, he allowed a black family, the Hendrixes, to use it for the academic year. Metropolitan declined Lorch's \$76 rent check, and sought ways to evict the family. He was denied re-appointment at Pennsylvania State, due to pressure from influential business interests. Protests from students and professors, including fellow mathematician Albert Einstein, were insufficient to reverse the decision.

Supreme Court

In 1950, the Supreme Court declined to review the exclusionary policy, but due to political and economic pressure, three black families were admitted to the complex. However, the insurance company took steps to evict Lorch and 34 other protesting tenants. They would continue to resist.

Attempts to discredit him continued, as Lorch tried to persuade the Mathematical Association of America (MAA) to admit his black colleagues in the mathematics department to a banquet at a regional meeting in Nashville. Two years later, the MAA made it policy never to hold banquets in establishments that discriminated against blacks.

That same year, he accepted a post at Fisk University, one of only two white professors at the Nashville, Tennessee historically black institution. He was let go in 1955 because of his activism and links to the Communist Party, despite the fact that he had taught the first three black students ever to earn doctorates in mathematics.

Move to Canada

He was then reluctantly accepted by a small all-black college in Little Rock, Arkansas, Philander Smith College but ultimately rejected, in effect blacklisted, so was forced to move to the University of Alberta in 1959, then to York University in 1968. He retired in 1985, but remained active on campus until the age of 91.

He has received honorary degrees from both the City University of New York and Fisk University. He received a special award from Howard University for his contributions to civil rights and the education of black mathematicians. In 1993, York University also gave him an honorary degree for both mathematics and civil rights activism. Asked in an interview if he would do anything differently, he answered, "More and better of the same!"

Gifted teacher

York President & Vice-Chancellor Mamdouh Shoukri praised him: "He was not only a gifted researcher and teacher, but a true leader at the institution and in his community. Intensely principled, Lee was a champion of social justice as well as a passionate advocate of political and academic freedoms."

During his later years, Lorch loved the freedom that e-mail and the Internet provided and while his physical mobility decreased, his online activity and activism increased. Until he was hospitalized, Lorch devoured five newspapers a day and would send flurries of e-mails daily about peace and justice issues to friends and acquaintances in and out of the mathematical community.

Lee Lorch was also part of the Canadian-Cuban Friendship Association (CCFA) Executive for many years and a corresponding member of the Cuban Academy of Science.





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ARUNDEL

Arundel Elementary School is for the Birds.

Students of Arundel Elementary School joined thousands of bird-watchers throughout the world in the February Great Backyard Bird Count. Launched in 1998 by the Cornell Lab of Ornithology and National Audubon Society, the Great Backyard Bird Count was the first online citizen-science project to collect data on wild birds and to display results in near real-time. This year, close to 150,000 people throughout the world joined the four-day count in February to create an annual snapshot of the distribution and abundance of birds. AES is proud to be part of a global effort that counted nearly 18 million birds, representing over 4,000 species.



We decided to focus on just a few species of local birds that the students saw, either at home or on the way to school.

Even though the Great Backyard Bird Count is over, children are still bringing in new sightings, such as this bald eagle that was seen near Mont Laurier by grade 6 student, Brianna Odell. This fellow also has friends in Arundel, between St. Jovite and the village of Arundel, spotted by another grade 6 student, Ian Gauvreau. Nestled in a beautiful green valley, surrounded by meadows and forests, it is easy for students to be citizen-scientists in their own backyard. Arundel Elementary School EcoClub is a group that focuses on the golden rule of think globally; act locally.

LACHUTE

The Argenteuil Hospital Foundation (AHF) and the Argenteuil Health and Social Services Centre (CSSS) are extremely pleased to announce that new equipment for the medical imaging department is continuing to grow.

To continue its mission, the Foundation launched its **Choosing Health Campaign** last May 17th. This major, five-year campaign aims to raise \$2.2 million to fund three major projects. Improvements of medical imaging equipment is the first of these three projects.

This time we are celebrating the arrival of a new ultrasound system, a new generation of Toshiba ultrasound equipment, which includes a cardiac module. Ultrasound is a technique used to explore the organs using an ultrasonic probe instead of an X-ray. Radiologists and cardiologists greatly appreciate this new scanner with a cardiac module, due to the improved quality and accuracy, which is greatly enhanced in abdominal ultrasounds, cardiac, musculoskeletal, thyroid, kidney and liver tests, just to name a few.

The medical imaging services are essential components of the technical platform used by physicians, general practitioners and specialists, to make correct diagnoses, and to determine appropriate treatments to the population of Argenteuil.

"Having more effective and more efficient equipment allows us to treat more patients," said Dr. David Mutch, Surgeon and President of the CPDP (Council of Physicians, Dentists and Pharmacists of the CSSS). "Providing the ability to have complete and functional services within the region, remains a notable advantage for our clients," added the President of the Foundation, Mr. Gilbert D. Ayers.

MONT-TREMBLANT

On Monday, March 10, members of the City Council adopted the new business plan integrating **Destination Mont- Tremblant**, filed by the Strategic Action Committee of Mont- Tremblant.

Destination Mont- Tremblant is the new brand, which oversees the seven poles of the territory and seeks to promote the unique destination of Mont- Tremblant, where community partners join forces to distinguish themselves nationally and internationally. The seven poles include downtown, the village core, the Tremblant Resort (Versant Sud and Versant Soleil), the Parc national du Mont -Tremblant (reception section of la Diable, Sector Lake Monroe) and the Domaine Saint Bernard. "A new brand will be created and shared by all community partners, which enable us to convey a unique and strong positioning of our destination, as well as offer a unique experience for our visitors," said Mayor Luc Brisebois. The new branding will help to renew and perpetuate the image of Mont -Tremblant by developing a strong marketing position and supporting promotional activities here and abroad.

VAL-DAVID

Come celebrate spring at the Val David Farmer's Market (2580, rue de l'Église). Dates for the upcoming months are Saturdays, April 12 and May 10: 10 am - 1 pm.

SPECIAL FOR EASTER

April 12: 1:30 pm - Easter Holiday - Decorating goose eggs (Place des citoyens, 999 boul. De Ste. Adèle).

April 15 -19: Lachute Easter Zoo plus special activities at Carrefour d'Argenteuil (505 rue Bethany, Lachute).

April 19 - 21: Easter Fun on the Farm at Du Coq A L'ane des Laurentides (269 ch de la Rouge, Huberdeau, 819 687-9314). Guided farm tour and many animals.

April 20: Easter Celebrations - Place St. Bernard, Tremblant Resort (1000, ch des Voyageurs). Fun and activities for the entire family.



The News is Out and the Winners Are...



In a festive, gala event held at the Théâtre Saint-Sauveur on Wednesday, March 26, **Tourisme Laurentides** recognized its regional winners of the **Grands Prix du tourisme Desjardins Laurentides 2014**. This event was sponsored by Caisses Desjardins Laurentides, represented by Pierre A. Paquin.

Representing the Laurentian Region of Quebec

LODGING (Desjardins)

★ **Less than 40 rooms:** Auberge et Spa Nordique Beaux Rêves (Ste. Adèle)

★ **B & B:** Auberge Sous L'Édredon (Saint- Sauveur)

LODGING (Desjardins)

★ **40 to 149 rooms:** Hôtel emotion (Estérel Resort)

★ **150 or more rooms:** Fairmont Tremblant

TOURIST ATTRACTIONS (Hydro-Quebec)

★ **Less than 25,000 visitors:** Route des Gerbes d'Angelica (Mirabel)

★ **25,000 - 100,000 visitors:** Village du Père Noël (Val David)

★ **Agrotourism & Local Produce:** Labonté de la pomme Verger & Miellerie (Oka)

LODGING (Desjardins)

★ **Outfitters:** Pourvoirie Mekoos (Hautes-Laurentides)

★ **Eco-tourism & Adventure:** Attitude Montagne (Ste. Adèle)

CAMPING, OUTDOORS, SPORT & RECREATION SITES (Hydro-Quebec)

★ **Golf le Sélect** (Mirabel)

HONORABLE MENTION: Parc régional du bois de Belle-Rivière (Mirabel)

TOURISM SERVICES (Ici Radio-Canada)

★ Regroupement ski de fond Laurentides

FESTIVALS & TOURISM EVENTS (Canadian Economic Development)

★ **Less than \$300,000 Budget:** Triathlon et Duathlon en forêt de Saint-Adolphe-d'Howard

★ **\$300,000 to \$1 Million Budget:** Festival des Arts de Saint- Sauveur

HUMAN RESOURCES PRESENTED BY CÉGEP DE SAINT-JÉRÔME

★ **Tourism Employee:** France Villeneuve, Accounting clerk, Fairmont Tremblant

★ **Tourism Supervisor:** Christine Labrecque, Tourist Development agent, CLD of MRC d'Antoine-Labelle

Tourism Trainee: Alexandra Mercier, sous-chef at the wood-stove, Labonté de la pomme Verger & Miellerie (Oka).

Jury's Choice: Regional Honorable Mention - Éric Hallynck, lutin, Le Village du Père Noël (Val-David)

★ **Tourism Personality 2014:** Mr. Dominique Piché, producer "Ironman Mont-Tremblant" for his dedication and results achieved.

Regional Awards:

★ **Merits Awarded by "Laurentides j'en mange"** for food preparations using local agriculture products.

Gold: Restaurant Le Cheval de Jade (Mont-Tremblant),

Silver: Les Têtes de Cochon (Ste. Adèle)

Bronze: Café O' Marguerites - Coopérative de solidarité (Ste-Marguerite-du-Lac-Masson); Couleurs Gourmandes (La Conception) and Restaurant La Quintessence & Wine-Bar (Mont-Tremblant).

Jury's Honourable Mention:

• **Route des Arts (sud-ouest des Laurentides):** mentoring program.

• **Auberge Le Saint-Bohème (Rivière-Rouge):** business development.

★ **Public Choice:** sponsored by CIME FM - Festi-Neige Ste-Agathe-des-Monts

★ **Tourism Reporting (Desjardins)** Equally shared by two reporters:

Josianne Haspeck (Flèche Magazine) for her article: "Faire le tour de la cabane"!
Valérie Maynard (Flèche Magazine) for her article: "À la bière."

Tourisme Laurentides also celebrated: 75 years of the Tremblant Ski Station, 50 years of the first skidoo club in the world, "Club Pionniers des Laurentides" of Ste. Agathe-des-Monts and the career of chef Marcel Kretz, fifty years of excellence, the last thirty, as the top chef at La Sapinière (Val David).

The Raffle Prize valued at \$3,300, offered by "Cime, Le Rythme des Laurentides" promotional campaign, was won by **Route des Gerbes d'Angelica**.

This was the 29th award event of the Laurentian Tourism Industry, and the 24th gala preceded by a dinner-cocktail prepared from regional foods. The master of ceremony was again Chantal Lamarre who kept us in stitches with comedian, Simon Leblanc, this year's discovery from the Just for Laughs Festival. The blues and pop band, "A-Zaar," entertained with the amazing voices of Gwendolen and Louise. The evening opened with a video extolling the beauty of the Laurentian region plus, a humorous video with the main players of Tourisme Laurentides, clad in wigs and costumes, stamping the partnership between Laurentian Tourism and the Casises Desjardins. Once again, the Laurentian Tourism Association president, Claude Lapointe, Director, Diane Leblond with her devoted team including Héléne Prudhomme, Carmen Valiquette and Nathalie Danis, have put on the greatest show of the year! Hats off!

Tourisme Laurentides shares the success of this event with its sponsors: Les Caisses Desjardins des Laurentides, Hydro-Québec, Ici Radio-Canada, Laurentides j'en mange, Fabrice Coutanceau, Cuisine spontanée Catering, Economical Development Canada, Cégep de Saint- Jérôme, Cime, Le Rythme des Laurentides, Les productions Martial Hébert, Autobus Galland, Naya, Théâtre Saint- Sauveur, Transcontinental, Chamber of Commerce & Tourisme - Vallée de Saint-Sauveur, Factoreries Saint-Sauveur and Rôtisseries Saint-Hubert Piedmont/Saint-Sauveur.

Tourisme Laurentides congratulates the winners and all the candidates. The finalists to represent the Laurentian region in Laval on May 13th will be selected by the Quebec provincial jury and announced at the end of April.

Main Street congratulates all the winners and, in particular, the team of Tourisme Laurentides, for their continued efforts to improve the local tourist industry. Bravo!

Laurentian Club Report David Graham - Special to Main Street

For English, Click The Centre de Santé et Services Sociaux des Sommets

Alain Paquette, director of communications for the Centre de Santé et Services Sociaux (CSSS) des Sommets, and Rola Helou, director of 4Korners Family Resource Center, took on one of the most important issues of our time at the March 24 meeting of the Laurentian Club.

Helou began by describing the accomplishments of the English Communities' Committee (ECC) of the CSSS, including the bilingual telephone service, its continuous presence through a column in Main Street, its function as the incubator for independent initiatives, including Laurentians Care under the capable direction of Christina Vincelli, collaboration with the Users' Committee, the creation of the English website, the opening of the 4Korners Ste-Agathe satellite office, staffed by Kim Nymark, and even the translation of the documentation of the mini-museum in the lobby of the Ste-Agathe



L to R: Rola Helou, Alain Paquette and Kim Nymark.

hospital. She credited Sheila Eskenazi for her many years as president of the ECC with tenacity, humanity and a passion for getting the job done.

Paquette spoke of the institution's history of engagement with the English community while introducing its workings through a tour of the new English website. He showed how the CSSS des Sommets encompasses the hospital in Ste-Agathe, three long-term care facilities and three CLSCs in the MRC des Laurentides. He also underlined that the hospital serves St. Donat, Notre Dame de La Merci and parts of the MRC des Pays-d'en-Haut.

Just eight years ago, his institution encouraged the creation of the ECC, with the help of the Community Health and Social Services Network (CHSSN). That same year, the CHSSN also supported the creation of the 4Korners Family Resource Center. Working with Eskenazi and her committee, Helou brought the ECC model to other regions, allowing the creation of a proper network of English communication and access committees across the entire Laurentians, the huge territory that 4Korners serves.

Thanks to the close collaboration of these groups, English services have expanded throughout the CSSS des Sommets network. Click on the "English" tab at www.csss-sommets.com for access to a wide variety of pages providing information on the available programs and services, and press "1" after calling the central phone number, 1 888 SOMMETS (1 888 766-6387), to be guided through the menu options in English.

As a matter of personal pride I must also mention that, at the conclusion of his discourse, Paquette presented a large bouquet of flowers to my mother, Sheila Eskenazi, and thanked her at length for the years of dedication and hard work she has put into her community.

Paquette's presentation resonated strongly with me because the night before attending the Laurentian Club meeting in Ste-Agathe, my partner, who speaks four languages but not French, and I, left Ste-Agathe hospital after a five-day stay, our newborn in hand, and have nothing but praise for the small, clearly under-funded hospital, where our daughter, Ozara, entered this world. Everywhere we went, we experienced a dedicated, efficient staff and, without exception or reservation, English service from every doctor, nurse and support worker we encountered.

david@davidgraham.ca (Facebook: [daviddebgraham](https://www.facebook.com/daviddebgraham))

Viking Canoe & Kayak Club

Karen Lukanovich, Head Coach - Special to Main Street

Spring is here and, once again, the Viking Canoe and Kayak Club is busy preparing for the upcoming summer season. Our mission is to promote amateur sport and an active lifestyle within our community through organized programs, from recreational to competitive paddling for youth and adults of all abilities. While continuing to offer our popular dragon boat and adult novice programs, and having established ourselves as a national club powerhouse in masters (25yrs+) competition since 2001, our current focus is on the development of our youth programs.



This summer, the canoe club will be offering our "Canoe Kids" program for kids 6 to 12 yrs, a "Regatta Ready" program for ages U11. The "Canoe Kids" program is a skill-building program developed by Canoe Kayak Canada, which adheres to the Canadian Sport for Life principals of long-term athletic development. The children in the program can look forward to having lots of fun in activities on and off the water, while building physical competency and becoming comfortable both in and on the water. Our staff is awesome, with Phys Ed teachers on staff and all coaches NCCP community coach certified. As 9 year old, Tye Whitehouse puts it, "the main thing is it's a lot of fun. It's a new sport; I get to meet and paddle with new kids and play games." This summer, we look forward to the launch of our new Regatta-Ready program for 10 to 11 year olds who are keen to participate in local and regional competitions, as "it will help us get ready for regattas, improve our endurance, technique and team boats," enthuses Tye Whitehouse. All newcomers are welcome!

Canoe and Kayak sprint racing are Olympic and Paralympic sports and we have a history of international excellence as a Canadian heritage sport. Our U15 and U17 competition development, ID and Para-canoe programs, are designed to offer a pathway for those athletes of all abilities interested in performance sport, and our location offers beautiful water and an ideal training environment. Over the last two seasons, we have developed U15 and U17 crews to qualify and race at nationals, and Viking ID and Para-canoe paddlers have medaled at both provincials and nationals competitions. This summer, Viking is proud to send its U16 Canoe Kayak team to the Jeux du Quebec, the first paddling team to represent the Laurentian region! We look forward to strong development and results from the region going forward.

Viking is a non-profit group, run principally by volunteers. We are launching various fundraising and sponsorship opportunities to help us meet the equipment needs of our expanding youth and special-needs programs, and we appreciate all the support from our community. Check us out at www.canoekayakviking.ca.



Nature's Gift

Osprey Hawk

Rose Labrie - Main Street

Last year during a visit to my family in San Diego, California, I enjoyed an unexpected surprise of observing an Osprey hawk feeding on fish on the shores of Solana Beach. These birds are unique among North American raptors for their diet of live fish and their ability to catch them. My heart pounded as I inched closer for a picture, but to my misfortune, I did not have the proper lens on my camera. I managed to get about 4 feet in front of the bird before it grabbed its catch and flew away. I captured a beautiful shot of the hawk in flight grasping its meal in its claws.

Ospreys are unusual among hawks and possess a reversible outer toe that allows them to grasp with two toes in front and two behind. Barbed pads on the soles of the birds' feet help them grip slippery fish. When flying with prey, an Osprey lines up its catch head first for less wind resistance, as is seen in my photo. A few facts about Ospreys:

The name "Osprey" first appeared around 1460, via the Medieval Latin phrase for bird of prey (*avis prede*), though some wordsmiths trace the name further back, to the Latin word for bone-breaker, *ossifragus*. Ospreys nest within a maximum of 12 miles from any water source containing fish. They can be located from Alaska to New England, Montana to Mexico and Carolina to California. It is



the only hawk on the continent that eats fish, almost exclusively. The fish measure about 6 to 13 inches and could weigh up to 2.5 pounds (the largest catch on record). The male usually fetches most of the nesting material, such as sticks, bark, sod, grasses, vines, algae, flotsam and jetsam. They add to their nest year after year and can end up with a nest 10 to 13 feet deep and 3 to 6 feet in diameter. Ospreys

keep to open areas and roost either alone or in flocks of six to ten. From the early 1950s to 1970s, Osprey numbers crashed and about 90 percent of breeding pairs disappeared due to the use of pesticides. Today, aided by pesticide bans and the construction of artificial nest sites, the Osprey population is recovering. The oldest known Osprey was 25 years, 2 months old.

Closer to home, sightings have been confirmed of the Cooper's Hawk, Red Tailed Hawk, Peregrine falcons and of course my favourite, the Turkey Vulture. In the spring of 2013, volunteers of all ages founded **The Friends of the Alfred Kelly Nature Reserve**, a non-profit organization with a mission to develop and promote the Alfred Kelly Nature Reserve. Their activities include discovery tours for bird sightings between Piedmont and Prévost. For more information about the organization visit www.reservealfredkelly.org.



About Sainte Adèle

Chris Lance - Main Street

Hopefully, April showers will lead to May flowers and end this long, cold, grey winter. Along with our endless season, we have had to endure a cold and calculated bitter election that has cost us millions of dollars. As a result of all this mismanaged political chaos, the economy is in a mess and the province is dead-beat broke. It will take decades to clean up the piles of broken promises and heaps of wasted debt. The province has an "a louer" sign hanging on its door.

Just drive along Saint-Adèle's Route 117, from north to south, and you'll see the empty businesses and sidewalks, unpainted storefronts and very few people out enjoying a late spring. The town, like the province, has lost its drive and vitality. Decades of abusive politics have left its mark. There was a time when people flocked to Saint-Adèle. It was once a place to see and to be seen in. It flourished well; house values increased and taxes were reasonable, as business bore the brunt of the town's expenditures. Now, the trend has reversed; we have continual water-main breaks every week, falling house values, but increasing taxes. The arrival of spring brings hope and a new opportunity to refresh our little town.

One of the best things we have to look forward to is the resurfacing of the town's tennis courts. Every spring the old gang shows up, usually a little heavier around the waist, but eager to play tennis, and usually there are new members to join the fray. And every year there is hope you will improve your game and make new friends. It has been the worst winter in years, so it has to be the best spring ever!

Hopefully, Mayor Charbonneau will turn the lights back on over the tennis courts. They were shut down to get the pavilion finished last October, then they lit up the sky during the grand opening last fall, before being turned off again.

A Few Reminders

Remove your snow fences and temporary car shelters before May 1.

If you are planning renovations or additions to your property, you will probably need a permit and certificate from the town hall. You can call the service d'urbanisme at 450 229-2921, ext. 114 or, go to their website urbanisme@ville.sainte-adele.qc.ca.

Planning a yard sale? You can do so twice a year; the next date is May 17 and 18.

If you are planning a spring cleaning and getting rid of stuff you don't want, check what and when you can leave by the roadside by calling 450 229-4984. You can also check online at info@comporecycle.com.

The ecocentre over in Mt Rolland has a free drop-off on Friday and Saturday, the 1st and 2nd of August. Ensure you have proof of residency with you, such as your new Saint-Adèle citizen card or a tax/utility bill with your name on it. You might want to call the center in advance to confirm what they take; tires, old paint, renovation material, etc.

You can access plenty of information on the aforementioned, plus town events and activities, on the town website at www.ville.sainte-adele.qc.ca. In the bottom right corner of the home page, click on the cover of Adeloise and you will have pages and pages of information at your disposal.

Wishing you a happy and healthy spring, and I hope to see you on the tennis court. If you see our mayor Charbonneau walking along the roads, honk and wave. Maybe he is thinking of fixing our water pipes, instead of the next "wine and cheese" at the citizens' pavilion.



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SAMEDI / SATURDAY	3 MAY	10:00 - 14:00

Arundel Library Lecture Series 2014

Lectures are held at the library, 2 rue du Village on Friday evenings at 7 pm.

April 11: Dominique Néret - Life Experiences: Dominique grew up in Loches, France. Come and hear what his childhood was like and how it brought him to open his candy shop here in the Laurentians.

April 25: Living in Grenada - Michael and Jasmine Rossy - owners and operators of Runaway Creek Farm, will describe and show pictures of their experience in farming and the cocoa industry in Grenada.

May 9: 10 days in Guatemala - Lorna Pauls - Lorna will share her experiences with a group of Inter Pares sponsors. Inter Pares (Among Equals) is a Canadian NGO (non-governmental org.) whose focus is to promote social justice in Canada and overseas. Join her as she revisits her recent trip to this beautiful, yet troubled country.

Birth Announcement

Ozara Marcelino Graham, daughter of David Graham and Mishiel Marcelino, and granddaughter of Joseph Graham and Sheila Eskenazi, arrived early on March 19th at the Laurentian Hospital in Sainte-Agathe-des-Monts. She weighed in at 5 lb 11 ounces. Mother and daughter are both doing very well and Ozara is feisty and ready to take on the world.



L to R: Sebastien Toutant, Maxence Parrot

Olympians at Shakedown:

Back from Sochi, and still on the slopes, two of Canada's 2014 Olympians recently participated in the Shakedown Event at Mont St-Sauveur.

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STRICTLY BUSINESS

By Lori Leonard

Welcome to:

Sylvain Lavallée who recently opened the new **La Friterie de la Vallée**, 269 rue Principale, St. Sauveur. The restaurant offers premium-quality hot dogs (Shopsy's), pogos, pulled pork sandwiches, homemade onion rings, French fries and poutine with Sylvain's own "secret" sauce. Almost all of the products are made on site. Open 7 days/week, 11:30 am - 6 pm. 450 744-0166.

Rolande Morlon, a foot care specialist, who opened up a new office at **Clinique Sport Santé**, 26 Lafleur sud, St. Sauveur. Rolande previously worked in an office located at the Inter-Club at Piedmont. Your feet will feel clean, soft and smooth after one of Rolande's special treatments. The office is open on Wednesday. For an appointment call 450 744-1715. www.cliniquesportsante.com.

Grimard Optique opened their new office, previously known as Clinique Jacques Éthier, in the new commercial center (beside the SAQ) at 419 boul. Ste. Adèle, in Ste. Adèle. Dr. Michael Gareau-Forget, Marie-Eve Éthier (optician), Dr. Jacques Éthier, and their team, look forward to fulfilling your eyeglass and contact lens requirements. They also offer eye exams. 450 229-2822, www.grimardoptique.ca

Fabrizio Vighi opened the new **La Vape Shop**, 222 rue Principale, St. Sauveur, which includes a wide variety of electronic cigarettes with 55 different flavors, including the popular cantelope, pomegranate and blue watermelon, as well as cappuccino and menthol. A great way to quit smoking! 450 240-5757. www.lavapeshop.ca.

Congratulations to:

Pizza St-Sauveur who will be moving in late April or early May to 158 rue Principale, St. Sauveur, in order to have more space and a new terrace. They will continue to serve their delicious pizzas, pasta dishes, buffalo wings and subs. Bring your own wine. A **Depanneur Express** store will be opening up beside it. Home delivery will be available from both the restaurant and the depanneur. 450 744-0799.

Happy 5th anniversary to owner **Bernard Thibault** and his team at **Peripap**, 550 des Laurentides, Piedmont. They offer rental or purchase of medical equipment, orthopedics, electric chairs, canes, products for incontinence, wheelchairs, etc. For information please call 450 995-8005. www.peripap.com.

Happy 20th anniversary to the folks at **Infographie Boréale**, 26 Brissette, Ste. Agathe des Monts. For all your printing and graphic needs, magazines, embroidery, t-shirt printing, business cards and much more... 819 326-2992, www.facebook.com/infographie.boreale.

Did you know that:

Both **Ben and Florentine restaurants** (255-10B de Martigny O., St. Jérôme and 555 boul. Ste. Adèle, Ste. Adèle) have been changed to **Memosa & Cie.** offering a wider selection of delicious breakfast food. There is also an **"Early Bird Special" for \$3.95** served from Monday to Friday up until 8:30 am. The special includes French toast, crêpes, old fashioned oatmeal or eggs served with a choice of bacon, sausage, ham or crêton. St. Jérôme 450 438-1555, Ste. Adèle 450 229-7767, www.memosa.ca.

Le Steak Frites St-Paul, 255, 10A de Martigny, St. Jérôme is now **Le Grill House**. They offer a delicious, full-course variety of lunches for only \$10.00 (including soup, salad, main course, dessert and coffee). A great deal! For dinner, they serve a full choice of steaks, as well as a selection of tasty fish and seafood. Bring your own wine for lunch or dinner. 450 432-7776, www.legrillhouse.com.

Growing a Greenhouse

Jesse Richman - Special to Main Street

This spring the Morgan Farm cooperative has decided to build a greenhouse, exploring a concept that is becoming more and more recognized throughout the world. In the month of May they will begin the construction of a solar passive greenhouse.

This design is inspired from Earthships, a concept originating from New Mexico, and designed by Mike Reynolds that has evolved over the past 40 years. This building utilizes what Mr. Reynolds likes to call "natural phenomena," making use of the sun, wind and rain to create a dynamic environment that allows homeowners to supply themselves with their own water, electricity and food and to passively heat their home.

Over the past couple of years there have been a growing number of people from Canada who have made their way down to New Mexico to learn how to build these increasingly popular homes by participating in courses offered at the Earthship Biotech Academy (earthship.com/academy). There are an increasing number of farms and individuals throughout Quebec that are interested in building this type of home, hoping to better sustain themselves while living in harmony with their environment.

This greenhouse will allow the Morgan Farm cooperative to produce food year round and start sprouting for the spring, as well as progressively embracing their fundamental principles that touch on community involvement, sustainability and safe agricultural practices.

Starting in May, a group of volunteers and co-op members will begin working on the building together, and by the end of June, the construction should be nearly completed, if not already finished.

The farm has decided to turn towards clients, family and friends to help support them financially in this project. They have put together an online, crowd-funding



Rolande Morlon, Clinique Sport Santé



Photo by Leslie Carboneau. Solar passive greenhouse in Bromont, Qc

campaign asking people to help them achieve their financial goal and ultimately to build a greenhouse. This will permit them to produce year-round vegetables at a fraction of the cost of running a regular greenhouse.

They feel confident that through this crowd-funding campaign they will be able to cover all material expenses and welcome groups of motivated volunteers who would be willing to offer their time and share in the experience.

For those who are interested in taking a closer look at the project, or, who would like to donate, please have a look at the Morgan Farm website at fermemorgan.com, or, visit Growing a Greenhouse at Indiegogo.com.

Main Street will be following the progress of this construction project throughout the spring and will keep you posted with further updates.

Please note that Morgan Farm is located at 92, chemin Morgan in Weir, QC. (819-687-2434). They offer a selection of organic products in their boutique that is opened year-round, daily from 10 am to 6 pm.

For further inquiries please email Jesse Richman at unpneualafais@gmail.com.

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A Library Addict

Grif Hodge - Main Street

Some new books at Jean-Marc Belzile Library in Lachute to be borrowed for free by residents of Gore, Lachute, Harrington & Wentworth.

After four months of discussing my all-time favourites, here is a hodgepodge of new titles to suit most palettes. Next month I'll list the outstanding cookbooks of the past three years.

Baldacci, David - King and Maxwell: A large print edition of this adventure about two private investigators, based in Washington, who are thrown into a case involving international security. Before it's finished, you will be exposed to a host of acronyms like CIA and HRT. You might want to make your own glossary.

Bedard, Eric - History of Quebec for Dummies: My wife and I are history buffs and this chronological overview from the 16th century to the present day is a dandy guide for someone who wants to know more about Quebec.

Bulawayo, Noviolet - We Need New Names: This novel is the "coming-of-age" story of Darling. What complicates her story is a move from Zimbabwe to Detroit, Michigan, to live with her aunt. However, an escape to the West may not be what it seems.

Catton, Eleanor - The Luminaries: The setting is the New Zealand gold fields in 1866. Winner of the Man Booker Prize, Canadian-born author, Eleanor Catton, takes the reader to her adopted country of New Zealand by way of a sprawling novel that is part mystery, part adventure and part historical fiction. I highly recommend this tale.

Coulter, Catherine - Bombshell: An FBI Thriller: Coulter really delivers. Special FBI Agent, Griffin Hammersmith, is recruited by Dillon Savich to join his unit in Washington when the grandson of the head of the Federal Reserve Bank is murdered. Does Griffin truly possess an almost preternatural instinct for tracking criminals?

Courte, Victor - Rouge River Road: A DVD by this local musician from Harrington, hence the reference to going home from the Arundel Legion by way of the Rouge River Road. A very slick production by this local musician whom I first heard in concert a number of years ago in Lachute when he introduced his "Canada Song." The local content is continued in the song, "Emmett Campbell's Farm." I picked up my own copy of this disc at the Dalesville Depanneur. I urge you to give this recording a listen.

Dennis-Bryan, Kim - The Dog Encyclopedia: The Definitive Visual Guide. If you want a visual feast you can never go wrong with a Dorling-Kindersley book. The reader is given clear and interesting descriptions of everything from canine evolution to dog care. This book is richly illustrated with wonderful photographs of over 400 breeds.

Fielding, Helen - Mad About The Boy (Bridget Jones Diary, #3): Bridget is back and Mark Darcy is dead. A novel about Mark and Bridget being happy in love and raising their children could have been colossally dull. Darcy's untimely extinction means that Bridget has become a wealthy widow with no need to work. She lazes around having the nanny do the private school run, while she half-heartedly works on a screenplay. Now that she's jobless, her shiftlessness is much less endearing. Enjoyed the first two books more.

Rowell, Rainbow - Eleanor & Park: "When Eleanor meets Park, you'll remember your own first love and just how hard it pulled you under." That is part of the blurb from the back of the book, and it is so true. Reading Eleanor & Park was like taking a trip down memory lane. Not the bad stuff, of course (because there is a sad side to this book), but the new love; aching to stay up late and talk, the excitement and depth of all your emotions. Rainbow Rowell has captured these feelings spectacularly.

Fraud: Recognize it. Report it. Stop it.

(NC) Fraud is a crime that threatens every Canadian, regardless of education, income or age. It comes in a variety of sizes and forms, including imitating well-known brands or family members in trouble, e-mail messages, false representations via telemarketing, identity theft, counterfeiting and more.

Everyone is at risk for these ruthless criminals and those who fall prey feel the devastating effects long after they experience the unlawful transaction. Even the savviest consumer can get caught up in the moment and be swept away by sophisticated scam artists who make a living conning consumers and businesses out of their hard-earned money.

This March is Fraud Prevention Month across Canada and the Competition Bureau is inviting Canadians to learn more by participating in activities online and in communities throughout the month. There are online quizzes, downloadables, tool kits and a fabulous, must-read publication called The Little Black Book of Scams, which has every scam you can imagine, tips for reporting scams and ways to arm yourself. You can download the book at www.competitionbureau.gc.ca/fraud.



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TechSpot

XP What Does “End of the Line” Mean for You?

Steve Friedman (Vice President, COO, TECHSPA) - Main Street

Alert: If you're a Windows XP user, attention! On April 8, XP, the popular Windows operating system will have reached the “end of the line.” Microsoft has announced support for Windows XP is finished.

A - Sorry, even sacrificing Internet use won't be sufficient. Since there are exploits that attach themselves to the boot level of any attachable media, you'd have to add never connecting your computer to anything other than a printer, to transfer data in or out. No more network, external drive, CD/DVD or memory cards!

To access the references for this article, or my previous articles, please go to www.facebook.com/techspa.inc/notes or <http://themainstreet.org/previous-editions.html>. If you have any questions regarding the topic of this article, please call TECHSPA at 450-227-4118 or email info@techspa.ca.

Here are some questions and answers to help understand this event.

Q - “If I'm still using XP, what bearing does this have on me?”

A - There won't be further security updates. Your computer's already significant vulnerability will skyrocket. Since it's introduction, in 2001, XP's been very popular and not coincidentally, one of the most popular targets as well. Users lax about updating to the most current security patches, and even those who weren't, have been deluged with the entire gamut of viruses, malware, adware, etc. Anti-virus software has, for the most part, been ineffective in protecting users from serious exploitation. An astounding ninety percent of computers we've cleansed of malware, had current, updated anti-virus software running. In some cases, people had two of them running simultaneously (Bad move! It can create major interference with the other antivirus App and the Operating System).

New exploits, and there will be many, engineered just for XP diehards, will take you down. Antivirus software, which relies on OS cooperation, will be unable to provide protection. From April 8th on, using Windows XP will be at your own significant risk. In order to be secure you'll need to change operating systems, updating either to more current Windows operating systems, such as 7 or 8, Linux or Mac OS.

Q - “Why can't my anti-virus software keep my computer safe?”

A - Because XP will be vulnerable to cracks developing and widening, without patching by Microsoft. Even if viruses are detected and eliminated, other types of attacks will remain undetected. In addition, once XP is “unsupported”, the developers of Apps, extensions, plug-ins, etc. will no longer update their XP versions of software. A major case in point, Adobe Flashplayer, required to play YouTube and other videos within your browser, and AcrobatReader will no longer be updated. Since exploits can be delivered through Flashplayer, Adobe has been updating it almost weekly. This will end and the bad guys will be free to deliver their payloads through Flash and other XP Apps, including Adobe Acrobat and PDFs.

Q - “If I never connect my XP PC to the Internet again, won't that keep it safe?”



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Out & About

Ilania Aibileah - Main Street

@videotron.ca.

Paul Daraïche - Ste. Agathe

Paul Daraïche has enjoyed a forty-five-year career as an icon of Quebec's country music. **Sat. Apr. 26: 8 pm.** \$49. Théâtre Le Patriote; 258, rue Saint-Venant

819 326-3655 www.theatrepatriote.com.

"Brubeck on my Mind" - Prévost

Vincent Dionne's group takes you on a journey into the world of Dave Brubeck's music. Artists are Jean-Michel Rousseau (piano), Marie-Soleil Bélanger (violin), Jean Cyr (double bass) and Vincent Dionne (drums). **Sat. May 3: 8 pm.** \$30. Diffusion Amal'Gamme - Saint-François-Xavier Church Hall; 994, rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca.

Ingrid St-Pierre - Ste. -Agathe

With her show, "L'escapade," this singer captivates audiences across the province. **Sat. May 10: 8 pm:** \$35. Théâtre Le Patriote; 258, rue Saint-Venant. 819 326-3655 www.theatrepatriote.com.

Kaïn - Ste. Agathe

Kaïn comes with a new album, **Fri. May 16: 8 pm: \$36.** Théâtre Le Patriote, 258, rue Saint-Venant. 819 326-3655 www.theatrepatriote.com.

Intakto - Val Morin

Intakto combines Alejandro Venegas, a singer-guitar player from Chile and Quebec classic violinist, Simon Claude. Their first album won a Félix award. They were nominated to the 2003 JUNO and the ADISQ 2007. **Sat. May 17: 8 pm.** \$25. Théâtre du Marais; 6140, rue Morin, Val Morin. 819 322-1414 www.theatredumarais.com.

Opera direct from the Metropolitan

Pine Cinéma Phase 2; 1146, rue Valiquette, Ste. Adèle 855 739-7463 and Cinéma Carrefour du nord; 900 Boulevard Gringo, St. Jérôme. Adults \$25 & seniors \$23. 450 436-5944. <http://www.cinemapine.com>. <http://www.cinemast-gerome.com/horaire>.

Visual Art & Fine Crafts

Robert Pinard - Mt-Laurier

The fine craft of Robert Pinard who passed away in 2011 in St. Anne des



Robert Pinard, wooden games

Lacs. Robert Pinard perfected his marquetry making wooden games. This is a collection of pieces crafted between 1989 and 2010. Exhibition continues to Apr. 26. Maison de la culture; 385, rue du Pont, Mont Laurier. 819 623-2441 ceml@lino.sympatico.ca www.expomontlaurier.ca.

Group Art Exhibition & DADA - St. Faustin

The 8th annual DADA exhibition continues until **June 8**. A collection of unique, intriguing art created each year for this particular show. Maison des Arts et de la Culture Saint-Faustin; 1171, rue de la Pisciculture, Saint-Faustin-Lac-Carré. 819 688-2676. www.maisondesarts.ca.

Marco Royal Nicodemo - Mont-Tremblant

An exhibition by Marco Royal Nicodemo who studied art at Concordia University in Montreal continues until



Marco Royal Nicodemo

April 27. The artist is inspired by technology and landscape. He explains that he endeavours to understand the complex links that exist between key elements of the environment and find out how we might alter natural cycles and occurrences through technology. His work has been shown in Tokyo, New York and Montreal. Salle Alphonse Desjardins; 1145, rue de Saint Jovite, Mont-Tremblant. Opening hours: Wed: 1-5 pm; Thurs. & Fri: 1-9 pm; Sat: 10 am - 3 pm; Sun: noon to 5 pm. <http://www.villedemont-tremblant.qc.ca> 819 425-8614 Ext. 2500.

Desirée Szucsany - ICI par les Arts - St. Jérôme

Until April 28, a collection titled "Inventio," fresco art and paintings by Desirée Szucsany, will be on display. Desirée is an artist and art-historian who knows about art creation methods used during the renaissance, such as fresco and painting on walls (and ceilings) using pigments that penetrate deep into the wet plaster, thus rendering the painting part of the wall. She has been experimenting with various textured grounds for her compositions and her creations

have been evolving and combining the figurative with the abstract, presenting a poetic, imaginary world. Opening hours: Mon- Wed: 9 am - 5 pm; Thurs: 9 am - 9 pm; Fri: 9 am - 5 pm and Sat: 11 am - 4 pm. Closed Sundays! ICI par les arts; 712, rue St. Georges, St. Jérôme. 450-569-4000 www.iciparlesarts.com.



Desirée Szucsany, Ici par les Arts



Laila Biali, Mont Tremblant

"SOCAN Composer of the Year" and "Keyboardist of the Year," at Canada's National Jazz Awards. She will appear with a bass player and drummer. **Sat. Apr. 26: 8 pm.** Église du Village; 1829 chemin du Village, Mont- Tremblant. Première Scène Mont-Tremblant; 819 425-8614, Ext. 2500.

Vincent Vallières - St. Jérôme

Vallières received the Félix award for male singer of ADISQ 2012. The show will open with a 20-minute performance by singer-songwriter, Andre Papanicolaou. **Sat. Apr. 19: 8 pm:** \$35. Salle André-Prévost; 535, rue Filion, St. Jérôme. 450 432-0660 www.enscene.ca.

Hannah Chung - Prévost

Violinist, Hannah Chung from New York, will play music by Beethoven, Brahms, Janacek and Prokofiev. **Sat. Apr. 26: 8 pm: \$25.** Diffusion Amal'Gamme - Saint-François-Xavier Church Hall; 994, rue Principale, Prévost. 450 436-3037. [diffusionsamalgamme](http://diffusionsamalgamme.com)



Le Temps...Nous, Val David

Le Temps...Nous - Val David

A group exhibition of large-size artworks by Lisa Carney, Yves Gélinas, Eric Hallinck, Lucien Lisabelle and Eric Vanham, plus a tribute to Claude Sarrazin (1933-2013), continues until **June 1**. Espace Fresque, Val-David Church. Opening hours: March and April, Sat. & Sun: noon to 4 pm; May: Sat: 10 am - 4 pm; Sun: noon to 4 pm.

Teenage Art - Brownsburg-Chatham

Exhibition of teen artwork continues until **May 25**. Restaurant Faim-Fino; 338, rue des Erables, Brownsburg-Chatham. 450 407-0708. La Société culturelle du Pavillon des Jardins; 450 495-8022, scpj.wordpress.com.

José Luis Torres & Cynthia Dinan-Mitchel- Val David

Two exhibitions: "Ces objets du désir," installations by José Luis Torres, and "Duodi: Western Wasabi," installations and silk screens created by Cynthia Dinan-Mitchell will continue until May 18. **Opening hours: Wed - Sun; 11 am - 5 pm.** "Centre d'exposition de Val David; 2495, rue de l'Église, Val David. 819 322-7474. www.culture.val-david.qc.ca.

Serge Desrosiers & Renée Noreau - Ste. Adèle

Two exhibitions: Photographs by Serge Desrosiers, "Portraits du Mali," and paintings by Renée Noreau. Opening hours of Place des Citoyens exhibit halls, at Parc Claude-Henri-Grignon: **Thurs & Fri: 1- 4 pm, Sat & Sun: 10 am - 4 pm.** For more information: 450 229-6650. <http://ville.sainte-adele.qc.ca/parc-claude-henri-grignon.php>.

Laurentian Museum of Contemporary Art - St. Jérôme

News Flash: The new director of the museum, Jonathan Demers, has proudly announced that the Musée d'art contemporain de Laurentides has finally received the accreditation of a museum by the Ministry of Culture and Communication.

“Territoires imaginés” (Mar. 30 to June 8) is an exhibition of artwork from the Loto-Quebec collection, plus a traveling exhibition of work by Laurentian artists. A special feature is a piece by Giorgia Volpe, which invites visitors to participate in the creation of a giant cord-carpet, made from recycled, plastic bags. There is also a text by Fred Pellerin that invites visitors into his territory/universe. Twenty-six Laurentian artists participate in “Territoires Imaginés.” They are: Paul Ballard, Pierre Blache, Gilles Boisvert, Nancy Bourassa, Pierre Chaumont, Barbara Claus, Reynald Connolly, Jean Marcel Dumontier, Suzanne Ferland, Marilyse Goulet, Amélie Guérin, Rock Lanthier, Pierre Leblanc, Lise Létourneau, Nathalie Levasseur, Lucien Lisabelle, Olga Ines Magnano, Marie-Ève Martel, Johanne Ouellette, Jessica Peters, Miss Pixel, Jonathan Plante, Sandra Djina Ravalía, Benoît Ricard, Ianick Raymond, and Kim Waldron. **Musée d'art contemporain des Laurentides;** 101, place du Curé Labelle, St. Jérôme. Opening hours: Tue - Sun: noon to 5 pm. 450 432-7171. www.museelaurentides.ca.

Arts Inspired by a Book - ARTS Morin Heights

For the fourth year, ARTS Morin Heights is holding mini-exhibitions at the Morin Heights Library; 823, Village Rd. Four exhibitions are scheduled to take place between now and March 2015. Each show has a different theme, starting with “Inspired by a Book,” which will continue until **June 14**. All shows will open with the artists on site. Opening hours: Tue & Thurs: 1-4 pm; Wed: 10 am - noon /re-opening 3-4 pm; Fri: 7-9 pm; Sat: 10 am - 2 pm; Sun: 11 am - 1 pm.

Art by the Water - Beaconsfield

Annual art exhibit and sale to benefit adolescent colon cancer - **Apr. 25th**. Beaconsfield Yacht Club; 26 Lakeshore Road, Beaconsfield. Complimentary refreshments and a chance to win a door prize (painting) are available. Indoor/outdoor, rain or shine. Free admission. Info: 514 695-1272.



For the next edition covering the period May 9 to June 13, please submit material by April 21. ilania@IlaniaAbileah.com, 450 226-3889.



Vital Eats Right to Sprout

Heather Jackson, co-founder of Marché Fermier Morin-Heights - Main Street

While the struggles of peasants might seem difficult to relate to here in Morin-Heights, the term “peasant” is rooted in Old French, “paisent,” meaning “country dweller.” Almost half of the world’s population is

peasants and small farmers! Every year, hundreds of peasant leaders are persecuted in their struggle to defend their right to feed themselves and their families.

April 17, 2014 marks the 18th annual International Day of Peasants’ Struggle! Established in 1996 by La Via Campesina, this day was named in honour of the 19 members of Brazil’s Movement of Landless Workers in Eldorado dos Carajás. These rural workers, along with their families, had been evicted from their land in 1994 and were marching to the capital of Pará to demand their right to settling on unproductive land. Clashes with the police left 19 dead and 69 injured, with no justice served.

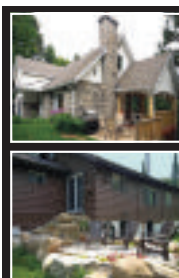
In solidarity with La Via Campesina, we invite you to plant herb, tree, flower, or vegetable seeds and share them with us! April is a great time to start seeding hot vegetables, such as cucumber, summer and winter squash, tomatoes, peppers, and spinach. These plants need a little extra time indoors, so by May 29, they should be ready to transplant into the garden. While not every plant is suited to transplanting, many herbs and trees are ensured even germination through transplants.

Season extension can easily be applied in both directions with the help of simple cold frames. Often materials as simple as a discarded window, recycled wood, and compost is all that is needed to harden-off transplants before graduating into the garden. Cold frames offer protection from unpredictable spring weather and help the transplants adjust from starting indoors to the springtime weather.

Vegetables such as endive, kale, bok choy, and radish thrive in colder temperatures and are suited to a cold-frame climate. Once in the cold frame, however, be sure to maintain adequate ventilation and avoid extreme temperatures and humidity if you can. We built our cold frame using recycled materials, and reaped harvests of carrots, chrysanthemum greens, endive, and tatsoi well into November! We can ensure the fresh taste of summer greens in spring and fall while preserving peasant values in our daily lives.

Join in on sowing, growing, and sharing your sprouting photos on our Facebook page www.facebook.com/MarcheFermierMH.

More information on the International Day of Peasants’ Struggle, can be found at www.viacampesina.org.



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Denis Chalifoux

A Word from the Mayor

Located in the heart of the Laurentians, one hour north of Montreal and in close proximity to the tourist resorts of Saint-Sauveur and Mont-Tremblant, Sainte-Agathe-des-Monts offers a living environment of exceptional quality. You will find us a charming community offering a multitude of services in a natural environment among the mountains, lakes and forests.

Sainte-Agathe-des-Monts has an important English-speaking community, which participated in its development over the years and remains very active and implicated within the

community. The history of the city is impregnated with this presence as signified by several institutions and buildings.

Busy during the summer and winter, Sainte-Agathe-des-Monts has several attractions that make it a perfect outdoor destination; 45 kilometers of bike paths, including the linear park, Le P'tit Train du Nord, 48 kilometers of trails for cross country skiing and 12 km of snowshoe trails.

Lac des Sables, in the heart of the city, offers a range of activities including beaches, a sailing school, a campground and the famous Croisières Alouette, not to mention a beautiful park along the water, Place Lagny, where free, outdoor performances are presented every Saturday throughout the summer.

The city is also very proud of Théâtre Le Patriote, which has become a legendary hall on the Quebec cultural scene. Varied programs in theater, music and humor, are presented from April to November. Théâtre Le Patriote is recognized for being a flagship institution in the development of music in Quebec.

This summer, from July 23 to 27, prepare yourself for the third edition of the Lumière Festival sur le Lac. In an enchanting setting, you will have the opportunity to attend five days of live performances and plenty of festivities. Watch for upcoming programming for more details.

I invite everyone to stop by and visit us here in Sainte-Agathe-des-Monts. You will enjoy a memorable visit, I assure you!

Denis Chalifoux, Mayor of Sainte-Agathe-des-Monts

History

"The Air is like Champagne"

Joseph Graham joseph@ballyhoo.ca

Sainte Agathe was originally the northern region of the community of farmers that Augustin-Norbert Morin encouraged at his experimental Sainte Adèle farm. Growing quickly, it split off in 1861 and became the most important town north of St. Jérôme.

The farmers soon discovered that the soil was not rich enough once the trees were gone to support a community that could produce exports. Then, in 1892, the train arrived and they discovered their fields and lakeshores were extremely attractive to wealthy Montrealers. Between its arrival and the beginning of the First World War, dozens of local farmers sold, using the money to set up local businesses in town or to move elsewhere and start over. Montrealers brought with them everything from foxhunting to a passion for fishing, and Sainte Agathe became famous.

It was the amateur geologist and principal of McGill University, John Dawson, who first publicized the potential of the region in the English press, encouraging a trainload of geologists to take the train north. Elizabeth Wand, a nurse in New York City, read his story in a magazine and was intrigued. She almost immediately moved to Sainte Agathe and set up a therapeutic clinic for convalescents. Today her building houses the Auberge Tour du Lac.

Simultaneously, in the 1890s, Dr. Arthur Richer of the Tuberculosis League identified Sainte Agathe as an ideal destination for the tuberculosis (TB) rest cure and his hospital opened in 1899 to great fanfare. Sadly, it burned down in 1902, but during those few years the residents had discovered how contagious and dangerous TB could be and had passed laws trying to stop people coming to their town for the rest cure. People came anyway, even from the United States, because the secret was out: As Elizabeth Wand famously put it: "The Air is like Champagne." You could recover from one of the most deadly diseases humanity had ever seen simply by coming to Sainte Agathe and resting.

Lorne McGibbon, one of those Montrealers who had fallen in love with Sainte Agathe, was just the man needed to convince the town to change its laws again. He built a great-house overlooking the lake that he named Stonehaven and, having caught TB himself, went to Saranac Lake for the cure. While there he sent another patient, Dr. Roddick Byers of Sherbrooke, to Sainte Agathe to build a new hospital. By the time they discovered the hospital would be illegal, McGibbon was cured and he came to speak to the council, extolling the commercial and health virtues of the cure and finally offering them an all-expenses-paid trip to Saranac Lake if they would consider changing their minds. They did, and the Laurentian Sanatorium opened its doors, followed almost immediately by Mount Sinai Hospital, also for the cure, and many smaller institutions. Even McGibbon's greathouse was taken over by the Oblates for the same purpose.

McGibbon also saw the potential of skiing and got it on the right track in Sainte Agathe, engaging Emile Cochand, the first professional skier in the Laurentians and the second in Canada, to properly instruct and promote skiing.

The foxhunt waned after the war and the fish were almost gone, but skiing and watersports filled the vacuum nicely and, after tuberculosis was cured with antibiotics in the early 1950s, J.A. Ratelle, a retired international aviation expert, created a winter carnival that kept Sainte Agathe in the spotlight. Interestingly, he worked under the auspices of Mayor Jean Baron Lafrenière, who came to Sainte Agathe to die of TB, took the rest cure while living with the Oblates, and was cured. He became a respected notary who recognized the value of Ratelle's "Carnaval."

Today, the old chest hospital and its property serve as the Laurentian Hospital, and Mount Sinai's property is being considered for a palliative care hospice.

Sainte Agathe is a destination of choice for Montreal, Jewish and English communities.

News

Arontec Forced to Close Down

Arontec, a well-known icon in Saint-Agathe, has recently been put up for sale due to difficult, economical times. In an effort to remain in business, management had first reduced staff, but ultimately was forced to close down operations completely.

President, Denis Piché, is negotiating with prospective people and is hoping that an agreement will be reached. "It's been 42 years that I have worked there and I do not want to see it close," stated Mr. Piché. Originally named Maisons d'Autrefois du Québec, during prosperous times, the company employed a total of 55 employees.




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Last chance to Save Le Pavillon Jacques Duquette

André Hurtubise, Ste-Agathe-des-Monts Heritage Committee

In a last effort to find a solution to save “Le Pavillon Jacques Duquette” from being demolished, an “ad hoc” committee has been formed to evaluate renovation alternatives and/or different solutions to save this magnificent Neo-Tudor construction. The newly appointed committee will be composed of representatives from the CSSS des Sommets, l’Agence de la Santé et des Services Sociaux des Laurentides, the Ste-Agathe Heritage Committee, the City of Ste-Agathe-des-Monts and the member of parliament for the County of Bertrand. The first scheduled meeting will be held on April 23, 2014.

A major issue is at stake: Do we accept the demolition of Le Pavillon Jacques Duquette? Should we not care for one of the oldest buildings of historic value in the Laurentians? The Pavillon Jacques Duquette is part of the original Laurentian Sanatorium Hospital built in 1908. Lorne McGibbon, a wealthy businessman from Montréal, was the instigator of the construction of this sanatorium to treat tuberculosis patients. After World War One, the Federal Government added other buildings to treat soldiers returning from Europe with pulmonary diseases of all sorts. All but the Pavillon Jacques Duquette have been demolished.

Last summer, our MRC des Laurentides mandated a reputable firm of patrimonial experts to evaluate significant heritage buildings within its territory. Their conclusion concerning Le Pavillon Jacques Duquette: **“Considering the global value of the building (rarity, quality and integrity of its original design, historic interest, Sanatorium Heritage), we strongly recommend that the Pavillon Jacques Duquette should be safeguarded, protected and value added for the benefit of the community.”**

We value your opinion. If you wish to express your ideas on this issue, please contact the Heritage Committee at 819 326 4595 ext. 3326. You can also express your views on our facebook page: <https://www.facebook.com/pages/Comit%C3%A9-du-Patrimoine-de-Sainte-Agathe-des-Monts/333464000007628>.

Visiting our Beautiful Village

Discover Sainte-Agathe

Ilania Abileah - Main Street

Sainte-Agathe-des-Monts is a town surrounded by mountains, lakes and forests. Since its foundation in 1849, it has evolved into a four-season tourist destination, featuring a multitude of attractions, as well as providing all essential services to residents and visitors. It has a well-equipped hospital, government services, banks, large stores, boutiques, car dealerships, restaurants and hotels. The trailer park and campground are open all summer and there are plenty of fresh-air activities at Lac des Sables, such as sailing and swimming at the public, sandy beach and lake tours on the Croisières Alouette. Ste. Agathe



also offers biking, hiking, horseback riding, boating, fishing and golf. In winter, activities include cross-country skiing, snowshoeing, dog-sled racing, skating and ice hockey as well as skidoo day-tours and indoor swimming.

The Ste. Agathe train station has been transformed into a tourist information center and the old railway lines are now a bike path and part of the linear trail, “Le Petit Train Du Nord,” a 200-km trail stretching from St. Jérôme to Mont-Laurier. It is one of the most popular tourist attractions in the Laurentians. Not far from the old station, there is a sports center with a skating rink and a semi-Olympic-sized swimming pool and nearby, a Coca Cola bottling-plant that has existed for over one hundred years and that has been operated by the same family for three generations!

The Ste. Agathe theatre, “Le Patriote,” which Gilles Vigneault operates from April to November, opened in 1967. Place Lagny is the town’s festival centre where La Fêtes nationale, Festi-Neige and Lumières sur la lac are held annually. There are several waterfront hotels with fine dining restaurants, such as Hotel Spa Watel, situated in front of Lac de Sables and still managed by the founders, Lise and Claude Fleurent. Other popular places are Auberge du Lac des Sables and Auberge Tour du Lac.



Worthy of a visit is Villa des Arts - Liliane Bruno, a high fashion boutique with its own intimate concert hall and gallery and across the street on Rue. St. Vincent is Bar Claire de Lune. The beautiful, public library is also on Rue St. Vincent, as is a lovely bookstore, “Le Retrouvailles.” This street offers fine dining at the bistro-café, La Gourmandine (breads, pastries, salads and more) and La Maison 1890, featuring tasty meals in a beautiful, country setting.

On Rue Principale there is a charming flower & gift store, “Fleur en Folie,” and the office and art supply store, BuroPLUS Martin. In the heart of town are restaurants for all budgets; stop by and enjoy the fine cuisine of La Chaumière on the main thoroughfare.

This town represents different things to different people and when asked what comes to mind about Ste. Agathe, people respond very differently; some commenting on the lake, others on Bourassa (a great store with a myriad of cheeses, fruits, vegetables and other delicacies) or Le “Pommier Fleuri (a natural health food store) and so on.

To visit, you can follow the scenic route along Rte. 329 north, which will bring you straight to the public beach or, drive up Autoroute 15 north, take exit 86 and follow the blue tourist information signs to the office at 24, rue Saint-Paul, Sainte-Agathe-des-Monts. For further information call 819 326-3731 / 1 888 326-0457 or email info@sainte-agathe.org. Enjoy your visit!

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SAINTE-AGATHE-DES-MONTS

Activities

What To Do in Ste. Agathe

April 12 & 13: Fantasy on Ice: Centre sportif Damien-Héty (40, rue Brisette) End of year show presented by the Artistic Skating Club, Saturday, April 12: 7 pm and Sunday, April 13: 1 pm. Tickets \$15 available at the sport complex. Information: 819 326-3476.

April 25 - 27: 1st Edition of the Salon Immo-Déco-Réno des Laurentides: Centre sportif de Ste-Agathe-des-Monts (40, rue Brisette) 450 744-0222, immodecoreno.com. For three days, the sports centre will be transformed into a paradise for decorating and renovating enthusiasts, as well as anyone looking to purchase new homes or properties. If you are seeking advice or ideas, you'll find everything you could ask for, all under one roof. Friday, April 25: noon to 7 pm; Saturday & Sunday, April 26 and 27: 10 am - 5 pm. Admission: Adults - \$10, children 12 years and under (with an adult) - free.

May 4: Sainte-Agathe Spring Race: Polyvalente des Monts, (101, rue Légaré) Races of 1- 20 km as well as the 1 km P'tit Marathon for children 11 years and under. The first 5 to win will be invited to the P'tit Marathon provincial championship, which will be held in Montreal on September 21, (before the Montreal Marathon departure). Registration fees. For details call 450 227-3578 or visit www.sporttriple.com.

Free conferences at Le Théâtre le Patriote: (258, rue Saint-Venant). **April 30, 7:30 pm** - Discover the wild fauna of the region with fauna technician, Sylvie Gobeil. **May 28, 1:30 pm** - Author, André Bienvenue, presents, "Aging Without Becoming Old"! **June 18, 7:30 pm** - Learn all about wine with sommelier Jean-François Giraud.

Cross-country ski centre: (2, chemin du Lac-des-Sables). This family-oriented ski centre is suitable for skiers of all levels. Its unique, single direction trails enhances the pleasure of skiing with 48 km designated for cross-country skiing and another 12 km for snowshoeing. All trails are mechanically groomed, making it one of the most popular sites in the Laurentians. Tel: 819 561-0482 / 1 800 561-7360 or email info@parcdescampeurs.com.

Ste. Agathe - Calls to Artists

Fine Craft Art - Ste. Agathe - The 9th Fine Craft Art Christmas event at Place Lagny, Ste-Agathe-des-Monts will take place Dec. 5-7. Prior to that, there will be a Summer Fine Craft event held Aug. 29-31. **Due date is May 9th!**

For more information call please call 819 326-4595 Ext. 3323.

Interested Fine Craft Artists should apply for one or both events by completing the registration forms available on the website: www.ville.sainte-agathe-des-monts.qc.ca.

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April 21: 7 pm - General Meeting
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May 6: 11:30 - 1 pm - Last Soup Lunch 'til Fall
 Bar/Lounge open Fridays 3 pm - 9 pm.
 2014 membership cards are available at a cost of \$45 - hope to see some new members on board in the New Year. For information, please call Sheila or Trevor Holmes 450 562-8728

Branch 192 Filiale Rouge River

Happy Warm Easter
 April 11: 6 pm - TGIF
 April 13: 10 am - Ladies' Auxiliary Brunch
 April 19: 2 pm - General Meeting
 April 24: 2 pm - Ladies Auxiliary meeting
 April 26: 5:30 pm - Veterans Dinner
 Cribbage every Tuesday night 7:30 pm
 Cards on Wednesday afternoon at 1 pm.
 Darts will continue on Fridays of TGIF's
 For more details please call 819 687-3148

MORIN HEIGHTS UNITED CHURCH
 831 Village, Morin Heights
Sundays: 10:30 am - Weekly services.
 Coffee and conversation following the service.

SAINT EUGENE CHURCH
 148 Chemin Watchorn, Morin Heights
 For info please call Johanne at 450 226-2844.

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

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

MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH
 463 Principale Lachute, pccweb.ca/mrmpc/
 Rev. Dr. Douglas Robinson: 450-562-6797

April 18: 1:30 - 3 pm - Good Friday Walk. Joining with the United Church at The Residence of Lachute, 377 Principal, continuing to St. Simeon's Anglican Church, ending at Margaret Rodger Presbyterian Church. Everyone welcome.

April 25: 7 pm - Children's Musical, "Are We There Yet?" (Moses and the Exodus). Refreshments will be served afterwards.

May 3: 7 pm - Dessert Theatre. Joseph and the Amazing Technicolor Dream Coat. Performance starts at 7 pm and will be followed by dessert.

May 10: 10 am - noon. Spring Bake Sale with home-baking, books, plants, truffles and treasures. Coffee/muffins served. See you there!

Sundays: 10:30 am - Morning Worship, coffee hour to follow. All welcome.

Annual Lenten Services and Luncheons on the theme: "Jesus' passion and death"
 Church Service - noon.

DALESVILLE BAPTIST CHURCH
 245 Dalesville Rd, Brownsburg-Chatham
 Pastor Eddie Buchanan - 450 533-6729
 Sunday School: 10 am
 Worship service: 10:45 am
 Hymn Sing: 4th Sun each month - 7 pm

BROOKDALE UNITED CHURCH, BOILEAU
 Info: 819 687-2752

TRINITY ANGLICAN CHURCH
 757 du Village, Morin Heights, 450 226-5307
Sundays 11 am: Worship Service.

May 31: 1 - 5 pm - Historical Church Tour. Trinity, built in 1861, has been invited to participate in the Historical Church Tour, organized by the MRC des Pays d'en Haut. Come join us!

MILLE ISLES PRESBYTERIAN CHURCH
 Mille Isles Road
April 27: 11 am - Mille Isles Presbyterian Church will hold its opening service for 2014. Please come and join us on this special day.

ARGENTEUIL UNITED PASTORAL CHARGE
 Rev. Cathy Hamilton
 Regular Sunday services:
8:45 am: (Knox-Wesley, Grenville)
10:30 am: Lachute United
 Call 450 562-6161 for information.

LACHUTE BAPTIST CHURCH
 45 Ave. Argenteuil - 450 562 8352
 Pastor Régnald Leroux
 Sunday School - 9:45 am - Worship Service - 11 am

HOLY TRINITY ANGLICAN CHURCH
 12 Préfontaine St. West, Ste. Agathe (corner of Tour du Lac and Préfontaine)
 Rev. Canon Ralph Leavitt: 819 326-2146
 Services every Sunday at 8 am (Breakfast afterwards at a restaurant)
 Also 10 am - music, Sunday school, coffee. Christians of all denominations welcome. Parking & elevator for handicapped.

ANGLICAN PARISH OF ARUNDEL & WEIR Holy Week & Easter
 (All services in Grace Church, Arundel unless noted).

April 13: 10 am - Palm Sunday - Liturgy of the Palms & Holy Eucharist

April 17: 6 pm - Maundy Thursday Liturgy & pot-luck supper in the church hall

April 18: 10 am - Good Friday - Ecumenical service beginning at Grace Church, continuing to Arundel United Church & Notre-Dame-de-la-Merci, Huberdeau

April 19: 7:30 pm - Easter Vigil, Saturday - St-Sauveur Roman Catholic Church

April 20: 10 am - Easter Sunday - Holy Eucharist
 Sunday services in Grace Church at 10 am every week followed by coffee & fellowship.

UNITED CHURCH OF CANADA
 Serving the communities of the Lower Laurentians under the leadership of Rev. Cathy Hamilton.
 450 562-6161 or 514 347-6250

ST. ANDREWS CHURCH, AVOCA
 April 16 - 1 pm -Midweek Easter Prayers
 April 20 - 1 pm -Easter & Holy Communion

SAINT MUNGO'S CHURCH - CUSHING
 Special dates to be announced

KNOX-WESLEY CHURCH
 13 Queen Street, Grenville
 Sundays: 8:45 am - Worship and Sunday school

LACHUTE UNITED CHURCH
 232 Hamford Street, Lachute
 Sundays: 10:30 am - Worship

HARRINGTON UNITED CHURCH

ARUNDEL UNITED CHURCH
 17, du Village, Arundel, 819 687-3331
 Rev. Georgia Copland
 Sundays: 10 am - Worship service.

** There is no wheelchair access during winter. We apologize for the inconvenience.

CHRISTIAN FELLOWSHIP CENTRE OF THE LAURENTIANS (CFCL)
 Pauline Vanier, 33 de l'Église, St. Sauveur
 Pastor Kevin Cullem: 450 229-5029
 Please join us every Sunday at 10 am

THE CATHOLIC CHURCHES NOTRE DAME DES MONTS PARISH

Huberdeau 10:30 am Laurel 9 am

Morin Hts 10:30 am Montfort 9 am

16-Island-Lake 10:30 am Weir 9 am

You are welcome to join us after the service.

ST. ANDREWS EAST PRESBYTERIAN CHURCH
 5 John Abbott Street, St. André d'Argenteuil
 Wednesday Prayer & Bible Study - 7 pm
 For more info call: 450 537-8560

LOST RIVER PRESBYTERIAN CHURCH
 5152 Lost River Road, Lost River
 Services start 11 am: Eveyone welcome.

VICTORY HARVEST CHURCH
 361 des Erables, Brownsburg-Chatham
 Pastor Steve Roach 450 533-9161
 Sunday Service 10:30 am
 Please call to confirm:
 Wed 7 pm Prayer/Bible Study

SHAWBRIDGE UNITED CHURCH
 1264 Principale, Prévost (at de La Station)
 is seeking members for the congregation.
 Sunday service time is 9:15 am.

ANGLICAN CHURCHES ALONG THE OTTAWA RIVER
 Holy Trinity, Calumet, St. Matthew's, Grenville.

Sundays 9:15 am - Holy Eucharist: alternating locations.

Holy Trinity, Hawkesbury - Holy Eucharist at 11 am every Sunday with Rev. Douglas Richards, 613 632-2329. Call the parish office at 613 632-9910 for more info.

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH
 94 Ave. St. Denis, St. Sauveur 450 227-2180
 Service Sundays 9:30. Rev. Bryce Sangster 450 226-5307 wbsangster@hotmail.com.

ST. SIMEON'S ANGLICAN CHURCH
 445, rue Principal, Lachute
 with Rev. Paul Tidman: 450-562-2917
Sundays: 10 am - Morning services
April 13: 9:30 am - Family Service
April 17: 5 pm - Lenten Service
April 20: 10 am - Easter Sunday
April 27: 10 am - Communion
May 4: 8:30 am & 10 am - Communion
May 11: 9:30 am - Family Service
May 18: 10 am - Communion

PARISHES OF THE LOWER LAURENTIANS
 Everyone welcome and we look forward to seeing you and your family.

ST. AIDEN'S - WENTWORTH
 86 Louisa Rd - Louisa
 Services with gospel/bluegrass music
Apr. 20: 10 am - Easter Sunday, Holy Communion


ST. PAUL'S - DUNANY
 1127 Dunany Rd. Gore
 Services are bilingual.
Apr. 20: 2 pm - Easter Sunday, Holy Communion

HOLY TRINITY - LAKEFIELD
 4 Cambria Rd, Gore
 Bilingual services with gospel/bluegrass
Apr. 18:

10 am: Good Friday: Stations of the Cross
3:30 - 4:30 pm - hour of silent reflection and traditional hymns
7:30 - 8:30 pm - hour of silent reflection and classical music


CHRIST CHURCH - MILLE ISLES
 1258, Mille Isles Rd - Mille Isles
Apr. 13: 10 am - Morning Prayer

TO POST A NOT-FOR-PROFIT COMMUNITY NOTICE, EMAIL SUSAN MACDONALD: MAIN.STREET@XPLORNET.CA




PAIX: To fend off violence!
 You love your children, your partner, your family! You want to avoid exposing them to violence! So stop and think... Do you need help? PAIX is there to help you. To register for a group: 819-326-1400 or 1-800-267-3919 www.organismepaix.ca

The 4 Korner's Family Resource Center is now open in Sainte-Agathe-des-Monts



Visit the office on Tuesdays from 8:30 am to 4:30 pm to find health and social services in English.



Do you want to stay informed about what is happening in the English Community? Send us your email address.

4 Korner's Family Resource Center
 We are a cornerstone of the community!
 50, rue Corbeil, Sainte-Agathe-des-Monts
Call us anytime at 819-324-4000 ext. 4330 or 1-888-974-3940
 www.4kornerscenter.org kim@4kornerscenter.org

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- Accompaniment,
- Supervision & Mobility Stimulation
- Employment opportunities for Caregivers

Spring & Summer Information Workshops
 Technical Training
 Contact with Health & Social Resources

FOR MORE INFORMATION & REGISTRATION PLEASE CONTACT LAURENTIANS CARE AT 855.522.7372



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Mouvement Personne d'Abord

You are cordially invited to a bowling tournament organized by The "Mouvement Personne d'Abord de Lachute" in association with the organization, Society of the Autism of the Laurentians, at Bowling La Lorraine 450, av. Bethany Lachute

Date: Saturday April 12: 6 - 8 pm.

Please reserve your places (squares) as soon as possible. Welcome to all! Cost: \$15. For reservations: Bazar: 450 562-5846. Bowling: 450-562-9566. Thank you for encouraging us.

4 Korners

The 4 Korners Family Resource Center is now open in Sainte-Agathe and Lachute

Visit the offices on Tuesdays from 9 am - 3 pm to find health and social services in English. Do you want to stay informed about what is happening in the English Community?

Send us your email address.

50, rue Corbeil, Sainte-Agathe / 508, rue Principale, Lachute. Call anytime at 819-324-4000 ext. 4330 or 1-888-974-3940. www.4kornerscenter.org info@4kornerscenter.org

Shriners' Pancake Breakfast

Sunday, April 13: 8:30 am - 1 pm

Masonic Hall, Providence Blvd. Lachute

Donation \$7 - Lachute District Shrine Club Activities

Children under 6 yrs. FREE

Ami-Quebec Workshops

Tele-Workshop - Good Anxiety, Bad Anxiety

April 16: 7 - 8 pm

This workshop will help you understand anxiety, how to handle it and to know when to seek help. To register call 1 866-396-2433.

ROUND TABLE - Living with mental illness

So you have a mental illness - you can still have a life, and a good one!

Wednesday, April 23: 7 - 9 pm

One in five people are diagnosed with mental illness. This roundtable will concern learning new coping skills, resilience and how to live well.

Pre-registration is required by calling 1 877 303-0264.

18th Annual Cocktail-Reception/Auction

Chairwoman Sylvie Caron and the members of the Board of Directors of the Tremblant Foundation are pleased to invite you to this fundraising event to be held

Saturday April 19: 5 to 8 pm in the ballroom of the Fairmont Tremblant Hotel.

In 16 years, we have given out \$2,949,029 on your behalf to help the young people of the territory of the MRC des Laurentides.

Tickets are \$85 per person and include a cocktail-dîatoire, beer, wine, parking and cloakroom.

There are several ways you may order tickets: by mail: Fondation Tremblant-C.P.4471, Mont-Tremblant, Qc J8E1A1; e-mail: info@fondationtremblant.ca; online purchase: www.fondationtremblant.ca. Info/reserve: Chantal Morin: 819 425-0960.

Support the LRHS Grads April 30!

GRAD BUFFET: 5 - 7 pm, LRHS cafeteria, 448 Argenteuil, Lachute. Tickets: adults \$8, students \$6, kids under 11 \$4.

Stephen Barry Blues Band, Morin Heights April 12, 7-11 pm

Viking Canoe Kayak Club spring fundraiser benefits the junior and para programs. At the Morin Heights Elementary School. Tickets \$30: Simon River Sports, 43 Echo Rd, Les Marmitons, 707 ch du Village, Morin Heights. Also at door. 450 336-5805. parker.kimberlee@gmail.com.

Lost River Community Center

May 11: 9 am - noon: LRCC will hold their Mothers Day breakfast on Sunday. Adults \$6, kids \$3. Proceeds from basket draw donated to the Breast Cancer Research Foundation.

Harrington Valley Fiddle Club

April 11, 7 pm: Regular music/dancing evenings resume. Lachute Presbyterian Church Hall, 463 Principale Lachute

Harrington Valley Community Center

Saturday, April 26: Comedy Night & Lasagna Dinner. Door & bar opens at 5pm. Tickets: \$25. Info: 819 242-3445.



Judy Diez d'Aux

flûtiste, musicienne de chambre
flutist, chamber musician

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ENGLISH COMMUNITY NEWS

To find out what is going on in and for the English community in the Laurentians, go to: <http://thelaurentian-club.weebly.com/community-events.html> to see the Community Calendar of meetings and other events across the territory. Check it also to help you set the date for your own meetings to make sure that there is nothing else scheduled for that date. Instructions are on the site for having your events posted too.

BADMINTON!

Join this group of ladies Mondays and Fridays at 9:15am at the St. Adolphe d'Howard Community Center on Rue de College. For more info call Betty Reymond at 450 226-6491 or Robin Bradley at 819 327-2176.

Laurentian Club Notice

Trip Through the North West Passage

Dr Inga Patterson will address the next meeting of the Laurentian Club and share her images and impressions about her trip through the North West Passage aboard the Clipper Adventure following the route taken by Roald Amundsen in 1903.

Monday, April 28, at 1:30 pm at Trinity Church Hall, 12 Préfontaine West, Ste-Agathe

Entry \$10, free for members.

Annual membership \$25.

Info: www.facebook.com/LaurentianClubofCanada or 819-326-6872.

LAURENTIAN CLUB OF CANADA



Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



April 2014 meeting for cancer patients, families and caregivers is **SATURDAY AFTERNOON April 19 - 1 pm**
Speaker: Grace Bubeck
(postponed from March 2014)
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

NEXT MEETING:
Saturday, May 17, 1 pm

Meetings are conducted in English
ADMISSION IS FREE

For more information about meetings and the group's other services call
June Angus 450-226-3641 Email: cancer.laurentia@yahoo.ca
PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

Suzanne Houle

Real Estate Agent
Groupe Sutton Humania, St-Donat Office
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cell: 819-323-8900

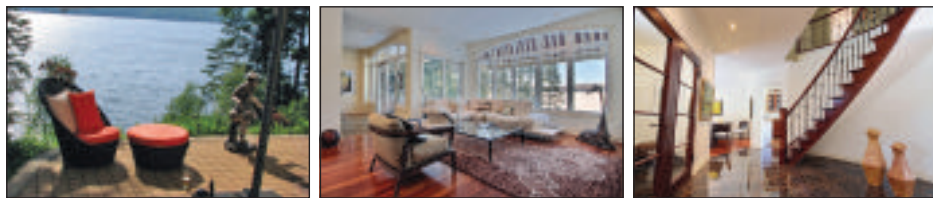
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Laurentians Caregivers Abundance of Activities

By Lois Wilkie, www.wilkiecounselling.com

CPR/AED Certification: (Defibrillator) \$45 (pocket size mask included), First Aid & Epinephrine \$40

Presented by Alain Leduc, Laurentian Firefighter and First Responder

Wednesday, April 16: 9 am -6 pm

148 chemin Watchorn, Morin Heights (The old CLSC behind St. Eugene's Church)
Refreshments will be served but please bring a box lunch.

Contact Laurentians CARE to reserve your spot - limit of 12 people.

*Please note that to qualify for the First Aid Clinic, CPR certification is mandatory.

P.I.E.D. /STAND UP PROGRAM

A program to help prevent falls for seniors over the age of 65 years will be coming to the village of Morin Heights this summer. This workshop is an intensive 12-week program geared towards the prevention of falls. There will be bi-weekly group exercises, discussion periods on safe behavior and adapting the home, plus an exercise program participants follow at home.

This program will be presented by qualified and trained professionals from the local CLSC. Their goal is to help you to improve your balance and strengthen your legs, learn how to keep your bones healthy and encourage self-confidence.

One in three people over the age of 65 suffer from at least one fall a year and 40% of the elderly in long-term care facilities are admitted due to a fall.

Falls can be prevented - come learn how! The workshop will be offered by the CSSS Pay's d'en Haut in collaboration with Laurentians CARE. Free admission - maximum 15 per group.

If you, or someone you know, can benefit from this important workshop please contact L-CARE at 1 855 522-7372.

Caregivers in Conversation with Lois Wilke -

English support for caregivers, volunteers and professional support workers.

Caregivers in Conversation will offer group support for the personal support worker or assistant to the family caregiver. People in these positions face unique and difficult situations and often feel isolated, especially in rural areas where English support is limited. Having someone available to turn to for advice, venting and finding solutions, can be of vital importance in the actual health and care of the caregiver and ultimately an improvement in the quality of care they provide. Laurentians CARE is dedicated to providing support, guidance and problem solving skills to deal with many of the difficult challenges all caregivers face on a daily basis.

Join in every second Monday of the month from 10 am - noon at the Royal Canadian Legion #171; 127 chemin Watchorn, Morin Heights.

Call to Artists - Val David

Fine Craft Artists' Alley & Salon: Spaces are available for the summer season weekends in the heart of Val David until the end of September. Interested artists should submit their portfolios before April 25. Another event featuring fine craft artists is the Salon des Artisans, submission due date May 30. Registration forms are available on website: valdavid.com; info@valdavid.com. (IA)

Musikus Vivace - St. Sauveur

The choir presents its 3rd Fund Raising Concert featuring material from Maurice Chevalier, Louis Armstrong, Fernandel and others. Chalet Pauline-Vanier, 33 Ave. de l'Église, St. Sauveur. **April 26: 7:30 pm, April 27: 2 pm: \$25 pre-sale, \$30 at the door.** Info: 450 745-1664. (IA)

Marie-Josée Lord - St. Placide

Enjoy the soprano voice of Marie-Josée Lord at the St. Placide Church. The program, "Voyage Latin," includes Spanish, Latin, and Portuguese melodies. She will be accompanied by David Jacques (guitar) and Ian Simpson (contrabass). Marie Josée Lord is acclaimed for her vocal range from the lowest to the coloratura. The program includes Spanish songs by Manuel de Falla, "Besame Mucho" from Mexico, "La Flor de la Canela" from Peru and more. Sat, May 3: 8 pm. Tickets \$30 before April 25, \$35 at the door, available at the municipality of St. Placide, 281 Montée St-Vincent (450 258-2305); Caisse Desjardins de Mirabel (St-Augustin, Ste-Scholastique, St-Benoit and St-Placide) or by calling Jocelyne 450 258-4150. (IA)

Seasonal Excursion for Argenteuil Scouts



On March 29, the young Scouts, along with their parents and friends, joined together at the Cabane à sucre du Coteau in St. André d'Argenteuil to enjoy a delicious, traditional meal in a warm and friendly environment. Everyone was entertained by the games, mini-farm, sleigh ride and visit to the sugar shack. Through this

activity, and with the collaboration of the owners, the young scouts were able to taste one of our finest treasures, Quebec maple syrup. If you have any questions or would like more information on the Argenteuil scouts group, please do not hesitate to call me at 450 675 1003.

- Mathieu Trudel, Scout organizer



The Story Behind A Canadian Heroine, Part One

Joseph Graham - Main Street
joseph@ballyhoo.ca

As Quebecers, we've heard a lot about the Patriotes, those noble early rebels who wanted to create a republic and throw the Brits to hell out. Louis-Joseph Papineau, their leader, has become an iconic figure, and the independence movement has rewritten that part of our history as a nationalist, all-French hagiography. The movement was not a French-English conflict and the Patriotes would not have passed a law protecting the French language as their first action had they won. There was a genuine rebellion, a class struggle, and it happened right across both Lower and Upper Canada - Quebec and Ontario. The enemy was a powerful British elite, or more accurately, an elite composed of colonial business leaders who sucked at the teat of the colonial office advising the governors sent over from Great Britain, always with a view to protecting their privilege.

The Upper Canada patriots called themselves the Reformers, and originally their demands were reasonable, as were those of the Patriotes. Eventually, though, they were pushed beyond the point of reason and took up arms to throw off the yoke of the Family Compact, the disparaging name they gave to the colonial elite. Their rebellion was bloody, but no more effective than that of the Patriotes, and it also had heroes and martyrs. One of its heroes, in fact a heroine, was a young woman named Maria Smith Wait, a woman whose story should not be forgotten.

Maria was a young mother when her twenty-four-year old husband, Benjamin Wait, was arrested and tried as a rebel. Wait participated in one of the few successful campaigns of the rebellion. On June 20, 1838, they surrounded ten members of the Queen's Lancers who were sleeping at Overholt's Tavern in Thorold (then called Saint John's West). After an exchange of volleys in which three were wounded, the rebels stacked straw around the foundation and threatened to set the tavern on fire. The troops surrendered and were marched off into the woods, stripped of anything useful and left. Soon, though, the rebels were running to the American border in the face of a huge contingent of Loyalist militiamen and Wait was captured on June 24. While the Loyalists continued looking for the other rebels in the woods near the border, Lieutenant Governor Sir George Arthur visited Wait in prison and offered a free pardon and money if he would inform on the others. His adamant refusal consigned him to the gallows and on August 11, he heard his sentence: On August 25 he would be "...hanged by the neck until you are dead, and your body shall be quartered."

His young wife, Maria Smith, was the ward of Robert Randal, a radical member of the House of Assembly and she had a rebel's heart. She moved with her baby to near the jail, bringing her husband food and solace, but was pushed away as often as she was successful, one time with a bayonet against her chest. Finally, she determined to seek his release by going over Arthur's head. Major General Sir George Arthur was the lieutenant governor under Lord Durham and everyone around her warned her against going to Quebec. Not only would it be an arduous, expensive journey, she would call down the wrath of Lieutenant Governor Arthur, they warned her.

Before he was knighted, Colonel George Arthur was the governor of Van Deiman's Land, the prison colony on the island that we now call Tasmania, south of Australia. He had accepted the posting on condition that he would have dictatorial powers and he holds the distinction of having been the most vicious governor in the prison's history, erecting the gibbet so that it was visible from his house, and hanging 1,508 people during his thirteen-year tenure. He was also responsible for instituting the system that would result in the complete extinction of the original people of the island. When he finally left in 1837, both the colonists and the prisoners celebrated for days. This was the monster that the young Maria confronted.

For her trip to Quebec, Maria took with her the eldest daughter of another prisoner, Sarah Chandler. She was told that bringing Chandler would weaken her case, because then she would be asking for two men to be saved. Again she rejected the advice. People rallied around Chandler, the eldest of several children, feeling she would have a better chance of being heard, speaking for her condemned father. Friends supplied her with a letter of introduction to Lord Durham, but when Maria asked her to get one for her too, she declined "... either from excessive bashfulness or some other reason unknown to me."

Together they travelled to Quebec, marching off the steamer right to Durham's lodgings. The aide-de-camp, Colonel Couper, was not encouraging but took Chandler's letter of introduction, indicating to Maria Wait that there was nothing he could do for her. After being told for two days to return later, with the departure of their boat and any chance of returning before the executions becoming slimmer, Chandler dissolved in tears and Wait put her foot down, telling Couper she would not leave, saying, "Any further delay is the equivalent of a refusal by Lord Durham ... and that means we'll get back to Niagara just in time to embrace the bodies of our loved ones ... I can't leave here until his lordship listens to me."

They never met Durham, but he was touched by their intervention and ordered a stay of execution to give him an opportunity to examine the facts. Lord Durham, nicknamed Radical Jack for his progressive position, would have been well aware of his lieutenant-governor's Australian reputation and he had already stopped the hangman many times in Lower Canada, choosing instead to exile the Patriotes, the first group of whom went to Bermuda.

With an official copy of his letter in hand, the two young women boarded the next steamer hoping to return to Niagara in time to save Maria's husband and Sarah's father from the noose.

...to be continued.

Obituaries Main Street considers it a community service to publish standard obituary notices at no charge.

BLAIR, Clifford

Peacefully at The Pavillon, Lachute, Qc. on Sunday, March 23, 2014, in his ninety-third year. Husband of the late Iris Moore and the late Edna Hadley. Survived by his Hadley step-children, grandchildren and great-grandchildren, and nieces and nephews from the Blair family. Pre-deceased by his brothers Raymond and Steve. A memorial service was held on Saturday, March 29 at the Margaret Rodger Memorial Presbyterian Church in Lachute.

In lieu of flowers donations to The Arthritis Society, 380 Saint-Antoine St., West, Montreal, Qc. H2Y 3X7 would be appreciated by the family. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

CHAMPAGNE, Carl

The burial of Carl's ashes will take place on Saturday, April 26 at 2 pm at the cemetery in Arundel. Immediately afterwards, family and friends are invited to join in a reception at the Anglican Church Hall.



NOBLE, Dorothy Elisabeth (nee: Drew)

Dorothy Elisabeth Noble of St. André d'Argenteuil passed away peacefully at home at the age of ninety on Wednesday, March 19, 2014, surrounded by the love of her family. She is pre-deceased by her husband, Walter Noble and her son-in-law, Michel Meloche. Loving mother to Shirley Meloche and Linda Peatman (Gordon Peatman), proud grandmother of Sylvia Meloche (Lorne Vaags), Marc Meloche (Britney Paradis), Sean Peatman (Melanie Coté) and Corey Peatman (Catherine Claus) and great-grandmother of Stephanie and Bradley Vaags. "Grandma" also leaves many relatives and friends

to mourn her passing. A celebration of her life was held on Saturday, March 29 in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute. Special thanks to all of those who were involved in her care, the family is truly grateful for your love and kindness.



HAZEL, Garth

Garth Herbert Harold Hazel, of Moncton, NB, passed away suddenly on Saturday, March 29, 2014 at his residence, at the age of 72.

Formally from Brownsburg, Quebec, he was the son of the late Wyman John Hazel and Violet (Hewitt) Hazel.

He is survived by his sons, Jeffrey, Randy (Jennifer) and Stephen, his brother Keith (Heather), his sister Amy Cobban, his grandchildren Brandon, Kayla, Carlie Marie, Tanner, Deacon and Charlie Emma, and several nieces, nephews, cousins and one Aunt Elise.

Besides his parents, he was pre-deceased by his brother Bruce, his brother-in-law, James Cobban, and beloved wife and soul mate, Judy (Blackmore) Hazel.

Garth worked in the windows, glass and building industries for most of his life and was well known in the industry. He was a man of many talents, loved working with wood, doing renovations, and was always ready to give a helping hand. He was an outdoor person and a fervent fisherman and he would find peace fishing up river in Newfoundland. He was an avid hockey fan and a regular spectator at the Moncton Wildcats games. He also loved going to antique shows and flea markets.

He will be missed greatly by his family, his loving grandchildren and his friends. His close friends and neighbours on Carouge Street will certainly miss him also.

As per his request, there will be no public viewing or funeral services. Interment will be at the Lachute Cemetery, in Lachute Quebec later in the summer.

Donations in Garth's memory can be made to a charity of your choice.

Love the people God gave you because he'll need them back one day.



CLAUDE SMITH January 25, 1953 - April 15, 2013

"If ever there is a tomorrow"
I can't forget that fateful day
You had to leave you went away.
A sadness filled us up inside
Emotions that we just couldn't hide
Tears they came, sadness too
All the emotions were just for you
Time will heal, so I was told
But it will NEVER fill this empty hole.
Here in our heart there is a place
You're always there, keeping us safe
It's filled with love and happy times
It's never dark for your Star always shines.
In Heaven now you reside
To watch over us with Love and Pride
I know one day we'll meet again
Until we do just know how much
we miss you and you are always there.

Love you,
Ilene, Lee, Kristy, Todd

"How lucky I am to have had a love so wonderful and special that makes saying goodbye so hard. Love you a bushel and a peck and a hug around the neck, forever and ever..."
- Ilene



The English Link Tangage des Laurentides

Laura Young - Main Street

Tangage des Laurentides is a non-profit organization dedicated to the prevention of addiction. They offer a series of five workshops in English for fifth and sixth grade students and have been to Ste. Agathe Academy, Arundel Elementary and Morin Heights Elementary.

The elementary school program does not teach the children about different types of drugs and their dangers; instead, the focus is on health and making healthy choices throughout life. Children are taught about the responsibility and control they have over what they put into their bodies. There are many inter-related factors for choosing to live a life free of addiction, and these workshops touch on several. The first workshop teaches children the basics of the human body and how it works. The second is all about emotions and how to handle them in a productive way. The third workshop addresses the changing brain. The fourth focuses on peer pressure, and the last, is about pressure from advertising and how to be a responsible/educated consumer.

Tangage works in collaboration with teachers, parents and police officers. This allows them to take into consideration all areas of children's lives, from home and school to their involvement in the community and to understand that choosing to live a healthy lifestyle requires people to be able to make good choices in all of these environments.

The sheer number of things to which our children are exposed, and sometimes become addicted to, can be overwhelming for parents. Alcohol, cigarettes and marijuana are still up there on the list, but prescription drugs, or cheap pills made in someone's basement and gambling, are just a few more of the things our kids can easily get into. It is normal for young people to be curious, and often they see their parents and other adults enjoying alcohol at dinners or parties. It is very important that children have good role models and understand the dangers of abusing alcohol and other drugs. Judgement becomes impaired, and dangerous behaviour such as driving under the influence, having unprotected sex or playing potentially deadly, drinking games can follow.

Although there are no guarantees that parents can keep their children safe from alcohol and drug abuse, communication and education are powerful tools. They are the first line of defense and it's never too early to teach children about the dangers of putting poison into their bodies. Many children may see no danger in energy drinks, or have no tools to stand up for themselves against peer pressure. Helping children to make healthy lifestyle choices in terms of diet, sleep, exercise and relaxation, can go a long way. Parents can also help kids learn to take responsibility for their lives and increase resilience by helping them with critical thinking, problem solving, delayed gratification and the ability to sometimes accept "no" for an answer.

Tangage does not offer intervention services, but does provide workshops to educate parents on the cycle of addiction and the warning signs that a child might be using drugs.

You can contact Tangage at info@tangagedeslaurentides.com or call 819 324-2261. They are located at 118-B, rue Principale Est, Sainte Agathe des Monts J8C 1K1.

laura@4kornerscenter.org
org for the English
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Main Street Money: Ladies' Investment and Financial Education Contribute to TFSA, RRSP or Both? Also, Seniors' Fraud Alert!

Developed by Christopher Collyer, BA, Certified Financial Planner, Investment Advisor, Manulife Securities Incorporated

With the availability of Tax-Free Savings Accounts (TFSAs), does it still make sense to contribute to a Registered Retirement Savings Plan (RRSP)? Determining which plan, or a combination, depends on your personal situation and your objectives.

The tax assistance provided by a TFSA is, in many ways, the opposite of that provided through an RRSP:

- RRSP contributions are tax-deductible, with both the contributions and the investment earnings taxable upon withdrawal. Withdrawals are included in income and affect eligibility for federal income-tested benefits and tax credits.
- TFSA contributions are made from after-tax income, with both the contributions and the investment earnings exempt from tax upon withdrawal. Withdrawals will not affect eligibility for federal income-tested benefits and tax credits.

Generally, an RRSP is used for saving for retirement, while a TFSA can be used for both saving for retirement and other shorter-term needs. Because TFSA withdrawals are added back to your available TFSA contribution room in the following calendar year, there is very little downside to using TFSA savings for mid-sized to large purchases.

If you are in a low tax bracket, saving in a TFSA may be more advantageous than saving in an RRSP, since TFSA withdrawals have no impact on federal income-tested benefits and tax credits, such as child tax benefits and Old Age Security. If you are in a high tax bracket, you will probably consider using both types of plan. RRSPs may be a better option if your tax rate at the time you contribute is higher than when you withdraw your savings. You'll benefit from a tax deduction when you make your contribution and withdrawals will be taxed at your lower future rate. If the reverse is true, a TFSA can provide better results.

Whether to save in a TFSA, an RRSP, or both may depend on your savings needs, your eligibility for income-tested benefits, your current and expected future financial situation and income level. Anyone saving outside an RRSP should consider contributing to a TFSA first.

Talk to your advisor

Your advisor can help you determine the amount you need to save to achieve your goals and the most appropriate investments for your risk tolerance. He or she can also help you take advantage of the tax-advantaged investment strategies that are available to Canadian investors of all ages.

Two popular scams:

Though anyone can be a victim of fraud, there are some fraud artists who cynically target trusting seniors. Two of the most popular scams that seniors should know about are the Bank Investigation Scam and the Grandparent Scam.

The Bank Investigation Scam

In this scam, someone impersonating a bank investigator, a police investigator or a bank manager will phone the senior, claiming to be conducting a fraud investigation involving an employee at the senior's branch of the bank. The senior is asked to withdraw money to be used in the investigation, give it to the "investigator" and then wait for a call confirming that the money has been re-deposited in the account. Needless to say, the call never comes.

I should stress to you that no one from a bank, the police - or your advisor - will ever ask you to take part in an undercover operation. If they do, the police should be notified.

The Grandparent Scam

In this particularly callous scam, a scammer claiming to be a grandchild contacts a senior. The caller will start with "Grandma/pa, do you know who this is"? When the grandparent responds with a name, the scammer takes on that persona, claiming to be in trouble and needing money. The most effective reasons are often those that would explain why the "grandchild" doesn't want to contact his/her parents (such as needing bail to get out of jail). The well-meaning grandparent will wire money to the "grandchild," and the scammer can pick up the money transfer anywhere.

Never offer information to a caller and never wire money to anyone under conditions that are not clear.

If you are ever doubtful and think someone is trying to take advantage of you call the police. You can also contact the Canadian Anti-Fraud Call Centre at 1 888 495-8501. You can call one of two Canadian credit bureaus; there you can get a copy of your credit report and review it to see if there is any suspicious activity recorded there. Also ascertain whether your credit file should be flagged, which will indicate that your personal information has been put at risk and may be vulnerable to fraud.

You can call Equifax at 1 800 465-7166 or TransUnion at 1 877 713-3393.

For more information on how to protect yourself or your family from fraud, contact the following organizations:

- SafeCanada.ca: a one-step source for safety and security information and services in Canada. Website - www.safecanada.ca
- Canada's Privacy Commissioner: dedicated to protecting and promoting the privacy rights of individuals - www.privcan.gc.ca
- Internet safety tips: a website designed by Canada's task force on spam to help people protect themselves from internet threats - www.stopspamhere.ca
- Phone Busters: a national anti-fraud centre initiative, managed by the RCMP, OPP and Competition Bureau Canada, that helps people protect themselves from fraud - www.phonebusters.com
- Consumer Measures Committee: a federal-provincial-territorial forum for national cooperation to improve the market place for Canadian consumers, through the harmonization of laws, regulations and practices and through actions to raise public awareness - www.cmcweb.ca/idtheft.

For further information, please contact me at 514 788-4883, or my cell 514 949-9058, or by email at: christopher.collyer@manulifesecurities.ca.

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Garden Talk Apple Tree TLC

June Angus - Main Street

An apple tree can remain healthy and productive for 50 years or more, but it needs proper care, especially correct pruning. If neglected, an apple tree loses vigor and stops producing fruit.

The best time to prune apple trees is late winter or early spring when the tree is still dormant. It's also easier to assess the tree this time of year rather than when it's covered with blooms, leaves, or apples.

An ideally shaped apple tree has a strong central leader—a main limb that grows straight up the center of the tree. The lateral limbs should be well spaced. Upper branches should be shorter than the lower ones. This allows light and air to reach all the branches and fruit. Left to their own devices, apple trees rarely grow this way. Limbs generally cross each other, blocking light and damaging each other in windy conditions.

To train a tree towards the ideal goal you'll need a couple of sharp tools including a fine-toothed saw and a good pair of hand clippers. For older trees, a lightweight chainsaw and a ladder will come in handy, as well as a pole pruner - the type that has clippers on top of a long pole.

Make sure all your pruning tools are clean and sharp. Use steel wool and a bleach/water solution (with approximately 10% bleach) to remove rust, dirt, and any viruses or bacteria from saw blades and clippers.

To begin cut out all the dead or diseased branches. Look for blackened or unusually colored patches of bark. Crinkled or peeling bark, especially next to dead portions, can be signs of disease. Cut back to healthy wood and always make smooth cuts. For larger limbs undercut first before completing the cut from the top of the branch.

After the dead and diseased limbs have been removed, walk all the way around the tree and look at its shape. Look for any branches competing with the central leader. If it has developed multiple leaders over the years, start by removing one or two. Cut out a maximum of three large limbs a year to avoid shocking the tree.

Next look for strong, upright branches growing from lateral branches. These little trees within the tree should always be removed. You want the tree to end up looking open; each branch should have its own space to grow. Also remove limbs less than 2 ft. above the ground. Apples growing on limbs that are too low will end up touching the ground.

You can't correct all of a tree's problems at one time. A good general rule of thumb is not to cut out more than one-third of the tree in one year. You may do more harm than good if you prune too drastically. But you should see a big improvement in your tree's appearance and vitality in its first growing season after pruning. Eventually this will mean bigger crops of larger fruit, less disease, and a sturdier tree.

Happy pruning and happy apple picking next fall.



Spirited Adventures Noire et Blanche Microbrewery

Melanie Parker - Main Street

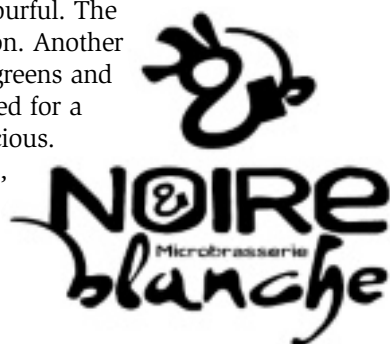
Delicious Local Beer Served With a Smile! You can't help but smile when you are at the Noire et

Blanche Microbrewery (196 rue St. Eustache, St. Eustache; 450 983-6100, www.noir-et-blanche.ca). From the micro-brewed beer to the tasty offerings on the food menu everything seems to come with a hearty dash of humour. The staff is upbeat and very helpful with beer and food pairings and the microbrewery also offers a thoughtful selection of international wines, spirits and flavourful cocktails that are sure to satisfy every palate. Noire et Blanche currently has six brews made in-house including a crisp and fruity blonde ale (Sainte Moustache) and an imperial brown (Cenne Noir) that boasts a complex layered flavour in which touches of chocolate and biscuit with a hint of caramel can be detected. A favourite of my husband and me was a strong pale-ale, Contre-Verse, from India. It boasts a somewhat spicy taste, indicative of the use of European hops in its production. A refreshing beer, Contre-Verse is the perfect choice for those who wish to explore stronger beers, but who may not wish to try a darker, more filling stout. The brewery also hosts an impressive collection of guest brews from around the world.

Noire et Blanche Microbrewery's design is simple and modern, eschewing the common dark woods and molded bars for a light and clean look with white walls and furniture. I felt immediately at home, as it is easy to see from the spirit of the staff and the brewery itself, that this indeed is a happy place. Staff, and customers alike, are at ease, and it has already become a point of interest in the community, as events such as comedians and musicians are invited to perform many nights. The brewery's website is easy to navigate and is a good way to keep up on upcoming entertainment.

The menu is varied and not fussy. Many items are offered in two proportions, appetiser or meal size. We enjoyed the poutine menu, from traditional style to a foie gras concoction that was decadent, rich and flavourful. The fries are made in-house, and are fried to perfection. Another stand out was the Bison Carpaccio, served with greens and a drizzle of olive oil vinaigrette. My husband opted for a fresh and tasty Cesar salad, which was very delicious.

Other offerings include nachos, beef tartar sliders, a decadent onion soup made with in-house beer, and some hand-battered and breaded fried calamari. Noire et Blanche Microbrewery is a unique combination of humour, taste, comfort and elegance - a blend not easily duplicated.



Fit Tip #86 A Simple Choice

Lisa McLellan - Main Street

Step One! The way you start each day is incredibly important. When we start off right, it's easier to make good choices for the rest of the day.

STEP ONE: Drink one cup of warm water with the juice of half a lemon first thing every morning! Over the next few months I will be giving you one easy tip to practice all month. We will build on the tips from one month to the next, layering healthy lifestyle habits into our daily routines. These simple changes will have a profound effect.

Reasons why drinking warm water with the juice of half a lemon is a good choice (From article in MindBodyGreen Newsletter by Ashley Pitman, vixi.com.):

- 1. Boosts immune system:** Lemons are high in Vitamin C and potassium. Vitamin C is great for fighting colds and potassium stimulates brain and nerve function and helps control blood pressure.
- 2. Balances Ph:** Lemons are an incredibly alkaline food. They are acidic on their own, but inside our bodies they're alkaline. An alkaline body is key to good health.
- 3. Helps with weight loss:** Lemons are high in pectin fibre, which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline Ph lose weight faster.
- 4. Clears skin:** The vitamin C helps decrease wrinkles and blemishes. Lemon water purges toxins from the blood, which helps keep skin clear as well.
- 5. Aids digestion:** The warm water serves to stimulate the gastrointestinal tract and peristalsis—the waves of muscle contractions within the intestinal walls that keep things moving. Lemons and limes are also high in minerals and vitamins and help to help loosen toxins in the digestive tract.
- 6. Hydrates the lymph system:** Water is the essence of life, making up roughly 70% of our muscle and brain tissue. Only oxygen is craved by the body more than water. Start every day with water to help prevent dehydration. When your body is dehydrated it can't execute functions properly. This leads to toxic build-up, stress, constipation, headaches, fatigue, bloating, problems concentrating, drowsiness, dry skin and lips, cold hands and feet, impatience and irritability. Adrenal glands secrete a hormone that regulates water levels and the concentration of minerals, like sodium, in your body, helping you to stay hydrated. Extreme dehydration, from which most of us suffer, leads to adrenal fatigue thereby affecting the performance of the adrenal glands.

So, go ahead and try it every morning. Observe how you feel over time. An important part of integrating healthy lifestyle habits into your everyday life, is by becoming aware of the positive changes and how they impact the way you feel.

Family Fun Holly G. Byers - Special to Main Street

As you know, some people are sporty, some cerebral and others artistic. Often, we would like to participate in activities as a family rather than going our separate ways. Looking for a viable alternative to sports? Here are some artistic venues, which might fit the bill.

Theatre offers something unique and brings strangers with a common goal together. Through creative expression in dance, acting, music and song, a show is built. During this intimate and fun process, friendships are forged and a community is born.

Recently, I had the pleasure of meeting a key figure in the Laurentian community, Maestro Jean Francois Renaud. Perhaps you have heard of l'Orchestre Symphonique des Basses-Laurentides, l'Orchestre Symphonique des Jeunes des Laurentides or l'Orchestre Symphonique Harmonies Vents du Nord? All of them are orchestras founded by this young, humble talent. Maestro Renaud understands music and is filled with its beauty and magic. I can see why his passion for the arts is contagious.

Mr. Renaud is bringing a new musical, "La Rivière Inconnue / Mont-Tremblant 2014," to the stage June 19 - 21. This spectacle hosts 150 artists, consisting of a 30-voice choir, a 60-piece orchestra, actors, dancers and singers of all age groups. This is a non-profit extravaganza, made up in part by students who participate in both l'Orchestre Harmonies Vents du Nord and l'Organization MusicArt. Both are non-profit organizations, whose missions are to give adolescents the ability to practice music and various art forms. Mr. Renaud is also their founder.

This humble man had been a "punker, who got up to no good as a kid." He sees himself as a facilitator, so that children, adolescents and adults can meet, create and converse in the language of arts and music. "Then kids will be off the streets, nurturing new possibilities and new futures for themselves," states Mr. Renaud.

Mr. Renaud was also eager that I sit in on another related event, a Tap-Dance Master Class with former dancer, Michelle Brownlee. Ms. Brownlee is the co-owner and artistic director of "Studio Danse Tremblant," which offers ballet, tap, hip-hop, jazz and other classes for ages 3 to adults. This is one of several master classes, which is an offshoot of La Rivière Inconnue/ Mt. Tremblant 2014.

Ms. Brownlee is also the co-owner of "Thunderstruck Canada," which annually hosts Canada's dance competition, "The Top Studio Challenge & Dance Convention." Over 200 dance studios, from Victoria, B.C. to Moncton N.B., compete in 18 styles of dance. This year's competition takes place in Mont-Tremblant, from June 28 to July 1, Canada Day weekend. Mr. Renaud certainly has his finger on the pulse of today's youth.

Whether we express our souls' voice in music, dance and song, or in any other artistic way, we experience self-satisfaction, increased self-confidence, joy, fulfillment, community and friendship. All in all, it's a gratifying way to spend time with family members.

For further information, please contact Mr. Renaud: 819 425-5704 or Michelle Brownlee at 1 888 688-5442 ext. 101.

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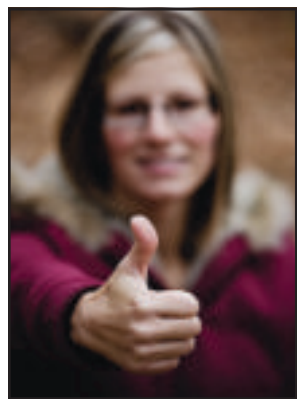
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1st Spring Sculpture Exhibition, Lachute

Studio Argenteuil presents an exhibition of over three hundred sculptures of different materials and styles. There will also be live demonstrations by professional sculptors. Vernissage: Fri. May 2: 6 - 9 pm. Reservations required: \$25. Sat, May 3: 10 am - 5 pm. Admission \$7. Sat, May 3: 2 pm (speech about Jodi Bonet by Robert Bernier \$20 - admission included). Sun. May 4: 10 am - 4 pm, \$7. Meet Pierre Petrucci at 11 am. École Polyvalente Lavigne, 452 Ave Argenteuil, Lachute. www.studiodartgenteuil.com. (1A)

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Steve O'Brien Foundation vs Les Grandes Étoiles Lori Leonard - Main Street

On March 30, a crowd of over 1,000 people attended the fundraiser hockey game between the Steve O'Brien Foundation team and Les Grandes Étoiles (former Canadiens). The event was an overwhelming success. The game took place at the Kevin Lowe - Pierre Pagé Arena in Lachute and people came from all across the Laurentians to express their support to the Foundation.



Photos courtesy of Photographe Stephfoto.

The Grandes Étoiles team, coached by Guy Lafleur, was in fine form and won their match with the Foundation. The Grandes Étoiles surprised the crowd by playing a wonderful game against a team of very young, hockey players. Chris Nilan, Stéphane Richer, Pierre Dagenais, Guy Carbonneau, Mathieu Dandenault and other members of the team were very gentle with them, playfully passing the puck with Chris actually falling to the ground and kicking his feet in the air after being "pushed-over" by one of the mini players. The dreams of both the "little guys" and "big boys" were realized by playing hockey with these famous hockey legends.

Town mascots were on site for the youngsters. The CPA Lachute exhibited a fantastic figure-skating show and Miki Mihavolich, from Jewel 107.7 and his wife, Pascale Gamelin-Mihavolich, were the hosts. Caroline Gratton sang the Canadian and American anthems beautifully while Michael Ahern rapped out his songs for the youngsters. Many local mayors, politicians and members of the MRC were on site to show their support. A delicious buffet lunch was served to Les Grandes Étoiles and VIP's. A huge "Thank You" to Les Grandes Étoiles, all hockey players, the MRC, sponsors, attendees and volunteers.

The vision of the Foundation is to enable youth to complete their education by providing the tools required to help them achieve their educational goals. Their motto is "Reach for the Sky," their theme song, "We'll Reach the Sky Tonight," sung by Canadian icon, Rita McNeil. For more information, or to donate, please visit the website www.fondationsteveobrien.com or call Lori Leonard at 450 224-7472.

News from the Bowling Tournament of the Maison de la Famille du Nord

Friday, March 28, the mayor of the Ville de Mont-Tremblant, Luc Brisebois, presented a cheque for \$5000 at the 6th Annual Bowling Tournament of the Maison de la Famille du Nord. Board members also took the opportunity to form a bowling team to the delight of those present. This contribution will aid the organization tremendously.



Julie Synnott (member of the executive committee of the Maison de la Famille du Nord), Emily Godin (president of the executive committee of the Maison de la Famille du Nord), Luc Brisebois (mayor of the Ville de Mont-Tremblant), Marie-Josée Choiniere (Director General of the Maison de la Famille du Nord), François Marcoux, Sylvie Vaillancourt, Pascal De Bellefeuille, Vincent Perreault (all councillors), and Luc Champagne (Director of the Mont-Tremblant fire department).

August 2 - 3

Lachute as we Remember Reunion Program May Rodger - Main Street

The entertainment program for the Lachute as we remember reunion will start at 10 am. Around 1 pm, there will be an opening speech by Chairman Bob Noble and a few other notables. Gary Carpenter of Brownsburg will be the D.J. on Saturday through to closing time. Rick Whitham, a local talented musician and his band will be playing on Saturday afternoon. Saturday evening there will be an "open mike" for anyone who wishes to sing or play an instrument.

Church service: On Sunday morning at 10 am, there will be an outdoor church service, conducted by Pastor Jerry Connell, originally from Lachute. His brother, George, will be providing the music. He and his wife Kathy are coming from Nebraska. Others will be attending from the U.S., Alberta, the Maritimes, Ontario and countries as far away as Scotland and Sweden. Following the service, there will be entertainment by Daniel Robert, another Lachute native.

There will also be visual displays. Anyone wishing to display their family pictures and history of their area, please reserve a place by calling 450 562-1027 leaving your name and message.

Copies: We suggest that anyone who is partaking in this event have copies made so the originals will not be lost or damaged. You may bring your own table, or rent one for \$5-7. All are welcome to keep that spot for Sunday displays. Displays on Saturday should be set up prior to the 10 am registration.

Facebook page: Those who are on the Lachute as we remember Facebook page may also reserve by contacting Brent Reilly or Shirley White personally. There are over 1600 members on this site to date.

On Sunday only, we will be holding a "mini flea market" for artists or artisans who would like to display and sell their works. To reserve, please call 450 562-1027. The fee for a Sunday spot and a table will be approximately \$20.



Lachute Flea Market site

The Entertainment Committee, consisting of Bob Rodger, May Jackson Rodger, Ruthanna Barlow, Susan Barlow Kuhnel and Shirley White has worked hard to provide enjoyable entertainment by some of the many talented local performers.

Donation: A \$20 fee will be charged at registration. Those 17 years and younger enter free, when accompanied by a paying adult. We have very limited expenses and will be donating all the balance to the Children's Wish Foundation.

There will be a restaurant and bar open on site both Saturday and Sunday, including breakfast service.

PLEASE NOTE: THIS EVENT IS NOT A SCHOOL REUNION - EVERYONE WITH ANY CONNECTION TO THE LACHUTE AREA IS WELCOME TO PARTICIPATE.

CONGRATULATIONS! 

The winner of the Toyota Lachute FREE OIL CHANGE is JULIE BETTE of Mont-Tremblant!

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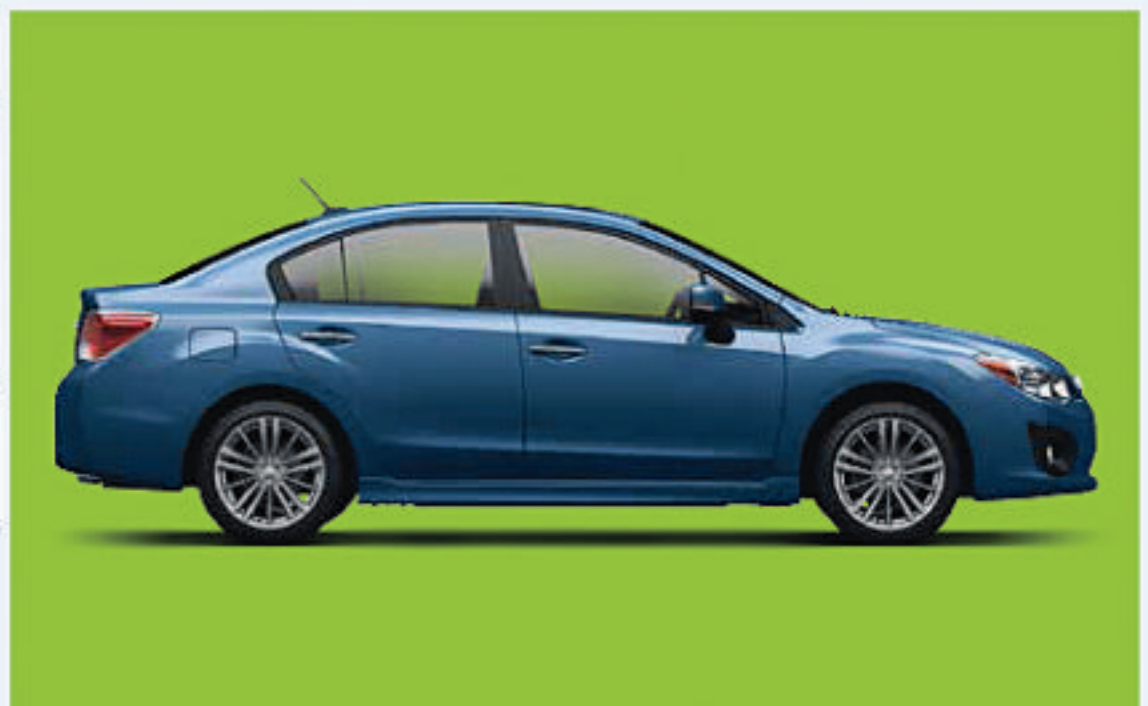
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