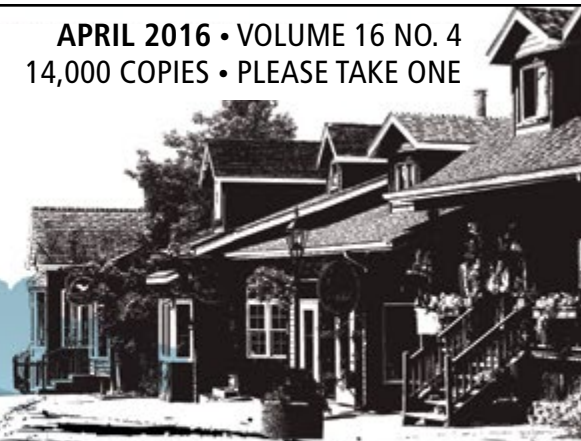


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What's On My Mind...

The Value of a Community Newspaper

Susan MacDonald, Editor



If you believe community newspapers are on the verge of extinction, well, my friends, think again. According to readers and advertisers, and several studies, including Connecting to Canadians with Community Newspapers (2013), these small publications are here to stay, and will continue to provide valuable services to the communities they serve, for years to come.

While the Internet and social media may have effectively disrupted global communications wide-open, regional community newspapers, and their websites, continue to remain hyper-local, maintaining their focus on what's going on in, and around, their neighbourhoods, bringing you news, views and information you are unlikely to find anywhere else. They are comparatively small in the world of media, but resilient in adapting to the changing landscapes and have proven their ability to evolve with the times, by adding websites and social media links to their print publications, and featuring services that support and strengthen connectivity within and beyond the communities at large.

Community newspapers are at the heart and soul of all communities. They effectively reach all demographics, and are oftentimes read by more than one person per household. Sections, if not entire editions, are kept and referred to frequently for the listings of events and scheduled activities, and also for news about locally-known people. Often referred to as the "people's paper" their pages are filled with news, notices and featured articles written by local people about local people, places and things. Generally speaking, these papers are also a much friendlier read, concentrating on local issues and promoting inter-community participation, rather than featuring the blood, guts and mayhem found in national publications and other media outlets.

During these difficult economic times, small-town business owners recognize that their community papers are powerful tools to help them to reach their target markets. In each new edition, they know they have the opportunity to promote their businesses over and over again, as readers return to scan the pages in the print formats. They also recognize that another set of potential clients can see their advertising in the online versions of the papers, which contain direct links to their own websites. With the current locavore trend, more people are shopping and eating locally, and in doing so, are helping to support their commercial sectors. In the business sections of local papers, readers can learn about new businesses and available services, milestone anniversaries, changes in locations or ownerships, and many other relevant community events. Having personal connections with your local retailers and restaurants definitely promotes more enjoyable shopping and dining experiences, and encourages repeat business. It's a win-win scenario for all, including your community newspapers, which, since they are free of charge, depend entirely on advertising revenue to cover their expenses and ensure continuity of valuable services to their respective communities.

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Observations Heads They Win, Tails We Lose - Election May- hem.

David MacFairlane - Main Street

I am sure this "Observation" will offend my detractors, who think my idiosyncratic commentaries on all things political, financial and environmental, are the ramblings of a crackpot. Well, too bad, but this situation unfolding in the US is so bizarre that it is already a matter of daily discussion here in Canada. The consequences of ignoring this political "danse macabre" will be enormous.

Donald Trump, Republican, has been portrayed in the mainstream media (MSM) as a bombastic buffoon without scruples, intelligence, manners, class or political savvy. Senator Ted Cruz, the only real contender to Trump, though anointed by the party bigwigs and supported by the MSM, is a nasty, phony Christian fundamentalist with no moral compass, which is why he was chosen. According to Glen Greenwald of DemocracyNow, "Ted Cruz is this true evangelical who seems to be really eager to promote this extremist religious agenda ... (and) is in most respects ... more dangerous than Trump ... He advocates some of the most extremely unconstitutional measures you could possibly imagine." Also, Cruz is now the subject of the National Enquirer's allegation of having had several clandestine affairs, including with prostitutes, and the hacker group, Anonymous, has threatened to reveal his illicit liaisons if he does not quit the race for nomination. Cruz has denied this, (of course he would!). To be continued ...

For the Democrats, Bernie Sanders deserves credit for standing up against Wall Street's darling, Hillary Clinton, and winning unprecedented support, mainly from young voters, who idealistically favour Bernie's socialistic agenda. This has enabled Bernie to stay in the race, but despite his honesty and commitment to policies that support wealth redistribution, campaign finance reform and non-violence, he has no support within the party hierarchy, which supports Hillary. However, Hillary, has a dark cloud hanging over her campaign. She is under investigation by the FBI for illegal use of a secret, private server at her home, for her communications while she was Secretary of State. Many "Top Secret" emails were shared with her staff using unsecured mobile phones and text messages, via this server, actions which she has firmly denied, (of course she would!). However, the evidence reveals many breaches of national security protocols. Over 147 FBI detectives have been working this case and an indictment is possible soon - unless quashed by O'Bomber. The FBI has threatened to revolt if that happens. Two Federal Judges have also just approved Judicial Watch's application to interview, under oath, some of her staff under FOIA rules. This is unprecedented, but both Judges see the possibility of wrongdoing. Sadly, according to retired Federal Judge Napolitano, instead of coming clean, Hillary seems willing to admit to only what can be proved. That's how corrupt and venal she is, and the FBI knows it. If she is indicted, her political career will end immediately. Bernie would then be the candidate.

Despite The Donald's myriad flaws and narcissism, he has produced some good ideas. For example, reducing health-care costs by bringing drug companies under control and imposing limits on drug costs, disbanding NATO, bringing troops home from overseas, demanding that Europe, South Korea and Japan pay for the costs of their defence, reaching for detente with Russia and ending sanctions, controlling illegal immigration, abrogating trade agreements that benefit other parties more than the US. These are significant initiatives, considering the precarious situation of the US economy and its gigantic debts. Bernie is the only other candidate who has made any proposals that would bring relief to the US's unsupportable position in the world. Trump may be uncouth, but he is not stupid. With Hillary, the US will not change.

Whatever the outcome, it's going to get ugly. Trump and Sanders are the symptoms of how rotten the US government has become. The people are tired of being screwed by the elites in business and government and are demanding a clean sweep of the corrupt neocrons who have almost destroyed their country. From the Economist ... "America used to be the land of opportunity and optimism.

Now, opportunity is the preserve of the elite, and optimism has turned to anger." From Mike Krieger of Liberty Blitzkrieg, ... "Every single person (Obama) has appointed ... over the course of his unfathomably shady, violent and unconstitutional presidency has been a gatekeeper for powerful vested interests ... America is a Banana Republic!" Bernie and The Donald are the antidotes to this deadly malaise.

Regrettably, on March 30th, Trump committed the biggest faux-pas of his campaign, in my opinion. On the subject of abortion and women's reproductive rights and freedom to choose, when interviewed by CNBC's Chris Mathews, he was suckered into a booby-

trap question, by answering that if abortion was illegal, women should be punished for doing it. Mathews seized this "gotcha" moment, and proceeded to destroy Trump, who later revised his opinion, stating that only the doctor should be "punished," not the woman. I think it was all too late; the horse had bolted the stable, and he likely lost millions of supporters for this ill-considered, misogynistic reply. There are many right-wing religious fundamentalists who would support his statement, but that will not bring his redemption. Time will tell whether Trump can survive in the remaining primaries. Ralph Nader thinks not; "Donald. J. Trump is done," he stated.

A popular commentator, Martin Armstrong, publicly warned that Trump might be assassinated. He said, "Whenever the establishment is seriously threatened, they respond with assassination." As examples, he mentions JFK, Martin Luther King, Viacheslav Chornovil (Ukraine, 1999), Galina Sarovoitova (Russia, 1998). History is replete with others: Sadat of Egypt, Somoza of Nicaragua, Lincoln, Garfield, McKinley of the US. Armstrong said, "Trump is flying in the face of people so corrupt that they would not hesitate to have him assassinated, be it a plane or car crash ... so, either they rig the convention or create an accident."

Make no mistake: in this season of reality politics, apart from its couch-potato entertainment value, an epiphany of the entire US political system will occur. It is rotten and badly broken, and must be fixed. Citizens are angry, the economy is on a cliff's edge, corruption on high is rampant, and the tinderbox is on the verge of exploding. There are no good choices. America will emerge from this election season totally changed.

To conclude, in the words of actor Nick Cannon, "We got money for wars, but can't feed our homeless. (This) government is hopeless.

Too big to fail, too rich to lose, and I'm still too broke to vote."

Heads they win, tails we lose. A bad moon is rising.

"Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly, and applying the wrong remedies"
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Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G5

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TheMainStreetNews

Founder: Jack Burger
Co-owners: Steve Brecher, Susan MacDonald
Advertising Sales: Steve Brecher
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Contributing writers: Ilania Abileah, June Angus, Joan Beauregard, Lys Chisholm, Chris Collyer, Sheila Eskenazi, Beth Farrar, Christopher Garbrecht, Ac, Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lucie Lafleur, Lori Leonard, Lisa McLellan, Yaneka McFarland, Marcus Nerenberg, Claudette Pilon-Smith, Frans Sayers, Christina Vincelli, Dale Beauchamp, Marie France Beauchamp, David MacFairlane, Kim Nymark, Jim Warbanks and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: MAY 13
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ISSN 1718-0457



Simply Words on Paper There Is a Way of Avoiding the Jian Ghomeshi Sideshow

Jim Warbanks - Main Street

Go ahead, admit it. Despite the frequently distasteful and voyeuristic aspects of the trial, you were intrigued. You may have let some of the sordid details slip by, but you could not, would not, avoid the Jian Ghomeshi sideshow entirely.

Sexual assault allegations brought against a neighbor, relative or teacher, always arouse an emotional response. What if the alleged "victim" was....? When the alleged perpetrator is a well-known, broadly-respected, but controversial media star, like Jian Ghomeshi, the effect is dramatically enhanced. Is there a way of muting the sensationalism, while ensuring that justice is well served in relation to all parties involved?

A prominent Canadian criminal defence lawyer, Reid Rusonik, believes that "it is time to abandon the separate heading of sexual assault. The morally repugnant act is assault, not sex. It is intolerable for one human being to use physical force against another for any purpose. All separate headings for assault cheapen this fact."

Shameful sexuality

He refers to the specific sexual assault charge as a remnant of Victorian age morality that regarded any expression of sexuality as "being dirty and shameful" with a strong gender bias added. He notes that the publication ban linked to most cases perpetuates the message that something shameful must have occurred.

A victim of common assault who comes forward to lay charges has little reason to feel ashamed or embarrassed, as opposed to the sexual assault complainant who is forced, by our antiquated attitudes, to bear a certain stigma.

Rusonik poses the question, "what if it was a case of one human being simply being charged with slapping other human beings without their consent?" Modifying the Criminal Code by excluding the sexual component simplifies and defuses the issue for all concerned: the complainant, the accused, the police who must investigate and make a preliminary assessment, the legal representatives of both parties, as well as the judge or the jury members who are called upon to render a final decision.

Thorough investigation

I would expect that an immediate effect of such a proposed change would be an increase in reported cases. Women who were justifiably reluctant to pursue such cases, because of the exposure and notoriety involved, would then be more likely to come forward. However, caution would also dictate that the resulting investigation must be very thorough and impartial. Simply reversing the current gender bias would not be a progressive outcome.

Jian Ghomeshi faces another sexual assault charge, which is scheduled to go to trial in June. Should he again be acquitted, his reputation will be nevertheless forever sullied and his future career options rather limited, at least in Canada. It is not unfair to consider his sexual proclivities to be beyond the mainstream attitudes prevalent in our society. Other character traits he has exhibited are also marginal, at best.

However, a recent study by researchers, Christian Joyal and Julie Carpentier, at the Institut Philippe-Pinel de Montréal and the Institut universitaire en santé mentale de Montréal, shows that Quebecers have rather risqué sexual proclivities. Joyal said there is significant interest among Quebecers in engaging in those types of sexual activities, which include handcuffs, blindfolds and spanking. Nearly half of those surveyed (45.6 per cent) have an interest in at least one type of sexual behavior, generally considered abnormal, like voyeurism, fetishism and masochism. One-third of them had experienced the behavior at least once.

Masochism

Joyal even noted that, although more men expressed some interest in such activities, women had a stronger interest in sexual masochism. With the Internet exposing people to a broad variety of sexual behaviors, there is sure to be a real evolution in the coming years of what we consider "normal" sexual behavior. "One hundred years ago, oral sex was considered gross, 50 years ago it was illegal, and now it is the No. 1 fantasy. Thirty years from now, I would be surprised if BDSM wasn't part of normal sexuality," he concluded.

The machinations surrounding the Jian Ghomeshi sideshow will likely continue to titillate a large segment of the population but, in the foreseeable future, such a case may well be considered as quaint as the "sordid" tales recounted from an earlier era.

"Time marches on," as my beloved Aunt Bess would repeat when she had to adapt to perplexing new expressions of morality.

Coming up On Facebook this month

Each month we bring you highlights in local news, entertainment and community events plus so much more. Look for road closures and detours, contests and important health and social service announcements as they happen. Visit us often and become part of our social networking family.



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Sainte-Agathe Academy Students: Trailblazers in Learning Money Management Skills

The Grade 5 class at Sainte-Agathe Academy was the first class in the Laurentians to benefit from the Chartered Professional Accountants of Canada (CPA Canada) workshops designed to teach students about managing money.

The students took advantage of the volunteer services of Donna Salvati, CPA, CA who went into the Grade 5 class and explained the importance of saving, having a goal for saving, and understanding how crucial it is to choose wisely when it comes to spending your money.

The students went home with a booklet for their parents: A Parent's Guide to Raising Money-Smart Kids, so that both the students and the parents can become more financially literate. The workshop is part of the CPA Canada Community Connect Program that gives Canadians the opportunity to improve their financial knowledge in order to make the best possible choices for their circumstances.

Workshops are available for students in grades 4, 5 and 6 as well as Secondary 1 through 5. If your school is interested in offering a workshop, please contact Donna Salvati, CPA, CA at donna@osinc.ca.

Photo: Grade 5 students at Sainte-Agathe Academy, accompanied by their teacher, Ian Masse, and CPA Canada volunteer, Donna Salvati, CPA, CA.





About Sainte-Adèle

Chris Lance - Main Street

Spring has “sprung,” and it’s time to trim the tummy after the cold winter. The skiing season was short and the skating ponds and lakes were late freezing. So, unless you went to the gym every week, it has been difficult to stay in shape. I managed to ski only six times this season over at Saint-Sauveur. I must admit I lost interest with Ski Chantecler years ago, hard to access and is located on the other side of Sainte-Adele. It has

been many years since I skied there. Both my kids learned to ski at the hill, but at least then there was Mountain One and Two on the Hotel side. Now it is not on the ski radar for me and most of my ski buddies.

But there is one thing we have at the tail end of the winter season: potholes. I am pretty sure we have the best potholes up north. They begin when you leave the 15 North, at the Sainte-Adele exit, and cross the single-lane, potholed-plagued, overpass. All the way up the hill, you have to dodge and lane-hop your way through the potholes like a very tight giant slalom course. The holes are a mess. Hey, but what’s a broken rim and flat tire, in front of the Place des Citoyens, on your way to pay municipal taxes? The only upside is that you know a warming spring is around the corner, in May. It is time to take the skis and skates out of the trunk and replace them with the tennis and work-out shoes. It is time to shed the mitts, gloves, hats, scarves, winter boots, extra socks, sweaters, parkas and overcoats. Think shorts, t-shirts, flip-flops, sneakers and a chance to get ready for the summer.

The 3 politicos vying for position of mayor are out and about in Sainte-Adele, kissing babies and pressing the flesh with the public. The MGM (Milot-Gendron-Morabito) campaign to replace mayor Charbonneau (honk and wave) has started. I am sure MGM will dazzle us with promises, projects, public finances, the environment, climate change, garbage disposal, transparency, and then, like magic, we are back to governing the town. A leader will be crowned and he, or she, will lead us to another municipal election in 2017. It takes my breath away, just thinking of the second act that will take place down the potholed road. We’ve got money to burn on elections.

Perhaps our newly-elected mayor could push the agenda of the development of Mont Rolland. The promoter had some plans, but as far as I know or see...the old structure is empty. I came across an article in the Travel section of the Globe and Mail, dated March 3, that featured an existing oasis in Germany. In the article, the writer described a Tropical Islands Resort housed in a steel dome that once housed a zeppelin cargo factory. The Resort had a beach, waterfalls, resort accommodations, water slides, golf fairways, sauna and spa and a 4000-square-foot Bali lagoon. The place is huge and kept at 27 degrees; there are bars, shops, food, lounge chairs and lots of people, and all of this just 60 kilometers from Germany’s capital: Berlin. Whatever is planned for Mont Rolland, I hope we will not see that all too familiar signpost there: “A Vendre.”

Apply “horse sense” to today’s emotional challenges

Leslie Plant – Special to Main Street

For centuries, the horse has served humans, providing transportation, a valuable currency in trade, a helping hoof to plow a field. But, as society has evolved from agrarian to industrial to the current knowledge-based economy, their role has diminished. Today, the horse is primarily a hobby animal.

However, recent developments point to a new role horses can play, in our fast-paced, information-overloaded lives. It involves tapping into what has long, perhaps dismissively, been called “horse sense.”

Last month, researchers at the U.K’s University of Sussex, released scientific evidence that horses can read our facial expressions, and differentiate between “angry” or “happy.”

For Morin-Heights resident, Anouk Lorie, the study comes not as revelation, but as a reinforcement to what she already knows. In fact, Lorie maintains that not only can horses read faces, they also “sense” emotions.

“Horses are prey animals, and have developed a high sensitivity to their environments, because their survival has depended on it. Their field of vision is almost 360 degrees and, also, they are incredibly good at feeling our energy, past traumas and tensions. When you approach a horse, the animal ‘scans’ you, and gets a sense of what you’re about, and how you’re feeling.”

Lorie is putting that ability to work and, with her equine assistant Lily, a 12-year-old Haflinger, uses a unique personal coaching method to provide solace, to empower, to resolve conflict, to motivate or to restore confidence. She recently travelled to the U.S. to complete an intensive, year-long certification process in the ‘coaching-with-horses’ technique.

In a three-hour session, Lorie, Lily and a client interact, and while the horse ‘reads’ and reacts to the energy the client gives off, the client can take cues from that and, in the process, becomes more self-aware. The horse offers a mirror to what’s going on within, often subconsciously.

“The horse is not mounted. All the work is done on the ground, in an enclosed area. It’s about establishing a connection with the horse. Horses are very independent and will never try to please you,” Lorie explains. She explains that one task may involve having the horse follow the client – impossible without a true connection.

Guided by the coach, the intention is to enable participants, whether they’ve achieved the task or not, to tap into their emotional intelligence and draw parallels to life scenarios, so that they can make adjustments, in order to bring more positive outcomes in the future.

Lorie, who also holds a business engineering degree, understands that skeptics may have difficulty with the almost mystical nature of the technique. However, European and US studies have shown its effectiveness, and Lorie says the method works for adults or children - all those who want to feel better and move forward in their lives.

Saint-Sauveur resident Brigitte Simon worked with Lorie to explore what she wanted to do after retirement. “The coaching opened my eyes to who I am, what my limiting beliefs are and what I need to feel fulfilled,” says Simon. “The horse connects to you at a visceral level. You just need to pay attention to understand their guidance.”



A Library Addict’s Choice...

Grif and Marion Hodge - Main Street

From the collection of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by residents of Gore, Harrington, Lachute and Wentworth

ADULT NON-FICTION

Boyd, William - Sweet Caress- The Many Lives of Amory Clay

This intriguing novel, with its black-and-white photographs, reads like an actual autobiography of a fiercely independent photographer as she looks back over her long life from her isolated cottage in the Outer Hebrides.

Harris, Robert - Dictator

Dictator is the third novel in a trilogy following the rise and fall of the Roman statesman and orator, Cicero. Cicero lived in the final years of the Roman Empire and was embroiled in the collapse of the Roman republic into dictatorship and empire. Cicero was a prolific writer and political philosopher who was assassinated because of his staunch defense of the republic and the rights of Roman citizens. Tiro, his slave and amanuensis, narrates all of these events, and we are made witness as to how ruthless ambition can wipe out centuries of rights and freedoms. Timely reading.

McDermid, Val - Splinter the Silence

Val McDermid has produced another psychological thriller featuring a crime-fighting partnership; psychological profiler, Tony Hill, and, ex-DCI, Carol Jordan. The case that reunites them is a chillingly timely one, focusing on online abuse suffered by outspoken women with a feminist agenda. This isn’t the conventional set-up, as there is no murder. There are, however, three seemingly unconnected suicides, each mimicking that of a famous writer: Sylvia Plath, Anne Sexton and Virginia Woolf.

Steele, Danielle - Blue

Blue is another offering from the author of a copious number of quick reads. Blue is a young boy who crosses the path of a traumatized Ginny Carter, rising star in TV news - turned human rights worker, in all sorts of scary places in the world. The plot swirls around the character’s struggle with dark secrets, and the power of love and courage.

NON-FICTION - SELF-HELP

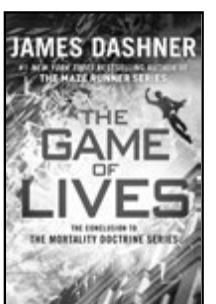
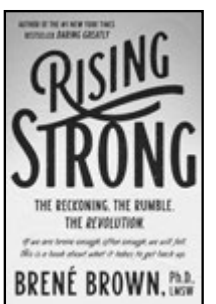
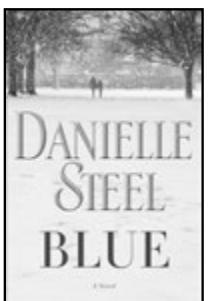
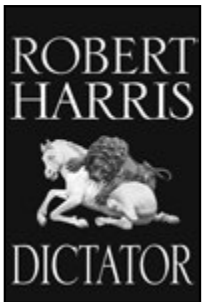
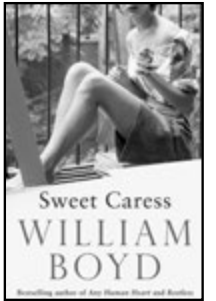
Brown, Brené - Rising Strong

Brown is a research professor in social work and is the founder of the Daring Way, an organization that brings out her work on courage, vulnerability, shame, and worthiness. Her premise is that in spite of stumbling and falling in life, our willingness to show up and be seen with no guarantee of outcome is the only path to more love, belonging, creativity, and joy.

JUNIOR FICTION

Dashner, James - The Games of Lives

Perhaps because adolescents often feel they are ground under the parental and societal heels of oppression and being forced to conform, the emergence in the past 10 -15 years of dystopian literature has a special appeal to this young audience. James Dashner is one of the best practitioners of the art of attracting a massive readership of young people with three of his dystopia series; The Maze Runners, The 13th Reality Series, and, the The Mortality Doctrine Series. The Game of Lives concludes the Mortality Doctrine Series.



Lachute 4-H Club

Dale and Janice Cruise, and their children, Neil and Brittany, recently hosted the Lachute 4-H Club at their sugar camp. The members were shown the process of sap collection to the final product at this modern facility. Following their monthly meeting, the members were treated to delicious refreshments and taffy on snow. Club president, Danika Neill, thanked the Cruise family for their hospitality. In the photo, members are holding signs thanking Farm Credit Canada who donated funds to enable the purchase of a sound system for the club.



The Lachute 4-H Club extends congratulations and best wishes to the Main Street on their 15th anniversary. How fortunate we are to have this wonderful community newspaper in our area. The Main Street is always supportive and helpful in promoting 4-H activities and is greatly appreciated. We wish Susan and the staff continued success and please accept our sincere thanks for all the good work you do.

David Graham very excited about the budget

Laurentian Liberal MP David Graham is very happy with last month's federal budget, which will invest \$500 million in Internet connectivity and substantially increase the Guaranteed Income Supplement for seniors, among numerous other investments in families and infrastructure.

Graham, who will soon have met all 43 city councils on his tour of the riding, most chambers of commerce, many charitable and non-profit organizations, and countless citizens, has spoken 20 times in the House and nearly 150 times at his two Committees since the election..



David Graham

"McHappy Day, happy to give for children of our community"

The Argenteuil Hospital Foundation invites the entire population to come out and support the youth of our region on "McHappy Day," which will take place Wednesday, May 4. We hope that people from the region will come out in great numbers from 5 am right up until midnight!

McDonald's restaurant at 237 Bethany, Lachute, has been a partner with the Foundation for the past 6 years for this special day, which takes place throughout Canada. Here, in Argenteuil, the amounts collected will be donated to the CLSC, Youth Division (mental health) of the CMSSS d'Argenteuil du CISSS des Laurentides.



Funds will be collected through the sale of products, as well as by voluntary donations. A new special activity this year: a silent auction, from 7 am - 11 am, when customers can bet on 3 pairs of tickets for the Montreal Alouettes football game of June 30, at the McGill University Stadium.

Last year, we raised close to \$7,000 and a generous donor surprised us with a matching donation, which brought our total to \$13,718.

We sincerely wish to thank Mr. Jacques Giguère, owner of the restaurant, Mr. Patrick Raymond, manager of the restaurant on Bethany, and their entire team for their devotion and commitment to the Foundation.

Photo: AHF Board President Gil Ayers, Lachute McDonald's Restaurant Manager Patrick Raymond, Restaurant Loujac inc. / McDo Gestion Louis Giguère inc. Gestion Catherine Giguère inc. Director Luc Régimbald, Argenteuil Hospital Foundation Director General Marie-Josée Condrain, Mirabel McDonald's franchisee / owner Catherine Giguère, AHF Board Member Éric Poulin, Lachute, Lafontaine, Saint-Janvier and Saint-Canut McDonald's franchisee / owner Jacques Giguère, former McDonald's Restaurants of Canada President (2000 to 2005), Mr. Bill Johnson, and Saint-Antoine, Hawkesbury, St. Jérôme, Casselman (ON) McDonald's franchisee / owner Louis Giguère.

New partnership between MRC d'Argenteuil and the Commission Scolaire de la Rivière-du-Nord

The MRC d'Argenteuil and the Commission Scolaire de la Rivière-du-Nord (CSRDN) are pleased to announce the establishment of a partnership with the objective of increasing the mobility of the population of Argenteuil. This partnership is part of the Department of Transport policy to increase the use of public transport in the region. The agreement between the two organizations will benefit the community, and students in particular.

This new service will be free, available only by reservation, and came into effect as of Monday, April 4, 2016. Users must complete a verification request form for criminal records and comply with the CSRDN school transport usage policy.

The administration of the new service will be fully provided by the MRC d'Argenteuil. Information regarding schedules and terms of use are available on the website of the MRC (www.argeuil.qc.ca). To use this service or for more information, please contact the Department of Transport of the MRC d'Argenteuil at 450 562-5797.



Commission scolaire de la Rivière-du-Nord

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Karen Dixon, Manon Riendeau and Caroline Monette who opened a new yoga studio, Espace Yoga Lachute, 324-A Bethany, Lachute (on top of Avenue B restaurant). All three ladies are certified yoga teachers and offer a wide variety of classes, from beginner to advanced, and special classes for people with highly restrained mobility. English classes are available. Best of luck ladies! 450 331-1137/ www.espaceyogalachute.com.



Claudine Gascon, owner of the new garden center Croque Paysage, 2087 route 117, Val David. The center will open in May and will offer landscaping and gardening expertise. As well, they will have strawberry ground covers, fruit trees, annual veggies, perennial flowers, compost, cedar chips and much more. 450 927-1004 / www.croquepaysage.com.

Roxane Dubois, owner of the new Boutique La Raffinerie, 116 ch. de Kandahar (in front of Pizzeria), Mont-Tremblant. It opened in February and offers a wide array of women's business and casual wear and exclusive brands of clothing, such as Daily Story t-shirts, Cupcakes and Cashmere, Wild Fox sweaters and One Teaspoon Jeans. 819 717-1288 / www.boutiquelaraffinerie.com. Best of luck Roxane!

Welcome to:

Andreas (Andy) Theodoropoulos and wife Nicole who recently opened Souvlaki 7 restaurant, 239, rue Principale, St. Sauveur. Look for the blue façade of the resto. Their tantalizing menu offers authentic, delicious, homemade Greek food. Delectable spanakopita, calamari, gyro plates, lentil soup, souvlaki, amazing Greek salads and tzatziki are on the menu. Andy and Nicole look forward to welcoming you to their warm, inviting atmosphere. Open seven days a week. 450 744-3355 / facebook: Souvlaki 7, www.souvlaki7.com.



Dino Rossi, owner of the new Gym Saint-Sauveur, 700 ch. Jean Adam, St. Sauveur. Since spring is at our doorstep, this is the perfect time to start thinking about getting fit. The gym is very large and has a wide variety of programs for every level, and excellent equipment to use. Check it out. 450 227-4496 / www.gymsts.com.

Did you know:

There is a lovely, new, little flower shop called Maryse, at 800 Village Rd. in Morin Heights? Maryse Tassé is the owner and offers gorgeous fresh bouquets, a variety of plants, soya candles and decorative vases. Next time you want to make someone's day special, drop by to pick up some flowers. Maryse also looks after floral needs for weddings, birthdays and special events. 450 340-3002 / facebook: maryse.composition.florales.

That Arachides Dépôt opened a new store at 507 Principale, Lachute? Owners Pierre Partin and Céline Dumouchel offer a variety of nuts, such as pistachios and cashews, as well as dried fruit, trail mix, old-fashioned candies and coffee. They also have rice flour, baking chocolate and many spices. 450 409-3320 / facebook: Arachides Dépôt Lachute.

That SoKal Kitchen has replaced the Mexican restaurant Puenta Del Sol, at 116 ch. de Kandahar, at Tremblant? The unique menu offers California cuisine, including black cod, fish tacos, kale salad, delicious grilled items, as well as a tasty beef bavette.

They emphasize using regional and healthy products. 819 681-4606 / facebook: SoKal Kitchen.

Laurentian Club Report How Old?

Joseph Graham joseph@ballyhoo.ca

On March 21, Paul William Roberts addressed the Laurentian Club on the age of human civilization. Presenting the official doctrine that we have progressed from a simpler time, he outlined recent observations on the Indian Vedas and on interpretations of Egypt.

Starting with the Vedas, he showed how the format and rhyme of their 10,000 verses made it difficult for any errors to corrupt the record. He showed how modern scientific analysis of the verses' celestial observations indicate that they could be

around 35,000 years old. He also told how mapping from satellites confirms the existence of an ancient river, the Saraswati that is mentioned in the verses, although it dried up 4,000 years ago.

Jumping to Egypt, he described the Great Sphinx of Giza and how modern experts have argued that vertical streaking on its sides resulted from rain. This is controversial because the last time there were serious enough rains in the region was 10,000 years ago. Modern Egyptologists have dated the Sphinx to the reign of the Pharaoh Khafra from 2500 BCE, or from only 4500 years ago. Egyptologists date the Great Pyramid to the same period, claiming it was built as the tomb of the pharaoh Khufu. Roberts dismissed these assertions as academic dogma, countering that the technology that built the Great Pyramid does not exist even today and that the civilization that built them remains a mystery.

Touching on other aspects, Roberts had only time to whet appetites and will be elaborating on these subjects over six weeks next winter at the UTA in Mont Tremblant.

On April 25, the Laurentian Club will have the opportunity to hear artist Louise Bloom on the creative process with Lewis Carroll's Alice as her muse. See page 18 for details.



Holy Trinity, Lakefield News - April 2016

Concerts:

Our line-up of concerts for the summer includes...

May 21: Ralph Denzer (trumpet) & The Swoon Quartet (Latin/Jazz group).

June 11: Sherman & Lee

July 16: FrelilCelte, a bilingual Celtic folk pair with Annie Moisan and Michel Collard

September 3: CR5 (Country Roads 5) a bluegrass band playing a mix of contemporary and old time bluegrass and classic country

Prayer Shawl Ministry - Shawls are knitted, prayed over and delivered to members of the community who are in need (sick, childbirth, personal distress etc.). Over 120 were made and given away last year. This outreach ministry is financially self-supported by the knitters who pay for all their materials. Please consider supporting this worthwhile ministry with a financial donation.

Tax receipts are issued at year-end. Info: Linda Dubé 450 432-9055.

Christmas Service - Our Christmas service, attended by 120 members of the congregation was held without electricity! Many smart-phone lights were switched on as people shared their hymn-books and orders of service. The four-voice professional choir, added to a magical evening. The new generator, installed by the Municipality in the summer of 2015, provided power for the free supper, attended by some 80 people, after the service.

Easter Services - The Stations of the Cross service on Good Friday was followed by the Easter Vigil Service on Easter Saturday evening. It is the most important service in the Christian calendar and was attended by people from all 10 churches in the Laurentian Regional Ministry.

Building Projects - In 2016, we will be repainting the church's red roof, thanks to the generosity of our donors and the Municipality of Gore. We will also be upgrading some of the lighting inside and outside the church.

Confirmation Class - We are currently assessing whether or not there is interest and availability for a Laurentian Regional Confirmation Class to run through the late spring and summer. The confirmation would take place at the end of August at the Deanery Picnic with Bishop Mary Irwin-Gibson. If interested, contact Rev. Nick Pang at 450 562-2917.

Re-imagining the Church - In March, the Anglican Churches in the Laurentian Regional Ministry pondered many questions regarding the future of the Church and discussed new ideas on how to grow our churches through a course called Re-imagining Church.

Lenten Bible Study - Throughout Lent, a group of a dozen or so parishioners gathered at St. Aidan's Church Hall on Tuesday evenings for supper and to study the series out of the UK called "40 Acts." This was a joint initiative of the Parish of Lower Laurentians and St. Simeon's, Lachute.

"Soaking Time" - We continue to offer a period of quiet time, to hear beautiful, classical music at Holy Trinity Church on those Sunday evenings when a service is held in the morning (usually the fourth Sunday of the month). All are welcome; we start at 7.30 pm.

Retirement after 43 Years

Lori Leonard - Main Street

After 43 years, Denis and Denise Parent are retiring from Sports Denis Parent. Similar to music styles, Denis and Denise have seen "heavy metal" skis change to "alternative" lightweight ones along with many other changes. Denis never considered his job as work as it was always his true passion. They would like to thank their devoted employees; Phil Lemire (30 yrs.), Louise Leduc (20 yrs.) and Carole Bouchard (15 yrs.) and all their loyal customers. Their 1st store opened at Mt. Olympia in 1972, the 2nd in Piedmont in 1980 and the 3rd one in St. Sauveur in 1983. They also celebrate 44 years of "wedded bliss" this year. No plans yet, only to enjoy time at their cottage at Lac des Seize Iles. Best of luck Denis and Denise!



FASS - Not Just an Island by Itself

Ilania Abileah - Main Street

Etienne Lavigne was born in Montréal and trained at L'École supérieure de danse du Québec in Montréal. He continued his training at the San Francisco Ballet School (California) and the National Ballet of Cuba before joining The National Ballet of Canada in 1997. He was promoted to first soloist in 2007 and since 2015 he has been the Principal Character Artist. Etienne has excelled on stage in many roles in performances ranging from Sleeping Beauty, Swan Lake, The Nutcracker, Romeo and Juliet and Giselle, including lead roles in James Kudelka's Musings and Désir, and Kenneth MacMillan's Song of the Earth. He was awarded the David Tory Award in 2009.



Etienne Lavigne, photo credit: Sian Richards

Etienne Lavigne is co-founder of "Anymotion Productions" with Guillaume Côté, FASS Artistic Director, with the mandate to produce high quality, independent, dance events, on stage and on film. Now, he has joined FASS as Executive Director, where he continues to work with Guillaume Côté's vision towards Renaissance of the arts. Together, these two enthusiastic dancers will raise the bar for the 25th Anniversary of the "Festival des arts de Saint-Sauveur." Etienne and Guillaume are also working to enhance contacts with dance schools and companies, so that the FASS will not be "Just an island by itself!"

Main Street welcomes Etienne and wishes him success and fulfillment in his new role at FASS. We are looking forward to the 25th Anniversary Festival!

David Bennett - Sculptor

Ilania Abileah - Main Street

In the distant past, David Bennett had the opportunity to try his hand at carving marble. Later on, he spent time in Frobisher Bay, where he was fascinated by the Inuit, and began carving images of their way of life, as well as the wildlife of the Canadian north.



David Bennett with one of his marble sculptures

During his long career, Bennett gained acclaim for his marble and granite relief carvings. In 2004, a large piece was commissioned for Prince Andrew, and was presented at Buckingham Palace. In addition to several big corporations, Bennett's sculptures were commissioned for important sports events, including a large sculpture commissioned by the city of Toronto for the "Skydome" (the Blue Jays Stadium). In 1995, David Bennett was honoured by the Prime Minister, who purchased sculptures to welcome world leaders for the G-7 Conference in Halifax.

Marble bas-relief sculptures have evolved as a unique two-dimensional sculptural form. Carving hard stones requires many hours of working with mallets, hammers, chisels, drills, grinders, etching tools, polishers, buffers, and a compressor.

David Bennett now lives in Ste. Adèle, and still carves in his workshop. Some of his pieces may be found at "Créations d'Aujourd'Hui," 910 Village Rd. Morin Heights. 450 644-0089.

Spring Celebration

Beaven Creek Park, Arundel

April 9: 10 am - 4 pm

Mini-farm, inflatable game, treasure hunt, campfire, marshmallows and music!

Book sale in the Library

In case of inclement weather, event will take place on Sunday, April 10

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Denis Chalifoux, Mayor



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MUNICIPAL BULLETIN
APRIL 2016

**ONLINE PAYMENTS AND LA CARTE AGATHOISE:
TWO GREAT TOOLS TO MAKE LIFE EASIER FOR THE
CITIZENS**

In the next few days, the new CARTE AGATHOISE will make its grand entry. Established to enable us to offer discounts and other privileges to the citizens of Sainte-Agathe des-Monts, it will also allow card holders to register online, via the town's website, to the activities offered by the recreation, culture and communications department as well as the day camps.

A new tool and a new trend in a multitude of Québec municipalities, La Carte Agathoise will be free of charge and can be used as proof of residency at the eco-center or any other place where proof of residency may be required. It will become a necessary tool for parents to register their children in certain activities the town offers and we are proud to offer this trendy tool to our families.

This photo ID, equipped with a bar code, will be valid for 2 years and it will replace the library card and the beach card. Users will pay a \$10 fee plus applicable taxes upon their first visit to one of the beaches.

We wish to implement a policy of accessible and fair pricing for our citizens who, through their tax payments, already contribute in some way to the financing of activities. Thus, beginning this year, previous free activities for everyone, including conferences and performances for children presented at the le Patriote Theatre, will no longer be free of charge for non-residents, but will remain free of charge for the LA CARTE AGATHOISE cardholders who may also avail themselves of a special rate for all cultural outings.

La Carte Agathoise is now available at the Damien-Héту sports center, at the Gaston-Miron library, at the town hall and at Tessier beach, as soon as it opens. I invite you to visit the website www.ville.sainte-agathe-des-monts.qc.ca to obtain more information regarding the conditions of eligibility and the required documents to acquire this card.

MAJOR ROAD WORK WILL BEGIN IN MAY AROUND LAC DES SABLES

Work, which began last year will continue from May to December around Lac des Sables. Repairs and the additions to the aqueduct network, paving and the construction of a bicycle path will undoubtedly cause certain inconveniences for owners of waterfront properties.

Indeed, traffic will be obstructed at times in some sectors, and residents of these areas, although they will continue to have access to their properties, will periodically have to use alternate routes to reach their properties. Communications will be sent out, informing the residents concerned, of the constraints this project will bring and will inform them of the alternative routes available to them during this period.

In addition, properties that are supplied by the municipal water works will continue to have access to water, which will be supplied by a temporary water works system, set up for this transitory period.

The good news is that when the work is finally completed, both roads, which surround Lac des Sables, will be freshly paved. It will then be possible to ride a bicycle securely, thanks in part, to the installation of speed bumps, which will greatly slow down traffic in this area and will insure a safer ride for all concerned. The completion of roadwork is expected in December 2016, and the inauguration of this long awaited bicycle path, which will surround the Lac des Plages, and be highlighted with historical elements using patrimonial interpretation signs, will take place in the spring of 2017.

BOAT PERMITS ARE NOW AVAILABLE AT CAMPING SAINTE-AGATHE

Following an agreement between the town and "Camping Sainte-Agathe" who looks after the access ramp to Lac des Sables, permits, which must be affixed on water crafts, can no longer be obtained at the town's sports and leisure department, but, can be purchased directly at the Sainte-Agathe campground. All applicable taxes are included in the price of the permit.

This change will allow us to regroup all activities and operations related to the emission of boating permits in one place.

Let us remember that since 2015, Camping Sainte-Agathe has been operating the access ramp to Lac des Plages, which is situated next door to the camp ground.

As an outdoor recreational center, Camping Sainte-Agathe also offers a network of 30 kilometres of trails in the nearby forest and a boat rental facility.

More than 50,000 campers visit Camping Sainte-Agathe each year. The campground is recognized as one of the most beautiful campgrounds in Québec and, in 2015, it was awarded the blue ribbon award in the Reconnaissance Bâtisseurs d'aujourd'hui category for the Laurentian region of Camping Québec.

For further information regarding the 2016 permits: (819) 324-0482 orinfo@camping-steagathe.com



**Lori's Lookout -
Laurentian Personality**

**Sore Co-op
Offering Caregivers
Well-deserved
Respite**

Lori Leonard - Main Street

The non-profit organization SORE CO-OP (Solidarity, Respite and Support) was founded in 2006, by Claire Lefebvre. She was a caregiver for both her parents for three years. Claire's mother had Alzheimer's and her father suffered a stroke, which left him paralysed and unable to speak.



Claire realized how tiring it was to be a caregiver. She worked one year as a volunteer to determine how an organization could be developed and to understand the needs of seniors and caregivers. Claire also worked alongside other caregivers.

The true mission and goal of SORE is to help caregivers have a better quality of life by providing respite to them. They seek permanent solutions for caregivers who are exhausted and need a well-deserved break. Another important factor is that with the help of workshop stimulation, seniors are less shy to venture outside of their home to try new experiences.

The SORE team works in partnership with many local community organizations.

SORE also recruits and trains volunteers to assist special educators during activities.

To help eliminate loneliness and isolation for seniors, SORE, in partnership with Soupe et Cie., offers a community luncheon each Monday at St. Eugene's Church, Morin Heights for a donation of \$5. Attendees include the elderly, caregivers and care receivers. Senior citizens are delighted to attend this luncheon and always arrive with a smile on their faces, pleased to have the occasion to socialize.

SORE Coop is composed of active members, individual support members, corporate support members and worker members. The SORE administration is comprised of the following wonderful, caring women: Claire Lefebvre (Coordinator and Founder), Louise Langlois (Community Liaison Officer), Louise Laurin (Caregiver Liaison Officer) and Arianne Lacasse-Labelle (Specialized Educator). They currently have four paid employees (one full-time and three part-time), as well as seven people who provide respite for caregivers. Their Board of Directors is led by President, Nicole Poirier.

Our community is certainly lucky to have an organization such as SORE. We not only wish them a Happy 10th anniversary, but lots of growth and many more successful years. Thank you for your dedication and help. You provide a wonderful respite program for caregivers and, in turn, enrich our community.

For more info or if you would like to become a volunteer or make a donation, contact SORE CO-OP at 450 224-2657.

**Laurentian CARE SOINS
Laurentides**

Laurentian Caregivers Resource Center

Laurentian Caregivers Organization Upcoming Events

**Theatre / Play Presentation by
Laurentian Caregivers Association**



Through the Eyes of Caregivers

An Ethnodrama on Mental Illness in the Family
Lac Mercier Church (in the old Village of Mont-Tremblant)



May 14: 2 pm

This very special theatre presentation is directed and produced by Stephen Snow, Concordia University Department for Creative Arts Therapy, in collaboration with AMI Quebec supporting those suffering with mental illness. An ethnodrama is a unique integration of the art of theatre and health education research. A special team of researchers and theatre artists have been collecting data through interviews, focus groups and scholarships on the live experience of caregivers who care for a loved one with mental illness. The resulting play, Through the Eyes of Caregivers, is authentic research in the form of an artful theatrical performance.

Free admission, donations appreciated RSVP: Toll Free 1-855-522-7372

Annual Spring CPR/First Aid Clinic

Facilitated by Alain Leduc
The St Adèle United Church "Chapel on the Lake"
1300, chemin du Chantecler, St Adèle,
April 26 & 27: 9 am - 6 pm



Be prepared to save a life. Learn how to properly use a facemask and defibrillator. Learn the difference between applying CPR/First Aid to a baby, child and elderly peers.

Cost: \$55 for both courses

RSVP: 855-522-7372

Caregivers Meet and Greet

St Adèle United Church "Chapel on the Lake"
1300, chemin du Chantecler, St Adèle



May 26: 10 am

Interested in Home Care Assistance, companionship with the elderly or volunteering your time for seniors' workshops? Come hear what Laurentian Care has to offer.

RSVP 855-522-7372

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Out & About

Ilania Abileah - Main Street



Note: Please visit the website of each venue provided below for complete listings.

MONT LAURIER

Espace Théâtre

543, Rue du Pont / 819 623-1221, ext. 1

Music

Sat, Apr 16: 7:30 pm - La Tournée des Idoles. Six Quebec artists from the 70's are back on stage with a series of concerts. \$59.

Wed, May 4: 8 pm - The Man in Black - tribute to Johnny Cash. Shawn Barker performs Johnny Cash's songs. This is country music that transcends generations. Adults: \$57 / Students \$54.

MONT TREMBLANT

Premiere Scene

Eglise du Village, 1829 chemin du Village / 819 425-8614, ext. 2500

Fri, Apr 15: 8 pm - Constantinople - Jardins Migrateurs. On stage are Ablaye Cissolo (kora, vocals), Kiya Tabassian (setar, vocals), Pierre-Yves Martel (viola da gamba) and Patrick Graham (percussion). This concert has played in numerous halls and festivals across the globe.

Fri, Apr 29: 8 pm - Les Trois Accords - Joi d'être gai. Leader, Simon Proulx with Charles Dubreuil, Pierre-Luc Boisvert (bass) and Alexandre Parr (guitar) presents colourful songs. \$32.

ST FAUSTIN

Maison des Arts et de la Culture St-Faustin

1171, rue de la Pisciculture, St-Faustin-Lac-Carré / 819 688-2676 / Wed - Sun: 11 am - 5 pm. Free admission.

Continuing until May 28: 10th Dada Exhibition



DADA

STE-AGATHE

Théâtre Le Patriote

Sat, Apr 9: 8 pm - Clémence Desrosiers. Season opening concert. Her songs come with humour and touching poetry. She shares the stage with Marie-Michele Desrosiers. \$45.

Sat, Apr 16: 8 pm - Cowboys Fringants. Musicians Jean-François Pausé, Karl Tremblay, Marie-Annick Lépine and Jérôme Dupras are back with their ninth album, "Octobre." Their ballads critic society with humour, the tempo is inspired by traditional Quebec music. \$33.

Fri, Apr 22: 8 pm - Kevin Bazinet - winner of La Voix performs music from his new album, "Talk to Me." \$35.

Sat, Apr 30: 8 pm - Quebec Country singer Paul Daraïche is back with his invited musicians. \$49.

Sat, May 7: 8 pm: Pierre Lapointe performs "Paris Tristesse" singing some of his own songs as well as those written by others who inspire him. \$44.



Pierre Lapointe

12 main.street@xplornet.ca

VAL DAVID

Val David Exhibition Centre

2495, rue de l'Eglise. 819 322-7474 / www.culture.val-david.qc.ca

Open Wed - Sun: 11 am - 5 pm

Until May 22: An exhibition by Marie-Ève Martel inspired by Henry David Thoreau, the American author, poet, philosopher and naturalist. Marie-Ève has a Master's degree in visual arts..

Espace Fresque - Val David Church

Open Sat: 10 am - 4 pm & Sun: noon - 4 pm. / letempsnous2010@gmail.com

Until June: Le Temps...Nous: a new exhibition of large-sized canvases.

VAL MORIN

Théâtre du Marais

1201, 10è Ave. 819 322-1414 / www.theatredumarais.com

Sat, Apr 9: 8 pm - Motel 72. This Laurentian group includes Sébastien DeFrancesco, George Grancharoff, Luc Juteau, Martin Perrault and Jean-François Prudhomme. Together, they produce an innovative and unique sound, blending Americana with a taste of vintage rock of the 70's. \$20.

Sun, Apr 10: 3 pm - Gino Quillico & L'ensemble Triosphère present Serata d'Amore. \$50.



Motel 72 / AYRAD

Fri, Apr 22: 8 pm - Madame Moustache, Alex Cattaneo, Julie Ross and Genevieve Néron presents a new show "En Trio," with mandolin, dobro guitar, acoustic guitar, bass and banjo. \$20.

Sat, Apr 23: 8 pm - Nicola Ciccone presents "Les Incontourables 1999 - 2014" to mark the 15th anniversary of his music career. He sings his best songs. \$42.50.

Sat, May 7: 8 pm - Pandaléon. Three musicians who create their own unique sound (fusion / rock). Frédéric Levac (keyboard & vocals), Marc-André Labelle (guitar) and Jean-Phillippe Levac (drums & percussion). \$20.

Sat, May 14: 8 pm - AYRAD - this group of six musicians were recipients of a Juno award for the Best Album of World Music in 2015, They perform Andalusian music, Berber, Reggae and Latin. \$25.

ST. ADOLPHE D'HOWARD

L'Ange Vagabond

1818 Chemin du Village / 819 714-0213 / www.facebook.com/langevagabond.

Sat, Apr 23: 8 pm - Cabaret L'Ange. Vagabond and invited artists. Free admission.

Fri, Apr 29: 8 pm - Tonight We Dance!

Fri, May 6: 5 pm - 4th Anniversary of L'Ange Vagabond.

STE. ADÈLE

Place des Citoyens

999 boul. Ste. Adele 450 229-2921 #300 / <http://ville.sainte-adele.qc.ca/ach-atenligneplacedescitoyens>.

Open: Thurs & Fri: 1 to 4 pm; Sat: 10 am to 5 pm; Sun: noon to 5 pm.

Exhibitions:

Fri, Apr 1 - May 1 - Artist Cécile Buysse presents "La couleur dans tous ses états." Born in Belgium, but calling Quebec home, Cécile Buysse holds a BA degree in visual arts and has worked in oils for the past thirty years.

Concerts

Sun, Apr 10: 1:30 pm - Ensemble la Cigale "En route vers les pays celtiques." This group rediscovers musical repertoires of the Renaissance / Baroque period using instruments of the time. Residents: \$10 / non-residents \$15.



la Cigale

Opera direct from the Metropolitan

Pine Cinéma, Phase 2, 1146, rue Valiquette, Ste. Adèle. 855 739-7463 / <http://www.cinemapine.com>

Note: operas also screen at Cinéma Carrefour du nord, St. Jérôme.

Sat, Apr 16: 12:55 - Roberto Devereux - Donizetti. 226 min. London, 1598; Queen Elisabeth I falls in love with the Earl of Essex, Roberto Devereux. She is caught between her sentiments and her duty to the kingdom. \$27.

Sat, Apr 30: 12:55. Duration 130 min. Elektra-Strauss. Electra wants to avenge the death of her father, Agamemmon, by her mother. \$27.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. ARTS Morin Heights themed exhibition, "FOOD," will continue until June at the Morin Heights Library, 823, Village Rd. Info: 450 226-3832 / info@artsmorinheights.com.

BROWNSBURG - CHATHAM

Restaurant le Faim-Fino, 338, Maple Street / 450 495-8022

Brancheculturelle.worldpress.com
Until May: With her series of paintings entitled "Treasures of Gore," artist Sheila Watson tries to convey the unique and precious sites surrounding Beattie Lake in Gore. Shelia, an artist since the early 1980s obtained a fine arts degree from the University of Quebec in Montreal and also sculpts ceramics and creates exquisite pottery objects.

PRÉVOST

Diffusion Amal'Gamme

Salle Saint François Xavier, 994 rue Principale. 450 436-3037 / www.dif-fusionsamalgamme.com

Sat, Apr 16: 8 pm - The Trio Hochelaga. This is chamber music at its best. Musicians are Charles Richard-Hamelin (piano), Anne Robert (violin) and Chloe Dominguez (cello). The program includes music by Rachmaninov, Brahms, Liebermann, Mistral, Ravel and others. \$31.50.

Sat, Apr 30: 8 pm - Musicians Vincent Boillard (oboe) and Olivier Hébert-Bouchard (piano) started to play music at the age of 6 yrs., and went on to study music at various conservatories. \$31.50.

Sat, May 14: 8 pm - Julie Lamontagne, jazz pianist, keyboardist and composer returns as a trio with Richard Irwin (drums) and Dave Watts (double bass). \$31.50.

ST. JÉRÔME

Laurentian Museum of Contemporary Art

101, place du Curé Labelle / 450 432-7171 / www.museelaurentides.ca

Open: Tue - Sun: noon to 5 pm

Until May 8 - Jérôme, le saint. The exhibition displays how Saint Jérôme found his place in art history in old paintings and contemporary art. The idea of creating an exhibition about Saint Jérôme had been on Andrée Matte's mind for many years. She finally did it, as her parting gift to her audience. After over thirty years of working arduously presenting great exhibitions, she has recently retired from her post as curator of the museum. Farewell Andrée, we shall miss you!

EN-SCENE - Salle André-Prévost / 535, rue Filion / 450 432-0660 / en-scene.ca

Sat, Apr 9: 8 pm - American Story Show. This show presents top American hits of the years 1960 - 1999 with the voices of Kim Richardson, Rick Hughes and Marc-André Fortin, while a multi-media show on screen brings back acts such as The Supremes, Bob Dylan, The Eagles, STYX, Billy Joel, Michael Jackson, Journey, Whitney Houston, Mariah Carey and others. \$46.

Salle Anthony Lessard

101, Place du Curé Labelle / 450 432-0660 / enscene.ca

Sat, Apr 9: 8 pm - Bodh'aktan. Seven musicians filled with good humour and traditional music of the past: They blend polka, Celtic, punk and folklore from Ireland, the Maritimes and Quebec with rock. \$30.

Fri, Apr 8: 8 pm - La suite logique - exploring an interactive show, choreographer Caroline Dussealt is interested in chance happenings, humour and dance movement improvisations. \$30.

Cinema Carrefour du nord

900 Boulevard Gringo, St. Jérôme 450 436-5944 / www.cinemastjerome.com/horaire

Opera direct from the Metropolitan (see Cinema Pine, Ste-Adèle)

Dance streamed from the Bolshoi Ballet & Royal Ballet London

Sun, Apr 10: 12:55. Don Quixote. The hero of Cervantes and his loyal Santo Panza are on the lookout for the ideal woman.

Sun, Apr 17: 12:55. Giselle - The Royal Ballet presents this romantic, classical ballet - a love story that begins in life and continues beyond. This is Peter Wright's production of Marius Petipa's choreography.



Giselle

SAINT PLACIDE

Church of Saint-Placide / 450 258-4150 / www.artsetculturestplacide.com

Sat, May 7: 8 pm - The first concert of the 19th season opens with Jessica Vigneault (daughter of Gilles Vigneault). This is a benefit concert for the St. Placide Elementary School where Jessica studied. Jessica sings jazz in French, Brazilian songs and her own compositions. Tickets for the first few rows are \$30; regular seats \$25; advance (before Apr 24) \$20; and under 15 years \$10.

Due date for next edition:
April 20 -
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450 226-3889



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Le Patriote

Le théâtre des grands de chez nous

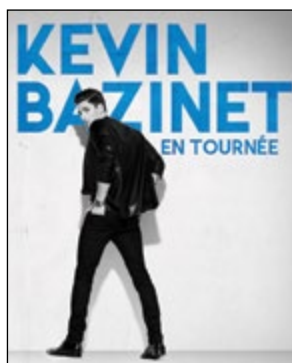
Reservations:

www.theatrepatriote.com

1 888 326-3655 ou 819 326-3655



Clémence DesRochers
April 9



Kevin Bazinet -
April 22



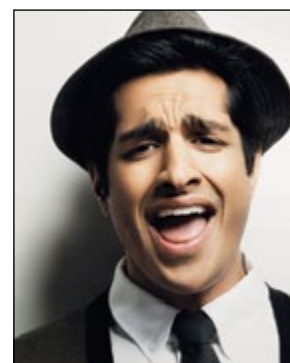
Paul Daraïche
April 30



La Tournée des idoles
June 3



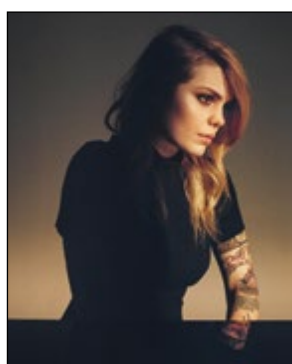
Vincent C
June 10



Sugar Sammy
July 1 & 2



Philippe Bond
July 15 & 16



Coeur de Pirate
September 17



Michel Pagliaro
October 14



René Simard
October 15



Bears of legend
October 28



Brigitte Boisjoli
November 4



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Veuillez faire parvenir votre curriculum vitae **d'ici le 18 avril** par courriel
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21 mars, 2016



MORIN-HEIGHTS
1855

OFFRE D'EMPLOI

La municipalité de Morin-Heights est présentement
à la recherche de candidatures pour combler un
poste au Service de l'urbanisme.
Pour connaître la description complète du poste et les
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notre site internet au www.morinheights.com

Adjointe administrative – urbanisme et travaux publics :

Sous la supervision du responsable de division permis et inspection,
la personne titulaire de l'emploi assure le service à la clientèle des
activités reliées au Service de l'urbanisme, de l'environnement et
aux travaux publics de même qu'à la perception. Elle assure
également le service de secrétariat.

Date limite: le 18 avril 2016 à 16h30

Les personnes intéressées à poser leur candidature peuvent
transmettre leur curriculum vitae, ainsi qu'une lettre de présentation
à la direction générale, par courriel à municipalite@morinheights.com
ou à l'adresse suivante. Seuls les candidats retenus pour une entrevue
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Municipalité de Morin-Heights
567, chemin du Village, Morin-Heights J0R 1H0



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Reader's Voice

A Valley and Village Under Threat

Joanna van der Hoeven

A beautiful valley, historic paper mill and village have become threatened by developers who seek to flood the valley, raise a giant monstrosity of an indoor water park and ring the newly-created lake with large condominiums and more.

Maalouf International has bought the historical Rolland Paper Mill and land that borders the North River in Ste Adèle (previously the municipality of Mont Rolland). Together, with a dubious extended loan from the Ville de Sainte Adèle, they hope to develop the land into a "great" tourist attraction, which they claim will create 240 million in investments, thousands of jobs and economic joy for the region. They call this project La Rolland, and the website is www.la-rolland.ca. They are working with M2 Leisure who is drawing up the plans for the project, which you can see along with a video of the proposed development at www.m2leisure.com/projects/la-rolland-green-holiday-resorts.

The problems with this development are manifold. Let's begin with the most important, in my view: the destruction of our rural countryside. The La Rolland project will flood the entire valley, which currently consists of a wildflower and grass meadow adjacent to a water meadow beside the North River.

Next, we have the false economy spin. They claim that this development will generate millions for the area, but in a time of economic uncertainty, coupled with the fact that two previous water parks in the region (Cascades d'Eau and Super Splash) have gone under makes this claim seem dubious at best.

Also, what happens if/when the project fails (as other water parks in the area have) to the valley itself? Will the buildings lie derelict along the false lake as a testament to a poorly conceived project?

Now we move on to the residents living in the area. Their backyards open out to the beauty of the valley and the hills beyond, and if this monstrosity is built, then their privacy will be seriously invaded. There is also the consideration of noise and light pollution to take into account, as well as the issue of falling property values if this project gets the green light.

Finally, we have the problem of infrastructure. There just isn't the capacity in this part of Ste Adèle to accommodate the proposed influx of traffic to the area. To get to this area, you have to cross a bridge, for the North River divides Sainte Adèle into two parts (which were previously Sainte Adèle and Mont Rolland). There is no way that either bridge entering into the area will be able to take the traffic that will go in and out of the valley. Neither can the tiny village roads for that matter.

These are just some of the problems involved with the destruction of a peaceful village in the Laurentian mountains. The issues raised are but the tip of the iceberg on the negative impact that this will have on the region. We need to protect our villages from such eager and ill-informed development.

Lack of Media Coverage Hinders Female Sport Participation

(NC) Over the past 20 years in Canada, female participation in sport has continued to decline. For young girls, sport brings positive, physical, psychological, and social benefits – yet these benefits aren't always realized as many often quit prematurely.



A recent report on the status of female sport participation in Canada, titled *Women In Sport: Fuelling a Lifetime of Participation*, demonstrates the correlation between the lack of female sport coverage (only 5 per cent of media coverage was dedicated to women's sports) and declined girls' sport participation. This report identifies the need for Canadian print, broadcast and online media outlets to share and raise awareness of female sporting events and achievements.

The report, commissioned by Canada's dairy farmers and the Canadian Association for Advancement of Women and Sport and Physical Activity (CAAWS), states that 41 per cent of girls between the ages of three and 17 don't participate in sport. This number jumps to 84 per cent in adult women.

Furthermore, when 657 female leaders in Canadian sport were surveyed, 96 per cent reported that an increase in quality media exposure would contribute to an increase in female participation levels.

"Alongside dairy farmers and the Fuelling Women Champions initiative, let's all commit to shining a light on women in sports. Support your daughters, your sisters and your mother. Together, we can initiate positive social change," says Caroline Emond, executive director of Dairy Farmers of Canada.

The report further demonstrates the discrepancy between male and female sport coverage. Of 2014 sports programming on Canada's national sports networks, only four per cent featured women's sport games or competitions. Plus, across four years of national print media, only 24 per cent of all pages studied had any women's sports coverage and only five per cent of the total coverage was on women's sport.

"This report highlights the disparity that exists within current sports media coverage and how it does affect young girls. We're hopeful that in the years to come a change can be seen," says Karin Lofstrom, executive director of CAAWS.

For more information, to obtain a copy of the report or to get involved in the initiative, visit www.womenchampions.ca. Follow and join the movement online to #ChampionHer.



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Be Prepared for Spring Orphaned or Kidnapped?

Susan MacDonald

By mid-May, every wildlife rehabilitation centre will be inundated with phone calls from people looking to place baby animals they have found abandoned or orphaned and, which they had "rescued" from the wild. While in some cases this may be true, oftentimes, these young babies have, in fact, been kidnapped by well-intended people, who unfortunately, are unfamiliar with the natural habits of wildlife. The most abundant species normally involved are baby deer (fawns), raccoons and birds, although any young animal can find itself in the same predicament. If you live in a rural area, it is wise to familiarize yourself with a few facts of nature before the arrival of spring.



Susan MacDonald



Susan MacDonald

All species are equipped with unique characteristics to ensure their survival and propagation. However, during the birthing season, many of their normal behaviour patterns change, in order to allow them to better care for and protect their young from predators.

When faced with danger, deer will take to flight and are able to race through the forest, gracefully jumping obstacles in their path. During their first few weeks of life, young fawns are unable to keep up with their mothers, so they are equipped with other modes of protection during this vulnerable stage. With their white-spotted coats, total lack of scent, and innate instinct to remain still, baby deer can remain so well-hidden that a predator can approach to within a few feet without detecting it. To further enhance its chances for survival, the doe, who is always close-by, will only visit her fawn for brief periods to allow it to nurse before returning to her watchful post. For the rest of the time, the baby remains alone. If a doe gives birth to twins, the babies will be separated, rather than left together, to further ensure that at least one will survive. If a predator does approach too closely, the mother will stamp her feet in an effort to draw attention to herself and away from her young. It is during these few short weeks that people who find young fawns, assume they are orphaned, or have been abandoned, and "rescue" them, when in fact, Mom is usually nearby and watching.

Baby raccoons must be the most numerous among the spring babies who find themselves taken from their mothers. They are born blind and helpless, and often in a hole in a tree, well above ground. But, at this stage of their lives, they have not yet developed the climbing skills necessary to descend. When her young become too active, the mother must find them a new home on ground level. Unfortunately, she doesn't drive a mini-van, so is obliged to carry them, one-by-one, to their new home. This means that at least one baby, first or last, will be left, temporarily, by itself, and scared and alone for the first time, it is likely to voice its displeasure. Nothing is more wrenching than the cries of a baby, and here we go again, the youngster is picked up by some well-meaning human inappropriately, and for all the wrong reasons.

The most common occurrence with song birds are little ones falling out of their nests, and the belief that, once touched by a human, the fledgling will be abandoned by its mother. Birds have no sense of smell, and if a little one is returned to its nest, when hungry, its cries will jump-start the elders back into parental action. If this is not possible, a makeshift nest, placed as close as possible to the original, will do. Young birds, if fully feathered and found on the ground, should be moved nearby, out of danger of roads or domestic pets, and out of the blazing sun. There are many species of birds, such as Juncos, which are ground-nesters. For other species, a quick Internet search will enlighten you as to normal and abnormal behaviours.

If you find a young animal that you think may be in need of rescue, the best thing you can do is observe it from a distance for at least 24 - 48 hours. If there is no sign of the mother after this, quietly check the baby for signs of distress, in case you may have missed her return. If the mother has been a victim of a road accident, or you are convinced the little one(s) is truly orphaned, call the nearest rehabilitation centre immediately.

Keep in mind that it is forbidden, and illegal, to harbor a wild animal, regardless of circumstances, and that there are heavy fines and legal consequences for doing so. While this law is not always appropriate, it has been put in place to protect both humans and wildlife for a number of reasons. Wild animals carry zoonotic diseases (transmittable to humans), have wild instincts, and require special care and nutrition. And, once habituated to humans, it becomes more difficult for them to return to a natural life in the wild, where they belong.

By mid-May, every wildlife rehabilitation centre will be inundated with phone calls from people looking to place baby animals they have found abandoned or orphaned and, which they had "rescued" from the wild. While in some cases this may be true, oftentimes, these young babies have, in fact, been kidnapped by well-intended people, who unfortunately, are unfamiliar with the natural habits of wildlife. The most abundant species normally involved are baby deer (fawns), raccoons and birds, although any young animal can find itself in the same predicament. If you live in a rural area, it is wise to familiarize yourself with a few facts of nature before the arrival of spring.



Susan MacDonald

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La Rochelle
Bilingual Preschool
Laurentides - Laurentians

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RELIGIOUS SERVICES



**ROYAL CANADIAN
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**Branch 171 Filiale
Morin Heights**

Sat, Apr 9: 6 pm - Italian Night
Fri, Apr 15: 6 pm - TGIF Smoked Meat Night
Wed, May 4: 7 pm - 10 pm: Wednesday Blues
Sat, May 7: 6 pm - Mother's Day Supper
Sat, May 14: 5 pm - Honours & Awards
Sat, May 21: Legion Golf Tournament & Steak Supper
1st & 3rd Monday of the month: Military Whist
Wed: 7 pm - Darts
1st Wed of the month: 7 pm - to 10 pm -
Music shows
For information on any event call
450 226-2213 (after noon)

**Branch 70 Filiale
Lachute**

Apr 29 & May 27: Smoked Meat Supper
Donation \$12.
Tues: 1 pm: Euchre
Alternating Thursdays: cribbage & shuffleboard
Sat afternoon: 1:30 pm: Darts
For information call: 450 562-2952 after 2 pm!

**Branch 71 Filiale
Brownsburg**

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
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Everyone welcome.
For information on upcoming events or hall rentals
please call Sheila or Trevor Holmes
450 562-8728.

**Branch 192 Filiale
Rouge River**

Apr 9: 8 pm - SPRING CELEBRATION OF ARUNDEL
Country Rock Night
Apr 15: 5:30 pm - TGIF - Spaghetti Dinner
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Weds; 1 pm - Bridge
Tuesdays: 7:30 pm - cribbage
Mon, Tues, Wed & Sat - yoga classes
Info: Marlene: 819-687-8665
For further details call 819 687-3148 /
819 687-9143 or email mmcsp40@gmail.com

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

SAINT EUGENE CHURCH
148, Watchorn, Morin Heights
Please call Johanne at 450 226-2844
for information.

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Jewish educational & social events.
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Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am: Regular
worship service.
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DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Please call to confirm service schedule

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
Please join us - everyone is welcome
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Regional Ministry.
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cemetery wall.

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
Please call to confirm service schedule
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ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH
94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Ven. Ralph Leavitt: 819 326-2146
Sunday service: 9 am
Fellowship in the church
hall afterwards
Christians of all denominations welcome.
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for handicapped*

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13 Queen Street, Grenville
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and Sunday School

ST. MUNGO'S CHURCH, CUSHING
LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
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ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

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ALONG THE OTTAWA RIVER**
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Sundays 9:15 am - Holy Eucharist:
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Holy Eucharist at 11 am every Sunday with
Rev. Douglas Richards (613 632-2329).
Call parish office at 613 632-9910
for more info.

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Ven. Ralph Leavitt: 819 326-2146
Sunday service: 9 am
Fellowship in the church hall afterwards
Christians of all denominations welcome.
Parking and elevator for handicapped

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450 562 8352
Pastor Rénald Leroux
Worship Service - 10:30 am

**ANGLICAN PARISH OF
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Everyone is welcome.

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Pauline Vanier, 33, de l'Église, St. Sauveur
Pastor Kevin Cullem: 450 229-5029
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SHAWBRIDGE UNITED CHURCH
1264 Principale, Prévost (at de La Station)
Seeking members for the congregation.
Sunday service time is 9:15 am.

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Rev. Georgia Copland
Sundays: 10 am: Worship service.
All are welcome -
bienvenue à tous & toutes!

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Morin Hts 10:30 am • Montfort 9 am
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351 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service
Bienvenue à tous - All welcome

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LAURENTIANS**
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ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Apr 17: 11 am - Holy Communion
May 15: 11 am - Holy Communion
June 5: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
May 22: 9:30 am - Family and Golf
June 5: 4 pm - Holy Communion
1127 Dunany Rd, Dunany
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Apr 24: 11 am - Holy Communion
May 22: 11 am - Holy Communion
June 12: 11 am - Morning Prayer
Bilingual services with gospel/bluegrass music
*Special services: Soaking Time *
7:30 - 8:30 pm: A time of quiet reflection with
classical music. These special times of quietude are
offered on Sundays in addition to regular services

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Apr 10: 11 am - Holy Communion
May 8: 11 am - Holy Communion
June 12: 11 am - Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Venerable Ralph Leavitt and
Rev. Nicholas Pang, associate priest
All services are at 9:15 am
Apr 10: 9:15 am - Family Service
Apr 17: 9:15 am - Communion
Apr 24: 9:15 am - Communion
May 1 - Morning Prayer
May 8 - Family Service
May 15 - Communion
Everyone welcome! Refreshments
follow most services

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)

EGLISE SAINTE ANNE DES LACS
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Laurentian Club Notice

Holy Trinity Church Hall
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Visual Artist Louise Bloom

Our speaker for April is a resident of Morin Heights, Quebec,
whose professional career spans 35 years of exhibition, teach-
ing and mentoring in Canada and abroad.

Ms. Bloom will explain how "Alice" of Wonderland and
Through the Looking Glass influenced her work for many
years.

Monday April 25: 1:30 pm
Annual membership: \$25 /
Guests \$10 per event.

www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA



**Laurentian Region
Cancer Support Group**

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



Meeting for cancer patients,
families and caregivers:

SATURDAY AFTERNOON
April 16, 2016 - 1 pm

St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

General Exchange / Discussion

Next meeting: May 21

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 or mail PO Box 2645, Morin Heights QC J0R 1H0

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COMMUNITY NEWS

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Everyone is welcome!
We are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg – Chatham **Saturday / samedi: 11 am – 1 pm / 11h – 13h**
Corner /coin - des Érables & McVicar

BAZAAR MPDA LACHUTE

Bazar MPDA Lachute (177 Rue Bethany, Lachute).
Used clothing, shoes, books and more for the whole family. Open **Tues - Thurs: 10 am - 3:30 pm. Fri: 10 am - 2 pm**
Mouvement Personne d'Abord de Lachute is a non-profit organization for people with intellectual disabilities. The Movement offers activities and friendly meetings 2 times a week for its members. Everyone welcome! Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

St. Adolphe d'Howard Community Centre, rue du College
Mondays: 9:15 am / Fridays: 10:15 am
FUN AND FITNESS – no experience necessary, everyone welcome.
Info: Betty Raymond: 450 226-6491 / Robin Bradley: 819 327-2176

WILLKOMMEN

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

ASSOCIATION ALPHA LAURENTIDES

Offering FREE French lessons!
Sept – June (on-going registration) 16 yrs. and over
Info: Rejeanne 819 507-0005
ALPHA: 1 866 887-7335

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
May 8: 9 am - noon:
Mother's Day Breakfast.
Adults: \$7 / children: \$3.50
Basket Draw - proceeds to benefit Breast Cancer
Fri, May 20: Spring Fling Pasta Night. Spaghetti Supper and cash bar. Doors open at 4:30 pm; dinner 6 pm - 8:30 pm. Adults: \$12 / children under 12 yrs. \$6 / under 5 yrs. free.
Reservations: Ruth 819-687-3733
Like LRCC on Facebook at LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Apr 17, May 1: 1:30 pm: Bingo
Apr 21 & May 5: Café Partage
May 6: 5:30 pm: Cook's Night out
Apr 28, May 26, June 30 - Bible Study:
Info: Linda Myer: 819 242-4856
**We are looking for volunteers for our community kitchen project.
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.
Info: Deedy: 819-242-8939

FUNDRAISING SQUARE DANCE

Grenville Community Centre
Apr 30: 8 pm
Lachute 4-H Club is holding this event. Music to be provided by the Glenn Silverson Band
Tickets \$10 - available at the door or from all 4-H members.
Light refreshments will be served.

HARRINGTON VALLEY & DISTRICT FIDDLE CLUB

Margaret Rogers Memorial Presbyterian Church (Main St, Lachute)
Sat, Apr 30: 1 pm
Come and bring a friend for a fun afternoon of music & dancing.

SCOUTS MORIN HEIGHTS

Morin Heights Elementary School / St. Eugene's Church
Wed evenings: 6:45 pm - 8:15 pm - meetings. Come join us!
Info: ScoutsMorinHeights@live.com

SHRINER'S

PANCAKE BREAKFAST
Masonic Hall, Providence Blvd., Lachute
Sun, April 17: 8:30 am - 1 pm
Donation: \$8, children under 6 yrs – free

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugène Church, 148 chemin Watchorn, MS
Apr 9 & 10: 10 am - 4 pm
Hosting travelling bilingual QAHN (Québec Anglophone Heritage Network)
Exhibit: "Housewife Heroines."
Apr 10: 2 pm – women's panel serving country during WWII
Info: Susan: 450 226-7544 7544
May 1: 1:30 pm – Speaker: Terry Ryan "The Sawmill Across the River: A Recollection"
May 28: 1 pm - AGM / 2 pm: Exhibition: "Our Archives on View" by Eileen Meillon.

BAR BQ AND LIVE MUSIC

St. Eugene's Church, 148, Watchorn, Morin Heights
Sat, Apr 16: 12 pm - 3 pm
Courtesy of Air Miles
Free Admission
Info: anne@d212.com

LUNCH & LILIES

Grenville Community Centre
Sat, Apr 16: noon
Soup, sandwiches, sweets.
Adults: \$10; children 6 - 12 yrs: \$5
Joanne MacKiddie presents "Preparing your spring garden."
Will also be a bake table.
Hosted by Knox-Wesley UCW Grenville

FUNDRAISERS FOR LAROCHELLE PRE-SCHOOL

For information on all events call 450 821 2566 / email prematernellelarochellepreschool@yahoo.ca
website: http://www.prematernellelarochellepreschool.ca
Facebook: www.facebook.com/Prematernelle-La-Rochelle-Preschool

WINE & CHEESE TASTING

Mickey's Café
Apr 16: 7:30 pm.
Tickets \$50 - on sale now.
Raffle for wine rack filled with wines from the tasting.
Tickets: \$5 each / 5 for \$20.
Tickets on sale now.
REGISTRATION – ONGOING.

M.H.E.S. SECOND ANNUAL SPRING FAIR

Morin Heights Elementary School
Sat, May 14: 9 am - 4 pm
In conjunction with the annual Town of Morin Heights Environmental / Family Day. There will be a vendor and a garage section.
Table rental: \$30 (10' x 10')
Info: Tanya: 450 226-2017, ext. 6217

UNITED CHURCHES OF CANADA EVENTS

Grenville Community Centre (21, Tri-Jean)
May 6: 5:30 pm - 7:30 pm: Ham Dinner. Fundraiser for Hamford Pavillion. Entertainment provided. Donation \$20.

232 Hamford St, Lachute

May 21: 8 am - noon
Yard Sale - plants, books, bake table, odds & ends.
Fundraiser for Lachute United Church

Grenville Community Centre
June 29: 6:30 pm - 8:30 pm - Strawberry Social
Entertainment provided by the 4-H Club dancers.
Adults: \$7 / children \$2.50 / under 6yrs. free

FUNDRAISER - ART AUCTION

To benefit the students of Ste-Agathe Academy
Here's your chance to own an original art piece from renowned artists and support local students at the same time. View the items for auction on display at Le Restaurant Maison 1890 or on the SAA website - saa.schoolqc.ca / facebook - friends of SainteAgatheAcademy. Bid for your favourite piece at the restaurant / calling 819 324-1890 / email sainteagatheppo@gmail.com
Auction bids accepted until Apr 13. Full details on the SAA website.

LAURENTIAN LITERACY COUNCIL EVENTS

505 Bethany, Lachute (Rm 302)
450 562-3719
May 4: 7 pm - How to Deal With Oppositional Defiant Behaviours. Presentation by Peter Gantous - clinical psychologist.
June 11: 6 pm - Fundraiser - Famous Steak Supper
Dunany Golf Club (2053, Dunany Rd)
Dinner / Raffle / Silent Auction
Tickets: \$35 - sold in advance

15th TOUR DU LAC ST-JOSEPH FUNDRAISER

Park Adolphe-Jodin
May 15: 9 am – Registration \$8
Hot dogs & Italian sausages / live entertainment on site from 11 am – 3 pm
Chemin Tour du Lac & Chemin du Village will be closed between 9:30 am and 4 pm
Proceed to benefit the Canadian Cancer Society
Info: 514 519-3252 / etourdulac@gmail.com

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

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Laurentian Literacy Council
Main Street promotes local businesses, organizations and events, thereby helping to create a resourceful community and a sense of belonging.
Thank you Main Street!

DOUBLE THINK
The power of holding two contradictory beliefs in one's mind simultaneously, and accepting both of them.
– George Orwell

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Healthy Channels Wrist Pain and Acupuncture

Christopher Garbrecht, Ac. – Main Street

Last month I wrote about elbow pain and acupuncture, so I thought I would continue with another joint that can also

cause lots of pain and suffering; the wrist. When most people think of wrist pain, they automatically think of carpal tunnel syndrome (pain and numbness of the wrist and fingers), but there are many different possible causes of wrist pain. That is why it is important to talk with your doctor and get a working diagnosis in order to treat it properly.

A common cause of wrist injury is due to sprains. Sprains occur at joints and affect ligaments, which connect bone to bone. Sprains at the wrist most often occur from falls, and accidents or collisions. Sprains are usually noticeable when they occur, but sometimes a minor sprain will happen without being noticed. The symptoms of sprains include limited mobility, inflammation, pain, swelling, and bruising. To diagnose sprains, your doctor will look at the impacted area and ask questions about the injury or accident. Your doctor may also take an X-ray to ensure that there are no broken or chipped bones. For this type of injury, the RICE treatment (Rest, Ice, Compression, and Elevation) is usually recommended. Acupuncture is a very good option for this type of injury as it can help reduce the swelling and inflammation as well as help manage the pain so that less pain medication is needed and the healing time is shorter.

Arthritis, which is an inflammation of the joints, is another possible cause of wrist pain. One cause of arthritis is due to normal wear and tear of cartilage around the joints. Cartilage is a firm but flexible connective tissue in your joints, which protects the joints by absorbing the pressure and shock created from stress and movement. A reduction in the normal amount of cartilage tissue in a joint can cause pain in the joint. The most common symptoms of arthritis are joint pain, stiffness, and swelling. The range of motion of the joint may decrease and there may also be redness of the skin around the joint. Many people with arthritis notice that their symptoms are worse in the morning and on humid days. Diagnosis of arthritis by a doctor begins with a physical exam to check for fluid around the joints, warm or red joints, and limited range of motion in the joints. In order to determine the exact type of arthritis, a doctor will have to extract and analyze inflammation levels in your blood and joint fluids. Although acupuncture cannot replace the cartilage in your joints, it can be an important way to help manage the pain and swelling in the wrist joint, as well as help ease the stiffness of the joint.

Another common cause of wrist pain is tendonitis, which usually occurs from injury, repetitive movements, and aging. Pain from tendonitis is typically a dull ache that is concentrated around the affected joint. It will increase when you move the injured area and will be tender if someone touches it. There may also be some swelling. As with all forms of tendonitis, tendonitis of the wrist responds well to acupuncture, as it helps to heal the injured tendons and muscles and reduce the swelling and pain.

If you have any questions about acupuncture or would like to schedule an appointment in Morin-Heights or Val-David, you can call me at: 819-219-0048. You can also check out my website at: acupuncturevaldavid.com.



Fit Tip #104

What Is Leaky Gut Syndrome?

Lisa Mclellan – Main Street

What the heck is leaky gut syndrome?

Well, leaky gut refers to a condition called increased intestinal permeability. The lining of our gut works as a barrier to keep harmful substances from seeping into our blood stream. When this barrier becomes damaged as a result of poor diet, chronic stress, toxin overload and bacterial imbalance, we develop increased intestinal permeability, or “Leaky Gut.” This condition allows toxins, microbes and undigested food particles to leak out of our intestines into the blood stream. Our immune system marks these “foreign invaders” as pathogens and attacks them. If this condition persists, our immune response will lead to systemic (throughout the bloodstream) inflammation. Chronic systemic inflammation triggers food intolerances, immune system issues and autoimmune disease.

Leaky Gut affects the whole body: the brain (depression, anxiety ADHD), the sinuses and the mouth (frequent colds and food sensitivities), the skin (acne, rosacea, eczema, psoriasis), the joints (rheumatoid arthritis, fibromyalgia, headaches) the colon (constipation, diarrhoea, IBS) and the adrenals (fatigue).

This is the perspective of natural health practitioners. The medical community is still doing research on this subject and has not come to any conclusive decisions. I like to research a subject (like this one) and then experiment with the recommendations.

Signs of a Leaky Gut:

1. Digestive issues such as gas, bloating, diarrhoea or irritable bowel syndrome (IBS).
2. Seasonal allergies or asthma.
3. Diagnosis of an autoimmune disease such as rheumatoid arthritis, Hashimoto's thyroiditis, lupus, psoriasis, or celiac disease.
4. Diagnosis of chronic fatigue or fibromyalgia.
5. Mood and mind issues such as depression, anxiety, ADD or ADHD.
6. Skin issues such as acne, rosacea, or eczema.
7. Food allergies or food intolerances.

Suggestions to help heal Leaky Gut:

1. Bone Broth– contains collagen and the amino acids proline and glycine that can help heal your damaged cell walls.
2. Raw Cultured Dairy – contains both probiotics and SCFA's (colon health) that can help heal the gut. Pastured kefir, yogurt, butter and raw cheese are some of the best.
3. Fermented Vegetables– contain organic acids that balance intestinal pH and probiotics to support the gut. Sauerkraut, kimchi and kvass are excellent sources.
4. Coconut – all organic coconut products are good for your gut. The MCFA's in coconut are easier to digest than other fats. Coconut kefir contains probiotics that support your digestive system.
5. Probiotics help replenish good bacteria, crowd out bad bacteria – at least 50 billion units of probiotics daily from a high-quality brand.
6. Digestive enzymes (one or two capsules at the beginning of each meal) ensure that foods are fully digested, decreasing the chance that partially digested food particles and proteins are damaging your gut wall.

Aloe Vera, Licorice root and Quercetin – to soothe, balance and improve gut barrier function.

To find out more, search: “Leaky Gut”. For a good Bone Broth recipe, search: Bone Broth Benefits for Digestion. If you are in pain ... go ahead try it!

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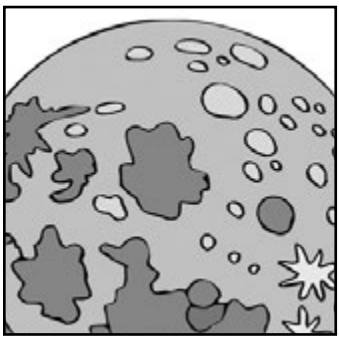
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Zach Factor Doctor, Print Me A Pancreas

Lys Chisholm & Marcus Nerenberg -
Main Street

Life with diabetes sucks. While overworked doctors and dieticians try and coach the diabetic through a world of low-carb diets, supplements, handling blood sugar lows and highs, the diabetic goes through all the phases of death and dying of the pancreas, including depression and anger, with imposed exercise routines and especially denial as they down the donut with the coffee. The ever prevalent question: why did my body stop making insulin - such an important survival hormone? Life becomes an oppressive scheduling of eating at set times, eating specific foods, not eating others etc. Going out to dinner becomes painful when one discovers how much food must be avoided. Eating at friends and family becomes awkward. Gradually, over time, food becomes a chore to avoid, rather than a joy and pleasure to share.

The diabetic is ever so grateful for insulin, and grateful to Doctors Banting and Best for their drive to find a treatment for what used to be an early death sentence. But insulin is a treatment, not a cure. A cure is a return to balance and harmony within the body, independent of external supports.

In 1960 the first successful kidney transplant between non-related individuals was performed. Every such transplant up to the present has required continuous life-long doses of anti-rejection drugs to suppress the recipient's immune system to prevent it from rejecting the donor organ. It has long been the dream of medical researchers to grow replacement organs outside the body, using the recipient's own genetic material, and then implant a healthy replacement for a diseased part, perfectly compatible with his or her body and requiring no subsequent drug treatment.

All the multitudes of types of cells in our bodies came from the original fertilized egg in the womb. As we grow in the uterus, our DNA instructs stem cells to grow into muscles, bones, brains, blood vessels, skin, livers, eyes and hundreds of other bits and pieces that become the biological miracle that is our body. In the early days of stem cell research, scientists believed that only fetuses could provide these wonderful cells that could reproduce failed body parts. Huge ethical and religious debates raged over the use of aborted fetuses to harvest stem cells.

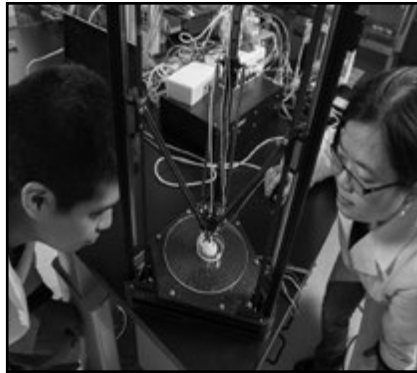
Researchers now know that adult stem cells are an essential component of all our bodies. Called pluripotent stem cells which produce specific tissues, scientists say that there are promising developments indicating that these cells may be programed to change tasks and produce other tissues.

Presently Islets from a donor are transplanted into a diabetic's liver where they produce usable insulin, thus eliminating the necessity for insulin injections. The patient trades insulin for anti-rejection drugs to prevent the foreign Islet of Langerhans cells from being destroyed by the immune system. At Binghamton University, NY, the project of biomedical engineering professors, Kaiming Ye and Sha Jin, revolves around printing functional 3D models of the pancreas. A manufactured pancreas becomes a platform in which essential cells can be grown. This step is necessary for growing Islet cells which then produce insulin.

As professor Ye explains, 3D printing is a key instrument in realizing this ambitious plan. While scientists have been successful in growing cells in 2D laboratory petri dishes, the cell cultures necessary for most applications need to grow on a 3D organic platform. This scaffold of tissue models a human organ, in this case the pancreas, and will become the factory to produce the required cells.

For people living with donor kidneys, hearts, lungs, livers, and now hands and even faces, life is a strict regime of close monitoring and constant anti-rejection drugs. These radical developments from the world of 3D printing and genetic research will potentially cure long-term conditions and return damaged organs to a state of sound health.

It seems only a matter of time until a 3D pancreas will be printed or grown in the lab, complete with its own vascular system and Islets of Langerhans. This fully functional organ, completely compatible with the diabetic's body, could be easily implanted and function normally, thus effecting an actual cure. What we would have called science-fiction thirty years ago is now on the cusp of reality. If you are old enough to remember the original Star Trek series, very soon Dr. McCoy will be taking your new pancreas out of the replicator, now called a 3D printer.



Dr. Kaiming Ye and Professor Dr. Sha Jin of Binghamton University for their research using 3-D printing in order to make personalized medicine a possibility for diabetics. Photo Credit: Binghamton University Magazine



The Story Behind The Cookes Come to Arundel

Joseph Graham - Main Street
joseph@ballyhoo.ca

Reuben Cooke and Elizabeth Landers married in Ticonderoga, New York, in 1791. They lived in nearby Crown Point, before moving with their three children to Lower Canada in 1803. According to American historian Howard Zinn, the United States, after the American War of Independence, was a difficult, almost cut-throat place, and many people who left were economic refugees. Those who settled here and swore allegiance to the Crown, at the outbreak of the War of 1812, were considered among the United Empire Loyalists, but many others chose to return to the United States and enlist.



Reuben was either a timid or a gullible man. He homesteaded in Grenville and, around the time he was capable of finally buying the title to the farm that his family had painstakingly created, a destitute Irishman was welcomed into their household. Accepting needy strays was not unheard of, but James Anderson proved to be a confidence man with no ethics. He promised to work off his keep in the spring in exchange for the chance to convalesce over the winter. Arriving aboard their logging raft to Quebec that spring, he managed to take the place of the Cookes' son at the Crown Land Office, and registered the Cooke patent as his own. Solemnly declaring he had fulfilled the obligatory clearing and building, he paid for the deed with the Cookes' money. Upon his return, he evicted the Cookes from 'his' property and, surprisingly, Reuben and family quietly withdrew, starting over on a neighbouring lot. Clearly there is more to the story. Anderson, who never married, spent his life in court with others, and died penniless, while the Cookes prospered, working their new holding.

Reuben worked with Thomas Mears and David Pattee at their mill near Hawkesbury, and was hoping to buy in, when Mears and Pattee lost it to the Hamilton brothers in 1811. Much of the foregoing is described by Cyrus Thomas in his book History of Argenteuil, Quebec & Prescott, Ontario published in 1896. Cooke seems to have resented this loss more than the loss of his farm to Anderson, but strangely missing from these stories of loss is the Nipissing and Algonquin peoples who had legally signed a lease to Mears and Pattee.

On the bright side, one day, Elizabeth found some wheat seed in a box of items stored when they moved, and she planted it. The resulting wheat crop was such a success that she is credited with bringing wheat to Grenville County.

It was the youngest son of Reuben and Elizabeth, Coral, who first established in Arundel and began the Cooke dynasty there. Coral married Euphemia Black, the sixth of seven sisters from a Grenville family, in 1837, the same year as the rebellion broke out. Coral joined the Volunteers in time for the battle of St. Eustache that December.

They farmed in Hawkesbury after his service and moved to Grenville in 1846 where he homesteaded on the edge of a lake on the Scotch Road. Unlike Euphemia's family, they had five sons and a daughter, and while daughters might be married off with fanfare, sons needed farms. Their eldest son, Hugh, must have been 21 at the most when they bequeathed him the farm on the Scotch Road and struck out to homestead in Arundel in 1859. Coral was forty-six. When they first arrived, there were few other families. The Thompsons were there, and according to the 1856-1954 centennial booklet, compiled by the Arundel Women's Institute, there were Algonquin families in the region. The Cookes built a new house and cleared the forest. Together with their four sons and their daughter, the Cookes' holdings in that small new town would soon expand to 1000 acres.

Tidbits about the lives of Elizabeth Landers and Euphemia Black tell more than the family genealogy. Ron Cooke, the great-great-grandson of Coral and Euphemia, managed to save some and through him most of this research was possible. He learned that Euphemia kept in touch with the Cooke and Black relatives in Grenville, a day's walk, and that she insisted on doing the trip barefoot. This was not so unusual. Boots were expensive and tough feet would stand up better to the punishment of forest, field and riverside trails. While we have difficulty imagining traveling all day barefoot, the trails of the 1860s were nothing like our hard-packed and asphalted roads.

The story of the Cookes in Arundel is mostly one of strong family ties and successes. Descendants include Major George Cooke, who fought in both world wars and retired to Arundel. Eliza Bradford Cooke, the wife of James Cooke, was the grand-daughter of Reverend Richard Bradford, who had found his religious vocation during a severe storm aboard the ship of the legendary Captain James Cook. She and her husband had nine children, a number of whom became nurses, while three of their sons became farmers, two of them starting a major chicken farm that carried them through both the Great Depression and World War II. Money was so tight during the Depression that their eggs sold for less than a penny, the price of a stick of gum, but they managed and were ready to expand their operation when things improved, leading to a second Cooke general store, as well as a feed mill.

Too numerous to name individually, the Cookes became one of the dominant families in Arundel and, during the heyday of hockey in the 1930s, the Arundel regional team was made up of mostly Cookes, and their cousins and neighbours, the Gramms. Today, hundreds of Cooke descendants are spread across the continent, and even Ron, to whom this story owes so much, for both its inspiration and research, has passed away.



The second exciting edition of the International Polo on Snow Tremblant took place February 26 and 27 on the Gray Rocks Airport grounds. Photo credit: www.photo-fab.com

Obituaries

BROWN, MARY (NEE: HUTCHIN) 1920 - 2016

A life well-lived, Mary passed away on March 14, 2016 at the age of ninety-six years with her daughter by her side. She leaves behind her loving daughter Valerie who will miss her dearly. Also survived by a son Royden (Rolla) and two grandchildren, Matthew (Gillian) and Marnie. Pre-deceased by her beloved husband Nelson, her parents James Hutchin and Grace Carpenter and her siblings. She will be fondly remembered by caring nieces, nephews, cousins and friends. During these past four years of continual challenges and struggles, she always displayed her courage and determination. A finer person you could not ask for. As per her wishes, a private funeral has taken place and she is now at peace in God's kingdom.

"It broke my heart to lose you,
But you didn't go alone,
For part of me went with you,
The day God called you home."

Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

CAMERON, Virginia (nee: Phillips)

Peacefully at the Residence of Lachute, Lachute, Qc. on Sunday, March 27, 2016 in her ninety-first year. Beloved wife of the late Nelson Cameron. Dear mother of James (Maureen), Neil (Jo-Ann) and Bryan (Sue). Loving grandmother of Scott, Kathleen, Kevin, Marlena, Ryan and Ted, and great-grandmother of Dylan, Chloe, Hailey, Chelsea and Madison. Also survived by her sister-in-law Beth Phillips. Pre-deceased by her brother Keith Phillips. A Celebration of Life will be held on Saturday, April 16, 2016 from noon - 4 pm at the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc. In lieu of flowers donations to the Canadian Cancer Society or the charity of your choice would be appreciated by the family.

LEVINE, Frederick Gordon

With dignity, passed on Tuesday, March 22, 2016, in Montreal. Beloved son of Susan and the late Martin Levine. Loving and devoted father of Jordyn, Jaimee, Jesse and Justin. He will be greatly missed by Nancie. Cherished brother and brother-in-law of Brian and Jeannette (Litvak), Jonathan and Lisa (Aisen). Treasured uncle of Danny, Ari, Amanda and Josh. Lovingly remembered by his family and many friends.



WARD GORDON

Who passed away January 19, 2016, at the age of 64, was the son of Laurence Ward and Myrtle Copeland. Please join us for a celebration of his life in a service to be held on Saturday, April 16, 2016 at 11 am, at Mille Isles Christ Church. Reception will follow service with good conversation and fond memories.



In Memoriam Claude Smith

Three years my love and
for me time stands still
Seems like yesterday but
I have my memories of
you and me



I know how much you loved me
And Me, well, how I so loved you
You were my world,
You were the sunshine of my life
You were the apple of my eye,
And, forever you'll stay in my heart
Love you always and forever "a bushel
and a peck and a hug around the neck"
Your wife, Ilene

In Memory of Fred Levine Lori Leonard

Exceptional author / illustrator Fred Levine, known for his creative children's books Triple Trouble and Triple Play, sadly passed away on March 22. Fred was diagnosed with an astrocytoma (cancerous brain tumour) six years ago. It was during these years that Fred penned and illustrated these two beautiful books to leave as a legacy for his family (www.tripletroublebooks.com - proceeds donated to The Pencer Brain Trust, 416 665-1515). Fred was a humble man with a huge heart who loved his family deeply. He was a cherished friend to many. He never complained while ill and found humour in the simplest form. He was and continues to be a true inspiration to others. Fred was all about kindness. The last paragraph of Fred's book Triple Trouble sums it up:

"Here is my point,
And it's not so outrageous,
When you do something nice,
The effect is contagious."



A New Laurentian Caregivers' Guide

By Kim Nymark

The creation of this guide has been a labor of love from the very beginning in 2010. L'Appui des Laurentides pour les Proches Aidants d'âinés put together this extensive guide for caregivers in order to maintain life balance while caregiving. In total, more than 70 people, including six local consultation tables, 35 community and institutional partners, and ten caregivers participated in the realization of this new tool. 4 Korner's Family Resource was part of the regional working committee, and also received funding to have the guide translated from French to English. Sheila Eskenazi translated the guide, over countless hours, with a meticulous dedication.



This guide is designed to provide information to people caring for the elderly, and to those who will unexpectedly take on that role. It offers advice on various aspects of care as well as useful hints for adjusting your lifestyle and living arrangements to help ensure a better quality of life, both for the caregiver and for the elderly person being cared for.

You can download an electronic copy of the guide at: <http://bit.ly/1ptb5uc> or purchase a printed version for \$10. Please contact 4 Korner's at 1-888-974-3940 or info@4kornerscenter.org to find out your nearest location.



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- BROWNSBURG-71- Service Officer Luc Champoux: 514 952-0313
- LACHUTE-70 - President Robert Gates: 450 562-2952
- MONT LAURIER -116 - François Guertin: 819 440-6772
- MORIN HEIGHTS -171 - Service Officer Yvon Gagnon: 450 224-3133
- ROUGE RIVER - 192 -President Norman Hess: 819 687-9431
- ST-JÉRÔME- 190- President - Aldo Gauthier: 450 569-7782

Alzheimer Society

GROUP MEETING FOR INFORMATION AND SUPPORT

Residence Lachute, 377, Principale
Tues, Apr 19: 1 pm - 3 pm
Meeting will be held in English

CSSS D'Argenteuil, 145, Avenue de la Providence
Lachute - Salle La Source - 1st floor
Mon, Apr 25: 10 am - noon

Meeting will be held in French
Group meetings with a councilor to learn about the disease and share experiences with other people.

(819) 326-7136 / toll free: 1-800-978-7881
www.alzheimerlaurentides.com / intervenant@salaurentides.ca



Palliacco offers support at home to those suffering with cancer, end-of-life patients and caregivers living in municipalities of the MRC des Laurentides

**Mont Tremblant: 2280, rue Labelle /
99, rue St-Vincent, Ste Agathe**

Any time, (Day, evening and night)

Info: 819 717-9646 / 1 855 717-9246

Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2

Upcoming Activities

Personal Sessions to Relieve Stress

Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. Call for an appointment.

Comforting Tea

For cancer patients or those in remission
Fri, Apr 29: 10 am - 11:30 am (Ste-Agathe)

Coffee Meeting for the Bereaved

Tues, Apr 12: 7 pm - 8:30 pm (Mont-Tremblant)
Wed, Apr 20: 1:30 pm - 3 pm (Ste-Agathe)

Group Meeting for Those in Mourning

Learning about and progressing through the 10 steps of grieving
Started Feb 1 (Mont Tremblant)
Started Mar 14 (Ste Agathe)
Call for information.

Regenerating Yoga - for close family, caregivers and the bereaved

Until May 16: Mondays, 4 pm - 5 pm (Mont Tremblant)
Until Apr 27: Wednesdays, 10 am - 11 am (Ste-Agathe)

Support Training for Palliative Care

Wed, Mar 16 & 30: 9 am - 4 pm (Mont Tremblant)
This training is intended for all those wishing to acquire skills, knowledge and attitudes for support in palliative care of a relative or friend. Open to all.

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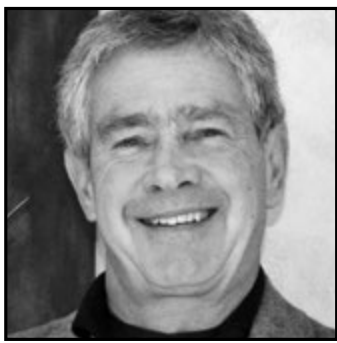


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Main Street Money: Ladies' Investment and Financial Education

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

SELF-EMPLOYMENT – WITH BENEFITS

Health and dental insurance helps to protect your business's most important asset: YOU

Canadians are increasingly turning to self-employment as their means of earning a living. Over the past 25 years, the number of self-employed people in this country has risen dramatically. In March 2015, more than 15 percent of working Canadians worked for themselves (according to Statistics Canada, Self-employment, www.statcan.gc.ca/pub/71-001-x/71-001-x2015003-eng.pdf).

Being your own boss comes with many benefits, including the freedom to manage your own schedule and make final business decisions. Self-employment does not, however, come with "benefits" – such as paid vacation time, a retirement plan and a health and dental plan.

It can be a trade-off. Self-employed Canadians often save up for their vacations, invest towards their retirement and hope, with fingers crossed, that their out-of-pocket health and dental costs stay manageable. However, solutions are available to help people in this situation to get the health benefits they need.

Plan for routine costs and unexpected expenses

For some self-employed people, purchasing individual health and dental insurance may be a good way to cover routine costs that fall outside provincial health plans. Every year, many Canadians spend hundreds of dollars on dental visits, eye care, prescriptions and services, such as massage therapy and physiotherapy. According to a 2013 Statistics Canada report, the average Canadian household spent about \$1,662 annually on direct health care costs (www5.statcan.gc.ca/cansim/a26?lang=eng&id=2030021).

Perhaps, even more importantly, the right package can help to provide protection from the financial impact of unexpected expenses. You may need dental surgery. A child may need braces. A family member may require ambulance, home care or nursing services.

Having health and dental benefits in place that meet your needs can go a long way to help alleviate the stress of unexpected expenses. When choosing coverage, look for:

- Affordable rates that fit comfortably into your monthly budget
- A customizable plan that lets you choose different options
- Easy claims processing so you do not have to deal with more paperwork

Speak with your advisor

Being self-employed does not mean you have to do without health and dental benefits. Talk to your advisor about what is available, what it covers and what it costs. You may be pleasantly surprised by the price of a package that provides effective protection for yourself and your family.

Individual health and dental insurance is a safety net – reassuring every day, and important in a crisis. It is a valuable 'perk' to add to the others more commonly associated with the freedom of self-employment.

If you would like to talk about health and dental benefits, please call me at 514-788-4883, my mobile is 514-949-9058 or email at Christopher.collyer@manulifesecurities.ca

The opinions expressed are those of the author and may not necessarily reflect those of Manulife Securities Incorporated or Manulife Securities Insurance Inc.

News From Ste-Agathe Academy

Emma Wallace - Grade 7 student

Nearing the end of the school year, April is a very busy month for students and teachers, as a number of activities have been organized. Two student performances will be taking place; a talent show, and, a school play (neither will be open to the public however). The students have been working hard throughout the year to perfect these performances and it will certainly be an interesting experience to see what they have accomplished. A book fair is to take place in the middle of April, open to both elementary and high school students. This is done most years, and hopefully will be a chance to engage younger children in reading. Yes, April is a very full month for students, and I hope they will enjoy what has been planned for them.

Happy April!

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I'm Just Saying Beetlejuice

Ron Golfman - Main Street

have always considered myself one of the fortunate ones, being able to live, raise my family and, for the majority of my career, work in the beautiful Laurentians, for upwards of 40 years. I tried moving back to Montreal a handful of times, but only lasted a few months before

the mystique of the country crept back into my soul, bringing me back home. Throughout these decades, when I am returning from a trip to the city, when I reach the fork in the Autoroute, at the Carrefour de Nord, I cannot help but feel akin to the sprinter breaking the tape at the finish line.

I suppose I have griped about the tourists who invade this serenity on weekends, all the while knowing that these transients help our local economy to flourish. My town is not Utopian by any means, the excessive taxes, compared to other municipalities, frustrate me but, how this community rallies to help each other in times of crisis overrides my desire to move to the next town, any time soon.

Those who follow my column know I have advocated for sidewalks, lowering of the speed limit coming in and out of town, ruing the big semi-trailers, from the driving school, barreling past the daycare, and several other static issues. I won't cease my solicitations to inspire changes in these areas, and my hope is to have others help to create momentum for a better environment.

That said, the most constant battle I have encountered over the last ten years or so, and I know that I am not alone, is the invasion of Asian Lady Beetles. After being corrected many times about them not being traditional Lady Bugs, (as if that makes the situation better) the discussion usually resembles guys talking "size" or folks' failed attempts to rid their homes of these little menaces.

I have resembled Clint Eastwood, standing in my sun-room with vacuum power hose in hand for hours, sucking up the little buggers, while more appear out of nowhere, silently laughing at my feeble attempt at eradication. Most toxic potions are out of the question, because I have other animals, the wanted ones living in my home, and I am not looking to create an Apocalypse here, though I have been heard to utter, like Brando in the film, "the horror."

Admittedly, I have researched volumes of suggestions on the Internet to no avail, until now, which prompted me to share what seems to be a viable solution to this recurring problem. Buy Druide Citronella Insect Repellent Spray Lotion (costs less than ten bucks). You can shower each critter if you like, but you'll soon run out of juice. I sprayed window corners and panes (easy to wipe off afterwards) and any spaces or holes in wood, which are entry points. Repeat for two days, and then lay in wait...

I'm Just Saying, it's worth a shot!



The English Link Beware of Fraud

By Kim Nymark - Main Street

At this time, there seems to be more and more fraud occurring, and often, it is seniors who are targeted. Recently, the MRC d'Argenteuil and Pays-d'en-Haut police circulated a warning on the "Grandparent Scam" and I thought that I would share the information with you.

A "grandparent scam" is when someone calls your home pretending to be a member of your family, usually a grandchild, who is in trouble and needs money to help in an emergency situation such as an accident or arrest. The scammer's story is usually plausible and designed to trigger anxiety and create a sense of urgency. Often the caller will claim to be in trouble with the authorities, such as the police, a doctor or a lawyer. You will be asked to send emergency funds to pay for urgent vehicle repairs, legal fees, bail or medical care. You will be asked not to inform the parents, or anyone else in the family and, sometimes, be asked to lie about the reason you are withdrawing money. The scammer may ask for a money transfer, or otherwise might suggest sending someone to your home to collect the money.

To protect yourself, and avoid becoming a victim of fraud, follow these simple rules:

- The scammer relies on the fact that you will react emotionally to help a relative in an emergency situation. The caller may be very persistent and call repeatedly to create increased anxiety. Resist the pressure and desire to act spontaneously.
- Do not give the caller any personal information.
- Ask personal questions that only your genuine relative would be able to answer.
- Call the parents, or another family member, to verify the story you are being told.
- Never send money to someone you have not identified, and never give your credit card number, unless you have verified the identity of the person calling.
- The police never contact citizens for bail money, and never use money transfer services. When in doubt, contact the police agency that serves your community.

The Grandparent Scam is only one type of fraud that can occur. Currently, there are two other prevalent types of fraud: Internet Fraud and Identity Theft. I will cover both these topics in the next two English Link articles.

In the meantime, pay attention to your gut feeling: if it doesn't feel right, it probably isn't!

If you believe that you have been a victim of fraud, file a complaint with the police agency that serves your community, and notify the Canadian Anti-Fraud Centre at 1-888-495-8501 or at www.antifraudcentre-centreantifraude.ca. This website offers a lot of valuable information. You can also notify authorities of a fraud, anonymously and confidentially, by contacting 'Échec au crime' at 1-800-711-1800 or at www.echecaucrime.com. The website is in French, but has an "Online Reporting" option, where you can fill out the necessary forms in English.

kim@4kornerscenter.org for the English Communities Committee of the CISSS des Laurentides (des Sommets region) and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 4330.



Making it Work in the Laurentians It's Time to Get to Know Your Customers

By: Andrew Taylor

Knowing who your customers are and what they want is fundamental to the success of any business. After all, if you don't continually match your products or services with your customers' changing needs, they'll quickly find what they're looking for elsewhere.

However, many business owners do their initial market research when setting up shop, but don't keep their findings current. If that sounds familiar, then it's time to get reacquainted with your customers and realign your business to suit their needs.

How to Get the Insights You Need

By knowing who your customers are, you can determine the most effective (and profitable) ways of approaching them. A lot of customer data can be put to good use: from broad demographic details, to insights that reveal a customer's interests, opinions and lifestyle. This information could inform how you pitch your next advertising campaign, or even help identify new channels to find potential clients.

To find the information you need, take every opportunity to open a dialogue with your customers. Online surveys and feedback forms are a good starting point, but nothing beats an in-person discussion. If you have a bricks and mortar business, try offering incentives in return for face-to-face customer time. You could even set up a focus group from your regulars.

As well as finding out who your customers are - or if your customer segment has changed in any way - also ask if they have any ideas on how to improve your products or services.

Don't forget to see who's talking about you online. Twitter, Facebook and sites like YELP and TripAdvisor provide an eye-opening look into customer opinions, and can let you know if you're in tune with your target market. It's a great opportunity to address any grievances too.

Making It Personal

So, after getting to know your customers, how can you translate that into action?

One great customer-data driven tool is a "persona." That's a character that embodies the traits of your real customers - from their average age, salary, gender and more.

Creating a few personas for each of your customer segments can help you precisely target your next marketing campaign. With a clear picture of your customers in mind, you can position your business in a way that appeals directly to them.

Aligning to Your Customers' Needs

If, during your research, your customers may suggest changes to your products or services. That's good, but don't make any knee-jerk reactions. You can't be everything to everyone, so avoid making changes based on feedback from one or two people. Look for common themes from a large sample and back them up with research and facts.

Check the feasibility of any customer-suggested changes to your business too. Can you afford them? Do they align with your company's Value Proposition?

Getting to know your customers should be an ongoing exercise, so be sure to add the process to your marketing strategy. Your customers will thank you for it, and you'll thank your customers for the continued business they bring your way.

Want to get more tips and strategies? Join us at the Annual YES Entrepreneurship Conference on April 27th. Find YES on Facebook, or visit www.yesmontreal.ca for more info.



Village Of Weir Newswire

Claudette Smith-Pilon

Spring's Upon us...

WISDOM!

A wise old owl lived in an oak
The more he saw the less he spoke,
The less he spoke, the more he heard,
The wise old owl was a wise old bird!

Following my article of a previous issue I would like to thank all the people contacted me. I realize that many of you have had problems at different times and have not done anything about it because you thought it was no use. I will only suggest that if the company does not hear about your problems, they will never be resolved. Only a factual letter stating the problems (no stress, no bad words), and you will be surprised at the response. Good luck to all of you.

SPRING IS HERE WE ARE THINKING GOLF... Once again, the Masonic Laurentian Lodge # 81 in Arundel QC will be hosting its Annual Charity Golf Tournament at the Arundel Golf Club. The date will be June 25 at 12:30 pm - shot gun start. The cost will be \$100 (golf, cart & dinner) or dinner only for \$30. Please contact: Len Wood: 819 687-3031 / Tom Barnes: 819 687-3464.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Next Victoria's Quilts Laurentian Branch workday will be a half-day on Friday, April 15. It will be our Annual General Meeting, which will start at 1 pm. Following the meeting, we will serve wine & cheese for guests and volunteers.

Please forward any comments, news or topic to: mmcsp40@gmail.com





Garden Talk Veggies and Flowers A win- ning partnership

June Angus - Main Street

Many gardeners add vegetables to their borders and flowerbeds to optimize their garden space. This approach is perfect for people who love flowers and want to grow food, but don't have the space, time or energy to deal with a large veggie patch.

To get things right, group together vegetable and ornamental plants which have the same growing requirements. Vegetables generally need six or more hours of sun and good soil. To keep things attractive, cluster plants in groups of three or five and vary the height and textures.

As in a traditional veggie patch, if you sow vegetable seeds in your flowerbeds every couple of weeks, you can harvest produce continually throughout the growing season. Also early cool weather crops such as spinach and lettuce are ideal to fill in bare spaces in perennial beds that only start to fill out later in the season.

Edible plants are ideal as an edging along paths or the fronts of beds and borders. Chives, strawberries and lettuces work well and are attractive. Or create an edible hedge with raspberry and blueberry bushes or miniature fruit trees.

Herbs can be tucked in anywhere. They're easy to grow and mix well with flowers. Many will produce pretty blooms of their own and some such as thyme and oregano even attract butterflies. Basil, parsley and cilantro are great in window boxes, containers or just about anywhere. Rosemary grows into a fragrant shrub and sage offers many leaf color variegations. Besides herbs, you can also plant carrots, leaf lettuce, cauliflower, peppers and tomatoes intermixed among perennials that normally need annuals to fill in flower beds.

To support tall or vining vegetables insert trellises along the back of the garden. If you have a fence or wall backing a garden bed or border, plant the area with pole beans, tomatoes, peas, cucumbers and small squash.

For the last few years, I have grown tomatoes and sweet peppers in a bed against a south-facing wall of the house. I used marigolds along the border and giant sunflowers as the backdrop. Everything thrived. The garden's proximity to the house, combined with the barrier of marigolds meant rabbits and deer seemed to stay away.

When mixing flowers and edibles in the same garden space, the vegetables benefit from the pollinator-attracting and pest-repellent properties of many flowers. The marigold is probably the best-known plant for repelling insects. These annuals come in scented and unscented varieties but the scented ones are best for deterring pests. Dahlias are known to repel harmful nematodes, so many veggies would be happy to move in as their neighbour.

Other annuals that do a good job of attracting pollinators or repelling pests include Borage, which is believed to help almost any plant increase its resistance to disease and pests. Nasturtiums planted near tomatoes and cucumbers can fight off aphids, whiteflies, squash bugs and cucumber beetles. Petunias can repel asparagus beetles, leafhoppers, aphids, tomato hornworms and others. There are also many beneficial perennial flowers including Allysum, Asters, Echinacea, Goldenrod, Lupines Rubeckia (Black-eyed Susan) and Yarrow to name a few. In particular, Lavender is an excellent general pest repellent to use in your garden. It repels both fleas and moths, and it can help protect other nearby plants from whiteflies.

So get creative and mix up your plants a bit. You'll not only have an attractive garden but will be able to harvest the edible fruits of your labour. It's a win-win situation.



Happy Anniversary Main Street



Youth Employment Services

Happy Birthday Main Street! You've been a fixture in the Laurentians English-speaking community for 15 years. That's a major achievement, and one you can be truly proud of. The team at YES (www.yesmontreal.ca) are certainly grateful - it's because of our regular column in your pages that we've been able to share our expertise and offer guidance to local job seekers and business owners. We'd like to take this opportunity to thank the Main Street readers too. We sincerely hope that our advice continues to encourage you to reach for your career or business goals. Here's to the next 15!

Cervical Cancer Screening Clinic (Pap smear)

Wednesday, May 11, 2016

Cervical cancer is among the most frequent cancers in women. Screening helps to detect this cancer and start treating it at the earliest possible time. This is why it is important that you contact the clinic and make an appointment!

For appointments: **450 562-0271**

Eligibility criteria:

- Must be 21 or more;
- Must not have had a Pap smear in at least 2 years;
- Must not have your period on the day of the exam;
- Must have your medical insurance card with you.

* There will be no breast or gynecological exam performed during this clinic.



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- 4-wheel disk brakes
- 137HP engine
- 60/40 split folding rear seatback



AT 1.9% FINANCING FOR 84 MONTHS*

2016 ELANTRA L

\$76 BI-WEEKLY OR **\$38** WEEKLY | **\$0** DOWN PAYMENT
60-MONTH LEASE** FOR 260 WEEKS

- Power windows
- Dual heated power mirrors
- 60/40 split folding rear seats

+\$750 FACTORY PRICE ADJUSTMENTS*



Limited model shown*



Ultimate model shown*

2016 TUCSON 2.0L FWD

\$130 BI-WEEKLY OR **\$65** WEEKLY | **\$0** DOWN PAYMENT
60-MONTH LEASE** FOR 260 WEEKS

- Rearview camera
- Heated front seats
- Bluetooth® system
- Fog lights

5 YEAR[†] WARRANTY

5-year/100,000 km Comprehensive Limited WARRANTY

5-year/100,000 km Powertrain WARRANTY

5-year/100,000 km Emission WARRANTY

5-year/Unlimited km 24 Hour ROADSIDE ASSISTANCE

* The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. † The customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. • Price for 2016 vehicles shown: Accent 5-door GLS is \$21,809/Elantra Limited is \$27,459/Tucson 1.6T Ultimate AWD is \$41,509. Tires and air conditioner charges of \$115 (\$15 and \$100 respectively) and delivery and destination charges of \$1,595/\$1,695/\$1,795 included. Registration, insurance, a maximum RDPRM charge of \$76 and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. † Price adjustments are calculated against the vehicle's starting price. Cash price adjustments of up to \$750 available on 2016 Elantra L, until May 2nd 2016 only. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ** Lease offer available O.A.C. from Hyundai Financial Services based on the following new 2016 vehicles: Elantra L / Tucson 2.0L FWD. 139 bi-weekly payments of \$76 / \$130 for 60-month walk-away lease. \$0 down payment and first monthly payment required. Lease a new 2016 Elantra L / Tucson 2.0L FWD and you'll be entitled to a \$1,622 / \$1,497 price adjustment. Price adjustment applied before taxes. Offer cannot be combined or used in conjunction with any other available credits or promotion other than the Hyundai Motor Finance's promotional lease offer. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Lease based on 20,000 km per year; 12 c per excess kilometre. Lease offer includes delivery and destination of \$1,695 / \$1,795 and fees of \$115 (tire tax of \$15 and air tax of \$100). Registration, insurance, RDPRM, license fees, levies, charges and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. † Finance offer available O.A.C. from Hyundai Financial Services based on the following new vehicles: 2016 Accent L 5-door, manual L, from \$10,995 with an annual finance rate of 1.9% for 84 months. Weekly payments are \$32 for 364 weeks. No down payment required. Cost of borrowing (including a maximum RDPRM charge of \$76) is \$728, for a total obligation of \$11,724. Tires and air conditioner charges of \$115 (\$15 and \$100 respectively) for models with air conditioner) and delivery and destination charges of \$1,595 included. Registration, insurance, a maximum RDPRM charge of \$76 and all applicable taxes are excluded for all purchase financing offers and payable at delivery. See your Hyundai dealer for details. *Based on the 2009-2016 Global Automakers of Canada (OAC) Sales report. † ** † † † † † Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited. † † Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.



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