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What's On My Mind... Turn up the volume

Susan MacDonald, Editor

Is there anything that touches our souls more than music? Even just a random note or two has the power to bring back an old song from the past or spark a memory of a special moment in time. Music moves us, it makes us feel alive, and it brings us together to laugh, cry, dance or reflect. This summer, the Laurentians will be resonating with the tunes of some of the best talent available, so turn up the volume and let's take a look at what's coming up.



For fans of the blues, saxophones, harmonicas and some of the best blues talents will be welcomed back to Lachute during the **Argenteuil Blues Festival** (www.argenteuilblues.com). It will be held on the weekend of August 16, 17 and 18. Rain or shine, more than 15 blues bands, including all-time favourites like Jim Zeller, Women Who Rock & Blues, Pat Loisel, Runaway Boys, and others, will be under the Big Top and at other local venues around town.

Auténtica Fiesta Cubana (www.valleesaintsauveur.com) will be bringing its charm to the Saint-Sauveur Valley on Friday, August 30, and will continue the tropical fun right through until Monday, September 2. Great music and entertainment, with authentic Cuban food and exotic vibes are in store over the entire weekend.

Saint Sauveur offers even more live music with the **Ça Me Dit Concerts Rona Dagenais** (<https://www.valleesaintsauveur.com>) every Saturday night until October 14, in Park Filion, right next to the glorious church on rue Principale. Most shows start at 7:30 pm, and the line-up will include music of various genres, so each week will bring you new opportunities to explore different beats.

Sainte-Agathe-des-Monts also has **live outdoor performances**, scheduled until August 24, at Place Lagny. Shows kick off at 8 pm. Over the next few weeks, Andréanne A. Malette, Boogat, and Leboeuf-Deschamps will be on site to entertain you. Concerts on the Lake (www.ville.sainte-agathe-des-monts.qc.ca).

Mont Tremblant continues with their outdoor concerts, at 5:30 pm in the natural, outdoor amphitheater, at Promenade Deslauries, until the end of August. Folk and acoustic rock are on the program (www.tremblant.ca).

CAMMAC closes their seasonal Musical Sunday Festival this weekend, with a Broadway extravaganza performance by Marie-Pierre de Brienne and Marie-Ève Bélanger, with Chad Lindsey. Seating is limited and reservations must be purchased in advance, but you may get lucky with a last-minute seat by calling 819-687-3938, ext. 225/www.cammac.ca.

After the heat of the music festival season cools down, there will still be plenty of great talent and music to be found in the many local pubs, bistros and restaurants across the Laurentians. Enjoy the music and let the beat take you where it will.

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Observations

China plays the long game

David MacFairlane - MainStreet

In the past few years, since the ascension of “The Golden Golem of Greatness” to the US Presidency,

China has been vilified relentlessly by the American media and made to appear as an implacable enemy of the United States. But, as Hitler’s Minister of Propaganda, Joseph Goebbels, said, in WW2, “Repeat a lie often enough and it becomes the truth.” So, in the light of this severe barrage of hostile agitprop, perhaps we should consider whether there’s a more redeeming side of this antagonist.

Recently, George Gilder, American investor, economist, technology evangelist, and co-founder of The Discovery Institute, reported that, like it or not, Huawei, the Chinese multi-national telecom giant, is one of the greatest capitalist stories of our era, and deserves recognition by US investors. He was invited by the company’s founder and CEO to speak at a conference on his views of the blockchain and other emerging technologies. At the outset, he affirmed he is an American conservative, generally supportive of his country, but believes the trade war with China is a severe indiscretion that will cause irreversible damage, not just to US technology corporations, but to the entire country. Gilder points out that China has unstoppable momentum, and that a phenomenon of the 21st century is the colossal growth of capitalist companies under the authoritarian rule of the Chinese communist party. Since the 1970s, the economy has grown over 20-fold, and the city of Shenzhen, population 12.5 million, is now the leading industrial centre in the world.

In the last two decades, Chinese investments, their markets and infrastructure have become dominant forces in global capitalism, and independent public companies are growing much faster than state-owned enterprises. Huawei, for instance, with \$120 billion in revenue, is highly profitable and dominates all state-owned telecoms by all measures. Government spending in the US as a percentage of GDP is 33%, while in China it is only 17%. In recent times, public companies in the US have dropped by 50%, while in China they have exploded in number.

Another American international investor and peripatetic seeker of foreign investment opportunities, Simon Black, of the Sovereign Man blog, says that China is a truly unique place, and what impresses him most is the peoples’ sense of rational realism. They are incredibly good at seizing business opportunities for economic growth and prosperity but remain cognisant of the downsides and risks built into the system. He says that the Chinese people inherently do not trust their government, and are aware of all the corruption and spying, yet realise that this does not make them unpatriotic, because they can still love their country while taking rational steps to mitigate the risks they face in their business and personal environments. To avoid capital controls, they open foreign bank accounts in safe jurisdictions and invest in gold, silver and buy lots of overseas real estate. In a worst-case scenario, when they might need to leave home, they will already have places to go and assets safely parked outside.

Another American, Damien Defranco, venture capitalist, entrepreneur and consultant, says that, technologically, China is far ahead of the US and the rest of the world – except in military technology. The gap between China and the US in technology, science and R&D is huge, and growing. China produces more millionaires and billionaires each year than the rest of the world combined – and that also includes more female billionaires than anywhere else. The most technologically advanced cities in the US compare only to 2nd and 3rd level cities in China. The Tier 1 and most Tier 2 Chinese cities blow the US out of the water. This is apparent only to those who have visited China, because the story is not getting out into the mainstream news. Many populated areas of the country are fully developed and massively ahead in technology. Overall, Defranco says, China leads in Artificial Intelligence (AI), 5G phone networks, Space and Satellite Technology, Biotech, and Manufacturing, due to enormous, continuing investments into R&D in these fields.

In January 2019, China landed its YUTU2 spacecraft on the far side of the moon -the unseen side, and a first for humanity. In November 2017, China’s first AI-powered, robotic doctor, Xiaoyi, passed the country’s notoriously difficult medical licensing exams with flying colours! In the renewable energy field, China has surpassed the world by installing more solar panels and wind power generators than any country on Earth and 3-times more than the US. It leads in the production and export of key components of a clean-energy future, from wind turbines to electric vehicles. Even more telling is that China has over 150,000 clean- energy patents, way ahead of the US. In February 2018, the first autonomous passenger drone took flight. The Ehang284 completed test flights at over 130kph and will enter commercial production soon. The e-commerce giant, JD.com. already has 40 pilotless drones delivering packages in rural China. This service is expanding rapidly nationally. Shenzhen has the world’s largest waste-to-energy plant, delivering electricity to 100,000 homes by 2020. Geneticists at the Academy of Sciences successfully cloned two

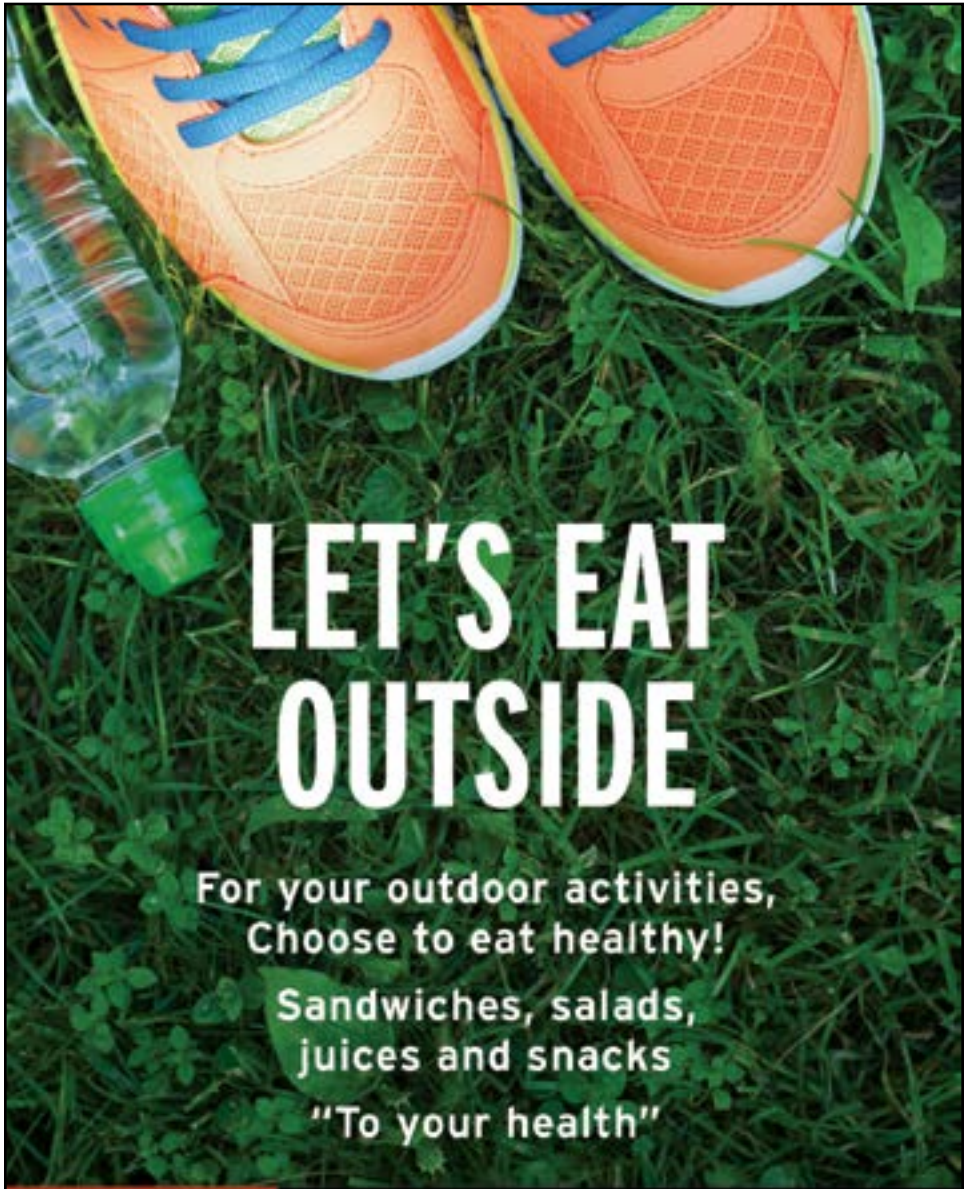
macaques, by the same process that produced Dolly, the sheep, and moved ever closer to human cloning.

Last year, the Construction Bank opened the first robot-staffed branch in Shanghai. Medical researchers at Tongji University completed the world’s first lung regeneration therapy, using stem cells to regenerate damaged lung tissue. In late 2017, the world’s first, fully automated, trackless train began running on virtual rails with embedded sensors, in the city of Zhuzhou. Cheaper and more ecofriendly than trams or buses, the smart train is the future of public transportation. In March 2018, China unveiled the world’s first warship-mounted railgun, an electromagnetic cannon that fires projectiles at hypersonic speeds of 10,700 km/h. (That means Montreal -Toronto in 3.3 seconds!) Guangxi province has the world’s first forest city - home to 30,000 residents living amongst 40,000 trees - and able to absorb 10,000 tons of CO2 a year. The city of Jinan has the world’s first solar expressway, providing cheap, renewable power where it’s needed and able to melt snow and ice in winter. Guangzhou Shipyard recently launched the first all-electric cargo ship. The city of Shenzhen has the world’s first fleet of 16,000 all-electric buses. The \$20 billion, Hong Kong-Zhuhai-Macau sea bridge spans 55km, and is the longest in the world. It reduces the usual 4-hour journey to 30 minutes.

There is so much more to this China story, but no more space. So, I’ll have to do “Part 2” next month. “We are at a very rare inflection point in history: The passage of economic hegemony. China’s economy has already overtaken America’s by one key measure, just as America’s once overtook Britain’s. These periods of transition, throughout history, have been times of instability.” (MarketWatch). Control is being lost of all things formerly within the orbit of the West, particularly the US. Now, China, Russia and other pre-scient nations are joining together to form their own, separate power alliance, while the old guard watches in dismay.


Buckle up; exciting times ahead!

“The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is.” Winston Churchill 1874-1965 – former Prime Minister of the UK in WW2.



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Simply Words on Paper You could be paying much, much more

Jim Warbanks - Main Street

During the prime vacation period referred to as the two-week construction holiday, you were probably aware of a noticeable increase in police presence on our highways and byways. This concerted effort is intended to reduce traffic deaths. You may even have been unfortunate enough to be ticketed for an offense such as speeding. Whether or not you acknowledged that the fine was deserved, you probably grumbled, and paid it.

But, if a system like that which prevails in Norway were implemented, you could be paying a far heftier fine. In Finland, speeding fines are linked to salary. The Finns run a “day fine” system that is calculated on the basis of an offender’s daily disposable income, generally their daily salary divided by two. The more a driver is over the speed limit, the greater the number of day fines they will receive. Switzerland uses a similar system. In the United Kingdom, a driver can be fined up to 175% of their weekly income, but the maximum fine is capped at £2,500 (\$3,310).

A Swedish driver in Switzerland was given the world record speeding ticket, a fine of over 1 million Swiss francs (\$1,091,340). One Finnish driver paid 116,000 Euros (\$103,600) for driving his motorcycle 75km/h in a 50km/h zone. More recently, another Finn was fined 54,000 Euros (\$62,000) for driving 22km/h over the posted 50km/h speed limit.

Income-based

If all fines were scaled to a fixed percentage of the driver’s monthly income, the effect would be similar to the graduated personal income tax rates. There are arguments both pro and con about the fairness of implementing such a system in Quebec. A speeding violation may consume half of some people’s monthly income. Now this person can’t eat, pay the rent, utilities, etc. The punishment disproportionately hurts low income people. For a person with a secure high income, the effect of such a fine may be negligible and may not do much to deter bad driving habits.

A factor to consider is that the more financially secure offender also has the means to contest the conviction, paying lawyer fees and court costs that a poorer motorist cannot afford. Taking time off work to contest the ticket may not be a viable option. Income disparity should not have the effect of producing a grossly unfair and unequal deterrent. The goal should be a more equally punitive effect.

For a household that brings in \$20,000 a month, a \$200 ticket represents only 1% of their monthly income. For a low income household (\$2,000 / month) the same fine represents one-tenth (10%) of their income. This may be construed as one tenth as much of a punishment. The fine is a greater deterrent for a poorer person than it is for a wealthier person because the real-life consequences are disproportionate.

Reckless driving

Those who oppose income-based fines argue that the reason we have traffic penalties is because the driver is endangering the lives and property of other people. A rich person driving recklessly is not any more likely to kill someone than a poor person driving recklessly. If the fine is income-based, a rich person could theoretically get fined more for driving without a seat belt than a poor person would for speeding. Some even make the claim that the punishment of a crime should be based upon the severity of that crime and not based upon color, religion, or... financial status.

The astronomical fines listed above make for good headlines or trivia questions, but there are two elements to be avoided. Modifying the current system might well be seen as an opportunity for the government to increase revenue. This would constitute an unwarranted cash grab, rather than an initiative to equalize the burden. Police enforcement could even potentially be skewed and unfairly target the more affluent driver of an expensive vehicle, in order to maximize the collection of total fine revenue more easily.

Firm cap

To counter these possible outcomes, and to reduce opposition to the implementation of an income-based system, the initial pilot project should include the provision of a firm cap on the potential graduated fine level, similar to that implemented in the United Kingdom.

A reasonable cap to consider would be five times the basic fine. Thus, an infraction calling for a \$500 fine could not be raised to more than \$2500, when applying an income-based scale.

If you were recently fined for a traffic violation, you may feel less stressed, knowing that the laws in certain European countries do not apply in Quebec...yet.



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The Journalism and Written Media Independent Panel of Experts Releases its Report to Federal Ministers

The Journalism and Written Media Independent Panel of Experts unveiled recently its final report submitted to the Government of Canada to assist with the equitable and effective implementation of tax measures in support of Canadian journalism, as outlined in the 2019 federal budget.

The report provides guidance to determine, which journalism organizations qualify for these tax measures, based on criteria outlined in the budget legislation for the program, which is intended to support written news outlets that provide news of general interest to Canadian audiences.

The Panel recognizes that this program is limited in scope, and has also made recommendations for government action that goes beyond the support provided in the budget legislation. The Panel did not have a mandate to change any provisions already passed into law, but was allowed to make further recommendations.

Among the recommendations for small publications, the Panel underlined that some of the incentive limitations set out by the government, such as the requirement to have at least two regular newsroom employees for at least the past year, excluded smaller, local news outlets that are at significant risk of disappearing. The Panel recommends that small publications serving “established audiences” for at least a decade, should be allowed to apply for tax credits for freelancers and independent contractors. The Panel also recommends another funding program specifically for small print and digital publications, and suggests five per cent of the federal government’s advertising budget should be directed to publications written for minority language communities.

Eight journalism groups were invited to be part of the Panel, including the Quebec Community Newspapers Association, which represents English-language publications in the province. QCNA’s Vice-President, Brenda O’Farrell was a member of the Panel.

The Panel’s final report along with the minutes of its deliberations have been made public, and can be accessed here: Report of the Journalism and Written Media Independent Panel of Experts Minutes of the Meeting of the Journalism and Written Media Independent Panel of Experts.

Plan your trips during the Mont-Tremblant Half Marathon

On Sunday, August 11, the City of Mont-Tremblant will host the Mont-Tremblant Half Marathon. For the occasion, some obstacles to traffic are expected between 5 am and 2 pm, as well as changes to the public transit of Mont-Tremblant (TCMT).

Tremblant Resort

Chemin des Voyageurs (from chemin de la Forêt to chemin Curé-Deslauriers) will be closed from 8:30 am to 9:30 am and chemin Curé-Deslauriers to chemin des Voyageurs will be closed from 8:45 am to 9 am.

Rue Labelle and Montée Ryan

From 8:45 am to noon, traffic will be directed only north on rue Labelle (from Saint-Jovite to Montée Ryan) and on Montée Ryan (from the roundabout at rue Labelle to the Center of Tremblant Resort). Montée Ryan from the Tremblant Resort roundabout to the south will be closed and traffic will be diverted to Village Road.

Downtown

Rue de Saint-Jovite will be closed between Léonard and Mercure streets from 5 am to 1:30 pm. However, from rue de la Forge, it will be possible to access the parking lot of the Jean Coutu pharmacy. In order to facilitate downtown traffic from 6 am to 2 pm, rue Lauzon will be one-way from Léonard to Mercure Street and Suppère will be one-way from Mercure to Léonard. Rue Latreille, which leads to Factories Tremblant, will be closed between 9:15 am and 9:30 am.

All services: restaurants, shops and grocery stores will remain accessible.

Mont-Tremblant Public Transit (TCMT)

TCMT schedules will be disrupted for the duration of the event, so it is important to plan your trips accordingly. Regular service will be reinstated at the end of the event, scheduled around 2 pm. For more information on the TCMT, citizens are invited to call 819-425-8614 ext. 2609.





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About Sainte-Adèle

Chris Lance - Main Street

If you are like me, the expanded library hours in Sainte-Adèle are great: open on Saturday from 12 pm to 7 pm, Sunday from 10 am to 2 pm, and Tuesday through Friday, you can pick-up a book at your leisure, after work, or after grocery shopping, until 7 pm. But, as I found out, at 6:30 pm on July 2, there was only one employee, and she was busy restacking books a few yards from the check-out line. I finally left empty-handed, leaving the book out for her to restack. The Library Management might want to encourage employee-customer relations.

There are two ways to enjoy ‘Les Murales des Pays d’en Haut’: 13 painted murals with the history of our region. This summer, until October 13, you can take a guided tour leaving Place des Citoyens at 1 pm on Thursdays and Sundays. You must reserve for this. If you would like to enjoy the walk alone, there is a written guide version, available in English, at the Place des Citoyens.

If you like walking, you might want to check out Club de Marche Sainte-Adèle to see what is available for your walking pleasure. There is a \$10 inscription fee for the year. Go to the town’s website www.ville.sainte-adele.qc.ca for more information. The Club starts up again in the Fall.

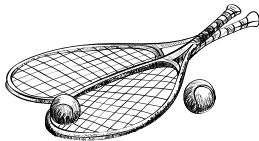
For you and your guests, have a look on Visitez les circuits touristiques de Sainte-Adèle, where you will find the history of Sainte-Adèle and Mont-Rolland with a free mobile application. Go to the town’s website for additional information.

The Marché public de Sainte-Adèle is open from 9 am to 3 pm on Saturdays until September 14 at the Place des Citoyens.

For the tennis crown, there is mixed doubles organized on Tuesday, Friday, Saturday and Sundays, from 9 am to 1 pm. For non-members (summer guests) it costs 10 bucks per session. Keep in mind, this is for adults only. If you are new to the area, like David D. over in Parc Doncaster, it is a great way to meet tennis players. Once a member, you can book online at www.ballejaunecom.club/villesainteadele or call 450 229 2921 ext 5237.

After a walk, tennis or game of pickleball, you can go and jump in Lac Rond from 10 am to 7 pm every day. If you have kids (guests) aged thirteen years or older, you can drop them off for a few hours unaccompanied. Cost is free for residents with a citizen card; guests 15 to 59 years: \$9; ages 5 to 14 (accompanied by an adult): \$6; 60+: \$7, kids 5 years and under: \$2. You can also rent a pedalo, kayak or paddleboard. The beach stays open until September 2.

That’s it for now – get out and enjoy summer – it’s about to be autumn. Happy Summer to you readers.



Village of Weir Newswire

Claudette Smith-Pilon

Enjoying summer at its best

MUNICIPALE NEWS

Some of our residents were hit by the floods; some suffering severe damage. During the flood period, volunteers distributed sand bags and helped in many ways. Eventually the Canadian Armed Forces,

joined by the SQ and volunteer firemen arrived with equipment. Thanks to all who gave a helping hand. Let's hope the authorities come through with worthwhile compensation.

The inauguration of "Le Parc des Générations" was held on Saturday July 13, 2019. Those who attended enjoyed instructions on how to play " PÉTANQUE." Now, all we need is for citizens to form two teams, one for men and another for women, and schedule a fun match.

ACTIVITIES AT THE COMMUNITY HALL:

Monday, 1 pm - Art get-together

Tuesday, 1 pm - Bridge (\$2)

Wednesday, 10 am - Activities for kiddies, parents and grandparents

Friday, 7 pm: Country dancing.

Fireworks and open fires are forbidden,
You have to get permission from city hall.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next work days will be held on Monday, August 12 and Friday August 30 at 9 a.m.
Please forward any comments, news or topic to: mmcsp40@gmail.com

The Dunany Studio Artists get more out of life than just fine art

It’s amazing how much creative talent abounds in the small, historic community of Dunany. This unique area encompasses four small lakes surrounded by natural woodland where families have lived for generations. It includes a beautiful nine-hole golf course almost 100 years old that is a sanctuary for old growth trees and animal habitat, all in the verdant Laurentian area just a few miles north of Lachute. The Dunany Studio Artists comprising 20 members, get their inspiration from these beautiful surroundings and produce paintings in watercolour, oil, acrylic, pastel, plus sculptures in wood and clay. They meet every Thursday throughout the year to create art, share their knowledge, assist each other, learn new techniques, and cement life-long friendships along the way.



In addition to this, they bring in master painters/teachers at various times for two and three-day workshops, which have featured Canadian luminaries such as Jacques Hébert, Renée Dion and Doug Mays to name just a few. These teachers are so enamoured with the enthusiasm of the group, their talent and the beautiful, inspirational area, that they ask to return again and again.

The original founders of the Dunany group (Revilla Sauvé, Joanne Moore, Jane Pilon and Annabelle Wood), have experienced first hand the joy of painting “au plein air” (painting outside in nature) and over the years have travelled together to France, Spain and Italy and many locations in Canada to capture this joyful expression of art in the great outdoors.

One member of the group has found painting to be a Godsend and solution for her physical ailments as well. Several years ago, a perfectly healthy and young Cory suffered a stroke and had to face the slow, hard road back to rehabilitation in speech and mobility. Unable to regain use of her right hand, she persevered and learned to paint with her left. It was tough going at first, but now her paintings are extraordinary with a unique beauty of their own and Cory has blossomed exponentially and found a totally supportive, loving group and a new milieu in which to express herself. That’s how the Dunany Studio Artists find beauty in both life and art together by supporting each other.

Every year, the **Dunany Studio Artists** put on a display of their fine art at their historic and beloved Dunany Golf and Country Club. The caliber of talent is astounding and the professionalism of the exhibition is unsurpassed. This year’s dates for this highly acclaimed event are **Thursday, August 22nd and Friday, August 23rd, (5:00 pm-8:00 pm)**, 2053 chemin Dunany, in the Municipality of Wentworth. This art show is free and open to the public so please attend and see for yourself what a love of art and life can produce.

Arundel News

Janet Thomas

Arundel Elementary School Introduces Pre-Kindergarten

This new program is open to all students who turn 5, before September 30, and have one parent who attended English school in the past. To register, please contact Jill Earle at jearle@swlauriersb.qc.ca

Arundel Elementary School is proudly bilingual, offering programming in both English and French to students who speak English, French or another language in their homes. What better way to become fluently bilingual! Ask about our vibrant extra-curricular programs.

Arundel Art Show Celebrates Its 5Th Anniversary

Arundel United Church

Saturday, August 17: 10 am – 4 pm

What can be better than strolling the church lawns on a summer day, admiring the works of twenty-six accomplished artists? This year, we will showcase paintings, sculptures, textile art, stained glass, and ceramics. Visit the café for something sweet to eat and take a chance on winning a treasured piece of art in our raffle.

ALBeRo Corn Roast

Maddison’s Beach, 337 Lac Rond Nord (old Tara Lodge)

Saturday, August 24: 5:30 pm - 8:30 pm

Hot dogs and fresh corn are on the barbecue. Join us for end-of-season camaraderie around the bonfire, while the birds sing and the sun sets over still waters. We welcome everyone - members and non-members alike - who shares a love for the beauty of our lakes. This is a BYOC event (bring your own chair). You may also want to bring your kayak and bathing suit, but certainly bring your good humour, friendship, and appetites.





NEWS BITS FOR AUGUST

FLOODS 2019: Are you in the special response zone (ZIS)?

Mont Tremblant

The Quebec government has reviewed the delineation of the special flood zone (ZIS) following the consultations held at the beginning of July.

The City of Mont-Tremblant invites its citizens to check if they are part of this new ZIS by consulting the map at: <https://www.cehq.gouv.qc.ca/zones-inond/ZIS-20190715/index.html>

If you consider that you are not within any part of the ZIS, you must complete the form available at: https://www.mamh.gouv.qc.ca/fileadmin/publications/ministere/inondations_printanieres_2019/formulaire_zis.pdf - and bring it to the City Planning Department, no later than Friday, August 16, rather than to the Ministry of Municipal Affairs and Housing, as was previously requested by the Government of Quebec.

The City invites citizens who have already submitted their comments to the Ministry of Municipal Affairs and Housing to complete the form anyway.

For any questions, please contact the Planning Department of the City of Mont-Tremblant at 819-425-8614, extension 2400.



Grenville-sur-la-Rouge

Gslr files its memorandum in consultation process of the flood zone decree. On July 4, 2019, the Municipality of Grenville-sur-la-Rouge submitted a memorandum expressing concern, and commenting on certain provisions of draft Decree 564-2019, as published on June 17, 2019, in the Official Gazette of Quebec by the Minister of Municipal Affairs and Housing. The Decree is set to establish a Special Intervention Zone (SIZ), thus promoting the better management of flood zones.

The memorandum was tabled at the council meeting held on July 9, 2019; in it, the municipality proposed certain amendments aimed at increasing the security of its territory and reducing negative impacts on citizens. The memoir also raised important issues relating to municipal infrastructures and residential buildings, including the presence of the Hydro-Québec dam on the Rouge River.

As part of this decree, the Ministry received over 17 submissions from the 783 municipalities covered by the SIZ, including that of the Municipality of Grenville-sur-la-Rouge. Several passages in that statement were reproduced in the ministry's final report on consultations, as circulated on July 15, 2019 and in which MAMH notified all Quebec municipalities they will be able to make changes to the SIZ map until the August 19, 2019 deadline.

To this end, citizens must communicate with the municipality.

The Municipality of Grenville-sur-la-Rouge will hold a SIZ information meeting on August 9, 2019 at 7 pm, at the Town Hall, to discuss issues, modifications, and implementation of the map with those affected.

To find out if you are affected by the decree or the boundaries of the SIZ, you are invited to consult the interactive map by visiting the website of the Ministère de l'Environnement et de la Lutte contre les changements climatiques (the Environment Ministry) at the following address: www.cehq.gouv.qc.ca/zones-inond/ZIS-20190715

For any other questions, comments or observations, citizens can communicate directly with the municipality's Urban and Environment Planning Department at the following address: mricher@gslr.ca

Nomination of the new Morin-Heights Public Works Director

Mr. Sacha Desfossés was recently appointed Director of the Morin-Heights Public Works Department. The council authorized his hiring at the regular sitting of July 12.

His personality and personal aptitudes, as well as his professional and academic experiences made Mr. Desfossés a candidate of choice. Mr. Desfossés will start his new duties on August 14. A great sports and outdoor enthusiast, his presence on the municipal team is entirely in accordance with the Municipality's major orientations, vision, mission, and values for the coming years.

We wish him the most cordial welcome!



STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Alexandre Goupil-Lévesque, owner of **Nouwee**, a brand-new store/service that provides all types of party and wedding items. Helium balloons, party favours, cakes, decorations and candies are just some of the items offered. The store is located at 200, rue Principale, St. Sauveur. Alexandre is from Lachute, but is often in St. Sauveur, because of his love of skiing. Drop by to see him for all your party and wedding requirements. 1 855-966-8933 / www.nouwee.com

Congratulations to:

Mother, **Anna Lopraino**, and daughter, **Manuela Lopraino**, who opened the new boutique **Téatro Prêt a Porter**, 32A, de la Gare, St. Sauveur. Their boutique features lovely, imported women's Italian clothing, purses, jewelry and accessories. Drop by to check out their treasures! 450 910-8332.

Jean-Louis Courteau, Founder and Director of **CIEL (Centre d'Interprétation des Eaux Laurentiennes (Laurentian Water Interpretation Center))** in Lac des Seize Îles. Jean-Louis has discovered many historical and pre-historical artefacts while diving in Laurentian lakes, and has documented his discoveries through photos and videos, including fascinating, geological and biological phenomena. He founded CIEL to exhibit these artefacts to the public, and as a place to centralize important documents. This is an interesting place to visit with family or friends. Jean-Louis is also a talented underwater photographer and artist. CIEL is open Thursday to Sunday: 10 am - 4 pm, until September. Reservations are required to visit after this date. 450 630-1024 / centreleciel@gmail.com / 47 Rue de l'Église, Lac-des-Seize-Îles. www.centreleciel.com / Facebook: CentreLeCiel.

Did you know that:

Martin Gingras, owner of **Teatro Verde Florist** in Ste. Adèle will close its doors? However, Martin will still offer beautiful flowers and unique floral bouquets from his atelier. He will offer free delivery service for those who order a bouquet of \$50 and more, and will also offer delivery service for weddings, parties, etc... 514 961-0084 / maitrefleuristemg@gmail.com.

If you are looking for a unique, whimsical gift for someone, or wish to treat yourself to a creative, folksy artisanal piece, check out the unusual objets d'art created by talented artisan **Leslie Bank-Satz**. Leslie's company **Whimsies and Trifles** offers bright, colourful and imaginative clocks, chairs, tables, sculptures, paintings and so much more. Previously, Leslie worked in colour design and production on animated films, which makes her work so whimsical. 819 324-2227 / cell: 819 216-8667. Visits by appointment only. Facebook: Whimsies and Trifles.

If you are seeking out a creative, talented photographer, that you could call **Karyn Dupuis**, owner of **Creative Compulsions Photo Studio and Boutique**? Karyn has the experience and creativity that will make a difference to your photos. Karyn specializes in family and boudoir portraiture, as well as branding photography. To book a shoot, call 514 622-2796 / email karyn@creativecompulsions.ca / website: www.creativecompulsions.ca.

NOUWEE



The Nature Conservancy of Canada is committed to preventing Lyme disease

With summer here, the Nature Conservancy of Canada (NCC) collaborates with the Institut national de la santé publique du Québec (INSPQ) to launch a "training of trainers" project on Lyme disease and on the autonomous collection of ticks in the regions of Montérégie, Eastern Townships, Mauricie-Centre-du-Québec and Outaouais. About 15 people have been trained in May to now raise awareness among workers, volunteers, visitors and hikers concerning the risks and preventive measures related to Lyme disease.

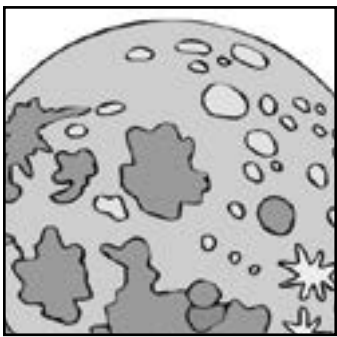
"NCC has a wide network of contacts, within both the general public and environmental organizations, as well as a series of natural areas covering an area of 450 km² - which is approximately the size of Montreal Island. Since nearly 9 out of 10 Quebecers live within 100 km of an NCC protected site, we wish to partner in helping inform and educate people on this important health area," says Annie Ferland, NCC project manager.

In addition, this project will improve monitoring data for the disease by equipping park staff so they can collect tick samples independently and safely. The collected ticks will then be analyzed by the Laboratoire de santé publique du Québec and the results incorporated into the INSPQ's monitoring reports, which support the decision-making of public health authorities, among others.

The Nature Conservancy of Canada is making its properties and staff accessible to the Institut so it can better spread knowledge of Quebec's natural environments. Together, they are carrying out training, awareness and tick collection activities between now and October. Hopefully, this program can be used in more parks across Canada.

"This training could inspire other teams working in Lyme disease prevention in the areas of infectious diseases, environmental health or occupational health. In this way, we hope to optimize public health practices and contribute to the increase in tick sampling sites to better monitor the progression of this disease," says Ariane Adam-Poupart, specialized scientific advisor at the INSPQ.

This project, initiated by the INSPQ and funded by the Public Health Agency of Canada's Infectious Disease and Climate Change Fund, is a response to the progression of Lyme disease in Quebec over the past several years. The increase in Lyme disease cases is a partial result of climate change, since a milder climate could allow ticks to survive the winter and spread more easily. Hence, the importance of setting up innovative projects to adapt to this new reality.



Zach Factor

The Saturn-Pluto Conjunction, 2020

Lys Chisholm & Marcus Nerenberg - Main Street

Astrology is a spiritual science that collects data at the time of a birth - of a person, a town, a country, or even a corporation, and plots the stars as they appeared at that time. The time of birth, the location and the date become essential tools to calculate any natal chart and is done precisely with computers. The chart becomes an important road map - a blueprint of a personality, and a reflection of the inner spirit. Understanding the data enables a person to use the information to help with decisions concerning individual, business or planetary matters.

As a roadmap, a chart has many details far beyond the familiar signs of the Zodiac. Over a lifetime, the planets move and transit through the heavens forming various significant configurations. Astrophysicists now know we are energy, from top to bottom, and the physical planets manifest and represent these energies. An astrology chart, with signs and symbols of our solar system, records and mirrors our own internal energy and demonstrates how we may respond and react to outer influences.

Life is not fixed, however. We are in a school to learn and grow. As the planets move, they create many mathematical angles reflecting the positive and negative, the easy and the difficult, areas of life that we need to work on. The most difficult of all for the human ego is that of the Saturn cycle, passing through our charts every 28-31 years.

Saturn is the Lord of the World in us all. He is the keeper of the Records and the lord of Karma. He is regarded also as our collective, inner disciplinarian. As astrologer Austin Koppock describes, Saturn is the parent who says to the little child, “no you can’t play with the blender”. He symbolizes barriers, walls, and prisons, whether they be made of stone or of the mind. According to astrologer A.T. Mann, Saturn represents the way we have programmed our universe, at the deepest and most fundamental level. And, because it conjuncts several times with Pluto, another powerful and mysterious planet, from December 26 over the next year, this astronomical event may correspond with life-changing, worldwide events.

Pluto’s appearance announces revolution - the destruction of old structures before new ones can be built. The symbolic effects are neither mild nor subtle. That which is, at first, kept secret and subversive, can now be seen more clearly. An example would be the fire at the Cathedral of Notre Dame, this past spring. The patriarchal Catholic Church built the cathedral over an ancient Celtic site, dedicated to the Divine Feminine, and simply re-dedicated it to Mary, the mother of Jesus. Pluto alone reveals the unseen worlds, like those of the Hadron Collider CERN where we test and push the limits of time and space. Together, these two symbols represent borders and walls, war zones and decay, flooding and homelessness. During earlier Saturn-Pluto transits, Pakistan was separated from India, the Berlin wall was built and then demolished both. Dictators came to power and millions of people died because of it all.

Pluto and Saturn jointly transit the sign of Capricorn, on Jan 12. This sign rules big business, governments, land and the environment. Symbolized by a goat, the leaders of these institutions are mountain climbers under all circumstances, and they can exemplify either the highest or the lowest of what human nature is capable. The attitude of these leaders can be, “How can I use them?” or “How can I be of use to others?”. Those who fall at this time would not have endorsed their own humility, because false pride would be their weakness. Capricorn, in any chart, is a place of money and power. Today, those involved with illicit banking and holding poor countries hostage for debt, may see massive losses as, as nations independently, self-declare debt forgiveness. On another scale, as housing prices drop, homeowners in Vancouver would be defaulting on mortgages that will exceed the declining value of their homes.

We can break legal laws, but we cannot break cosmic laws. We all get the lessons in life that we need. The goal in observing these strong symbols is to understand and recognize the inevitability of global and personal changes, yet to remain attuned to how we can respond positively, rather than ranting and pointing blame elsewhere. Be prepared to let go of what feels secure and be ready to assist in a rebuilding process wherever needed. There is nothing that love, and kindness, will not assist with. Keep your eyes on the road and your spirits high. Godspeed.



Zodiac symbols fill the narthex of the Cathedral of Ste. Anne de Beauré, near Québec City. Historically, the Catholic Church forbids members from using astrology, yet many senior officials did anyway. Photo credit: fisheaters.com



The Story Behind The Windigo, A Cautionary Tale

Joseph Graham - Main Street joseph@ballyhoo.ca

The Windigo, a mythical creature of Algonquian legend that devoured humans in the forest, is associated with greed and excess. Descriptions of it are intended to be terrifying, and yet familiar. In some versions, as it eats it grows into an ever-greater monster, threatening the people.

Residents of forest villages, isolated through the long nights of winter, dependent upon stored resources and on tracking prey through deep snow, feared the Windigo. Their food supply had to last through winter and spring until supplies could be replenished. The occasional capture of prey was cause for celebration but could not be relied upon. Sheltered and warm around a fire, they told stories, and the Windigo was a cautionary tale of what could happen if all members of the community did not share the responsibilities and burdens during the most difficult periods of winter. They were all in it together, and the greatest threat was not the coyotes baying at a February moon, but starved humans, driven by deprivation, who would see the lone hunter, a woman gathering firewood, a child temporarily removed from the fold as prey.

Odette Pinard, writing for the Société d’histoire et de généologie des Pays-d’en-Haut’s magazine La Mémoire (Winter 2018), did an excellent job of describing how the Windigo attacked its victims during the coldest, darkest nights. As depicted in the art of Norval Morrisseau and the writings of Basil Johnston, the Windigo leaves an indelible image.

The Windigo as a cautionary tale is not simply a legend but also as an augur of danger, a threat to the community, such as the theft of Indigenous land or the trauma of residential schools as in Armand Ruffo’s 2010 film A Windigo Tale.

Sharing is a fundamental value and is easy to understand as an essential aspect of human nature. Algonquian culture holds a deep respect for the other, whether it be gender, species or even what we perceive as inanimate. All are parts of a family and the human place is as the youngest sibling, learning from its elders, whether from the squirrel who stores food or the coyote who hunts with a group. Deference shown to these elder siblings defines the place, not simply of the people, but also of the other siblings and the space that is theirs. It is understood as the order of Mother Earth.

The arrival of Europeans did not challenge the order of Mother Earth. These strange new humans who came across the sea with iron tools and weapons, who declared a message of the proper order of the world, of one true god, would have at first been seen as elder siblings. But these new humans did not know the order that Mother Earth had established and did not respect it. Instead, they offered their metal wares in exchange for pelts, and their appetite for them seemed insatiable.

From the time the Europeans arrived the elders and the young of the various Indigenous nations died of disease. Without the guidance of the elders, it was harder to connect new events with the cautionary tale of the Windigo and easier to accept to trade with the newcomers. Pots were very useful. The iron cutting tools were inferior to the flint tools already in use, but because of their longevity and relative cost, they were convenient. To acquire them people had to supply furs, and that upset the delicate balance that had been achieved with the other species, their elder siblings, and created a serious challenge to the sharing culture. Traditionally the Algonquian nations of the Ottawa Valley, including the Weskarinis, the Kichesperinis and the Ononchateronon shared their different products – meat, clothing, maple products, pemmican – with the Huron-Wendat, a large Iroquoian farming culture, who in turn shared grains that could supplement the results of their winter hunt. These exchanges were made during ceremonies of gifting and the Huron-Wendat acquired furs in return. Their gift-culture partners included all of the forest people that surrounded them, to the north and around Lake Huron.

When Samuel de Champlain made contact with the Huron-Wendat, he realized that they were the centre of a large network, a great source of wealth, not just of furs, but also of people. He felt that because they were farmers, they would not be hard to Christianize, so he brought religious orders to them, first the Recollets and then the Jesuits, and gave preference in trade to those Huron-Wendat who accepted to be baptized. Soon, the Huron-Wendat dominated the supply of furs to the French, and to acquire more still, pressure increased on the farmers, the Huron-Wendat women.

Simultaneously, the Dutch, and later the English, were trading with the Mohawk, members of the Iroquoian Five Nations. As the demand increased, the economy accelerated, and the fur-bearing animals, particularly the beaver, were depleted.

The Mohawk were the first to realize that the Iroquoian farming people had to unite and speak with one voice. Their efforts to trade with the French were not reciprocated, and the Algonquian nations whom the French supported throughout the St. Lawrence valley saw them as a threat to their territory. The Huron-Wendat was the largest group of Iroquoians, but they had fallen heavily under the influence of the Jesuits and rejected Mohawk overtures to work together. The French reinforced this rejection because it did not fit with their plans to Christianize their Huron-Wendat allies and it threatened trade. It was not long before wars broke out between the two Iroquoian cultures.

Through all of this escalation and social breakdown, the cautionary tale of the Windigo did not resonate. Europeans were at their doorstep with their accelerated trading culture, their guns, their hunger. They were the Windigo.

The tale of the Windigo is still valid today, to all of us, as our trading culture continues to grow, to encourage us to consume, and threatens us with its insatiable appetite. Today, we are all the people, the youngest sibling.







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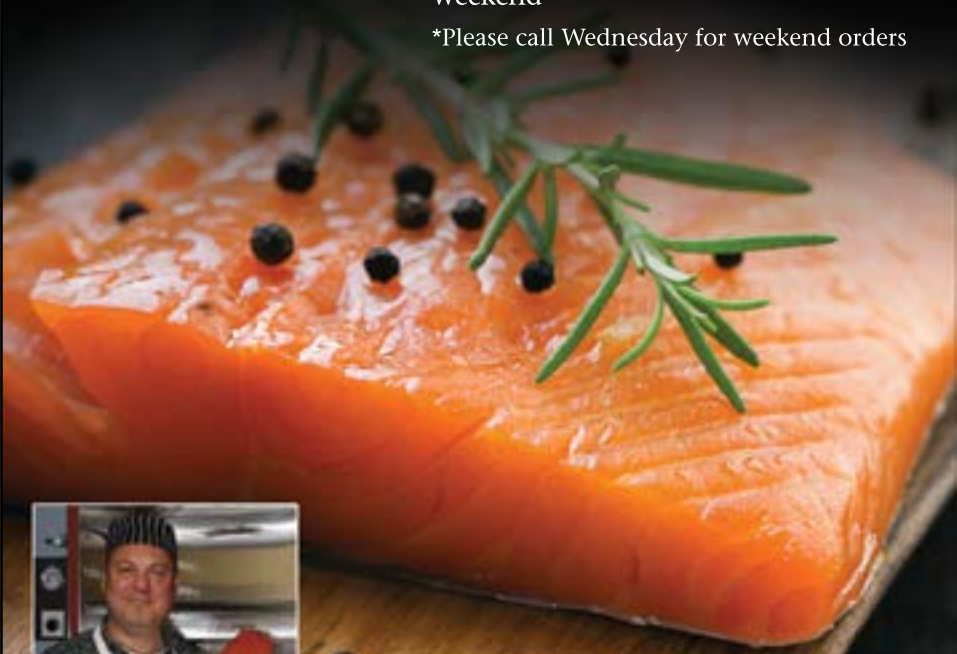




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FASS

Breathtaking performances under the Big-Top

Ilania Abileah – Main Street

On Thursday, July 25, The Dorrance Dance Group captivated the audience from the moment they stepped on stage! Michelle Dorrance, and her three fellow dancers-choreographers, danced “All Good Things Come to an End,” with wonderful Jazz music. The dancers added a touch of humour to their story-telling. In “Soundspace” ten dancers (at times twelve) moved as one, with one dancer coming up front with a solo on occasion. The movements and tapping from the dancers made the music. It was amazing!

Les Violons du Roy gave us a superb concert with the cord instruments playing with harmonious perfection. The guest conductor, Julien Proulx, guided the musicians with a style of his own, and spoke charismatically to the audience. The solo of Dvorak’s Romance for violin, played by Marc Djokic, was one of the most perfect violin solos I have ever heard under the Big-Top of FASS.

The third performance we saw was the evening of Plamondon-Barbuto-Kiel, starting with Counter Cantor, a duet of two dancers, Anne Plamondon and Belinda McGuire. This performance was followed by Vis-  -vis, by Gioconda Barbuto in which a group of dancers communicated through body-language. The final piece was Resonance, by Hanna Kiel. In this performance there were eleven dancers that impressed us with their force, and unison, to the powerful music of Greg Harrison. The story was about an event that happened in Korea, Hanna Kiel’s country in 2016. The dancers created pictures in varied groupings that, with the good lighting provided by Noah Feaver, created great monuments.

As I am writing this, there are four more great evenings still to come. Once again, Guillaume C     and Etienne Lavigne brought us a beautifully planned and presented Festival. Thank you!



Photo: Resonance by Hanna Kiel (reduced) photo by Francesca Chudnoff

All events will be held at
Parc Georges-Filion
unless otherwise specified

August 17: 7:30 pm: The Hellbound Hepcat (Rockabelly)

August 23 - 25: Sidewalk Sale - boutiques and businesses

August 24 - 25: Exhibition Sculptural - Presented by Passages d’artists

August 24: 7:30 pm: Orchestra and Harmony Leonard Da Vinci – Musicians and Maestro Patrick Morin presents a repertoire that will affect all generations

August 25: 1st Edition of the Corniche Bike Challenge (Piedmont)

August 30 - Sept 2: 17th Edition of Aut  ntica Fiesta Cubana

September 7: 10 am - 6 pm: Collectif du Nord and its Laurentian artisans exhibit

September 7: 3pm: Haunting performance by Eliza Eleven accompanied by a wine and cheese tasting (Jazz)

September 8: 1:30 pm: Beautiful dancing Sundays

Program subject to change

More information 450.227.2564 | 1-877-528-2553
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Monarch Butterfly

Dr. Lena Measures

The monarch butterfly, *Danaus plexippus*, with its striking orange, black and white colors is familiar to many of us. Its life cycle is truly remarkable but this beloved butterfly is highly endangered due to habitat loss and degradation, use of pesticides and frequency of severe weather during migration or on its wintering grounds.

Life cycle and migration

Vitally dependent on several species of milkweed plants, such as *Asclepias syriaca*, a mated female monarch butterfly lays up to 500 eggs, depositing one egg under the leaf of each milkweed plant to ensure enough food for the hatched caterpillar. Milkweeds get their name due to the milk-like latex within their leaves and stem. This latex does not harm the caterpillar but renders it distasteful to most predators, such as birds, which thus avoid the caterpillar and the butterfly. After two weeks of growth the fully developed yellow and black banded caterpillar suspends itself under a leaf and forms a pupa or chrysalis. Within the chrysalis the final stage of complete metamorphosis takes about 9 to 21 days resulting in the emergence of a butterfly. It rests for several hours while pumping fluids into its wings until they are fully extended and hardened. The butterfly feeds on nectar of various flowers. This cycle is repeated during the summer depending on temperature with butterflies usually living a month. As daylight and temperatures decrease the last “super-generation” of monarchs undertakes a migration, 4,000 to 5,000 km to fir forests in Mexico, where the butterflies live seven to nine months roosting over the winter. The western population of monarchs migrate south to California to overwinter. During migration monarchs rest in forested areas and have even been seen resting on calm water. In spring these butterflies begin the migration north, producing several generations along the route as temperatures and day length increase. The butterflies that arrive in Quebec are thus the great grandchildren of those that migrated to the wintering grounds – truly a remarkable migration for an insect. The discovery of the migration and wintering grounds of the monarch butterfly was discovered using wing tags in 1976 by Canadian biologist, Dr. Fred Urquhart and Norah Urquhart.

Current status

The eastern monarch population which was estimated at over one billion in the late 1990s decreased to approximately 200 million in 2015 - 2016. In spring 2016 a storm with cold temperatures caused high mortality in Mexico. However, there is recent good news – numbers wintering in Mexico in spring 2019 increased 144% compared to 2018.

How to help monarch populations

Habitats for breeding and feeding may include meadows, marshes, prairies, gardens and roadsides, wherever milkweed grows. Milkweeds are often cut down or removed by those who consider them undesirable “weeds”. Many road or rights-of-way maintenance crews inadvertently destroy milkweed plants when mowing roadsides, forest edges, trails, train or hydro rights-ofway. Milkweed seeds or seedlings can be planted in various habitats, however, it can take 2 to 3 years for flowers and seed pods to appear. Planting nectar-rich native species of flowering plants, such as asters and goldenrods, is particularly important as these end-of-summer species help butterflies build up food reserves for the long migration. Survival of monarchs can also be increased by eliminating use of pesticides.



Suspended caterpillar about to form chrysalis July 22, 2017, Morin Heights.



Chrysalis July 23, 2017



Butterfly newly emerged from chrysalis August 13, 2017.



First-year milkweed



Seedpods



Laurentian Personality

Jean-Louis Courteau

Diver/artist extraordinaire

Lori Leonard – Main Street



Photo credit: Andrée Richard

Jean-Louis Courteau is Founder/Director of CIEL (Centre d'Interprétation des Eaux Laurentiennes), Lac des Seize Îles. His work at CIEL is voluntary; he makes his living by painting and writing. He has exhibited his artwork in galleries and museums in Canada, the US, France, and in private and corporate collections worldwide. jeanlouiscourteau.blogspot.com

Jean-Louis lives in Morin Heights. He is a professional diver and underwater photographer who discovered many ancient artefacts in our Laurentian lakes. He has documented several fascinating geological and biological phenomena through photos and video footage. Since he could not keep such wonders to himself, he decided to share this knowledge through CIEL. Jean-Louis founded CIEL as a means to exhibit artefacts and centralize important documents. Presentations on lake archaeology and milfoil are provided at CIEL. Other presentations and school visits are planned.

Jean-Louis is passionate about diving, ecology, geology and archaeology. He enjoys life to the fullest, pushing his boundaries, whether in science, art or philosophy.

Jean-Louis, originally a cave diver and wreck searcher, thought lakes were big bowls of murky water with a few fish. His first dive into Lac-des-Seize-Îles proved him wrong. He found incredibly beautiful marble formations. The team found two prehistoric pieces of pottery; an intact 500-year old Huron vase and a broken 700-year old Iroquoian vase. They recovered hundreds of artefacts from the 19th and early 20th century, such as intricately folded xenoliths liberated from encased marble, and an association between bacteria and rocks very close to the first life forms on the planet, never found before in Québec. Another surprise, the team filmed the unique mating behavior of lake trout, never seen previously, or documented.

Jean-Louis says “people are directly influenced by the presence of man on their shores. I think people are educated about fragile ecology and are careful, but many are still careless. 3 major menaces to our waters are milfoil, wake boats and plastic.”

Jean-Louis and the team have cleaned Barkmere Lake and Laurel Lake and are documenting the impact milfoil has on other lakes. Jean-Louis organizes conferences and workshops on lake ecology and participates in government programs.

Jean -Louis agrees "People protect what they love, they love what they understand, and they understand what they are taught." - Jacques-Yves Cousteau. He wants us to know “rivers and lakes are a lot more mysterious and wonderful than we realize, with many underwater wonders to share.”

CIEL, 47 rue de l'Église, Lac-des-Seize-Îles, open Thursday to Sunday, 10 – 4, until September. Reservations required for other dates - 450 630-1024 or centreleciel@gmail.com or www.centreleciel.com or Facebook: CentreLeCiel.

CIEL accepts monetary donations and are thankful to past donors. Also, they welcome donations of artefacts with archeological interest or any valuable archeological information.

La Manufacture Distillery settles in Sainte-Agathe-des-Monts this fall



La Manufacture Distillery will be located in the Brissette Park, at doors 25 and 26. The establishment of this distillery brings to six the number of companies installed in this industrial park. Owned by Pier-Luc Roussel, Steve Lavallée and Pierre-Alexandre Turcotte-Guay, the construction of this new business should begin shortly. The installation of the equipment is planned for autumn 2019, and a tasting room will be set up on site.

Products

The promoters plan to produce three main lines of products: gin, flavored vodka (apple, cherry, etc.) and rum. These products will be distributed throughout Quebec and later exported to the rest of Canada. Ultimately, the owners of Distillerie La Manufacture aim to export their products to Europe, Asia and the United States.

The data on these products speaks volumes. Nationally, the top-selling spirits in 2016-17 were whiskey (31.3%), vodka (24.8%) and rum (17.1%). These three products account for nearly three-quarters of all spirits sales. The average annual growth rate of spirits sales has been 2.7% over the last 10 years.

Better yet, spirits production as a whole has seen some interesting gains recently. The segment of micro and artisan distillers has benefited from a total production that has more than tripled in the last five years. In Quebec, the Société des Alcools du Québec (SAQ) holds the monopoly on the distribution of spirits.

Immediate success


is is a promising start for this company, which, last May, won the Coup de Coeur award at the regional OSEntreprendre gala. In addition to this distillery, La Manufacture also hosts Microbrewery La Veillée, Origin Kombucha, La Petite Pâtisserie, The Gastronomy Issue Végane Maison, and Emulsion, a company specializing in the production of vinaigrettes.

Launched in October 2017, La Manufacture is an incubator-accelerator that assists new manufacturing companies by providing them with consulting services. More than 50% of the space offered to businesses is now occupied.



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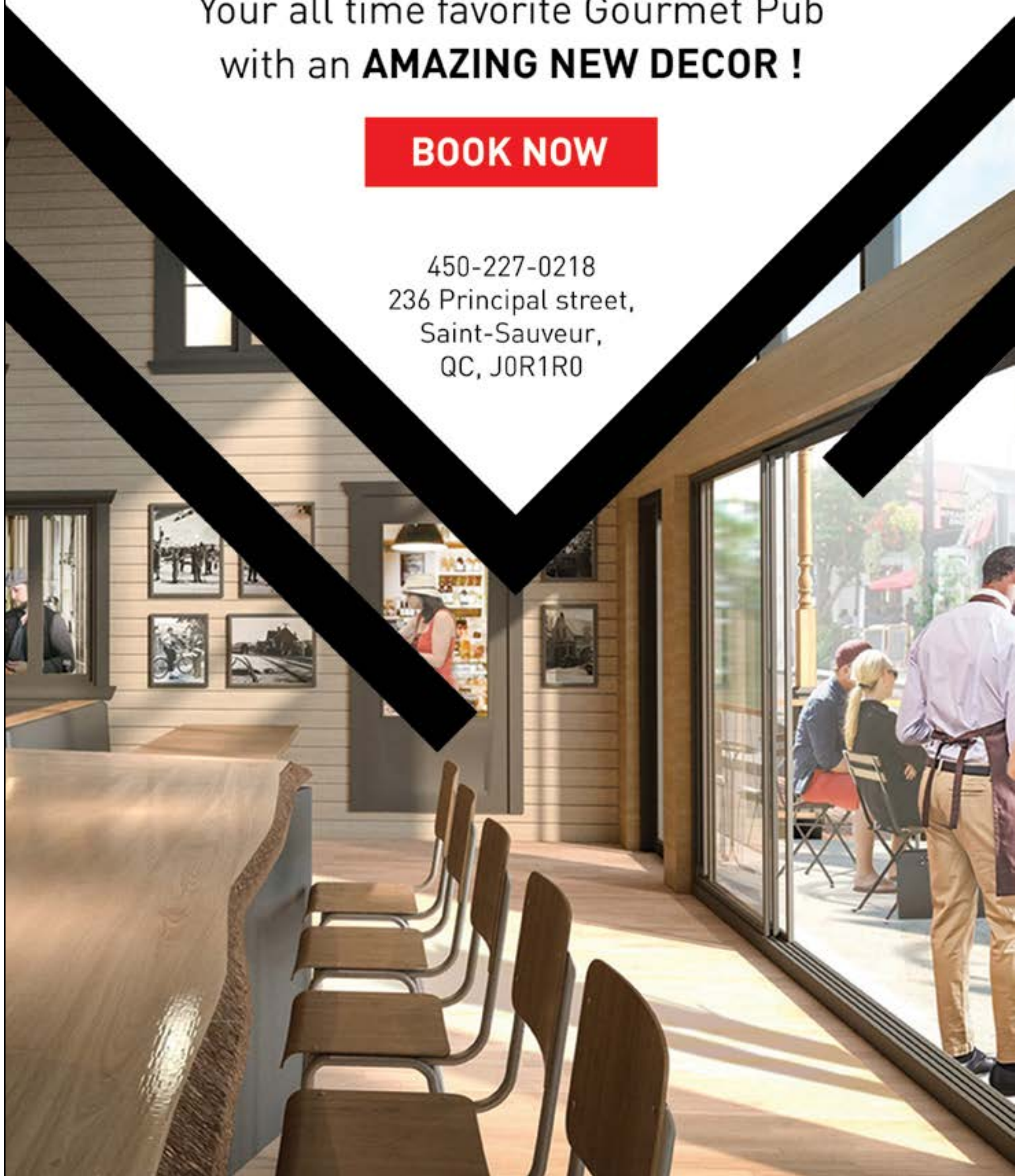
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Garden Talk

Irresistible irises

June Angus - Main Street

Colourful irises make a spectacular addition to any perennial garden and are wonderful for attracting butterflies and hummingbirds.

They have distinctive, six-petaled flowers, with three outer-hanging petals called “falls” and three inner upright petals called “standards.” Some blooms are large and frothy, while others are more compact and delicate. Colours range from multiple shades of purple to white, yellow and burgundy. Many also come in variegated colour combos.

While there are some 300 species of iris, the most popular to grow in the Laurentians are the tall “bearded” varieties that reach about 70 cm in height. The bearded label comes from the fact they have soft hairs along the center of their falls. Their foliage grows in long spikey blades. Smaller Siberian varieties also do very well as they can withstand our harsh winter climate. They produce un-bearded, compact flowers with foliage that resembles ornamental grasses. Both types of iris grow from fibrous roots called rhizomes.

While most irises bloom from late spring through to early summer, some of the bearded varieties will do a second flowering cycle late summer. Whenever blooms fade, cut off the flower stalks but allow the foliage to continue growing until late fall when it should be cut back to prepare for winter.

From mid-August to late September is the perfect time to divide, transplant, or add new varieties of iris to your garden. But it’s best to get this job done before nighttime temperatures drop consistently below 10°C. This allows fledgling irises time to establish new roots before winter sets in.

While irises can tolerate some shade and still bloom, they grow best in full sun. They also need fertile soil with good drainage. If starting with irises from a garden center, plant bearded irises just below the soil surface so that the soil barely covers the rhizome. For Siberian varieties, plant the crown – where the rhizome meets the stem – about 3-4 cm below the surrounding soil level. In both cases it’s okay for the rhizomes to be partially exposed to the elements. If they’re buried too deeply, they won’t thrive and may simply rot.

To divide overgrown irises, carefully dig up the clump of plants. You’ll find that the original “mother” rhizome has produced several offshoots. Separate these using a sharp knife and discard the mother. Inspect the rhizomes for any rotting tissue or other signs of disease and discard them too. Trim the foliage down to about 10 cm in height so that the plants can focus on establishing new roots. Then simply plant as previously described.

Bear in mind, it may take a year before new plantings are ready to bloom. But once established, irises largely take care of themselves, making them a rewarding and easy option, even for beginners.



How well do you know the Town of Morin Heights?

The Morin Heights Historical Association announces the launch of a “Heritage Tour” brochure featuring descriptions and photographs of 37 historically significant sites and the stories behind many buildings that we pass by so often without a further thought. It contains maps of a walking tour of the village, and of sites in the surrounding area that can be seen on a short automobile or bicycle tour. The purpose of the brochure is to highlight our proud history, and to promote tourism in our area as part of a program of the MRC des Pays d’en Haut. It was produced entirely through volunteer effort by François Leroux and Don Stewart of the MHHA, and with enormous help from volunteers Judy Rogers, Brigitte Simon and Neil Stewart. The printing was funded by grants from the Municipality of Morin Heights and the MRC des Pays d’en Haut. Free copies are available at the Town Hall, the Library, the Aerobic Corridor building and Marché Vaillancourt.



Photo L - R: François Leroux, MHHA, Philippe Laplante, Culture and Tourism, MRC, Don Stewart and Doug Simon, MHHA, and André Genest, Prefect, MRC.



Word Play

Plastic-Neuroplasticity Part II

Louise Bloom - louisebloom@me.com

The most recent developments in neuroscience inform us about what the various areas of the brain control, and therefore how neuroplasticity contributes to the possible changes in the way we experience our lives. The neuroplastic nature of the brain suggests that our potential is not set at birth. This means that aging no longer predicts loss of memory or decline of mental acuity.

Scientists agree: **Meditation Is The #1 Brain Changer.** Backed by thousands of studies, it has been determined that meditation is the neuroscientific community's most proven way to upgrade the human brain.

Research has also determined that to be a happy and healthy human, we need to sleep well, eat right, and exercise. Humans are social creatures and yet we might not realize just how important "human connectedness" is to our overall mental, emotional, and physical well-being.

Social contact and natural human connection anchors our *awareness firmly into the present*. While the very best cure for loneliness is a strong "in-person" social network (i.e. not Facebook) and a loving family, this isn't possible for everybody. The practice of meditation brings us into the present moment consistently, strengthening that state, and promising the development of our abilities to sooth and calm our souls, despite outside circumstances.

When we feel isolated and separated from the "whole," a region of the brain (the "parietal lobe") becomes **overheated**. The tendency of the human mind is to obsess over the past and worry about the future (instead of simply being present). Too much time alone can have mental and physical health consequences. Loneliness can roast your brain.

A University of Pennsylvania scientist, Dr. Andrew Newberg, took brain images of Tibetan Monks during meditation and discovered that the parietal lobes of those meditators cooled off immensely – the same lobes that loneliness and social isolation cause to overheat.

Dr. Newburg, writes *"When people lose their sense of self [in meditation], feeling a sense of oneness, [this] results in a blurring of the boundary between self and others...[with] no sense of space or passage of time.*

However, it must be understood that much of what has been discovered about the brain's rewiring capabilities through meditation rely upon observation of the brains of long-time meditators, such as Tibetan monks who are highly educated in a philosophy that is essential to the practice of meditation itself.

It is the philosophies and the teachings of all spiritual traditions that build the foundation of a practice that leads to a rewiring of the brain.

In presenting these findings, I am hoping, sincerely, to stimulate the curiosity of those readers who may be seeking to improve their outlooks and engagements with life, by finding new ways to cope better with the life-changes they experience, despite a reluctance to accept them. Aging and loneliness are widespread among us all.

I am moved to recommend a wonderful, tiny book of 34 pages, called THE DIRECT PATH TO ENLIGHTENMENT, by Ray del Sol. There you will find an interesting demystification of things, both esoteric and pure and simple. It is available on Amazon.ca. May you find in this book the wisdom and knowledge that will encourage you towards exploring meditation.

Louise Bloom is a Visual Artist interested in the power of narrative through image or written word, to transform consciousness and awaken us to the source of well-being.
louisebloom@me.com

Strawberry-Banana Protein Smoothie

From: EatingWell Magazine.
May/June 2015

Greek yogurt and nut butter boost protein, and ground flaxseed adds omega-3s in this fresh fruit smoothie. Use ice cubes if you like a frosty smoothie or opt for water if you don't want it so cold.

Ingredients

- 1 cup strawberries, fresh or frozen
- ½ medium banana
- ½ cup diced mango, fresh or frozen
- ½ cup non-fat plain Greek yogurt
- 1 tablespoon natural nut butter (cashew or almond)
- 1 tablespoon ground flaxseed (flaxmeal)
- 4 ice cubes or ½ cup water

Preparation: Combine all ingredients in a blender and puree until smooth.

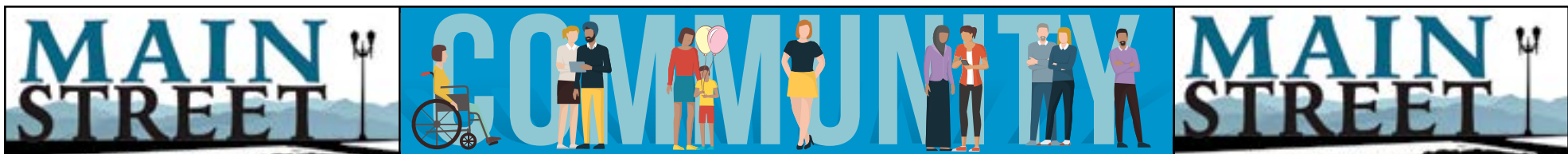
Nutrition information: per 1 ¾ cup serving
359 calories; 14 g fat(2 g sat); 10 g fiber; 46 g carbohydrates; 19 g protein; 105 mcg folate; 6 mg cholesterol; 30 g sugars; 0 g added sugars; 952 IU vitamin A; 120 mg vitamin C; 238 mg calcium; 2 mg iron; 85 mg sodium; 917 mg potassium

Nutrition Bonus: Vitamin C (200% daily value), Folate (26% dv), Calcium (24% dv).

Carbohydrate servings: 3

Exchanges: 2 ½ fruit, ½ nonfat milk, 2 ½ fat







**ROYAL CANADIAN
LEGION**
**LA LÉGION
ROYALE CANADIENNE**

The legions are asking the community at large to inform them of any veterans they may know of who may be living in and / or with difficulties. These could be veterans suffering from PTSD or other medical issues or who may be homeless. Please help them help others; discretion is assured.

Branch 171 Filiale Morin Heights

Sat, Aug 10: 8 pm - The Classic J Band
Sat, Aug 17 - Legion Golf Tournament & Steak Supper
Fri, Aug 23: 5 pm - 7 pm - TGIF Corn Roast & Sausages
Sat, Aug 31: 6 pm - Labour Day BBQ
Darts: Thurs: 3 pm - new players welcome
Military Whist: 1 & 3 Mon at 1:30 pm
Check with the legion for daily bar hours
Hall rental available at competitive prices
Info: 450 226-2213
<http://www.legion171.net> / Facebook: legion 171

Branch 70 Filiale Lachute

Monthly bus trips to the Casino have resumed.
Please call the branch for info
Monthly Saturday night Military Whist Games – call for info.
Tues: 1 pm: Euchre
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm – Darts
For information call: 450 562-2952 after 3 pm
634, rue Lafleur

Branch 71 Filiale Brownsburg

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Fri 3 pm - closing
Everyone welcome.
Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale Rouge River

Aug 17: BBQ with the Honey Mead Brewers
Mon: 9 am - Chair Yoga
Tue & Fri: 9 am - Yoga flow
Tues: 7:30 pm - cribbage. Info Lloyd (819-687-3541)
Wed: 1 pm - Bridge. Info: Connie: 819-687-2403
Everyone welcome
Bar open daily at 3 pm
For further info: 819 687-9143 / arundellegion@gmail.com

FAUBOURG SUICIDE PREVENTION CENTRE

24 /7 HOTLINE
1-866 APPELLE (227-3553)
Intervention and help for all
Laurentian residents.
For info and full services visit
www.cps-le-faubourg.org



RELIGIOUS SERVICES

THE CATHOLIC CHURCHES NOTRE DAME DES MONTS PARISH

Office 887, Chemin du Village, Morin Heights
Huberdeau 10:30 am • Laurel •
Montfort 11 am • Weir 9 am
Info: 450-226-2844

CHABAD OF SAUVEUR

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

HOUSE OF ISRAEL CONGREGATION

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

MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH

463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sunday service and Sunday school 10:30 am.

MILLE ISLES PRESBYTERIAN CHURCH

1261, Mille Isles Rd.
Summer Services
Sundays: 9:30 am
Please join us in worship with
Reverend Richard Bonetto
Refreshments will follow the service

ST. ANDREWS EAST PRESBYTERIAN CHURCH

5, John Abbot St., St. André d'Argenteuil
Interim Moderator: Rev. Linda Robinson
Info: Sharon McOuat: 450-566-4549
Services from May 19 - Aug 25 at 11:15 am
* There will be no service on July 14 *
August 18: Communion Service

LOST RIVER PRESBYTERIAN CHURCH

5152 Lost River Rd., Harrington
Services are held every Sunday beginning
July 14 until August 25 at 9 am
Everyone is welcome

DALESVILLE BAPTIST CHURCH

245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Aug 19 - 23: 9 am - 11:45 am -
Vacation Bible School
All children age 4 and up are invited to come and
enjoy songs, Bible stories,
crafts, games, snacks and prizes.FREE!
Info: 450-533-6729 / 450-533-4567
Thurs: 4 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 - Worship service

LACHUTE BAPTIST CHURCH

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

TRINITY ANGLICAN CHURCH – MORIN HEIGHTS

757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
We are a member of the Laurentian Regional Ministry.

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 Rev Josée Lemoine
Sunday service: 9 am
Fellowship in the church hall afterwards.

ANGLICAN PARISH OF ARUNDEL & WEIR GRACE CHURCH

Sunday services are held every
Sunday at 11 am,
followed by tea / coffee, refreshments &
fellowship in the Church Hall.

ST. SIMEON'S ANGLICAN CHURCH

445, Principale, Lachute
The Reverend Josée Lemoine -
Priest in Charge
The Reverend Nick Brotherhood -
Interim Priest
Tania Lesack - Curate
Services are held every Sunday at 9:15 am.
The second Sunday of each month is a
fun Family Service
Everyone is most welcome to join us.

ANGLICAN CHURCHES ALONG THE OTTAWA RIVER

Holy Trinity, Calumet,
St. Matthew's, Grenville
Holy Trinity, Hawkesbury
Please call 613-632-9910 for
information about Sunday
service times.

UNITED CHURCHES OF CANADA

450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH

13 Queen Street, Grenville
Contact: James Hocquard - 819-242-4722
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

ST MUNGO'S UNITED CHURCH

661 Rte. Des Outaouais, Cushing
Contact: Sandra Goorbarry - 819-242-5523

LACHUTE UNITED CHURCH

Hamford Chapel, 232 Hamford Street, Lachute
Contact Pat Hodge 450-562-8365
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH

370 ch. Harrington, Harrington
Contact: Eleanor Morrison: 819-429-1925
Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA

150 Avoca Rd, Grenville-sur-la-Rouge
Contact: David Elo 819-242-6559
2nd Sunday: 1 pm - April - December

SHAWBRIDGE UNITED CHURCH

1264 Principale, Prévost
(at de La Station)
Contact Sandra Trubiano -
450-224-5188
Sunday service time is 9:15 am.

ARUNDEL UNITED CHURCH

17, du Village, Arundel, 819-687-3331
Contact : Heather Hodge - 819-687-9230
Sundays: 10 am: Worship service.

MORIN HEIGHTS UNITED CHURCH

831,Village, Morin Heights
Contact Catherine Davis – 514-712-8863
Sundays: 10:30 am - Weekly services

STE-ADELE UNITED CHURCH

1300 ch. du Chantecler, Ste-Adèle
Contact: Jacques-Henri Honoré / 450-512-8007 /
eglise.ste.adele@gmail.com

BROOKDALE UNITED CHURCH, BOILEAU

Info: 819 687-2752

PARISHES OF THE LOWER LAURENTIANS

Everyone welcome and we look forward
to seeing you and your family.

ST. AIDAN'S WENTWORTH

86, Louisa Rd - Louisa
Sun, Aug 18: 11 am - Holy Communion

ST. PAUL'S - DUNANY

1127 Dunany Rd, Dunany
Sun, Aug 18: 4 pm - Evening Prayer
Sun, Aug 25: 4 pm - Holy Communion

HOLY TRINITY - LAKEFIELD

4, Cambria Rd, Gore
Sun, Aug 25: 11 am - Holy Communion
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES

1258, Mille Isles Rd - Mille Isles

VALLEY GATE CHURCH

Pauline Vanier, 33, de l'Église, St. Sauveur
Info: porte.valle@gmail.com
Website: <http://www.portedelavallee.org/>
Please join us every
Sunday at 10 am

VICTORY HARVEST CHURCH

351 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service

MORIN HEIGHTS HILLSIDE CHAPEL

755, du Village, Morin Heights
Services at 6:30 pm until the end of September
Everyone welcome, invite a friend!
Refreshments and fellowship will follow
each Hymn Sing

FABRIQUE DE LA PAROISSE ST-SAUVEUR

205 rue Principale, Saint-Sauveur
Saturdays: 5 pm - The parish offers a
bilingual mass
Everyone welcome.





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Laurentian Region Cancer Support Group

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



Next meeting for cancer patients,
families and caregivers is
**SATURDAY AFTERNOON
August 17, 2019 - 1 pm**
Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights
Group Discussion

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

REGISTERED CHARITY - DONATIONS APPRECIATED



COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

Tele-workshops/Webinars
Info: 1 877 303-0264 (514 486-1448 in
Montreal) info@amiquebec.org www.
amiquebec.org

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

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.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE 327
Sun, Sept 1: 9 am - noon: Sept breakfast
Basket draw proceeds will be donated to the
Harrington Student Scholarship Fund.
Adults \$7 / children (6-12) \$3.50 /
under 5 yrs. free.
Everyone welcome!
Wed, Aug 14: 4:30 pm -
Lost River Quiz Nite Groups of 4
Soup, sandwiches, pickles, dessert. \$8
BYOB.
Prizes announced at the event.
See Facebook for details,
LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Cook's Night Out: 1st Friday
of the month at 5:30 pm
Bingo: 1st & 3rd Sunday of the
month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

Laurentian Elementary School
455 Court St, Lachute
(side entrance on Bellingham)
Wed evenings: 6:30 pm - 8 pm
Any girl (age 5+) or woman is welcome to join us

THEATRE MORIN HEIGHTS

Want to become a member, work behind
the scenes or act, call
Info: 579-765-3999 /
www.theatremorinheights.ca
facebook.com/TheatreMorinHeights

ALCOHOLICS ANONYMOUS MEETINGS

Holy Trinity Church Hall,
Ste-Agathe
Corner of Préfontaine St. W
& Tour du Lac Road.
Friday evenings: 8 pm
Having problems with alcohol? Looking for
help? Join us for a group meeting and support.

LACHUTE ARMY CADET CORPS

Recruitment is currently underway as of
Sept 10, 2019. Open to teenage girls and
boys between 12 and 19 years.
Leadership, music, highland dancing, map
and compass marksmanship, and Eco-stew-
ardship are among the training
Uniforms and training are free; all we
ask for is a commitment.
Info: Captain Dan Demers: 514-927-9260

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

RIFLE CLUB WILLIAM TELL

Upcoming events
3229, Cr. Fridolin Fandrich, Wentworth North
Sun, Aug 11: Schlachtfest -
to establish a king & queen
Sun, Sept 22 - Schlachtfest (Thanksgiving)
Sun, Nov 24: Adventkranzbinden
(binding of our own Advent wreath)

HOLY TRINITY CHURCH CONCERTS

4, ch. Cambria, Gore
Doors open at 7:30 pm / Concert 8 pm
Aug 17: Carlos M. Ramirez
Sept 14: Slocan Ramblers
Advance tickets \$25 / at the door \$30.
Info: Jody: 450 562-2025 ext. 3543

LAURENTIAN QUILTERS' GUILD EXPOSITION QUILT SHOW

Music and Colours Golf Piedmont,
201 ch de la Montagne
Sat, Oct 19: 10 am – 3 pm
Admission: \$5

ANNUAL ARGENTEUIL UNITED PASTORAL CHARGE BBQ

Park by the Grenville Canal
Fri, Aug 9: 5 pm - 7:30 pm
Bring a lawn chair and enjoy the music and food

ARTS DE LA TABLE

Town Hall (6120, rue Morin, Val Morin)
Saturdays in July and August: 11 am - 3 pm
Music shows, crafts and exhibitors.
Bring a picnic. Entry FREE!

CHOEUR TREMBLANT OPEN HOUSE

Sept 11 or 18: 6:30 pm
Info: info@choeurtreblant.com

CELEBRATION OF JEWISH LIFE

Sun, Aug 18: 7 pm
The Jewish community invites you to a
'celebration of Jewish life'
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Info/Rsvp: 450-990-5213 /
event@chabadsauveur.com

FUNDRAISING BAZAAR AND SOUP LUNCHEON

Holy Trinity Community Centre
(2, Cambria Rd., Gore)
Sat, Oct 5: 10 am - 2 pm
Crafts, jewelry, homemade preserves and
pickles. Stained glass art pieces
Soup luncheon - donation \$7
Hosted by the Lakefield-Milles Isles
Women's Institute
Info: Jean Edwards: 450-566-2552

STEVE O'BRIEN FOUNDATION RELAY

Municipal Park, 45 Cambria Rd (Gore)
Sept 20 & 21
Info: Steve O'Brien: 450-495-1325 /
www.foundationsteveobrien.com

DUNANY STUDIO ARTISTS EXPOSITION

Dunany Country Club (2053, Dunany
Rd., Wentworth
Fri, Aug 23: 5 pm - 8 pm
Open to the public / cash bar

BLOOD DRIVE

Chalet Bellevue, Morin Heights
Thurs, Aug 15: 1 pm - 7 pm
Info: www.hema-quebec.qc.ca

ANNUAL LAURENTIAN AREA MINISTRY CHICKEN DINNER

Top Shot Restaurant, 417, rue Princi-
pale, Lachute
Wed, Sept 18: 5 pm - 7:30 pm
Donation \$15 / Dessert table available

SHAKESPEARE- IN-THE-PARK

Measure For Measure
567, chemin du Village, Morin Heights
Fri, Aug 9: 7 pm
Bring lawn chairs or blankets.
In case of rain, the play will be
presented at Chalet Bellevue
Info: 450 226-3232 extn. 132 /
morinheights.com

MONT-TREMBLANT HALF-MARATHON

10th Edition
Held on the streets of Mont-Tremblant!
Sun, Aug 11
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Info: 819-429-5359 / www.demimarath-
ontremblant.com/marathon

RIBFEST SAINT-EUSTACHE

Thurs, Aug 22 - Sun, Aug 25
Ribbers from Texas, Alabama, New
Mexico, Florida and Tennessee
Info: legrandribfest.com

LITERARY GATHERING

Tourist Welcome Office
2525, rue de l'Église, Val David
Sun, Aug 25: 11 am - 5 pm
In case of rain the event will be moved
to Saint-Marie School,
1350, rue de l'Académie
Info: 819-324-5678 extn. 4235 /
valdavid.com

LA GRANDE GOURMANDISE

Tremblant Village Centre
Fri, Sept 6 - Sun, Sept 8
A weekend of outdoor festivities
and tastings.
Meet exhibitors and producers from the
Laurentian and Quebec terroirs.
Info: 819 681-3000 extn. 46643 / trembant.ca

SUPERFOLK MORIN HEIGHTS

567, chemin du Village
Sat, Aug 24 & Sun, Aug 25
Spotlight on musicians and artists,
uniting values, environment efforts,
unique bilingual culture and rich history.
A neighbourhood party - everyone's
invited. Musical performances by
Martha Wainwright, Bobby Bazini,
Jorane & Ian Kelly.
Info: 450-226-3232 /
morinheights.com

BULLE DE VIE ARUNDEL

Arundel Community Hall (2 ch. White)
Sat, Sept 29: 10 m - noon
As part of the Cultural Days, we are looking
for citizens to participate in the creation of a
bilingual intergenerational book on the
history of Arundel. The workshop will be
led by authors Frédéric d'Anterny and
France Légaré.
Mandatory registration before Sept 20: 4 pm
Info / registrations: 450-613-0630 / loisirscul-
ture@brebeuf.ca

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ARTS Etc.

Ilania Abileah - Main Street

Mont-Laurier
Sept 5 – Sept 11: Mont-Laurier International Theater Festival

Espace Théâtre Muni-Spec, 543, rue du Pont, Mont-Laurier, Québec, Canada, J9L 0L4 819 440-2666 info@doubledefi.org
This is the 9th Bi-annual festival presented by Double-Défi. Seven full days of excitement, anticipation and amazing theatrical experiences, and includes twenty-five troupes from seventeen countries! The opening night will feature all troupes and in the following days there will be five shows per day. The closing day will include an evening gala and an awards presentation for excellence in various categories.
This event is inspiring, offering professional presentations, in various languages. However, some speak French or English on stage and others give screened text in either language. The bilingual program provides a clear description of each play. VIP passports, giving access to all shows, are available. Shows start at 10 am, and the last show starts at 9 pm. The theatre is a beautiful building, with a warm and friendly atmosphere, situated next to a magnificent church. The people of Mont Laurier are proud of their festival, and are very welcoming and helpful to visitors. This festival is for anyone who loves theatre. The festival is an opportunity for the troupes to appreciate each other's work. There is an ambience of artists' brotherhood. In a world of upheavals and catastrophes, this festival is an example of peace, love, and admiration between people of different cultures, languages, and religions. What a wonderful cultural undertaking. **Bravo Double-Défi!**

St. Sauveur
Ca-me-dit Concerts at Park Filion Next to the Church
Sat, Aug 17: 7:30 pm: The Hellbound Hepcats (Rockabilly). Sat, Aug 24: 7:30 pm: Orchestra & harmonie Leonard Da Vinci presents Génération. Sat, Sept 7: 7:30 pm: Eliza Eleven, jazz and wine & cheese night.



Photo: Dounle Defi – Theatre Festival Mont Laurier

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August 2019

MAIN STREET



Making it Work in the Laurentians

10 things you should know when re-entering the labour market

Rachel Morgenstern-Clarren

Maybe you went back to school to pursue a second, or third degree. Maybe you, or one of your relatives, had health issues. Maybe you took time off to be a stay-at-home parent. Whatever your reason for leaving the labour market, jumping back in can be stressful and intimidating. Here are some tips to make the transition as smooth as possible:

1. Volunteer experience is a great way to fill up your resume if you have employment gaps; it shows that you have additional skills and interests and can work well with others.
2. Research the current labour market to see who's hiring for the jobs you're interested in, and what skills you need to get those jobs. Emploi Quebec is a good starting place to see what industries are available in your area.
3. Keep in mind that the unemployment rate per position rises as the level of education required for that position increases.
4. Once you know what you want to do, check job boards and job sites, like LinkedIn, Indeed and Glassdoor. You can cold-call or email employers to see if they have opportunities available. Access and grow your professional network to see if anyone might be able to refer a position to you.
5. The temptation to take the first offer that comes along can be strong, especially if you've been out of work for a while, but you'll be better off in the long run if you start by asking yourself some big questions: What are you good at, what kind of a company do you want to work for, what do you absolutely NOT want in a work environment, and what are your dreams?
6. When you get an interview, make sure to present yourself as professionally as possible. Wear appropriate office apparel, be polite, and show that you take the job seriously.
7. Fight Impostor Syndrome: Remember that you are worth just as much as people who dont have a gap in their resume, and that all your previous experience is still relevant. Be prepared to explain (briefly!) why you took some time off, but don't go into detail about your personal life.
8. Employers want employees who are knowledgeable and passionate about their work. Demonstrate that you understand what the company does and be prepared to explain to the employer how you would contribute to the company's mission.
9. It can be tempting to spend your interview talking about your strengths, but your strengths are only important to an employer in relation to the position they are trying to fill. Tailor the discussion to the employer's needs; how would you contribute to the company? How would your skills improve this company?
10. Lastly, always send a cover letter with an application that highlights what makes you a good fit for the position, as well as why the role and company appeal to you. It shows how serious you are about the position, and gives your potential employer more insight into who you are as a person beyond what they can see on your CV.

YES' Career Counsellors can assist you with re-entering the labour market – find out how at yesmontreal.ca.

Distribution Points

We are often asked where our FREE copies of Main Street can be picked up. While there are too many locations to list them all, below you will find our major distribution points across the Laurentians where your copy of Main Street can be found on the 2nd Friday of each month. Better be quick though as they literally fly off the shelves! Enjoy the read...

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Nature Everyday

Beaver dam failures and ecological dynamics

By Mat Madison, biologist

We've had quite the weather these past weeks, with hot, humid days, and stormy, rainy evenings. Environment Canada even sent a tornado warning to my cell-phone on July 20. On one of those stormy evenings, after the storm had passed, a friend dropped by my house and asked me about the stream beside her property that clearly was flowing at a much higher rate than normal. The water was also dark-colored, and had a distinct, organic smell.

Being a biologist, I investigated quickly. I walked up the stream to the road, about 500 meters upstream. The road was acting like a dam, holding over 4-feet of water in the forest, and the culvert under the road was barely adequate to allow the water to flow through without damaging the road. As I entered the forest, upstream of the road, I realized that an area of about 2 acres, bigger than a football field, had been flooded. This area is part of a 12-acre wetland system, composed of mainly a forested swamp and peatland. This wetland was retaining over a foot of water within the mossy soils.

I soon discovered what I was expecting; a 6-foot high beaver dam had failed and released all the contained water from a pond the size of 4 acres. The wetland, just downstream, had played a crucial role in retaining as much of the wave of water as possible. It also held back the water in the mossy soils for days. It is fortunate that the wetland was there, and that there were no houses or infrastructure in that area.

I learned, the next day, that a man-made dam had failed, and that the wave of water came down the mountain and hit my colleague's house, driveway and septic system. No wetlands were there to save the day, and the water caused roughly \$10,000 in damages to my colleague's property.

These examples demonstrate the need for a regional-scale conservation strategy for wetlands. It is important that we study our watersheds and understand the ecological role that wetlands play by filtrating water and ensuring water quality, by controlling floods in crucial moments, and providing habitat for a wide diversity of plants and wildlife. Wetlands also offer cultural and leisure opportunities for humans. High-value wetlands, that play key local and regional roles, must be protected. Measures must be taken to restore, and recreate, wetlands in areas where water quality has been degraded, and riverbanks have eroded, causing floods and the loss of wetland habitat species.

On a related topic, I've added this old, beaver pond area to my list of monitored wetlands. It is the perfect area to observe the natural dynamic that this ecosystem will experience in the next decade, as nature restores it, from a dried-off pond to a lush, wetland prairie, and then, eventually, to a diverse, shrubby swamp. It is in the period that follows a disturbance that an ecosystem sees its most productive days, as nature recovers and re-establishes in diverse ways. In total, I monitor roughly a dozen natural, or man-made, disturbance sites, to observe how these wetland ecosystems are recovering.

However, one day, I'd like to take our Main Street readers out into the field, to show them the reality of what I write about in these articles.

Fight Against Cannabis 'Illegal Production'

On the occasion of the outdoor planting period for cuttings of cannabis plants, the Sûreté du Québec wishes to remind citizens of the continuation of its efforts in the fight against the illegal production of this drug.

The Access-Cannabis program, whose equivalent already exists to fight against the underground economy of tobacco and alcohol, particularly targets any illegal action related to cannabis. Despite the legalization of this drug, its production, both personal and traffic, is illegal. Patrolers and investigators will look out for suspicious behavior around the fields and eradicate illegal cannabis planting.

Despite the coming into force of the Cannabis Act, certain activities outside the legal framework remain Criminal Code offenses, such as production, possession for the purpose of trafficking, importation and exportation.

A team from the Sûreté monitors daily the smuggling of cannabis at all stages of the supply, from illegal production to neighborhood smuggling, all over Quebec. This is not to mention the considerable contribution of all the patrolers and investigators, who fight against drug trafficking at all levels.

Anyone who notices illegal activities related to the possession, production or sale of cannabis is asked to contact the Sûreté du Québec Criminal Information Center at 1-800-659-4264.



REMEMBERING ROWENA BLAIR
Sandra Stock

Rowena Lummis Blair died at the age of 92 this past May. Rowena was born in Morin Heights in 1924. Both her father and grandfather had been Anglican clergy in the area and Rowena grew up knowing just about everybody in what was then, the small towns of Mille Isles and Morin Heights. In 1970 Rowena and her family moved back to our area and she resided in the lower Laurentians for the rest of her life, in latter years living in Lachute. She was involved in many community organizations and wrote for all the English local newspapers, most memorably, her Lachute Watchman column, “The Lights of Morin Heights”.

In 1997, she was one of the first directors of the nascent Morin Heights Historical Association and a strong contributor to our almost yearly magazine, The Porcupine-Le Porc-épic, now on its eleventh edition. I remember Rowena coming with me, back in the first years of the Historical Association, to interview many older residents of our district – all of whom are no longer with us. Most of these people she had known for years and her familiar presence and cheerful conversation rapidly put them at ease.

Rowena’s prolific writing was journalistic in an old-fashioned way. Her pieces were lively and usually conjured up times long past from her childhood and especially from her youth during World War II. Here’s a sample:

“Friday Night Trains...”

By Rowena Blair, The Porcupine, number 4, June 2001
(First published in the Perspective newspaper, July 1996)

“Morin Heights was a bustling village in the days just prior to World War 2. The boarding houses and hotels were filled to capacity with tourists. Winter visitors were met at the train station by horse and sleigh, with buffalo robes piled high to help them ward off the cold. The sleigh would then make the rounds, dropping off passengers as it went. In those days tourists stayed at the many fine establishments Morin Heights had to offer. Places like The Bellevue, The Commons, The Rockcliffe Inn, The Dew Drop Inn, Shady

Brook, Minto House, Laurentian Rest, Alpino House, Campbell’s Farm, Watchhorn’s Farm, The Swiss Inn, The Carriage House.

Entertainment on Saturday nights was magical! Square dancing upstairs at The Commons with Willie Baldwin calling “Honor your partners and corners address” while Henry Baldwin played fiddle and Bella Seale or Peggy Gilbey played the piano. The place was rocking!.....

When World War 2 broke out in September 1939, many Morin Heights young men enlisted in the Canadian Armed Forces: army, navy, air force: how handsome they all looked in their uniforms. And oh how young! The Friday night train from Montreal was packed every weekend, especially when the boys came home on leave. These train travel days are filled with happy memories....

A black cloud moved over our village in the summer of 1944. On June 6th, D-Day, Joe Baldwin lost his life while fighting valiantly on the beaches of Normandy. He was 26 years old. Then on June 16, my brother, Jim, who was a 23 year-old flying officer in the RCAF was shot down...Both were awarded Silver Cross medals from a grateful Canadian people. Two trees were planted for them on the grounds of the Morin Heights Legion. “

Rowena’s excellent memory of times past and ability to create the flavor of such was her best skill. The contrast of good and not so good aspects of life often marked her articles. Farewell to our colleague and friend.

CELEBRATION OF LIFE
Gerry Mahony

Gerald Spencer Mahony of Morin Heights, Quebec, was born in Lambeth, UK on December 26, 1923, and died of natural causes at Sacré-Cœur Hospital, Montréal, Québec, on July 27, 2019 at the awe-inspiring age of 95.

Gerry, or as his family knew him, Pop, lived an incredibly full life crediting his longevity to having an adventure every day. His friends and family would heartily agree. He was renowned for this adventurous spirit, his love of travel and



his appreciation of the out of doors. He was a passionate skier, and over the decades won many medals in his age category for slalom ski. He travelled to Kathmandu and hiked to the high-altitude camp before Base Camp at Everest with Sherpas leading the way. He himself led hiking expeditions throughout the hills of the Laurentians, knowing all the hidden trails and where the best views were to be found. He rode his bicycle down back roads to secret beaches, skippered his boat on many of the little lakes that surrounded his home, swam every day in the river behind his house and tended his delightful flower boat. Margaret and Gerald hosted parties attended by "distinguished guests" and "appointed" dignitaries at the “Simon River Yacht Club”. His welcome salute of BULA! has become a family tradition, and his Gurkha knife is legendary in the cutting of cakes at all family celebrations. If you were very, very lucky, you might catch a glimpse of him flashing his big smile whilst driving his treasured blue TR-7 sports car, always top down, around the winding roads of Northern Quebec in the summertime. Gerry took every single opportunity to savour the outdoors and express his joy in life. C’est si bon!

Gerry’s father Michael Mahony was in the British Navy Admiralty. He served during the war in Malta, and Ceylon, taking his wife May Rose (nee Spencer) to live in these countries. Gerry, his sister Marjorie, and his brother Michael John, all had a rich and varied education. For Gerry, these early exposures into other cultures sparked a curiosity that lasted a lifetime.

Gerald was a Royal Navy officer in Ceylon where, in 1947, he met and married Ann Russon-Baylis (deceased), the mother of his three children, Rory, Victoria, and Charlie (deceased). At 27, Gerry was the commandant of the airport in Khartoum, Sudan. Following a stint in the UK, he then moved his young family to Canada where, for the first five years, Gerry worked in Frobisher Bay, Fox Basin and other locations on the DEW Line in the Canadian Arctic. He was inducted into the “Arctic Circle Club” at Resolute Bay, NWT, 1500 miles south of the North Pole. In his aviation career, he worked for Nord Air, Wheeler Airlines, Eastern Provincial Airways

and most recently, in aviation marketing for the Government of Canada.

For the last 30 years, Gerald has lived happily in the village of Morin Heights. Over 20 years ago, Gerry met Margaret McLellan, the love of his life. They have shared many adventures around the globe: snorkelling in Mexico, the Fiji Islands, the West Indies, and the Greek Islands, travelled to Australia, visited Belgium, toured China (in his 95th year!), cruised on a narrow boat through the canals of Britain, flew to Ireland to kiss the Blarney Stone and visit County Cork, the birthplace of his father Michael, and had the time of their lives in South Africa on Safari.

Gerald leaves behind amazing memories with his daughter Victoria, his son Rory (Elizabeth), his grand daughter Brie (Sean Gard), his grandchildren Emma, Jacob and Bradley, his lovely Margaret and her children, Jeffrey Taylor (Shari-Lynn Sare), Andrea (Bruce) Balsdon and Ian Taylor (Ellen Dickson), and Margaret’s five grandchildren, Ben, Olivia, Liam, Evan and Bryn: all who experienced the magic of summers with Gerry and Margaret on the Rivière à Simon. In Britain, Australia, South Africa and other parts of the world he will be missed so very much by Lynne, Nicky, Simon, Patrick, Charles, Mark, their families and... the very many friends he met on his adventures throughout the world.

Gerald was a long time member of the Royal Canadian Legion. A Celebration of Life for Gerald, will be held, September 22, from 2 pm to 5 pm at the Royal Canadian Legion, Branch 17, Morin Heights, Quebec. All who know this fine gentleman adventurer are welcome. Gerald himself would advise to bring stories and song.

Donations to the Royal Canadian, Legion Branch 171, Morin Heights, or charity of your choice.

~ An Irish Blessing ~

CELEBRATION OF LIFE

A Celebration of Life, memorial service, is planned for George Alexander Thorburn, formerly of Lachute. It will be held on Saturday, September 7, at 2 pm at the Margaret Rodger Memorial Presbyterian Church Hall, 463 Principale, Lachute.

George passed away on May 18, 2019, in London, Ontario, at the age of 72.



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Mon, Aug 12: 10:30 am - noon
(Mont-Tremblant - by reservation)

Mon, Sept 9: 10:30 am - noon
(Mont Tremblant – by reservation)

Fri, Aug 30: 10:30 am - noon
(Ste-Agathe)

FOR PEOPLE IN MOURNING

Coffee Meeting for the Bereaved

Tues, Aug 13: 7 pm - 8:30 pm
(Mont-Tremblant - by reservation)

Tues, Sept 10: 7 pm - 8:30 pm
(Mont-Tremblant - by reservation)

Thurs, Aug 15: 1:30 pm - 3:30 pm
(Ste-Agathe)

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Andi Bennett

My mom has always told me that if you don’t ask, the answer is always no. The phrase stuck out for me when I was researching services available to anglophones in the area. A common response was “No, we do not have -fill in the blank- available in English because we haven’t identified a need.” Flashback to me looking for some help with my headstrong two-year-old when we first moved to Morin Heights. The parenting workshops I found were only offered in French. Did I take it any farther? No. Did I call to inquire why it wasn’t offered in English or by someone who can at least communicate a little bit in English? No, I did not. To be clear, I speak French. Arguably, pretty decent French. But my sleep-deprived mom-of-a-toddler-brain did not want to take on anything that would require more than the most basic neurological functions. The point is that as anglophones, we often do not push the issue when it comes to services or paperwork in English. To that end, 4 Korner's is in the process of putting the question out to our residents: What services have you had difficulty accessing in English? The end goal is to identify the most pressing needs and see if there are ways that we can partner with existing organizations to help make the landscape a little easier to navigate for anglophones.

Project number two on my list is a slightly bigger challenge. 4 Korner's wants to reach out to the most vulnerable members of our community, i.e. those who are isolated due to any number of reasons: lack of transportation, lack of mobility, age, mental illness... anything that prevents our friends, family and neighbors from seeking out what they need. We would like to start compiling a database of our vulnerable people. We want to check in on them when the temperature spikes over 30 degrees. We want to inform them of transportation options they may not be aware of. We would like to connect them with the people that are already very hard at work in our community looking to improve the quality of life of every one of our residents.

Please send me an email if you can help with these endeavors and, as Jerry Maguire famously said, help me help you! We may not be able to show you the money, but perhaps we can help make a small difference in the life of someone you love.

You can reach me at andie@4kornerscenter.org



Main Street Money

Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Insurance made easy

Getting the necessary protection is faster and simpler than ever before.

When thinking about their financial future, many people tend to focus on investments, bank account balances, or paying down debts. Sometimes, insurance protection can get put on the back burner, often because of misconceptions; it’s not fun to think about, it seems difficult to get or it’s assumed to be unaffordable. Well, insurance is changing – and today’s solutions not only make getting the coverage you need faster, and easier than ever before, they can also play a big part in helping you reach your financial goals.

Tailored for your needs

Insurance is an important part of your financial future – even those who are young, don’t have children, or are not the main breadwinner of a family, should have some form of protection. That said, choosing the right type of insurance for your life-stage and financial needs is key. For example, young professionals may want to consider critical illness, or disability insurance, to help manage expenses if an illness or disability prevents them from working, whereas middle-aged consumers might benefit most from a permanent life insurance policy. Your advisor can help you find the right protection for your life and wealth stage.

Applications are easier

It used to be that applying for insurance was a complicated process, involving face-to-face meetings, lengthy applications and the need to provide blood and urine samples. Now, applications are simpler. Many can be completed online, without having to meet in person, and can also be signed electronically. In most cases, medical exams and fluid samples are a thing of the past. Today, approvals are quick, and coverage can be in place in as little as 48 hours after you apply.

It’s more affordable than you think

In a recent survey, consumers revealed the top two reasons why they hesitated to buy life insurance:

- 1. It was a low priority
- 2. They felt it wasn’t affordable

But the truth is, the right coverage can be designed to fit comfortably into your life and financial plan. Term life insurance, for example, is a cost-effective solution that can provide protection for a specific length of time. And some new programs allow consumers to earn premium reductions and other rewards, based on making healthy lifestyle choices.

It’s empowering

Making a decision that can safeguard your family’s lifestyle is a great feeling. Not only that, there are a range of innovative solutions that help keep you motivated to make healthy lifestyle choices. Programs that incorporate goal setting, activity tracking, and rewards for everyday accomplishments, can encourage positive habits that can lead to lasting health benefits. When you consider the advancements and choices available, it’s clear that getting the necessary protection may be one of the easiest parts of implementing your ideas. Speak with your advisor to determine what type of insurance and how much coverage is best suited for your needs.

A PRIMER ON PROTECTION

Life insurance provides a benefit in the event of your death. How much you need depends on the amount of debt you have, and your family’s income needs. The two most common types of life insurance are:

- Term life insurance provides protection at a guaranteed rate for a specific period, such as 10 or 20 years. At the end of the term, if you want to keep your protection, you can renew the policy, or convert it to permanent insurance.
- Permanent life insurance provides protection for life, as long as your premiums are paid. In some cases, you can accumulate a tax-advantaged investment, or

cash value, that may increase the amount you leave to your beneficiary.

Critical illness insurance provides a one-time payment if you’re diagnosed with a covered medical condition. This benefit can be used to help support your daily needs, and those of your family, while you are unable to work.

Disability insurance provides regular payments to help replace your income if a disability prevents you from working. This type of protection is especially important if your job is your family’s primary source of income, or if you run your own business.

DID YOU KNOW?

Even if you have insurance through a benefits plan at work, it may not be enough to maintain your family’s current standard of living in the event of a death, sickness or disability. In households where the primary wage earner is covered by group insurance only, the average amount of coverage will replace income for only two years. An individual policy can help top up your benefits – and stay with you, even if you change jobs.

Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

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Free employment training in the health and social services

In order to meet its major manpower needs, the Laurentian Integrated Health and Social Services Center (CISSS) has partnered with the Performance Plus Professional Training Center to offer free training leading to a career as a beneficiary attendant or auxiliary to health and social services, directly in Lachute. A total of 870 hours of training will take place directly at the Argenteuil CHSLD located at the Argenteuil Multiservice Center on rue de la Providence. During the training, students will be able to get a job and join the CISSS des Laurentides care teams to offer quality services to seniors and vulnerable people in our community. "A job in the health and social services network is a very interesting prospect for both young and old who want to reorient their career. A large organization like ours offers all the benefits of working in the public network and opportunities for career progression. These courses are a direct pass for a rewarding, and full of potential job," says the president and CEO of CISSS des Laurentides, Mr. Jean-François Foisy.

For more information on Lachute training, please call 450 566-7587, extension 7650.





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I'm Just Saying The good, the bad, and the ...

Ron Golfman - Main Street

Half full, half empty, Yin and Yang, silver linings, and all those questions of balance can be found in a neighborhood near you, if you take a moment to look. My favorite always has been, even though I don't understand fully the reference, making a silk purse out of a sow's ear. The point here is that, in the big picture, for every gripe there is an alternative way to look at things, which will turn gristle into a bit of sugar.

I participated recently in the Legion flea market and met several people who stopped to support my ongoing contention that the speed limit on route 329, at the four corners entering into downtown Morin Heights, is an accident waiting to happen. I am heartened that others share my concern, and yet was stunned to see that now the speed limit leaving town, towards Blue Hills, an area with no foot traffic, was reduced from 90 kms to 50 kms. It defies logic to know that things can be changed for no apparent reason, while other practical measures are ignored. The positive here is that there is a genuine, shared concern regarding this issue by more than just a few of us.

On the 50th anniversary of the Apollo 11 moon landing this July, an incredible accomplishment (though some skeptical people believe it was all staged in a studio in Burbank, California) I have come to consider the possibility that Neil Armstrong and Buzz Aldrin were filmed in the crater-filled parking lot of our local post office. The neglect here is longstanding, and aggravates me daily, but at the same time, I am grateful, as not having a post office at all would be an enormous loss of convenience and prestige as a town.

The impending closing of Chez Emily, a tradition and local favorite to get a great breakfast and shoot the breeze with other locals, is a sad moment, but the hard-working people who own it are entitled to put their feet up after so many years of serving us so well. I always hoped the municipality would buy the land, put in a soccer field and parking, connecting electricity to the baseball field, while lighting up a new soccer pitch, but it is not to be. I am pleased that the Arpeneture outfit of Sylvie Filion will occupy that spot, because new business in town is good for us all and contributes to the health of the local economy and tax base.

Finally, and as a Canadian, some words related to the weather. Coming off a miserable winter, we find ourselves in the midst of endless 30-degree temperatures with breathtaking humidity, but for most of us, we'll take it. In our little hamlet, aside from hitting the beach, or going to the Big V for a soft ice cream to cope, another way to beat the heat with fun has emerged. The local Legion 171, largely thanks to Pierre, Janet and many others, has brought exceptional musical talent on many evenings, during these heat waves, for us to chill, dance and come together.

The quality of the performers, coupled with the strong heartbeat of Morin Heights' spirit and, I'm Just Saying, makes for one hell of a silk purse.



Essential Oils Back to school

Susan Rich

Even though it feels like summer has just begun, sadly we must start contemplating the dreaded back-to-school season. This can be a high-stress season for kids and parents. After a busy summer, grouping a bunch of kids together can present challenges, such as getting them to stay calm and focused, and preventing them from spreading germs and the dreaded head lice that come up every school year. Let's talk about a few tips and tricks to combat these issues using essential oils.

Focus and calm:

Diffusing peppermint is a wonderful way to get brains to focus on the tasks at hand. It supports brain function and invigorates the body, giving a person energy (but not in a caffeine-induced way). You can also put a drop in your hand, rub your hands together and cup them over your nose and inhale deeply. Try this when it's time for homework and watch it get done in record time.

For those who simply can't calm down we often think of Lavender, however for some people it does quite the opposite. In those cases, we can use some of the tree oils, such as cedar wood, pine, or even vetiver, which is a grass and has been shown to have very calming properties.

Germ:

The top prevention, as we all know, is washing your hands regularly, but kids do not always conform, it just doesn't happen. Using oils, such as cinnamon, oregano, thyme and rosemary, on a regular basis can help to support our immune systems, allowing our bodies to ward off the germs with which they come into contact.

Head Lice:

These little devils are such a pain for parents, and although some kids get them constantly, others never get them at all. Making a spray bottle of lavender and/or cedar wood mixed with water (for those that don't like the flowery smell) and applying daily, before they go to school, can have a major impact on avoiding them. If they do get lice, add a few drops of tea tree to their shampoo and follow normal protocols to combat them in a natural, non-toxic manner.

For more information on how to get 100% pure CPTG oils, please feel free to contact me at 819-421-2253 or join my public education page on Facebook at Éducation Publique Living Essentials Public Education



Fit Tip #137 Rest

Lisa Mclellan - Main Street

I have been resting since January 2019 and, over the past months, I have observed how tired I have been, as well as how much this fatigue has limited my energy, my motivation and my dreams. The tiredness I felt was the result of an accumulation of work-related stress, financial worries, lack of deep sleep, resistance, fear, and a nagging feeling of unfulfilled potential and dissatisfaction in my life. My spirit was calling to me. I heeded the call, closed my school on December 15, 2018, and dove head-first into the unknown.

As I unwind slowly from 40 years of hard work and too much worry, I am discovering a new reality, a freedom and a lightness of being. In North America, we seem to be focussed on DOING, so that we can HAVE enough, in order to BE. As I settle into this new, and rested vibe, I am experiencing that BEING is inspiring my DOING, and that is leading to my HAVING, in new and unexpected ways.

There is much talk about the importance of purpose, your WHY. A clear, and aligned WHY will lead to positive results, but really, how aligned are we with our WHY's? As a self-employed woman, part of my WHY was driven by the urgent need to earn money, more than an alignment with my real desires. What if our WHY were simply to BE - to be our 100%, authentic self? No artifice, no pretensions and nothing to prove. What then? What would we do from that place of being, and what would our doing in that place look like? What would it lead us to have?

I have given myself a full year to explore these questions. I'm a work in progress.

RESTING into being:

1. The practice of mindfulness and meditation teach us to quiet our minds and still our bodies so we can strip away the stories, the conditioned tendencies and the hurts. Gradually, we will enter a deeper, more honest relationship with our authentic selves and be able to receive guidance from our inner voice.
2. Yoga, Qigong and Tai Chi teach us to connect to the flow of the life force within us. This will augment our health and well-being, and enable us to experience calm, rest and peace. From this ground, our thoughts, words and actions become more aligned with our truth.
3. Carving out time to stop working, and instead, to play with family and friends, to exercise and do things you love, to enjoy life is crucial. Laugh. Relax. Let go.
4. Disconnecting from technology, screen time and social media will encourage us to be more present and aware of what is real. It is deeply restful for the nervous system.
5. Rest into quiet and stillness and ask for clarity. Ask for change. Be sincere. Watch what happens.
6. Learn to follow your heart and uplift yourself.

So many good and beautiful things are happening in my life as I rest fearlessly into my truth. I encourage you to leap into the unknown with an open heart and mind, with confidence, and discover what new possibilities await you too.

Gracias a la vida.



The English Link Tangage des Laurentides

Andie Bennett

Exploration is a part of adolescence. Tangage is there to provide information and help kids make good decisions to help ensure that exploration

doesn't veer off the track into addiction.

Tangage des Laurentides' mission is to promote addiction prevention. They have done English workshops at Sainte Adele Elementary, Arundel Primary school, Sainte Agathe Academy and Morin Heights Elementary.

I met with workshop leader Sara Gaudreault and director Anne Lauzon to learn more about the non-profit organization. Between the two of them, they held 325 workshops this past year. The workshops start at Grade Four and continue up until Secondary Five. There are also workshops for adult students as well as for parents. The focus is always on education and prevention and the message is delivered without judgement. Tangage workshop leaders touch on the big three: alcohol, tobacco - with vaping and e-cigarettes a relatively new and wide-spread addition - and marijuana. But social media and video games can also become problematic. The former has essentially broken down the barriers for bullies who can now reach their victims anytime and anywhere, and the latter in its hand-held format is such a new phenomenon that there are still studies to be done on what actually qualifies as an addiction.

Workshop leaders educate students on the physical and emotional effects of addiction. They provide tools to help empower kids to just say no and also offer parents helpful suggestions, like shutting off WiFi at home in the evening (to avoid a 4:00 am Fortnight update) or restricting screen devices in certain areas of the home. Communication is strongly encouraged, and setting limits with your kids sooner rather than later is a good way to try and head off addiction before it becomes a serious problem.

Tangage employees attend regular workshops and conferences to stay on top of the changing landscape of addiction, dealing with events such as the legalization of cannabis. This recent change in the law opened the door to more conversations about the drug and addressed many misconceptions among teens, including that driving high is somehow better than driving drunk. A quick exercise with the Fatal Vision glasses - a tool used to mimic how a person high on cannabis may be affected - prove without a doubt that driving high is a terrible idea.

The bulk of their workshops are put on through the school boards but Tangage is ready to tailor workshops to community needs and is willing and motivated to put something together for any interested group or organization.

Tangage des Laurentides is located at 118B rue Principale est

Sainte-Agathe-des-Monts QC J8C 1K1
<http://tangage.ca/>



Real Wine for Real People

What is Amarone ... and why does it cost so much?

April Sirois – Sommelier - ISG

Northern Italy is known for great things, including Venice, Lake Como, and the beloved Amarone della Valpolicella, usually known as Amarone. Amarone is pronounced AM-ARE-OH-NEE, and the word means “The Great Bitter.”

Amarone tends to be on the more costly side and, usually, will run you \$50-\$80 and up, which isn’t cheap. While some wine prices are inflated artificially, Amarone costs more due to its labour-intensive production methods but, I think, it’s worth the money.

There is an explanation why Amarone is so expensive compared to other wines from the region. It’s a labor-intensive process to produce this wine. Because of this, there is a significant risk for the development of various wine faults along the way. Wet and rainy weather in the area during harvest may cause the grapes to rot before drying out, requiring winemakers to be diligent in removing and discarding, rotted bunches that can cause moldy flavors in the wine. The grapes, Corvina, Corvinone, Rondinella, and Molinara, are harvested ripe, and therefore late, in the first two weeks of October. The winemaker will choose carefully bunches of grapes, not clustered too close to each other, to let the air flow through during the next phase in the production, when the grapes are left to dry out. Traditionally, this is done on straw mats. This is called appassimento (to dry and shrivel) in Italian. This concentrates the remaining sugars and flavours, similar to the production method of French Vin De Paille.

Typically, the length of the drying process is 120 days, but varies according to producer. During the roughly 120 days that this occurs, the grapes will lose 30-40% of their weight. The result is intense concentration and a very high sugar content, which in turn translates into 15% or higher alcohol levels. When the drying process is complete, during the end of January or beginning of February, the grapes are crushed and sent through a low-temperature fermentation process that can last up to 30 or 50 days. The reduced water content slows down the fermentation process, increasing the risk of spoilage and other potential wine faults.

It also demands a premium price. You can do the math yourself; a lot more fruit goes into a bottle of Amarone than other varieties of wine. The drying process demands an investment of time and space by the winery. The result is a very ripe-tasting, full-bodied wine with very little acid. With an alcohol content that can easily surpass 15% (the legal minimum is 14%), the resulting wine is rarely released until five years after the vintage, even though this is not a legal requirement.

Luckily for all of us, there’s a secret! Most Amarone producers also bottle Valpolicella Ripasso, often referred to as “Baby Amarone”. To make Ripasso, fresh Valpolicella Classico wine is mingled with leftover skins, or “must”, from the Amarone winemaking process. The resulting wine absorbs additional body and flavor, giving us a dry, medium-bodied wine with a similar complexity to Amarone, but at prices below \$20!

~Cheers

On The Wings of a Raptor

Falconry; the tradition continues

Susan MacDonald

Intense eyes followed me, with a penetrating stare, as I entered the yard and made my way over to the magnificent Red-tailed hawk perched quietly on his stand. He sat motionless other than the slight ruffle of his feathers in the soft breeze. The raptor was impressive, and I knew I was the focus of his attention, as he was mine. Meet Maverick, monarch of the forest, and hunting partner of falconer, Eric Farthing.



The art of falconry can be described best as the hunting of wild quarry in its natural habitat by means of a trained bird of prey. This ancient tradition dates back as far as 1700 BC, in the Far East, and is thought to have reached the shores of the British Isles around AD 860. Once practiced, as a means to supply meat to the family table, the tradition eventually became known as the sport of the upper classes. Today, falconry is still practiced as a hunting sport, however, due to the serious dedication and necessary commitment placed on the falconer, few take up the challenge.

To become a Master falconer takes at least seven years, which includes an apprenticeship, under the guidance of a sponsor/mentor, for at least two years. Raptors are protected by federal and international law, so special permits and hunting licenses must be obtained, and an educational course completed successfully, before a potential falconer may obtain his first bird. The most popular species used are Red-tailed hawks, Goshawks and Peregrine falcons, which are obtained through licensed breeders, or by humanely trapping young birds from the wild.

Birds of prey require daily special care and attention in order to maintain their health and well-being. Proper housing facilities, a natural diet and plenty of exercise are just the beginning. Birds must also be weighed and inspected daily to ensure proper body weight is being maintained, their feathers are in good condition and the birds are in top shape for hunting.

Regular training and socialization (with the falconer) are essential, if this team is to work successfully together. During the hunt, Maverick will be flying free, acting on his natural instincts and directed by Eric’s calls and whistles. They will be a team, a pair bonded by trust and respect, sharing the thrill, and the prize, of the hunt.

I have been invited to join Eric and Maverick on an upcoming hunt and look forward to sharing the adventure with you. While I’m not a fan of traditional hunting, this opportunity to observe a bird of prey, in the wild, promises to be a special experience.

Stay tuned...

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New school planned for Val-David


Citizens are invited to express themselves on the construction project of the new school in Val-David. Residents are welcome to share their ideas in the community hall (church) of Val-David, on August 27, at 6:30 pm.

Following the announcement of funding from the Ministry of Education for the construction of a new school in Val-David, the Municipality and a committee of volunteers want to consult the population to hear and discuss their suggestions regarding the new school.

The objective of this consultation is to produce a report that will be submitted to the Commission scolaire des Laurentides (CSL) to inspire the stakeholders involved in the project. Although the Municipality could decide to improve certain equipment at its expense, it is indeed the CSL that is the main contractor for the construction of the school and can respond to the recommendations of the report.

Given the tight timeline envisioned by the HSC, this consultation is an excellent, and probably the only, opportunity to consider the needs of children, and for the community to share its best ideas for a healthy and safe school environment, as well as to have a chance to influence this new construction.

Again, the meeting will be held on Tuesday, August 27 at 6:30 pm at 2490, rue de l'Église, Val-David.



New outdoor cannabis re- search sites in Quebec and British Columbia to study best-in-class cultivation techniques and advance plant science

The new sites in Quebec and British Columbia will be used for cultivation re- search to develop new technology, genetics and intellectual property in order to drive sustainable, high-quality outdoor production. Aurora purposefully chose the outdoor sites because they represent two different growing environments. The company will conduct research on cultivation techniques to further excel at growing cannabis in varying climate conditions and will examine approaches to environmentally sustainable cannabis agriculture.

The newly-named Western facility will be called Aurora Valley and is a 207-acre operation in Westwold, British Columbia. The Eastern facility, a 21,000 square foot operation at the Aurora Eau facility in Lachute, is the first approved outdoor grow operation for cannabis in Quebec. Aurora Valley is expected to be planted shortly and Aurora Eau has already been planted.

The two sites are an extension of the scientific research Aurora will be conducting at its new Comox facility, which will be ready in the fall of 2019. The Comox facility consists of a 21,000 square foot indoor grow facility and a 10,500 square foot laboratory. This unique research centre will be home for Aurora's plant breeding team designed to create new cannabis cultivars with improved growing characteristics for both indoor and outdoor cultivation.

"Aurora believes in innovative operations and intensive research and we're applying our approach to outdoor grown cannabis," said Aurora CEO Terry Booth. "Our team plans to use these areas to ensure we are able to consistently grow the high-quality cannabis Aurora has become known for around the world. We're proud to be a Canadian company and this is a further commitment to research and job creation in Canada."

Dr. Jonathan Page, Chief Science Officer at Aurora added, "For this season and next, our focus will be on researching cultivation methods and evaluating genetics in order to produce high THC and CBD cannabis in outdoor-grown plants, with the ultimate goal of extracting these components. The unique climates of each site also presents a great opportunity to determine which cultivars will perform best in different outdoor environments."



**David Graham**
MP • Laurentides—Labelle

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About Aurora

Headquartered in Edmonton, Alberta, Canada with funded capacity in excess of 625,000 kg per annum and sales and operations in 25 countries across five continents, Aurora is one of the world's largest and leading cannabis companies. Aurora is vertically integrated and horizontally diversified across every key segment of the value chain, from facility engineering and design to cannabis breeding and genetics research, cannabis and hemp production, derivatives, high value-add product development, home cultivation, wholesale and retail distribution. built to the EU GMP standard.

For more information about Aurora, please visit our investor website, investor.auroramj.com



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