

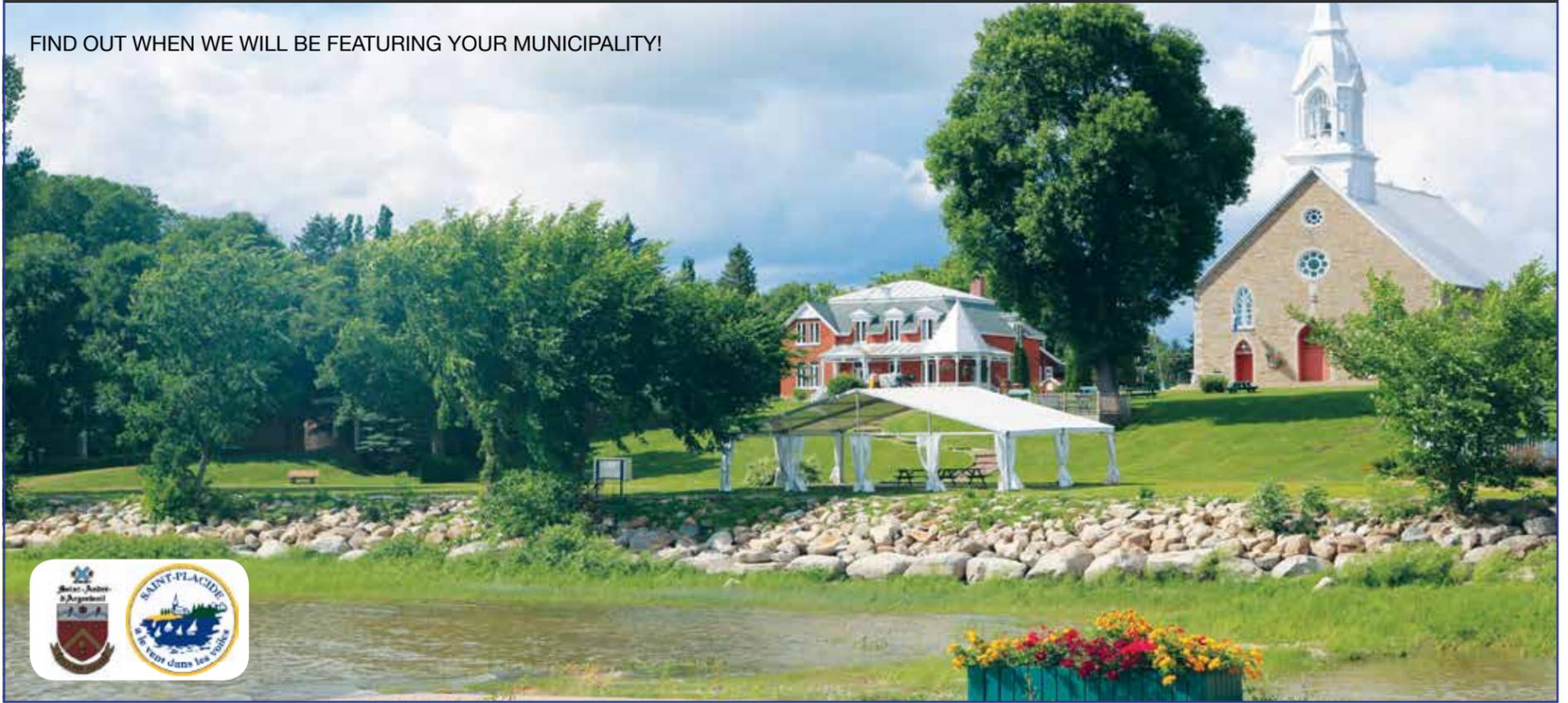
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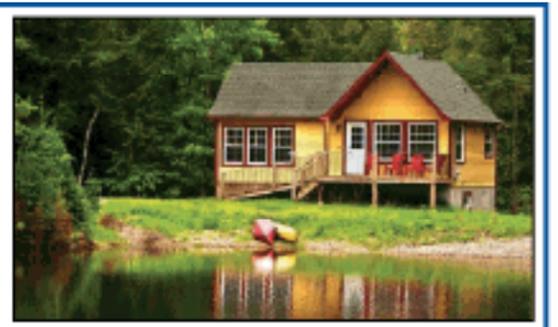
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## WHAT'S ON MY MIND...

Susan MacDonald, Editor

This weekend, lakes and campground areas resonated with the sound of children's laughter and it was amusing to sit and listen to their squeals of glee while they enjoyed these last few carefree days of summer. In less than a month, they will be back to following the structured regimen that comes hand-in-hand with the return to school. Good heavens, summer is nearly over!

Who are these younger members of our society; what are their expectations in life and what does the future hold for them? Often receiving a bad rap, and being labeled the "Me Generation" (this term could easily be applied to each generation by the way), over the course of the past year, there have been several individual and collective youth initiatives that have openly challenged that misnomer. If this is the true "Me Generation," then the definition has definitely been revised.

Each month, Yaneka McFarland, our youngest journalist who writes the Youthful Perspective column in Main Street, challenges her peer-group to stand up and make a difference. Her topics of choice have covered an amazing range of subjects based on local and global events. Her compassion towards those less-fortunate and, her insistence that youth can make a difference by standing up and letting their voices be heard, have been an inspiration to us all. Her article in the May 2014 edition, titled *Me, myself and I*, clearly identified and explained the "Me-Generation" theory from a "Youthful Perspective." It was so well-written, I found myself re-evaluating my own position on this universal issue.

I was first introduced to the children of Hope Blooms on an episode of Dragon's Den. These youngsters were remarkable. Their story and presentation were well beyond their years and left me in tears as this, I can honestly say, was the most credible example of what sheer determination could accomplish that I had ever witnessed. As the show ran its closing credits, I was on the Internet perusing their website and was awe-struck after reading the history behind the story and learning of their incredible accomplishments.

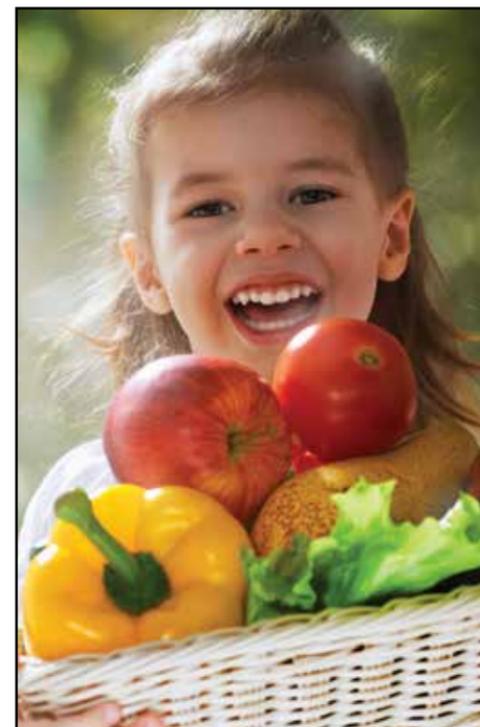
On the local scene, an enthusiastic group is currently busy up at Morgan Farms in Weir, constructing a passive-solar, year-round greenhouse using the Earthship-building concept. Spearheaded by a core-group who followed courses at the Earthship Biotechnology Academy in New Mexico (earthship.com/academy), the project is well underway thanks to the support and assistance of over 70 volunteers from all across Quebec. Environmentally stable, and nearly self-sufficient, this could very well be the wave of the future. Look for their latest update on page 6.

One example of what our own local students have accomplished is the Morin Heights elementary children who, earlier this year, grew and sold vegetables as a fundraising initiative to benefit the local animal shelter in Ste. Agathe. Recycled yoghurt containers were used as the seeding pots and the children looked after the plants as they grew. They also collected food, blankets, towels and other essential items and, adding that to the monies from the sale, the group made a special trip to the shelter to personally deliver their collective donation. The SPCA-LL receives no financial assistance and depends on fundraisers and public donations to maintain operations. When every dollar counts, you can imagine how much this gesture was appreciated.

These few examples shed light on what the kids of today are capable of achieving and it is illogical to compare them with the previous generation. Times, technology and societies continually change and each group must evolve accordingly. Let's listen up and pay attention; these kids have a lot to say. For all those returning to school, at any level, best of luck for a successful year!

Over the past several months, we have been highlighting various communities throughout the Laurentians. We have covered several so far, featuring areas focused on tourism, culture and nature at its best. Next month, we will be heading to Harrington and Arundel, visiting two of the most picturesque, agricultural areas to be found in the Laurentians.

Enjoy the read.



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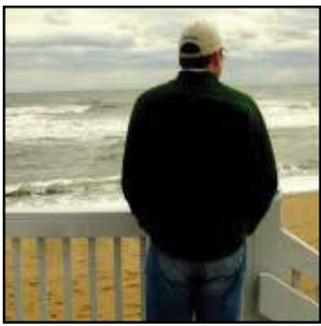
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## Observations

# The Pharmaceutical Conundrum – No Cures.

David MacFairlane - Main Street

“I want a new drug, one that won't make me sick, One that won't make me crash my car, Or make me feel three feet thick. I want a new drug, One that won't hurt my head, One that won't make my mouth too dry, Or make my eyes too red ... “

Huey Lewis and The News – from the album “Sports” (1983)

Just a handful of multinational behemoths dominate the industry and have a stranglehold on most of the controlled drugs available in the world. Over the decades, they have merged with each other to form ever-growing giant cartels that dominate the industry and produce drugs to manage, modify or ameliorate medical ailments and diseases, most of which were unknown to us just a mere generation ago. Cures, however, are as rare as sightings of Bigfoot.

Pharmaceutical producers are rolling in profits while drug sales rise each year, particularly oncology, cancer and diabetes treatment drugs. Consider this; Walmart, the world's largest company, struggles to earn 3% on sales of \$400 billion, while Pfizer, the leader, easily pulls in 25% on sales of \$50 billion. Together, the top 10 pharma/biotech companies have sales of over \$400 billion and rake in 25% net income (after R&D expenses!) That's a lot of free cash.

We have entered a world of medical acronyms. Who could have imagined, just a generation ago, all the acronyms that demand our attention today? For example; ADD, ADHD, OCD, HIV, ALS, IBS, BD, CTS, COPD, ED, MS, OA, PTSD, PMS, STD, SIDS, TB, to name just a few we bump into regularly. Unless someone we know is afflicted with one of these conditions, we will likely never bother to find out what it means.

In all, there are over 197,000 medical acronyms in use today. Courses are available to teach health-care workers about medical terminology, which has become such a critical part of the language used by professionals that without this training, analyzing and interpreting of medical reports becomes impossible. I wonder how medical science, financed and propelled by its overseer and giver-of-life, the pharmaceutical industry, has been so fortuitous to have identified so many human diseases and yet been unable to find CURES for these malfunctions of the human organism.

Our goal isn't really to cure cancer, but to turn it into a long-term profitable business!

Source: @OrganicLiveFood

Take the Big C, for example. Yes, cancer. Why, in the interests of profits and power, would a pharmaceutical company strive to find a CURE for cancer, when simply MANAGING the disease guarantees a continuous stream of profits for years by simply prolonging the life of patients, without curing them? Even those who do get treatment and go into remission can never be sure they have been “cured.” When you think of this in purely pecuniary terms, it makes perfect sense. Don't think that these multi-national mega-corporations are altruistic and benevolent. Finding cures will mean they would lose their market dominance. Shareholders and stock markets demand continuous growth from public corporations, and pharmaceuticals do exactly that! They regurgitate huge dividends each year, and pour millions of dollars into the pockets of senior executives and major stockholders, who are often the elites, major banks and other financial entities.

Casting doubts on the necessity for drug use, Dr. Gabor Mate of Vancouver, a world-renowned researcher, states that many disorders are not genetic in origin, but come from one's early childhood environment. He points out that ... “the brain is affected by the environment, not only during critical periods of early childhood development, but throughout the human lifetime ... AD(H)D is a reversible impairment and a developmental delay, with origins in infancy.” (His book, “Scattered Minds”). So, most likely, are OCD (obsessive-compulsive disorder) and BD (bi-polar disorder) related to early childhood

environmental causes. On March 31, 2013, Allan Schwartz, journalist for the New York Times, wrote that use of AD(H)D medications is skyrocketing in the US. Nearly 20% of high-school-age boys and over 11% of school-age children have been diagnosed, and he suggests that ADD is being seriously over-diagnosed and children are being over-medicated. He states that use of these drugs (Ritalin and Adderall – both stimulants) can lead to addiction, anxiety and psychosis. The movie “Palo Alto” by Gia Coppola (Francis Ford's granddaughter) tells a bleak story of teen drug dependency and alienation.

We don't understand that it is our environment that is damaging us psychologically – the stresses of finding decent work, putting food on our tables, raising our children in safe, supportive environments, finding stability in a hostile world where our relentless anxieties propel us into behaviour that damages our own psyches and makes honest relationships impossible. It is into this dysfunctional environment that pharmaceutical companies probe and spread their gospel of redemption, brainwashing us into believing that a little red or blue pill will make everything okay. Perhaps, but for whom?

We are being bamboozled at every turn, and we accept this manipulation without pushing back. I feel we have lost our way and are stumbling around in the dark, searching for deliverance, when all that confronts us is the rapaciousness of the lowest common human denominator and, for the thinking minority, the agony of a once-possible paradise now, perhaps, irretrievably lost.

Yikes!

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## Fukushima Update

# The Crisis That Keeps On Giving

Folks, you have not been reading very much about Fukushima these days, because the news now is all about what's going on in the Middle East and the fast-growing crisis in Ukraine, but do not lose sight of this crisis too! No, it has not gone away, and it's not going to go away, or abate, any time soon. In fact, long after the Israeli/Palestinian tragedy and the possible war in Eastern Europe are history, Fukushima will still be around, poisoning our planet.

The latest reports from ENENews are rather depressing. There has been a huge increase in the number of dead and sick sea mammals along the coast of California. The numbers are unprecedented. The Santa Cruz Sentinel reported that The Marine Mammal Center has received a record-breaking number of sick and starving young sea lions and seals that have been impacted by a neurological disease caused by toxins released from large amounts of algae now polluting the ocean. The algae releases a toxin called domoic acid, a neurotoxin that causes a type of epilepsy; memory loss, tremors, convulsions and death. Many animals are beyond help and need to be euthanized. Many other sea animals are believed to be dying in the open ocean of untreated seizures. Millions of dead fish are being reported along the coast of Oregon too. Comments such as ... "Craziest thing I have ever seen ... you can't blame people for being alarmed ... it kind of looks like the apocalypse" are being reported anecdotally. However, officials are more circumspect and are reluctant to point the finger of blame in any direction; the most they say is ... "We're not sure why this is happening ... we don't have enough information at this time." I think we can all be pretty sure that they have been warned to keep their mouths shut if they value their jobs!

In other news, an earlier Fukushima Update referred to the US sailors who had been exposed to radiation while serving on the aircraft-carrier, USS Ronald Regan which was dispatched to help following the earthquake and tsunami that destroyed the nuclear reactor complex at Fukushima. They continue to show serious signs of radiation exposure. Over 1750 sailors, men and women, have radiation sickness, from infertility to childbirth complications. There are numerous cases of thyroid disorders and spontaneous abortions. There are many reports that extreme measures are being used to cover this up, and it is obvious why the government would want to keep this whole mess under wraps.

It is obvious that Fukushima is now deadlier than ever before; the destroyed complex continues to spew radiation into the ocean and the air, the reactors have not been contained, people and animals are being poisoned, the food chain has become dangerous to our health and the technology to stop this nuclear disaster does not exist. Our children will still be dealing with the consequences, long after we are gone.

The word to be terrified about is bio-accumulation. That's what radiation does; it accumulates. That's the long-term danger.

More soon.

**Suzanne Houle** Fluently bilingual  
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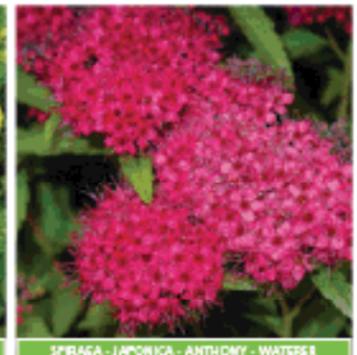
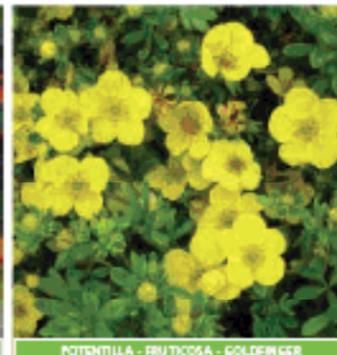
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# Morgan Farms Greenhouse

The construction of the Morgan Farms passive-solar greenhouse began the weekend of May 24 & 25 when we welcomed over 70 volunteers to help build the tire wall. We also welcomed a fantastic band from Montreal, the Gypsy Kumbia Orchestra/Dj Elios, to play for helpers and supporters of the farm. Over the course of the weekend we worked side by side with people from all over Québec who were looking to play an active role in building solutions as well as to acquire some hands-on experience with the Earthship building concept.

We would like to thank everybody who helped us build our passive-solar, Earthship-style greenhouse. Your participation means a number of things. It is a symbol of solidarity and a common desire to explore and support each other in our discovery of viable alternatives that can help us ease into a future based on community values and respect for what the earth has to offer us. Our capacity to adapt to climate change, and to other environmental issues, needs to take form in tangible projects and this is a definitive step in that direction.

The construction is not yet complete but is coming along nicely. We have finished the tire walls, put up the roof and will be working on the interior finishing over the course of the next few weeks.



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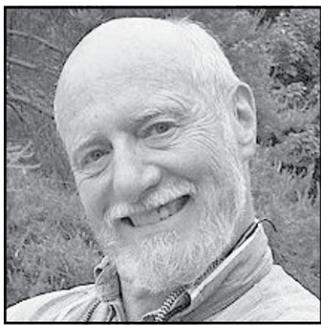
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## Simply Words on Paper Recycling is laudable, but at what cost?

Jim Warbanks - Main Street

There has been considerable furor in the Montreal media recently because of the revelation that some two-thirds of the glass intended for recycling has instead been diverted to local landfill facilities. The primary cause appears to be the closing of one recycling facility.

I am a fairly dutiful recycler and a supporter of viable recycling programs. Certain wasteful, costly aspects deserve close scrutiny, however. I can appreciate that, to be successful and cost-effective, innovative uses must be developed to make waste products truly recyclable. We have undoubtedly made certain progress, but there are some immutable constraints.

Back at the dawn of environmental awareness, I was employed in the beverage industry, a major consumer of glass bottles. Within the plant, we had significant breakage, which required disposal. Our suppliers resisted or flatly refused the return of the waste glass for recycling.

### Public relations

During that period, as a public relations gesture, one glass company would accept bottles from valiant Scout groups and others, pay them a pittance, arrange posing for a photo in front of a mounting pile of glass, then scoop it up at a later date and quietly dispose of the unusable waste as landfill. Another supplier arranged to have an access road to their plant paved with 'glassphalt,' an experimental product that incorporated a significant proportion of ground glass, but differential wear and associated problems terminated the experiment.

Some of this reluctance to recycle glass is understandable. The raw materials used in glass bottle production, about 75% silicon dioxide (SiO<sub>2</sub>), sodium oxide (Na<sub>2</sub>O) from sodium carbonate (Na<sub>2</sub>CO<sub>3</sub>), lime (CaO), and several minor additives, are relatively cheap, plentiful and most significantly, very heavy. The process requires enormous heat input to melt and form the finished glass. The process is also somewhat inefficient, producing internal waste, which is indeed re-used internally.

The color or transparency of the finished product is of vital importance, so for recycling purposes, sorting waste glass by color is required. Household recycling collection, and the associated breakage in transit, makes this impractical. Other uses of unsorted recycled waste glass include incorporation in cement or road paving products.

### Low value product

Glass waste is a low-value product. The transportation cost to an end user, such as a cement plant, is prohibitive. Think in terms of ordering a load of sand from your local quarry. The sand is almost free; you are essentially paying only the transportation costs. If you wanted to order the same truckload from a friend or brother-in-law whose facility was located a great distance away, he could not possibly match the price. Glass is also inert, so dumping it in a local landfill poses no environmental issues that plague many other waste products.

One ongoing issue of concern in Quebec is that neither wine nor liquor bottles are recuperated by the Société des Alcools du Québec (SAQ). This is a major source of waste glass. In neighboring Ontario, a 20-cent deposit is charged by the Liquor Control Board of Ontario (LCBO). This is then subject to a refund, if returned to the local Beer Store (or "In & Out Store" so named because of the omnipresent parking lot signage).

This may appear to be a reasonable solution, but travel to a Beer Store, not always located nearby, even with a trunk load of accumulated empties, bears a certain cost. Handling, storage, sorting, transport and disposal costs may not produce an acceptable economic result, though it does admittedly disguise the problem.

### Cost / benefit

If the SAQ were mandated to adopt a similar recycling policy, there would be significant infrastructure, staffing and related costs, but here, as in Ontario, it might not alleviate the waste issue, but would solve the perception problem. A complete, rigorous cost / benefit analysis would be required to clarify the issue.

Recycling is not, and never will be, a simple exercise. To markedly improve the situation, it would be far more productive to target the excessive packaging used on so many products, concentrate on in-plant efficiency to reduce waste at the source, mandate use of a percentage of recycled materials where it can be made efficient and effective and temporarily subsidize startup companies developing innovative uses for components now in the waste stream.

Concentrating on waste glass is...a waste. As a highly-respected former boss of mine stated, "Don't spend time and effort automating waste handling. That will only lead to the production of additional waste."

## Coming Up On Facebook This Month

Summer is the time of festivals and exhibitions and throughout the month, we will be posting updates on them all. Keep informed on all the events taking place before our next edition and catch daily reports on local news and advisories. Look for our lucky contest winners as well! If you have any spectacular photos to share, please send them in and we will be happy to post them on our Facebook page.



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# ABOUT SAINT-ADÈLE

**Chris Lance - Main Street**

July brought a fair amount of rain for those among us who enjoy restful evenings after watching the grass grow during the day. The forests are lush and there has been just enough sun to get the vegetables and

flowers up for the rest of the summer. It's the time of year where cottage life is great. The lakes are warm, fishing is good and the days are long. You can smell the barbeques between 7 pm and 9 pm. Bathing suits and towels on the line, tennis and golf clubs stacked by the door, alongside bikes and sneakers. Life slows down - it's so nice to have coffee outside in the mornings, listening to the birds going about their business.

Tennis pro, Greg Harmon (and his dog Macho), are moonlighting. Greg has taken over the tennis program (5 courts) near the Hotel Mont-Gabriel. He still runs the tennis here in the center of Sainte-Adèle, but now has the help of the left-handed hitter, Lise-Anne. She helps put together the doubles' teams 7 days a week, between 9 am and noon.

Sainte-Adèle had its first tournament of the season in early July. Forty-five tennis participants pounded away on the 5 courts in the middle of town and at Mont-Rolland. We had to pony up \$15 but got great BBQ sausages and salads. Our tournaments are popular - everyone is welcome. In the men's A-division, Aikin and Max tied for the top spot. Louise Perron and Slava tied for first in the B division. In the C division, Marie Heisler won the ladies' and Andre Lacombe won the men's. Lots of fun and laughs were had by the tennis crew, bravo to all those who helped organize the event.

Since we have been active all summer, hopefully, we have lost that winter waistline bulge. If you need your clothes hemmed, shortened or lengthened, there is a new business in town, Chez Roxy, at 114, rue Morin. It is run by Roxanne Poulin, who will hem your pants for 10 bucks. You can phone Roxy at 450 675-4554 and get all your alterations done while you are out enjoying the weather.

August is usually a great month to enjoy. There is so much going on and nearly no pesky bugs. Our Saturday market is turning into an arts and crafts fair, which has now expanded downstairs in the Pavillon des Citoyens. Unfortunately, our new cultural centre seems to be locked up during the day. Too bad, but you can still see the artwork through the bolted windows. Nothing better than cultural nights, paying customers and the who's who in Sainte-Adèle, at "the house the mayor built."

That's it; enjoy the days, enjoy the nights and stay safe.



# STRICTLY BUSINESS

By Lori Leonard - Main Street

## Welcome to:

**Sylvain Labelle** who opened a lovely new store called **Sylvain Labelle, Artisan** (105 rue Principale, St. Sauveur). Sylvain offers beautiful handmade linen tablecloths, placemats, napkins, housecoats, beach cover-ups and tea towels of excellent quality, many of which he has designed and sewn himself. He also sells imported items. Monographed hand towels or housecoats make lovely gifts. If you have an over-sized or small table, Sylvain will customize a tablecloth "tailored" to your specific needs. 514 601-7790.

**Patrick Barbeau**, the new owner of **Lou Smoked Meat** since May 30 (17A de l'Eglise, St. Sauveur). The resto offers super smoked meat sandwiches, a mean smoked meat poutine, plus wraps and salads to please vegetarians. Patrick has lots of exciting plans for this restaurant, which will take place this fall. Best of luck Patrick! 450 744-0766. www.louismokedmeat.com.

**Juliana De Angelis** who opened **Le Juliana's Steak House** on May 23 (330 rue Bethany, Lachute). The restaurant offers mouth-watering steaks and tapas. 450 562-2855. www.lejulianas.com.

## Congratulations to:

**Yvon Rivest**, his sons **Tommy** and **Maxim**, General Director, **Claude Paré** and his wife **Denise**, the new management team of the Alpine Inn, now called **Le Manoir Alpine** (1455 Pierre Péloleau, Ste. Adèle). It is wonderful to know the 82 year-old heritage building will be revived as a vacation club for people 50+. Features include 5 outdoor spas and an exterior pool with gardens overlooking the Rivière du nord. The official opening will take place on August 15. A new chef is on board and there are lots more surprises coming soon. 450 745-0266.

**Chloe Daneau** who recently moved and opened a new **Noushka** (194, rue Principale, St. Sauveur). The shop offers yummy cakes, hand-made chocolates, pastries, cakes, hostess gifts and favours and serves ice cream. 450 744-0919. www.chocolatsnoushka.com.

## Did you know:

- that if you see an animal (either a pet or farm animal) that is being mistreated, or if you witness an injustice to any animal, there is a new toll-free 24/7 phone number to call and report the situation? Call **1 844-animaux**, which operates in collaboration with the SPA and the SPCA.

- that there is a new flea market called **Marché aux Puces Laurentides**, which just opened on July 5? It is located at 625, Rte. 329 North in Ste. Agathe (take exit 89, 1000 feet to the right). **Luc St. Germain** is the owner. Local fresh produce and antiques will be highlighted as well as baked goods, cheese and seafood. Lots of bargains to be had! The market is open Saturday and Sunday: 9 am to 5 pm. For more info or to rent a table, call Luc at 514 913-0080 or e-mail [lucstgermain@hotmail.ca](mailto:lucstgermain@hotmail.ca).



# News Wire From Weir

**Claudette Smith-Pilon - Main Street**

## News From City Hall

Located in Montcalm, Lac des Pins (Pine Lake) is experiencing a problem with the aerobic corridor that follows its shoreline and property owners have a beef with the MRC. This situation is not recent; it has been an issue since the beginning of 2000. Since then, one owner has reached an agreement with the MTQ for the sale of their property and another has also recently signed an agreement. The 2 remaining owners are particularly concerned with the potential impact the bicycle corridor may have on the lake, which at that section, is only 2 meters from the water. Lac des Pins is one of the purest lakes in Quebec and is a source of water for many of the lake's residents. It is also very fragile. The conditions the property owners have included in their proposition to the MRC are: that they are to remain owners, but will authorize a right-away; they request not to have a stone concoction spread on the bike path; that the bicycle path, presently proposed at 15 meters wide, be reduced to 3 meters, which would protect the water's shoreline. Another suggestion was to reduce the speed of the cyclists to 10km. It is certain that the corridor will cause negative consequences to the lake. The question is, at what moment will the damage begin? With all the land and surrounding mountains nearby, why is there a public aerobic corridor necessary within such close proximity to cottages, and only 2 meters from a lake?



## Coming up at the Montcalm Community Centre:

**Friday, September 5: 9 - 10 am** - CHALLENGING RALLYE: Come see the cars and meet the drivers!

**Thursday December 4: 9 am - noon** - Vaccination

Please forward any comments, news or topics to [mmcsp40@gmail.ca](mailto:mmcsp40@gmail.ca).

# THANK YOU

**A VERY SPECIAL THANK YOU TO THE MORIN HEIGHTS MIXED BASEBALL LEAGUE PLAYERS AND FANS FOR THEIR GENEROUS DONATION TO MY FAMILY AND I**



YOUR KINDNESS WAS MOST GENEROUS AND VERY, VERY OVERWHELMING

**SPECIAL, SPECIAL THANKS TO TOMMY COURTE AND RON GOLFMAN**

TOMMY, YOUR COLOURING OF THE POSTER WITH YOUR BRAND NEW CRAYONS WAS SIMPLY BEAUTIFUL

RON THE DONATION OF YOUR AMERICAN QUARTER, 5 AMERICAN NICKELS AND 3 CANADIAN DIMES WAS MOST APPRECIATED

**SPECIAL THANKS TO PRESIDENT CATHY GOTTWALD FOR HER APPROVAL OF FUNDS**

**AND SPECIAL THANKS ALSO TO RODGER COURTE FOR THE DONATION OF HIS WINNINGS**

LIVING IN A SMALL COMMUNITY LIKE BEAUTIFUL MORIN HEIGHTS SHOWS ONCE AGAIN HOW KIND PEOPLE ARE AND HOW MUCH THAT "WE TAKE CARE OF OUR OWN"

**ONCE AGAIN, MY FAMILY AND I CAN NEVER THANK YOU ENOUGH**

THE SHERRIFFS FAMILY  
GRAHAM, JANICE, CASEY & KELLY

## MRC ARGENTEUIL

### Centre de sante et du services sociaux d'Argenteuil

#### Modification of services for out-patient geriatric services at the CSSSA

Based on the "plan to return the Centre de santé et de services sociaux d'Argenteuil to a balanced budget," the **Persons with Diminished Autonomy** clientele program has had to revise its services for out-patient geriatric clinic services. In effect, the day hospital and memory clinic components will no longer offer geriatric assessment services in its current form. Support services will be provided within the local network by those already in place.

Effective immediately, while the provision of services is under review, no new consultation requests will be accepted. Regarding users whose application has already been submitted to the day hospital, the situation analysis will be done and support will be implemented.

We are aware of the impact that such measures will have on both users and employees. The public will need to be directed to the appropriate resource. We count on the cooperation of all in a context that will prove difficult in the coming years.

#### Mayors' annual golf tournament

The MRC d'Argenteuil is pleased to announce that the 8th Annual Mayors' Golf Tournament will take place on August 20 at the Lachute Golf Club. Sylvie Bernier, gold diving medalist at the 1984 Olympic Games in Los Angeles will be the honorary president. "As you probably know, the quality of life of young people and their families is dear to my heart. I would like to congratulate the MRC d'Argenteuil for the efforts being made to raise awareness for healthy lifestyles," said Ms. Bernier.

The Fund for amateur sport and physical activity aims to raise money for redistribution within the Argenteuilloise community. Thanks to the players and sponsors who contribute every year, several organizations and athletes in the region have benefited from financial assistance. Since the first edition in 2007, the impressive sum of \$163,180 has been raised for the cause. The goal this year is to surpass \$20,000.

There will be a shotgun start at 10:30 am. Ticket are \$180 (includes brunch, cart, golf and dinner) and dinner only is \$60. Everyone is invited to join in. For information and to reserve your tickets call Dany Robillard: 450 566-0530, ext 2307 or email [drobillard@argenteuil.qc.ca](mailto:drobillard@argenteuil.qc.ca).

#### Economy and employment on young Argenteuil Liberals' minds

The Quebec Liberal Youth Wing's president, Nicolas Perrino, and his associates were in Lachute on July 5 to discuss with the Argenteuil young liberals what will be debated at the Youth Congress in August. Yves St-Denis, MNA for Argenteuil took part in the discussions.

"The discussions were very interesting and constructive. The event in Lachute was one of the most productive up to date. The Argenteuil young liberals are determined to submit resolutions to next congress regarding what we can do to maintain or create jobs in the province" said Argenteuil Liberal Youth Committee member, Dominic Chartrand.

## MRC LAURENTIDES

### ST. ADOLPHE D'HOWARD

#### MÉDICUS BLAINVILLE (ORTHÉSISTE-PROTHÉSISTE)

The St-Adolphe health co-op is pleased to announce that as of September 10, it will be offering medical access to a new service that will be available to its members, the citizens of St-Adolphe and the surrounding area.

Medicus Blainville is the first Medicus franchise in Quebec. Its owner, Naila Nehme [NAH-Me], orthotist-prosthetist and member of the order of the technologists, has the desire to become involved in the community of St-Adolphe. She joins us to facilitate the access to the solutions of comfort and wellness and meet the needs of the population in terms of apparatus and equipment.

This new venture will offer complementary products to those already being offered by the Pharmacy Lucie Savard; a majority of products and services, which makes the group Medicus, the leader in Quebec in terms of orthotics-prosthetics.

Patients can now schedule appointments with the co-op at 819 327-3534.

The health co-op of St-Adolphe is a cooperative, whose mission is to offer several various health services, both preventive and informative, through media, education and awareness to the people of the region. The medical clinic in St-Adolphe is part of the GMF des Summits and offers the services of four doctors, the services of a GMF nurse, an acupuncturist and now a orthotist-prosthetist on site.

Everybody is invited to join and are welcome to consult the new Internet site, [www.coopsante.org](http://www.coopsante.org) to learn of all the services now being offered at the medical clinic.

#### New APP for Val David

It was with great pride and enthusiasm that Mrs. Isabelle Depelteau, President and founder of IMAGE MOBILE recently presented to the public and media the new mobile app, VAL-DAVID+ that will soon be available for free on iTunes (iPhone et iPad) and Google Play (for Android devices).

Newly established in Val-David, the company IMAGE MOBILE, specializing in the creation of mobiles applications, websites and web marketing, presented the various features of the application in front of a very enthusiastic crowd. The app will provide citizens and visitors the ability to view the event calendars and keep informed of the various services in town including restaurants, hotels, health and wellness services, parks and much more, throughout the various seasons. Over 35 businesses, artists and artisans are featured and will be able to promote their events and activities, as well as be easily identified, through the icons and the geo-targeting tool.

#### Citizens and visitors will now have Val-David at the tip of their fingers!

The municipality did not hesitate to become the main sponsor of this tool, seeing in it a great opportunity to promote the various town attractions. As well, the municipality will have direct access to its citizens through push notifications in case of emergencies, or to promote various events. This indeed puts Val-David on the map in the most vibrant and interactive way.

Val-David Plus is a tool that will evolve with time as it adapts to its users, and is a novel idea that harmonizes perfectly with the town's innovative character.

## MRC PAYS-D'EN-HAUT

### Golf tournament to benefit local youth

The Fond Humanitaire de la Fraternité des policiers de Mont-Tremblant is organizing its first golf tournament, scheduled for September 25 at Golf Le Maître. The cost of the ticket is \$175 and includes 18 holes of golf (Vegas-style), cart, dinner (hot buffet) and a welcome gift. Taxes and service are included. Many surprises and prizes will be at the rendezvous. To reserve, contact Dominic Bélanger, director of the Fund at 819 425-2723.

All proceeds will be distributed in order to help young people in the municipality of Mont-Tremblant. The Humanitarian Fund also promotes healthy lifestyles and emphasizes the athletic excellence of our young athletes.

To submit a request for assistance to the Humanitarian Fund, the applicant must write an essay stating the reasons for the request, the name of the child concerned and the desired use of the financial support. Everything can be routed to the police station at 380 Simeon, Mont-Tremblant or email [dbelanger@villedemont-tremblant.qc.ca](mailto:dbelanger@villedemont-tremblant.qc.ca)

This request must be made between January 1 and October 31 of each year. Each application will be processed. The money will be awarded based on the amounts collected during the year incurred.

### Pedestrian Trails

CLD Pays d'en Haut, in collaboration with the MRC and its ten municipalities, is pleased to release the map of pedestrian trails within the MRC. The Director General, Stéphane Lalande, says it has been difficult to accomplish this task, but how useful and even necessary it was to do so. All trails have been identified, geo-located and verified as to each of the municipalities with the agencies mandated to manage some of them. Visitors and residents are encouraged to obtain these maps from one of two tourist information offices found in Piedmont and Sainte-Adèle. The map can also be downloaded on mobile technology tools from the Internet at [www.lespaysdenhaut.com](http://www.lespaysdenhaut.com) site in the Tourism section.

## Brain Bee Competition Canada well represented

Beatrix Wang, a student at John F. Ross Collegiate Vocational Institute in Guelph, Ontario, will be representing Canada at the International Brain Bee (IBB) competition in Washington, D.C., on August 7-10, 2014. Miss Wang won the 2014 CIHR Canadian National Brain Bee competition in May – and earned the title of Best Brain in Canada.



At the IBB competition, she, and other high school participants from around the world (who have won at a regional and national levels), will be quizzed on memory, sleep, intelligence, emotion, perception, stress, aging, brain-imaging, neurology, neurotransmitters, genetics and brain disease. They will also get the chance to meet with a community of researchers who specialize in the study of the brain and neuroscience. It is hoped that the competition will inspire and motivate the high school participants to pursue careers in professions related to the brain.

This year, there will be students from 24 countries and regions at the IBB, including: Australia, Brazil, Canada, China, Germany, India, Italy, Japan, Kenya, Korea, Macau, Malaysia, Nepal, New Zealand, Nigeria, Poland, Romania, Singapore, Tanzania, Turkey, Ukraine, United Arab Emirates, Wales (United Kingdom), and the United States.

Miss Wang will put all of her brain power to work in an effort to win the title of Best Brain in the World.

## CBC's Absolutely Quebec showcases local documentary

This summer, CBC Montreal presents season 3 of ABSOLUTELY QUEBEC – a series of locally produced programs by independent filmmakers who tell exceptional stories reflecting Quebec's rich culture. With themes varying from pop culture, sports, politics, health, food, multiculturalism and music, this gripping summer series has something for everyone. Beginning on July 19th, Absolutely Quebec will air every Saturday at 7 pm ET on CBC Television until September 6. "It's important for us to showcase locally-produced stories created by some of our province's emerging English-speaking filmmakers to Quebecers," said Shelagh Kinch, Managing Director CBC Quebec. "The Absolutely Quebec series always delights and informs the audience. This year's series will be sure to please our viewers." Here is what's airing for the final two shows.

Hi Ho Mistahey: August 23 - In Hi Ho Mistahey! veteran NFB filmmaker, Alanis Obomsawin follows teens in the Cree community of Attawapiskat as they take their plight for fairness in Canadian First Nations' education to the United Nations.

Soccer City Montreal: August 30 - In the fifth episode, Tele-journalist Lila Ait discovers local Brazilian, Argentine, Spanish and Italian food, music and dance scenes during the height of Montreal's annual display of audacious, unabashed multiculturalism that is the 2014 FIFA World Cup.

## AUGUST 2014 CALENDAR

This is the only time you will ever see this in your lifetime.

August 2014 has 5 Fridays, 5 Saturdays and 5 Sundays.

The Chinese call this, "Silver pockets full."



## Are you a transplant donor? Sign your card now, because someday, you might need one

Dear Readers,

Although I have been signing my organ transplant donor card for over 30 years, I really believed that I would be the donor and not a recipient.

On the morning of August 8, 2013, I was perfectly healthy and enjoying life to the fullest. Later, that same afternoon, I was burning brush for a client when all of a sudden I couldn't catch my breath. I sat for a few minutes then got up and tried to work again. Still no breath and I quickly realized something was very wrong.

After many visits and tests at Ste. Agathe Hospital (they were terrific), I found myself at the Jewish General Hospital's heart failure clinic. They also did many tests trying to determine why I could barely breathe. In January 2014, they concluded that my heart was basically finished, and then they dropped the bombshell - I needed a heart transplant.

As my breathing continued to decline, I was admitted to the hospital on April 8. I languished in bed for 60 days as I wondered where my life was headed and, when and if I would receive a heart transplant. But, I was a lucky guy and, because I was already in hospital and receiving medication to help me to breathe, I shot to the top of the list for a heart transplant in Quebec. Most heart transplant patients wait at home for a year or two, getting sicker and weaker as precious time passes.

On day 60, a nurse came into my room, removed my breakfast tray and said, "Mr. S\_\_\_\_\_, we have found a heart for you." On Friday, June 6,, 2014 I woke up with a new heart from a donor who had signed the card; a donor who I will never know.

To all the doctors and nurses at the Ste. Agathe, Montreal General, Jewish General and the Royal Victoria hospitals, my family and I can never thank you enough; you were all fantastic.

In conclusion, I arrived home to family and friends, 8 days after my heart transplant. Trust me, you never appreciate how good life is until you go through months of taking what you believe to be your last breaths on earth. Then, you receive the ultimate gift from a donor you never knew and will never know.

Are you an organ donor? Sign your card now, because someday, you might need one.

## Seniors and Families at the Heart of Argenteuil

Lucie Lafleur - Main Street

The mini-jeux d'Argenteuil blows out its 10 candles

With a record crowd of 364 youths, Mini-Jeux d'Argenteuil celebrated its 10th anniversary on Thursday, July 10. Sporting an "Electric Blue" t-shirt (official color of the 10th edition), the young Argenteuillois had the opportunity to experience different sports and learn the benefits of healthy lifestyles.

In total, fifteen sport workshops were organized to get kids moving. Many showed special interest in archery tag, while others participated in circus arts; two sports available for the first time this year. Some were impatient to get back to cheerleading, after a two-year absence from the event. Ball hockey, gymnastics, tennis, soccer, flag-football, basketball, baseball, weightlifting, Olympics, kin-ball, karate and ZumbAtomic® were also featured.

For the first time, parents were invited to participate actively through an activity called "For a healthy family!" which took place at the Polyvalente Lavigne High School. Thanks to *Québec en Forme*, Argenteuil's local partner's group, parents were offered workshops to raise awareness about the importance of physical activity and a healthy diet.



Children who wish to pursue a certain sport may contact Dany Robillard at 450 566-0530, ext. 2307 for contact information to the different sport associations and instructors present at the Mini-Jeux.

### Not to Be Missed this Month

#### Bike Wednesday by the 50+ Bouger+ Committee

Every Wednesday, those 50 + are invited to a bike ride to discover new facets of the MRC d'Argenteuil. This initiative aims to provide a safe environment for participants, while respecting their respective paces. To participate, grab a well-tuned bicycle and a helmet, and you are good to go. For information on the next departure call Raymond 450 533-6819 or Jean-Guy 450 537-3742.

#### MRC d'Argenteuil's Mayors' Golf Tournament

On Wednesday, August 20, rally around for a good cause: amateur sport and physical activity in Argenteuil. Come and enjoy a day at the Lachute Golf Club, at a cost of \$180 (includes brunch, golf, cart, and dinner). Dinner only: \$60. All proceeds go to the MRC d'Argenteuil's amateur sport and physical activity fund. Tickets: Dany Robillard: 450 566-0530, ext. 2307.

#### Registration for Fall Activities

With the return to school coming soon, it means registration for activities is rapidly approaching! Check out the Lachute municipal newsletter, released this month (and also online). For other municipalities, contact your local city hall for activities in your area, and do not hesitate to ask if you are eligible for the non-resident tariff rebate, available in Lachute.

For additional information or suggestions, contact Lucie Lafleur at 450 562-0530, ext. 2306, or email llafleur@argenteuil.qc.ca.



## A Library Addict's Choice

Grif Hodge - Main Street

### NEW FICTION

#### **Berry, Steve - The Lincoln Myth: A Novel**

All it takes is a phone call from his former boss in Washington and retired ex-agent, Cotton Malone, is racing to rescue an informant carrying critical intelligence. The seeds of this deadly conflict were planted over 200 years ago by America's founding fathers. From Copenhagen to the catacombs of Salzburg to the rugged mountains of Utah, Cotton risks his life to discover the truth about Abraham Lincoln.

#### **Clancy, Tom - The Teeth Of The Tiger**

I wholeheartedly agree with Eric Wright's review in GoodReads: "Eighty pages into this Clancy book, I decided to dump it. Clancy has an amazing grasp of US government, its agencies...However, he goes on page after page describing the three characters, the various government agencies and this new one. So much description, so much telling without showing plot advancement. Tiring. Sorry Clancy, I admire you, but get tired reading some of your books."

#### **Krentz, Jayne Ann - River Road: A Novel**

Returning to her aunt's home, Lucy runs into her teen crush, Mason Fletcher, now a security consultant. Thirteen years have passed since Mason humiliated her when he pulled her out of a local party. Now that Lucy is back and knows the truth, that long-ago night casts a chilling shadow across Summer River as she and Mason make a stunning discovery in her aunt's home.

#### **Lescroart, John - The Keeper: A Novel**

This is another riveting novel in a series featuring Dismas Hardy and Abe Glitsky on the hunt for clues about a woman who has gone missing. Glitsky shakes the rust off his investigative skills as he chases down every lead. The action builds to a surprising and surprisingly cynical conclusion.

#### **Richards, David Adams - Crimes Against My Brother**

By the winner of the Giller Prize for *Mercy Among The Children*, this timely novel allows Richards to argue that we live in a society where you can scarcely mention your religious beliefs in "progressive" circles without being attacked or mocked.

#### **Sandford, John - Field Of Prey**

Lucas Davenport and his team must use every resource to try capturing an elusive killer or killers who have claimed at least twenty victims. Stephen King said, "If you haven't read John Sandford you have been missing one of the great summer-read novelists of all time."

### NON FICTION

#### **Chace, Teri Dunn - Seeing Flowers: Discover The Hidden Life Of Flowers**

Spectacular photographs by Robert Llewellyn

#### **Pregnancy: The Beginner's Guide. Canadian Edition**

Released by Tourmaline Editions as a practical handbook for first-time parents. The Guide is packed with to-do lists.

#### **Sears, William - The Healthy Pregnancy Book**

Month by month, everything you need to know from America's baby experts.

### YOUNG ADULT FICTION

#### **De Los Santos, Marisa - Saving Lucas Biggs**

"When-13-year old Margaret's father is sentenced to death for a crime he didn't commit, she knows the only way to save him is to use the forbidden family power of time travel."

#### **Joyce, William - The Mischievians**

The book's Q&A format is jokey and informal, with kidlike queries such as "Why do I sometimes get a thorn thingy stuck in my foot when I walk barefoot in the grass?" and lighthearted informative responses. If a tad too long to read through start to finish, there's great fun in discovering the sources of everyday annoyances. Recommended for ages 5-8.



# Area health clinic & seniors' apartments in montcalm approved

## Construction has started - completion in early 2015

After many years of planning and fundraising, the Habitation Stephen Jake Beaven Project, located in the centre of Montcalm, has received provincial approval – “engagement définitif” - from the Société d’habitation du Québec (SHQ) for construction to begin.

Landco, the general contractor, has started site clearing, and construction is scheduled for completion next February. After commissioning and acceptance by its three co-owners, the Project should be “open for business” by early spring.



The Project comprises 24 seniors' apartments (HSJB); a suite of offices (Offices) serving local clients of insurance brokers Dubé Cooke Pedicelli; and The Valley of Lakes Health Cooperative (Clinic), a primary-care health clinic serving the surrounding communities. Negotiations with the CSSS des Sommets regarding clinic staffing are well underway. Similarly, provision of a pharmaceutical dispensary for the whole area is being explored. All Project services will be available in English and French.

The Project is located on five acres of land behind the Montcalm Community Centre and will cost approximately \$5 million. The residence is some \$4.5 million, with about 80% coming almost equally from grants by the AccèsLogis Québec Program of the SHQ and a mortgage. The balance comes from the office owners and contributions from local communities' donations, services-in-kind, and land and well access from Montcalm. The Offices are fully funded while the Clinic is still raising funds to minimize its future mortgage.

Initial responses to the approval have been uniformly positive. HSJB President, Johanna Earle, said, “This project's taken a very long-time. The many obstacles have each required time, care and determination to resolve. However, now everyone can see a bright light at the end of what should be a short and obstacle-free tunnel. That's what we are all working towards.”

“We should also recognize the vision of Dave Flanagan who, when Arundel's mayor, saw the need for local homes for seniors seeking a secure, low-maintenance environment that is caring and comfortable. We should also recognize the unflinching work over many years of former Arundel councillor, Ron Cooke, who now serves as president of the Clinic.”

Ron Cooke was enthusiastic: “It's so very good to see this wonderful project finally heading to completion. It's a testament to the many thousands of hours of effort by, and incredible determination of, the volunteers serving the HSJB and Clinic Boards. The contribution of those providing advice and support has also been invaluable. These include the SHQ, CLD, CMHC, and our MNA in addition to Arundel's essential 'seed-money' and Montcalm's ongoing generosity. This is a real community effort by and for the community.”

Montcalm's mayor, Steven Larose, was also delighted: “The Council is proud of all the work done over many years by those creating this Project. It will allow many people to live in our beautiful region for as long as possible. This Project comes at an important time for the village core, complementing the council's ongoing revitalization project. The HSJB Project complements this initiative and, unequivocally, adds significant and practical value.”

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# Out & About

Ilania Abileah - Main Street



female guest arrives to stir up a storm. La Grange serves a three-course table d'hôte (three main dish choices.) Meal served at 6 pm, show starts 7:30 pm. **Thurs. Aug 14, 21 & 28: \$50 dinner and show** (price includes tax and gratuity but not drinks). La Grange: 2 Meadowbrook Street, Morin-Heights. 450 226 5005 or call to reserve: 450 226-5352.

## Summer Festivals

### 16th Upper Laurentians Classical Music Festival

**Sat, Aug 30: 7:30 pm** - Closing concert, "Soleil d'Espagne," with Richard Desjardins, Alexandre Da Costa and Alexandre Éthier (guitarist); a trio featuring the poetry of Federico Garcia Lorca and the music of the great Spanish composers. The church, 8-B, chemin de l'Église, Lac Sagouay. \$32. 1 877 545-3330. www.concert-shautes-laurentides.com

### Jazz Festival - Mont Tremblant

Two more days of Jazz! Saint-Jovite and the old Mont Tremblant village. 514 994-0543. festijazzmttremblant@gmail.com.

### Festival des Arts de Saint-Sauveur (see page 13)

**Last Show Aug 9!** Last chance to see international principal dancers under the Big Top! www.fass.ca.



Jason Reilly Stuttgart Ballet

### Sunday Brunch Concerts - Harrington

Last Cammac Sunday brunch concert is on **Aug 17**: Antoine Rivard-Landry (piano), winner of the 2013 Three Rivers orchestra competition. Concert & brunch: \$35, children \$14. Concert only: \$20, children \$5. 819 687 3938. national@cammac.ca.

### "Ça me dit" Concerts - St. Sauveur

The fun continues in the park at 7 pm! Blues Festival (Aug 15, 16 & 17); Jamaican Weekend (Aug 23-24); Fiesta Cubana (Aug 29 - Sept 1); Antique Car Show & Patsy Gallant (Sept 14). www.valleesaintsauveur.com.

### 17th Sundays in the Park - St. Placide

**Sat & Sun, Aug 9 & 10: 2 pm** - Tango Festival with Tina Cayouette (violin) and Vladimir Sidorov (accordion). Sun, Aug 17: 2 pm - "Les Sœurs Boulay" with their band. Voluntary contribution. Park Adelaide-Paquette: 81, 2e Avenue, Saint-Placide. In case of rain concerts will be held in the church. www.artsetculturestplacide.com

## On Stage

### The Man in Black - Tribute to Johnny Cash - Piedmont

The show covers the complete spectrum of Johnny Cash's musical career. The portrayal of Johnny Cash is captivating. The program includes all the popular songs such as "Folsom Prison," "I Walk the Line," "Tennessee Flat Top Box," "Cry Cry Cry," "Man in Black," "Rusty Cage" and "Ring of Fire." Shawn Barker and his deep voice transports the audience into another era. The show continues until Aug 30. \$48.20 to \$63.20. Théâtre des Pays-d'en-Haut, 442, chemin Avila, Piedmont. 450 224-5757 www.tpdh.ca.

### Storm Warning - Dinner/Theatre - Morin Heights

A romantic comedy by Canadian playwright, Norm Foster, titled "Storm Warning." It takes place in the 1950's in a rustic cabin lodge owned by a WW2 veteran. A

## Music

### Intakto - St. Adolphe d'Howard

Intakto was founded in 1995 by Alejandro Venegas (Chile) and Simon Claude. Their music fuses Latin-American and modern music with a touch of pop and rock. They have presented six hundred shows in Canada, the USA, France and Japan. Musicians are: Alejandro Venegas (guitar & vocals) and Simon Claude (violin). They will be joined by their musicians, Hugo Larenas (guitar), Sébastien Pellerin (contrabass) and Claudio Palomares (percussion). **Sat, Sept. 6: 8 pm.** \$20. L'Ange Vagabond, 1818 chemin du village, St. Adolphe d'Howard.

### Cantivo Choir - St. Hippolyte

This concert of the Cantivo a cappella choir is part of the Montagne'Art event in Saint-Hippolyte. **Sun, Sept 7: 12:30 pm.** Free admission. Centre de Plein-air Roger Cabana, 2060 ch des Hauteur, Saint-Hippolyte. www.saint-hippolyte.ca.



Cantivo Choir

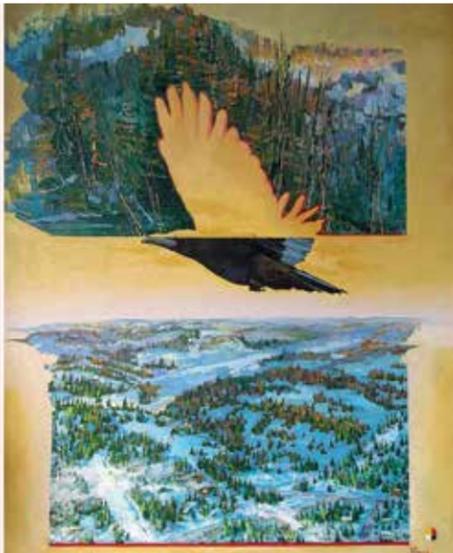
## Visual Art & Fine Crafts

### Jessica Peters - Mont Laurier

Jessica Peters' exhibition - **until Aug 30.** Maison de la culture, 385, rue du Pont, Mont Laurier. 819 623-244. ceml@lino.sympatico.ca www.expomontlaurier.ca.

### Normand Menard - Mont Tremblant

A recent collection by Normand Menard who uses a surrealist approach to immigration, the environment and the human condition. **Show continues to Aug 24.** Next exhibition: Elise Lalumière (glass artist) and Évelyne Rivest-Savignac (ceramist). Sept 10 - 28. Salle Alphonse-Desjardins, 1147, rue de Saint-Jovite. Please call for opening hours. Info: 819 425-8614 # 2500, villedemont-tremblant.qc.ca.



Normand Menard - "Cri de corneille" 38x30" (97x76cm), Oil on canvas, 2011

### Sculpture Place - St. Faustin

Following the annual competition, the Sculpture Place event takes over from **Aug 30 to Nov 9.** Sculptures are in metal, stone, wood, bronze and other materials. Vernissage takes place on Sept 6. Opening hours: Wed - Sun: 11 am to 5 pm. Maison des arts, St-Faustin Lac Carré: 1171, rue de la Pisciculture, St. Faustin Lac Carré. 819 688-2676. Email: maison.arts@cgcable.ca website/www.maisondesarts.ca.

### Art in Nature - Val David

Works created this summer by: Nadia Myre, Nicholas Galanin, Caroline Cloutier and Rafael Gómez Barros (Colombia). **Open daily: 10 am to 6 pm.** Admission: \$15 (\$10 seniors, \$25 family) Les Jardins du précambrien: 1301, Montée Gagnon, Val David. 819 322-7167. www.jardinsduprecambrien.com

### 1001 Pots - Val David

**Last day Aug 10: 10 am - 6 pm,** 2435, rue de l'Église, Val David 819 322 6868. expo@1001pots.com.

### Espace Fresque - Val David

New exhibition! Artists will be on site **Sat, Aug 9** and show continues until October 5. Artists include Émilie Bordin, Cécile Buysse, Martine Cyr, Agnès Guay, Odile Jalbert, Huguette Lagacé Bourbeau, Sun Ya and a tribute to Claude Sarrazin. Open: Sat 10 am to 4 pm & Sun: noon to 4 pm. Community Hall, Val David church.



Espace Fresque Agnes Guay

### "Le feu sacré" - Val David Exhibition Centre

Two artists, Paul Simard and André Fournelle, work in different metals. **Exhibit continues to Sept 21.** Open: Wed - Sun: 11 am - 5 pm. Centre d'exposition de Val David, 2495, rue de l'Église, Val David. 819 322-7474. www.culture.val-david.qc.ca.

### Murals - Place des Citoyens - Ste. Adèle

**Until Aug 15,** the original paintings of the murals painted on buildings and billboards in Ste. Adèle will be on display. Thurs & Fri: 1 pm - 4 pm, Sat & Sun: 10 am - 4 pm. Salle Rousseau Vermette, 999 boulevard de Sainte Adèle.

### 9th Exhibition - Montfort Gallery

Twenty local artists, inspired by the area surrounding them, present their works **Sat & Sun, Aug 30-31 & Sept 1:** noon to 4 pm. Vernissage: Mon, Sept 1: 2 pm. Join the twenty participating artists, raise a glass of wine and enjoy music provided by Laurel Ma Muse. Galerie d'art Montfort, 160 rue Principale (Montfort), Wentworth-Nord. For information contact Marina Dugas at 450 226-1749 or marinadugas@hotmail.com.



Marina Dugas

### Arts Morin Heights at the Library

The theme show "Sport" continues **until September 27.** Donations for the food bank of the Pays d'en Haut are gratefully accepted. Morin Heights Library: 823, Village Rd. Open: Tue & Thurs: 1 pm - 4 pm; Wed: 10 am to noon & 3 pm - 4 pm; Fri: 7 pm - 9 pm; Sat: 10 am - 2 pm; Sun: 11 am - 1 pm. www.artsmorinheights.com.

### The Dunany Artists' Show

The group is holding a show & sale on **Thurs, Aug 28 and Fri, Aug 29** at the Dunany Country Club, 2053 Ch. Dunany, Wentworth. Open 5 pm - 8 pm. Participating artists are: Annabelle Wood, Revilla Sauve, Joanne Moore, Jane Pilon, Careen Heggie, Latt Corry, Berry John Vanstone, Marian Gilmer, Dorothy Hadley and Ginette Masson Roy. For more information see the Dunany Community Association's website <http://dunany.ca/> activities.



Dunany Artists Show - Painting by Annabelle Wood

### Route des Arts - Lachute & St. André d'Argenteuil (See page 13)

The gallery in Christ Church stays **open until Sept 1.** The painted doors along Main Street in Lachute will remain on public display until Oct. 14.



Route des Arts Door

### Laurentian Museum of Contemporary Art - St. Jérôme

Le Musée fait mouche... On Fishing & Flies - the world of fishing and its accessories **continues to Sept 14.** Musée d'art contemporain des Laurentides, 101, place du Curé Labelle, Saint-Jérôme. Opening hours: Tue - Sun: noon - 5 pm. 450 432-7171. www.museelaurentides.ca.

### 29th Montagne-Art - St. Hippolyte

Visual arts, fine crafts and the art of food preparation are combined in a 2-day event with thirty exhibitors under the Big Top. There are workshops, performances and a visit to an Art-Nature trail, plus music, good food and a shuttle service. **Sat & Sun, Sept 6 & 7:** 11 am - 5 pm. 2060 Ch. des Hauteur, Saint-Hippolyte. www.saint-hippolyte.ca.

### Louise Dubois - Brownsburg-Chatham

**Until Sept 14,** the paintings of Louise Dubois will be on display at Restaurant Faim-Fino, 338, rue des Erables, Brownsburg-Chatham, 450 407-0708. La Société culturelle du Pavillon des Jardins: 450 495-8022 scpj.wordpress.com.

Note to our readers: Most venues have already published their next season's programs. Reserve your tickets ahead to avoid disappointment! Here are two concerts to consider: Duo Maria Knapik & Michel Brousseau (Chopin and opera arias) Sat, Sept. 27: 8 pm. \$35. Salle Saint-François-Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com. Meredith Marshall & Slim Williams - Sat, Sept 27: 8 pm. \$30. Théâtre du Marais, 1201 10ième Avenue, Val-Morin. 819 322-1414. theatredumarais@cgcable.ca.

**Due date for next edition: Aug. 20. Call 450 226-3889 or send material to [ilania@IlaniaAbileah.com](mailto:ilania@IlaniaAbileah.com).**

# The Last Show at FASS!

Ilania Abileah – Main Street

There might still be a chance to see the eight international principal dancers under the Big Top! On these last two nights of the festival, August 8 and 9, they will amaze us with their graceful movements, jumps, pirouettes and splits.

When you see a dancer perform on stage, it is the result of years of dedication, hard work, physical pain and personal sacrifice. In order to perform those perfect pirouettes or high jumps, and the numerous other moves dancers perform with such grace on stage, dancers must train for years. In ballet, each move has a name, which dancers start to learn at the “barre” – a French-term for a horizontal bar where all dance classes begin. From a tender age, they are subjected to the scrutiny of teachers commenting on their flexibility, posture, coordination, movements, facial expressions and everything combined! Prompted by coaches and choreographers, they spend thousands of hours practicing at the barre, watching and correcting themselves in the mirror. They endure physical pain, injuries, bleeding toes and when it comes to food, there are strict restrictions; some dancers practically starve themselves to avoid gaining weight. In other words a dancer’s life is focused on excellence, from the first day they stand at the barre and hear words such as “plié,” “jété,” or “alongé,” and in modern terms, “five, six, seven, eight.” Very few dance students are able to withstand the grueling hours and rehearsals but those few move up the ranks to become principal dancers and performing stars.

Here are the dancers we shall see at the two closing shows: Guillaume Côté, National Ballet of Canada / Principal Dancer – who is taking over from Anik Bissonnette as Artistic Director of FASS; Svetlana Lunkina, Bolshoi Ballet / Principal Dancer; Joaquin de Luz, New-York City Ballet / Principal Dancer; Misa Kuranaga, Boston Ballet / Principal Dancer; Jason Reilly, Stuttgart Ballet / Principal Dancer; Anna Osadcenko, Stuttgart Ballet / Principal Dancer; and Yukichi Hattori, Alberta Ballet; Tara Williamson, Ballet BC. A memorable evening is waiting for us under the Big Top on Aug 8 & 9. [www.fass.ca](http://www.fass.ca)



# Painted Doors on Main Street Lachute

Ilania Abileah – Main Street



Fifteen years ago, nineteen selected artists of Route des Artists opened their doors and invited the public to come in and share their passion for art. They wished to create a two-way exchange with their visitors and to make art accessible to the public. Through the years, the artists of Route des Arts have shared their creativity with local communities and tourists. They have also mentored budding artists and invited them to join the organization. This year, the OPEN DOOR concept was expanded to include collaborative creations by member artists with the students they were mentoring. The doors are being publically displayed along rue Principale in Lachute. They are painted on both sides, one side by the artists and the other by their students. The doors will remain on display until October 14, when they will move into the regional high school. In addition, there are two painted doors on display at the Route des Arts Gallery, located in the historical Christ Church of St. André d'Argenteuil. One of the nine doors will circulate in Mirabel.

The Painted Doors project resulted in nine doors being completed this year. Next year, the project will continue with six more scheduled creations that will bring the total to the fifteen originally planned. The Painted Doors project was masterminded as part of the upcoming 15th anniversary celebration of this active group of artists. [www.routedesarts.ca](http://www.routedesarts.ca).

The Route des Arts gallery has a collection of artwork by forty members of Route des Arts and will stay open until September 1.

If you missed visiting the artists during the 9-day open-studio art tour, you can still see their art on weekends at the gallery. The artists of Route des Arts also receive people at their studios by appointment year-round and, some offer classes. They are just a phone call away!



9-day open-studio art tour, you can still see their art on weekends at the gallery. The artists of Route des Arts also receive people at their studios by appointment year-round and, some offer classes. They are just a phone call away!

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## Nature's Gift FOXES

Rosita Labrie – Main Street

Lately, life has thrown me a few frustrating challenges, keeping me busy to find solutions that would turn them into positive results. These are the times when I stop and appreciate the wonderful surprises that nature presents to me. This spring, after a much-too-long

winter, I received a wonderful surprise. One sunny morning, I looked out of my window and there lay a young fox sleeping peacefully. He hung around for about an hour, relaxing and soaking up the warm sunshine. I have been observing this cute creature that still pops by every now and then. I did a bit of research on foxes so I could understand their habits. As always, what I discovered was very interesting.

The fox is a small, carnivorous mammal of the canine family. There are four species that inhabit Canada. Red and Arctic foxes have circumpolar distribution, while Grey and Swift foxes are New World foxes. Swift foxes are found mostly in the USA and Mexico.



Red foxes are the largest of the species in Canada. They are usually reddish in colour, but can also be black, with or without silver tipped hairs. Their feet and ear tips are black, and the tips of their tails are white. They eat rodents, insects, frogs, seeds, fruit, eggs and some poultry. They breed in January and February, and usually 4 to 5 cubs are born 52 to 54 days later, in an earthen den. Both parents rear the cubs that become independent at about 6 months, but only breed in their second year.

Arctic foxes of the tundra and northern coasts are smaller, with rounded ears and a changeable coat - white in the winter and dark brownish in summer. While their diet is similar to that of red foxes during the summer season, in winter, they rely heavily on scavenging from larger predators.

Grey foxes, similar in food habits and size to red foxes, are slimmer, with slightly rounded ears, a black back stripe and speckled grey sides. Undersides are off-white and necks, backs of the ears and legs are yellowish-buff. They prefer wooded country and live in hollow logs or overhangs. Grey foxes often climb trees, and enjoy sunning themselves,

and are not strictly nocturnal. Their young become independent in autumn and breed the following season.

The swift fox is the smallest Canadian fox. It ranges from southern Alberta to southwestern Manitoba but was considered extirpated from Canada by 1970. Some successful breeding in the wild has been recorded. Its habits are essentially the same as those of red foxes.

In the past, Red and Arctic foxes were farmed for their pelts, but artificial furs, changing tastes and ecological concerns have reduced the demand and the market.

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## Bistro Chez Victoire

Between the quaint village of Arundel and the city of St. Jovite, there is only one restaurant where you can stop in for a fresh, homemade meal. In keeping with the appeal of the village, this little bistro offers light meals prepared mostly from fresh produce right off the local farms. If you are rushed, or looking for hot dogs or poutine, you will have to look further afield, for proprietor, Jackye Ferre, only serves up the best and personally prepares each meal individually.



While the menu is limited, specialties of the house include homemade quiches and omelets made from eggs collected from Jackye's own farm. Other dishes include homemade paninis, soups and salads, and for main courses, a tasty grilled sausage-trio (merguez, lamb and Toulouse), Filet Dore and Quiche Lorraine with spinach. There is a select choice of alcohol beverages to compliment your meal and for dessert, a daily homemade special.

Bistro Chez Victoire has a lovely, intimate dining room complete with antiques and fireplace. The décor is elegant and inviting and there is a soft hint of jazz playing in the background. There is an indoor terrace, and on nice days, tables are set outside in the garden. The ambiance at this little bistro suggests real country dining with home-style hospitality.

Located right at the four corners in Arundel (3, rue du Village, 819 687-0001) you can't miss this lovely little treasure. Open Thursdays and Sundays: 10 am – 3 pm and Fridays and Saturdays: 10 am – 9 pm.

Drop by and say hello next time you are passing through town!

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# ST. ANDRÉ D'ARGENTEUIL



## MESSAGE FROM THE MAYOR • HISTORY



André Jetté, mayor

### A Word from the Mayor

Dear friends and visitors,

It is a pleasure to invite you to come and discover the beauty of the municipality of St. André d'Argenteuil. Our village is bordered by the Ottawa and North Rivers and is rich in historical buildings that once housed interesting ancestral personalities. Just outside the village core, we have

The Argenteuil Regional Museum, which presents exhibitions recounting the numerous events that have marked our past.

Nowadays, our municipality is quite dynamic and there have been several substantial improvements made in and around the village, including the development of a new residential area in the Carillon sector and repairs made to the Route du Long-Sault. We have also installed an electronic billboard that helps us to communicate with our citizens and keep them better informed of what's going on about town. One of the village's most anticipated events is our summer Family Day celebration with a myriad of activities to enjoy, coming up on Sunday, August 24 at Park Carillon.

All the members of the municipal council join me in extending a warm welcome to St. André d'Argenteuil. We do hope that you will discover our charming village, its treasures and the people who live here!

André Jetté,  
Mayor of St. André d'Argenteuil

### Discover St. André d'Argenteuil



#### Ilania Abileah – Main Street

Surrounded by two rivers and a lake, St. André d'Argenteuil is a charming, picturesque village, rich in history. Whatever route you arrive by there is either the Ottawa or North River following the road. The North River, with its rapids, crosses the village and has been inspiring artists for many years. Locals love the rivers for boating, fishing and biking alongside. There are 3,200 residents, mostly farmers and cottagers living in or near the village that includes "Old St. Andrews East" and Carillon.

Important attractions include the Argenteuil Regional Museum, the Hydro-electric Carillon dam and locks and the Carillon Park, a popular family and picnic destination. The village is rich with locally grown produce: flowers, vegetables and fruits, lamb, bison and wild-boar meats, black-current wine, honey and more. The "Route Verte," the award-winning bicycle trail that includes the Von Allmen wooded trail, is part of the local scenery.

### History

The history of the village is imbibed with famous personalities such as Dollard des Ormeaux, Charles-Joseph Ailleboust and Maude Abbott, the first woman doctor in the country. Canada's Prime Minister (1891-1892), John Joseph Caldwell Abbott, was born in St. André then known as Saint Andrews. Heritage buildings include the Dollard-des-Ormeaux House and Christ Church, which has been hosting the Route des Arts gallery during the past few summers. A stroll along the streets of the village reveals beautiful Victorian homes and gardens

The municipality of St. André d'Argenteuil includes St. André Est, Carillon and the parish of St. André d'Argenteuil. Founded by Scottish immigrants who named it after the patron saint of Scotland, the village dates back to about 1800. One of the oldest buildings in St. André Est, is the gristmill, built by Patrick Murray in 1802. Carillon, farther up the road, is located on the Ottawa River and is also rich in history as marked by several plaques. The Argenteuil Museum, built of stone cut in Georgian-style, is housed in the 1836 old military barracks and has been designated as a historic site.



Christ Church



The Argenteuil Museum

Right next to the museum is the famous Carillon Canal, a National Historic Park commemorating the military canal of 1833. The park includes several period buildings, including the Collector's House (1843), which serves as a seasonal interpretation centre. The large Carillon dam and the Hydro-Quebec power station are also located on the canal. A park beside the Catholic Church, features a bronze monument commemorating the famous Battle of Long Sault in 1660 between a party of French, Huron and Algonquin soldiers, under the command of Dollard des Ormeaux, against the Iroquois. The park provides a nice picnic area where you can take in the nearby views.



Carillon dam

### Fresh Air Activities

The village offers biking, camping, canoe and boating facilities, fishing in the summer and ice fishing in winter. For boating facilities contact city hall: 10, rue de la Mairie Saint-André-d'Argenteuil; 450 537-3527. For a canoe excursion leaving from Lachute to St. André d'Argenteuil visit <http://tourismeargenteuil.com>.

The Route Verte biking trail is a prime destination for bikers. Von Allmen wooded trails on Route 344 - 450 537-3527



Route Verte biking trail



Von Allmen wooded trails

### Here are a few interesting spots to visit in St. André

Ottawa River car and passenger ferry crossing the Ottawa River between Carillon and Pointe-Fortune (near the museum).

Aux Cassis d'Argenteuil: locally produced black-current wine and other products from local producers. 210, route des Seigneurs, 450 562-0897 [www.cassisargenteuil.com](http://www.cassisargenteuil.com)

Ferme Lachute Laine d'Argenteuil: natural lamb wool blankets, lamb meat, and sausages. 170, route Des Seigneurs, 450 562-5703

Matthews Farm: nursery plants & flowers and landscaping supplies. 245, route des Seigneurs, 450 562-6841



Aux Cassis d'Argenteuil: locally produced black-current wine



Laine d'Argenteuil



**LAINÉ D'ARGENTEUIL**  
**AGNEAU D'ARGENTEUIL**

- Pure wool blankets
- Quebec lamb: Meat and sausage
- Various cuts available

Come visit us at the Morin-Heights Farmers' Market on Friday afternoons

170 Route Des Seigneurs, Saint-André-d'Argenteuil  
[lachutefarmroad@sympatico.ca](mailto:lachutefarmroad@sympatico.ca) 450-562-5703  
 Bob and May Rodger

**Aux Cassis d'Argenteuil**

We produce and process our blackcurrants right on our premises. Our work and our processes are in harmony with nature.

Wine  
 Porto  
 Jelly  
 Syrup  
 Vinegar  
 Chocolate  
 Gift baskets  
 and more...

210 route des Seigneurs, St-André-d'Argenteuil 450-562-0897  
[www.cassisargenteuil.com](http://www.cassisargenteuil.com)

# DISCOVER ST. PLACIDE

MESSAGE FROM THE MAYOR • HISTORY



Denis Lavigne, mayor

## Welcome to St. Placide

St. Placide, a peaceful village surrounded by beautiful valleys and the Lake of Two Mountains, celebrated its 150th anniversary in 2002. It is a place where "Placidiens," as the local people are called, enjoy a quiet life with four-season access to outdoor activities such as fishing, boating, cycling, hiking and cross-country skiing.

The municipality of St. Placide constantly strives to improve the quality of life for its one thousand seven hundred forty-four (1744) residents, many who live agricultural lives on several local farms. Recently, the municipality built a water-fun site at Park Lalande Cyril for young families and day camp children to enjoy. The town's library, located near the school, was awarded a certificate of excellence for two consecutive years. The town prides itself on executing environmental responsibility by using the latest technology in water recovery and waste collection, saving drinking water by using only lake water for its fire department and city gardens and, last but not least, the municipality is now working together with "Amis de Saint-Placide et des environs" to establish a cooperative, which will give residents access to health services in their own town.

In 2013 the municipality adopted its cultural policy and is now planning to create a new cultural center. Presently, the town offers concerts at the church, which is owned, maintained and preserved by the municipality, as well as outdoor activities at Park Adelaide-Paquette by the lake. Various volunteer community organizations work with the municipality in providing summer events such as the National Holiday celebrations, "Sunday Concerts in the Park" (organized by the Arts and Culture Society) and the award-winning kite festival, "Festi-Vent," which attracts many visitors to the village in winter.

Come visit this beautiful village and be warmly welcomed by "Placidiens."

## St. Placide Past & Present



### Ilania Abileah - Main Street

Since the first settlers arrived in 1780, St. Placide has led a peaceful existence, and still continues to do so today. The Parish of St. Placide was formed in 1848 and evolved into the Municipality of St. Placide in 1855. The first post office opened in 1853. In 1867, a wharf was built, which allowed the Ottawa River Navigation Company to transport wheat from the region. In fact the municipality, as it was defined in 1994, is still basically an agricultural area with only four percent of the population involved in urban activities.

Another interesting, historical fact about St. Placide is that Adolphe-Basile Routhier (1839-1920), author of the original French lyrics of the Canadian national anthem, lived in this village.

The municipality is part of the MRC Deux Montagne. It borders the Lake of Two Mountains and is only an hour away from Montreal. The lake provides outdoor activities year round and has always been very important to Placidiens, who are quite attached to it.



Many boating and fishing amateurs choose to live in this village because of the access to such beautiful water. The heart of the village is picturesque with century-old homes, and the surrounding area is abounding with field crops of corn, wheat and others. It is a pretty and peaceful place to live and the people of St. Placide consider their village to be one of the "Best Kept Secrets!"

Nestled at Park Adelaide Paquette, the church, with its natural amphitheater, serves as a wonderful leisure and gathering place. Just sitting on the sloping grass, one can admire the clouds in the sky and the boats on the lake. One can sense the history of this place, from the First Nations people who resided here, to the "Coureurs de bois," the fur industry, wood logs floating on the river and rekindled memories of past family gatherings and village celebrations. The municipality owns the church and maintains its heritage and religious character. Its current role is as a community, cultural venue. The park on the lakeshore is located at 81, 2e Avenue, St. Placide. To find out what is going on in the park you can call city hall at 450 258-2305 or visit [www.municipalite.saint-placide.qc.ca](http://www.municipalite.saint-placide.qc.ca).

Mayor Denis Lavigne says, that out of the 1,744 residents, 260 Placidiens are active volunteers in the fifteen community organizations. According to Chantal Mallen of the St. Placide cultural society, the locals enjoy the beauty of their own village and are proud that the national icon, poet/songwriter, Gilles Vigneault, has chosen to settle in their village. In the past seventeen years The St. Placide Arts & Culture Society has



been presenting the "Sunday in the Park" program, concerts in the church with its excellent acoustics and harmonious atmosphere, as well as various exhibitions. [www.artsetculturestplacide.com](http://www.artsetculturestplacide.com).

Another spectacular event is the "Festi-Vent sur glace," an award-winning, mid-winter event with colourful kites from all over the world. There are many other winter activities as well, such as Paraski, sliding on ice, kite-making, and storytelling for children. It all takes place in front of the church and on the frozen lake. This event brings thousands of visitors to St. Placide. <http://www.festi-vent.com>.



## Here are a few interesting spots to visit in St. Placide

A new Inn with a restaurant, in a charming Victorian house, offers an affordable, interesting menu for lunch and dinner. The place is known for its warm welcome, and culinary expertise. Auberge Lys et Chardon: 42, rue de l'Église, St. Placide; 450 258-0202, [lysetchardon@gmail.com](mailto:lysetchardon@gmail.com), [www.lysetchardon.com](http://www.lysetchardon.com).

Explore a tropical oasis and home to a happy bunch of parrots and exotic birds. There is a picnic area on site. Open: June to September. Perroquets en folie: 1430, route 344, St. Placide; 450 258-4713.

A popular place for locals and visitors serving breakfast and lunch is Restaurant O 4 Vents: 809, 344 Rte. RR 1, St. Placide; 450 806-1747.

Visit an antique store that also features special art exhibitions and tributes to past personalities along with their antique collection Arts et antiquités de Saint-Placide: 1212, route 344, St. Placide; 450 258-0579.

The bicycle trail, "La Vagabonde," located at the border of Rte. 344, passes through St. Placide on its way from Oka to St. André d'Argenteuil. [http://pistescyclables.ca/Laurentides/Vaga\\_Saint-Placide.htm](http://pistescyclables.ca/Laurentides/Vaga_Saint-Placide.htm)

Come discover		
	Our past	
	& enjoy the present	

Saint-Placide is a community actively involved in the development of its heritage, recreation and tourism potential.

*Our city has lots to discover and something for everyone to enjoy.*



[www.municipalite.saint-placide.qc.ca](http://www.municipalite.saint-placide.qc.ca)

# 5 tips for beating back-to-school stress

(NC) Heading back to school can mean mixed emotions for children and parents alike. Many kids are ready to meet new friends and teachers, but at the same time they are reluctant to give up the freedom and frivolity of summer. Meanwhile, parents have also adjusted to the easygoing schedule that comes with school vacation so preparation for the busyness of fall is often quite daunting. This year, with a little guidance, you can remove the stress for the entire family by transitioning back into the school year seamlessly, as follows:

**Establish a routine:** After a summer with a relaxed schedule and little structure, the return to the classroom can be a shock to your kids' systems. Ease them back by gradually integrating more structure into their days. Meals and bedtime are a great way to start—begin to get your children back into a routine about two weeks before school starts to make the transition easy.

**Get organized:** Before the hustle and bustle of school really kicks in, take some time to get ahead of the game. Put together a master calendar that everyone can use for the year, including important school dates, vacations, sporting events and practices, and parent teacher conferences to keep you on schedule. Make sure you've prepared all of the paperwork, school supplies, and permission slips you and your kids need. If your child needs any medications or the school requires doctor's notes, be sure to book necessary appointments.

**Organize a carpool:** If there are other families in your neighborhood heading to the same school, carpooling is a great way to save gas and time. Create a rotating schedule for drivers and make sure it's kept up to date.

"Be sure to also check your insurance policy before the first day," advises Shirley Parchoma with Western Financial Group. "If you're receiving any money for gas, your normal liability coverage may not be enough. Talk to your insurance broker and make sure you're covered before you get behind the wheel with a group."

**Start a fun tradition:** One way to make back-to-school more fun is to create a tradition that your family can look forward to each year. This tradition could be a special back-to-school dinner, interviewing your child on video, or taking a picture of them in their first day outfit. Bonus: this can also be an easy way to create keepsakes—save each year's photo in one place and pull them out for the next big graduation or family event. The new school year is an exciting time in a child's life and taking a few steps to prepare will make sure you all enjoy the final days of summer and start the new school year off on a positive note. More information can be found at [www.westernfinancialgroup.ca](http://www.westernfinancialgroup.ca).

# Make homework a breeze

(NC) Often for families, homework can be a struggle. Who said it has to be that way? With a few tips, you can help make homework smoother so you both can enjoy school nights without homework hassles. Firstly, taking a short break after class is important to aerate the neurons. After a day at school listening to teachers, kids need a reboot. However, don't wait too long. An hour should be plenty, unless they go to daycare, in which case no break time is required. Why not give them a light healthy snack when they get home from school while mentioning that right after it will be time to do their homework? Over time they will develop the habit and you won't even have to mention anything. It could make all the difference in the world as they get ready for high school. Secondly, the workspace is crucial. It's not easy for kids to concentrate when there's action around or if the TV is on. So it's best to dedicate a space for homework, whether in an office or in their bedroom. The important thing is to have a bright, organized workspace, without too much distraction. It should be inviting, comfortable, and have everything they



need such as pencils, highlighters, paper, etc. You can find these items at great prices in big box stores like Target. Kids should be encouraged to maintain this space clean, so that when they sit down their brain automatically switches to learning mode. And it is much more efficient than trying to do homework on the corner of a kitchen table. More information is available at [www.Target.ca](http://www.Target.ca).

# Help your child avoid backpack injuries



(NC) As parents prepare for the annual back-to-school season, Ontario's chiropractors are sharing some simple strategies that can help kids avoid injuries commonly associated with backpacks, as follows:

**Choose the right backpack:** Forget good looking leather. It's far too heavy. Go for vinyl or canvas. Pick a pack that has two wide, adjustable, padded shoulder straps, along with a hip or waist strap, padded back and plenty of pockets. Make sure the pack fits properly, is not too snug around the arms and under the armpits, and that its size is proportionate to the wearer's body.

**Pack it properly:** Your kids are not moving out, so make sure to pack only what is needed for that day, and that the weight is distributed evenly. It's a good idea to know roughly what each item weighs. The total weight of the filled pack should be no more than 10 to 15 per cent of the wearer's own body weight.

**Put the backpack on properly:** It's a good idea to help young children with this, at least the first few times. Put the pack on a flat surface, at waist height. Slip on the pack, one shoulder at a time, then adjust the straps to fit comfortably. Remember when lifting a backpack, or anything, to lift using the arms and legs and to bend at the knees.

**Teach your child the right way to wear it:** Both shoulder straps should be used, and adjusted so that the pack fits snugly to the body, without dangling to the side. Backpacks should never be worn over just one shoulder. You should be able to slide your hand between the backpack and your child's back. The waist strap should also be worn for added stability.

For more information about the Pack it Light program, or for information about chiropractic care, visit the OCA website at [www.chiropractic.on.ca](http://www.chiropractic.on.ca). [www.newscanada.com](http://www.newscanada.com)

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Answers will be posted on our Facebook page (TheMainStreetNews) and published in our next month's issue

**RETOUR À L'ÉCOLE!**

Courez la chance de gagner

- 1 de 4 sacs à dos et boîtes à lunch
- 1 de 4 certificats cadeaux de 50\$
- 1 de 4 certificats cadeaux de 25\$
- 1 de 4 certificats cadeaux de 30\$

**Tirage : 22 août à 10h**

Aucun achat nécessaire. Coupons disponibles en magasin ou au bureau administratif du centre commercial. Les items peuvent varier des photos.

**BACK TO SCHOOL!**

You could win

- 1 of 4 backpacks and lunchboxes
- 1 of 4 \$50 gift certificates
- 1 of 4 \$25 gift certificates
- 1 of 4 \$30 gift certificates

**Draw: August 22 at 10am**

No purchase necessary. Aucun achat nécessaire. Coupons available at stores or administration office. Items may vary from photos.

**Une valeur de 620\$**  
A value of \$620

\*valeur approximative

**Avec plus de 35 magasins et services... tous près de vous pour vous!**  
More than 35 stores and services... to always better serve you!

**For Timmy lovers it is  
well worth the small detour!**

**Your Tim Hortons on 1001 Chemin Valliquette in Ste-Agathe-des-Monts  
on Hwy 117 is open to serve your favourite coffee, always fresh!**

The South bound of Hwy 117 is blocked, you can visit us by  
making a small detour to turn around at the first traffic light.





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

Aug 16: Annual Golf Tournament. Tickets \$80 includes golf and great steak dinner. Please reserve your tickets at the Legion.  
Aug 30: 6 pm – Labour Day Steak Dinner. Tickets \$15 (reserve by Aug 28)  
September 6: Last Legion Flea Market:  
NOTE: In case of rain the flea market will be held on the following day.  
For information on any event call 450 226-2213 (after 12 noon).

## Branch 70 Filiale Lachute

Please note that there will be no smoked meat dinners or legion activities (cards, darts etc.) in July or August  
Bus trips to the Casino continue as usual - please check the legion for dates.  
For information call: 450 562-2952 after 2 pm.  
Happy summer to all, see you in September!

## Branch 71 Filiale Brownsburg

Bar/Lounge is open on Fridays from 3 pm - 9 pm. Membership cards are available at a cost of \$45  
For information, please call  
Sheila or Trevor Holmes 450 562-8728.  
Enjoy your summer!

## Branch 192 Filiale Rouge River

Aug 13: 6 pm - Meeting (executives only)  
Aug 16: 2 pm - General Meeting  
Aug 23: 1 pm – Horseshoe Tournament –  
To register your team call: 819 687-9143  
Corn Roast & Hot Dogs: 4 pm  
Cribbage every Tuesday night 7:30 pm /  
Darts will resume in September  
We would like to add Military Whist and Majong Board Game to our activities. Players, or those interested to learn, can call 819-687-3148.  
For details/Info call 819-687-3148 or e-mail mmcsp40@gmail.com.

## RELIGIOUS SERVICES

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

**HILLSIDE CHAPEL**  
755 Village Road, Morin Heights  
Terry Sheahan: 450 229-5650.  
Sundays: 6:30 pm - We are known as a singing church, so if you enjoy Country Gospel and like to sing, listen or join in and play your instruments, come and enjoy our Sunday evening services.  
Everyone is welcome!

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

**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  
August: 9:30 am – Summer worship services.  
Aug 31: 10 am – Service will be held at St. Simeons  
Everyone welcome.

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

**BROOKDALE UNITED CHURCH, BOILEAU**  
Info: 819 687-2752

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

**MILLE ISLES PRESBYTERIAN CHURCH**  
Mille Isles Rd.  
Sundays in August: 9:30 am – Sunday services.  
Please join us.

**ST. ANDREWS EAST PRESBYTERIAN CHURCH**  
5 John Abbot Street, St. André d'Argenteuil  
Sundays: Until August 24:  
11:15 am - Sunday Worship  
For info please contact  
Sharon McOuat 450 537-8560

**ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH**  
94 Ave. St. Denis, St. Sauveur  
Sundays: 9:30 – Worship services.  
450 227-2180

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

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

**LACHUTE UNITED CHURCH**  
Hamford Chapel, 232 Hamford Street, Lachute  
Sundays: 10:30 am - Weekly Sunday Worship

**HARRINGTON UNITED CHURCH  
ST. ANDREWS CHURCH, AVOCA**

**ANGLICAN CHURCHES  
ALONG THE OTTAWA RIVER**  
**Holy Trinity, Calumet, St. Matthew's,  
Grenville.**  
Sundays 9:15 am - Holy Eucharist:  
alternating locations.  
**Holy Trinity, Hawkesbury - Holy Eucharist**  
at 11 am every Sunday with  
Rev. Douglas Richards (613 632-2329).  
Call parish office at 613 632-9910 for more info.

**HOLY TRINITY ANGLICAN CHURCH**  
12, Préfontaine St. West, St. Agathe (corner of Tour du  
Lac and Préfontaine)  
The Ven. Ralph Leavitt: 819 326-2146  
Sunday: 8 am - Sunday Worship (breakfast afterwards  
at a restaurant)  
Sunday: 10 am - music, children's corner,  
coffee afterwards.  
Christians of all denominations welcome.  
\*Parking and elevator for handicapped.\*

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

**ANGLICAN PARISH OF ARUNDEL & WEIR**  
Sunday services in Grace Church at 10 am  
every week followed by coffee & fellowship.

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

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

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

**THE CATHOLIC CHURCHES  
NOTRE DAME DES MONTS PARISH**  
Huberdeau 10:30 am  
Laurel 9 am  
Morin Hts 10:30 am  
Montfort 9 am  
16-Island-Lake 10:30 am  
Weir 9 am  
You are welcome to join us after the service.

**LOST RIVER PRESBYTERIAN CHURCH**  
5152 Lost River Road, Lost River  
Sundays in August: 11 am – Worship service  
There will be no service Aug 31.

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

**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 Aug 17: 10 am – Sunday service  
Sept 7: 10 am – Sunday service  
Services with gospel/bluegrass music

**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Gore  
Aug 10 – 7 pm – Sunday service  
Aug 17: 7 pm – Sunday service  
Aug 24: 7 pm – Sunday service  
Aug 31: 7 pm – Sunday service  
Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
Aug 10: 10 am – Sunday service  
Aug 24: 10 am – Sunday service\*  
Sept 14: 10 am – Sunday service\*  
Bilingual services with gospel/bluegrass music

\*Special services: Soaking Time \*  
A time of quiet reflection and music  
3:30 - 4:30 pm (traditional hymns)  
7:30 - 8:30 pm (classical music) are  
offered on Sundays in addition to regular services.

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
Aug 10: 10 am – Sunday service  
Aug 24: 10 am – Sunday service  
Sept 14: 10 am – Sunday service

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
with Rev. Paul Tidman: 450 562-2917  
Aug. 10, 17, 24, 31: 10:30 am St. Simeon's, Lachute  
Sept 7: 10 am – Communion  
Sept 14: 9:30 am – Family Service  
Sept 21: 10 M – COMMUNION  
Sept 28: 10 am – Back to church Sunday  
Everyone welcome!  
Refreshments following the service

## ENGLISH COMMUNITY NEWS

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

## Laurentian Club Notice

The 2014-2015 season promises to be a great one.

The Laurentian Club of Canada's English-language events feature interesting speakers on topics ranging from culture to sports to current events.

And there's always time to mingle!  
Meetings are held on the fourth Monday of each month.

We'll kick our season off in September. Watch this space for details!

To learn more, visit our Facebook page  
[www.facebook.com/LaurentianClubofCanada](http://www.facebook.com/LaurentianClubofCanada)  
or contact us at  
TheLaurentianClub@gmail.com  
or 819-326-6872.

**LAURENTIAN CLUB OF CANADA**



## Laurentian Region Cancer Support Group

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



Next meeting for cancer patients,  
families and caregivers is August 2014

**SATURDAY AFTERNOON**  
**August 16 - 1 pm**  
St. Eugene Hall (rear entrance)  
148 Watchorn, Morin Heights

Other dates to mark on your calendar:  
Sept. 20, Oct. 18, Nov. 15

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](mailto:cancer.laurentia@yahoo.ca)  
PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

### Celebrating Lifelong Learning: Seniors Programs Share Experiences & Plan for the Next Generation

On August 20, Christina Vincelli of Laurentians Care will be among those presenting at a conference on lifelong learning to be held at McGill University. Christina will be joined by Edith Ury of Lachute, another great advocate for English-language services in the Laurentians.



#### Conference objectives:

- To present the wide range of learning opportunities for seniors
- To exchange experiences regarding programming models
- To share practices, successes and challenges
- To provide an opportunity to learn about new technologies
- To explore the benefits of lifelong learning

The event will take place on Wednesday, August 20: 10 am - 4:30 pm at the Leacock Building, McGill University, Montreal. For more information, contact [mclconference.scs@mcgill.ca](mailto:mclconference.scs@mcgill.ca).

### FUNDRAISERS

#### FOLES Fall Challenge Race

On October 4, the Friends of Laurentian Elementary School (FOLES) will be hosting a run/walk race at Parc Carillon and the Boisé Von Allmen trail in Saint André d'Argenteuil. This event will raise funds for new computer technology at Laurentian Elementary School in Lachute. Events include a 5 and 10 km for 13 years and over, as well as a 1 km for 6-12 years old. 5 years old and under can participate in a 100 m race starting at 10 am. Register before August 4 for the best rate!



For more information and registration information visit the FOLES website at [www.foles.ca](http://www.foles.ca) or [www.runningroom.com](http://www.runningroom.com) (search for race under events) or email Joanne MacLeod McQuat at [joanne.macleod6@gmail.com](mailto:joanne.macleod6@gmail.com).

### COMMUNITY EVENTS

**Coming up at the Lost River Community Center**  
Aug 16: 2 pm – 8 pm - Harrington Day

Sunday, September 7: 9 am - noon  
LRCC will be holding their next monthly breakfast  
Basket draw donations will go to the Canadian Lung Association.  
Everyone is welcome. For more details contact [mike.carroll@xplornet.ca](mailto:mike.carroll@xplornet.ca)

**Yard Sale**  
Morin Heights United Church  
Saturday August 23: 8 am – 3 pm  
Books galore – knick-knacks, odds and ends.

**Joyful Noise Choir**  
St-Eugene's Community Centre, 148, ch Watchorn, Morin-Heights  
Tuesdays, September 9 – December 9: 7 pm  
Cost: \$120

**Theatre Morin Heights Dinner theatre at La Grange**  
Dates to remember: Every Thursday evening throughout the summer!  
Presented throughout Aug: Storm Warnings, a play by Norm Foster.  
Tickets available at La Grange Restaurant & Café. To reserve call 450 226-5005.

**Play Readings at La Grange**  
Theatre Morin Heights will present play readings at Restaurant La Grange, 2 Meadowbrook, Morin Heights, at 7 pm on September 17, October 15 and November 19. Try your hand at play reading or just relax and listen in. For more information or to be added to the Theatre Morin Heights email list please call 450 226-2746. Visit the Morin Heights' website or consult your copy of Main Street for information for all our productions!

**Theatre Morin Heights Presents:**  
a reading of Bearings, by Colleen Curran  
Saturday, September 27: 4 pm  
Café Mickey's, 832 chemin du Village, Morin Heights.

### ADVANCE NOTICES

**Ham & Salad Supper**  
Margaret Rodger Memorial Church  
463 rue Principale, Lachute  
Sept 12: 5 - 7pm  
Delicious dinner, homemade pies for dessert!  
Hosted by The Order of the Eastern Star, Lachute Chapter # 56  
Keep this date open for a really good meal and great entertainment supplied by The Fiddler's Group.  
We look forward to seeing you!

### UTA English Section Celebrates 10th Anniversary

The University of Sherbrooke sponsors (throughout Quebec) the Université du Troisième Age (UTA) courses in French for those over 50. The Mont-Tremblant UTA also offers one course per semester and often, one seminar per year in English. Fall 2014 will be the 10th anniversary of the founding of the English section. All students, past and present, are invited to attend the autumn course and the 10th anniversary homecoming seminar.

**Course: Russia - Soviet Union - Cis with Professor Linda Grondin, History, B. Ed.**  
144 rue du Couvent, Old Village of Mont-Tremblant Thursdays, September 25 - November 13: 1:30 - 4 pm.  
Tuition: \$90 (no cancellation after the start of the course).

**10th Anniversary Homecoming Celebration**  
Première scène (bistro), Old Village Church, Mont-Tremblant  
Wednesday, October 15: 1:30 - 4:30 pm  
Come enjoy a musical voyage from the 1950s to the 1970s with Craig Morrison, Ph.D., ethnomusicologist, musician, author and professor at Concordia University (\$10). There will be a 10-year celebration cake, wine and coffee (\$15).  
Registration: September 12: 1:30 - 4 pm, 144 rue du Couvent, Old Village. For full details visit [www.utamont-tremblant.org](http://www.utamont-tremblant.org) or call Elaine St. Pierre: 819 425-9735.



**Theatre Morin Heights will present YOU SAY TOMATOES**  
by Bernard Slade on November 7, 8, & 9.  
Penny Rose 450 226 2746

### URGENT NEED FOR VOLUNTEER DRIVERS

The Centre jeunesse des Laurentides is actively seeking volunteers drivers for transportation services in different areas of the Laurentians. Becoming a volunteer at the Youth Centre is an opportunity to give hope to young people, while receiving much in return. The organization is looking for people who have the desire to get involved with young people by offering their time and services. Applicants must undergo a screening process and criminal background check. Once accepted, volunteers participate in an integration meeting and will receive all the information necessary

to understand the mission of the youth center, as well as training on the special needs of its users. For more information or if you have interest in becoming a volunteer, please contact Anne Paquette at 450 436-2750, ext 2602.

**BROWNSBURG CURLING CLUB**  
Curling begins mid October  
Check our website  
[www.curlingbrownsburg.ovca.com](http://www.curlingbrownsburg.ovca.com)

### Spectacular Laurentian Scenes



1) This photo of a "super moon" was submitted by David Trudel.



2) Denizens of our forests. Photo credit: Susan MacDonald

If you have any amazing photos you would like to share, please send them in.

### FAMILY DAY AND BBQ AT ST. EUGENE CHURCH

148 ch. Watchorn, Morin Heights  
Sunday, September 7: 11 am.  
Fun for the whole family!  
Face painting, inflatable rides, community booths & local demonstrations.  
Small fee for BBQ only.  
Come join the fun!

### DALESVILLE BAPTIST CHURCH VACATION BIBLE SCHOOL

245 Daleville Rd. S. August 18 - 22: 9 am - 11:45 a.m.

All children age 4 -12 are welcome to attend. Theme: ARROW ISLAND - CHOOSING GOD'S WAY Songs, games, snacks, crafts, prizes, Bible stories. For info: 450-533-6729 or 450-533-4567 or [buchananedmund@gmail.com](mailto:buchananedmund@gmail.com) or [hcarpenter@sympatico.ca](mailto:hcarpenter@sympatico.ca)

### CANCELLATION NOTICE

the garden tea scheduled to take place on August 9 at St. Francis of the Birds church has been cancelled.



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[info@convergence-laurentides.com](mailto:info@convergence-laurentides.com)

Congratulations to our Facebook Contest Winner!

Congratulations to Sheryl Dubois from Morin Heights!  
The lucky winner of a pair of tickets to the Johnny Cash tribute



like us on facebook

Follow us on facebook and keep informed of events & future contests!

Congratulations to our Facebook Contest Winner!

Congratulations to Rick Moffat of Gore!  
The lucky winner of a \$50 Baton Rouge gift certificate.



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Follow us on facebook and keep informed of events & future contests!

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

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### Gambling problem?

Help for parents and friends of compulsive gamblers.

514 484.6666  
866 484.6664

[gam-anon.org](http://gam-anon.org)



# Back to Home-cooking Homemade bread

Marie-France Beauchamp -  
Special To Main Street.

Bon jour! I am a Montreal-born wife, the mother of two little ones, and I have lived with my family in a picturesque, Laurentian town for many years. I have an Ottawa Culinary Arts Institute background, and presently run a home-based business as a consultant to many international hotel and restaurant organisations on their in-house food and beverage programmes. I travel frequently and am familiar with food tastes and customs around the world.

When my friend, Susan, the editor of Main Street, invited me recently to do a monthly column on cooking at home, I agreed enthusiastically. She particularly wanted to focus on ideas for simple, tasty, healthy dishes, to encourage readers to eat more healthily and to enjoy the benefits that flow from knowing where their food originates and by lowering families' food costs. Even in the supermarkets today, operators have noticed the distinct trend away from prepared and packaged foods that have become so ubiquitous and are the cause of so much ill-health and obesity. Loblaws just recently announced their own major shift towards providing more freshly-prepared foods in their stores, using more locally sourced ingredients wherever possible, and with close attention given to quality, freshness and cost.

## Homemade Bread

Now, doesn't the very idea of homemade bread get your imagination churning? I know that when I make bread for my family at home, the warm, fresh aroma fills the house and instantly gets everyone hungry in just the same way the smell of bacon cooking ignites appetites in the morning. It is much cheaper, is far more nutritious and contains only a few simple ingredients, unlike the store-bought varieties, which contain so many incomprehensible additives and preservatives.



Bread is a staple food in most households but where, all too often, we find packages of soft, spongy, white sliced bread that never seems to go stale and couldn't even keep a mouse alive. This is an easy recipe for even a novice, and I promise, once you have tasted your own bread, you will never readily buy bread in a plastic bag again, except as a convenience in-between your home-baking adventures. This is NOT a bread machine recipe. This is for handmade bread; it's easy, efficient and you will love the result.

## Equipment:

One large mixing bowl.  
Two 9x5 bread pans.

## Ingredients: to make two loaves. (see picture)

5 1/2 cups - white bread flour. (all-purpose flour optional)  
1 cup - whole wheat flour.  
2 1/2 cups - warm water. (45 dg/C or 110 dg/F, approx)  
2 packages - active dry yeast. (or 1 tablespoon, if using a jar of yeast)  
3 tablespoons - white sugar.  
3 tablespoons - vegetable oil.  
1 teaspoon - salt.

## Method:

Dissolve the yeast and sugar in the mixing bowl with the warm water and allow to sit for 10 minutes until a light foam is produced. Add two cups of bread flour and the salt and mix well. Add the vegetable oil. Then add the remaining flour, half cup at a time, mixing well with each addition. You could use a flour mixer if you have one, but I do it with a mixing spoon and then by hand.

When the ingredients are well mixed, remove from bowl onto a well-floured breadboard and knead the dough by hand until smooth and elastic - about 10 minutes. It's fun!

Coat the dough ball lightly with some oil and replace in the mixing bowl and cover with a damp cloth. Place bowl in a cupboard or oven (heat OFF) for one hour, to allow the dough to rise. It will double in volume in this time. It's time-forgiving, so if you are not punctual, don't worry.

Uncover and remove dough from bowl. Return to breadboard. Make a fist and punch the dough to permit air to escape. Then knead again, just a couple of minutes, until all the air bubbles are gone. Too much kneading is counter-productive.

Divide the dough into two sections, and form into loaves. Place loaves into the lightly-oiled bread pans. Cover again with a damp cloth and allow to rise for about 30-40 minutes. The dough should double in volume.

Lightly oil the tops of the loaves and make a couple of slight, shallow incisions along the tops.

Place pans in a pre-heated oven at 375 degrees F for 30/35 minutes, or until golden brown and the bottom of the loaf sounds hollow, when tapped. (Use a glove to hold it - it's hot!)

And that's it!

You will have two tasty loaves, one to eat now, when cooled, and the other can be Ziploc-ed and refrigerated for later, or frozen. The slices make the best toast ever.

Next month, minestrone soup and meatballs .... délicieux!

The Laurentians Caregivers Association



Annual General Meeting September 10, 2014  
2:00pm - 5:00pm

Meet & Greet  
Tea and Sweets

Video Presentation "Caring for our Elders"  
Laurentians CARE Future Action Plan



Place Lagny #2, Rue St Louis St. Agathe des Monts

For information please contact Laurentians CARE  
at the toll free number 855.522.7372



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

## NOTICE OF APPOINTMENT TO THE BOARD OF DIRECTORS



Nathalie Garneau

The President of the Caisse Desjardins de la Vallée des Pays d'en Haut, Jean Beauchamp, is proud to announce the appointment of Ms. Nathalie Garneau, as an officer on the Board of Directors of the Caisse.

Resident of the MRC, recently, Ms. Garneau wanted to be active and involved in her community. Partner in the firm of surveyors Géomètres Beaudry, Jarry et Garneau inc., Nathalie Garneau is a surveyor in training.

She is committed to exercise care, integrity and loyalty in the best interests of the Caisse, its members, towards the common good, to ensure a healthy, dynamic and prudent administration of the Caisse in respect to its areas of responsibility and in accordance with the relevant frameworks, such as laws, regulations, applicable standards, and the Code of Ethics and policies of the Caisse Desjardins, and be present and actively supportive at the meetings of the proceedings to which she belongs.

The Caisse Desjardins de la Vallée des Pays d'en Haut is a financial cooperative owned by its members. It also engages 18 leaders, 65 employees mobilized to serve its 19,302 members generating a turnover of more than \$1.1 billion.

Being a Desjardins member is to be given the power to act: Cooperating in a more prosperous community. Together, we have the power to create the future!

# Wood Family Reunion A Laurentian Legacy

Ron Golfman - Main Street

When my good friend, Gail Beverly, asked me to cover the Wood family reunion, on July 19, I was both flattered and intimidated by the daunting task of gathering snippets about this larger-than-life Laurentian family. If one considers that 80-100 people were expected, largely family members and their significant others, the sheer volume of people, and my fear of intruding upon their historic event, knocked me off balance.

As I arrived at the magnificent home, I heard the sounds of laughter and conversations filling the air. I spotted Janet Wood, wife of the late Donny Wood, mother of 15 children and an unsinkable pillar of the community, coming up the drive with both hands full of goodies. Though we have known each other for 40 years, I approached her tentatively to see if she needed a hand. Sensing my nervousness, "Ma" as many call her, drew me close, kissed my cheek and laughingly said, "are you one of mine?" putting my anxiety to rest with that unique Wood sense of humour.

Carmen Wood, patriarch of the family, was sitting under an open tent, surrounded by Norma and Allen Wood, Rosie Hodge-Wood, Mona and others, laughing and holding court with ease. I found myself amidst many who offered anecdotes and wonderful stories about this rough-and-tumble collective, who are truly and rightly proud to be part of this family's history.

I listened to Gary Wood explain, with pride, how George, born in 1810 in Dublin, Ireland, arrived in 1829, at the age of 19, through the barely-charted Ottawa Valley. The tale of the trek via Rainbow Creek, Wentworth to Morin Heights, was spellbinding. Stories of clearing land, and how French families and the Wood's seemed to merge, happily assimilating and becoming neighbours. The pioneering spirit belonged, and still does, to this family.

As the day progressed, copious arrays of refreshments were laid out, and games of horseshoes entertained many, while the sounds of people laughing, backslapping and enjoying each other's company filled us all. Looking over the crowd, ranging in age from some in their 80's, to an infant barely weeks old, I was told that between seven and nine generations were represented on this day. This spoke volumes of the tight and cherished connection they maintain with each other.

While we remembered the days of the "Common's," a local Morin Heights roadhouse, now in roadhouse heaven, I heard memories of Ronnie, Teddy and Ricky's motorcycle mishaps, including one where their friend, Andy, misguidedly drove his Yamaha 850 into a Hydro pole, blacking out much of Saint Sauveur for hours! There were many survivor stories from a robust and resilient past.

People paid quiet tribute to those who are no longer with the family, due to the unpredictable nature of life itself, as nobody was to be forgotten that day, as we cruised down memory lane.

Day moved toward evening, and I wound down my experience at the Wood family reunion in the same way it had begun. I was told the tale of when, some 35 years ago, Janet, the striking mother of 15, was being relentlessly "hit on" at the Common's bar, by a man at least half her age. All of "Ma's" efforts to rebuff the man-boy, including pointing out several of her own boys, were of no use, when he stated, "Don't kid me, I know a virgin when I see one." As Janet often says, "It takes all kinds to make a world."

My day closed with a great chat with Ronnie Wood, a man I respect and admire. A big thank you to Gail and her partner, Ron Miller, the superb hosts, to Kelly Dawson, the unflappable photographer, Gail's charming mother Margaret, her sister June, Roger Wood, who steered me towards great dialogues, and the entire Wood family for allowing me to share their day in the sun.

A true classic!

## 4Korners office – Lachute Recent and upcoming community activities

Edith Ury - Main Street

The Lachute 4Korners office, located at 508 rue Principale, is open to the public every Tuesday from 9 am – 3 pm. Apart from the general networking to make 4Korners services better known in Argenteuil by public organizations, municipalities, dignitaries and representatives, several activities have taken place:

- February 19 - May 27: the first group participated in the "Jog your Mind" program.
- February to June 5: video conferences on various health issues, presented at LRHS.
- April: a group of volunteers from 4Korners, participated in a soup making initiative to teach teenagers at the high school basic cooking skills.
- April: there were two physical training events for older adults, led by a CSSS d'Argenteuil representative, in a short program called "Stand Up." One was held in Gore and the other at the Lachute United Church, with the gracious collaboration of Minister Cathy Hamilton.
- Play: The very successful stage play exploring Elder Abuse issues - "Grandpa is not a Cash Cow and Grandma won't take any Bull" a joint venture of the Lachute CSSS and 4Korners - made four presentations this year: in Quebec City, Lachute, Deux-Montagnes, and in Montreal at the Quebec Community Groups Network (QCGN) conference. The latter performance was to promote future engagements in other Quebec communities.
- 4Korners also joined the "Seniors and Families in the Heart of Argenteuil" project, participating with the Committee of Wentworth.
- August 2, participation in Mille-Isles festivities (from 11:30 am to 4:30 pm).

### Upcoming events

August 20: 4Korners is making a presentation at the McGill University School of Continuing Studies, for the Lifelong Learning program on "Grassroots Dynamism"

October 14: a second group starts with the "Jog your Mind" program. Registration remains open.

October 17: a workshop program on memory - "Lunch and Learn" is scheduled. There will be a guest speaker in attendance from Montreal.

Other projects as well are being planned for the rest of this year. Information about all the events will be sent out as usual. For additional information, contact Edith Ury (450 562-1701) or e-mail: [edith@4kornerscenter.org](mailto:edith@4kornerscenter.org).



## The Story Behind Minor Concerns

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

The 1890s and the early years of the 1900s were the good years for Raoul Ogier d'Ivry. A French viscount who had suffered developmental problems in his ado-

lescence, he was paid a remittance to stay in Canada because his mother knew he was not capable of inheriting the responsibilities of their social status and holdings. She set him up on a farm on Lake Manitou, instructing him to "establish the Ivry name in the new world." In those long-ago days the idea of mining was simple enough, especially if you owned the land. You staked your claim and dug. The First Nations' perspective that you were cutting into the bowels of Mother Earth, had no currency. It was your land, your stake, your minerals and your loss if you failed. A mine set up on your property might contaminate the water table, produce noise or otherwise change the nature of the region. If you staked a claim, the minerals in the ground for the area you staked belonged to you, as long as you exercised your stake and continued to mine it. In fact, you didn't even need to own the land, just have claim to the minerals beneath the ground. Ownership gave you a way to access them, but once you were under the ground, there was nothing stopping you from digging a horizontal tunnel through the area you had staked, even if it was under someone else's property.

In those wild pioneer days, you would have been ill-advised to protect your own property by staking a claim to it. Unless you actually exploited it, not only would your stake expire, but you would have brought your property to the attention of every prospector in the region.

Of course, Ogier d'Ivry didn't have those concerns. He was a gullible fourteen-year-old in the body of a grown man. Charming, cultivated, well-mannered and apparently rich, the prospectors were probably the ones leading him on.

Today, though, international miners are of a different breed. Over a century later, the law hasn't changed. Your neighbour can still own the mineral rights under your property, and if he got the go-ahead to exploit them, all you could really do is shake with anger. Worse, thanks to the much lauded free trade agreements that we are all told to be proud of, if the neighbour is from a country we have an agreement with, he may have the right to sue the government if it tries to stop him.

That scenario almost happened in the Laurentians just three years ago. Pacific Arc Resources of British Columbia began drilling on property at the junction of three municipalities; Sainte Adèle, Sainte Marguerite and Saint Hippolyte. Their stake covered an area of 7,368 acres, the equivalent of a square, three-and-a-half miles on a side, and located right in cottage country near the bucolic Lac Pilon. They didn't necessarily own that large a parcel, but clearly that doesn't matter. They had found a way to access their staked claim. The residents shook with anger and got organized, just in time, to stop them. A coalition that called itself, Non aux mines dans les Laurentides, brought the whole story to light and the Regional Municipal Counties intervened. They appealed to the provincial Liberal government of Jean Charest and soon Bill 14 was tabled, declaring there would be no mining titles or exploration allowed in recreational zones such as the Laurentians.

That law died on the order paper when the Parti Québécois came to power. Of course, they wanted to pass a similar law, but not exactly the same, and then, well, you may have guessed. Their law wasn't passed before the last election, either. We have a new, more dynamic, Liberal government now and they have a full mandate ahead of them, but how did we come to such an impasse and what could go wrong?

Free trade gives companies in other countries the rights of citizens here – the right to exploit our resources. They are free to be taken and, in sum, that is what free trade means – free to be taken by non-voting citizens who own companies in other parts of the world. Some of these are such big players that free trade is reducing the environmental and employment norms in our country to those of the lowest-common-denominator members of the free trade partner countries. Companies located in a poorly run developing country can argue that, since Canadian companies can exploit their country's resources respecting their country's environmental and labour standards, it is unfair for Canada's standards to be stricter. World-class elites are in charge now and it is in their interests to take the minerals from the bowels of Mother Earth here and to sell them, even if it means stripping them all out and leaving none for our grandchildren's eventual needs. This, we are told, is a good thing.

Ogier d'Ivry never stood a chance of finding the money to develop his mine. He started digging in Ivry, in the 1910s, looking for titanium, the same mineral Pacific Arc Resources was looking for. As long as Laurentian second-home owners from Montreal formed Canada's elite, no-one was going to mess with Laurentian lands, and Ogier d'Ivry did not have the business acumen to convince them in any case. He was soon out of money, but if you know who to ask, you can still find the flooded shaft he started digging.

Today, brokers and stock analysts, who look for opportunities in mining and resource exploitation, work for different masters, people far away and as indifferent to what the Laurentians means to us as they are to the First Nations people. Today, the Laurentians is becoming one more area where the minerals in the ground will be exploited just because they are there.

If we don't remain vigilant, we may find ourselves shaking with anger to little or no avail.



# Obituaries

## NOTICE OF THE DEATH OF LIEUTENANT CAMPBELL FOX

The Grenville-sur-la-Rouge and the Harrington Fire Departments regret to notify the public of the death of Lieutenant Campbell Fox on July 24, 2014. We wish to express our most sincere condolences to the family of Lieutenant Campbell Fox. Lieutenant Campbell Fox had the sense of duty and a desire to serve the citizens to the best of his skills and convictions during his 40 years of service. It is with honor and pride that he served the fire departments and it is with this same honor and pride that he was escorted to his final resting at the Shaw Cemetery in Harrington.

## DUNN, John Patrick Gerald 1947 - 2014

John Dunn, predeceased by his mother, Theresa Casey and his father, Gerald Dunn, passed peacefully on Saturday, July 19, 2014 at sixty-seven years of age. Deeply missed by his daughters, Jennifer (Alastair) and Tracey (Grant), as well as his good friend Maggie Cyr. Generous with his time and advice, John's laugh and sharp wit will be fondly remembered by those fortunate enough to have known this wonderful man. John took great joy in simple pleasures, enjoying nothing better than teasing his girls, enjoying an ice cream sundae, discussing the latest current events or spending time with a myriad of four-legged friends, Lucy, chief amongst them. Family and friends joined in a celebration of John's life at the J.P. MacKimmie Funeral Home, 660, Rue Principale, Lachute, Quebec, on July 24. In lieu of flowers, donations can be made to Animatch Dog, www.animatch.ca, in John's name to celebrate his love of dogs.

## MACMILLAN, Fraser

It is with great sadness that we announce the passing of Fraser MacMillan on July 22, 2014. Pre-deceased by his father Alex, he leaves behind his beloved wife of 33 years, Catherine Rowlands, his daughter Kimberley (Jonathan Rodger), two beautiful grandchildren Hunter Fraser, and Hannah Catherine. Also survived by his mother Helen, his brothers Cameron (Jill Elmslie), and Ian, and by his sister Heather-Anne (Kevin Crone). The family received condolences on Friday July 25, 2014, from 3:00 pm - 5:00 pm and from 7:00 pm - 9:00 pm at the J.P. MacKimmie Funeral Home. A funeral service was held in the chapel of the J.P. MacKimmie Funeral home, 660 rue Principale, Lachute, Qc. on July 26. Interment Lost River Protestant Cemetery. In lieu of flowers donations to the Lost River Presbyterian Church would be appreciated.

## NEILL, Olive (nee: Kilpatrick)

Peacefully at The Residence of Lachute, Lachute, Qc. on Wednesday, July 9, 2014, four days shy of her one hundred and first birthday. Beloved wife of the late Jack Neill. Dear mother of Doreen Campbell, Terry (Diane) and Gerry (Carol). Loving grandmother of fourteen grandchildren, twenty-one great-grandchildren and three great-great grandchildren. A special Thank You to Marilyn and Eddie Black and Shannon Dewar. A funeral service was held on Saturday, July 12 at the Mille Isles Presbyterian Church. In lieu of flowers, donations to the charity of your choice would be appreciated by the family.

**SAINDON, Eva**  
July 25, 1920 -  
July 23, 2014

On July 23, 2014, our beloved Eva Saindon, widow of the late Laurent Labrie, ended her journey in the St. Eustache hospital, two days before her 94th birthday. A wise and courageous woman, she lived a full life and spent only three days in the hospital before passing. Her loved ones had the opportunity to say their last good byes. She leaves behind five children; Lorraine, Gilles, Jocelyne, Renald and Bertrand, along with six grandchildren; Nathalie, Eric, Marie-Josée, Sylvain, Danny and Jason. She was blessed with five great-grandchildren and, only eight months ago, one great-great-grandchild. She will be missed by many.



## STEEVES Jocelyn 1937 - 2014

It is with deep sadness that we announce the passing of Jocelyn Steeves (nee: Wilson) on July 23, 2014 at the age of seventy-seven. Dear wife of Willard Steeves, loving mother of Susan, Peter (Inhee) and proud grandmother of Harry and Beatrice Glickman and Lewis Steeves. She will be missed by her sisters Barbara Hungerbuhler (Anthony) and Elaine Copp and by her nieces, nephews and many friends. Jocelyn was a kind and gentle woman who selflessly supported her community through various charitable initiatives. Cremation has taken place. At her request, there was no funeral service or visitation. Donations, if you so desire, may be made to a charity of your choice. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

## TAYLOR, Violet Jean (nee: Steele)

After a short illness, on Friday, August 1, 2014 at the Hawkesbury & District General Hospital, Hawkesbury, Ontario in her eighty-first year. Beloved wife of the late George Taylor, formerly of Lachute, Qc. Survived by her sisters-in-law Beatrice (late Rex Mears), Frances (Grant Riddell), Patricia (Winston Hodge), Jean (John Nielsen) and many nieces, nephews, great nieces & great nephews and cousins. Cherished friend of Margaret and Dorothy. A funeral was held at the Margaret Rodger Memorial Presbyterian Church on Wednesday, August 6. In lieu of flowers donations to the Hawkesbury & District General Hospital Foundation, 101-175 Main St., West, Hawkesbury, On. K6A 2H3 (foundation@hgh.ca) or a charity of your choice would be appreciated by the family. Funeral arrangements entrusted to the J.P. MacKimmie Funeral Home, 660, Rue Principale, Lachute.

## WATSON, Ross Campbell August 19, 1932 - June 30, 2014

Peacefully in his sleep at home on Monday, June 30, 2014. Survived by his wife and best friend of fifty-five years, Gladys Jean Priestley. Loving father of Lori and Ray (Helene). Awesome grandfather to Justin, Matthew, Lee-Anne, Brittany and Philippe. Fondly remembered by his brother Kenneth (Simone),

# Prescription Drug Abuse: It can happen to anyone, and is more common than you think

(NC) It may be surprising to learn that between 2011 and 2012, almost 250,000 Canadians aged 15 years and older, reported abusing prescription opioids (like OxyContin). This was the finding of the Canadian Alcohol and Drug Use Monitoring Survey.



These numbers are especially shocking when you factor in that Canada recently surpassed the U.S. as the number one consumer of opioids worldwide.

While opioids are effective pain relievers, the problem is that addiction can start without warning from a legitimate prescription to alleviate pain and spiral down a dark path. Opioid addiction is an equal opportunity condition that can happen to anyone, no matter ethnicity or social status. It is a vicious cycle of fulfilling intense cravings over and over again to avoid the intense and painful symptoms of withdrawal. And without treatment, addiction can be fatal.

While there is no cure, it is a chronic medical condition that can be managed. Dr. Joel Bordman, a physician with a focused practice on addiction and pain talks about getting help:

"Opioid addiction is terrible, but help is possible. While we could use more access to medical treatment in Canada, it is available. Many patients don't know where to start when it comes to looking for help, and feel it's so overwhelming that they don't reach out. There's a new online resource I think will make a real difference. Opioidrecovery.ca can help Canadians learn about opioid addiction, and get information about the journey to recovery and where to locate support services close to home. My hope is that people living with an opioid addiction and their families will use it as a resource to find the help and support they desperately need."

The good news is that recovery from an opioid addiction is possible.

Visit [opioidrecovery.ca](http://opioidrecovery.ca) to learn more.

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sisters-in-law Rae (the late Jim) and Margaret (Don). Pre-deceased by his brother Eddy, and his sister-in-law, Kay. Ross will always be remembered for spoiling the family dogs, being ready to help anyone in need and having a smile for his family. In lieu of flowers donations to the Hawkesbury & District General Hospital Foundation, 1111 Ghislain St., Hawkesbury, On. K6A 9Z9 would be appreciated by the family. A funeral service was held Friday, July 4, 2014 in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

## ERRATUM

Please note that on page 8 of the June 2014 edition, under the column News Wire from Weir, the headline should have read **New Defibrillator for Arundel**. We apologize for any confusion.

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# Main Street Money: Ladies' Investment and Financial Education UNDERSTANDING THE BENEFITS OF A TAX-FREE SAVINGS ACCOUNT

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

## TFSA's

Are you among the more than 50 percent of Canadians contributing to a Tax-Free Savings Account (TFSA)? If not, perhaps a closer look at its unique benefits will prompt you to consider how you can take advantage of this flexible, tax-advantaged savings tool.

The primary purpose of a TFSA is to provide a tax-sheltered way to save money, which can be used for any medium or long-term purpose. For example, you may want to lay away funds for unexpected emergencies or save up for a large purchase.

TFSA's are registered with the Canada Revenue Agency (CRA), which is why they offer tax advantages. They were first made available in 2009 and currently allow you to contribute up to \$5,500 a year. Contributions aren't tax deductible as is the case with Registered Retirement Savings Plans (RRSPs), but the investment earnings within the account, and any withdrawals, are tax free. Unused contribution room can be carried forward to future years. You need to be at least 18 years old and have a valid social insurance number (SIN) to open a TFSA.

In comparison, RRSPs are primarily intended to help Canadians save for retirement and withdrawals are taxed when withdrawn. It's important to understand that TFSA's and RRSPs can effectively complement each other in a comprehensive investment portfolio. In fact, you may benefit greatly from contributing the annual maximum to each in order to meet different savings goals.

## Don't have a TFSA? Here are some key reasons to consider one:

You've maxed out your RRSPs. A TFSA can complement existing RRSPs if you've already contributed the maximum amount to your RRSPs and would like an additional tax-sheltered investment.

You have choice. TFSA's can hold many types of investment, including mutual funds, Canadian and US stocks and bonds, segregated fund contracts, GIC's or high-interest bank accounts. This means you can choose the TFSA investment vehicle that makes the most sense for your financial situation and your needs.

TFSA's are flexible. You can make withdrawals from your TFSA anytime, tax free - unlike an RRSP. This means you won't be penalized if you need access to the money in your account for any reason. However, it's important to understand that, depending on the type of investment you choose for your TFSA savings, there could be a fee for withdrawals.

If you withdraw from your TFSA, you can redeposit the full amount starting in the following calendar year and still make the maximum contribution each year. You can also carry forward any unused contribution room into future years.

TFSA's were first made available in 2009 and currently allow you to contribute up to \$5,500 a year. Contributions aren't tax deductible as is the case with RRSPs.

## An advantage for lower-income households

Investment earnings within a TFSA and any withdrawals you make from it won't affect the amount you receive from government programs that are based on income, such as the Guaranteed Income Supplement, Old Age Security or Canada Child Tax Benefit. Your benefits from these programs stay the same.

## TFSA TIPS

While TFSA's don't offer a spousal plan (as in the case with RRSPs), monetary gifts given to a spouse or common-law partner can be invested in a TFSA, and TFSA assets can be transferred tax free to the TFSA of a spouse or common-law partner upon death.

Keep track of how much you're contributing. If you lose track, surplus contributions to a TFSA in the same year could result in a penalty tax. It's a great idea to speak with an advisor about the best way to avoid exceeding your TFSA contribution limit.

## Need more information?

You can visit the Government of Canada's website at [www.tfsa.gc.ca](http://www.tfsa.gc.ca) to learn more about TFSA's. To understand how TFSA's can benefit your unique situation and financial strategy, speak with an advisor.

It is important to understand that a TFSA is more than just a common savings account. And many financial companies, other than your local bank, offer it. You can also invest in stock markets in many other geographical regions other than just Canada. If you have not opened an account yet, you will be able to contribute \$31,000.

If you would like advice or want to discuss the best approach to taxes and your investments, you can reach me at 514 788-4883 or my cell at 514 949-9058.

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

## Eastern Star Lachute Chapter # 56

The Order of the Eastern Star was again very pleased to present a donation to the 4-H Group. This is a great group for the young people of this region to practice and perfect their skills and make many new friendships. A very dedicated group of volunteers spend valuable time with this club. Their square-dancing is enjoyed by many.



*Pictured above receiving the donation are left to right: Linda Rodger OES, Brianna Elliott Secretary of the 4-H, Bobbi Heatlie President of the 4-H, Stacy Godin Treasurer of the 4-H, and Elaine Wilson Treasurer of OES.*

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## I'm Just Saying Happy Daze

Ron Golfman - Main Street

Summertime in the country is a wonderful, albeit brief moment, as it allows people to get out of the house and spend time amongst the living. Beaches are full and joggers, strollers and bikers are everywhere. Tourists help boost the local economy and almost everyone

is happier. Given our winters, and last year's was particularly long and brutal, we've become akin to bears who hibernate for 6 months, then spring (pun intended) into the warmer temperatures with reckless abandon.

Oh sure, it's not a perfect world, but it's the matter of a half full - half empty perspective, which distinguishes us from each other. I have one neighbour who believes that summer means the droning hum of power saws most nights and weekends is music to everyone around him. Another believes his yard is supposed to resemble the day after a flea market, when nothing had been sold. My solution is based on choice; I simply turn on the I-pod to erase the noise, and turn my deck chair 45 degrees to improve my view. Now, if I could only get them not to allow their dogs to run loose, I'd be a happy camper.

The warm weather induces us to meet on terraces for drinks or a meal, and many of us ex-Montrealers are famous for our love affair with this leisure activity. Sadly, there are those who believe this little pleasure is no more than an excuse to use restaurant and bar patios as a local version of "Speaker's Corner" to ensure everyone's glass is half-empty.

Last weekend, as I finished breakfast at a local outdoor spot, two cyclists dismounted and entered the terrace talking excitedly about the new bike paths alongside the "old road" between Morin Heights and Saint Sauveur. Within seconds, people were offering their unsolicited opinions on the dangers for drivers and bikers alike, menacingly suggesting that a Mad Max mentality would quickly spur road-rage incidents.

Given that my last piece, regarding the Highway 364 speed limit, prompted many folks (including ex-councillors and citizens from St. Adolphe) to stop me in the street to agree and ask how they could help to make a positive change, my optimism took a hit on this morning. While the "nay-sayers" were clearly not the biking kind, I was reminded that while it is noble to practice tolerance and understanding, and, I'm just saying, some people just prefer to find fault.

After biting my tongue for what felt like an eternity I felt compelled to vocalize support for the verbally berated cyclists. I then asked the two castigators if, when they awoke each morning, did one state, "what a beautiful and bright day," only to have the other mutter, "you'll see, it'll get dark later."

Enjoy the summer while its here; it won't last forever.



## Experiencing the passion of art Who Says, Oil & Water Don't Mix?

Susan MacDonald - Main Street

Beyond the simple appreciation of a display of art, the true joy in visiting an exhibition is in the anticipation of sharing the passion behind the works with the artists themselves. On July 20, I had the opportunity to experience not one, but two such passions, at the joint exhibit of Normand Laurin and Gilles Jean-Marie. The venue, an artistic dream itself, was Auberge Val Carroll, located on the outskirts of the picturesque Harrington Valley. Set high, with a sweeping, panoramic view of its own private valley, the Auberge offers the perfect setting to present artistic displays. The surrounding natural beauty, accentuated by several spectacular gardens and floral arrangements, awakened the senses and enticed further exploration to where such spell-binding beauty had recently been transposed to canvas - the exhibit.

Traditionally, watercolours and oils are mediums as unique as day and night, and yet, somehow, these two artists shared a connectivity that I am not sure even they were aware of. The delicacy behind each of these two artists' paintings is what complimented, yet defined, their individual mediums; the contrasting oils and watercolours, intermingled throughout the exhibit, blended beautifully.

Normand's watercolours are legendary; his sensitivity and appreciation for nature are revealed by his passion and gentleness, which few can express with such grace. When viewing Normand's landscapes, I feel "welcomed" into the frames and am able to lose myself in these places of stillness and tranquility. I find myself curious as to what lies just beyond that hill or behind that tree, yet I am at peace and content to stay where I am, and merely wonder.

Gille's oils portray refinement, beyond what I have ever experienced in oils; life textures that enticed me to physically touch his images, fully expecting to feel the warm softness of skin or the cool wetness of a dew drop. His portraits reveal a fleeting moment of real life, stilled in time with an indescribable clarity and expression of character. The detail of each petal or strand of silken hair was absolutely amazing.

During the two-day exhibit, over one hundred people dropped by to visit. We dined outdoors, listening to the exquisite, soft notes played by Louis-Edouard on his classical guitar, as we enjoyed all the visual pleasures of each day. Some left with carefully wrapped paintings; new treasures that would soon adorn other walls (including my own), and everyone departed after enjoying a perfect afternoon.



## Lori's Lookout

Laurentian Personalities

## Kim Brewster

Lori Leonard - Main Street

Kim Brewster opened her first store, Au Coin du Vitrail, displaying stained glass items, in 1979 in Morin

Heights, then two years later, opened her new boutique at 124 rue Principale, St. Sauveur (beside Le Chalet Grec), in June 1981. This year, Kim proudly celebrates the boutique's 35th anniversary.

Kim designs and manufactures custom stained glass windows and lamps for clients using both the "copper foil" and "ancient lead channeling" methods. Amazingly, Kim creates stunning, original stained glass painted church windows and also restores any stained glass windows requiring repair. She makes colorful and unique fused glass bowls, tiles, sun-catchers and lamps. Kim can also repair stained glass lamps or many other stained glass pieces.

Kim offers basic courses for beginners through advanced students, as well as teaching classes in glass fusing and painting on glass. For the past 30 years, Kim has helped organize various art shows in and around St. Sauveur. She has exhibited at many places, including Salon Métiers d'Art du Québec at Place Bonaventure.

Kim was a member of Métiers d'art du Québec and Espace Verre, a member of the Ministry of Culture of Québec and listed as a professional artist. She designed an original "paravent" (room-divider screen) depicting St. Sauveur at its inception, for the 150th anniversary of St. Sauveur, and it is now proudly displayed in the lobby of city hall. All of the stained glass windows adorning the interior of the St. Sauveur Catholic Church were also designed and created by Kim. Many samples of her work can be seen at [kimbrewster.com](http://kimbrewster.com)

If you are interested in purchasing a unique stained glass lamp, made-to-measure window, a sun-catcher or other original timeless gift, or for lessons on stained-glass, please contact Kim at 450 227-4427 or [aucoinduvitrail@sympatico.ca](mailto:aucoinduvitrail@sympatico.ca). The boutique is open Wednesday through Saturday from 10 am to 6 pm.



## Youthful Perspective Learn, Not Earn

Yaneka McFarland - Main Street

There are over 160 million child labourers in the world, many under the age of eight, who work long hours under terrible conditions to support their families. Most of

us don't have to worry about getting a job until we turn sixteen, because paying rent and making money is not a burden we have to carry as children.

Children who are forced to work are deprived of their education and their childhood. Unfortunately, we seem to have an immense disconnect towards such issues, because it's not happening on our doorsteps. The reality is that nearly half of the entire population of the world lives on less than \$2.50 a day.

Raising public awareness of the plight of the millions of child labourers, who work in unimaginable conditions, is the key to encouraging the world to take action against child labour practices. Facts and numbers are not what move the world; people move people, and in order to bring about change, we need to open our eyes to what is beyond the comfort of our homes.

Children are not meant to work in factories or mines. Children should not have to work for days on end to feed their families. However, they are not aware of any other way of life. We are the ones who know that the life they are living is nothing close to what they deserve. Children are meant to have time to grow up, go to school and be given the same array of opportunities that we take for granted every day.

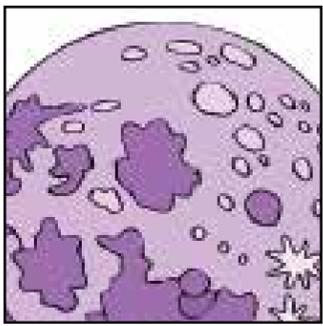
Thankfully, actions are being taken in order to stop child labour practices. Large organizations, such as World Vision International and Free The Children, have done tremendous work in countries all over the world to get children out of terrible conditions and help build better communities. These groups help families living in poverty, and bring these issues to our attention by inspiring us to contribution and making changes of our own.

Our small actions may not seem important, but the impact has the potential to make a significant difference. For example, World Vision and Free The Children, were both started by individuals; people with an idea, who took action and created an entire network of like-minded people.

There are over seven billion of us living on this planet, and we now possess extraordinary resources to connect with each other from all corners of the earth. Craig Kielburger, founder of Free The Children, believes that the youth of today is the change of tomorrow, and he is absolutely right. The problem of child labour is not an issue that will disappear overnight, nor can it be solved without help.

Throughout history, it has been proven, time and time again, that there is no greater power than the power of unity. Every change the world has seen was accomplished through people rallying together and not backing down. Because of that, women were given the right to vote, and African-Americans were finally accepted as the equal citizens they should have always been. Now, why not come together to give all children the lives that they should have?

We have the power to change the world, and it starts with us!



# Zach Factor Dog Days

Lys Chisholm &  
Marcus Nerenberg -  
Main Street

It's absolutely stupid that we live without an ozone layer. We've got men, we've got rockets, and we've got saran wrap -fix it!! - Lewis Black, Comedian

It's hot, sunny and August, our last glorious month of summer. Our granddaughter splashes in her little pool, as life-giving solar rays help build her little body, as in

vitamin D production or, indirectly, through her food, where photosynthesis is the base of every food chain on Earth. She is also sprayed by her mother with a SPF 50 aerosol sunscreen to protect her from another form of sunshine, called UltraViolet (UV) radiation.

Environmental scientists and The Canadian Cancer Society have succeeded in scaring us about skin cancer from over-exposure to UV. Back in the day, we ran through sprinklers, spent hours in lakes and canoes, turning into brown berries by the start of school. Sunburns hurt, but deadly would have seemed absurd.

Our mummies used hairspray and aerosol cleaners to kill insects and germs. Daddies filled attics with foam insulation and polished their cars with convenient aerosol products. Refrigerators were charged with pounds of Freon and then, when scrapped, tons of this gas were released into the air. We all engaged in a twentieth-century feeding frenzy of mindless consumerism that was driving our species to the brink of extinction. Little did we know that these products were filled with chlorofluorocarbons, or CFCs, a group of chemicals that, when released, rise to the stratosphere.

In 1973, two University of California scientists proposed that continued use of CFC's would eventually alter our stratospheric ozone layer which envelopes the planet. They proposed that the ozone layer, which was needed to absorb harmful UVB radiation, would become depleted and, in time, more UVB would reach our planet's surface, causing increases in skin cancer, and crop and animal DNA tissue damage. Their work was taken seriously by the medical community, but corporate giants like DuPont, producers of Freon and CFC aerosols, lobbied fiercely against the science. As a result, very little was done for the next 22 years.

In 1985, Antarctic Scientists detected ozone depletion from ground-based sites. Their findings were confirmed by NASA satellites; a thinning of our planet's protective ozone layer was accelerating due to CFCs reacting with stratospheric ozone. This unfolding global disaster became a call-to-action at the United Nations by twenty of the world's richest nations. Within eighteen months, a treaty was established with a unanimous call to eliminate the use of CFC's and other damaging chemicals. The treaty signed into a binding commitment in September of 1987, in Montreal, became known as the Montreal Protocol. The Protocol was eventually ratified in all 197 countries. Because of this global action, our planet was taken back from the brink of irreversible damage to ourselves and our ecosystem - the loss of frog species as one example- yet we will continue to face the consequences of this ozone damage for years to come.

For a time, it seemed that the ozone "hole" was repairing itself. It has certainly stabilized, but there are years when the thinning continues. Despite the heroic efforts of many representatives globally, and the establishment of a \$3 billion multilateral fund to support industry's conversion, some countries continue to produce and sell CFC's, among them China. It appears that for poor countries, it is cheaper to continue using CFC's. So, the battle continues.

Cosmetic companies are adding to consumer confusion over UV radiation by using terms like SPF. The term means -sun protection factor- a claim for how long you can use the product before you burn. There are sunscreens that are not broad spectrum, which filter UVB radiation but still pass harmful UVA that damages the skin. Also some sunblock products -made with incredibly tiny nano particles of titanium dioxide or zinc dioxide- may have unknowable consequences, as we wash them into the environment. Health Canada is relying on manufacturers to police their use of nano-technology. The fox is guarding the hen house!

As an alternative, women of central Africa have been extracting a natural sunscreen called shea butter for thousands of years. Shea butter, a hand-kneaded organic product, is made from crushed nuts of the Karite tree. Shea is also a skin moisturizer and is effective in treating numerous skin problems. We use it ourselves; we have had no hint of sunburn and now use it on our granddaughter. It even cleared a common infant scalp ailment called cradle-cap. It's wonderful that as we benefit from this age-old wisdom, so do the women who proudly produce shea butter. They, in turn, gain financial stability and become able to educate their children.



PHOTO: Fun in the Sun: Our granddaughter in her little pool slathered in organic unprocessed shea butter from Ghana. Photo Credit: Lys Chisholm

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## Fit Tip #89 The D Word!

Lisa McLellan - Main Street

The D word. Can you guess what it is? Discipline. Right. I can hear the silent groans and see the guilty looks. For the last three months we have been working on integrating one different healthy habit each month.

Step 1: Drink a cup of warm water with the juice of half a lemon, first thing in the morning. Step 2: Be still and quiet (meditation) for 5-10 minutes. Step 3: Do 20 minutes of physical activity; go for a walk, swim, do yoga etc; your choice. Step 4: Practicing discipline is this month's challenge.

Why is it that so many of us find it so difficult to be disciplined? Willpower is a very limited resource. When you rely on willpower alone, it tends to reinforce defeat rather than successful change. The problem is not in the intention or desire for change, but in the set up. Discipline requires strategy for success. You have to choose it. Plan for it. Do it, no matter what. Some mornings, I don't feel like doing my physical activity routine. From experience though, I know that as soon as I am out the door I will be enjoying myself and feeling fantastic. So, the discipline is not about doing my routine (big effort in my mind) but rather, about getting out the door (little, and manageable effort.)

Here are a few practical tips to help you set up for being disciplined:

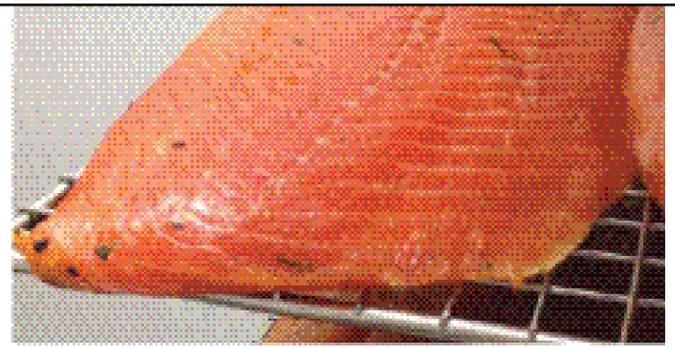
1. Commit 100% to doing it, whatever it is, for at least 3 weeks. Then re-commit. This is the key to your success.
2. Be realistic. Write it down. Start with things you like, which are easy for you to be successful with.
3. Break your challenge down into steps. Go one step at a time. Let the routine carry you forward.
4. Practice, at the same time, in the same place, and in a similar way, every day to help set up your routine and "wire in" your new lifestyle habit(s).
5. Get out the door! Don't make a mountain out of a molehill.
6. You don't have to be great at it every day, but do it every day.

Here are a few signs that your efforts are paying off:

1. You have more energy.
2. You feel healthier, calmer, more focused.
3. What was once difficult is now becoming easier.
4. You notice changes in your body, your mind and in your overall state of balance.
5. You feel stronger and you naturally want to do more, add variety and challenge.
6. You feel greater satisfaction and pride in yourself.
7. You are more productive, and can handle stress better.
8. You sleep more peacefully.

Discipline is the practice of repeated actions that support your intentions (goals). When you repeat an action it creates neural pathways, which support your thought or behaviour patterns, until they become new habits wired into your brain. Habits are automatic. Discipline creates good habits which, when practiced consistently, become a healthy way of life. Mindfully deciding what to pick as habits can change your life. Go ahead, practice being disciplined by making smart and healthy choices.

Change your life for the better. You can do it.



## Summer is here! Great salads or pasta with Smoked Salmon!



This summer we will have salmon brochettes, marinated tuna steaks and all kinds of sea food to put on the grill. Order what you want in advance: fresh whole fish, lobster and shellfish\*. On Tuesday and Thursday we always have fresh salmon, white fish & extras, and organic salmon. On Saturdays, don't miss our hot smoked salmon with maple syrup. It is the perfect accompaniment to your cool summer salad!



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## The English Link CSSS des Sommets fills one post with three people

By Kim Nymark - Main Street

On June 20, the Board of Directors of the Centre de Santé et de Services Sociaux (CSSS) des Sommets made some important appointments as a result of the retirement of Director General, Yves Lachapelle. Marie-Hélène Desrosiers was named Interim Director General for two days a week, and to ensure the proper functioning of the institution on a daily basis, Annie Bélanger, Director of Human Resources, and Alain Paquette, Director of Communications and Community Relations, will assist Ms. Desrosiers by sharing responsibilities.

Ms. Desrosiers will provide governance support to the Board, as well as conduct public meetings and steering committees. She will also act as administrative respondent between the establishment, the Health and Social Services Agency of the Laurentians (ASSS) and the Minister, as well as be mentor to Ms. Bélanger and Mr. Paquette. Ms. Bélanger will be the contact person for all internal issues, and Mr. Paquette will be responsible for the liaison between the CSSS des Sommets and its partners.

Marie-Hélène Desrosiers is a partner at Raymond Chabot Grant Thornton, and has over forty years of experience in the public sector, including nearly thirty years in the health care and social services system. She has been at the heart of major transformation projects in the health and social services network over the past twenty years. She has university degrees in nursing and business administration. She has also held positions as Deputy Director General, Acting Director General and Director of

Nursing in major hospitals in Montreal and Laval.

Annie Bélanger has been a manager in the health and social services network for the past fourteen years. Before her appointment as Director of Human Resources, she was in charge of Local Complaints and Service Quality, Assistant Director General and Director of Professional Services at the CSSS des Sommets. She has received academic training in social work and health administration, and is a graduate of the EXTRA program.

Alain Paquette has been the official spokesperson for the CSSS des Sommets since 2005 and is responsible for managing communications and community relations. A manager and strategist in communications and public relations for more than twenty years, particularly in the areas of health and social services, Mr. Paquette holds university degrees in business administration and economics. He is a member of the English Communities Committee.

Great News for the MRC des Pays-d'en-Haut. Since the beginning of July, the Centre de Santé et de Services Sociaux (CSSS) des Pays-d'en-Haut's website has joined the other two CSSSs (des Sommets and Argenteuil) with



Mr. Alain Paquette, Ms. Marie-Hélène Desrosiers and Ms. Annie Bélanger

an English presence. Almost 3,900 people in the MRC des Pays-d'en-Haut are English-speaking and the CSSS was determined to offer access to important information on health and social services to the population in their own language. To view this new section, go to [www.cssspd.com](http://www.cssspd.com) and click on the "English" tab. Remember, it is your right to ask for services in English.

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

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## Garden Talk

# Pruning Wild Roses: A Thorny Issue

June Angus - Main Street

Of all the rose varieties that abound, Rosa Rugosa (generally called wild roses) is a hardy perennial that thrives well in our climate. It tolerates all sorts of harsh conditions, including frigid winter weather and summers that are hot and dry, or cool and wet. These plants are also pest resistant and so hardy that some municipalities, including Morin Heights and St. Sauveur, include them in their highway median plantings.

Rugosas produce beautiful fragrant blooms from spring to mid-summer. Popular colours range from rosy red and various shades of pink, to creamy yellow and snow white. With regular deadheading, rugosas may continue to flower for most of the season. If the blooms are simply allowed to fade, beautiful orange or red rosehips will form, to give these shrubs colour through the fall and winter. Birds feed on the rosehips, or they can be harvested to make jam or jelly.

Caring for these thorny beauties is quite simple as they are generally self-sufficient. Plant them and watch them grow. They thrive best with at least 6 hours of sun daily. They prefer well-drained soil but will tolerate dry, sandy conditions. A few hybrids will remain small and compact, but left to their own devices most Rugosa plants will develop into massive shrubs that need room to spread. Strategically placed, they make great barrier hedges, thanks to their vicious thorns.



Pruning is the best way to control the size and shape of a Rugosa. Spring is the best time of year to do serious pruning. This gives the plant plenty of time to recover while continuing to develop throughout the growing season. Serious pruning may slow down flower production for a season, but will reward gardeners with much bushier growth.

To prepare for pruning, don long sleeves and long pants as well as thick work gloves (no dainty cotton gardening gloves for this job). Clean, sharp clippers are essential. Long-handled loppers are a great way to get the job done at a safe distance.

Examine your Rugosa rosebushes in early spring to assess winter damage at the end of stems. Once the danger of frost has passed, cut back branches with old rosehips, or dead twigs, by at least six to eight inches to stimulate new growth. Remove dead canes, cutting them to ground level. Check the base of the plant for new spring suckers. Rugosas grow, not only from their upper branches, but they also send out stems from the base to expand in size. Remove these suckers to encourage bushier growth and to control the spread of the plant.

In drastic situations, where a neglected Rugosa has become totally unwieldy, cut all the stems down to about 12 inches. The plant will grow back. Judicious pruning in the future will train the plant to grow the way you want.

Some light pruning can also be done in the fall before a hard frost. Meanwhile, don't be afraid to remove dead canes or dangerous branches throughout the summer. Rugosas really are tough. Even spindly transplanted canes can develop into massive Rugosa splendor.

Take time to smell the roses, but watch out for those thorns.

## Grenville Elementary School announces several winners for Argenteuil County

Hannah Hoare of the Grenville Women's Institute recently attended two local elementary schools to give awards to students for an annual Quebec Women's Institute essay contest. Grenville Elementary School had several winners for Argenteuil County and Lachute Elementary School had two winners. Please note not all recipients were present for the photo and that those included are listed in random order.



Hannah Hoare (Argenteuil County Chair, Education & Personal Development) and Joyce Crooks (Grenville Branch President) are with the group of winners from Grenville Elementary School, which include Savannah Bose-Silcock (3rd prize for all of Quebec, level 1), Joshua Musselman (1st prize for Quebec, level 1), Ethan McCart, Nelson Oswald, Eli Iglesias, Teagen Proulx Allain, Amy-Lee Lapointe, John Heatlie (3rd prize for all of Quebec, level 4/5), Kyle Hoare, Faith Campbell, Hannah Trineer, Zachary Berthiaume, Hannah Pearson, Joshua McCart, Emily Welden, Alice Benavidez, Aiden Benavidez, Tory Heatlie.



Hannah Hoare with Leah Taylor. Missing from photo, Cameron Ross.



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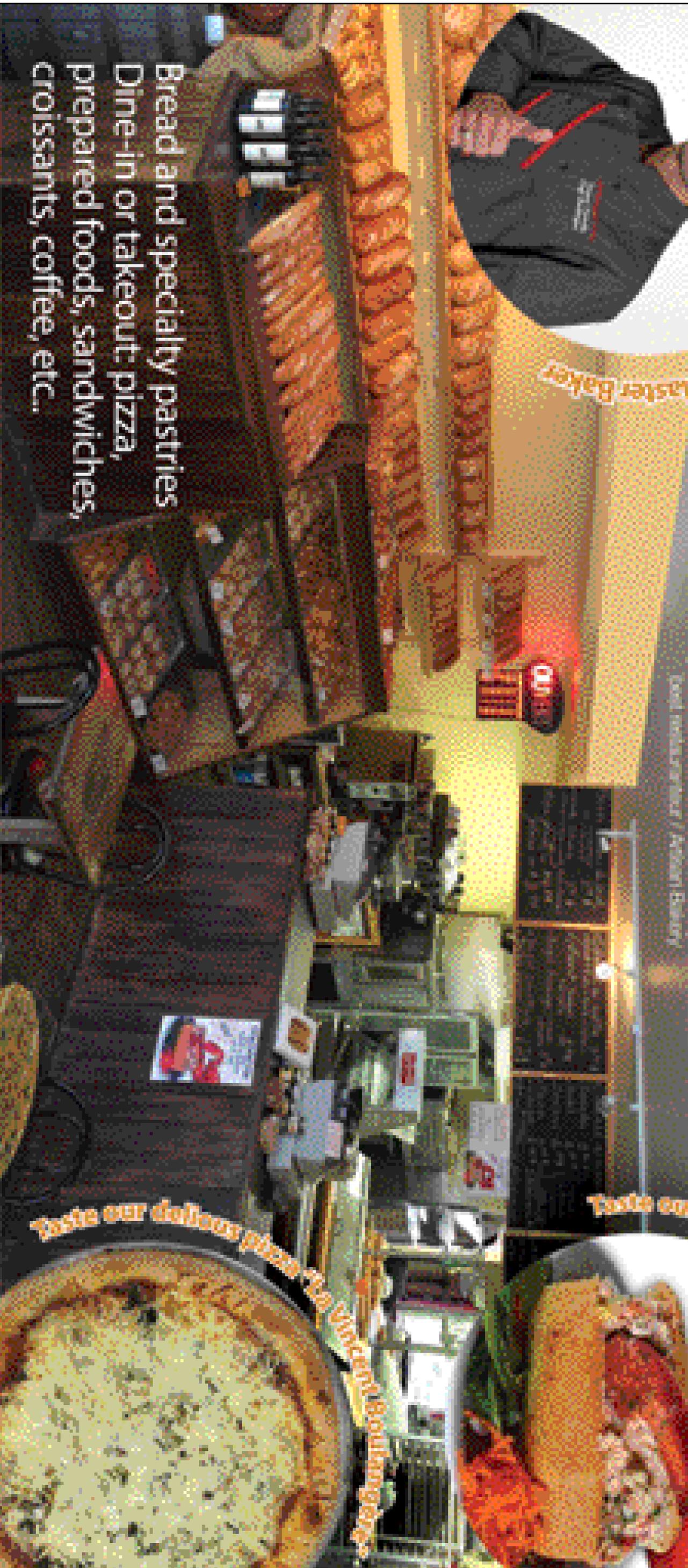


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