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What's On My Mind... When good food is considered bad



Susan MacDonald, Editor

I have been chastised more than once for wasting good food and, shamefully, I must admit this to be true. All too often, a search through my over-loaded refrigerator will reveal some unsavory discoveries resembling homegrown science experiments. Time to change bad habits.

Every year, over \$31 billion worth of food is wasted in Canada, and more, if you factor in the costs of electricity, fuel and other secondary costs of production. One study (consulting firm, Value Chain Management International) recently revealed that, on average, each Canadian wastes \$384 per year in unconsumed food. But that's only at the end of the line.

During harvest, a minimum of 10% of fruit and vegetables is discarded for slight imperfections. While some may be collected and sold as feed for livestock, most is left in the field to rot. More food is lost during the packing process and transportation to outlets, where retailers will refuse any damaged boxes, broken bags or wilted produce.

The best make it to the shelves, where consumers rummage through the displays in search of "perfection" at the right price, often taking advantage of available specials and over-buying. Shelf stockers re-organize the displays, discarding the worst of the mauled lot and replenish the supply. Once home, over-stocked refrigerators turn into science labs, and more good food is discarded due to misunderstood "best before" dates.

Hotels and restaurants add another 9% of food waste to the equation, and a shocking loss comes from the travel industry, such as cruise-liners and international airlines, that mandatorily discard any food items left over after each trip. No reliable data is available on the loss from hospitals, schools, prisons and other institutions.

Wasted food ends up in landfills, causing emissions gasses equal to the output from 33% of the cars on Canadian roads. Millions of gallons of water, used in irrigation to produce unconsumed crops, are wasted. The waste is deplorable, particularly when so many people go hungry. This crisis is global and many countries have already implemented initiatives to combat the issue.

Spain has a "gleaning movement," with volunteers collecting discarded crops in fields. These are donated to the food banks, or transformed into a line of preserves, soups and sauces under the label "Es Imperfect." Profits are redirected back into community programs.

In Finland, groups collect "waste" from the supermarkets for re-distribution, and in the Netherlands, they follow the Kromkommer, or "crooked cucumber," initiative collecting discarded fruits and vegetables with slight irregularities in their shapes. That's right, too straight or crooked, and out you go.

Locally, municipalities are introducing compost bins in their efforts to help us reduce what is being sent to landfills. Individually, we can improve our shopping habits, pre-plan our meals, buy only what we need and use it all. We can reduce waste and carbon emissions even further by shopping locally.

With good habits and support for new initiatives, we can end this terrible waste and ensure more people go to bed with full stomachs. Let's all do our part.

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Observations Darwin's House Comes Tumblin' Down

David MacFairlane - Main Street

A few years ago, I wrote a controversial article proposing life could not possibly exist as the result of an accidental combination of chemicals. I stated that our complexity, intelligence and magnificence could not have happened by the accidental evolution of single-celled amoeba, crawling out of a primordial soup, and then becoming invertebrates, fish, amphibians, reptiles, mammals, apes, and, finally, people. All the evidence indicated irrefutable proof of intelligent design and the existence of intelligence far beyond the capacity of us, deeply-flawed mortals, to admit to, without surrendering to a higher power.

Darwin's Theory of Evolution - proposes a process of gradual changes, natural selection, transmutation of species, and survival of the fittest. I reiterate my earlier point that, although evolution occurs within species, cross-breeding is impossible in nature. Any product would be sterile and unable to reproduce. A horse and a donkey produce a sterile mule. A zebra and kangaroo cannot reproduce. Similarly, we could not have evolved from amoeba to human. There is no fossil record, anywhere in the world, to indicate the progression of such evolution by transmutation, except only within species. There is no evidence that we, humans, were at one time, in the distant past, intermediate versions of more simplified organisms. If such a fossil record exists, it has not yet been found.

Recently, I received a link to an interview with James Perloff, author and featured guest on countless Radio and TV programs, about evolution vs. creation and the existence of God. (jamesperloff.com). His hypothesis is that the elite powers, through their control of the media, scientific research, education and governments have, for many years, suppressed spiritual ideas and concepts and driven society in the direction of outright secularism, atheism or agnosticism. Darwin's ideas feed perfectly into this plan to remove the divine and wondrous from our lives. If we can be made to believe that the beauty of this earth and the incredible complexity of life began as nothing more than random accidents, and there is no Designer, then we will be doomed to life at the level of the lowest common denominator. God will have become the Easter Bunny, or the Tooth Fairy!

Perloff points out that Darwin had no knowledge of cellular biology, blood composition, the immune system or the complex, inter-related, inner workings of systems and organs, except by overt, gross observation through dissection of cadavers. On the molecular level, nothing was known. Scientific instruments of any sensitivity did not exist. DNA and RNA were unknown. Perloff asks, can anyone take a can of cola, study its design, engineering and ability to store liquids and CO2 under pressure, and insist it evolved by accident? Obviously not. Now, take a human cell; could it have originated by accident? It is astronomically more complex than that can of cola. A simple one-cell bacterium has DNA information units that contain the equivalent of 100 million pages of the Encyclopedia Britannica.

Francis Crick, Nobel Prize winner, as co-discoverer of the structure of DNA said, the odds of getting just one protein, out of millions of proteins, that constitutes a part of a properly-functioning single cell is, incredibly, one in ten to the power of 260. This is an incalculable number. A single cell requires thousands of proteins, each containing millions of amino acids, all in the proper combinations. A cell also needs the ability to ingest nutrients, expel waste, and undertake the extraordinary act of cellular reproduction; otherwise, life could not continue.

Sir Fred Hoyle, astronomer and proponent of the theory of nuclear synthesis, stated that the chances of life forms evolving by the process of Darwinian gradualism were the same as those of a tornado sweeping through a junkyard and leaving behind a perfectly assembled Boeing 747 aircraft.

Dr. Lee Spetner, MIT graduate, PhD. Johns Hopkins University, said "(in all my research) I've never found a mutation that added information; all information studied on a molecular level turned out to reduce the genetic information and not increase it." Mutations produce sickle cell anemia, cystic fibrosis, Down syndrome, hemophilia, Parkinson's, and many other genetic diseases. Yet, according to Darwin, they are supposed to be the building blocks of evolutionary improvement, by which life developed.

Dr. Robert Lanza, renowned head of Astellas Institute for Regenerative Medicine, says that biocentrism and quantum physics prove death is an illusion; life creates

the universe, not the other way around; time and space don't exist in a linear fashion; therefore death can't exist in "any real sense"; there is an afterlife. This scientist is a genius - look him up; read and learn.

Darwin's apple cart was upset finally by biochemist, Dr. Michael Behe, professor emeritus at Lehigh University, Pennsylvania. His book, "Darwin's Black Box" addresses Darwin's challenge to produce evidence of a complex organ, resistant to "numerous, successive, slight modifications." Dr. Behe, by biochemical examination, has provided many examples that disprove gradual evolution. Dr. Behe reveals many systems within our bodies that have "irreducible complexity," proving that, for life to exist, entire structures of systems had to function, as a whole, from the start, and could not have grown by gradualism and mutation. For example,

the way our immune systems identify and attack invading viruses without destroying our bodies in the process; our cellular compositions of proteins and amino acids; our DNA and RNA, and how they structure organisms; the ability of blood to clot, and yet to know when to turn off, without clotting the entire bloodstream. Also, sight. How could vision have evolved, unless all at once? Consider a foetus and its development, within the womb and after birth. Apply such complexity to the entire earth. Overall, Dr. Behe asks, all this complex science notwithstanding, where did Life come from anyway? It cannot be answered without acknowledging the existence of a higher intelligence - a Creator. This book, available at Amazon and Ebay, is required reading for anyone at all interested in discovering our irreducible complexity and what is the miracle of life.

We have disavowed the spirituality of our forefathers. We must return to first principles, and begin to love. If we self-destruct, the universe will continue without a moment's regret for a failed experiment.

"If it could be demonstrated that any complex organ existed, which could not possibly have been formed, by numerous, successive, slight modifications, my theory would absolutely break down. But, I can find no such case."

- Charles Darwin, 1809-1882. Naturalist, geologist and author of "On The Origin of the Species" 1859 -

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Simply Words on Paper An Unexpected and Troubling Olympic Story

Jim Warbanks - Main Street

Whether the topic relates to the 40th Anniversary of the Montreal Olympic Games (can it really be forty years since...?), the pollution, poverty, medal expectations or doping issues at the 2016 Rio de Janeiro events crowding television programming, the profiles of former competitors, recalling the massacre of Israeli athletes in Munich, which led to greatly enhanced security measures, the skyrocketing costs and questionable benefits of staging the Olympics, there is one previously-untold story, which has recently come to light, that is troubling for a number of reasons.

In a haunting parallel to the current situation, at the time of the 1968 Summer Olympics staged in Mexico City, there was great political unrest in the United States (and elsewhere), violence in the streets, disrespect of authority, and simmering, potentially explosive racial issues were rampant.

Two barefoot black men, in a silent protest, bowed their heads and raised black-gloved fists while standing on the podium after the 200-metre race during the airing of the U.S. National Anthem. John Carlos and Tommie Smith made the historic gesture to emphasize the failure to implement equal civil rights for African-Americans.

Suspension and expulsion

Smith and Carlos were immediately suspended from the Olympic team and expelled from the Olympic Village. They made international headlines and received support from the Black Panthers and other groups engaged in the campaign for civil rights. In time, their image was restored and they have come to be considered champions in the fight for human rights.

There was another man on that podium. Peter Norman was white, of slight (5' 6" tall) build, appeared unassuming and had placed second in a time that still stands as an Australian record. The two Americans asked Norman if he believed in human rights. He declared, "I'll stand with you!" He unhesitatingly supported the stand taken by Smith and Carlos because in Australia at the time, there were onerous restrictions on non-white immigration and discriminatory laws against aboriginal people including forced removal of native children to be later adopted by white families.



Olympic Project for Human Rights

Like Smith and Carlos, Norman wore an Olympic Project for Human Rights badge, given to him by Paul Hoffman, a white American rower and activist, because he also expressed belief in and support for their campaign stand.

Returning home, Norman was greeted as something less than an Olympic hero. Despite running competitive times, he was not invited to be part of the 1972 Summer Olympics team in Munich. He left competitive athletics. He was treated as an outsider, his family outcast. He discovered that suitable employment was unattainable, working as a gym teacher and a butcher. He continued his struggle against inequalities as a trade unionist.

Pardon offered

Norman was invited to condemn the gesture of his co-athletes, Carlos and Smith, in exchange for a pardon from the system that had ostracized him. He could have found a stable job and been part of the 2000 Olympic Games organization. Norman never gave in and refused to condemn the choice made by the two American competitors.

Despite being the greatest Australian sprinter in history and still the 200-metre record-holder, the Australians did not invite him to the Olympics in Sydney. In an ironic twist of fate, the American Olympic Committee did so.

Pallbearers

After dealing with health issues and depression, Peter Norman suffered a heart attack and died suddenly in 2006. Fittingly, his long-time friends, Smith and Carlos, both served as pallbearers. Tommie Smith explained, "He paid the price for his choice. It wasn't just a simple gesture to help us, it was HIS fight."

In 2012, the Australian Parliament finally approved a motion to formally apologize to Peter Norman, stating in part, "...acknowledges the bravery of Peter Norman in donning an Olympic Project for Human Rights badge on the podium, in solidarity with African-American athletes Tommie Smith and John Carlos, who gave the 'black power' salute."

It further stated, "...apologizes to Peter Norman for the wrong done by Australia in failing to send him to the 1972 Munich Olympics, despite repeatedly qualifying; and belatedly recognizes the powerful role that Peter Norman played in furthering racial equality."

Everyone's fight

Ricardo Gazzaniga, the author of the original Italian text, stated succinctly, "Equality and justice is not a single community's fight, it's everyone's."

It is fashionable today for certain community representatives to decry as "cultural appropriation" any attempt made by anyone who is not of that community to expose, explain or support their issues of concern. Peter Norman and Paul Hoffman both stand tall in expressing the opposite point of view.

Coming up On Facebook this month

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



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About Sainte-Adèle

Chris Lance - Main Street

Opposite La Place des Citoyens, you can sit and enjoy lunch at the new "The Burger Shop." The Burger Shop is housed in the old "La Patate des Pays d'en Haut", where you can observe the newly-erected wooden sculpture, Elever la famille, by artist Guy Pierre. The new sculpture might be better placed behind "La Place," where kids play in the park with their parents, but the last tribute to family and kids in the back park was mutilated. It has

since been repaired and placed in front of the building; you know - the white plastic kids sitting on a bench, schmoozing.

The 13th historical mural by artist, Rock Therrien, depicts a fishing couple, in honour of Maurice Aveline and the annual Tournoi de pêche. If you would like to walk around our town and see all 13 murals, Sainte-Adèle offers guided tours, on foot or by carriage. Info: 450 229-2921 ext 300.

Unfortunately, the beach on Lac Rond has been closed due to contamination. According to the town, perhaps blame can be laid on visiting ducks and geese that lingered too long this past spring. The various environmental ministries will test again and keep you abreast of allowable levels of toxicity. That knowledge seems foreboding. Another lake in Sainte-Adèle, Lac Millette, and, its lakeside residents, are being watched by Mayor Milot and those responsible for different environmental service departments. Apparently the Mayor did not wade in weeds soon enough with l'Association de protection de l'environnement du Lac Millette (APELM). Seems APELM wanted a meeting with the newly-elected to discuss issues concerning their lake. After some time, our Mayor agreed and now plans to meet with both associations (Lac Millette and Lac Rond) sometime in September, after swim season.

OF THIS AND THAT

There are new summer resto openings; as mentioned, the Burger Shop, Topsy (last month) and now Chef Mario Pereira has opened La Bécane, a casse-croute at 1600 chemin Pierre-Péladeau. The new eatery is part of the Marché de la Gare, situated just before the P'tit Train du Nord entrance.

In July, La Bête du Nord opened their restaurant, housed near the road to the Hotel Chantecler and rue Morin. The menu features tapas and various grilled meals, seven days a week for lunch and dinner.

Our town's elected members invite the local population to participate in "Le Fleurons de Sainte-Adèle." There are prizes to be won for residential gardens. Visit the Sainte-Adèle website to register before August 15.

It seems that "Videotron Le Superclub" is closing up. That means almost the whole building will be dormant - it was once home to the SAQ, La Capital and Videotron Le Superclub. The times are changing, but the "À Louer" signs still look the same up and down Rte. 117.

IN CLOSING

Summer will soon come to a grinding halt. Get out and use the P'tit Train du Nord, now 20 years old. Go to Parc Doncaster and take in the summer heat with a long walk.

Lots of golf can be had everywhere in Sainte-Adèle and the surrounding area. Check out the website CAN-AM for their best daily golf deals.

Tennis courts are full: doubles and singles tournaments are all out there for you to enjoy during the day. Also, enjoy the weather. Soon enough, your flip-flops will be looking forlorn in the corner, by the door, as you slip on warm socks and fall boots, just in time to rake the leaves and stack the firewood. That's it for now...stay healthy.



Village Of Weir Newswire

Claudette Smith-Pilon

SUMMER IS IN FULL SWING

News from City Hall

FAMILY - FEST

Saturday, July 30 was a huge success! Congratulations to everyone who, once again,



made our yearly activity a success. Fireworks were spectacular and thoroughly enjoyed. Thanks to all the volunteers, sincere appreciation to our sponsors, and here's hoping that everyone had a great time. See you next year.

Summer at its best...

Bird watchers, berry pickers, boaters, campers, fishermen and nature lovers are all enjoying summer vacations in our marvelous region. Weather has been somewhat cooperative. On the flip side, on roads and waterways, some drivers are disturbing the peace and tranquility of country living. High speeds, excessive noise and disrespect to others on the road have become a real nuisance, annoying residents, cyclists, joggers and local wildlife. We welcome you to our area and wish everyone a safe summer. Please slow down, reduce the motors, enjoy some music and you will arrive at your destination alive and in one piece. Kindly respect others around you; they live here too.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our Laurentian branch is working throughout the summer making our quilts for cancer patients. We will continue quilting until a cure is found.

Next Victoria Quilts Laurentian Branch workday will be on Friday, August 19.

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

6 main.street@xplornet.ca

Val-David Going Green



The Municipality of the Village of Val-David will be the first municipality in the MRC des Laurentides to implement a collection service for compostable organic matter. By September, thousands of pounds of food and green waste will be diverted from landfills and recycled as compost. This initiative comes in the wake of the Québec Policy on waste management that will ban the landfilling of organic matter by 2020.

Distributions bins and kitchen mini-bacs, along with guide to acceptable materials will be distributed during the week of September 12. Collections will commence as of September 29 and will be scheduled every two weeks during the winter, and every week in the summer.

For more information, Val-David citizens can contact the Environment Department of the Municipality: environnement@valdavid.com | T. 819 324-5678, extension 4238.

More Money for Families as of July 20

MP David Graham is proud to announce a new program replacing the Canada Child Tax Benefit as well as the Universal Child Care Benefit. The aim is to lift more than 4000 children in Laurentides - Labelle, and 60,000 children in Québec, out of poverty. The new Canada Child Benefit (CCB) measure will provide a maximum of \$6,400 per child under the age of six and up to \$5,400 per child aged six to 17. All amounts will be tax-free. A benefit calculator is available online to enable households to determine the monthly amounts they will receive under the CCB program.

Official Language Consultation

On August 3, the Quebec representative of the Commissioner of Official languages, Mr. David Johnston, joined several community representatives in Ste-Lucie. The purpose of the informal meeting was to discuss the concerns and realities of Anglophones living in the Laurentians and to determine which priority issues for the minority English population needed to be addressed. Several topics were discussed including health care, education and assistance for people with special needs, senior housing, and communications (Internet, cell service and printed community newspapers).

The information garnered from Mr. Johnston's tour throughout Quebec will be passed on to the Commissioner of Official Languages, Mr. Graham Fraser, enabling him to further comprehend the issues faced by the English minority population. It is hoped this input will help provide him with the necessary knowledge to better address these issues in the near future.

For more information on the office of official languages, please visit <http://officiallanguages.gc.ca/en#>. An online survey to submit your comments is also available at <http://canada.pch.gc.ca/eng/1455565579172>

Satisfaction Survey

Users of the City of Mont-Tremblant transit system (TCMT) are asked to complete a satisfaction survey about the service.

Users will have to answer many questions directly related to their satisfaction, for example, cleanliness of buses, bus driving, stop locations, the proposed circuits, etc. A comment section is also offered. This survey is designed to take the pulse of the users to ensure quality of service.

To complete the survey, printed copies are available on TCMT buses, at the town hall and at the Samuel-Ouimet library. It is also possible to complete the survey online via the website homepage of the City of Mont-Tremblant www.villedemont-tremblant.qc.ca [...] as well as on Facebook and Twitter.

Respondents to the survey are encouraged to register their contact information to be eligible for a draw: five winners will receive a choice of a 30-day card or 2 cards of 10 passes.

For information please contact Isabelle Normandeau: 819 425-8614, ext. 2609 / inormandeau@villedemont-tremblant.qc.ca

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NEWS BITS FOR August

2ND Walk-a-Thon for Future Hospice Centre

Under the Honorary President, Mme. France Forget of Rona Forget - Mont Tremblant, the 2nd annual citizens' walk-a-thon will take place on September 25, at Domain Saint-Bernard in Mont-Tremblant, from 9 am to noon. The walk will also be held, simultaneously, in Sainte-Agathe-des-Monts and Saine-Adèle. Several teams of ten walkers each have already signed up within the three municipalities.

"The money raised will remain in the region to accommodate people at end-of-life in this new hospice, and we invite people of all ages to come and walk with us," said the Foundation president, Chantal Roussel. The official announcement of the acquisition of the hospice will be completed by September, and the opening is planned for summer of 2017.

People who want to register for the walk can do so on the Foundation's website, at www.fondationlatraversee.com on "Je marche pour la traversee." Requested contribution is \$100. You can also sell signature key chains for \$20 to help raise funds, or make a direct donation to support the walk. The targeted goal is \$100,000 and 50 teams.



Photo: Martine Dupras (CA de la Fondation La Traversée), France Forget (Honorary President of the walk-a-thon; Rona Forget Mont-Tremblant), Paul F. Dupré (Vice-president CA of the Fondation La Traversée).

Pioneer Mentoring Project for Women

As part of the Mentoring Project for Women, the Laurentian SADC wishes to try a new business mentoring service ... among peers.

The goal of this service? Helping women entrepreneurs to share any issues they are experiencing with others, and to foster an exchange of expertise and solidarity.

The concept is simple: in a co-development formula, Louise Lapointe - mentor - will act as facilitator-leader, and form groups of 8 to 10 non-competing entrepreneurs in a peer-mentoring circle.

The two-hour meetings will take place every six weeks and will begin in early September 2016, for a period of 10 months.

As a mentor, Ms. Lapointe's particular skills are to motivate entrepreneurs to act on the items they have power over, to clarify their feelings and help them recognize their strengths. Welcome to all entrepreneurs in the area!

Eligibility criteria: should be full time entrepreneur, be diligent in attending meetings, have authentic issues related to the development of a company, and need help and guidance in decision making.

For information, contact Anny Champoux: 450 229-3001, ext 26 or; achampoux@sadclaurentides.org

Municipality of Val David Announces a Surplus of \$521,234 for 2015

The financial report of December 31, 2015 recently submitted to council reported an enviable position with a surplus of revenues over expenses of \$521,234 for an accumulated surplus of \$1,759,199

Much of this surplus is the result of revenues impossible to predict; the growth of the assessment roll of 1.11% as an example. Moreover, the imposition of transfer duties and rights of pits and quarries contributed an amount of \$148,712 without counting the revenue from multiple park and playground funds for the same amount.

Programming appealing to the Entertainment and Culture service created an enviable participatory rate generating a surplus of \$111,367.

Finally, beyond this excellent financial performance, financial statements show a repayment rate of long-term debt capital to total expenditure incurred for 2015 under the 10% of the budget. There is no doubt that this portrait shows good management.

"It is certainly more pleasant for everyone to announce these results. There are better years than others and you have to rejoice when it happens. This surplus will allow us to move forward with various projects that will benefit the entire population by ensuring healthy leeway to avoid unexpected mishaps," stated Mayor Nicole Davidson.

Beach Water Safety

The Environment-Beach program aims to inform people of the bacteriological quality of water at public beaches that are eligible and participating in all of Quebec. It thus contributes to the protection of public health.

To determine the bacteriological quality of swimming water at beaches listed in the Environnement-Plage program, simply visit the Department's website at: www.mdelcc.gouv.qc.ca. The site is updated daily at 11am. You may also call directly (Monday through Friday, 8:30 am - 4:30 pm), at the Regional Directorate of Environmental Control Centre du Québec: 450 433-2220, or at the Ministry Information Centre issue toll free 1 800 561-1616.

Federal Consultations

To access the federal consultations table please refer to the July 2016 edition (page 7) on our website: www.themainstreet.org.

New Plans for The Alfred-Kelly Nature Reserve

The Nature Conservancy of Canada (NCC) together with its partners has released a Master Plan for the Alfred-Kelly Nature Reserve (RNAK).

Spanning nearly five square kilometres, the Alfred-Kelly Nature Reserve is a unique space that represents the heart of the Laurentian Landscape.

The plan, developed from 2014 to 2016, strikes a balance between public accessibility and land protection. It was developed in collaboration with nearly thirty organizations and groups that partnered around common objectives, including conservation, research, discovery and regional development.

The Alfred-Kelly Master Plan, in keeping with the nature reserve designation agreement signed with the Ministry of Sustainable Development, Environment, and Action against Climate Change, reaffirms that conservation efforts are the highest priority. Going forward, the groups have come up with a list of 10 strategic objectives and 43 concrete actions including trail work and conservation of habitats and species, educational programs and tools, and research projects, all while involving the local and regional communities.

These actions will be implemented between 2016 and 2021 by eight partners; the Nature Conservancy of Canada, the municipality of Piedmont, the town of Prévost, Bird Protection Quebec, the Comité régional pour la protection des falaises, les Amis de la réserve naturelle Alfred-Kelly, Éco-corridors Laurentiens and the Corporation du parc linéaire Le P'tit Train du Nord.

To view the master plan, visit: www.conservationdelanature.ca/rnak

David Graham proud of the increase in the guaranteed income supplement for single seniors living in the Laurentians

Along with its commitment to support middle-class families across the country, the federal government is also committed to improving the quality of life of Canadian seniors. That is why the most recent budget increases the Guaranteed Income Supplement (GIS) by up to \$947 annually for single seniors across Canada, who tend to be the most vulnerable.

These sources of income are very important to the financial security of our seniors, especially single seniors, who run a greater risk of living in poverty. In Laurentides - Labelle, about 26% of our seniors are in that situation. By increasing the GIS top-up by up to \$947 a year, the federal government will improve the financial security of 900,000 vulnerable seniors across Canada, including 260,000 in Quebec.

Increasing the GIS top-up is just one measure being taken by the Government of Canada to help improve the quality of life of our seniors. Here are some examples of additional measures we are taking:

- Restoring the eligibility age for Old Age Security and GIS to 65 (rather than 67);
- Increasing benefits to senior couples receiving GIS and Allowance benefits and who are living apart for reasons beyond their control;
- Strengthening the Canada Pension Plan, following consultations with the provinces, territories and Canadians;
- Studying how a new Seniors Price Index that reflects the cost of living faced by seniors could be developed;
- Investing in the construction, repair and adaptation of affordable housing to help seniors who face challenges in accessing affordable housing.

"In our beautiful riding, more than one in five people are 65 years of age or older. I am proud to be part of a team that is working hard to improve the well-being of our seniors," concluded Mr. Graham.

New Neighbourhood Committee

The City of Mont-Tremblant is pleased to announce the formation of a neighborhood committee held during a public meeting on Wednesday, July 6. The neighborhood committee is formed of citizens from District No. 6 and No. 7, respectively represented by Sylvie Vaillancourt (counselor and adviser) and Pierre Labonté. Members of the City's neighborhood committee will focus on issues and projects that affect land use, beautification, recreation, culture, public works and road maintenance, as well as organization of activities and events promoting a sense of belonging to their neighborhood.



Photo: L-R: Christian Fortier, Cathy Levesque, Danny Stewart, Sylvie Vaillancourt, Luc Brisbois, Madeleine P. Léonard, Jean-Guy Crête, Pierre Labonté and Normand Leetourneau.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Tommy Kilpakis and **Carole La Pan**, owners of the new, exciting shop, with a take-out counter, called **Tommy Romano**, 719 Village Rd, Morin Heights, which opened on July 3. Tommy is also owner of **Steak Frites** in St. Sauveur. The shop offers mouth-watering Italian delicacies, such as fettuccini alfredo, spicy shrimp, tortellini with rosée sauce, signature Tommy Romano lasagna, fresh Italian sandwiches, yummy spaghetti with homemade meatballs, salads, a variety of delectable pizzas and house specialty desserts such as Tiramisu and Cannoli. Also available are a variety of kitchen accessories, imported products, Italian coffee. Meals are offered in fresh or frozen format and are packed in convenient single and family packaging. Delivery is also available. Open Wednesday to Sunday, 11 am to 9 pm. 450 226-3535.



Hybride founders, **Pierre Raymond**, **Michel Murdock**, **Daniel Leduc** and **Sylvie Talbot**, who celebrated their 25th anniversary on July 4. Hybride, at 111 de la Gare, Piedmont, started out completing R & D and created commercials for Coke, Air Canada and Labatt Blue. In 1995, they entered the film industry and, in 1997, were involved with the Hollywood hit film, "Mimic." In 2008, they became a member of the film division of Ubisoft, and in 2016, shared a strategic alliance with ILM (Industrial Light and Magic). This spring, they opened a new studio in Montreal, which employs 25 people. Their office in Piedmont employs 100 people. Some of their successes include the films The Hunger Games, Pacific Rim, Jurassic World and Star Wars: The Force Awakens. 450 227-4245 / www.hybride.com.

Pierre Urquhart, Director General of the **Chamber of Commerce, St. Sauveur**, who celebrates his 20th anniversary in his role! Thanks Pierre for all your dedication and hard work.

Talented musical group, **SoulCrafters - Thierry Lamonde** - Prévost (songwriter, lead / back-up vocals), **Claudius Leblanc** - Magdelen Islands (Director, songwriter, arrangements, piano, guitars, soundscapes, back-up vocals) and **Jean-Guy Lacroix** - Ste. Anne des Lacs (harmonica, lead / back-up vocals) for launching their new album Home Atlas, a creative, blend of rock & folk. Congratulations also to their SoulCrafters friends, **Manon Brunet** (lead & back-up vocals), **Guillaume Lebel** (drums), **Marc Gendron** (bass), **Neil O'Connor** (musical arrangements, lead/back-up vocals, guitars) and artist, **Devon Trautwein**, who provided beautiful illustrations for the album. To listen to teasers from Home Atlas, or to purchase the album, contact Manon, at Édition Magi: 514 597-1367 / www.facebook.com/SoulCrafters.

Jack Flax and **Ann Melville** who, after many dedicated years, have retired as owners of **Aux Petites Pattes** in St. Sauveur, and to new owner of this enterprise, **Louise Boulanger**. Aux Petites Pattes has moved to 23-A rue de l'Église, St. Sauveur. Several brands of holistic and nutritious dog and cat food are available, as well as lovely pet accessories, such as leashes, collars, bowls, etc. Louise will continue to provide her excellent grooming services at Toiletage Louise, which is located directly behind Aux Petite Pattes. Toiletage Louise: 450 530-8865 / Aux Petites Pattes: 450 227-6402.

Welcome to:

Towne Restaurant Bar, 235 rue Principale, St. Sauveur that held an official opening on July 13. This new, modern bistro is open Tuesday through Sunday, for lunch and dinner. "Fave" dishes include pasta, steak, duck, oysters, and in special honour of Lefty, a delicious Lefty's Burger! Delectable desserts include Chocolate Soufflé and the Cast Iron Cookie. Best of luck to owner George Grigoropoulos and his great team who will provide an "affordable indulgence" dining experience - lots of surprises to come! 450 744-1235, www.towne235.com.

Alex Tran, who recently opened **Sushi Saint Sauveur**, 357, rue Principale, St. Sauveur. Specialties include a variety of soups (miso, hot and sour, seafood) and tempura items. Fresh Oriental salads and spring rolls are available, as well as sashimi, dragon eyes, and sushi pizza. Best of luck Alex! 450 327-5231.

Did you know that...

Encadrimage, which used to be at 157 rue Principale, St. Sauveur for 25 years, recently moved to their beautiful new location at 434 rue Principale, St. Sauveur, behind Élite Pizzeria? Owner, **Marie-Josée Zangao**, offers many outstanding services, such as passport photos, Purolator service, a copy and fax center, Photoshop jobs, photo enlargements, laminations and photo-transfer to canvas. Other useful services include home video transferral to DVD, graphic design and business cards. They also carry a wide array of beautiful frames and custom frames. Very soon, both painting and photography classes will be offered downstairs. Be sure to drop by to see Marie-Josée and Roger for their excellent expertise and services. 450 227-4688 / www.encadrimage.com.

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FASS - Fusion of Cultures Through Dance

Ilania Abileah - Main Street

The first two evenings under the Big Top were extraordinary cultural experiences. Martha Wainwright amazed us with her superb voice and array of varying sounds from utterly powerful to soft and tender. The program included songs from her new, up-coming album, "Goodnight City," and when her brother Rufus, and other family members



Soledad Barrio & Noche Flamenca Company takes a standing ovation.

joined her on stage, some McGarrigle songs were performed. The second part of the concert featured Martha singing, while dancers performed choreography inspired by her songs. This was a wonderful dialogue between song and dance, and the concert ended with standing ovations!

The "Soledad Barrio & Noche Flamenca" company kept us mesmerized from start to end! It was a different kind of Flamenco, preserving the old art and including hip-hop dance. And, it worked! The dancers were flawless, Soledad Barrio's hands were fascinating and the footwork was absolutely tantalizing. Guillaume Côté, the festival's artistic director, and Etienne Lavigne, Executive Director, held an interesting interview with company members. Artistic Director, Martin Santangelo, explained what inspired him to incorporate hip-hop in his choreography was that hip-hop is the current contemporary dance. "Tweety," the amazing hip-hop dancer, admitted that it was a challenge to learn to dance Flamenco, yet described it as "A fusion of two cultures through dance!" What a great beginning to the 25th Festival des arts de Saint-Sauveur. B r a v o!



All Dogs Are Equal

This article was adapted from "All Dogs Are Equal" which originally appeared on hsi.org. Reprinted by permission of Humane Society International.

Across Canada, municipalities and even entire provinces like Ontario ban or restrict dogs because of their breed (or perceived breed).

The truth is, breed-based policies aren't founded on science or credible data, but on myths and misinformation surrounding different breeds. Their impact on dogs, families and animal shelters, however, is heart-breakingly real.

HSI/Canada opposes such public policies as inhumane and ineffective. There is no evidence that breed-specific laws reduce dog bites or attacks on people, and they divert resources from more effective animal control and public safety initiatives. This is reflected by the position statement of the Canadian Veterinary Medical Association on dangerous dog legislation, which they support, "[p]rovided that it is not discriminatory of a specific breed. This legislation should be directed at fostering the safety and protection of the general public from dogs classified as 'dangerous' or 'vicious.' The CVMA encourages and supports a community approach to dog bite prevention, including responsible breeding, training, pet selection and pet ownership as well as education on animals in the community."

Bad laws have high costs: breed bans and restrictions force dogs out of homes and into shelters, taking up kennel space and resources that could be used for animals who are truly homeless. Underfunded animal control agencies bear the burden of enforcing the laws, and are often called on to decide, based on looks alone, whether a dog belongs to a certain breed. Battles erupt between dog owners and local agencies—and often continue to the courts—costing the community resources that could have been spent on effective, breed-neutral dog laws and enforcement.

Experts have found that no breed is more likely to bite than another. The CVMA, the Ordre des médecins vétérinaires du Québec, the American Veterinary Medical Association, the National Companion Animal Coalition and the U.S. Centers for Disease Control and Prevention oppose breed-specific legislation, along with leading animal welfare organizations.

Complicating the issue of breed bans and restrictions is the fact that often, pet dogs are mixed breeds. Through canine genetic testing, studies have found that even people in animal-related professions can't accurately identify the breeds in a mixed-breed dog's genealogy. Tragically, breed-biased laws have caused the deaths of countless dogs whose only crime was to resemble a certain breed.

The province of Quebec is currently considering banning certain dog breeds. Please ask the government to adopt breed-neutral legislation that emphasizes owner responsibility - let's raise the bar for dogs, families and communities by fighting harmful breed-specific policies!

Find out how you can make a difference: <http://www.hsi.org/world/canada/work/breed-specific-legislation/factsheet/breed-specific-legislation.html>



photo credit:
Mary-Helen Paspaliaris

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Maison Emmanuel

An Important dimension to our Community

By Lori Leonard

Maison Emmanuel, a non-profit organization, is a life-sharing community with adults in need of special care, based upon, and inspired by, the work of Rudolph Steiner and Camphill founder, Karl Konig. For residents at Maison Emmanuel, community means living and working side by side, regardless of background or ability, in a healthy, lively social environment. Twenty-one residents (aged 16 to 70) reside in five houses and each person is unique.

Twenty extended family members at Maison Emmanuel are co-workers. Daily life is structured around "family" meals, education, work-shops and caring for their land and gardens. Music and art therapy are also included in the daily schedule. At the Val Morin location, one is surprised at just how self-sufficient they are: hens to provide eggs, luscious vegetable gardens, a bakery where residents are taught to bake bread, chocolatines and bagels which are picked up each morning and brought to Maison Emmanuel's shop at 2454 l'Église, Val David to sell to the public. There are woodworking, weaving and pottery workshops. The "extended family members" are charming, patient teachers with huge hearts, who show others how to create beautifully handcrafted items, such as woven scarves, aprons and attractive breadboards. Enthusiastic, talented potter, Maggie Roddan, teaches them how to create artful, whimsical pottery pieces, some of which are sold at the 1001 Pots Exhibition.



When I met Mary Small, one of three Co-Directors, and Michael Averill, a board member, I was humbled and amazed by their dedication. To quote Michael, "Each of our residents stretches him/herself to the limits of their intellectual, creative and human capacities and consequently becomes the sort of person you really admire and want to know." Mary added, "Living community is an incredibly rich learning experience. I have the possibility to really meet the others, to be confronted with myself and to be constantly challenged and supported."

If you wish to volunteer/donate to Maison Emmanuel: 819-322-7014 / www.maisonemmanuel.org. / fondation@maisonemmanuel.org Visit Maison Emmanuel, 2454 l'Église, Val David. Please support them by buying baked goodies or creative items.

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Wine and Cheese event
Fundraiser with Silent Auction

Date: Saturday September 24, 2016
Where: Chalet Pauline Vanier, Saint-Sauveur
Time: 5 pm - 10 pm
Cost: \$35 a ticket
Happy Hour hosted by Microbrasserie Goudale

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Out & About

Ilania Abileah - Main Street



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

NOMININGUE

Nominingue Church

(2263 rue Sacre Coeur)

Sat, Aug 13: 8 pm: Laugh to tears with Nathalie Choquette who will perform opera arias and cabaret style music, accompanied by her pianist. \$35



Nathalie Choquette

MONT TREMBLANT

Village Church (1829 Ch du Village)

Fri, Aug 19: 7:30 pm: Louis Mario Ochoa Quartet will perform Latin music (Rumba, Samba etc.). \$35.

ST. FAUSTIN

Maison des Arts et de la Culture St. Faustin

1171, rue de la Pisciculture St. Faustin Lac Carré / 819 688-2676

Wed - Sun: 11 am - 5 pm - Free admission
Aug 13 - Oct 15: Sculpture Exhibition.
Sun, Aug 21: vernissage

ST DONAT

Free outdoor concerts every **Thurs** until **Aug 18** starting at **6:30 pm** at Parc des Pionniers. In case of rain, concerts will be held inside the church, Free concerts by popular singers at the Place de l'Église, 473, rue Principale every **Saturday at 8:30 pm** until mid **Aug**. Full program available at http://www.saint-donat.ca/files/Spectacles_ete_2016.pdf. Info: 819 424-2833.

ARUNDEL

Arundel United Church (12, rue de Village).

Sat, Aug 13: 10 am - 4 pm:

Art Exhibition & Sale. Twenty-one participating artists who specialize in painting, sculpting and stained-glass artwork. On-going demonstrations of Japanese calligraphy, wood-burning and sculpting. Activities for children /Raffles of artwork.



Michel Normandeau

STE-AGATHE

Théâtre Le Patriote

258, Rue Saint-Venant / 819 326-3655 / <http://theatrepatriote.com>

Fri, Sept 9: 8 pm: Coeur de Pirate (Beatrice Martin), award-winning singer / songwriter / pianist. \$39.



Beatrice Martin

Concerts - Place Lagny

7:30 pm: Hugo Paquette / **8:30 pm:** The Lost Fingers.

VAL DAVID

Val David Exhibition Centre

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

Until Sept 5: The theme is bicycles. Marc Dulude creates installations, sculptures & artwork in-situ and displays photographs as well. Stefan Lesage creates bicycles from recycled parts.

Val David Church (rue Principale) 1 888 322-7030, ext. 4235

Until Oct 2: Espace Fresque - Le Temps Nous. Eight Laurentian artists display large-sized canvases.



Espace Fresque - Le Temps Nous

ST. ADOLPHE D'HOWARD

Park Adolphe Jodin (by Lac St-Joseph)

450 745-3212 / www.nuitsblues.ca

Until Aug 14: The 8th Nuits Blues Laurentides

Sat, Aug 13: Performance by Michel Chasles and others.



Michel Chasles

"Je bicycle 2016," featuring Armand Destroismaisons sculptures displayed on lawns along the main Street of the village, continues throughout the summer.

STE. ADÈLE

Amphitheatre of Parc de la Famille (corner of Morin & Emile-Cochand) www.ville.sainte-adele.qc.ca
15th Nostalgia Evening Concerts - Saturdays from July 2 - Aug 18 at 8 pm

Place des citoyens (Salle Rousseau-Vermette) **Mon - Sun: 10 am - 5 pm**
Until Aug 21: Exhibition by Claude Lafortune: paper, glue and scissors.

ST SAUVEUR

Ça-me-dit Concerts

Sat, Aug 13: 5:45 pm & 7:15 pm: A Flock of Flyers - dance / theatre piece.
Aug 14: 3 - 4 pm: Latin Dance with Hamalian Dance of Gym St. Sauveur;
Fri, Sat & Sun, Aug 19 - 21: used book sale; **Sat, Aug 20: 7:30 pm** - Freddy James Project (disco); **Sat, Aug 27: 7:30 pm:** Cherry-Cherry (retro-pop); **Fri - Mon, Sept 2 - 5:** Fiesta Cubana in Saint Sauveur - once again the park will become a "little Cuba" with music, dance and food; **Sat, Sept 10: 7:30 pm** - Motel 72 (rock).

Exhibitions

Sat & Sun, Aug 27 & 28: Exhibition - Les Sculptuales; Galerie Henry Giroux is now located at 365, rue Principale, St. Sauveur. The gallery contains a vast collection of Giroux landscapes and village life images. 450 744-0414.



Henry Giroux

PIEDMONT

Théâtre de Pays-d'en Haut

- 442, Chemin Avila Nord, exit 58 off Hwy 15 north / 450 224-5757 / www.tpdh.ca
Aug 12 - Aug 27: 8 pm: "Dance into the Light" - a tribute to Phil Collins. Martin Levac, accompanied by seven musicians, will perform "In the Air Tonight," "One More Night" and other pieces. \$46 & \$56.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd.
Arts Morin Heights: The Themed Exhibition, Portrait or Auto-Portrait continues **until Oct 1**. 450 226-3832 / info@artsmorinheights.com.

WENTWORTH

Dunany Country Club

(2053 Ch Dunany)
Thurs & Fri, Sept 1 & 2: 5 pm - 8 pm: Exhibition by the Dunany Studio Artists Group: Annabelle Wood, Reville Sauve, Maureen Cameron, Carolyn Roy, Joanne Moore, Ginette Roy, Careen Latt, Louise Porter, Barbara Scales, Coreen Berry, Monique Paquin, John Vanstone, Jackie Shelly and Dorothy Hadley. 450 566-5958.

Country Club Montfort Pavilion Art Gallery (160 Rte. Principale, Wentworth-Nord).

Sat, Sept 3: 2 pm - 4 pm: Verissage for the Fall Exhibition. The artists will be on hand to show their artwork. Refreshments will be served and the Laurel MaMuse musicians will provide entertainment, all in the wonderful setting of Lac St-François Xavier. The exhibition will continue until **Oct 9** every **Sat & Sun from noon - 4 pm**. All welcome.



Marina Dugas

GORE

Holy Trinity Church (4, Cambria)
Sat, Sept 3: 8 pm: CR5 Bluegrass, from Ontario, perform a mix of contemporary & old time bluegrass, classic

country, folk, pop. Bluegrass gospel and original material. Divergent musical tastes varying from blues to jazz, country to rock & roll, and traditional bluegrass can be heard in the unique sound that this group brings to all of its performances. The current group consists of founding members Dan Potter and Barry Garvin, Christine Smith, Dan Buch and Jim Bossert. Tickets: \$20 (advance or by reservation) and \$25 (at the door). Contact Linda: 450 562-9620.



CR5 Bluegrass

BROWNSBURG - CHATHAM

Collective Gallery Saint Louis de France Church, 354, rue Principale 514 213-8180 / <http://www.routedesarts.ca>

PRÉVOST

Diffusion Amal'Gamme

Salle Saint François Xavier, 994 rue Principale. 450 436-3037 / www.diffusionsamalgamme.com
Sat, Sept 17: 8 pm: Trio Lajoie will play music from Hayden, Brahms to Marinu.
Sat, Sept 24: 8 pm: Classical guitarist Rémi Boucher

LACHUTE

Église St-Anastasia

(174, ave Béthany)
Sun, Aug 14: 8 pm: Ensemble "Ambitus" performs a summer evening concert including music by Vivaldi, and music from films, with candlelight. Rossini's melodious Wilhelm Tell, a four-tango medley, extracts from Georges Bizet's opera "Carmen" and Oscar-winning film music such as Love Story, The Godfather, Titanic, Romeo & Juliette, Schindler's List and others, as well as Edith Piaf and Charles Aznavour songs, Brahms Hungarian Dances will close the program. Tickets (\$30) available at florist tessier and at the door on the evening of the concert. 514 774-9148 / www.concertchandelle.com



Candlelight concert

ST. PLACID

19th Edition of Sundays in the Park - on the shore of Lake of Two-Mountains 450 258-2211 / www.artsetculturest-placide.com
Sun, Aug 14: noon - Dance Argentine with an Argentinean BBQ and bar, Tango and a performance by the group Libertad Tango.

PLACID ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle) 450 432-7171 / www.museelaurentides.ca. **Open Tues - Sun: noon - 5 pm**
Until Aug 20: Yann Pocreau's photograph display continues.

Due date for materials for the September edition is August 20



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Sorento SX Turbo AWD shown†

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Up Close... Steve Kennedy is on a roll

Steve Brecher - Main Street

Morin-Heights resident, Steve Kennedy, taught himself to read at age 3. By age 7, he was devouring Ian Fleming's James Bond novels. His precociousness made him an outlier at school, especially in the eyes of his teachers, one of whom felt threatened and gave Steve a hard time. He ended up leaving school before graduation, which, he says, made him feel free for the first time. It is somewhat ironic that he eventually embarked on a career as a school bus driver that persists to this day, 27 years later.



In all those years as a driver he never struck another vehicle with his 40-foot bus, which attests to his extraordinary ability, considering our variable climate and often difficult road conditions. He honed his skills at a variety of earlier jobs, including delivering custom handicap-friendly vans all across the USA, delivering the Globe and Mail newspaper at the crack of dawn to some of Montreal's poobahs, and buying and selling used movies, while on the road in the Maritimes, Quebec and Ontario. Locally, Steve was a renowned DJ for 25 years, and a Warden of the Morin Heights United Church, fondly earning himself the nickname "The Warden."

His years of travel exposed him to different cultures, and taught him some valuable life lessons that he has been able to pass on to his school kids, who spend one and a half hours a day on his bus. In order to earn their trust and respect, he has had to prove to them that he is a competent driver, and that he can be counted on to be punctual, day in and day out. They can test his patience and understanding, especially these days when they are tethered to their cellphones.

"I age, but my kids never age." This requires Steve to monitor the changes that he is undergoing physically, mentally and psychologically. As a result of severe arthritis in his spine and the lack of cartilage in his knees, Steve curtailed his exercise regimen about 15 years ago. Ordinary walking had become too difficult. He became discouraged and consequently put on a lot of excess weight. "I began eating all the wrong foods, which led to me becoming physically disabled. In addition, I recently developed some health issues, which shocked me. So I finally decided to look into improving my quality of life."

In the course of his research, Steve discovered something that would enable him to routinely walk for a reasonable distance without having to sit down or lean up against a support. He purchased a product from Sweden called a Rollator. He showed me how it works. It is basically a stylish all-terrain walker that assists one with mobility challenges and enables walking outdoors safely and with confidence.

Steve currently walks with relative ease every day, mostly in the aerobic corridor. He is shedding unwanted pounds and feeling better. He has begun to eat more sensibly, and he is confident that he will regain the quality of life that has been lacking all these years.

We are living in a world that worships fame, fortune and power. But the unheralded road to liberation that Steve has travelled, despite his challenges, is a testament to those of us who choose to live our lives under the radar and yet are determined to stay connected and productive in our communities.



Strings and Things Hidden Treasures

Dale Beauchamp - Main Street

Over the years, I've had more than a few customers who have come to my shop with violins in need of a little T.L.C., violins with Stradivarius or Stradivarii written inside. In one case in particular, the customer assured me that it was the real deal. Not being an expert in determining authenticity,

I suggested she take it to someone more experienced in appraising violins. However, after noticing a couple of dead giveaways, I informed her that this was, in my opinion, not the genuine article. Thankfully, some stories turn out better.

I read an article, some years ago, about a colleague who would spend weekends scouring garage sales and flea markets in search of old guitars. He would fix them up and give them to underprivileged youngsters. One such outing took him to the home of a lady who was selling everything and moving into a seniors' residence. There, he spotted an archtop jazz guitar, built by legendary Boston luthier, Elmer Stromberg. Her brother had bought it in 1946, and given it to her son in the mid 1960's, who had barely played it before shipping out to fight in Vietnam. Sadly, he never returned, and the guitar sat in a closet for 38 years. It was somewhat beaten up, but very salvageable. She was asking \$25 for it. Similar Strombergs of that vintage can fetch between \$20,000 and \$30,000 in today's market.

Recently, a lady brought me an old, low-end classical guitar, and asked me to make any appropriate adjustments and install new strings. As we were talking, she mentioned how difficult it was to play the steel-string guitar left to her when her father passed away. She said it was a Gibson her dad had purchased after returning from the war in 1945. She described what sounded very much to me like a 'Banner' J-45. The logo featured a scroll type banner with the inscription 'Only a Gibson is Good Enough'. These 'Banner' models were only made for a few years, and are highly collectible. She had deemed it unplayable, and had thrown it in the garbage! Scrambling for my defibrillator, I asked her where she had disposed of it. Unfortunately, it had been thrown out over a year ago. I told her roughly what it might be worth. She was understandably shocked.

Here are a couple more examples of what old guitars are worth:

- a Martin D-45 made between 1936 and 1939 can fetch up to \$400,000
- a Gibson Les Paul Standard made between 1958 and 1960 can net you as much as \$375,000

Happy hunting!

14 main.street@explornet.ca

MAIN STREET

Photo contest

Hit us with your BEST SHOT

Looking for spectacular Laurentian photos for our front page for the **September October & November editions**.
Themes to be seasonal and based on the Main Street model of people, places & things.
Possibilities include landscapes, fall colours, heritage buildings, special events, cottage life etc., anything depicting life in the Laurentians.
Any photos of children should be accompanied by parent's consent.
All photos must be of horizontal orientation, high resolution (300 dpi min.) and include a short description and a photo credit.
Winning photos will be selected by a panel of judges and winners will receive a **gift certificate of \$50 value to Le Saint Sau Pub in Saint Sauveur plus a mention in that edition.**
Submissions must be in original file format - no scans will be accepted - and emailed to the attention of the editor, Susan MacDonald at main.street@explornet.ca. Subject line should read "photo contest."
Deadline for submissions are: August 20 for September / September 20 for October / October 20 for November.
Pick up your camera and start shooting!

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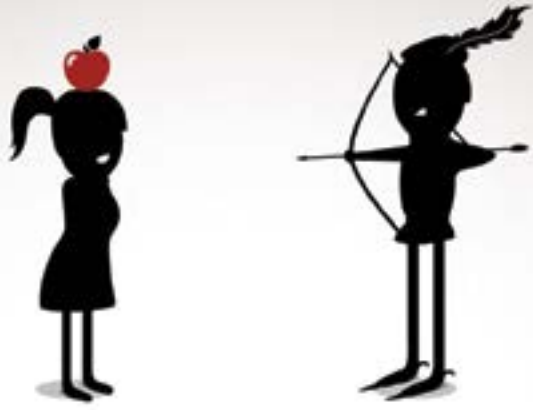
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450-409-1775



Great Relay Race

July 30, 2016 marked the 30th anniversary of the Lake Louisa Great Relay Race held at the Lake Louisa Social Club. Fourteen teams comprised of six athletes each competed for the trophy and bragging rights. The winning team, average age 23, finished the race in 58 minutes 32 seconds.



Winners L-R: Oliver Wockner, Davis Comfort, Jeff Bomok, (Lawrence Irany), Madlynn Palmer, Matt Chin and Matt Harrop.

Founder and organizer Lawrence Irany, 88 years young, was once again at the helm. Though he downplays his part, he is the heart and soul of this event that brings the lake community together each summer.

Long may his cheers echo across Louisa!

Maison Emmanuel's Annual Walkathon

On October 16 at 2 pm, Maison Emmanuel will be holding a walk-a-thon to raise funds for their workshop programs. Starting at the Town Hall in Val Morin, participants will follow the P'tit Train du Nord to La Chapdelaine in Val David, the organization's café / craft shop. To sponsor a walker, or, to join in the event, please contact

Line St Amant at line.st-amant@maisonemmanuel.org. Walk will take place rain or shine.

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475, avenue Béthany,
Lachute, QC J8H 4H3
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www.vwlachute.com



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 CDC Lachute
 Joliette High School
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For more information, contact Grant Loewen:
info@laurentianlakesidecottages.com

819.687.2581

14th EDITION

September 2 to 5




Friday, September 2nd
 6:30 pm Azucar
 9:00 pm Roberto Linares Brown

Saturday, September 3rd
 1:00 pm The Clave Kings
 3:00 pm Hamalian Dance & La Ruéda de Ninon
 4:00 pm Sabor de Cuba
 6:30 pm Carlos Placeres
 9:00 pm Cuban Martinez Show

Sunday, September 4th
 11:00 am Mass at the Church with Azucar
 1:00 pm The Clave Kings
 4:00 pm Marcelino Mateo Lopez & Rubi +
 6:30 pm The Cuban Martinez show
 9:00 pm Carlos Placeres

Monday, September 5th
 12:30 pm The Clave Kings
 3:00 pm Marcelino Mateo Lopez & Rubi +

More information 430.227.2564 | 1-877-528-2553
www.valleesaintsauveur.com



Happy Birthday – August 7th

We Like To Wish
Yves Donald Morrison Marier
 A Happy 2nd Birthday.

We hope it is a day filled with love, presents, lots of chocolate cake & candy.

I love you my baby brother, I wish you a wonderful happy birthday.

Love Your Mommy,
 Big Sister Samantha,
 many aunts, uncles
 and cousins

XOXOXOXOXO



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Garden Talk Deer, Oh Dear!

June Angus - Main Street

Watching deer wander about your property may be awe-inspiring. But that feeling evaporates quickly when you notice these majestic creatures treating your garden like a glorified salad bar.

That's what happened to most of our hostas recently. We know deer consider hostas to be like candy, but we planted them anyway. Sigh...

In extreme cases, deer can completely change the landscape. The island of Anticosti in the Gulf of St. Lawrence is a case in point. About 200 deer were introduced to Anticosti, which is 16 times the size of the island of Montreal, in the late 1800s to create a hunting paradise. Fast-forward more than a century and the exploding deer population-- now topping 200,000-- has no natural predators other than human hunters who are licensed and carefully monitored. The landscape should be naturally filled with vast forests of mixed deciduous and coniferous trees. Instead much of it is an odd mix of stunted conifers that are regularly munched on by deer. Many 30-year-old plus trees never reach more than a meter in height.

Our local problems with deer are nowhere near this drastic. But there are some simple lessons we can take from the Anticosti experience.

Programs to protect and reforest areas on the island fence deer out. So to deter deer from being unwanted dinner guests on your property create a physical barrier between the deer and your vegetable garden or other plants they favour such as hostas, daylilies, phlox, sunflowers and tulips. Bear in mind that deer can swim across a lake to reach a tasty bed of lilies. So the best barrier is still a fence. But deer can jump, so if they can take a good run at your fence it should be at least six to eight feet high.

When a fence is not practical, applying various repellents and using gizmos or gadgets to distract or frighten deer can be temporarily successful. However, over time, repellents must be reapplied and deer quickly lose their fear of distracting objects.

This brings us to the second lesson from Anticosti. The plant life that remains untouched on the island tends to be things deer don't like to eat. So, to protect your garden select deer-resistant plants. While deer will devour almost anything, especially in hard times, they certainly have preferences. In general, they dislike thorns found on plants such as astilbe, barberry, holly and rosa rugosa. As well they detest pungent smells and heavily scented foliage such as lavender, oregano, thyme, sage, mint, lemon balm, basil, ornamental salvia, peonies and bearded irises. Deer also stay clear of daffodils, foxgloves and poppies which they seem to know are toxic.

Fortunately for us, deer also tend to avoid these perennial favourites: lamb's ear, rubeckia, bleeding heart, borage, lily of the valley, purple cone flower, forget-me-not, lilac, yarrow, and various onions. They also dislike annuals such as marigolds, snapdragons, dusty miller, sweet alyssum and zinnias. There are many more deer resistant plants, so check online or with your local garden centre.

A good strategy is to mix some of these heavily scented or otherwise "disagreeable" plants among those deer like. Also creating a perimeter on your property of things deer like to eat can sometimes discourage them from coming into the rest of your garden.

Unfortunately deer don't read our rule books, so the best strategy for deer proofing your garden is sometimes trial and error. Good luck!



Nature's Gift Yellow Shafted Flicker

Rose Labrie - Main Street

This spring, I encountered a species of bird that I have never seen in the Laurentians. My research confirmed that this colourful bird is a Yellow Shafted Flicker, a member of the woodpecker family. It is one of the few woodpecker species that migrates and is native to North America, Central America, Cuba and the Cayman Islands.



The name, Yellow Shafted Flicker, derives from the yellow coloration under their wings and tails. The males display black moustache markings on either side of their bills and slashes of red across the back of their heads. The female resembles the male, but does not have the moustache markings.

There are a few differences between flickers and other woodpeckers. Flickers perch horizontally across branches, rather than travel up and down tree trunks, as do other woodpeckers. Flickers feed primarily on the ground, hunting for ants and other insects, using their feet and strong bills to dig and remove the insects from the ground.

When insects are not available, flickers eat fruit and nuts, and often visit bird feeders to consume suet and seed. Unlike other woodpeckers, flickers typically migrate south, drum on objects, such as metal roofs, to warn away other flickers during mating season, and reuse nest cavities from prior years.

Though the population of flickers is declining in North America, they are not considered at risk.

I am Smart...very Smart!

Ilania Abileah - Main Street

I am pleased to announce that I am now the proud owner of a hand-me-down, smart Galaxy II Samsung cell-phone, a smart Samsung TV, and, now, a very smart car with a rearview camera and Bluetooth. This is the life!



Marc-André Lachance, General Manager of Kia Laurentides with Ilania after a test drive.

When I arrived at the KIA Laurentides dealership I was greeted warmly, and, in English (once they caught my accent) and when I picked up my car they said, "Welcome to the KIA family!" They also followed up afterwards to ensure everything was running smoothly and that I was happy with my new purchase. The "after sale" service was much appreciated.

I simply love my KIA Rio hatchback. Don't try to find me at home as I now spend more time out driving in my new Smart RIO!

See you on the road...

Where you will find the largest selection for your garden!



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2 locations to serve you ▶

2820 boul. Curé Labelle, route 117, Prévost 450-224-2000
545, avenue d'Argenteuil, route 327, Lachute 450-409-3220

Offer valid from August 10 - August 21, 2016

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Prepare for autumn with plants of intense color!







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

Branch 171 Filiale Morin Heights

Sat, Aug 13: Hecklinger's Golf Tournament & Steak Dinner
Fri, Aug 19: 6 pm - TGIF Smoked Meat
Sat, Sept 3: 6 pm - Labour Day Steak Supper
Wed, Sept 7: 7 pm - 10 pm - Terry Gillespie Band
Sat, Sept 10 - Flea Market (rain day Sun, Sept 11)
Starting on Sept 19: 1st & 3rd Mondays:
1:30 pm - Military Whist
Starting on Sept 23: Fri: 2:30 pm - darts
For information on any event call
450 226-2213 (after noon)

Branch 70 Filiale Lachute

Smoked meat dinners will continue to be held on the last Friday of every month except December & January
Bus trip to Carleton Raceway Casino every six weeks - check for dates at the legion
Aug 13: Golf Tournament & Steak Dinner
Sept 9: 6 pm - T.G.I.F. Supper - hamburgers, hot dogs, beans etc.
Tues: 1 pm: Euchre
Every second Wed: 1 pm - shuffleboard games
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
For information call: 450 562-2952 after 2 pm!

Branch 71 Filiale Brownsburg

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Sat: 3 pm - closing
Everyone welcome.
For information on upcoming events or hall rentals please call Sheila or Trevor Holmes
450 562-8728.

Branch 192 Filiale Rouge River

Aug 12 & 13 - Neil Diamond Tribute Show.
Tickets available for pre-sale at the Legion (\$20);
At the door \$25. Info: 819-687-9143
Aug 18: 10 am - 11:30 am - FADOQ - SQ English senior awareness discussion.
Free breakfast for elders. Please reserve: 1 877 429-5858, ext. 226
Sept 3: 3 pm - Michouli. Family celebration for the Legion's 70th anniversary. Activities for all
Sept 16: 6 pm - BBQ
Tuesdays: 7:30 pm - cribbage
Mon: 9 am - 10 am - Yoga Class
Tues, Fri & Sat: 9 am - 10:30 am - Yoga
Info: Marlene: 819-687-8665
For further details call 819 687-3148 / 819 687-9143 or email 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, du Village, Morin Heights
Terry Sheahan
Summer Sundays: 6:30 pm
If you like country gospel and to sing old hymns, come and enjoy our Sunday evening services.
We encourage you to bring along your instruments and join us for a one-hour hymn-sing. Everyone 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
Sundays: 10:30 am: Regular worship service.
Everyone welcome.

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Wed: 7 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 am - Worship Service
4th Sun of every month: 7 pm - Hymn Sing

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
Please join us - everyone is welcome
We are a member of the Laurentian Regional Ministry.
Parking available on Hillside along the cemetery wall.

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
Services to be held at 9:30 am every Sunday in July and August.
Come and enjoy Christian fellowship in the country

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

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

UNITED CHURCHES OF CANADA
450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Sundays: 9:15 am - Weekly Sunday Worship and Sunday School

ST. MUNGO'S CHURCH, CUSHING
LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship
HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm
ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

**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.

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

**ANGLICAN PARISH OF
ARUNDEL & WEIR**
Grace Church
Services are held at 11 am every week, followed by refreshments served in the Parish Hall. Everyone is welcome.

**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.
All are welcome -
bienvenue à tous & toutes!

**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

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Rd (Lost River)
Rev. Douglas Robinson
Services will be held at 9 am every Sunday throughout the months of July and August

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

**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 21: 11 am - Holy Communion
Sept 4: 11 am - Holy Communion
Sept 18: 11 am - Visiting Clergy
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Aug 14 & 21: 4 pm - Holy Communion
Aug 28: no service (Camp Weredale)
Sept 4: 4 pm - Holy Communion
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Aug 14: 11 am - Morning Prayer
Aug 28 - no service (Camp Weredale)
Sept 11: 11 am - Morning Prayer
Bilingual services with gospel/bluegrass music
*Special services: Soaking Time *
7:30 - 8:30 pm: A time of quiet reflection with classical music. These special times of quietude are offered on Sundays in addition to regular services

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Aug 14: 11 am - Holy Communion
Aug 28 - no service in support of Camp Weredale at 3 pm
Sept 11: 11 am - Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Venerable Ralph Leavitt and Rev. Nicholas Pang, associate priest
All services are at 9:15 am
Aug 14 & 21: Communion
Aug 28: no service at St. Simeon's. Bishop Picnic and Confirmation Camp at Weredale, St. Hippolyte.
Arrive between 1 - 3 pm / service at 3 pm with picnic to follow
Sept 4: Communion

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

ÉGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL

FAUBOURG SUICIDE PREVENTION CENTRE

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



Holy Trinity Church Concert

4, Cambria, Lakefield (Gore)
Sat, Sept 3: 8 pm

CR5 Bluegrass from Ontario performs a mix of contemporary and old-time bluegrass, classic country, folk and pop.
The current group consists of founding members Dan Potter and Barry Garvin, Christine Smith, Dan Buch and Jim Bossert.
Tickets: \$20 (advance or by reservation)
\$25 (at the door)
Info or tickets: Linda: 450 562-9620



Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer
de la Région des Laurentides



Upcoming meetings for
cancer patients, families and caregivers
Saturdays at 1 pm:

September 17
October 15
November 19

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

Meetings are conducted in English
ADMISSION IS FREE

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

Resource library available. Bring a friend or family member.

COMMUNITY NEWS

**AMI-QUEBEC PROGRAMS
ACROSS QUEBEC**

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

SOUPE POPULAIRE

(205 rue Principale, St. Sauveur)
Lunch schedule: **Mon, Tues & Thurs: 11:30 am - 12:45 pm.**
Everyone is welcome!
We are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTE

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

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

ASSOCIATION ALPHA LAURENTIDES

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

SEEKING VOLUNTEERS

Les Bons déjeuners d'Argenteuil inc.
Tuesdays & Thursdays: 6:45 am - 8:30 am
This non-profit organization is looking for volunteers to serve healthy breakfasts in the Argenteuil elementary schools: particularly, L'Oasis and St-Julien (Lachute), Dansereau/St-Martin (Grenville) and St-André.
Info: Diane: 450 562-2474 ext. 2300

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, Sept 4: 9 am – noon:
Sept Breakfast Adults: \$
Like LRCC on Facebook at LRCC-Lost River Community Centre

HARRINGTON VALLEY COMMUNITY CENTRE

The HVCC is looking for a refrigerator - please call Deedy: 819 242-8939

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
**We are looking for volunteers for our community kitchen project.
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.
Info: Deedy: 819-242-8939

SCOUTS MORIN HEIGHTS

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

HOLY TRINITY CONCERT SERIES

4, Cambria (Gore)
All concerts begin at 8 pm
Sept 3: CR5 (Country Roads 5) - Bluegrass band playing a mix of contemporary and old-time bluegrass and classic country.
Tickets: presale \$20 (under 16 - \$15) / at the door \$25 (under 16 - \$20)
Info: Linda Cass-Jones: 450 562-9620 / Jim Kyle: 514-347-1788 / Hugh Mitchel: 450 562-9249

JOYFUL NOISE CHOIR

St. Eugene Community Hall
148 ch Watchorn, Morin Heights
Tues, Sept 13: 7 pm
JNC invites you to participate and sing in the choir. Cost: \$130
Sept 13 – Dec 6 / Christmas show on Dec 8
If interested contact Penny Rose: 450 226-2746 / pennyrose@jenanson.com
Visit the director's website (Ian Lebofsky) at <http://www.thephysicalvoice.com>

MEDITATION HOUR

St. Francis of the Birds Church
94, St. Denis - St. Sauveur
Wednesdays starting 7 pm - 8:15 pm
Followed by coffee and fellowship
Everyone welcome Info:
Peter: 450 227-3244

VACATION BIBLE SCHOOL

Dalesville Baptist Church – 245 Dalesville Rd. S.
Aug 15 – 19: 9 am to 11:45 am
Bible Stories – Music – Games – Skits – Crafts – Snacks
Children aged 4 – 12 yrs. welcome.
Info: 450 533-6729 / 450 533-4567

WINE & CHEESE FUNDRAISER

Chalet Pauline Vanier, St. Sauveur
Sat, Sept 24
Hosted by the Viking & Kayak Club
Tickets / info: Tanya Conklin: 514 608-5872 / tanyaw@bell.net

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn
[www.morinheightshistory.org / mhha98@hotmail.com](http://www.morinheightshistory.org/)
Sept 11: 11 am - 3 pm: St-Éugène's Church - Annual Family BBQ
Sept 17: 6 pm - 10 pm: La Grange Restaurant: First Heritage Awards Gala. "Social Event of the Year!"
Tickets: \$50 per person (tip & taxes included), beverages extra. Available at Vaillancourt's and from the Directors.
Oct 1: 10 am - 4 pm: Library: Cultural Day
Nov 13: 2 pm - 4 pm: St. Éugène's Church - Presentation: "Irish Immigration into the Laurentians."

MORIN HEIGHTS DUPLICATE BRIDGE CLUB FALL SESSION

Église St-Éugène, 148, Watchorn, MH
Starting Thurs, Sept 8
Former and new players are most welcome
Players are requested to arrive by 12:45 pm – prompt start at 1 pm
Annual membership \$5 / weekly fee: \$4
Info: Joan Ford: 450 226-2322 / joan-ford@cgocable.ca
Dick Harling: 819 326-4406 / dickharling@hotmail.com

MILITARY WHIST

Morin Heights Legion (127 Watchorn)
Starting Sept 19: 1 pm
Info: Joanne Williams: 450 226-5664 / williamsj@bell.net

COMMUNITY GARAGE AND CRAFT SALE

Royal Canadian Legion Branch 71
210 MacVicar, Brownsburg-Chatham
Sept 3 & 4: 9 am - 4 pm
Children's toys, clothes, knick knacks, odds & ends
Table rental available: \$10 - 450 613-0189

NEIL DIAMOND TRIBUTE SHOW

Royal Canadian Legion Branch 192
Aug 12 & 13: 8 pm
Info: Norman Hess: 819 421-5495

SAVE THE TATAS MUSICFEST

681, rue Principale, Lachute
Sat, Aug 20
Raising money to fight Cancer
Great music for a great cause!
Featuring Mountain Steam

LACHUTE AIRPORT OPEN HOUSE AND "FLYIN"

Lachute Airport
Sat, Aug 20: 11 am - 2 pm
The general public of Lachute and the MRC d'Argenteuil are invited to an Open House and FlyIn.
Lots of airplanes to see and simulators from the Quebec Air Force will be on site <http://www.quebecairforce.com>
There will be a mobile canteen and corn roast.
Free Entry !! Parking available on Bradford and de l'Aéroparc boulevards.
Everyone welcome

FUND RAISING BAZAAR

Hosted by the Lakefield / Mille Isles Women's Institutes
Lakefield Community Hall (2, Cambria, Lakefield)
Sat, Oct 1: 10 am – 2 pm
Craft table & home baking
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Healthy Channels Cleaning out the meridians

Christopher Garbrecht, Ac. – Main Street

Last month I wrote about the concept and mis-translation of the Chinese word “Qi.” “Qi” does not mean “energy” as is commonly assumed, but translates better as “air”, or “vital air,” which can be taken to mean oxygen. I would like to try and clear up another concept of acupuncture and Chinese medicine, the meridians. For those readers who are unfamiliar with meridians, let’s just say that, in the west, they have been considered as non-physical channels in the body that conduct non-physical energy through them. The non-physical nature of the channels is supposedly why western science cannot find the meridians.

But is this really what the ancient Chinese meant? If we look at the historical text, the Nei Jing (the Chinese word), which was mis-translated by Soulie de Morant as “meridians” (a French word by the way), is “Jing Mai.” The proper translation for “Jing” is longitudinal and “Mai” is vessel. What are the longitudinal vessels in the body? Well, the most obvious answer would be the blood vessels. The vessel system, elaborately described in the Nei Jing, is a description of the major longitudinal blood vessels in the body, with 3 on each arm and leg, totaling 12 in all. Remember that the Chinese did many dissections of the human body. They would have easily noticed the major blood vessels.



So what does this mean? Well, I believe that the mistranslations by de Morant have done a great disservice to the understanding of Chinese medicine in the west. He took a physical medicine, based on post mortem anatomy, just as Western medicine does, and reduced it to a psychic medicine concerned with the flow of energy through the body, rather than the flow of blood, oxygen (Qi), and nutrients. It is actually the increase of blood flow throughout the body, by stimulating acupuncture points, that helps heal the patient, because pain is most often the result of a lack of blood flow to a particular muscle, tissue or organ.

In the next issue of the Main Street, I will try my best to put these concepts together and give you a better and scientific explanation of how acupuncture works.

If you have any questions about acupuncture or would like to schedule an appointment in Morin-Heights or Val-David, call 819-219-0048. You can also check out my website at acupuncturevaldavid.com to read more articles and get an idea of everything that acupuncture can treat



Fit Tip #108 My Son Broke His Leg!

Lisa Mclellan – Main Street

I swear, 2016 has been chipping away relentlessly at my patience, my perseverance and my ego. It’s been one difficult, disorganized, energy-wasting, bad-mood-provoking thing after another. One month after Dan’s heart attack, my son broke his leg in a soccer accident. He can’t work for 3 months, has no insurance, is not eligible for employment insurance or welfare, has a mortgage, car payments and a credit card. He has been in severe pain and can’t do ANYTHING for himself. I have cleaned the fridge, cleaned the house, done the laundry, cooked food, bought fortifying supplements, mowed the lawn, done his accounting, took things to the eco centre, massaged his foot, watched movies and played cards. Super Mom! And now, just to rub it in my face a little more, my precious, beautiful lake has turned brown! I don’t know whether to laugh or cry.

Somebody said, “You are being tested to see if you are really Zen, or just faking it.” Lol. I have had a few bouts of yelling at the sky with fists raised, and some serious swearing sessions, nostrils fuming. Oh yes, and a lot of sighing and stoic forbearance. SELFLESS is the word that comes to mind. Well, for an Aries, that’s really hard. I have had to use all the skills I have cultivated in the past 35 years to discipline my mind to accept the way things are. I resist and question. I trust the path.

To be selfless requires negation of self. That has been the flaw in my belief structure, and the root cause of my ire and push-me-pull-you struggle. My devotion to my son tipped the scales. His vulnerability helped me to get over myself, and to recognize that selflessness is not just a negation of self but also a relationship with love; the best kind of love - divine love. My breakthrough came when I realized that I have a unique opportunity, right now, to connect with my young adult son, to spend quality time with him. To exchange with him. To quietly redress some of the bad habits he has picked up since leaving home. To be there for him. To help and support him through this difficult time. To forge the bond of love. Is there anything more important?

Shifting my perception has freed me from my struggle. I am having trouble putting into words the depth of my feelings. All I can say is, I am relinquishing myself; relinquishing myself into the divine source. I do not experience this as a religious awakening, but rather as a return to my essential nature. Akin to something as ordinary as a tree bursting into leaf after the long winter, or life emerging from an egg, or rain falling from the sky. These ordinary miracles require no conscious effort. They are blueprinted, waiting only for the right conditions. They are parts of a whole, of which I am a part too. In this voluntary, selfless act of love and care, I elevate myself. That is no small wonder. And you can too. Namaste.

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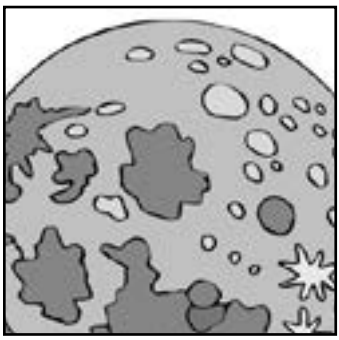
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Zach Factor Risky Business

Lys Chisholm & Marcus Nerenberg - Main Street

Henrietta Lacks was born Loretta Pleasant on August 1, 1920, in Roanoke, Virginia. After the birth of their second child she and her young husband

David, moved to Maryland and later had 3 more children. On January 29, 1951, Lacks went to Johns Hopkins Hospital complaining of abdominal pain and vaginal spotting. Physician Howard Jones quickly diagnosed her with cervical cancer. During her subsequent radiation treatments, doctors removed two cervical samples from Lacks without her permission or her knowledge. She died at Johns Hopkins on October 4, 1951, at the age of 31.

Henrietta's cancer cells proved to be extremely special. The cells from Lacks' tumor made their way to the laboratory of researcher, Dr. George Otto Gey, who noticed that unlike most cells, which survived for only days, Lacks' cells were far more durable. Gey isolated and multiplied a specific cell, creating a cell line named HeLa, named for Henrietta Lacks.

The HeLa strain became the key to medical advances throughout the world. With it, Salk developed the polio vaccine and created widespread interest. Scientists cloned the cells in 1955, and have since registered thousands of patents. Spinoff sales to research organizations have seen the cells used in studies for disease and tests of human sensitivity to new products. All this took place without the Lacks family permission or knowledge until the 1970's. At that time, researchers went back to original family members to get additional information and, quite by accident, let the ethical cat out of the bag. Inquiries from the family went routinely ignored until 1993 when the BBC exposed the story.

All the while, the race to catalogue the human genome was on. We, as a globally savvy population, wanted answers to questions of origin of species and whether we spread nasty hereditary illnesses to our children. The push to obtain samples of DNA freely from the public was easy; with the advent of the Internet came the creation of groups willing to pander to the egos of ancestry, and heritage buffs, who hoped to be related to heroes like William Wallace or Napoleon Bonaparte. Many of us now freely pay to have others collect our DNA and use it for their own profit. Would we pay for others to use our SINS too?

To demonstrate our naivety and insensitivity, artists and young people lead the way. Meet Tina Gorjanc, age 28. In this year's Central St. Martins Degree Show in the UK, Gorjanc is showcasing a proposal to create handbags and other designer accessories from the skin of the late, celebrated couture designer, Alexander McQueen. Gorjanc filed a patent for the method that would grow cell cultures from his DNA, extract skin cells, and tan the reproduction of McQueen's skin into leather for luxury goods, theoretically possible according to scientists. Gorjanc has created a jacket from pig DNA, and thoughtfully tattooed the sleeves for her amusing final in her Masters Degree in Material Design. So what is next, a dress made from Beyoncé's DNA skin, or your own set of lips made from genuine Mick Jagger DNA!

Amidst the absurdity lies the genuine issue... we, as a global community, have left ourselves unlegislated against the attempts of people, including those outside health research, using DNA for profit. In 2013, the British Wellcome Trust, and the US NIH (National Institute of Health), seeing the huge ethical flaw with the HeLa strain, moved quickly to establish the H3Africa program. With a great deal of generous funding, African countries will have their own genetic bank set up for their own health researchers in the future... and in exchange, the WTUK and the NIHUS, get to keep all donated strains, with potential genetic bonanzas like that which came with HeLa. Health Capitalists never learn.

In Canada, Senator James Cowan, from Nova Scotia, introduced B-201 intended to protect those who have had a genetic test. Today, an employer or an insurance company, gaining access to that information could, and would, be able to use it against him or her, which is so-called "genetic discrimination." Consequently, many Canadians are deciding against having genetic testing that their doctors believe could help them to lead healthier, longer lives. The bill, defeated under the Harper administration was reintroduced in January this year. Although not all encompassing, it has gone into second reading, and will be voted on in September when Parliament resumes.

Next year readers can look forward to an HBO movie, based on Rebecca Skloot's 2010 book, "The Immortal Life of Henrietta Lacks", starring Oprah Winfrey as Lack's daughter Debbie.



Photo: Henrietta Lacks, a mother of 5, died of cervical cancer at the age of 31 in 1951. Her contributions to medical science are incalculable. Photo credit: lacksfamily.net



The Story Behind The Rebellion that Succeeded, September 8, 1836

Joseph Graham - Main Street
joseph@ballyhoo.ca

In a recent discussion about the Rebellions of the 1830s, led by Louis-Joseph Papineau and used as a basis for Quebec nationalism, I remarked that a rebellion in the 1830s had actually succeeded and that the change had been monumental. Asked to explain my statement, I said I would send a write-up I had done. To my surprise, I discovered that I had never actually written it. My argument had been made in a presentation called *La rébellion qui a réussie: le 8 septembre 1836* (The Rebellion that Succeeded, September 8, 1836).



The successful rebellion was guided by the Catholic Church and was the direct result of the Ultramontane movement in France. The Church did not govern the colony, but the Catholic Church had a responsibility for health and social services as well as education. It had its own system of taxation and it recorded births, marriages and deaths. It is impossible to understand Quebec history without knowing the history and influence of the Catholic Church.

Before the French Revolution, the king held a right to veto decisions of the church. He kept a lid on the power of Rome in France. Later, during the republican periods, the Ultramontanes argued that since there was no king, the French Catholic Church's sole absolute leader was the pope. The word Ultramontane was first used in Rome to describe influences from away, from beyond the mountains, but it came to be used as a term by those Catholics in republican France who felt that the pope's decisions were uniquely a Catholic religious matter. When France was a kingdom, the pope, also the effective king of the Papal States, had seen the French king as his defender, an ally he could turn to if his borders were threatened. In return, French (Gallican) Church policy, appointments, etc., were subject to royal approval. The Catholic Church in New France was also Gallican Catholic, subject to the same royal approval.

When the British took possession of New France, the Catholic Church dutifully transferred its allegiance from the French king to the English king. Their policy, as written by the then-bishop of Quebec Henri-Marie de Pontbriand, stated, "The Christian religion requires for victorious princes who have conquered a country all the obedience, the respect, that is owed to the others ..."; "The king of England now being, through conquest, the sovereign of Quebec, all the feelings of which the apostle St. Paul speaks are due him [Rom. 13:1-7]." This policy was more easily written than executed, especially considering that Pontbriand died in June 1760 before the treaty with France was signed. The transfer of the Gallican Catholic Church fell to Pontbriand's vicar, Jean-Olivier Briand, who proved to be very much up to the task, bringing the Church into the ambit of the King of England just as thoroughly as it had previously been subject to the King of France, even finding a way around a British law forbidding the naming of a Catholic bishop. He proposed having himself quietly consecrated in France as Bishop of Quebec, which he did in 1766 while the British looked the other way. Serving as Bishop of Quebec until his death in 1794, Briand so calmed tensions that he eventually told his secretary, "... under the British government the Catholic clergy and the rural populace enjoyed more liberty than they had been accorded before the conquest." It was even a point of contention for the Anglican bishop of Quebec, Jacob Mountain, who declared in the mid-1790s that the Catholic bishop "disposes as he sees fit of all the curacies in the diocese, sets up parishes, grants special permission for marriages as he wishes, and carries out freely all those duties that the king's instructions refuse him ..."

Briand's successor Plessis found ways around British refusals by ploys such as the one that saw Father Lartigue become the acting Bishop of Montreal. He requested the pope name Lartigue Bishop of Telmessus in Lycia, a region that had not been a part of the Catholic Church for centuries. Lartigue, now an Ottoman bishop, observed the casual way the British administration accepted his appointment, after having refused the creation of a new diocese.

This bishop without a local diocese, Jean-Jacques Lartigue, was a passionate follower of the French Ultramontane movement. One of Lartigue's first actions, working with his secretary Ignace Bourget, was to set up a seminary that became an Ultramontane training ground, graduating priests who believed in and taught Papal Infallibility forty years before the Vatican adopted it as official policy.

Lartigue also saw that, if the civil powers, led by his cousin Louis-Joseph Papineau, could learn to be more patient with their colonial overlords, both lay and Church powers would grow. Lartigue did not need more authority than that of his faithful congregations to make decisions. To demonstrate this, he asked the pope, on behalf of his parishioners, to create an episcopal see at Montreal, naming him bishop, exactly what the British colonial office had refused permission for when Plessis had requested it. He also asked his colleague, Bishop Joseph-Norbert Provencher, who was on his way to Rome, to reassure the authorities that there was no need to obtain "...the British government's consent to or approval of such an arrangement." On May 13, 1836, Pope Gregory XVI published a Bull creating the See and naming Lartigue its bishop. While the clergy held its breath in anxious anticipation, Lartigue believed that, faced with a fait accompli, the colonial secretary would approve. He received consent on May 26 and the governor's office sent a note of congratulations. Catholic Lower Canada was no longer Gallican, nor was it British. It was Roman.

As historian Marcel Trudeau put it, he had "the courage to make the first gesture of absolute independence," and the ramifications were huge, fully exploited by Lartigue's successor, Ignace Bourget.

...to be continued

Soaring School Taxes

People are getting the “shaft” and it isn’t fun. This is an open letter to my fellow citizens who might be paying their school taxes to the Sir Wilfrid Laurier School Board.

This has been my situation for a number of years. Little did I know that I was being charged over three times more school taxes than my neighbours who support the Commission Scolaire Des Laurentides. It is a wonderful idea, as English speakers, to support the English school boards in the province of Quebec, but not at this huge premium. This highway robbery was perpetrated by my experience as taxpayers in Ontario, where, when making the choice to support one school board or another had a minimal difference in rates.

I found out, quite by accident, of the excessive discrepancy in rates when a neighbour saw our account and expressed shock at the amount we had to pay. I was under the impression that we all had a similar rate schedule. Imagine my further surprise when I found out that I can only make a change to another school board by April 1, 2017. I don’t have children in school here nor have I ever had children attending school in Quebec. I accept and understand that all property owners must pay school taxes. I also don’t know how far any children living in Saint-Donat would have to travel to access an English school in their territory.

For myself, reducing expenses is of prime concern as we are retirees. I am sick that we must pay an extra \$1,000.00 this year (compared to my next door neighbour) before we can get off of the Sir Wilfrid Laurier School Board rolls.

Joan Winterhalt Philp
Saint-Donat de Montcalm
Quebec



4 Korner's Head Office is Moving

By Kim Nymark

September 2016 will be the beginning of a new era for the 4 Korner's Family Resource Center - the head office will be moving! Following is a letter addressed to the community from the President of our Board of Directors, Peter Andreozzi:

“We are pleased to inform you that, as of early fall, expected for September 1, 2016, the 4 Korner's Family Resource Center's head office, located in Deux-Montagnes, will be moving to the Deux-Montagnes Community Centre at 200, Henri-Dunant Street, Deux-Montagnes, Québec, J7R 2V6, following an agreement with the city. We appreciate the support of the city and we believe that this opportunity will allow us to invest more in the projects offered to our members. We would like to thank you for your continuous support of our organization.”

He also stated in our 2015-2016 Annual Report that: “The decision to move our head office allows us to strengthen our foundation and carry out our strategic direction. We firmly believe that the path we are headed on will set us up for success for many years to come. A change, which will be different, doesn’t mean that it is bad ... just different.”

That pretty much sums it up!

You can still reach us at the same number: 1-888-974-3940 or by email at info@4kornerscenter.org.

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The English Link Your Local Library's English Services

By Kim Nymark - Main Street

August is synonymous with “Back-to-School” for many families. Back to routines and shopping for school supplies becomes a priority. For others, August represents the beginning of cooler, cocooning seasons. Both scenarios are perfect opportunities to get re-acquainted with your local libraries and all of the wonderful services offered to the English-speaking communities.



In the words of author, Robert Putnam, “People may go to the library looking mainly for information, but they find each other there.” Ideally, libraries are places where people go to know themselves and their communities. In modern days, if you can’t go to your library, your library can come to you!

Réseau BIBLIO des Laurentides, services 54 municipalities with a network of 60 local libraries scattered throughout the Laurentians. Every library in the Réseau offers FREE library membership. All you need, in order to take advantages of the English services from the comfort of your own home, is a library card number and a PIN number. The PIN number is assigned to you by the library, but you can change it to anything you want. Once you have your library card number and PIN in hand, go to their website, at www.mabiblioamoi.ca. Even though it is only in French, many of the services are offered in English. Choose the first tab on the left: livres & ressources numériques on the home page. On the next page that appears, there are two tiles/sections of interest to English language readers:

Once you choose one of these two tiles, you can go to the top right hand corner and switch the language, and all the sub-divisions will be displayed in English.

The ebook (Livres numériques en anglais) section, currently offers around 1,000 titles and keeps growing monthly. Each ebook can be downloaded and read on a tablet, or an ereader, for FREE. The selection is mainly from NY Times and Globe & Mail bestsellers lists.

The magazine (Revue) section offers more than two-dozen titles, which can also be downloaded and read for FREE on your tablet or phone.

If you return to the home page of the website, you have three other tile choices: Inter-library loans (Prêt entre bibliothèques), activities (Activités), and a list of all the libraries and their hourly schedules (bibliothèques horaire et localisation).

The inter-library loan portal gives you access to hundreds of thousands of documents. All library members also have access to this service through their PIN. The lending service between libraries and digital resources, once again, are available FREE of charge.

Just by becoming a member, you can save so much money on literature! And here is the kicker: the more we use the services, the more services will be offered. Budgets are determined by usage and if titles or services are not used, investments will go elsewhere over time. If we want English services, we need to show the Réseau that we are using what is currently offered.

kim@4kornerscenter.org for the English Communities Committee of the CISSS des Laurentides (des Sommets region) and 4 Korner's Family Resource Center: 1-888-974-3940 or 819-324-4000 ext.34330.



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Main Street Money: Ladies' Investment and Financial Education

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

YOURS, MINE, AND OURS

A helpful guide for partners who are merging finances.

As a relationship progresses it is natural to begin sharing goals and dreams. But once a couple is sharing a home, sharing finances does not always come naturally. This is why a conversation about finances is of considerable importance – open and honest communication between partners can help establish a positive financial foundation for the long run.

Here are a few key points that can help guide the discussion:

Check your status

A good place for a couple to start is by learning about each other's financial situation. What does each partner earn? What savings has each accumulated? What financial obligations does each partner have? And while not always easy, it is also important to talk about debt and past credit issues. The idea is to understand challenges early on and begin working towards financial goals as a couple.

Build a budget

Establishing a budget as a couple can help ensure household expenses are covered and that there are enough funds for other living necessities. One way to do this is by breaking down expenses into main categories, like household costs (e.g. rent or mortgage, utilities, groceries), joint discretionary expenses (extras purchased together like movies and eating out), and personal expenses (such as haircuts, clothes and gym memberships).

Along with everyday costs, a budget should include money for longer-term goals, such as debt repayment, insurance protection or retirement savings. An advisor can be a valuable resource in allocating an appropriate amount for these items and suggesting strategies to help achieve these goals more effectively. If there are debts, for example, consolidating may make repayment more manageable. To boost retirement savings, a couple may be able to take advantage of a spousal Registered Retirement Savings Plan and save on taxes. Having a well-thought-out budget is an important part of building a financial future together.

Develop a plan

Once a budget has been created, the next step is to work through how each budget item will be addressed. Various approaches are possible, including:

Centralize. Some couples opt to combine their earnings into one pot that is used to pay for all household expenses and any discretionary spending (joint and personal). It is the simplest way to handle joint finances, but it also means discretionary expenses are laid bare for both to see.

Split and pool. Other couples maintain separate bank accounts and direct a monthly amount into a joint account to cover household and joint discretionary expenses. The amount pooled can be based on a percentage of earnings if one spouse earns less than the other.

Spend one, save the other. In this approach, one spouse's income is used for all living expenses while the other's is saved. This can work particularly well if one spouse has a variable income, or if one already owns and covers the expenses for the home.

Consider a household CFO

Ideally, a couple reviews their finances together regularly, but it may also be helpful to delegate one person to pay the bills. One partner may be a better number cruncher, or may simply have more time to put towards the task.

Review your insurance needs

Protection requirements can change significantly in the transition from being single to co-habiting. An advisor can help assess a couple's best options for coverage, such as life, critical illness and disability insurance, or even term insurance, especially if they are relying on both of their incomes to cover monthly expenses and maintain their lifestyle.

Update or establish an estate plan

Partners bringing estate plans into a partnership will want to look at what combination plan may make sense, and ensure that it evolves to meet the needs of the relationship and any dependent children. This update may involve reviewing the beneficiary of any insurance policies, investments, or other legal documents to ensure the legacy is passed on as the partner(s) intended. If no estate plan exists, an advisor can help you put one in place.

Do not forget the taxes

There can be taxation impacts when a couple's finances come together, including eligibility to claim medical expenses, public transit costs and charitable contributions. It is a good idea to talk to an accountant, or tax specialist, to discover what tax-saving opportunities may be available.

Just like other aspects of sharing in a relationship, merging finances effectively requires good communication and planning. Speak with an advisory to look at what financial strategies can best benefit your partnership based on your combined plans and goals.

Speak with your advisor

Work sheets are available that can help you establish a financial relationship with your partner. For further information please call 514 788-4883, my mobile 514-949-9058 or email Christopher.collyer@manulifesecurities.ca

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

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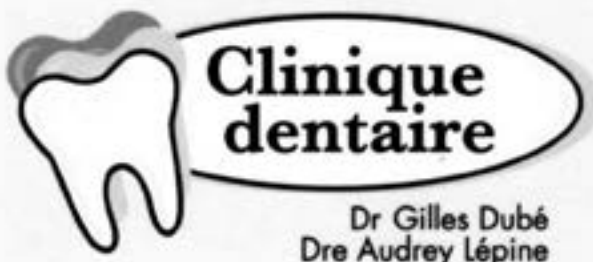
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I'm Just Saying Heads Up, Please!

Ron Golfman - Main Street

I wonder if the companies that produce I-phones appreciate the irony in the egocentric "I", given that this technology connects everyone, while simultaneously disenfranchising the masses all at once. While I appreciate this invention totally, one that Ivan Toffler speculated about in the classic book, "Future Shock," over 50 years ago, my caution with this, and other products of this nature, is that there's a social Achilles heel to it.

I am certain that you have encountered people standing in line at banks, grocery stores, or even elevators, talking loudly, and sometimes too candidly, into their phones. As if in a trance, they are unaware that they are in public places. I, for one, find it not only rude, but also an invasion of my privacy. I sometimes long for the days when people would go into the now almost extinct phone booths to share their conquests and failures privately.

That aside, doctors are now discussing I-phone neck and shoulder injuries, attributed to hoards of people on phones, ostrich-like necks bent, never looking up. Never mind the health-care costs we'll all have to endure; these hypnotized zombies are not only walking into traffic and man-holes, they're bumping into me, and reacting with indignation when I suggest, albeit vehemently, that they are outdoors and in a public domain.

The latest phenomenon, Pokemon, has taken the millennials, and their younger siblings, into the next step of lunacy - I'm just saying. Now, there are masses of people filling our streets and parks, boundaries and private property limits are discounted and ignored in the effort to locate characters to collect. Places like graveyards and hospitals have gone from sacred and respected to neutral territory because of "the game."

A friend of mine rationalized the whole experience as positive, because people meet new acquaintances, and my favorite, "at least they're outside and not sitting in front of a video game." To the last part, outdoors, correct; they are now standing outside and looking down at their phones, oblivious to the world in which the rest of us supposedly share. As a child, playing outside didn't require more coaxing than skipping rocks on water, or having a cheap ball to toss back and forth. Learning from my youth, as an adult, I am able to socialize based on mutual life experiences as the topic, not requiring a game to serve as common ground.

Technology taken too far, as in this case, alienates, and turns us into aliens unto each other. I promise that I am not an old geezer who hates anything new. My consternation arises from looking at our world and seeing how much we lose, and have lost, when we do not use dialogue as our means of communication.



Making it Work in the Laurentians

Can Twitter Help You Land Your Next Job?



By: Andrew Taylor

These days, when it comes to finding work, 140 characters can make a world of difference. With employers and recruiters increasingly turning to Twitter to post vacancies and find talent, anyone looking for their next role should consider adding this tool to their job search arsenal. Like any job search technique though, Twitter comes along with its own do's and don'ts. So give your Twitter job search strategy a kick-start with these quick tips.

Your online calling card

Thanks to social media, a potential employer can get to know a lot about you even before inviting you for an interview. That's why you should see Twitter as your online calling card and use it to make a winning first impression.

Let's learn how to go beyond just the basics - First, you'll need a smart profile photo and bio, but it's how you behave on Twitter that gives employers an idea of whether you'd be a good fit for their team. Your tweets, in other words, speak volumes.

Your tweets, retweets, replies and likes are all visible to anyone looking at your profile, including employers and recruiters. Use that to your advantage by presenting yourself as an expert in your field. If you're a graphic designer for example, post links to articles on the latest design techniques. It helps to show that when it comes to your profession, you really know what you're talking about.

Needle in a haystack?

There are 6,000 tweets being posted every second, so finding a relevant vacancy can seem daunting. But don't worry. It's just a matter of knowing where to look.

Like any job search technique, Twitter is all about finding the right leads. Make sure you're following the companies that you're interested in working for, as well as local recruitment agencies. They will often tweet their latest vacancies as soon as they post the job descriptions on their websites.

Secondly, when looking for vacancy listings, learn how to get the most out of Twitter's search tool. Use the Advanced Search to narrow down your results to tweets only in your area. Next, make the hashtag your best friend. Top terms used by employers and recruiters when posting job vacancies include: #hiring, #jobopening and #HR, among others.

Combine your location settings with a search for a relevant hashtag (#) like those above to uncover vacancies in your area.

It's a social network, so get networking!

One of the most common ways people find work these days is by networking. Luckily, building a network is what Twitter is all about. By following and interacting with local Twitter users working in your field, you could uncover opportunities that you wouldn't otherwise have come across.

With these Twitter basics under your belt, you're ready to dive into this great job-search tool. In a few clicks, you can get direct access to employers looking for the skills and experience that you can provide.

Exploring new career opportunities? Make the most of your online job search by visiting www.yesmontreal.ca, or find us on Facebook and Twitter.

Young biologists discover birds of prey in the escarpments, and flora on the ecological trail

Around thirty children in the Montreal summer camp "la ruelle potagère" became biologists-in-training on July 20 during a Nature Day in the Laurentian region organized by the Nature Conservancy of Canada (NCC) and HSBC Bank Canada.

Equipped with magnifying glasses, binoculars and sketchbooks, these 12 to 16 year-old students set off in search of birds of prey in the escarpments and flora on the ecological trail.

"These children will explore the ecosystems of the Alfred-Kelly Nature Reserve at the centre of the township of Prévost, a unique natural environment sheltering plant and animal species with special status, such as the peregrine falcon and reflexed rockcress. The day's activities will focus on discovering different species, their biology and habitats," said Catherine Collette-Hachey, project coordinator at the Nature Conservancy of Canada before the actual discovery day.

"This Nature Day meshes perfectly with the aim of educational exploration of Quebec's ecosystems. It is also an occasion to discover career opportunities in the domain of conservation and biology," said George Fournier, project coordinator at the organization ruelle de l'avenir.

In an era where children spend more and more time indoors, the Nature Days program organized by the Nature Conservancy of Canada (NCC) in partnership with HSBC Bank Canada gives young people the opportunity to discover nature and the biodiversity all around them.

The Nature Conservancy of Canada (NCC) works actively with local partners in the Laurentian region to protect this important habitat for plants and animals.

The existence of unique natural environments in the Alfred-Kelly Nature Reserve fosters the growth of an impressive array of plants and significant animal diversity.

For more information, please visit www.natureconservancy.ca.



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