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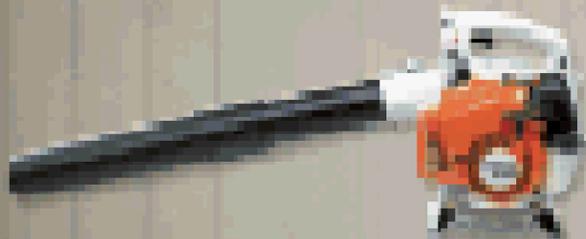
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## What's On My Mind...

# An opinion on opinions

Susan MacDonald, Editor



Two gentlemen sit down for lunch and start up a conversation over a topic with a particular context. Both have opposing opinions and are keen to express their points of view. Facts and personal beliefs are discussed, new information is supplied by both, and after a few more plays of pitch and catch, the pair "agrees to disagree," at least for the moment, and move on. However, each has been presented with a new perspective, piquing enough of an interest in each other's viewpoint to go back and dig a little deeper into the topic, if only to prepare new arguments for the next time the subject comes up.

Their coffee and dessert are rudely interrupted by a kerfuffle at a nearby table, occupied by two opinionated suits in a heated debate over a current economic situation. The problem itself is not the issue, just how to solve it. Points of view are rudely expressed and dismissed without consideration, tempers flare and the volume of voices rise in raucous attempts to drown each other out. In an outburst of temper, a chair is overturned, as suit number one throws down his napkin and storms off, leaving his companion red-faced, bug-eyed, and holding the bill. Most likely, this pair will not be revisiting their topic any time soon.

Opinions are formed by beliefs and perception, and they are reinforced by personal experiences, or facts researched, to substantiate them. Once formed, these opinions become "standards" and will be defended by their holders to the end of time, unless fresh, incontrovertible data is presented and can be accepted. New information willingly gathered may alter, or reaffirm, an original opinion whereas a rude, or forceful debate offers little in the way of persuasion to change one.

Facts can be verified, and information manipulated but opinions are subjective, and so, in the world of opinions, there can be no right or wrong. Imagine that! Opinions are perceptions, understandings and beliefs, entitled to be owned by the individuals who nurture them. Consider, if you flip a coin, there are one of two sides it can land on. Regardless of which side faces up, two possibilities exist; both would be right (or wrong) and neither would change the coin's value.

Main Street offers a forum to readers where they may present personal opinions, comment on published articles, or share concerns on various issues. We encourage you to participate in our Readers' Voice column, but please limit your submissions to a maximum of 200 words. Remember, everyone is entitled to a personal opinion, and respect for another's viewpoint will go a long way towards having your own opinion considered and evaluated.

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# Observations It's Time To Go

David MacFairlane - Main Street

Now, what in the world could that plan be? Apart from seriously denigrating his political rivals, this man's only plan seems

to be more of the same, which has not brought us to a good place. If the facts are examined carefully, it would seem that the above statement is just an election ploy to keep us bamboozled as to the true depth of our fiscal crisis. The Conservative pundits must surely know that our economy is in a serious slump, the extent of which they are attempting to deny by saying that the drop in commodity prices, mainly oil, is only "temporary". According to Bloomberg Business, the oil crash has, in one year, wiped out over \$1.3 trillion (that's one thousand billion \$) in value from the markets. To grasp the enormity of this sum, imagine a stack of \$1000 bills over 140 km. high! Investors, pension funds, insurance companies and retirement plans have been hit hard - even our own Canada Pension Fund lost value last quarter, for the first time. Shell Oil states that this oil price downturn could last several years. So why the happy faces in the Harper crowd, unless its all a part of their election carnival hoopla? You know that carnie barkers can't be trusted, don't you?

This election campaign will be the longest and most expensive in our history, and unfortunately for the others, the Conservatives have a huge war-chest of money, which they are spending prodigiously to disparage their rivals, and instil fear in us about the consequences of choosing a different government. According to Mr. Harper, Justin is "just not ready" and Uncle Tom is a self-serving career politician who "we can't afford". But is this not just an example of the pot and the kettle? We know that politicians slather themselves with generous salaries, perks and golden retirement packages, and that most of them are pitifully "not ready" for the responsibilities that come with their positions. Corruption is evident, both in Parliament and the Senate, and most high-level public servants show no shame when caught with their metaphorical pants down. Why should they? There are few consequences. Disgraced Conservative senators, Duffy, Wallin and Brazeau are now entitled to feed at the trough again. Will they?

Instead of agreeing with the Conservatives' opinions of their rivals, perhaps we should give Justin an opportunity at the top job and say, instead, "Just in time!". Or, perhaps, we should think that since the NDP have acquitted themselves so well as the Opposition, we should be saying about them that "We can't afford not to!". By the jargon we are subjected to, it seems that this election is all about choosing a Prime Minister, with the other elected members being also-rans. But, make no mistake, this election will largely be about electing a political party, all of whose members must be held to the highest standards of political responsibility. In this, the Conservatives have failed us, by their scandals, their budget deficits, defence spending on military misadventures, by bombing countries that we have had no cause to ravage (Iraq, Libya, Afghanistan), by sending military "advisors" to Ukraine in a pathetic attempt to goad Russia, by cutting social services and health care transfers, while giving big oil and business obscene tax benefits - this list is longer, but 'nuff said for now.

Of course, the polls show that there are many who love these right-wing Conservatives and will vote faithfully for them yet again. To me, they are kissing cousins of the same class of neo-cons that has infested the entire US political tapestry. We must not go down this road folks; our history is totally different from America's, and if we are not careful, some form of Big Brother state will be our reward. Fascism is best described as a right-wing, conservative government, with complete power over its citizens, and which rules with the complicity of the elites, big business and the military.

According to Murray Dobbin, journalist, broadcaster and political analyst, "corporate globalism and its promoters, like Stephen Harper, have created the greatest insecurity for Canadians in living memory ... we are less secure now, under the Conservatives' policies, than we have ever been." He also reminds us of the damage to our civil liberties by Bill C51, "legislation that ... dramatically undermines our personal security as citizens."

Further, according to Dr. Michael Welton, author and professor at Athabasca University, "Canadian values demand that governments foster solidarity and ensure that the least amongst us is cared for. Both, small "c" conservatives (our lost "red" Tories) and socialists, share these ideals." Tommy Douglas, the father of public healthcare, personified them. He goes on to say that, "by attacking the notion of universal social welfare, the neo-conservatives (Harper and his ilk) undermine forms of solidarity that were previously protected in the (Canadian) activist state." He points out that the "much nastier and dangerous Stephen Harper has continued de-funding (services) as a means of stifling dissent. But he has pressed beyond, to make it legally forbidden to protest against government and corporate malfeasance." Dr. Welton later states that "everything that Harper does within Canada and on the international scene is divisive and undermines global civil society. From a humanist left perspective, he is on the wrong side of every issue." He warns

us that "Harper (is) systematically and stealthily (changing) a social democratic country into a neo-con satellite of the US Empire of chaos."

In conclusion, Dr. Welton points out that American ecologist and critic, Bill McKibben, recently stated that "People ... are used to thinking of Canada as a force for good in the world, It takes a strange new calibration of peoples' mental geography to understand (that) for the moment Canada is an obstructive and dangerous force upon the planet."

Readers, this is the Canada you voted for. You want more of the same? You want Harper and his posse, with his fundamentalist, narrow-minded ideology, to continue to undermine our democracy, destroy our social fabric, make more enemies, and tilt us towards a totalitarian society? It's up to you.

The truth is often never lovely in its honesty. Truth is often uncomfortable and scary to contemplate, but is always inescapable. Until we can awaken from our apathy and grasp the dangers of surrendering our freedom to choose differently, to the ideologues who govern us, we will keep making the same mistakes, hoping each time, for a different result. An authoritarian nanny state will give birth, eventually, to the fascism that gestates within it.

Only the collective power of individuals can change the world. Be careful what you wish for when you go to the polls on October 19th. The power will be in your hands. Choose wisely, or surely you will live to regret your indifference and political illiteracy.

Postscript: Having watched the first debate, these are my impressions: Mr. Harper - "Follow me to the promised land." Thomas Mulcair - "I have a nice used car for you." Justin Trudeau - As I said before, "Just in time!". Elizabeth May - Well done! You were awesome. You and Justin should run this show!

EDITOR'S NOTE: Mr. MacFairlane's opinions are his own. Since its inception, Main Street has provided a forum for the open discussion of topics, and has invited readers to participate, by responding to articles, or by submitting their own ideas.

**"Now is not the time for the risky economic schemes that are doing so much damage elsewhere in the world. It is time to stay the course and stick to our plan."  
Stephen Harper - putative Prime Minister of Canada - August 2015.**

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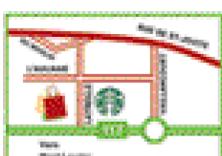
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## New exhibit at the Argenteuil Regional Museum

# The First World War



On July 5, after months of research and consultation with the people of the region, the Historical Society of Argenteuil County inaugurated a new, temporary exhibition entitled, **Argenteuil and Canada - The Great War 1914-1918**, at the Museum Regional Argenteuil.

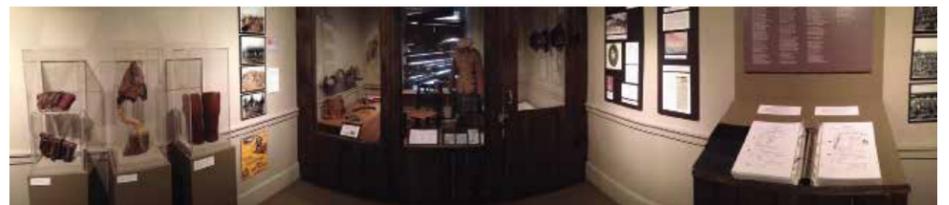
"This is an important project for the Historical Society, which required hundreds of hours of research," said President Luc Lépine. "I want to thank our many volunteers, especially David Oxley and Louise Johnston, who masterfully led the project, for their generosity and dedication to the realization of this new exhibition dedicated to the memory of the soldiers, nurses and military personnel from Argenteuil who served during the First World War."

The exhibition features several artifacts, posters and documents from the Museum's collection that illustrates the history of the First World War, and especially demonstrates the impact that it had on the population of Argenteuil. Specifically, there are records of more than 400 citizens of Argenteuil who actively participated in the war effort in the Canadian army.

"We were able to count on the generosity of several people who allowed us to scan photos and documents from their family members who participated in the Great War," explained Louise Johnston, a volunteer at the Historical Society and responsible for the research component. "We also consulted the archives of the Canadian War Museum and searched the editions of the Watchman newspaper for the years 1914-19. The Historical Society is always looking for new information on the Argenteuil war effort. We invite people to contact us if they have any information that can enrich our register and our exhibition."

A benefit gala to mark the exhibition "Argenteuil and Canada - The Great War 1914-1918" - will be held on Thursday August 20, from 7 pm to 9 pm at the Argenteuil Regional Museum. Tickets are now on sale for \$15 and include refreshments and chamber music. For more information: 450-537-3861 or [info@museearg.com](mailto:info@museearg.com).

The public is invited to visit the many exhibitions of the Regional Argenteuil Museum, located at 44 Route du Long-Sault, Saint-André d'Argenteuil. The opening hours during the summer are from Wednesday to Sunday from 10 am to 5 pm. You are invited to visit the website: [www.museeregionaldargenteuil.ca](http://www.museeregionaldargenteuil.ca) for details; and follow the Facebook page.



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## Summer festival and Coureur des Bois Challenge - Gore

On August 15, the municipal park in Gore will be booming as residents come out to celebrate and participate in the annual Family Day and Coureur des Bois Challenge.

The day has been organized with a packed schedule of activities including demonstrations, knife and tomahawk throwing, archery, a ball hockey tournament and an arts and crafts exhibition. The Coureur des Bois Challenge is a duathlon, combining an 8-kilometre run and a ¼ kilometre swim and is open to participants 16 years and over. The course is challenging but accessible to all levels. Two other races are also on the schedule, a 2-kilometer race for 15 years and under and another of the same distance for those 70+. Participants are invited to register at the municipal park from 10 am - 11 am on race day. For the second year, a group of accomplished artists including local residents and 5 long-time members of Route des Arts, will be displaying a variety of visual arts and fine crafts at the Expo Arts & Crafts, also on site throughout the day. Come meet the artists and discover a variety of art and hand crafted treasures.



A blend of past and present, sports and culture, the day promises to be exciting for participants and spectators alike. Everyone is invited to join us for a fun-filled day in the beautiful township of Gore.

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## Simply Words on Paper GMO rice is a golden life saver

Jim Warbanks - Main Street

Even the most isolated among us have to be aware of the diverse appeals for financial donations to help those struggling with abject poverty, malnutrition, treatable diseases and premature deaths prevalent in the least-favoured regions of the world. The plight of young children is particularly heart-wrenching. Whether you choose to contribute to these campaigns is a matter of personal choice.

Would you not find it gratifying if there was an initiative that has the potential to address these issues on a broad scale, within the afflicted areas, in a sustainable way? Would helping children who suffer from vitamin A deficiency (VAD) be a desirable goal? Some 190 million children and 19 million pregnant women in 122 countries, mainly in Southeast Asia and Africa, are estimated to be afflicted by VAD, which is responsible for 1 - 2 million deaths as well as 500,000 cases of irreversible blindness yearly.

### Supplementation

Current initiatives are limited to vitamin A supplementation programs. These programs are costly to implement and not completely effective, as they only reach about 55% of susceptible children. Small, poor countries, like Nepal and Ghana, require about \$2 million per year to finance these campaigns. The rice plant has the required nutrient in its leaves, but not in the edible product.



Much more promising to combat VAD is the development of a variety of rice (*Oryza sativa*), made possible by synthesizing beta-carotene, a precursor of vitamin A, by adding three genes to the edible endosperm of rice, using a genetic engineering process. Because of its color, it is referred to as Golden Rice. Dietary fat facilitates carotenoid absorption, but people eating Golden Rice are able to maintain adequate vitamin A blood levels without adding oil, even though the fat content in rice is relatively low.

Two scientists, Ingo Potrykus and Peter Beyer, developed the modified strain, but the initial efforts produced limited beta-carotene, not sufficient to have the desired nutritional impact. In 2005, an improved variety called Golden Rice 2 (GR2) was announced that produced up to 23 times more beta-carotene than the earlier version of Golden Rice.

### Field tests

Golden Rice has been grown in the Philippines and Taiwan. Field tests were even more promising than earlier greenhouse cultivation, producing substantially greater amounts of the desirable beta-carotene. Recognizing the immense nutritional potential of these initiatives, the Bill and Melinda Gates Foundation has provided funding to further improve Golden Rice by increasing the levels of pro-vitamin A, vitamin E, iron and zinc, as well as improving the protein quality through further genetic modification.

Since rice is the preferred staple food in most of the areas with high incidence of VAD and a general lack of a balanced diet is common, the new strains can provide the entire Recommended Daily Allowance (RDA) of this nutrient to those who consume as little as 75 grams of Golden Rice per day. The alternative of producing and increasing the consumption of leafy green vegetables, sweet potatoes, carrots, fruits or animal products on the required scale, considering the seasonal growing conditions and transportation issues, is unrealistic.

### No risks

According to the World Health Organization (WHO), genetically-modified products currently on the international market have all passed risk assessments and involve no risk to human health. Nor does Golden Rice show any allergenic properties.

This seemingly-beneficial initiative has stirred some controversy. Greenpeace opposes the use of any patented genetically modified organisms (GMOs) and the cultivation of Golden Rice, even though none of the companies involved will receive any royalty or payment from the marketing or selling of developed Golden Rice varieties. An experimental plot of Golden Rice in the Philippines was uprooted by a group of activist protesters. No local farmers participated.

### No royalties

As seed supplies increase, Golden Rice will be distributed free to subsistence farmers. Free licenses for developing countries have been granted. The Monsanto Company, which has been the source of considerable controversy relating to other seed distribution projects, was one of the first companies to grant free licenses. As long as a farmer does not make more than US \$10,000, no royalties are payable. Farmers are also able to keep and replant seed.

According to an article in the reputable science journal, Nature, unjustified and impractical legal requirements are stopping genetically engineered crops from saving millions from starvation and malnutrition. There are hundreds of millions of hectares of genetically modified crops, grown over many years in many countries, to prove that it is time for the world to recognize that the process does not create plants any different from those we have created for thousands of years using what we call conventional agriculture.

Despite the implied limitations and criticisms, the associated health benefits make GMO rice a Golden life saver.

## 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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**Three cosy lake front cottages for rent on Little Lake McDonald**

Three cosy lake front cottages for rent on Lake McDonald in Harrington, south of Mont Tremblant on Hwy 327. The cottages are renovated and only a few feet from the lake with beautiful sandy beaches, great for swimming and small children. The cottages all have lovely front decks with outside chairs, tables and BBQs. Beautiful Sunsets! Excellent canoeing, fishing, kayaking, sailing, swimming, bird watching, playing on the beach and hiking.

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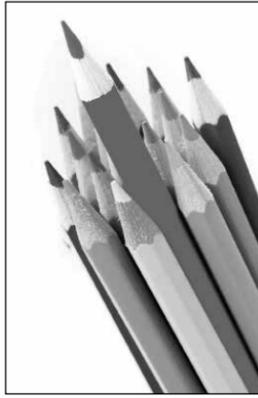
**LAURENTIAN LAKESIDE COTTAGES**  
 Please contact the property manager Grant Loewen at (819) 687-2581 or grant.loewen@gmail.com



## About Sainte-Adèle

Chris Lance - Main Street

The month of July was hot, humid and healthy. There is lots of golf, biking, walking and relaxing available to residents of Sainte-Adèle. The grass is very green on the golf tracks. The bugs usually arrive after sundown. Days at the beach, on the porch, in shorts, cotton tops and flip flops, have finally arrived. The smell of barbecuing in the evenings, in your



neighbour's yard, is evident, mixed with the scent of fresh cut grass. Sundays arrive too soon and Mondays arrive too early.

Jean Coutu, Brunet and Dollarama have back-to-school offerings on the shelves. Sainte-Adèle doesn't really have a vibrant clothes scene, so trips to the St. Sauveur outlets are part of the August ritual – getting the kids ready for school. Hopefully, the work to rule by the teacher's union in the English schools does not spread north.

A little discovery for those of you who have a passion for wool and who love to knit – check out Au P'tit Brin de Laine, situated at 1332 boulevard Sainte-Adèle, (450 229-2221). Owners, Manon and Sonia, will welcome you and they also give courses for all levels of knitting. Check them out at [brindelaine.com](http://brindelaine.com)

August can be a great weather month. It can be warm, virtually bug-less, and a great time to consider the fall season. But you might have to make plans for those late-summer guests arriving for the tail end of the season. Here are a few places of interest:

The beach on Lac Rond is open until August 29. Rates vary according to your age: \$2 to \$9 and free with your resident card. You can even rent a canoe, pedalo, kayak, or a good old chalupe. You can pile the guests into the car and see a movie at the Pine Theatre.

You can enjoy all the specials with friends over at Julianos (450 229-4320) – check out the specials at [restaurantjuliano.com](http://restaurantjuliano.com)

Lunch at Starca, in Mont-Rolland, after biking on the P'tit train du Nord trail. They are open 5 days a week – closed weekends. Great place to buy bread and desserts.

For something a little more exotic – check out La Clef des Champs (450 229- 2857). There are still shows and musical events going on during August that you and your guests can enjoy.

If your August friends and guests are sporty – check CAN-AM on the Internet for all the golf specials.

The tennis season is gung-ho, under the leadership of Lysann, who can book court time for your guests. All the members are enjoying their time on center court in Sainte-Adèle, and the court in Mont-Rolland is always happening. Those that read my column know, I think, that tennis is the best thing in Sainte-Adèle.

Last month, I put the ball in my mouth. It turns out that the list of collected names, telephone numbers and emails was voluntary, in order to give members the chance to book court time with each other. I stand corrected; point, set and match.

Enjoy August, enjoy the sports; soon the winter winds will blow snow over the tennis courts – and all that was said and done will be history.

I wish you all well, and again, I hope we see Mayor Charbonneau out and about, running our town in September.



## Village of Weir Newswire

Claudette Smith-Pilon - Main Street

### NEWS FROM CITY HALL

#### Family Fest

On Saturday, August 1, the Village of Weir celebrated the annual summer festivities. This year was no exception;

the festivities started with high winds, a thunder storm and rain, but eventually it all died down and the sun came out and party-goers went ahead and celebrated. Hamburgers, hot dogs, pops, refreshments, music, dancing, and prizes, all to entertain summer vacationers. Everyone seemed to enjoy meeting neighbours and friends. The great fireworks display ended another successful event that was planned by the municipality of Montcalm, assisted by many volunteers. Bravo to the entire team.

#### September 25, 26, 27: Days of Culture

The Municipality of Montcalm solicits your participation at the Community Centre on Saturday morning, September 26, at 9:30 am, for your input on "Remembering Old Times." Share memories, photos and tales of years gone by, when this village was booming and enjoyable for so many people. The municipalities of Arundel & Huberdeau will be the guests of Montcalm (WEIR)

#### MORGAN FARM ACTIVITIES: PLEASE CALL 819-687-2434

CINÉ FOIN / HAY CINEMA on every 2nd Wednesday night.

#### VICTORIA'S QUILTS CANADA - LAURENTIAN BRANCH

The next Victoria's Quilts Laurentian Branch work day will be on Friday, August 21, at 9 am. We have 48 volunteers who do a marvellous job making our quilts for cancer patients. They come to our monthly workday, and many of them work at home on kits, sewing tops or choosing their next quilt. The ambiance is such a rewarding example of the giving of oneself for a much-appreciated cause.

#### EVENT FROM A NEIGHBOURING TOWN

On Saturday, August 15, from 10 am to 4 pm, you are invited to come and see the work of 15 local artists at the United Church of Arundel. Several art-works, paintings, sculptures and more, will be on display and available for purchase.

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



## A Library Addict's Choice...

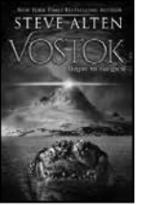
Grif Hodge - Main Street

Of new books on the shelves of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by the residents of Gore, Harrington, Lachute and Wentworth.

### FICTION

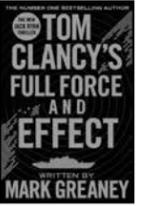
#### Alten, Steve - Vostok

Here is an adventure thriller set in a fascinating and inaccessible region of Antarctica. Vostok is a mysterious, six thousand square kilometer lake buried under four kilometres of ice. Scientists believe its pristine waters have not seen the light of day for 15 million years. What's down there?



#### Greaney Mark - Full Force and Effect

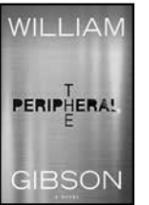
Clancy is known for his detailed spy thrillers that furnish the reader with plenty of action and technology. Jack Ryan is President of the United States. You may remember Tom Clancy as the author of the four tales that have been turned into blockbuster hit films: Hunt for Red October; Patriot Games; Clear and Present Danger; The Sum of All Fears.



In Full Force and Effect, Greaney carries on the Clancy cast of characters. Jack Ryan, Clancy's most famous character, is President of the United States, and the world is having to deal with North Korea to advance its nuclear arms capacity.

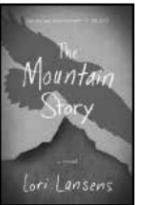
#### Gibson, William - The Peripheral

What would happen if somewhere in the world, in the very near future, a country or a corporation the size of a country, develops the technology that somehow connects to the future and as data streams between the near and distant futures, two different timelines are created? What if you are asked to test a video game that turns out to be a real murder? Who is really in charge?



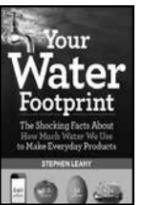
#### Lansens, Lori - The Mountain Story

On his eighteenth birthday, Wolf Truly takes the tramway to the top of the mountain that looms over Palm Springs. He's alone in the world and he fully intends to jump. But fate intervenes in the form of three women: Nola, Bridget and Vonn Devine, three generations of one family that test everything Wolf thinks he knows about love and endurance as they all get lost for five days on the mountain together.



#### Leahy, Stephen - Your Water Footprint

The average American lifestyle is kept afloat by about 2,000 gallons of H2O a day. The numbers are shocking. Your Water Footprint reveals the true cost of our lifestyle. A "water footprint" is the amount of fresh water used to produce the goods and services we consume, including growing, harvesting, packaging and shipping. From the foods we eat to the clothes we wear to the books we read and the music we listen to, all of it costs more than what we pay at the check-out. The 125 footprint facts in this book show the true cost of our lifestyle and what it is doing to Earth, including, draining it dry.



### JUNIOR FICTION

#### Prescott, Jessica - My First Chess Book

This well-organized and illustrated introduction to chess is described for children 7 and above, but it would be helpful to anyone wishing to learn alongside the youngsters.



## All is not lost at Canadian airports

(NC) Last year, thousands of travellers forgot items at airport security checkpoints across the country. But did you know that almost 2,000 of these items were returned to passengers thanks to the vigilance of screening officers, including 615 laptops, 274 carry-on bags, 239 phones, 120 passports, 114 wallets and 104 watches. When screening officers notice an item accidentally



left at the checkpoint, they immediately contact the Canadian Air Transport Security Authority's (CATSA's) operations centre in Ottawa. Within minutes, individuals are identified using surveillance cameras and CATSA's boarding pass scanning system, and the information is relayed back to screening officers who – in many cases – are able to return items to passengers before they board their flights.

July and August are the busiest months of the year at Canadian airports. With more than 10 million passengers expected to go through screening this summer, activity at the security checkpoints is likely to be busy and fast-paced at times. As boarding passes are presented to screening officers, bags are placed on tables, laptops and liquids, aerosols and gels are taken out of bags, and jewelry, jackets, hats, belts and sometimes shoes are removed and placed in the bins, things can get hectic. Add in a couple of kids that need to be watched and it's not surprising that items get left behind.

CATSA reminds everyone planning to travel by air this summer to collect all their belongings at the end of the screening process. For additional information on airport security screening, including tips on how to breeze through security, visit [catsa.gc.ca](http://catsa.gc.ca) or Twitter (@catsa\_gc).

## Government of Canada invests in Hepatitis C treatment and prevention Researchers, health professionals and patients to work together to help Canadians living with hepatitis C.

In advance of World Hepatitis Day on July 28, the Honourable Rona Ambrose, Minister of Health, recently announced that the Government of Canada is investing \$4.5 million in a new national network focused on improving the health of Canadians living with hepatitis C and preventing new infections. The network will be led by Dr. Naglaa Shoukry, a scientist at the Centre Hospitalier de l'Université de Montréal Research Centre (CRCHUM) and an Associate Professor at Université de Montréal, and involve more than 60 researchers, health professionals and partners across the country.

The National Collaborative Hepatitis C Network will support innovative and interdisciplinary research and the use of research evidence to enhance patient care. Through the network, Dr. Shoukry and her team will work to improve prevention strategies, enhance access and adherence to treatment, and better understand the health challenges of Canadians living with hepatitis C.

The network was funded through a partnership between the Canadian Institutes of Health Research and the Public Health Agency of Canada.

### Quick Facts

- Hepatitis C virus infection, or hepatitis C, is a global health problem with nearly 185 million individuals infected worldwide.
- It has been estimated that approximately 220,000 people in Canada were living with chronic hepatitis C in 2011 and that nearly half of those individuals may not have been aware they were infected.
- Viral hepatitis can lead to chronic liver disease which, left untreated, can have serious health consequences, including liver failure or cancer.

## New treatment program to process organic matter

The Minister of International Relations and Francophonie and the Minister responsible for the Laurentides region, Christine St-Pierre, recently announced, on behalf of the Minister of Sustainable Development, Environment and the Fight against Climate Change, Mr. David Heurtel, the allocation of financial assistance of \$1,387,000 to the Régie intermunicipal des déchets de la Lève (RIDL) for the establishment of a composting facility, as part of the program for processing organic matter using biomethanation and composting.

The project of the Corporation consists of the construction of a composting facility that will treat organic materials from residential sources of some 26,000 inhabitants of 12 municipalities in the Laurentians. In addition, the Board expects to process food waste from industrial, commercial and institutional facilities (ICI), as well as septic tank sludge.

"I am proud of this project, which will promote the diversion of organics from landfill... Organic materials can thus be turned into compost, which will promote the economic development of the region, while contributing directly to achieving our goals in the fight against climate change," said Minister St-Pierre. Note that with this project, nearly 4,000 tons of greenhouse gas (GHG) emissions will be avoided during the first five years of operation.

"Through the Green Fund, whose revenues are primarily derived from the carbon market, the government supports Quebec municipalities in their transition to a more sober carbon world. In addition to promoting economic recovery and sustainable development of our economy, with this concrete step, which is consistent with our 2013-2020 Action Plan on Climate Change, we can fight together against climate change, so that our children grow up in a green society and without waste," stated Minister Heurtel.

## New park in Wentworth

On July 4, The President of the Wentworth Recreative Centre (WRC), Mrs. Lois Armitage, and members of the municipal council of the Township of Wentworth conducted the official opening of a new landscaped park for the benefit of the population. Featuring furniture and playground equipment for children, this new public space offers a place of relaxation, gathering and entertainment for young and old.

The celebrations surrounding the realization of this important mobilizing project marks the culmination of sustained and concerted efforts among members of the Wentworth Recreative Centre, the population and the elected of the Township of Wentworth. "I invite everyone to attend this new park and enjoy its facilities that were built for you. Once again, I am very proud of the work done by our dedicated volunteers. A big thank you! I also want to thank the members of the municipal council and our generous donors for their important contribution in achieving this unifying project," mentioned the President of the Wentworth Recreative Centre, Mrs. Lois Armitage.

Marcel Harvey, Mayor of the Township of Wentworth, offered his congratulations for the outstanding work done over the past 37 years by the Wentworth Recreative Centre. "The completion of this park is proof that our community is capable of great things. With this promising initiative, our municipality now has a multi-generational gathering place where young and old will have fun, be entertained or relax outdoors.

The development of the new park required an investment of nearly \$25,000 for which the Wentworth Recreative Centre received funding of \$15,306 from the Municipality of Wentworth under the Pacte Rural 2007-2014 from the RCM of Argenteuil. The financing of the project was completed thanks to the solidarity and generosity of the people who participated in the various activities of the fundraising campaign organized by the Wentworth Recreative Centre.



## Terry "Aislin" Mosher Receives YMCA Kanawana "Pip" Alumni Award

Terry "Aislin" Mosher, the main editorial cartoonist for the Montreal "Gazette" and a former Camp YMCA Kanawana camper, is the recipient of the 2015 YMCA Kanawana "Pip" Award. Mr. Mosher is the eighth person to receive the award, established to recognize the contributions of distinguished Kanawana alumni.

Previous recipients include Richard "Itche" Kerr, a Montréal volunteer working with the physically challenged; Richard Patten, former Ontario MPP and cabinet minister; Stuart McLean, broadcaster and author; Bruce Netherwood, YMCA leader and author; John Cleghorn, former CEO of the Royal Bank; the late Sam Lazarus, NGO volunteer, along with the Lazarus family, which raised hundreds of thousands of dollars for Kanawana in Sam's memory; and Jeniene Philips Birks, a former broadcaster and community volunteer with the Oral School for the Deaf.

Terry Mosher was a camper at Kanawana in 1952 and 1953. He is a great role model within the community as a director of the Old Brewery Mission as well as his remarkable career as one of Canada's most respected cartoonists. He is an Officer of the Order of Canada and received an honorary Doctor of Letters from McGill University, two National Newspaper Awards and five individual prizes from the International Salon of Caricature. He was inducted into the Canadian News Hall of Fame and the Canadian Cartoonist's Hall of Fame.

## ENDURO Series returns to Saint-Adolphe-d'Howard

On July 16, over forty people came out for the first leg of the ENDURO mountain bike competition at Mont Avalanche, St. Adolphe d'Howard.

A California-based concept, this new mountain bike discipline combines intense action and relaxed riding. It consists of several categories with individuals gaining cumulative points over several competitions. Participants must use their bike to get to the start of the race that lies atop Mount Avalanche. None of the participants know the route in advance. Enduro is a discipline that requires excellent technique and good physical condition. The next race will take place on August 20 at Mont Avalanche at 6:30 pm. Registration starts at 5 pm. The grand finale will take place Saturday, September 12 at 10 am.



## Road repairs

The Ministry of Transport of Quebec wishes to inform road users that work to replace five culverts on Route 329 in Lantier, in the sectors of chemins Harfangs-des-Neiges, de la Savance and Deux-Lacs, is underway. The construction is scheduled to continue until the end of August and requires the closure of one of two lanes at all times. Thus, traffic will alternate in directions and speed will be limited to 60 km. Please note that the available channel will be reduced to a width of 3.3 meters.

## Day camp in Mont Tremblant

After seven weeks filled with outdoor activities and special excursions, the laughs and smiles from all the youngsters, as well as the entire camp team, confirm that everyone enjoyed a magnificent summer.



## Facts and statistics should guide discussion on pit bulls and public safety

I was quite dismayed to see Ms. Labrie's ill-informed statements regarding pit bulls - entirely unsupported and entirely uncontested - in your last issue.

An "unwillingness to bite humans" cannot be bred into dogs. No dog, especially those characterized by impulsive aggression, makes such fine distinctions when aroused, and as the statistics on dog-related maulings, maimings, dismemberments and fatalities sadly show, pit bulls, a mere 5% of the breed population, are responsible for 68% of these human depredations.

While it is true that the breed attracts unscrupulous people, most of the almost 4 million pit bulls in North America belong to ordinary people. Yet pit bulls are six times more likely to kill a family member, half of them children, than all other breeds combined. Bad owners can exacerbate the breed's natural joy in fighting, but the real problem is the breed's inherent instinct for aggression and its truly horrific "kill bite," which ravages flesh to the bone with ease.

It is not tragic that pit bulls are labeled dangerous, since they are demonstrably more dangerous, by far, than any other breed. The tragedy is that credulous people incline toward sentiment and reject sober, objective and disinterested truth.

Barbara Kay



## A Youthful Perspective It's time for women to take the lead

Yaneka McFarland- Main Street

Today, there is a twenty-seven percent income discrepancy between men and women's remunerations. This may not appear to be a major difference, but the sole fact that there continues to be a gender income disparity goes to show that, after all that women have fought for, and achieved, we must not settle for any less than our male compatriots.

On June 3rd of this year, I interviewed Mylène Freeman, the New Democratic Party member of Parliament for the Argenteuil-Papineau-Mirabel riding, in order to delve into the issues surrounding the inequality between men and women in the makeup of our Canadian government, and the pivotal role youth play in making a change.

First elected in the Canadian Federal Election of 2011, at the young age of 22, Mylène Freeman, along with multiple other fresh faces, rose to the spotlight as being part of the youngest group elected to the House of Commons in history. Where women occupy only 25% of the seats in the House, it inspired me to see a young female represent my region in the Canadian government.

When I asked her about the disproportionate representation of women in the House of Commons, Freeman pointed out, "Just because opportunities (for women) haven't been there in the past, doesn't mean that they shouldn't be there. It means they haven't previously had the opportunity, and now we have to create those opportunities," in an environment where for every woman who speaks, there are three male voices to respond.

Currently, the country of Rwanda holds the highest rate of female participation in government, succeeded by multiple Scandinavian countries that have each taken active measures to integrate more women into their political spheres. According to the Inter-Parliamentary Union (IPU), as of November 2011, over fifty percent of the Rwandan Parliament was comprised of women.

Following the horrific genocide of 1994, Rwandan women were at the forefront of a country in shambles, and participated to expand the country's economy by over eight percent in 2011, which has continued on a steady incline. Women, breaking free from the "household-caregiver" stereotype to hold positions of power, have achieved better results in family financials and have produced a significantly lower chance of corruption.

In Canadian history, Kim Campbell is the only female Prime Minister we've had (1993), and the House has only heard one female voice as the official Speaker, which Freeman views as a definite "problem." Positions that bear the most weight in our Canadian government have been highly dominated by men, and the integration of women has not been prioritized by all participating parties.

"We don't think of politics as a type of career path for women," says the now twenty-six year old MP, calling for a change, as "politics isn't receptive to the conversation we're having."

Furthermore, the lack of pay equity is a large obstacle standing between a woman and a political career, "it makes it harder for women to get involved," Mylène Freeman expressed. According to the fully-bilingual Ontario native, the road or "parcour" leading to a political career is what needs to be re-shaped.

It was motivating to hear from another female, especially one with a political position, that these issues should be a top priority. However, as official Opposition Critic for the Status of Women, NDP representative, Mylène Freeman, believes the government is not taking active measures to advance the equality of women; "across the country, there are ways in which we could empower women to follow their dreams, but we're not taking that step."

The solution? Keep pushing. Youth and female participation in Canadian politics is more prevalent than you may think, and far from apathetic. "We (youth) need to realize that we do actually have a big impact, and that if we care about something, and put it forward, and really put our hearts and souls into it, it will show and people will respect that," answered Mylène Freeman, when I asked if she would like to relay a message to youth.

The truth is, women are powerful, and can lead when given a chance. Politics is a possibility for us, and for all those who will fight for the issues they believe in. In order to create change, politics needs to encompass a wider spectrum of people, by including under-represented communities, such as Aboriginals, LGBT, and women; "we really need to make sure that those voices are heard, in order to make sure our politics actually reflect all Canadian people."

For a country that is ranked in the top ten of the Human Development Index, it is time that we match our technological advances by establishing fundamental equality rights for women, in an environment in which girls can grow up knowing they have equal chances of being, one day, at the forefront of this place we call home.

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

Ramona Iordache, owner of Saucisserie Saint-Sauveur, whose new location is 219 Chemin du Lac Millette, in St. Sauveur (behind La Belle Province). Specialty sausages include Swiss cheese, bacon and cheddar, maple bacon, farmers, venison, jalapeno, white wine and shallots, merguez and many others. They also sell fresh, maple-smoked bacon. Ramona's high quality sausages have been on the market since 1986, and were previously known as Saucisses de Montfort. They are open Monday to Friday, from 9 am to 6 pm, and on Saturday and Sunday from 9 am to 5 pm. 450 227-7676 / www.saucisses-montfort.com.



Howard Sauvé and his team over at La Brulerie des Monts, 197 rue Principale, St. Sauveur, who are celebrating their 20th anniversary. Howard opened La Brulerie des Monts on June 30, 1995. A lot has changed since that time, but their coffee, which is roasted on site, remains delicious! Fresh sandwiches, soups and delectable desserts are also available. Today, there are 32 employees on the team. Howard, we wish you 20 more years of success! 450 227-6157 / www.bruleriedesmonts.com.



Philippe Pierard, new owner of Le Bistro Caf et Délices, 22 rue St-Vincent, Ste. Agathe. Many people in St. Sauveur know Philippe, as he was the owner of Bistro-Inter Café for 18 years, before the café was ravaged by fire. The Bistro will offer breakfast, lunch and dinner and they have a lovely terrace. New décor and ambiance. Best of luck Philippe! 819 323-358 / facebook: cafdelicesbistrobar.



1001 Pots, 2435 de l'Église, Val David, who celebrate their 27th year, exhibiting some of the finest and most creative handmade pottery around! Pottery can be purchased on site. Lovely bowls, dishes, goblets, carafes, teapots and cups, jewelry and much more are available. It is fun to chat with some of the actual artists who are on site daily. There are many events on site also. On until Aug 16, from 10 am - 6 pm. 819 322-6868 / www.1001pots.com.



The Prévost Veterinary Hospital, 2906 Curé Labelle, Prévost, who have enlarged their offices from 3000 to 5000 sq. ft. Besides the wonderful veterinary staff, there is a wide selection of pet toys, food and accessories. Informed technicians are on site for consultation in nutrition (including special food for pets with allergies, for weight loss, etc...). The hospital also offers ultrasound and laser surgery services. 450 224-4460 / www.hospitalveterinaire.com.

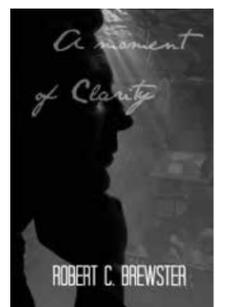


### Did you know that:

Francine Gareau, certified naturopath and psycho-kinesiologist, is available to help anyone who suffers from emotional and physical stress? She can also help to eradicate unpleasant memories. A kinesiologist treats a patient with herbs, acupuncture, homeopathy, supplements and other means, to restore the body to a healthy state. 450 227-7450.



Author and local St. Sauveur personality, Robert (Bob) Brewster, has published an exciting new book titled, "A Moment of Clarity"? The book is a groundbreaking legal drama, answering questions in a compelling, thought-provoking way. The story takes place in a small town in Florida, where a 25 year-old murder case is re-opened. The twist is that the prime witness has Alzheimer's. The book can be purchased at Amazon worldwide, as an e-book or an audio book, as well as at Barnes and Noble. It can also be purchased for \$14.99 through the publisher at: wwwcreatespace.com/5194267, or by contacting the author directly at: robert.brewster@sympatico.ca.



# MAIN STREET

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

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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.

### THE VALUE OF ADVICE

Just like an annual checkup with your doctor, a regular review with your advisor is important to your overall financial health.

In an effort to stay healthy, you make seeing your doctor a priority. Your doctor knows your medical history and, if there is a problem, can recommend a course of treatment. The same concept applies to your finances – regular checkups with an advisor can go a long way towards improving your financial health. Whether your goal is to reduce debt, buy a house, save for retirement or simply pay the bills, you don't have to go it alone.

Regardless of your stage of life or amount of wealth, you can benefit from the professional counsel and services of an advisor. In fact, 71 percent of advised households started working with an advisor when they had less than \$50,000 in investable assets, according to writers, C. Montmarquette and N. Viennot-Briot, in CIRANO - Econometric models on the value of advice of a financial advisor - July 2012. Milestones, such as buying a first home, starting a new job, or having a child, are all good opportunities to address new financial needs and begin working with an advisor.

### Start with a consultation.

An advisor starts by understanding your objectives, and doing a thorough analysis of your complete financial situation. Next, the advisor will work with you to put a strategy in place to help you to reach your goals. A comprehensive plan allows you to balance today's needs with your goals for the future, to adapt easily to changes in circumstances and to plan ahead for emergencies, as well as to help you be in control of your financial well-being.

### An advisor may be able to help by doing some, or all, of the following:

- Create a disciplined savings strategy, including cash flow planning and debt management.
- Design and implement a customized investment strategy.
- Propose tax reduction strategies.
- Facilitate your will and estate planning.
- Review and recommend insurance products, including life, disability and critical illness coverage.
- Provide access to a network of professional resources, such as accounting and legal services.

### A prescription for long-term success.

As you develop your plan, it's important to be realistic about your expectations. An advisor won't be able to make your debt disappear magically, or guarantee double-digit returns on your investments. He or she will, however, provide ongoing sup-

port and guidance, so you can remain focused on your goals, through the ups and downs that life throws your way.

The Value of Advice Reports 2012, by the Investment Funds Institute of Canada, found that households that receive financial advice are:

- 1.5 times more likely to stick to their financial decisions.
- More confident about their financial future.
- More than twice as likely to participate in Registered Retirement Savings Plans, Registered Education Savings plans and Tax-Free Savings Accounts.

As you can see, those who work with an advisor have a clear advantage – both in terms of increased financial benefits and the level of confidence about their overall finances.

### Regular checkups: Your financial well-being depends on them.

Getting started early with an advisor, and scheduling routine reviews, can provide a considerable financial advantage in the long run. Be sure to ask questions and get the information you need to feel a high level of trust and comfort. After all, the healthiest and most rewarding relationship is one that will benefit you, not just today, but well into your future.

If you have any questions regarding the topic of this article please call me at 514 788-4883 or 514 949-9058, or email at: christopher.collyer@manulifesecurities.ca

Also, remember to obtain travel insurance for any trip abroad, or to the United States, for just a weekend, or even to another Canadian province. Making insurance part of your travel plans might save you medical expenses.

Have a safe summer.



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

**Inter-municipal Transport As of August 24**

**laurentides.covoiturage.ca**

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# Out & About

Ilania Abileah - Main Street



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

## MONT LAURIER

819 440-2666 / [www.doubledefi.org](http://www.doubledefi.org)

Sept 10 - 16 - Double Defi: The bi-annual International Amateur Theatre Festival of Mont-Laurier is beautifully run and provides a bilingual, printed program with synopsis of each play.



Double Defi

## MONT TREMBLANT

Until Aug 29: 17th Upper Laurentians Classical Music Festival

Reservation: 1 877 545-3330 / [www.reservatech.net](http://www.reservatech.net) / <http://www.concertshautes-laurentides.com/>

## RIVIÈRE ROUGE

Parc écotouristique des Laurentides (previously Pisciculture St. Faustin-Lac-Carré) In case of rain the concert will be at the Saint-Faustin-Lac-Carré church. **Sat, Aug 15: 7:30 pm:** Arnold Choi (cello) - Nominique Church; **Sun, Aug 16: 12:30** - Free Concert! Ernesto Dabo and his musicians perform "Lembrança," African music from his album.

## ST. DONAT

Place de l'Église

**Sat, Aug 15: 8:30 pm:** Alter Ego; a fast-paced musical medley of the most successful Pop, Rock and Disco music from the 70s, 80s & 90s, with singers and dancers changing costumes and performing energetically. Free Admission!

**Sept 4, 5 & 6:** Festival Rythmes et Saveurs plus shows. The festival features different artists: **Sept 5** - Patrice Michaud (singer); Alfa Rococo Musical Group; and an All Star show with Sylvain Cossette and Andrée Watters. **Sept 6** - The St. Donat Orchestra, Kain. **Sept 6: 8:30 pm** - Comedian Boucar Diouf - this show takes place at the church. \$33.50 + tax.

The artists of the regional exhibition entitled **Art Boréal** will present their works from mid September to mid October at the St. Donat Church (381, rue Allard) and in the park by the church. Tickets: Tourist Information Office, 536, rue Principale / 1 819 424-2833 / 1 888 783-6628.

## VAL DAVID

Val David Church

letempsnous2010@gmail.com.

**Aug 1 - Oct 4:** Espace Fresque - "Le Temps... Nous." Eleven Laurentian artists exhibit their large canvases.

**Val David Exhibition Centre** (2495, rue de l'Église)

819 322-7474. [www.culture.val-david.qc.ca](http://www.culture.val-david.qc.ca).

**Until Sept. 20:** Making Prints in Duo: several artists with the collaboration of Bonnie Baxter. **Open: Wed - Sun: 11 am - 5 pm.**



Agnes Guay



Claude Savard

## VAL MORIN

Théâtre du Marais

819 322-1414. / [www.theatredumarais.com](http://www.theatredumarais.com)  
**Sat, Aug 15 & 22: 8 pm** - The Cat Stevens Era with Pierre Trépanier, Martin Lessard & Alain Couture (L'Heure JMP, Mercedes Band). Songs performed include: Wild World, Moon Shadow, Where Do The Children Play, Oh, Very Young, Morning Has Broken, Can't Keep It In.



The Cat Stevens Era

Espace Rhizomes Gallery,

6140 rue Morin

819-322-5998 / [www.espacerhizomes.com](http://www.espacerhizomes.com)

**Aug 15-16 & 22-23: noon to 4 pm:** "Impermanence" Rose-Marie Fournier

## ST. ADOLPHE D'HOWARD

Atelier Culturel,

1889, chemin du Village 819 323-1878.

**Exhibition opens Fri, Aug 31: 5-7 pm:**

Odette Pinard (paintings), Suzie Pilon (large-sized woodcuts inspired by a trip to Istanbul and other etchings) and Philippe Alary (a display of his collection of antique work tools).

To mark sculptor **Armand Destroismaisons 50th career anniversary**, the village is organizing an exhibition entitled "Je bicycle 2015," paying tribute to this local artist. During the summer sculptures made from recycled bicycles, will be on display along the Main Street.

## ST. SAUVEUR

Park Filion

[www.valleesaintsauveur.com](http://www.valleesaintsauveur.com)

**Aug 22 & 23** - Blues music at the park. Six free performances by leading Quebec Blues artists and some budding musicians. **Fri, Sat & Sun, Aug 14, 15 & 16** - Exhibition: Tryptique. **Sat, Aug 15: 7:30** - King Melrose (Soul-Pop). **Sun, Aug 16: 3 pm** - St. Sauveur Fever. **Sat, Sun, Aug 29 & 30** - Exhibition: "Les Sculpturales." **Sat, Aug 29: 7:30 pm** - Tribute to Classic Rock with Stephan McNicoll, GCR and a surprise artist. **Sun, Aug 30: 3 pm** - Stéphane Legault. **Sept 4 - 7** - The annual Fiesta Cubana. Four days with the musicians of Cuba. **Sun, Sept 13** - The annual Antique Cars display around the park. **Sun, Sept 13: 3:30** - Jean Nichol retro music.

Chalet Pauline

Vanier, 33 avenue de l'Église

**Sept, 18, 19 & 20:** 5th International Film Festival of St. Sauveur! Come on board everyone and celebrate the FFISS 5th anniversary.



5th International Film Festival

## STE. ADÈLE

Place des Citoyens,

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

Open: **Thurs & Fri: 1- 4 pm / Sat: 10 am - 5 pm / Sun: noon - 5 pm**

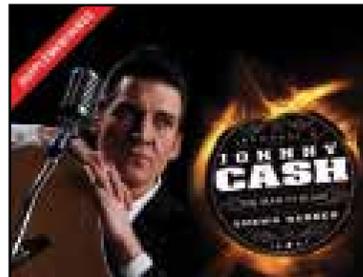
## PIEDMONT

Théâtre des Pays-d'en-Haut

400 chemin Avila (exit 58 from Autoroute 15 N, or exit 60) 450 224-5757 / 1 855 551-5757 / [www.tpdh.ca](http://www.tpdh.ca)

**Sat, Aug 15: 8 pm** - Veronic Dicaire impersonates over fifty personalities such as Edith Piaf, Adèle, Céline Dion, Madonna and many more. Reg: \$82.95; VIP: \$94. 45. Call to reserve your seats.

**Aug, 19 - 29: 8 pm** - The Man in Black, a tribute to Johnny Cash with Shawn Barker and his musicians. \$48.20



The Man in Black,

Salle Polyvalente (Old Station),

146, chemin de la Gare

**Until Aug 16: noon to 6 pm** - Art-Thé: Luc Bovet & Fabien Bedoucha exhibit photographs of horses.

## MORIN HEIGHTS

Morin Heights Library,

823, rue de Village

[www.artsmorinheights.com](http://www.artsmorinheights.com)

**Until Sept 26:** Arts Morin Heights "Monochrome."

The Old Blacksmith Shop (Christieville)

104, rue Legault, Morin Heights.

**Vernissage: Sun, Aug 16: 4 - 6 pm.**

**Open Sun, Aug 23 and Sun,**

**Aug 30: 4 - 6 pm.**

An exhibition of prints by artist Suzie Pilon, inspired by the tools found at the old Blacksmith workshop. On display is a new collection of woodcuts, mono-prints, and dry-point prints of a variety of old work tools used in Quebec in the 19th century and earlier.

## WENTWORTH NORD

Montfort Pavillon,

160 Rue Principale, Wentworth-Nord (Montfort)

**Open Sept 5 - 27, Sat & Sun: noon to 4 pm.** 11th Exhibition - twenty artists from the MRC des Pays-d'en Haut and the Laurentians will show beautiful artwork of different mediums.

## GORE

**Gore Municipal Park**, 45 chemin Cambria **Aug 15: 11 am - 3 pm** - Expo Arts Gore. During the "Coureur des Bois Day" and the Gore Summer Festival, discover the works of a group of accomplished artists of visual arts and fine crafts. Pottery, paintings, jewellery, purses, knives, stained glass, sculptures and more.

## BROWNSBURG-CHATHAM

Restaurant Faim-Fino,

338, rue des Érables, Brownsburg-Chatham **La Société culturelle du Pavillon des Jardins:** 450 495-8022/scpj.wordpress.com. **Until Aug 30**, artist Michel Dufour exhibits his paintings.

## DUNANY

**Dunany Country Club**, 2053 chemin Dunany <http://dunanyca/activities>  
**Thurs, Aug 27 & Fri, Aug 28: 5 - 8 pm.** The Dunany Studio Artists will be presenting their annual exhibit.

## ST. COLOMBAN

Parc Phelan, Saint-Colomban

[www.st-colomban.qc.ca](http://www.st-colomban.qc.ca)

**Sat, Aug 29: 11 am to 9 pm.** Irish Fest celebrating St. Colomban's Irish Roots: After mass, there will be a monument unveiling and various activities including sports, music, happy hour, historical photos and food. Something for everyone!

## MIRABEL

**Parc bois de Belle Rivière**, 9009, route Arthur Sauvé, Mirabel (Ste. Scholastique) 450 258-4924 / [www.boisdebelleriviere.com](http://www.boisdebelleriviere.com) / [www.museelaurentides.ca](http://www.museelaurentides.ca).

**Open weekdays: 9 am to 6 pm / weekends 9 am to 7 pm.**

**Sentier Art<sup>3</sup>** is an environmental art event where the artists create in a public place. The Musée d'art contemporain des Laurentides invite the public to discover three new artworks created in-situ. Admission: Adults - \$6; children up to 16 - \$2; dogs \$1. Free parking.

## PRÉVOST

Salle Saint François Xavier,

994, rue Principale,

450 436-3037 / [www.diffusionsamalgamme.com](http://www.diffusionsamalgamme.com).

Diffusion Amal'Gamme presented a very entertaining summer concert. Singer, Nancy Roy, brought men from the audience, including Prévost mayor, Germain Richer, to dance with her on stage and made everyone laugh. The new season starts **Sat, Sept 19: 8 pm** with the award winning group "Oktopus" - eight musicians from Montreal who play music inspired by the Jewish Klezmer & Gypsy music.

## ST. HIPPOLYTE

O Art Studio,

14, rue de la Chaumine

450 563-2493 / 450 602-2454 / [www.ricard-art.com](http://www.ricard-art.com)

**Sundays from noon - 5 pm;** Saturdays by appointment for groups of 10 or more. **Garden Exhibition & Sale.** 150+ art pieces (paintings, sculptures etc) produced by 20 artists are on display in the beautiful gardens of Lynne Ricard. 5% of all proceeds will go to benefit Fondations Florès (dedicated to supporting people living with intellectual disabilities).



St Hippolyte garden

## ST. JÉRÔME

Musée d'art contemporain des Laurentides,

101, place du Curé Labelle

450 432-7171 / [www.museelaurentides.ca](http://www.museelaurentides.ca)

**Open: Tue - Sun: noon to 5 pm.**

**Until Sept 13** - An exhibition entitled Ça! On display are works by Alain-Marie Tremblay and Ève K. Tremblay (photographs, sculptural installations and ceramic pieces were selected for their importance in making an inspiring dialogue between father and daughter).

## ST. PLACIDE

Sundays at the Park (if it rains concerts will be held in the church).

**Sun, Aug 16:** performance by Rock & Roll Musicians and Dancers.

Due date for next edition: August 20  
[ilania@ilaniaabileah.com](mailto:ilania@ilaniaabileah.com)  
450 226-3889



## A festival that blends the old and the new

### Ilania Abileah - Main Street

What a wonderful experience **Guillaume Côté**, the new Artistic Director of the “Festival des Arts de Saint-Sauveur”, prepared for us this year. The Festival blended the old and the new in dance and in music, with a sense of evolution, renewal, and a program featuring burgeoning new dance styles.

It began with the pre-festival show of **Rufus Wainwright**, whose fans filled the Big Top. The rest of the program was rich in surprises; dancers who have been here before, such as the **Gauthier Dance Company**, that performed fantastic new choreographies, rich with amazing and expressive expressions. “Black Cake,” by Hans van Manen, closed the show, with the whole Company clad in black party attire, dancing tango steps to the music of Tchaikovsky’s Swan Lake. Both evenings brought standing ovations and six or seven curtain calls. This was the third time Eric Gauthier brought his dancers to the festival, and he continues to amaze the audiences.

**BJM**, with their Artistic Director, **Louis Robitaille**, also fosters the new, up-and-coming dance styles, and shared the evening with an opening act by “**Tentacle Tribe**,” featuring two dancers performing movements derived from break-dancing. **Les Ballets Jazz de Montréal**, performed “Zero in On,” by Cayetano Soto, with music by Philip Glass; “Night Box” by Wen Wei Wang, who used lighting on dark spaces, sounds and music to create the sense of a city at night, and “Closer,” by Benjamin Millepied, music “Mad Rush” by Philip Glass. This piece featured Céline Cassone’s incredible dance style.

As I write this, I am still under the spell of the concert, whose conductor, Yannick Nézet-Séguin, led the Metropolitan Orchestra, in a two-piece program, featuring “Romeo & Juliet, Overture-Fantasy,” by Tchaikovsky, and Dvořák’s 9th Symphony, “From The New World.” The conductor created a warm contact with the audience right from the start. The music was so beautifully played that Conductor Joseph Milo, who attended the concert, commented on its excellence, remarking on the balance maintained between the soft and stronger parts of the music. This concert was dedicated to the memory of David Asch, a long-standing member of the Board of Directors of FASS, whose photographs left a legacy of beautiful images of the festival.

I am looking forward to the next four shows. Thank you **Guillaume Côté**, **Nathalie Grosshenny** and her staff, members of the board of FASS, and devoted volunteers! We are grateful for this beautiful event you bring us every year.

\* Joseph Milo conducts the “Musicians of the World Symphonic Orchestra” in Montreal.



Gauthier Dance – Florian Lochner, photo by Regina Brocke.



Gauthier Dance Maria Prat & David Martinez, Photo by Regina Brocke



## Theatre Morin Heights

Nov 5-6-7-8: Thurs-Fri/Sat 8 pm  
Special Matinée Sat 2 pm  
Sun, 2 pm

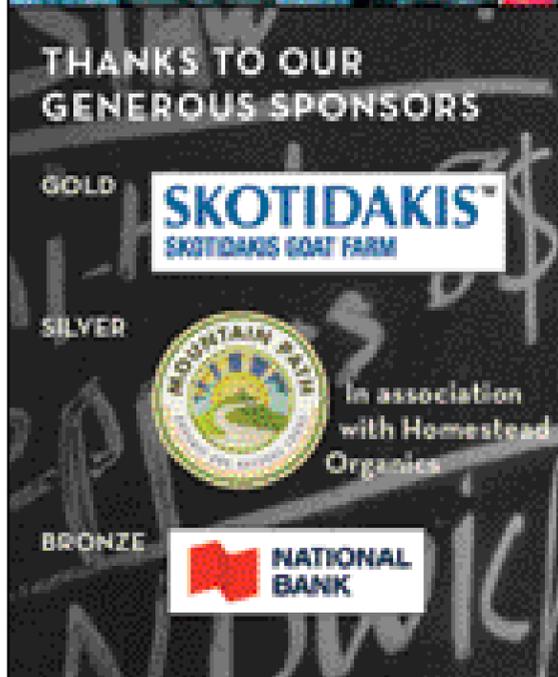
Theatre Morin Heights is up and ready to bring you more excellent theatre in November 2015. **WELFAREWELL** by Cat Delaney, a story involving Katherine Weary, Anita Stranzl, Marie-Claude Hénault, as seen in the photo.



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[www.vankleekhill.ca/events](http://www.vankleekhill.ca/events)

# Discover Saint-Donat



MESSAGE FROM THE MAYOR • HISTORY (Cont'd on page 16)



Joe Deslauries, mayor

## A Word from the mayor



This leadership strongly promoting the great outdoors was recently exemplified in the prestigious Geo Plein

Air magazine 2015, which listed the Top 10 outdoor destinations in Quebec. The Municipality of Saint-Donat was hoisted to 2nd place, behind the great City of Magog-Orford, which enshrines the town as the best outdoor village in Quebec!

Proud, and the sole representative of Lanaudière, this reference reinforces the reputation of an entire region. Already well-known for its many accomplishments and its tourist attractions, the strength, development and welcoming environment have all contributed to this major achievement.

Saint-Donat is now part of the "elite" outdoors destinations in Quebec and intends to make every effort to stay there. This honor encourages the City Council in its pursuit for investments to constantly improve the outdoor offer.

Following the completion of a comparative analysis with its surrounding counterparts, the Municipality will raise its regional and provincial position and become the first inhabited park in Quebec! Holding strong social and organizational values, Saint-Donat will base its development according to specific areas on which to focus its actions. The details surrounding this strategic planning will be announced in the coming months.

**Saint-Donat is your outdoor destination in any season!**

You will find our maps containing all the trails, with free access, as well as a wealth of information for your future stay, at our Tourist Information Office by calling:

1888 ST-DONAT (783-6628) or by visiting the following websites:

Municipality of Saint-Donat in [www.saint-donat.ca](http://www.saint-donat.ca)

Saint-Donat Tourism [www.tourismesaint-donat.ca](http://www.tourismesaint-donat.ca)

## History of Saint Donat

The history of Saint-Donat is written in the wake of the great colonization movement of the mid-nineteenth century.

Around 1872, Regis Coutu laid the foundation of the first location of the village by building a sawmill and flour grist mill and, shortly thereafter, a modest chapel.

However, it would take until the early 1900s for the first obvious signs of tourism potential to be manifested. In 1908, engineer G. Piché, in his report to the Ministry of Lands and Forests, expressed himself thus: "... Saint-Donat exhibits an incomparable site as a summer resort. Its altitude of over 1,400 feet allows the opportunity to visit Sainte-Agathe for the chance to cure weak lungs. The beautiful fishing lakes and large, almost virgin woods, offer good enough territories for sportmen (sic). It seems that we could make this place a summer spot ... "

It was on the recommendation of his doctor who invited him to retire to the country to rest that Canon Lionel Groulx bought a cottage on Lake Archambault in 1917. There he remained for 22 years, and wrote several manuscripts.

Still, from another historical point of view, on the summit of the Black Mountains, one can find the broken remains of the bomber plane, which Liberator Harry accidentally crashed, on October 20, 1943. To this day, it was the worst air tragedy to occur on Canadian soil during World War II. On the website you will find information panels, describing the terrible event.

In the early 1960s, after the gradual closure of local sawmills, the tourism industry grew substantially to take a leading role in the local economy. Aside from leisure guests frequenting hotels, vacationers started to become more and more numerous.

Thereafter, the popularity of alpine skiing successively opened the ski centers of Mountains Reserve and Garceau. Later came the construction of cross-country trails, snowshoe and hiking paths, biking trails, skating through the forest...



# THANK YOU for choosing Saint-Donat!



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Plein air, plein d'air! [tourismesaint-donat.com](http://tourismesaint-donat.com)



**Surrounded by majestic lakes and mountains**

The Nordet trail and over 600 kilometres of bicycle paths.

More than 100 kilometres of trails for cross-country skiing, snowshoeing and hiking.

Adjacent to Mont Tremblant National Park • 2 ski resorts • free shows all summer long!

A Natural  
pleasure

# Auberge St-Donat



### The Auberge St-Donat Inn

is located by fabulous Lake Archambault in the picturesque region of St-Donat. The Inn was purchased last August by a couple from Quebec City, Gerry & Cecilia Perron, who have given the place a major facelift since their arrival. The Inn has twelve rooms to rent, a dining room that can accommodate 48, a bar and living room with fireplace, and a Health Centre where different types of massages are available: therapeutic, Swedish and reflexology.



350 Rte 329,  
St-Donat,  
Phone : 819 419.0424  
Toll free : 1.844.484.0424  
info@aubergestdonat.com  
www.aubergestdonat.com



Bilingual Real Estate Agent  
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Archambault Lake: Close to perfection, executive home, private 4 bedrooms, 3 bathrooms, fireplace  
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**ARCHAMBAULT LAKE**

**499 000 \$**



Saint-Donat: Fabulous home + location. Duplex at a walking distance to Village. 5 bedrooms, 3 bedrooms.  
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**299 000 \$**



Saint-Donat: Cozy, home sweet home. 2 families could live in this house easily. Comes entirely furnished. Look me up!  
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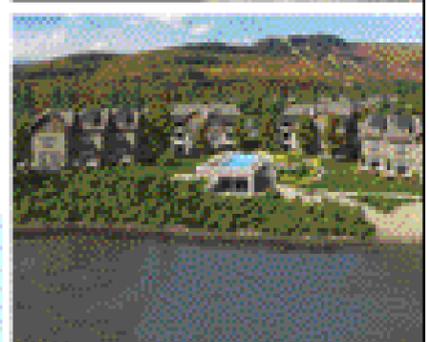
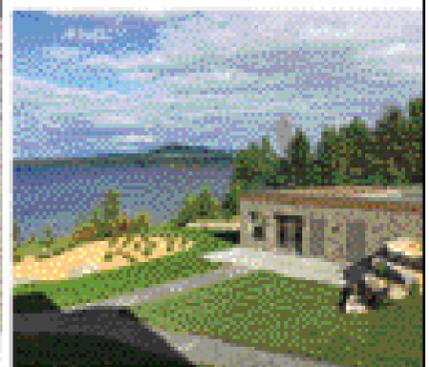
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homes

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# Saint-Donat cont'd...

A DAY IN ST. DONAT • SUMMER EVENTS



## A Day in St. Donat

### Ilania Abileah - Main Street

Saint-Donat is surrounded by Lake Archambault, Lake Ouareau and a few others. On Route 329 North, we passed signs leading to beautiful hiking trails and lakes and right from the start, it seemed to be a haven for outdoor summer & winter activities.

St. Donat offers free concerts, in the pergola at the park by the church, as well as on the stage by the beach. In the heart of the town, you find the City Hall across from the park. There is a pharmacy, and other lovely stores, offering everything you might desire. You can even take a leisurely "Rickshaw" tour of the village, which is a great way to go sightseeing. There are beautiful murals, lovely gardens and sidewalk cafés. The people of the village are welcoming and friendly. They are very proud of their village, which is apparent once you see that even the smallest house has a pretty little garden.

We were met at the Tourist Information office, and were taken about town, enjoying everything St. Donat has to offer visitors. My friend fell in love with the place, and now wants to move there. We were invited for lunch by Sylvie Villeneuve, (Economic Development) and Natacha Drapeau, (Leisure) at the **Boulangerie du Village**, and then we embarked on a tour with our guides. They showed us the beautiful murals, the beach with its concert stage, and Black Mountain, across the lake. We drove on a road made of large stones and viewed amazing rock formations. Finally, we saw the magnificent Lake Archambault – oh, what a breathtaking sight! Returning to town, we enjoyed the beautiful Main Street, and relaxed with a great cup of espresso at Café Ohana. **St. Donat is a wonderful, welcoming place. I want to go back!**

Here are some interesting spots to visit in St. Donat:

1. **Tourist Information Office**, 536, rue Principale, 819 424-2833 [tourisme@saint-donat.ca](mailto:tourisme@saint-donat.ca)
2. **Se Merveille Resto**, 376 rue Allard. Open for breakfast, lunch and dinner, nice terrace with view. 819 424-4054.
3. **La Boulangerie du Village Saint Donat**, 413, rue Principale. Reasonably priced lunch, fresh baked goods. 819 424-2227 / [info@boulangerieduvillage.com](mailto:info@boulangerieduvillage.com)
4. **Café Ohana**, 361 rue Principale. Serves good coffee, other drinks, sandwiches and salads - light food and easy on the pocket. Free Wifi. 819 419-0403 [Cafeohana.ca](http://Cafeohana.ca)
5. **Aux 3 Copains**, 398 rue Principale. Open daily for breakfast, lunch & dinner. Free Wifi. 819 419-0209
6. **Restaurant Le Jardin**, 475, Rue Desrochers. 819 424-0999.
7. **Clos des Délices**, 515 rue Principale. A fine dinner restaurant. 819 424-2222.
8. Local Produce store: **La Maison des Fermiers**, 1193 rue Principale. Closed Mon. & Tue. 819 217-6187. [Lamaisondesfermiers.com](http://Lamaisondesfermiers.com).
9. **Auberge Saint Donat**, 350, Route 329. 819 419-0424 <http://www.aubergestdonat.ca>.
10. **Tanière de l'Ours**, 10 chemin de la Rivière Noire, Saint Donat de Montcalm. 819 424-5635 / cell: 819 507-5635.
11. **Perspectives Eduscho Ltd**: An all inclusive French immersion program. Info: Mel Shea, 613 443-6358 [www.perspectives-edu.com](http://www.perspectives-edu.com)



## Summer Events

### La Fête du Lac Archambault

Sat, Aug 22

Honorary President M. Pierre Forget

A full day packed with lots of activities and entertainment including relay races with canoes, kayaks, stand-up-paddlers and swimmers; Parade of Sailboats; Sailboat regatta; Picnic at L'Agora Nautique; Cocktails and musical entertainment at Parc des Pionniers; kiosks and photo exhibition! Bring the family and cheer on the competitors. A quiet day on the water with no motor-boats!



### Photo Contest - Theme: Enjoy the season Until August 28...

The municipality invites you to participate in its traditional photo contest. Photos must represent the ways to enjoy spring or summer in Saint Donat. All submissions must be transmitted by electronic files and be accompanied by a short description. Only photos of Saint Donat will be accepted. Participants must agree to transfer all rights of the photos to the municipality of Saint Donat (without cost) when they are submitted.



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## Nature's Gift

# Gray Tree Frog

Rose Labrie- Main Street

Once again, nature has introduced me to a new and curious creature, right in my backyard. The first time I saw it, I presumed that it was a toad. For over a week, it would sit on my garden furniture, absorbing the sun.

What mainly sparked my curiosity about this frog was the fact that it changed colour, depending on where it would sit. It went from white and black to yellowish, and then to a green shade. I immediately realized that it was changing colour to adapt to its surroundings, as does the chameleon. With a bit of Internet research I found some interesting facts about my new visitor, which is a Gray Tree frog (*Hyla Versicolor*).

### Characteristics

The gray tree frog, also known by the name, tetraploid gray tree frog, has the ability to change its colour, as its Latin name suggests. It has warty grey, brown or green skin, with large darker spots on the back. Like most tree frogs, this species has suction-cup toe pads. It has a white patch under each eye and is bright yellow-orange under the thighs. Adults may reach a length of six centimetres. The male call of this species is a short flutelike trill, which can be listened to on the Internet.



### Habitat

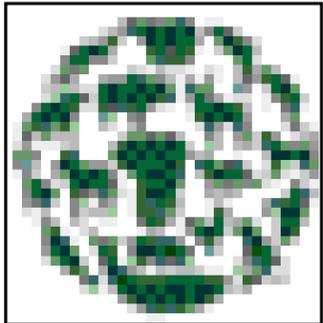
The gray tree frog may be found in many types of trees and shrubs located near bodies of water. This is a true tree frog and can be found at the top of even the tallest tree. They are rarely seen outside the breeding season. When they are not active, they hide in tree holes, under bark, in rotten logs, or under leaves and tree roots. They overwinter under leaf litter and snow cover. Their eggs and larvae develop in shallow woodland ponds, marshes, swamps and ponds. They are native to the eastern United States and southeastern Canada.

### Biology

Gray tree frogs breed in late spring and early summer. During the day, they remain in trees around the breeding pond. In the evening, males call from trees and shrubs but enter the pond after finding a mate. The females lay up to 2,000 eggs in small clusters of 10 to 40, which are attached to vegetation. The eggs hatch within five to seven days after being laid, and the tadpoles mature into frogs 40 to 60 days after hatching.

### Protection

Tree frogs depend on forests, but habitat loss due to clear-cutting, roads, agriculture and urbanization, are the main threats to their survival. The tree frog will often cling to the windows of houses at night. To help amphibian conservation, whenever possible, avoid removing trees, fallen wood, natural debris and shrubs, or cutting tall grass, all of which provide important habitats for frogs. It is illegal to remove most species of amphibians from the wild, because doing so contributes to population declines.



# Pets and the peril of leg-hold traps

By Gabriel Wildgen, Campaign Manager, Humane Society International/Canada

Bella, a Labrador-Husky-cross, in Happy Valley-Goose Bay, Labrador, was crying out in pain as she struggled to get a leg-hold trap off her paw. Before her family found

her, the beloved dog - in addition to other injuries - suffered severe damage to 17 of her teeth, as she tried desperately to chew through the trap.

Humane Society International/Canada was thrilled to be able to help Bella recover from her horrific injuries, contributing \$2,000 towards her medical costs. But, knowing what she went through, one can't help but imagine the suffering that more than a million animals endure every year, getting caught in fur traps in Canada to produce fashion items no one needs.

Bella was flown to Montreal, where she received treatment from a dental surgeon. She has since recovered, and is back living in the comfort of her Labrador home, with the Pelley family (her humans), and their other dog, Whiskey.

Peg Pelley recalls the day in question, and watching her daughter's dog suffer in agony. "Seeing Bella stuck in that trap, in excruciating pain, was one of the worst, most helpless feelings of my life. She's going to be okay now, but this isn't the end of the story. So many other animals, including our two dogs, are still in danger of being caught in traps."

As is often the case, no laws are in place in Happy Valley-Goose Bay to restrict traps from being placed near residential areas, so the person responsible for the trap that injured Bella will not face any legal repercussions.

Up to two-thirds of animals caught in traps are non-target animals, including companion animals and even endangered species. Animals caught in traps often struggle painfully for hours or even days before they are recovered by a trapper and finally killed.

Bella is happy and healthy again, but the next dog may not be so lucky. Speak to your local government about leg-hold traps and help make your town a safe place for pets!

Want to volunteer? [http://www.hsi.org/world/canada/work/puppy\\_mills/tips/animal-rescue-volunteer-hsicanada.html](http://www.hsi.org/world/canada/work/puppy_mills/tips/animal-rescue-volunteer-hsicanada.html)



## From Bird Studies Canada

# Examining Monarch Butterfly Declines



Monarch butterfly populations have declined steadily at overwintering sites in Mexico over the last 20 years. Little is known about what's causing the declines, and whether declines are also occurring across North American breeding grounds, and during southbound migration to Mexico each fall. Recently, seven monarch studies were published in the *Annals of the Entomological Society of America*. The articles examine population trends using data collected by Citizen Scientists. Included in this series is a paper by Dr. Tara Crewe and Jon McCracken of Bird Studies Canada, examining long-term trends in monarch numbers counted migrating through Long Point, Ontario from 1995-2014. Monarchs were counted daily during fall migration by Long Point Bird Observatory volunteers. The results suggest that the number of monarchs migrating through Long Point has declined by up to 7.8% per year since 1995.

**Bird Studies Canada** is proud to be partnering with Environment Canada and the Regroupement QuébecOiseaux on the second **Québec Breeding Bird Atlas**. While fieldwork north of 50°30' N is ongoing, data collection for the southern part of the province ended in 2014. Preliminary data analyses clearly show that although certain species or groups of species have increased since the first atlas (1996), others have declined. Learn more in an article written by Gaétan Duquette that recently appeared in the magazine *QuébecOiseaux*. (Although the article is currently only available in French, we will share preliminary results soon in our magazine *BirdWatch Canada*).

## Invasive Species Central

# Forest Pathogens



Invasive forest pathogens are usually the result of a fungal infection and are a problem for all types of forest: urban, commercial, and natural. The pathogens have the ability to dramatically decrease the population of a single species within the forests, which can severely impact the forest functions. The urban forest increases property values, reduces energy costs for nearby homes, improves air and water quality, and give aesthetic value. The natural forest provides a vast quantity of environmental services, as well as holding intrinsic social values (recreational use, Aboriginal culture, national identities). The commercial forest is a pivotal economic need for Canada, it not only provides a significant portion of our GDP but the forest industry is the source of a lot of jobs. The detrimental impacts on trees by invasive pathogens do not stop with the trees - it effects every aspect of the ecosystem.

Some current threats affecting our forests are Beech Bark Disease, Butternut Canker, Dutch Elm Disease and Oak Wilt. To learn more, visit [www.forestinvasives.ca](http://www.forestinvasives.ca).

# Recycling or landfill?

Believe it or not, there are still municipalities in the Laurentians that do not offer recycling pick up at the door. Citizens wishing to do their part for the environment must transport their recyclables to a common bin at a designated location. These bins are not supervised and oftentimes are used for household garbage or become receptacles for non-authorized "recycle" items. When the bin is contaminated with unaccepted substances the entire load is redirected to landfill sites.

This is irresponsible and so discouraging in this day and age. It is up to the citizens to educate themselves on what items belong where. If you are not sure, please contact your municipality or check the Tricentris website at [www.tricentris.com](http://www.tricentris.com). Go the Le tri en action tab and in the fold down menu, you will find a list of accepted recycle products.

Community members receiving the home service must also pay attention to what goes into their blue bins and ensure themselves that they are recycling responsibly. Please remember there are live people receiving and sorting through the contents of your bins - they are not to be used for dead animals, soiled diapers or leftover household garbage.



# REDUCE REUSE RECYCLE



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Qc J8C 1P6

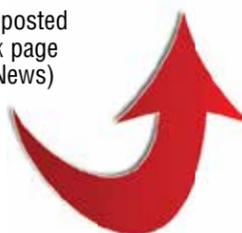
**Sainte-Adèle**  
395, Boul. de Sainte-Adèle,  
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**SUDOKU**

				1		7	2	
	8			2		9	3	4
5	3			4		8		
4				9		1		
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8	2			5				

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



Answers for the July edition sudoku



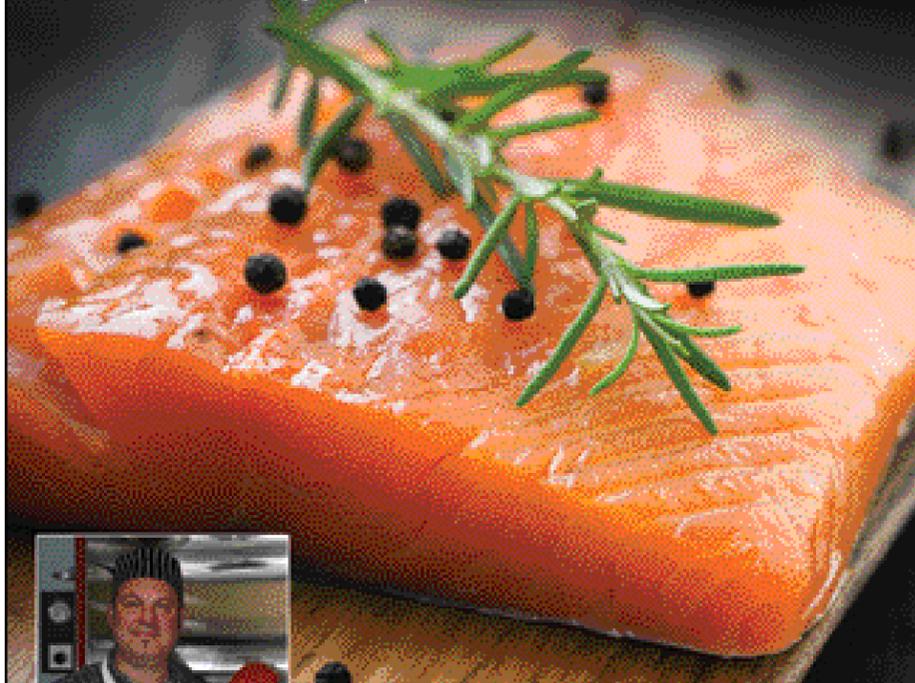
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8	6	5	3	1	9	7	2	4
3	9	4	2	7	5	6	1	8
7	1	2	6	4	8	5	3	9
1	2	6	4	9	3	8	5	7
9	5	7	1	8	6	2	4	3
4	3	8	7	5	2	9	6	1

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- Fresh fish every 2 days
- Smoked Salmon, various other smoked fish, pre-cooked meals (weekly products will vary based on availability)
- Shell-fish, lobster, and whole-fish\*
- Our famous smoked salmon with maple syrup on Saturdays

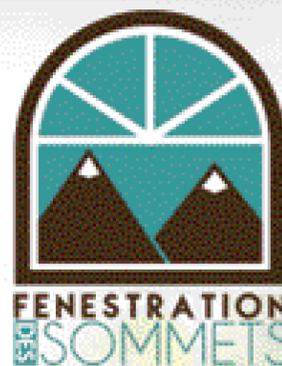
\*Please call Wednesday for weekend orders



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**RELIGIOUS SERVICES**



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

**Branch 171 Filiale Morin Heights**

Sat, Aug 15 - Gerry Hecklinger's Golf Tournament & Steak Dinner  
Fri, Aug 21: 6 pm - TGIF Smoked Meat  
Sat, Aug 29: 6 pm - Labour Day Steak Supper  
Sat, Sept 5 - Flea Market (rain date Sept 6)  
Sept 25: 6 pm - TGIF Smoked Meat Dinner  
For information on any event call 450 226-2213 (after noon)

**Branch 70 Filiale Lachute**

Tues: 1 pm: Euchre  
Alternating Thursdays: cribbage & shuffleboard  
Sat afternoon: 1:30 pm: Darts  
For information call: 450 562-2952 after 2 pm!

**Branch 71 Filiale Brownsburg**

New members are always welcome. Please drop by on open nights if you are interested. Membership cards are available at a cost of \$45.  
For information on upcoming events please call Sheila or Trevor Holmes 450 562-8728.

**Branch 192 Filiale Rouge River**

Summer time and the living is easy  
Aug 19: 6 pm - Executive Meeting  
Aug 21: 5 pm - Corn Roast & Hot Dogs  
Children are welcomed.  
Aug 22: 11 am - District Meeting Morin Heights  
Aug 22: 2 pm - General Meeting  
Aug: 29: 5:30 pm - Monthly Dinner  
Cribbage every Tuesday night at 7:30 pm  
Yoga classes Mon, Tue & Wed.  
Info: Marlene: 819-687-8665  
For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com

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

**HILLSIDE CHAPEL**  
755 Village Road, Morin Heights  
Terry Sheahan: 450 229-5650.  
We are known as a singing church so if you enjoy Country Gospel and like to sing Old Time Gospel, or just listen, come and enjoy our Sunday evening services. Services will be held at 6:30 pm. Everyone (and their instruments) 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**  
227 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  
Sunday School: 10 am  
Worship service: 10:45 am  
Hymn Sing: 4th Sunday each month - 7 pm  
Annual Bible School for children 4 years +.  
Aug 17 - 21: 9 am - 11:45 am daily, Mon - Fri.  
Fri: 7 pm - Closing program  
Songs, crafts & games, snacks and Bible Stories  
Free participation - please call Pastor Buchanan.

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

**TRINITY ANGLICAN CHURCH - MORIN HEIGHTS**  
757, Village, Morin Heights (450 226-5307)  
Sundays 11 am: Worship service  
Please join us - everyone is welcome

**MILLE ISLES PRESBYTERIAN CHURCH**  
Mille Isles Rd.  
Services will be held at 9:30 am every Sunday in August. A warm welcome to all.

**ST. ANDREWS EAST PRESBYTERIAN CHURCH**  
5 John Abbot Street, St. André d'Argenteuil  
Rev. Linda N. Robinson officiating  
Summer services: Until Aug 30: 11:15 am  
Everyone welcome.  
Info: Sharon McOuat 450 537-8560

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

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

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

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

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

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

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

**ANGLICAN PARISH OF ARUNDEL & WEIR**  
Grace Church  
Please note that as of Sunday, July 5, services will be held at 11 am every week, followed by coffee & fellowship.  
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  
You are welcome to join us after the service.

**LOST RIVER PRESBYTERIAN CHURCH**  
5152 Lost River Road, Lost River  
Rev. Douglas Robinson  
Summer services will be held every Sunday at 9:30 am throughout the months of July and Aug.

**VICTORY HARVEST CHURCH**  
351 des Erables, Brownsburg-Chatham  
Pastor Steve Roach 450 533-9161  
Sunday: 10 am - Bilingual Service  
French and English  
Bienvenue à tous - All welcome

**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 16: 11am - Lay Reader  
Sept 6: 11 am - Church service  
Sept 20 - 11 am - Lay Reader  
Services with gospel/bluegrass music

**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
Aug 16: 7 pm - Church service  
Sept 6: 7 pm - Church service  
Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
Aug 23: 10 am - Lay Reader  
Sept 13: 11 am - Church service  
Sept 27: 11 am - Church service  
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 23: 10 am - Church service  
Sept 13: 11 am - Lay Reader  
Sept 27: 11 am - Church service

\*\*\* Aug 30: 11 am - Combined Service  
Annual Music Celebration at Trinity Church \*\*\*

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
with Rev. Paul Tidman: 450 562-2917  
Aug 16: 9:15 - Communion  
Aug 23: 9:15 - Morning Prayer  
Aug 30: 9:15 am - Communion  
Sept 6: 9:15 am - Communion  
Sept 13: 9:15 am - Family Service  
Everyone welcome! Refreshments follow most services

**ÉGLISE LAC MAROIS UNION CHURCH**  
802, Ch. Sainte Anne-des-Lacs (SADL)  
Until Sept 6: 10:30 am - Sunday service  
All are welcome / Bienvenue à tous.

\* If your church is not mentioned, please check with them directly for services. \*



**Lachute Chapter # 56**  
**Order of the Eastern Star**

Once again Lachute Chapter #56, is happy to present a donation to the local 4-H group. This group was formed in 1925 under another name but they have never changed their objectives. Besides all their farm animals, show training and garden duties, they have a very active square dancing group. They give their time to entertain seniors and appear at many fundraisers. They are a very worthwhile group to support. What a delightful group of young people.



Photo: Presenting the donation are Linda Rodger (O.E.S.), Bobbi Heatlie (1st vice- president of the 4-H), Stacey Godin (treasurer of the 4-H) and Elaine Wilson (treasurer of the O.E.S.).

**Laurentian Region**  
**Cancer Support Group**  
*Groupe de Soutien du Cancer de la Région des Laurentides*



Next meeting for cancer patients, families and caregivers is  
**SATURDAY AFTERNOON**  
**August 15, 2015 - 1 pm**

**Speaker: Mark Labow, Pharmacist**  
**Overview of new pharmacy rules**

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**  
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Info: Betty Reymond: 450 226-6491 /  
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Monat: Kontakt: Luise 613 678-6320.  
Eva: 450 451-0930.

**JOYFUL NOISE CHOIR**

St. Eugene's Church  
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Joyful Noise Choir sings an eclectic as-  
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Please contact Penny Rose: 450 226-  
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**ASSOCIATION ALPHA LAURENTIDES**

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16 yrs. and over  
Info: Rejeanne 819 507-0005  
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**COMMUNITY EVENTS**

**LOST RIVER COMMUNITY CENTRE  
2811 RTE. 327**

**Aug 15: 2 pm - 8 pm:** Harrington Day  
(Harrington Township office and  
Community Centre)  
**Sun, Sept 6: 9 am – noon:**  
September Breakfast  
Adults \$6 / Children \$3.  
Everyone is welcome.

Proceeds from the Basket Draw will be  
donated to The Muscular Sclerosis  
Society of Canada  
To join the LRCC email list please advise  
Mike Carroll at lrcc.harrington@gmail.com  
Everyone is welcome to attend all events.  
Info: Barrie Smith: 819 687-9498

**HARRINGTON GOLDEN AGE CLUB  
(259 Harrington Rd)**

**1st & 3rd Sunday of each month:**  
**1:30 pm:** Bingo  
There will be no Bingo on **Sept 6.**  
**Aug 15: 3 pm – Summer Bar BQ**  
& Corn Boil  
**Aug 27 & Sept 10: 1:30 pm - Café**  
Partage - Bonne Boîte Bonne Bouffe  
pick-up. Please order your box before  
**Aug 19: Deedy 819 242-8939**  
**Sept 4: 5:30 pm – Cook's Night Out**  
Annual donation of \$12 to become a  
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with discounts to most events.  
Open to everyone.  
Info: Deedy: 819 242-8939

**HARRINGTON VALLEY  
COMMUNITY CENTRE**

420 Harrington Rd.  
**Aug 22: 1 pm – Round-up**  
Looking for a refrigerator please.  
I also have a request from an individual  
who is looking for a quilting frame. If  
anyone has one to give away, Ms. A. Wise  
may be contacted at 819-242-6445.

**MUSEE REGIONAL D'ARGENTEUIL**

44 Rte du Long-Sault  
St. André, d'Argenteuil  
**Thurs, Aug 20: 7 pm - 9 pm –**  
Opening Night  
Chamber Music and refreshments  
Come and see the NEW -  
WWI Display featuring the contribution of  
Argenteuil to the war effort  
Donation \$15

**MEDITATION WITH MUSIC**

St Francis of the Birds Church,  
95, rue St. Denis, St Sauveur  
**Wed evenings: 7 pm – 9 pm**  
Drop by for the time you have available  
Everyone welcome / bienvenue à tous  
Info please call Peter: 450-227-3244

**GOLF TOURNAMENT FUNDRAISER**

The MRC d'Argenteuil is pleased to  
announce that the 9th edition of the  
Mayors' Golf Tournament will take place  
on **August 19** at the Lachute Golf Club.  
Proceeds from this event will go to ben-  
efit local amateur athletes  
and sport associations.  
Tickets are \$180 and include brunch,  
golf cart, evening and dinner. Tickets for  
dinner and evening only are available  
for \$60. **Tee off is 10:30 am SHARP!**  
Since the first edition, in 1007, over  
\$180,000 have been contributed.

**ANNUAL HARVEST SUPPER**

Margaret Rodger Memorial Church,  
463, Principale, Lachute  
Lachute Chapter # 56  
Order of the Eastern Star  
**September 18: 5 pm – 7 pm**  
**Entertainment supplied by**  
**Victor Courte**  
Adults: \$10; children under 10 years: \$5.  
Tickets: Elaine Wilson: 450 562-2077 /  
Dorothy Gauley: 450 562-8244 /  
Freda Gordon: 450-533-4862

**MORGAN FARMS - CINÉ-FOIN**

2, chemin Morgan, Weir / 819-687-2434  
Ciné-Foin -Documentary evenings  
Please join us for the free presentations  
on the following Wednesday evenings at  
7:30 pm: No reservations required.  
**Aug 26: Le sel de la terre\***  
**Sept 9:** The other side of the road  
**Sept 23:** Québécoisie  
**Presented in collaboration with**  
**Cinéma sous les étoiles de**  
**Funambules**  
Info: unpneualafais@gmail.com

**CELEBRATING 190TH ANNIVERSARY**

Dalesville Baptist Church will be cel-  
ebrating its 190th Anniversary this year  
and is marking the event with a special  
service to which all friends of the church  
are invited. It will be held on Sunday,  
September 13 at 10:30 am at the  
church, located at 245 Dalesville Road  
South in Brownsburg-Chatham.

We have invited the Rev. David  
Dobson as our guest speaker for the  
day, and will be having a look back at  
notable events in the Church's history,  
as well as looking to God for the future  
of the church.

The service will be followed by a pot-  
luck lunch to which all are invited.  
"Praise the Lord! Great things  
He has done!"  
For information, please call Eddie  
Buchanan at 450 533-6729.

**ARUNDEL'S SUMMER MARKET**

Wishing to provide good visibility  
to local producers and products, the  
Municipality of Arundel is organizing a  
summer market to be held  
**every Saturday until**  
**September 5.** Merchants are  
invited to sell their fresh produce  
and other agricultural products  
from **9 am to 1 pm**

at the Arundel post office, thanks to  
the Municipality of Arundel. Wash-  
rooms are available at the Beaven  
Creek Pavilion behind Town Hall. Mer-  
chants must provide their own tables,  
tents / shelters. Only agricultural prod-  
ucts may be sold.

To reserve a spot, please contact  
Patricia Caouette: 819 425-4819 /  
loisirsdes5m@gmail.com

**ARTS SYMPOSIUM A  
GREAT SUCCESS**

On August 1 and 2, over 1000  
people attended the 9th edition of  
the **Art Symposium at Domaine**  
**Saint-Bernard.** Thirty-four artists  
were on site for the entire weekend  
displaying sculptures and other  
selections of art work. During the  
silent auction, several pieces were  
sold and a percentage of all sales  
went to benefit the Domaine.  
At the end of the weekend,  
5 prizes were awarded to  
artists in various categories.

**OPEN HOUSE**

**Aquatic Complex Mont-Tremblant**  
The citizens of Mont-Tremblant  
and surrounding municipalities  
are warmly invited to the  
Open Houses of Mont-Tremblant's  
Aquatic Complex (CAMT) located at  
635, rue Cadieux on **Saturday,**  
**August 22 and Sunday, August 23**  
**from 9 am to 4 pm.**

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

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**4 Korners** 819 324.4000  
Family Resource Center (ex: 4330)  
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LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL  
info@4kornerscenter.org 4kornerscenter.org

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gamblers**  
514 484.6666  
866 484.6664  
gam-anon.org

**Hawkesbury**  
76 Main St W,  
613-632-8133

**Blainville**  
1355 Bd Michèle Bohec  
450-419-6777

**Lachute**  
89, av de la  
Providence  
450-562-7771

**Now Open!**

**LACHUTE HOURS**  
Sun - Wed:  
11 am - 10 pm  
Thur - Sat:  
11 am - 11 pm



## 3rd Edition of the Alexandre Champagne baseball tournament

The annual Alexandre Champagne baseball tournament will take place on September 11, 12 & 13 at Rochon Mirabel Park, 15325 St. Joseph St., (St. Augustine area). Maxime Gratton and Alexis Villemaire, friends of Alexandre, who died by suicide in 2012, will be presiding at the event.



Gathering several Laurentian baseball teams, the tournament's main objective for the second consecutive year, is to raise funds for the Faubour Suicide Prevention center. Last year, the event

raised \$ 5,800 for the organization! Citizens are invited to participate free of charge and food, beverages and information kiosks will be available. The event will take place following the World Day of Suicide Prevention on September 10.

The Centre Faubourg Suicide Prevention Centre serves the Laurentian region offering suicide prevention and crisis management (via CALLING 1-866-line) as well as mourning for the bereaved.

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**INVITATIONS**

**CONFERENCE BY PROFESSOR RICHARD BÉLIVEAU**  
*In French*

Preventing cancer through diet and lifestyle changes  
**Sunday September 13 at 3 PM**  
Église du Village | 1829 chemin du Village | Mont-Tremblant  
Tickets: \$20

**PALLIACCO ANNUAL GENERAL MEETING**  
*In French and English*

**Thursday September 3 2015 at 5 PM**  
2280, rue Labelle à Mont-Tremblant

- Presentation of the annual report and financial summary to March 31, 2015
- Presentation of the strategic plan and achievements of the three-year plan
- Election of 5 members to the Board of Directors
- Corn roast and refreshments

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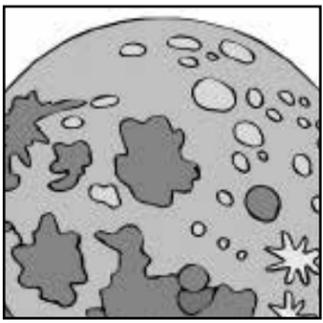
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## Zach Factor

# The man who knew too much

Lys Chisholm & Marcus Nerenberg - Main Street

James Forrestal, an independently wealthy business man, was elected to the Roosevelt government and later, under Truman, became the Secretary of the Navy during WWII. He was a highly respected administrator, and even made the cover of Time Magazine in 1944.

Before the ink had dried on the German surrender, the Soviet army had raided numerous German advanced weapons research laboratories. The American "Operation Paper Clip" also scooped up Nazi technology and scientists, and relocated them to secret US research facilities. Secretary Forrestal toured devastated Germany, accompanied by a naval intelligence officer, the 28-year-old war hero, John Kennedy. The technology seen by Forrestal and JFK, and their secret origin, may have later cost both of them their lives.

The atomic bombing of Hiroshima confirmed the US as the greatest military power on earth. In New Mexico, at the White Sands Missile Range, the Americans were growing their arsenal of atomic bombs. It also appeared to have alerted the intergalactic community at large. Not far from White Sands, on July 1, 1947, radar at the Roswell 509th base picked up anomalies. The blips moved all over the screen, at an unheard of speed, and continued for three days. Radar equipment was checked for malfunctions and found to be reliable. It became clear that the US top-secret base was under some kind of surveillance, and the highest level threat protocol was activated. On the night of July 4, ranchers, campers and many Roswell locals spotted a craft spiral out of the air and crash into a desert field. Nearby Chavez sheriff, George Wilcox, was contacted by concerned citizens, and sent fire and rescue vehicles to the area. In his accounting of the event in "Day After Roswell", co-author, Col. Philip J. Corso, states that as they (Wilcox and staff) arrived at the dark desert area, the lights of the rescue vehicles merged with the military spotlights to reveal a soft-cornered, intact, delta-shaped craft, with its nose embedded into an arroyo.

High level military rushed to secure the site. Meanwhile, citizens contacted the local Roswell media which broadcasted the story on national wire services. As the story went public, the local radio station, and newspaper, were visited by army intelligence and ordered to stop reporting on this "classified event". Within hours, the mysterious craft disappeared on flatbed trucks. All the local witnesses were told that they saw nothing, and were threatened with dire consequences if they ever spoke about this incident. Roswell went silent for decades, and so began the first, great, media spin of a crashed UFO by the US military. The crash was subsequently reported to be a downed weather balloon. Corso claims that the files, the machine, and its deceased occupants, were broken up into pieces by a variety of government officials, and eventually lost within military intelligence departments.

According to writer and researcher, William Cooper, later reports of UFO's became so frequent, that President Truman called upon a select group of 12 individuals to take charge covertly, and handle the alien issue. The newly created CIA provided security for this group, code named Majestic 12, and were given Area 51 from which to operate.

Newly-appointed Secretary of Defense, James Forrestal, objected to this secret organization. According to author, Michael E. Salla, in "Kennedy's Last Stand", Secretary Forrestal was an idealistic man, who believed that the public should be told the truth. When he talked to elected leaders of the opposition party and congress about the alien presence, he was asked to resign by Truman. He refused and, instead, was forced into Bethesda Naval Hospital. He was permitted almost no visitors for seven weeks, and two hours before his discharge to his brother, he is said to have leapt to his death from a hospital window. Although the official media spin was that he was depressed and suicidal, his brother claimed, in a private biography, that James Forrestal, having no prior history of mental illness, was murdered by the new CIA.

According to Salla, Eisenhower, in 1952, was the last President to exercise any control over MJ-12, and Kennedy was the last President who tried. It is believed that this black-ops, unelected government, remains, to this day, in contact with extra-terrestrial races, with full access to their technology. The FBI dismissal of the existence of MJ12, belies the truth that our access to technology has grown abnormally and exponentially in the 68 years since Roswell. One only needs to look at Japan to know that we are playing with toys far beyond our capacity to appreciate them. And it cost a man his life for speaking out.

## Astronomy in August

Although the Perseid meteor shower reached its peak a few nights ago, with close to 100 meteors an hour, the spectacular light show will continue until August 26. This meteor shower is best visible in the Northern Hemisphere. The New Moon will emerge on August 14 and is a great opportunity for sky gazers to observe various celestial objects to due to the dimness of the moon.



## The Story Behind Salamis of Samos, Part I

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Montreal's Griffintown was a tough place in the 1930s and 40s. The Fairyland Theatre had developed there in the early days of cinema. Back in 1908, the Sperdakos brothers started with projections onto the wall of their ice cream and tobacco shop on Notre Dame Street, hoping to draw in passersby. When they saw how many clients came in to see the projections, they built a nickelodeon, an early cinema whose name came from a combination of the price of entry and the Greek word for a theatre housed under a roof. By the end of that first year they had expanded it to 750 seats and named it the Fairyland Theatre.



As the city grew, though, the character of the neighbourhood began to change and the name of the theatre evoked a bygone era. During the Depression things got really tight, but the upside for the Sperdakos family was that they could hire competent people for very little money. Their bookkeeper, another Greek, was an engineer. Basil Salamis couldn't find much work in his own field during the Depression and so he took on whatever job he could find. He had left home at 17 in 1910, headed for the United States from Samos, a Greek island off the coast of Turkey south of Izmir. Once the home of Pythagoras, Aristarchus and Theodorus of Greek antiquity, it was hard-pressed economically by the meltdown of the 500-year-old Ottoman Empire centered in nearby Constantinople, or Istanbul. But Basil had a sunny disposition and the confidence inspired by the knowledge that the people of Samos were among the greatest scientists and thinkers in history. Pythagoras was familiar to musicians and mathematicians while Aristarchus had determined, a millennium before Copernicus was born, that Earth revolved around the sun. Theodorus invented the level, the lathe and the lock.

Given the grinding poverty of the island, his future was either South Africa or America. With the flip of a coin, his grandfather's guitar and blessing, he set off to find a way of supporting his widowed mother and younger sister and brother, confident that, as a Samiot, he could deal with whatever came his way.

Sick with typhoid fever, he found himself quarantined when his ship docked in Wheeling, West Virginia. He didn't know a soul and his natural optimism was put to the test. This new world with its foreign language was very demanding for him. Even his familiar name, Vasili, too unusual for the locals, became Basil for simplicity. Still, he pursued his goal, sending what money he could spare home to his mother as he worked in restaurants and hotels in Cleveland, Chicago and Minneapolis. Four years later, he saw an opportunity with the beginning of the Great War and headed for Canada to fight for the British.

Refused by the military, he worked his way from Winnipeg to Vancouver where, at 21, he wrote the entrance exams and was accepted at McGill University in Montreal.

His life changed in Montreal. He became the first Greek to graduate in engineering at McGill and he went to work for General Electric for a number of years. It was during this time that he encouraged his younger brother, Nicholas, to come to Montreal where he became the most sought-after bookkeeper for many among the 500 Greek businesses.

Basil met Pota Kalfas and her father George, a Greek distillery owner. Basil began working for the distillery and soon married Pota. By 1927 they had a daughter, Marika. In 1932, Nicholas returned to Greece, having discovered a vocation to the priesthood. He came back to Toronto, serving as a Greek Orthodox priest there, working for the community during the difficult war years. He transferred to Montreal after the war, in 1945, and served as the religious foundation of the community for the balance of his career.

The Kalfas distillery was not fated to survive the Great Depression and soon Basil was looking for work to provide for his family. That was how he came to be the bookkeeper for the Sperdakos family at the Fairyland Theatre in Griffintown. His sunny disposition could not hide the state of the books from the Sperdakos family, though, and one fateful day in 1933, after a meeting that can only be imagined, the Sperdakos family solved one of their financial problems by simply turning the keys and ownership of the theatre over to him. That was the same year Basil's son Constantine was born

By early 1934, the sun was beginning to rise from behind the clouds of the Depression. Belgium's Baron Louis-Jean Empain, the son of Edouard-Louis-Joseph Empain and heir to half of the family fortune, had decided to smile upon Canada. His father had founded the Empain Bank and was obsessed with public transport. He had built train tracks across France, Belgium and Holland. He experimented with electric trams, supplying a long list of cities with their first public transit systems. He built the Paris Métro, the Cairo transit system and a railway through China. He built a railway in the Belgian Congo and was involved in hydroelectric projects and many other industrial developments. His great accomplishments, particularly in the Congo, led King Leopold II of Belgium to recognize him with the title of Baron in 1907. When he passed away in 1929, he left an estate estimated to be worth six billion French francs to his two sons. Clearly the Empains had as much self-confidence as a Samiot like Basil, even if Belgium could not boast of scholarly breakthroughs from antiquity.

Young Baron Louis-Jean Empain established himself in Canada in 1934. He proved to be not only the financial salvation of the Sulpicians and of the University of Montreal, but he also conceived and built a Laurentian vacation resort in Sainte-Marguerite-du-lac-Masson, calling it the Domaine d'Estérel.

The positive, sunny disposition that drove Basil's life and outlook made it inevitable that their paths would cross.

Thanks to Con and Kathy Salamis for sharing their family history.

## Obituaries

### EVANS, William Robert (Bob)

In his 94th year, Bob passed away peacefully at the Centre d'hebergement de Mont Tremblant in St. Jovite on July 9, 2015. Loyal and loving husband to Vera (Evans). Dear uncle to Joan McArdle (Albert), the late Bill (Kathy) and the late Carl Champagne. A funeral service for Bob with friends and family took place on July 21, 2015 at Grace Anglican Church in Arundel, Rev. David Sinclair officiating. In lieu of flowers contributions in his memory may be made to Grace Anglican Church 7, chemin Church, Box 67, Arundel, Qc. J0T 1A0.

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

### HICKS, Joy Carol

March 14, 1946 – August 5, 2015  
Passed away in Ottawa after a courageous battle with cancer. She is survived by her brother Earl Hicks, her sister-in-law Aline of Lombardy, Ontario, her nephews Bradley (Ruth) and Timothy (Claudia) and her niece Liza (James Harrison). Her grandniece Bheanca and grandnephews Lucas and Shaw added much joy to her life. Joy was pre-deceased by her parents Rev. George Hicks and Margaret Murdoch. Joy will be sorely missed by family and friends in both the deaf and hearing communities. A funeral service was held on Monday, August 10, 2015 at 2 pm at the Dalesville Baptist Church.

In lieu of flowers donations to the Ottawa Valley Deaf Church, 407 – 2651 Regina St., Ottawa, Ontario K2B 8B5 or the charity of your choice would be appreciated by the family. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

### MONTGOMERY, Marjorie (nee: Leggett)

A celebration of Marjorie's life will be held on Saturday, August 22, 2015 from 2 pm - 5 pm at the Lachute Golf Club, 355 Bethany Ave., Lachute, QC. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, QC.

### WILSON, Arthur Clifford

Peacefully at the CISSS Laurentides, Lachute, QC, on Sunday, July 12, 2015 at the of sixty-eight. Beloved son of the late Percy Wilson and the late Emmie Saunders. Survived by his brothers Brian (Johanne), Michael (Ellen), William (Myra) and Richard, his sister Carol (Dan), and his six nephews and nieces and their families. In respect with his wishes there will no visitation or funeral service.

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



### MAYNARD Mark Robert

Dec. 20, 1970 - July 24, 2015

His name was Mark Robert Maynard. He liked peanut butter sandwiches, sci-fi movies, collecting coins and cans, and he was loved. That his family adored him goes without saying, but it has become abundantly clear that the community of Morin Heights, where he grew up, cared very much for him as well. A skilled leather worker, Mark could often be seen riding his bike under the open skies, wearing one of his creations, his signature black leather hat with a feather. Sadly, Mark's journey came to a close on the morning of July 24 when he was hit by a car from behind. He did not survive his injuries. As our family struggled to come to terms with our loss, the community was already wrapping its arms around us. From offers of condolences, muffins, cookies and soup, a fundraiser by Comforts Bar, the precious gift of a recent photo, to a bouquet of wildflowers left on Mark's porch, the support has been tremendous. We cannot thank you enough. In a world that has become increasingly impersonal, we are blessed to live in a place where kindness and compassion rule the day. The many kindnesses shown to Mark throughout the years will always be remembered. To neighbours, a nurse, and the First Responders who tried to offer comfort at the scene of the accident, we owe you a debt of gratitude that can never be repaid. To SQ Officer, Matthew Mulcair, your compassion for a father and brother in shock will never be forgotten. Mark is survived by his beautiful daughter, his parents, four brothers, his aunts, uncles, cousins, nieces, nephew, sister-in-law and a legion of friends. To our one-of-a-kind, beautiful soul, our Road Warrior, our Macker-One, rest in peace. We have loved you through all the seasons of your life and we always will.



## Networking and partnership initiative retreat

### Kim Nymark - Main Street

Community Health and Social Services Network (CHSSN) organized a retreat that took place on June 10 and 11. Representatives of twenty English-speaking communities' networks from across the province were invited to Quebec City to this Networking and Partnership Initiative (NPI). Since 4 Korner Family Resource Center is one of these networks, both Communications Director and Executive Director, Lisa Agombar, and myself attended these two intense days of workshops and group discussions. This unique opportunity allowed for sharing of information and ideas from across the province.

Leadership Development Training was the primary theme for this year's session. A leadership development framework was presented as a map for NPI coordinators to follow. It illustrates the individual competencies that have the greatest impact on developing leaders of change within their communities. The vision is that through leadership development, English-speaking communities of Quebec will be healthier. The long-term goal of each network is to improve the health and vitality of their community members, through increasing access to health and social services in the English language. Our success, as a group, to date, has resulted in the creation of over eight hundred partnerships with community organizations and public institutions across the province.

Together, we can, and do, make a difference!

## Richard Béliveau in Mont-Tremblant on September 13

Palliacco, in collaboration with l'APPUI Laurentides and the City of Mont-Tremblant, will hold a public meeting with Professor Richard Béliveau, biochemist, researcher, author and lecturer, on Sunday, September 13: 3 pm at l'Église du Village, 1829, chemin du Village, in Mont-Tremblant. Mr. Richard Béliveau will speak on the importance of Cancer prevention through diet and lifestyle changes. The conference will be conducted in French.

Following the conference and question period, there will be tea tasting and canapés along with short presentations by tea sommelier Marc-André Latour, nutritionist Caroline Blaney, Restaurant Patrick Bermand and by participants of a workshop on cuisine organised by Palliacco.

Popular books published by Mr. Richard Béliveau will be on slae and Sencha tea will be available for tasting and can also be purchased for \$5 per package of ten sachets.

Tickets, \$20, are available at Palliacco, 2280 rue Labelle in Mont-Tremblant, from the Palliacco web site at [www.palliacco.org](http://www.palliacco.org), Librairie Carpe Diem, 814-6 rue de Saint-Jovite in Mont-Tremblant, Pommier fleuri, 7 rue Principale East in Sainte-Agathe-des-Monts and from Palliacco staff members.

This conference is open to everyone, and especially to caregivers in the MRC des Laurentides.



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Fri, Aug 28: 10 am - 11:30 am  
Sainte-Agathe: 99 St. Vincent Street - Local 2

### Coffee meeting for the bereaved

Wed, Aug 19: 1:30 pm - 3 pm.

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## I'm Just Saying What in the world?

Ron Golfman - Main Street

I sat down recently to toss around a few ideas for this article, and in the midst of the sweltering, humid weather, which has characterized much of July, I decided to seek some inspiration from both the news and the iconic Beatles song, "A Day in the Life." In retrospect, I am not sure if it was a good idea, but it sure made me think.

First off, I was reading about how the city of New York was handling the case of the young man who was selling individual cigarettes on the street. Because he was a large black man, he was assaulted, taken down and choked to death, as a consequence of unnecessary and extreme force used by overzealous police. He perished and the police were exonerated.

The very next article featured the story of Tom Selleck (you know, Magnum P.I.), being found guilty of stealing trucks of water to fill his pool and keep his lawns green, while the rest of California is threatened by the worst drought in ages. Tom, a white, aging actor, with plenty of cash, simply cut a deal to pay for the water theft, and all was forgiven. The contradictions in these two instances, both described as victimless crimes and misdemeanors, made me sad and embarrassed about the culture I live in.

I decided to leave the news and go out among the people, while getting some shopping done, and quickly ran into more bad taste and hypocrisy. After hearing of the lifting of sanctions on Iran, and that now 30 million barrels of surplus oil would hit the market, I decided to fill up my car. Between the "deal" and oil being at \$50 dollars a barrel, I was dismayed to see that gas had gone up two cents that morning, reminding me, once again, how passive we are about what we accept.

I stopped in at a Toys "R" Us, to purchase gifts for two of my neighbour's kids, and was shocked to find an abundance of sexually provocative dolls and seemingly adult-oriented toys, geared towards young girls. For boys, outside of the odd ball, everything was aimed (pun intended) towards violence and aggression. I asked the clerk where the car model-making kits were, and he looked at me as if I had asked for a live zebra. Discouraged, I went home to search for something that could turn upset into something positive.

By the time you read this, it will have been close to seven months since we lost our Meghynn to Cystic Fibrosis. The pain and sadness of losing her at 30 is indescribable and will not soon wane. While monies were raised in several parts of the country to help her struggle, my wife, Mame, and I were only responsible for the 2nd Wind Fund, here at home. We feel it necessary to report that, since 2009, we have only used funds to pay for medicines not covered by Medicare, around \$300 per month, and for her cell phone, in case she found herself in a sudden emergency due to her illness. The Trust acknowledged these expenses as valid and conforming to the original objectives of the fundraising and Trust goals.

While we are not administrators of the funds elsewhere, the out-of-province funds provided support for her funeral costs, the rest soon to be donated, as promised, to Cystic Fibrosis Canada. Our balance allowed us to "pay it forward", to the tune of over \$5,000 dollars, to the same foundation to help the next victim of this dreadful disease. As was the case with our own generous community, we hope the help it provides will allow someone else to enjoy an enhanced quality of life. This is something positive, in the face of something so gut-wrenching in nature, and we thank you from the bottom of our hearts forever.



## Making it Work in the Laurentians Building a resilient brain for today's economic times

Liz Ulin, MBA - Main Street

One of the key buzz-words in today's tough economic market is "resilience." You know, learning how to dust yourself off and get back in the game, to bounce back after a disappointing job interview or business failure. We've all had times like that.

Learning resilience will, in fact, put you in a better position to land on your feet in the future. Today, people are often faced with times of instability before landing a steady, well paying job. In this new environment, traditional jobs no longer exist. More and more people are working on contract, or finding part-time employment. Individuals who choose the entrepreneurial route may also need to cope with some disheartening setbacks, particularly at the beginning of their ventures. So how do you bounce back and strengthen your resilience when, instead, you just want to dive into your third tub of Ben & Jerry's? Well, the good news is that you can actually learn to be resilient.

Learning to be resilient starts with training your brain. It's a lot like fitness training—pushing yourself progressively away from your couch-potato habits, to a new, healthier lifestyle. For instance, after a defeat, do you tell yourself you knew you wouldn't get the job? Or, that the deck is stacked against you and it's futile to even try?

If that's the case, you need to shift your thoughts to more positive territory. Ask yourself: What did I learn from this experience? If I could change just one thing, what would it be? What went right for me this time? You need to reframe the experience quickly. It stung, yes, but don't dwell on the downside. Acknowledge it, and then focus your thoughts on moving forward, and recognize that you are not alone in your struggle.

It's also recommended that you train your brain to routinely identify the positives in your life. What do you have going for you? Intelligence? Creativity? Friends? Family support? Keep those things in the forefront of your mind. Make a list to keep handy and review it regularly; before an interview, when meeting new people, while drifting off to sleep. Sounds crazy? Try it! You can be sure that you'll feel more at ease and more confident. And those around you will notice. Research has shown that people who employ positive thinking will recognize opportunities at a much higher rate.

A good support system is also important. Don't try to get through the tough times alone. That said, be selective in who you seek out. The negativity vibe can be contagious. Surround yourself with positive people who bring out the best in you, and when you are feeling down, be good to yourself. Find things that make you happy and indulge yourself; take a long walk, have coffee with a friend, or get a relaxing massage.

There are some things in life you will have no control over. That's a given. But, in these challenging times, it's worth knowing that, with resilience, you will be able to manage the impact that those difficult moments have on your life. So get started building a resilient brain. It will be the best career move you'll ever make.

Organizations like YES have coaches, and even peer-to-peer support groups, that can help you navigate the bumpy patches. Get in touch at [www.yesmontreal.ca](http://www.yesmontreal.ca) or 514-878-9788.



## The English Link Beware of annoying head lice



By Kim Nymark - Main Street

It seems lice are synonymous with "Back to School." Since it is that time of the year, I thought it would be appropriate to discuss these creepy-crawly pests.

The head louse is a tiny, wingless, parasitic insect that lives among human hairs and feeds on tiny amounts of blood drawn from the scalp. Lice (the plural of louse) are a very common problem, especially for kids. They're contagious, annoying, and sometimes tough to get rid of. But while they're frustrating to deal with, lice aren't dangerous. They don't spread disease, although their bites can make a child's scalp itchy and irritated, and scratching can lead to infection. It's best to treat head lice quickly, once they're found, because they can spread easily from person to person. They can't fly or jump. They spread mainly through head-to-head contact, but sharing clothing, bed linens, combs, brushes, and hats also can pass them along. Pets can't catch head lice and pass them on to people, or the other way around. Although they're very small, lice can be seen by the naked eye. Look for the lice eggs (called nits). Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off.

Lice eggs hatch within 1 to 2 weeks after they're laid. After hatching, the remaining shell looks white or clear and stays firmly attached to the hair shaft. Lice can survive up to 2 days off the scalp. With lice bites usually comes itching and scratching. This is actually due to a reaction to the saliva of lice. It can sometimes take weeks for kids with lice to start scratching. They may complain, though, of things moving around on, or tickling, their heads.

In Canada, 3 insecticides are approved to treat head lice: pyrethrin (R&C Shampoo and Conditioner), permethrin (Nix Creme Rinse or Kwellada-P Creme Rinse), and lindane (Hexit Shampoo or PMS-Lindane Shampoo). Pyrethrin and permethrin are safe when used on humans. However, lindane can be toxic and should not be used on infants,

or children younger than 2 years of age. It's important to follow the directions exactly, because these products are insecticides.

Here are some simple ways to get rid of the lice and their eggs, and help prevent a lice re-infestation:

Wash all bed linens and clothing in very hot water (130°F or 54.4°C), then put them in the hot cycle of the dryer for at least 20 minutes.

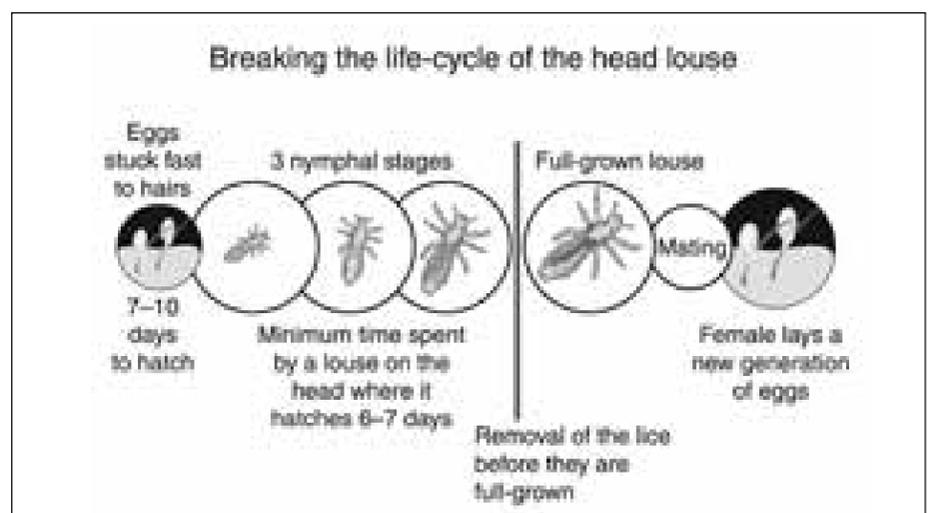
Dry clean anything that can't be washed (like stuffed animals) or put them in airtight bags for at least 3 days.

Vacuum carpets and any upholstered furniture (in your home or car), then throw away the vacuum cleaner bag.

Soak hair-care items like combs, barrettes, hair ties or bands, headbands, and brushes in rubbing alcohol or medicated shampoo for 1 hour.

If you discover that your child does indeed have lice or nits, contact the staff at school or childcare center to let them know. It is important to find out what their return policy is. For complete details on head lice, go to: <http://bit.ly/1Izb3H8>.

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



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**MUNICIPAL BULLETIN**  
**AUGUST 2015**

**MAYOR'S MESSAGE**

In the fall of 2014, we proceeded with the unveiling of our strategy for economic development and employment that targets several economic spheres such as industry,

trade and housing, which are all major factors in the improvement of the quality of life for our citizens. The objective was also to convey the municipal council's vision and to shed light on the positioning it wants to give the city over the next 20 years.

Projects and operations arising from this strategy involve municipal services and the city's socio-economic partners. The numerous actions, which represent this strategy have been compiled on a list, which is available on the city's website.

Here is a preview of the actions that have been taken thus far:

- The development of a business park on the land located in the expansion segment of Léonard Street is well underway. The amendment to the regional plan is now completed and we are currently in the planning stages of the construction of infrastructures, which is scheduled to begin in the spring of 2016.
- A concept for directional displays to the different business parks is in the development stages and will appear in different areas of the city by fall of 2015.

**Residential level:**

- The affordable housing project located in the Blue Castle area is underway. It bears the name of "Domain Mont-Catherine - 4 versants." A model home, which will be used as the sales office, is already under construction, as is the street for Phase I of the project. Additional information is available on the city's website.
- The establishment of a new revitalization program to promote the construction of new residential buildings to promote the densification of the downtown core and its surrounding areas is already in place.
- Pre-leasing of the units of the autonomous seniors' housing project "Residence Laurentides" located in the heart of the city centre is well underway.

**Commercial level:**

- The implementation of a support program for the marketing of the downtown and Route 117 areas.
- The draw and retention of attractive shops according to the commercial areas while keeping in mind the particular needs of the downtown core.
- We are conducting a study to promote and redefine certain sectors and islets in the urbanized sectors of the city.

**Improvement of the quality of life of our citizens:**

- Citizens are at the heart of our concerns. The municipal Council has given the Director General a mandate to develop and implement a "policy of service to citizens." Different actions and resources are presently being developed.
- In collaboration with citizens, the business community and individuals, we have undertaken a process of positioning of the city - commonly known as "Branding" or "Territorial Marketing." This approach is necessary to develop a sense of belonging and pride for the city.
- An update of the family policy is underway. For its development, the city has retained the participation of citizens and representatives of community organizations.
- In collaboration with the organization "Resources Laurentides," a welcoming representative for new residents and companies' employees, is ready to accompany them in their search for housing and the development of a network of contacts.

In addition to these projects, you will also find more projects described in this bulletin.

Some investment projects have already been announced publicly while several others are in development or on the drawing board. As you can see, there is no lack of work and a lot remains to be done. I am also very pleased to note the population's positive response, the investors' and the business community's support in our endeavours.

Denis Chalifoux, mayor

**A BICYCLE PATH AROUND LAC DES SABLES: A SAFE WAY TO SHARE THE ROAD**

Major construction began at the start of the summer around Lac des Sables. The rehabilitation work of the aqueduct, paving and construction of a bike path has already begun on Chemin Tour du Lac and Chemin du Lac des Sables. The work project should be completed in 2016.

**What's being done and what will be the cost?**

- Rebuilding of 2800 meters of the aqueduct system at a cost of \$900,000.
- Re-paving the major part of chemin Tour du Lac and chemin de Lac des Sables: \$2.5m.
- Repairs on 600 meters and removal of 400 meters of sidewalks: \$170,000.
- Signage and specific designs and layouts to promote a shared-use lane over an 8.5 kilometers distance: \$110,500.

Consequently, almost \$3.7m will be invested in this project, which the city has been planning for several years. More than half of the costs (53%) will be financed through grants including the Programme de subvention de la Taxe sur l'essence et de la contribution du Québec (TECQ) et le Programme Véloce du Ministère des Transports du Québec. The city will use \$225,000 of its surplus and will resort to the borrowing bi-law to fund \$1,515,700.

The rehabilitation of the road around the Lac des Sables is a priority for the municipal Council, which sees this project as a great opportunity to revitalize the downtown area, draw attention to Lac des Sables and increase recreational activities.

**THE DOWNTOWN AREA STAYS CONNECTED**

In recent weeks, the city has expanded its offer of a free public Wi-Fi network in the downtown area. Already offered from some municipal buildings, the network has been extended to the downtown area and will allow residents and visitors to have access to a free wireless network, in strategic areas of the Ste. Agathe territory. This is another initiative that contributes to the revitalization of the downtown core.



# Healthy Channels Detecting Melanoma

Christopher Garbrecht, Ac. - Main Street

It's summer, and the time of year when we experience excessive sun exposure, so, I thought I would write about our skin. Recently, one of my patients mentioned how difficult it was to find a dermatologist in the Laurentians. I thought he must be mistaken because, in the States, most mid-sized towns, and certainly a region as large as the Laurentians, would have at least one dermatologist, and most likely a few. I conducted an Internet search, (please correct me if I am wrong) and found that there were exactly three dermatologists, from St. Jérôme northward. Actually, I heard that the dermatologist in St. Sauveur was retiring, so that leaves two dermatologists in this general area. Astounding! I use the word "astounding," because UV levels in general are rising, due to a decrease in the ozone layer. As a result, we are being subjected to much more intense UV radiation which, besides aging the skin, creating wrinkles and leading to sunburns, can cause melanoma.

Melanoma is the most dangerous form of skin cancer. These cancerous growths develop when unrepaired DNA damage to the skin triggers mutations (genetic defects) that lead the skin cells to multiply rapidly and form malignant tumors.

Melanomas often resemble moles. Whenever I notice an unusual skin growth on a patient, I use this easy way to find warning signs of skin cancer. It goes from A to E, and I hope it helps you to recognize the signs:

- A: asymmetrical.
- B: border. A malignant growth tends to have uneven edges.
- C: color. A worrisome growth tends to have a variety of colors.
- D: diameter. Benign moles tend to be smaller. Melanomas usually are larger in diameter than the eraser on your pencil tip (¼ inch or 6mm).
- E: evolving. Be on the alert when a mole starts to evolve or change over time.

If you notice any, or all, of these signs on a skin growth, be sure and contact your doctor as soon as possible. If melanoma is recognized and treated early, it is almost always curable, but if it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal. I would suggest to anyone who spends a lot of time in the sun, or who is genetically predisposed to melanoma, to have a health care professional conduct an entire body scan, to detect any unusual growths. Enjoy the sun, but be safe!

If you have any questions about acupuncture or would like to schedule an appointment in Val-David or St. Jovite, please call 819 322-3081.



# Fit Tip #99 Cuckoo for coconuts

Lisa Mclellan - Main Street

Coconut oil has been used for thousands of years in Southeast Asia and the South Pacific, but has only recently gained favour here. The scientific research on its nutritional and health value suggests that coconut oil is "the healthiest oil on earth."

- Here are some of the reported benefits:
- Heart Health: Coconut oil is cholesterol free - even though it is a saturated fat! Its medium-chain fatty acids are quickly metabolized in the liver and converted into lauric acid, which promotes the production of high-density lipoproteins (HDL - good cholesterol).
- Weight Loss: Because coconut oil metabolizes so quickly in the liver, most of the calories are used to produce energy, and therefore are not stored as fat. Daily use promotes weight loss by increasing the rate of metabolism. It is especially effective in reducing dangerous abdominal fat.
- Brain Health: Coconut oil increases cognitive brain function! During digestion, the medium-chain fatty acids are converted into ketones. These are sent directly into the bloodstream from the liver, and then to the brain, as a source of energy. Evidence suggests that ketones may actually help restore neurons and nerve functions in the brain - even after damage has set in. Scientists are investigating the possibility of coconut oil being used as prevention in dementia and Alzheimer's disease.

- Immune System: The lauric acid in coconut oil is the same compound found in mother's milk! The body uses it to produce mono-laurin, a natural antibiotic.
- Skin & Hair Health: Coconut oil contains high amounts of Vitamin E and lauric acid. These nourish and moisturize the skin, scalp and hair. It keeps hair strong, prevents dandruff, protects against premature baldness and excessive hair loss. With an SPF of 8 it helps to protect the skin against harmful UV rays.
- Digestive Health: The medium-chain triglycerides are easily broken down, thereby producing less stress on the digestive system. Coconut oil helps to absorb other nutrients, such as vitamins, minerals and amino acids. Its antimicrobial properties protect against the growth of harmful bacteria in the colon, help to eliminate parasites and to fight fungal infections, such as candidiasis. Daily use has been effective in relieving the symptoms of irritable bowel syndrome and Crohn's disease

- Dental Health: Used in dental care to whiten teeth, remove bacteria from gums and reduce bad breath
- Use in Cooking: Use in any recipe as a substitute for butter, vegetable shortening or any other cooking oils. Contains no trans fats. The flavour is mildly nutty, but it's possible to get aroma-free coconut oil. Coconut oil remains stable even when heated.

In a nutshell, coconut oil is antimicrobial, antioxidant, anti-fungal and antibacterial. It is highly nutritious; rich in fibre, vitamins and minerals. Recommended therapeutic use: 2 - 3 tablespoons a day. Virgin, organic, coconut oil produces the best health results. Non-organic coconut oil is treated with chemicals, is hydrogenated and therefore should not be ingested.

Guess what? Now I'm cuckoo for coconuts too! Enjoy good health by taking simple action.

Sources available on request



## Garden Talk Controlling Coltsfoot

June Angus - Main Street

A sure sign of early spring is the appearance of 4 to 6-inch stalks topped with a small yellow flower resembling a dandelion. They are generally found along roadsides, in ditches

and throughout garden landscapes. While their appearance may, in late April, be a happy sign, by July and August these pretty little flowers will have morphed into large hoof-shaped leaves that seem to spread everywhere.

Commonly known as Coltsfoot (*Tussilago farfara*), this plant has very invasive habits, so when it shows up in the garden, it is wise to contain or eliminate it. It is most problematic for gardeners during the early stages of landscaping, around new construction, or near septic system installations. The plant takes hold early in the season, squeezing out the other plants or grass you really want to grow. It favours moist to wet locations and seems to thrive in all types of soil, even growing well in gravelly poor soil where other plants have difficulty growing.



Coltsfoot in flower

Early settlers brought Coltsfoot to North America as an herbal remedy for respiratory, lung and throat illnesses. The genus name *Tussilago* means cough dispeller. Today, research shows the plant may have toxic properties when used medicinally. So there aren't really any good reasons to keep it in the garden.



Coltsfoot leaves

Coltsfoot propagates the same way as dandelions. The mature flowers turn into white puffballs that scatter the seeds on the wind. However, unlike dandelions, the mature flowers then die back before the leaves appear. But once those leaves appear, they spread like crazy.

### Eliminating Coltsfoot

Unfortunately, the best way to get rid of Coltsfoot is labour intensive; just pull the plant out by the roots. It is easier to get the entire root out when the soil is damp. Be aware that small pieces of root left in the soil can grow into new plants. Ideally, pull them out in the spring when the flowers appear, but before they go to seed. However, pulling them out anytime is better than leaving them in place.

If these weeds are popping up on a gravel driveway, or between patio stones, and are hard to get out by the roots, you can spray them with vinegar (5% or more acetic acid). This will "burn" the leaves and stems, hopefully down to the roots. However, don't try this in the middle of your lawn, as it will kill the surrounding grass.

For widespread infestations, you may have to resort to an herbicide that not only kills this invasive weed, but other surrounding plants as well. For me, this is a last ditch option. We're still working on pulling our Coltsfoot out by hand. If you must use the herbicide option, check with your local garden centre about what is available to use safely in your region. Waterfronts, wetlands, and areas inhabited by children and pets, make this a difficult choice.

So, next spring, when those pretty little yellow Coltsfoot flowers appear, off with their heads, stems and roots!

## Record participation for the 3-lake crossing

One hundred people participated in the 2015 edition of the 3 Lakes Crossing in St. Adolphe d'Howard on July 25, where they discovered three of the most beautiful lakes in the area, Lac St. Joseph, Lac Sainte-Marie and Lac Theodore.



Team Echo Aloha was also on hand for the rental of paddle-boards. People from across the region joined the event and contributed to the success of the day.

The departure was at parc des Aînes on Lac St. Joseph. Boaters were asked to make a stop at Île de pierres on Lac Ste-Marie, where a kiosk for snacks and first aid had been installed. This was a great success as the participants had the opportunity to swim and dive from the top of the island! Singer, Jean-François Prud'homme was also on hand during the day. A special thank you to bistro De Bouche à Oreille who satisfied the appetites of several participants.

The water patrol service of the municipality, (Sûreté du Québec) as well as some volunteers were responsible for the safety of the paddlers. The activity took place without a false note. Thank you to all the volunteers and participants!

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