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What’s On My Mind...

Good customer service improves client satisfaction

Susan MacDonald, Editor

It was shopping week and my list was long, necessitating visits to several stores about town, all to be done within a very short time frame. Over the course of the afternoon, I experienced varying degrees of customer service and came to realize how much that had affected my shopping experience and influenced my general impression of each establishment.

First up was our local big box store where, once again, I ran into the 900+ pound goliath robot ‘on break’ from its duty of scrubbing floors. Its forward path blocked by a large floor display, it stood motionless for several minutes with flashing blue lights that I concluded must be a distress signal. Being self-automated, I assume these beasts have reverse gears for these situations so, I thought, perhaps it also had a second purpose of surveillance and was discreetly checking things out in the baby department. These days, what one sees isn’t always what it seems to be.

Next up was food shopping at Store #1. Here, it is vital that you know the store well and where items are placed, as they aren’t always in the most logical departments. Usually, there are a couple people stocking the shelves so if you’re lucky, they may be able to direct you to the right aisle. Same situation at Store #2, minus the stockers as there never seem to be any available when you need them.

The highlight of my shopping spree happened at Store #3. In obvious search of an item, an employee approached me and asked what I was looking for. Together, we searched unsuccessfully and she suggested I try Aisle 1, which I did, but was still not able to find my product. Much to my surprise, a few minutes later the same lady came to me, with my sought-after product in her hand. I was surprised and very touched that she cared enough and took the time to find it and bring it to me. This was the first time in many years that I had received this level of customer service, something in years gone by, we took for granted, just as we have accepted the lack of it more recently.

As a personal shopper, I appreciate the help and courtesy of a real person when I need assistance. I enjoy the familiar faces, the smiles and friendly exchanges, which is why I shop local. I don’t see myself talking to a machine when I need help and if that’s all that’s available to me, I do see myself walking out the door and not returning.

Employers may be looking at money-saving protocols such as replacing humans with robots but I hope they understand the most important element in successful business is excellent customer service, and that dear folks, can only come from real people.

Enjoy the read...

Opening of the Ski Museum in its new premises!

It is with great joy that the Laurentian Ski Museum [M. Guy Thibaudeau, Chairman of the Board of Directors] in the presence of Ms. Sonia Bélanger, MNA for Prévost, Minister responsible for Seniors and Minister for Health, Mr. Jacques Gariépy, Mayor of the City of Saint-Sauveur, Mr. David Dufour President of the Chamber of Commerce of the Valley and Mrs. Lucile Wheeler-Vaughan, Honorary President of the Museum opened its new premises at 6, avenue de la Gare in Saint-Sauveur. This rental development project in a municipal building was also supported by the Société d’aide au développement des communes des Laurentides (SADC) and the MRC des Pays-d’en-haut. [Photo 1: cutting the ribbon*]

Following her speech, Ms. Sonia Bélanger, MNA for Prévost, donated \$10,000 to support the Museum. [Picture 2**] On this occasion, the Saint-Sauveur Valley Chamber of Commerce held its June 5@7 in collaboration with the Museum. This evening was sponsored by Delegat Wines — Oyster Bay, Microbrasserie Shawbridge and Boulangerie Pagé.

During this reopening, we also note the presence of many dignitaries, merchants from the valley region, distinguished guests and inducted members of the Laurentian Ski Hall of Fame, whom we would like to thank for having the Museum at heart. More than 130 people were present!

Finally, the MSL warmly thanks all the collaborators and partners who made this relocation possible in the heart of the City of Saint-Sauveur, finally ready to welcome visitors. THANKS !

About The Laurentian Ski Museum

The Laurentian Ski Museum is a regional themed history museum. The institution was founded in Saint-Sauveur in 1982, where it is still well established. Since May 2019, the MSL has been a museum institution approved by the Government of Quebec. The MSL is now housed in a municipal building in the heart of the village core at 6, avenue de la Gare at the corner of rue Principale in Saint-Sauveur.

It has a collection of more than 7,500 artifacts and 20 private archival funds. It presents a permanent exhibition - The History of Skiing in the Laurentians. The mission of the museum is to preserve and disseminate the heritage of skiing in the Laurentians, the cradle of skiing in Canada.

Quotes

“The history of skiing is the history of the Laurentians AND the history of the Laurentians is the history of skiing” mentioned **Mr. Guy Thibaudeau**, President of the Museum during his welcome speech.

“It is now that the kick-off is given with the new premises. Thanks to the ski museum, throughout the year, my fellow citizens will participate in the immersion in their history and I would like to congratulate all those who participate in its realization”. **Ms. Sonia Bélanger**, MNA for Prévost, Minister responsible for Seniors and Minister for Health.

“The City is proud to support the mission of this institution, the Laurentian Ski Museum. Its new location, in the very heart of the village core, will most certainly have a positive impact on its visibility and traffic. So many beneficial factors not only for the Museum itself and the population of Saint-Sauveur, but also for all merchants who will benefit from the spinoffs of this economic engine”

Mayor of the City of Saint-Sauveur, **Mr. Jacques Gariépy**.

"One of the greatest honors of my life was to be inducted into the Hall of Fame of the Laurentians at its first banquet alongside Herman Smith-Johannsen and to have been selected as honorary president of the Musée du ski des Laurentides"

Mrs. Lucile Wheeler *Note that Ms. Lucile Wheeler was the first Canadian Olympic medalist in downhill alpine skiing in 1956 in Cortina d'Ampezzo (Italy)

L-R | Mr. Michel Kieffer, political adviser to Ms. Marie-Hélène Gaudreau, MNA for Laurentides-Labelle; Mrs. Nancy Belhumeur, Museologist of the Ski Museum; Mrs. Rosa Borreggine, municipal councilor of the City of Saint-Sauveur; Ms. Lucile Wheeler, Honorary President of the Museum, Ms. Sonia Bélanger, MNA for Prévost, Minister responsible for Seniors and Minister for Health; Mr. Jacques Gariépy, Mayor of Saint-Sauveur; Mr. Pierre Urquhart, General Manager and Mr. Guy Thibaudeau, President of the Laurentian Ski Museum

L-R | Ms. Sonia Bélanger, MNA for Prévost, Minister responsible for Seniors and Minister for Health; Mr. Pierre Urquhart, general manager, Mr. Guy Thibaudeau, president and Mrs. Nancy Belhumeur, museologist of the Laurentian Ski Museum
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Making it Work in the Laurentians

7 steps to a smarter pop-up

Maya Khamala

With small businesses in various stages of closure, it may seem like an odd time to set up a pop-up shop. While nothing can replace the convenience of online shopping, people miss feeling connected to the things and people they love—in a real-life environment.

Pop-ups offer an exciting alternative to brick-and-mortar stores. They come in all sizes and can be harnessed by anyone, from large-scale retailers to DIY artists. These temporary, low-cost storefronts or displays typically last anywhere from 3 days to 3 months, and they offer vendors an opportunity to test drive products, incubate new ideas, diversify revenue, and meaningfully boost customer engagement.

If you've been considering taking up physical space with your online business but aren't ready to invest long term, a pop-up may be for you.

Here's how to organize one:

1. Set goals

Define your goals before anything else. Maybe it's boosting brand awareness, acquiring new customers, testing products, generating revenue, or all of the above. Defining how you'll measure success (i.e. via social media engagement, site traffic, email signups, and sales) is also integral.

2. Make a budget

Outline your anticipated expenses. These might include rent, utilities, liability insurance, permits, decorations, inventory, marketing, food, cleaning fees, and promo materials. Factor in potential revenues too, like grants, sponsors, or income from renting the pop-up space to others.

3. Find space

Determine what kind of space would best suit your purposes. You might choose a vacant storefront, event space, gallery, booth, or even a truck. That's the beauty of a pop-up: you get to be creative! Note: depending on the duration of your rental, you may require a lease rather than a license.

4. Be safe

Accidents happen, so liability insurance is smart. It usually covers legal, medical, and property-related costs. Also be sure to read your lease or permit so you understand who's held responsible in the case of a fire or flood. If you plan on serving food or alcohol, you may need additional permits.

5. Create an experience

Take it beyond just selling and think about the experience of attendees. Is there easy access to storage, bathrooms, and food stations? Is the lighting welcoming? Are email signup sheets available? Project your brand with signage, thoughtful displays, or even a live demo/entertainer.

6. Handle logistics

When planning the execution of your pop-up event, create a task list and delegate! Items may include: moving, storing, packaging, staffing, security, photography, hosting, cleaning, and paying people.

7. Spread the word

In the lead-up, generate social media buzz by circulating hash tags, teaser videos, and engaging your audience with contests. Consider sending out a press release or opting for paid ads. Maintain the hype by posting live updates of your pop-up.

Did you know that YES organizes free pop-ups for artists every summer? Get in touch to find out more about our services for artists and learn how we can help you grow your artistic practice! <https://yesmontreal.ca/artists/> or (514) 878-9788

The Dunany Studio Artists Bring Awareness to Endangered Quebec Turtles

On Thursday, August 24 and Friday, August 25, from 5 pm to 8 pm, the Dunany Studio Artists will present another outstanding art exhibition showcasing their new works at the Dunany Golf and Country Club (2053 chemin Dunany, Wentworth). Everyone is invited to attend!

In addition to each artist's individual paintings, the theme will feature some individual 'turtle' art to help promote awareness of endangered turtle species in Quebec.

The Nature Conservancy of Canada, www.natureconservancy.ca has launched a new website, www.carapace.ca that presents all the different species and practical advice on the importance of protecting turtles. The Carapace team wants the public's help to report turtle sightings, by filling out a form on their website. The Dunany area includes prime turtle habitat and so they are encouraging everyone to visit the site and become further educated on turtles, their significance and major importance to our ecosystem.

During the past 25 years, this group of multi-media artists has exhibited their art at the historic Dunany Golf and Country Club, now celebrating its 101st anniversary. In this exhibition, 13 artists will showcase original watercolours, pastels, oils, acrylics, mosaics and sculptures.

The Dunany Studio Artists meet weekly at the Wentworth Recreational Community Centre to learn, share ideas and practice new styles and techniques. They host professional watercolour workshops throughout the year featuring masters and well-known artist-teachers.

For more information visit www.facebook.com/DunanyStudioArtists or the website <http://dunany.ca/activites/dunany-studio-artists> or email dunanyartists@gmail.com.

ATTENTION ALL ART LOVERS!!

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Laurentian Personality Slim Williams, Musician and Actor Extraordinaire

Lori Leonard – Main Street

Warren “Slim” Williams was born in Elizabeth City, North Carolina and was raised in Rocky Mount, North Carolina. He moved to Norfolk, Virginia later on. His father who was also called “Slim” was a Southern Baptist preacher and his mother was a registered nurse. Slim was the youngest of 4 children. He moved to Val David in 1978 and currently resides in St. Sauveur.

Slim always enjoyed sports and there was certainly much friendly competition between him and his brothers. At 6’4”, Slim was an excellent basketball, football and baseball player. However, Slim always had a passion for music as well. Slim’s mom forced him to play piano at 5 years old and they realized, well, he was a natural born musician as well as a natural athlete. Slim learned how to play several instruments: bass guitar, drums, trombone, oboe and piano. He also has a wonderful singing voice. His first “gig” was playing at a church when he was 9. He was paid 50 cents each Sunday and given a check for \$2 at months’ end- \$2.50 for 5 Sundays! At 13 Slim was gifted with an organ, he was elated!

In his musical career, Slim had the pleasure of playing with legends such as the Platters, the Drifters, Bo Diddley and Big Mama Thornton and toured with the lead singer, Philippé Wynne, of the Spinners. Quite an amazing feat!

In 1986 he won Star Search with his band members called Tchukon. Slim enjoys playing all kinds of music, whether R&B, gospel, jazz or reggae. He excels in every genre of music.

Slim met Meredith Marshall in 2001. Meredith and Slim clicked immediately and discovered they complimented each other whilst performing. They put together a musical show called Atomic Glam, which highlighted both of their excellent talents. Meredith with her incredible husky, sultry voice and Slim with his amazing instrumental talents and wonderful voice were a great fit. They know just how to push each other’s buttons to showcase each other’s talent. Slim told me “I just love to perform, no matter the place.”

Some of Slim’s favorite performers are Earth, Wind and Fire, Steely Dan, Luther Van Dross and of course “Aretha” and “Gladys”.

Slim won a Gemini award for his performance in In the Key of Oscar, which was a documentary film about the life of Oscar Peterson. He enjoys working on musical shows and projects and is currently working on a few. Unbeknownst to many, Slim has performed in more than 30 films and he enjoys acting immensely.

Life was not always a piece of cake as a musician and the lifestyle of a travelling musician was not always easy. Slim is extremely proud to say that he has been clean and sober for more than 20 years now. In fact, Slim provided a talk at Le Portage to help support others. Slim says, “Music is my life support, similar to how people breathe air.”

Slim also says that he has experienced “many miracles in his life”. One of those miracles is his son “Ajay” whom he adores. Ajay lives in Verdun and has a young son who affectionately calls Slim “Poppa”.

Slim says “I’ve been Slim Williams for a long time. What I love to do is share my passion for music, acting and production with the world.” Well, Slim, you are a true inspiration to all of us. We look forward to hearing more about your incredible projects and to seeing you perform very soon.

Theatre Morin Heights features local playwright



Theatre Morin Heights is delighted to feature two plays this fall by local playwright, author and musician David Sherman.

Tickets for the theatre’s main stage production of “Have a Heart” by David Sherman go on sale mid-September with six performances to choose from on October 18 to 22 at Chalet Bellevue, Morin Heights – 4 evening shows and 2 matinees. “Have a Heart” premiered at Montreal’s Centaur Theatre in 2006 while Sherman was writer in residence there. The TMH production is cast and rehearsals are now underway. If you wish to volunteer behind the scenes, let us know. Check out theatremorinheights.ca for details and more news.

TMH will also premier a new work by David Sherman as part of Les Journées de la Culture on October 1. “Nickey’s Café: Stories from Lost Valley” will be presented as a FREE staged play reading to be held at 2:15 pm also at Chalet Bellevue.

Save the dates now and prepare to come, sit back, relax and enjoy both shows! For more information about either of the upcoming productions contact: theatremorinheights@gmail.com or call 579-765-3999.



In the Anglosphere Palliacco

Kathleen Hugessen | Penny Rose

Maryse Brunet-Lalonde, president of the board of directors of Palliacco, incorporated in 2009, first began working with the organization as a volunteer. With a background in nursing and life-coaching (including training in San Francisco), she was eminently suited to the work of being a companion to patients with terminal illness, their caregivers and families, and people living with loss. Over time, she became vice-president of the board, then president.

Brunet-Lalonde says volunteers are the backbone of Palliacco, although some paid employees work in administration. “We always need more volunteers,” she says. “The demand is increasing.”

Volunteers are screened—not everyone is a good fit for work in this difficult field—and are given hours of training. In addition, there are continuing education programs at least twice a year and an annual conference in November on a specific topic, such as “Surviving the loss of a loved one” or “Human relations in shock: Surviving disasters and pandemics”. The November gathering is open to the general public. As well as accompanying patients to appointments, volunteers can also help with fundraising, office administration, special projects, and maintenance of the group’s offices and grounds. Palliacco also provides end-of-life care, grief counselling and caregiver respite.

Because caregiver burnout is a serious issue, allowing them time to themselves is critical to their well-being. Volunteers take over the patient’s care while the caregiver gets a break.

Most of the patients Palliacco deals with have a cancer diagnosis. “We offer support to patients and caregivers during palliative cancer treatment as well as during end-of-life care,” Brunet-Lalonde says. “Grief counselling is for everyone.” She says the group has recently introduced special services for youth who have experienced the loss of a loved one. “For instance,” she says, “the loss of a grandparent.”

“Last year, volunteers provided 8,570 hours of work, 6,363 of which was directly with clients,” Brunet-Lalonde says.

Palliacco has offices in Ste-Agathe, Mont-Tremblant and St-Sauveur. It also began to serve St-Donat in response to a need there, and provides phone and videoconferencing services to Mont-Laurier. It serves three MRCs: Laurentides, Pays-d’en-haut and Antoine-Labelle. Brunet-Lalonde says there have been requests for expansion into Argenteuil and elsewhere, but currently lacks the necessary resources.

Fundraising is a key area in which volunteers can contribute. While the provincial government generously supports the group, about 45% of the annual funding comes from donors. The main fundraising event, “A Trek Under the Stars”, is a series of three torchlight treks at night and/or a daylight rally, on foot, skis or snowshoes. These are held from January to March. The torchlight treks take place on set dates at Mont Tremblant, Ste-Agathe and Morin Heights; a daylight rally can be done at any time, at the same sites, by individuals or groups. To add to the fun, there are questions whose answers reveal a mystery word. Participants are sponsored by Palliacco supporters. There is a social gathering after each torchlight trek.

For further information on volunteering, donating or participating as best suits you, visit the Palliacco website at palliacco.org



The City of Saint-Sauveur presents awareness brigade

For the past few years, the City of Saint-Sauveur has been hiring eco-advisors, whose role is to educate citizens about adopting eco-responsible habits.

The advisors criss-cross the territory to ensure that the management of residual materials is properly carried out by the residents, that bins are properly placed at the curb and the sorting of materials is done correctly. When they notice a non-compliant item, they drop a bin hanger to inform the citizen concerned. So far, 113 bin hangers have been handed out since the start of the season.

They also educate the population on the use of drinking water, ensure compliance with watering schedules and offer ecological alternatives to pesticides and, support citizens in identifying and managing harmful plants.

The presence of Jessica and Laurie on the territory is essential since it allows the City to better understand environmental issues present in Saint-Sauveur and to create a direct link between the City and its citizens. The City also wishes to congratulate them for their efforts towards encouraging respectful practices for the environment.

For more details, contact the Environment and Sustainable Development Department by phone at 450 227-0000, ext. 3003, or by email at environnement@vss.ca.



Arundel News

Janet Thomas

ARUNDEL ART SHOW IS HERE!

Arundel United Church (17 rue du Village)
Sat, Aug 12: 10 am – 4 pm

Treat yourself to the Arundel Art Show, Saturday August 12, 10:00 until 4:00. Featuring 30 professional and semi-professional artists: painters in every genre, sculptors, stained glass, and ceramics. Come and stroll the lawns of the Arundel Church, and you may go home with a treasure. While you feast your eyes, we will keep your children busy with engaging art activities. Younger children will enjoy a fun art project and older kids will love our challenging Scavenger Hunt which has a great prize. You, too, may win a valuable piece of art in our Raffle. Our Bake Table will provide tasty treats for you to take home for dinner.



P'TITES FOLIES and LOISIRS ARUNDEL MUSIC JAM

1, rue du Village, Arundel
Sun, Aug 27: 11 am – 6 pm

Join the fun! This monthly event is the hit of the region. Hosted outside at the P'tites Folies Café, local musicians play their best tunes for your enjoyment: Folk, Country and Western, Jazz, Bluegrass, and more. No two jams are alike, but every one of them offers fabulous music. Free admission. The “garden party” begins at 11:00 and runs right through the afternoon. Join your friends at the picnic tables on the lawn. Come for the music and stay to eat. Munch on delicious pizza, BBQ treats, and other tasty morsels from the café/boulangerie. What better way to spend a summer afternoon? All welcome.



OPERA WITH A TWIST:

TRIO SINGS VERDI AND MORE IN ARUNDEL

Arundel United Church (17 rue du Village)
Sat, Sept 9: 7:30 pm

O Solo Mio! Verdi! Classical Italian songs you can't help singing along to. Professional opera tenor, Nils Brown, will serenade you with famous Italian arias and songs, accompanied by Mark Peetsma and Peter Haye on mandolin and guitar. This concert will be so much fun! Don't miss it! Tickets \$20 at the door and by reservation. Contact janet.thomas700@gmail.com

GOOD NEWS FROM ALBERO:

EURASIAN MILFOIL UPDATE

Good news! The lake association ALBERO reports that their weeding operations are a success. Last year, divers removed the invasive weed Eurasian Milfoil from the centre of Lac Rond and it has not reappeared. Already this year, divers have successfully cleared two bays on Lac Rond. Soon they will begin operations on Beaven Lake.

During the winter of 2021-2022, ALBERO built a barge equipped with a suction-harvesting machine, thanks to the generous donations of residents, the Municipality of Arundel, and the Municipality of Montcalm. Volunteer divers uproot the plant, direct it into the vacuum-suction hose, where it is taken onto the deck of the barge and composted far from the water.

Volunteers are always needed and everyone is welcome to help. There are a variety of duties that need to be done, one of which will suit your ability. Training is provided. If you can donate a morning or two of your time, please contact associationbeavenrond@gmail.com

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- HVAC specialist (thermopumps, AC, heat)
- Painting
- Tree cutting, excavation
- Window cleaning
- New roofs

Anyone or anything...



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About Sainte-Adèle

Chris Lance - Main Street

On July 7, a Sainte-Adèle couple lost their lives in a tragic car accident on route to a mountain bike event. They were co-owners of Bikeshield Protection here in Sainte-Adèle, Melanie Guerin and Francois Allaire. The couple were well known in the mountain bike community.

The Croix de Sainte-Adèle affair, on top of Sommet Bleu, drags on with group Lupien versus 21 past and present council and administration members of Sainte-Adèle. The legal suits involve 13 million dollars and the case started in 2006 with no clear timetable for a resolution on the horizon.

Sainte-Adèle's public beach on Lac Rond reopened on July 12. It was closed to swimmers on July 7 because of a reported bacterial level that was considered unsafe by Quebec's department de la Faune et des Parcs. The beach is open from 10 am to 8 pm and free for residents. Sainte-Adèle has 3 public access lakes: Lac Rond, Lac Pilon and Lac Purvis (Deauville) and all three are monitored for water contamination.



A hockey franchise of La Ligue de hockey senior elite du Quebec (LHSEQ) will be introduced this fall at our Centre Sportif des Pays-d'en-Haut for season 2023-2024. Mr. Benoit Desjardins will be president of the team HCVC, the hockey Club Ventilation Cote. The intention is to develop a league that includes Saint-Sauveur, Sainte-Adèle, Sainte-Agathe-des-Monts and Mont-Tremblant. The league offers an alternative to the North American hockey league and the senior AAA league. The HCVC is hoping to attract ex-junior players and university players between the ages of 21 to 35. The games will be played Saturday night at 6:30 pm. Mr. Desjardins hopes to sell out the 250 seats at \$10 a head. You can check out HCVC on Instagram. Go “HC” Go.



Sainte-Adèle also offers free activities at Place des Citoyens until August 15 every Tuesday from 7 pm to 8 pm – Square dancing with le P'tit Trad du Nord; until August 16 every Wednesday from 7 pm to 8:30 pm – Line dancing; until August 17 every Thursday from 7 pm to 8:30 pm – Swing dancing; and until August 18 every Friday from 9:30 am to 10:30 am – Zumba dancing.



With all the rain we been having, enjoy a movie at Cinema Pine. You can buy your ticket at the door or purchase it ahead of time on their website. Great movies available in English and French. You can encourage our local restaurants by having lunch or dinner prior to your movie.



A little knowledge about Sainte-Adèle: territory is 122 km2 with 14,856 Adelois, 48 lakes and rivers, 200 km of trails, 23 parks, 1 cinema, 2 ski resorts, 3 public access lakes, home of regional Centre Sportif, an English and French elementary school, a regional high school, public clay tennis courts and pickle ball courts. Get out and enjoy it all!



Cancer Support Group Next Cancer Support Group Meeting August 12

The next Laurentian Region Cancer Support Group meeting on August 12 at 1 pm at Chalet Bellevue in Morin Heights will feature a group discussion. Option also to attend via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the August meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.

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14,000 copies distributed throughout the Laurentians

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NEWS BITS FOR AUGUST

First bariatric surgery performed in Lachute

A first bariatric surgery was successfully performed at the health and social services multiservices centre of Argenteuil by Dr. Yves Semerjian, general surgeon, with the expertise of the entire operating room team.



For this first, the medical team used the parietal gastrectomy procedure, which is performed by small incisions to introduce instruments and reduce the volume of the stomach. The purpose of the intervention is to reduce body weight by altering the digestive system to help the patient lose weight in a sustainable way and improve their overall health.

The procedure was done with utmost care and expertise with the aim of improving the patient's health, quality of life and life expectancy. One of the keys to success was the exceptional multidisciplinary team composed of surgeons, nutritionists, psychologists and clinical nurses. The patient will be followed by different health professionals for one year after the intervention.

This intervention was able to be carried out thanks to the specialization of the stakeholders, the Argenteuil Hospital Foundation and the acquisition of new medical equipment.

Ms. Rosemonde Landry, President and CEO of the Integrated Health and Services Center social services (CISSS) of the Laurentians, confirms that approximately forty bariatric interventions can be carried out in the Argenteuil operating theater over the next year.

Recently, the CISSS des Laurentides announced that it had carried out more than 1,000 interventions since the bariatric surgery has been offered in the area.

5 Water Safety Tips for an Aqua- Awesome Summer!

Kim Kasprzyk

With the increase in temperature comes an increase in water-related injuries and fatalities. Let's keep ourselves and our loved ones safe with these tips.

Supervision – Many young children who drown were never meaning to go in the water in the first place. Assign a water-watcher who makes sure that kids are being watched while in and around swimming areas. Avoid distractions like childcare, cell phones and other duties while watching the water.

Lifejackets – Not just for boats! Making sure your life jacket fits and is properly put on will ensure it works when you need it. Always wear one in the boat, while paddle-boarding and when young and weak swimmers are near the water's edge.

Drinking and water do NOT mix. Do not drink and swim, float or boat. Swim sober and in well-lit areas.

Learn the signs of drowning- large eyes, a vertical position in the water, little to no arm movement. If in doubt – GET THEM OUT! Always have a reaching or throwing aid to extend to someone in distress.

Enroll children in swimming lessons, and teens and adults in CPR lessons. Make sure older children know basic lifesaving skills in case they or their friends get into trouble.

Kim Kasprzyk is a certified water safety instructor for 25 years and owner of À L'Eau Natation, a swimming and lifesaving provider her in the Laurentians.

STRICTLY BUSINESS

By Lori Leonard - Main Street

On the move:

Salon Flash Coiffure recently moved their salon from the Promenade des Lilas shopping center to 678 chemin Ste. Anne des Lacs, Ste. Anne des Lacs. Congratulations to owner **Judith Grossinger**. The salon offers men and women the following services: hair cuts, highlighting, colouring and hair straightening. Good luck in your new location Judith! Open Tuesday to Friday 10 am -5 pm and Saturday from 10 am -3 pm. 450 712-0845 / Facebook: Salon Flash Coiffure.



Congratulations to:

Frank Da Rocha and his wife **Geneviève Shaw**, owners of the new **Restaurant Boucanerie Chez Ben Texas Smokehouse** and **Station Seize-Îles Fine Boutique**.

Restaurant, Boucanerie Chez Ben Texas Smokehouse:

Ben Wagner, whose parents own a cottage on the lake, worked at Chelsea Smokehouse near Ottawa. When given the opportunity to run his own smokehouse, he packed up and moved to Lac-Des-Seize-Îles. Ben smokes his own bacon, ribs, pulled pork, hot smoked salmon and whole chickens. They also offer tasty 99 cent "steamies", burgers, and poutines made with fresh potatoes. Their special smoked meats can also be added to the poutines. (Their bacon poutine is already famous!) Delicious ribs are on the menu, but must be reserved in advance. Enjoy eating out on the terrace overlooking the lake and marina.

Ben and his mother **Lorrie** both moved here from Gatineau for this new venture and both work full-time.

Station Seize-Îles Fine Boutique

Frank and Geneviève ensure their community has access to basic needs (gas at the marina, propane, milk, eggs, bread, beer (mostly micro-brewery) and other essentials at their general store. They also offer an array of imported products from Europe (Spanish chips, Spanish olives, Lebanese pickles, Italian chocolates and candy, British all-natural soft drinks (Feitemen's), Portuguese chocolates and much more. **France Massie**, Manager, and 2 full-time employees look forward to greeting you and serving you at the boutique.

The location of both of these interesting places is 217, chemin du Village, Lac-Des-Seize-Îles. Open Tuesday to Sunday from 11 am – 7 pm and until 8 pm on Friday and Saturday. Open Monday during long weekends and closed on Tuesday.

Frank was previously a chef and sells his own brand of amazing hot sauce called Pica Pica Hot Sauce (www.picapica.ca) and delicious Chef Pasquale pasta sauces (www.chefpasquale.com). We wish **Frank, Genevieve, Ben and France** all the best of luck with your new venture! We are sure it will be a great hit in the Laurentians! Phone number: restaurant 450 644-0282, boutique 450 644-0373 / Facebook: Station Seize Îles

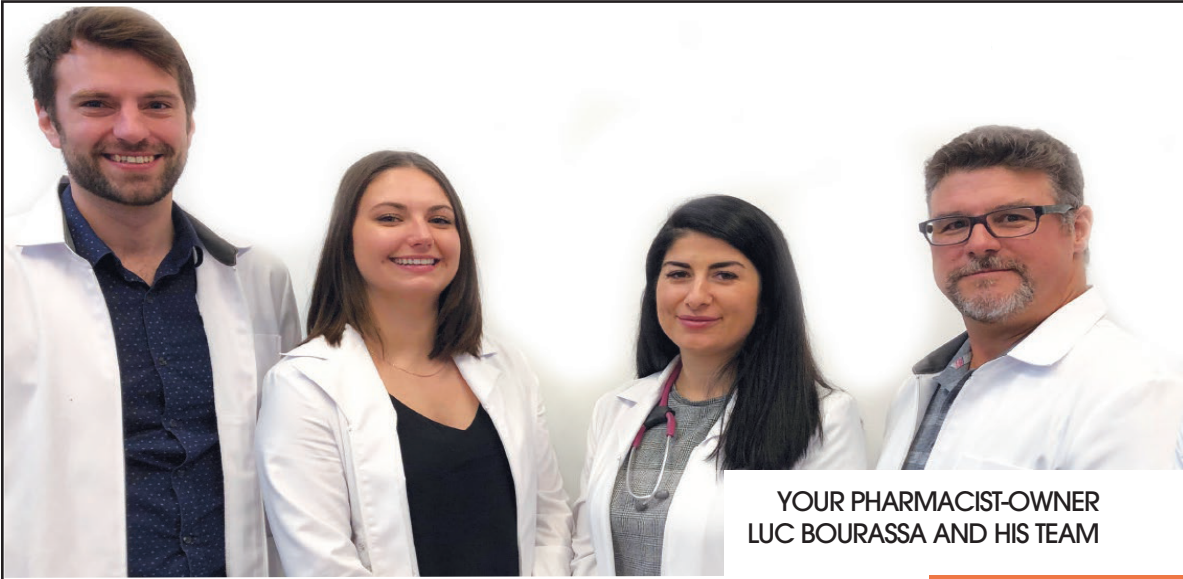


Did you know:

That if you are planning to hold a cocktail party, Celebration of Life gathering, birthday party, or a reception that the Royal Canadian Legion in Morin Heights rents out their hall at the very reasonable price of \$350? \$50 is refunded if hall is left in clean condition. There is also a **special rate for Legion Members**.

Renting the Legion Hall is extremely practical because it is local, there is lots of parking and it can fit a large number of people (94 people). It's also wonderful to have a fully operational kitchen, a bar and ladies' and mens' washrooms included in this rental fee. A bartender is usually available depending on the date, but arrangements can be made. Catering suggestions can be made or you can use your own caterer. If you wish to rent the Legion Hall, simply call 450-226-2213.

That there is a **beautiful new mural** that is located at the corner of rue Principale and rue de la Gare in St. Sauveur? Be sure to check it out! This mural was an initiative created by the **Chambre de Commerce et de tourisme de la Vallée de St. Sauveur** to embellish this section of the road for tourist season. The mural includes pictures of people enjoying all sort of wonderful activities in the area.



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**Serving a growing
 English-speaking
 population in the
 Laurentians**



Jude Hussain

The latest 4Korners Impact Report unveiled at our Annual General Meeting showcased the largest activity and operational increase that 4Korners has ever seen. From 2022-2023, 4Korners had a record 4,038 participants across a plethora of different activities. Our report revealed that there are currently 1183 registered official members of 4Korners. This past fiscal year also saw one of our highest recorded accumulated annual volunteer hours, with a total of 540 hours total generously donated to 4Korners by our amazing volunteers.

These 4Korners record-breaking numbers may be explained by the major increase in the English-speaking population in the Laurentian region. The latest census data report from the Community Health and Social Services Network (CHSSN) reveals that, in the Laurentians, there are over 46,090 people who have English as their first language. This number is significantly different than the previous 2016 census data report, which had recorded 37,555 English-speaking people in the Laurentians. Comparing the two data reports shows a 9,465 increase in the Laurentian English-Speaking population – and it seems like this number only continues to grow.

Out of the 46,090 English-speaking people in the Laurentians, seniors aged 65+ make up the largest portion of this demographic. There are currently over 8,490 seniors aged 65+ living in the Laurentian region, this is compared to 7,160 in 2016, a 1,130-person increase. This is why our senior's programming and activities went through a large growth spurt during the past fiscal year.

A new partnership was forged with the town of Mille-Isles, and there are now additional information sessions and activities held there by 4Korners for the community seniors and caregivers. Senior-oriented community lunches were also introduced on Wednesdays at the Trinity Church in St. Agathe-des-Monts, where residents can enjoy a free lunch and connect with fellow community members. 4Korners saw a need to provide services, support, and a sense of community to the isolated English-speaking seniors up north in St. Agathe, and we promptly worked hard throughout 2022 to fill these gaps. 4Korners constantly connects with community members to understand and address challenges faced by the population.

It's always important to note that, addressing these significant increases in population and demographics sizes can not be done alone as a single organization. 4Korners prides itself as a strong advocate for our Networking and Partnership Initiative (NPI). NPI is all about bringing local and regional partners together to provide the community the most access to health and social services. Due to the hard work of the NPI team, we are seeing more and more partnerships develop, and a continued collaboration between both French and English organizations. This ultimately leads to the filling of gaps via the creation of community health and social services for English-speakers.

Some key outcomes from the NPI team's work last year included: Funding secured for different tools, activities and events with partners to be inclusive to serving the English-speaking community; Meeting requests from MRC's and municipalities to present 4Korners and to have a conversation about better serving their respective English-speaking communities; And continued representation at tables and committees for services in English which created strong awareness and spawned new connections and partnerships amongst 4Korners and other organizations.

4Korners will continue to serve the growing English-speaking Laurentian population and will always recognize the needs of this population's diverse demographics. This article provides only a small glimpse of the work we had accomplished in the 2022-2023 fiscal year. To learn more about last year's accomplishments, you can read and download the 2022-2023 Impact report by visiting our website at 4korners.org/annual-reports. For more information about 4Korners programs and activities, please contact info@4korners.org or call 1-888-974-3940/450-974-3940 ext. 601.

Overnight Parking Restrictions

The MRC des Pays-d'en-Haut would like to inform the population as well as visitors to our beautiful region that vehicle parking is regulated on its territory by municipal regulations and that it is the Sûreté du Québec who is responsible for their application.

Since the entry into force of By-law SQ-2023 concerning traffic, parking, peace and good order of several municipalities included on its territory, the MRC reminds the populations that the parking of vehicles is prohibited during the night for its recreational infrastructures (the P'tit Train du Nord linear park, the Aerobic Corridor park and the Pays-d'en'Haut sports centre.

For further information about parking restrictions please contact the MRC at 450-229-6637 ext 126 or by email at info@mrcpdh.org



40 years in business
Thank you
 FOR YOUR SUPPORT

To My Dear Customers,

After 40 years in this business I have made the decision, as some of you already know, to retire effective August 31, 2023. I have been planning this for the last two years and now the time has come.

Should you have any questions or concerns about this transition please call at 819-242-7859 before August 31st. I want to sincerely thank each and every one of you for your loyal business and for the many wonderful friendships I have enjoyed over the years.

I wanted to also thank Sheila because without her I could not have done it.

Chers clients,

Après 40 ans au sein de cette entreprise, j'ai pris la décision, comme certains d'entre vous le savent déjà, de prendre ma retraite à compter du 31 août 2023, laquelle je planifie depuis deux ans. Le moment est maintenant venu.

Si toutefois vous avez des questions ou des préoccupations concernant cette transition, veuillez appeler au 819 242-7859 avant le 31 août. Je tiens à remercier sincèrement chacun et chacune d'entre vous pour votre fidélité et pour les nombreuses et merveilleuses amitiés que j'ai développées au fil des ans.

Je voudrais également remercier Sheila car, sans elle, je n'aurais pu y arriver.

Best Regards - Sincèrement,

**Larry Kennedy
 Moto Chain**



COMMUNITY UPCOMING events

MUSICIANS' JAM NIGHT

Arundel Legion – Branch 192 (79, rue du Village)

Monthly event from May to October

Open-mic, jam-style evening

Folk/ rock/ country/ blues/ lounge all welcome.

Info: Guy Melhuish. Guymelhuish@gmail.com



ART EXHIBITION - COULEURS

3094 Charette, Ste-Adèle (Mont Rolland section)

Weekends until Sept 10: 11 am – 4 pm or by appointment (581-578-5033)



9TH ANNUAL ARUNDEL ART SHOW

Arundel United Church (17 rue du Village)

Sat, Aug 12: 10 am – 4 pm

See details on page 6 under Arundel News

ARUNDEL ART SHOW: BACK BY POPULAR DEMAND

Arundel United Church (17 rue du Village)

Sat, Aug 12: 10 am – 4 pm

FESTIVAL SUPERFOLK – MORIN-HEIGHTS

August 18-19-20

Tickets available at SUPERFOLK.CA



ARGENTEUIL EN BLUES

Friday Jam Nights

Trinity Community Centre

(2, chemin Cambria, Gore)

Fri, Aug 19: 7pm

ESPACE PUBLIQUE

885, rue de Saint-Jovite

Sat, Aug 19 - Hay Babies will be on stage with their Indy folk and country music.



Sat, Aug 26 - The Brazilian rhythms of the group **Bomboruba** - a fusion of the groups Bombolessé and Zuruba will take to the stage.

Sat, Sept 9 - closing performance with **Les Tireux d'Roche**, a group firmly rooted in Quebec, which skilfully fuses traditional music, folk and world music. Free entrance, no reservation required!

MONOPRINTING ON FABRIC WORKSHOPS WITH NAOMI PEARL

Terra Perma (218 Chemin White, Harrington)

Aug 26: 10 am – 4 pm

\$125 includes materials. To reserve, please contact naomiron1@hotmail.com

GARDEN PARTY IN ARUNDEL

Petit Follies

Sun, Aug 27

OPERA WITH A TWIST

Trio sings Verdi and More

Arundel United Church (17 rue du Village, Arundel)

Sat, Sept 9: 7:30 pm

Tickets \$20 at the door and by reservation at janet.thomas700@gmail.com

SCOTS-CANADIAN SINGER/GUITARIST DAVID LEASK IN CONCERT

Arundel Legion (79 Rue du Village)

Fri, Aug 25: 7pm

Tickets: \$10. Space is limited. To reserve, please email arundellegion@gmail.com or phone 819-687-9143

LAURENTIAN AREA MINISTRY FUNDRAISER

Top Shot Restaurant, 417 rue Principale, Lachute

Tues, Sept 26: 5 pm - 7:30 pm

Menu: ½ rack spareribs, fries, sauce, coleslaw, dessert

Donation \$20 / Info: 450 - 562 - 8365

RICKKSROOM IN LOST RIVER, QC

Sun, Aug 27: 2 pm - Aleksi Campagne

Sun, Oct 29: 2pm - Mia Kelly and Nick Loyer

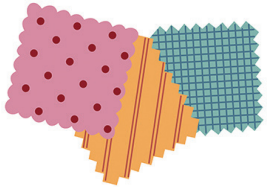
Tickets: \$25 per person email rickksroom@gmail.com to reserve

UPCOMING CHURCH SERVICES

ST. SIMEON'S ANGLICAN CHURCH

445, rue Principale, Lachute

Sunday morning services at 10 am



**ROYAL CANADIAN
LEGION**

**LA LÉGION
ROYALE CANADIENNE**

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

BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs – Sat: 4 pm – 9 pm

MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm

Sat, Aug 12: 6 pm – Corn Roast

Sat, Aug 19 – Legion Memorial

Golf Tournament

Events are open to all !!

Darts every **Thursday at 3 pm**

Hall rental / Location de salle:

legion171@cgocable.ca

Info: 450-226-2213

Email/Courriel legion171@cgocable.ca

Web site: <https://www.legion171.net>

Facebook: [legion171](https://www.facebook.com/legion171)

Music shows Facebook: [morinheights](https://www.facebook.com/morinheights) live

ARUNDEL – BRANCH 192

79 Rue du Village, Arundel

(819-687-9143)

Open daily from 3pm



On With the Show Porchfests

Florian Gaudreau

If you don't have musical friends, Porchfest is the next best thing. I'm blessed to have such friends, so we get together every week in someone's backyard or basement. Porchfest is pretty much the same

thing. This is a yearly event that takes place on porches, galleries, and backyards of amateur, semi-professional musicians that is open to the public.

The atmosphere is definitely festive, a New Orleans type of vibe. Porchfest is run by a group of volunteers that bring together sixty to a hundred musicians for a day of free music. These volunteers schedule the performers and put together the addresses, which are provided along with a map of the area. On any given hour you have a choice of Celtic, Country Western, Blues, to Rock & Roll, it's as varied as the musicians who play the music. A wide brim hat, a cool drink, and folding chair make events that much more enjoyable.

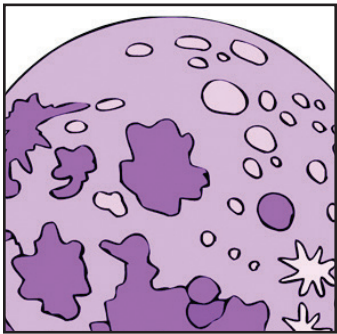
The first Porchfest of the year is in N.D.G., which happens in May. (I couldn't make it this year as my car was in the garage) Drive to the event, but park the car; city traffic and large crowds is an accident waiting to happen. I find bicycling from venue-to-venue fun and at the same time practical. If the music isn't what you want, you still have time to change venues. On occasion there's been dancing in the streets when there's no traffic. Some venues have a great party vibe and the crowds are much larger than the event held in Vankleek Hill. I love the N.D.G. Porchfest because I know a few performers and I followed some of the bands when I lived in town. This Porchfest is strong on community and the funds raised

through donations go to local community organizations.

My favorite Porchfest is Vankleek Hill, which took place on July 15. With its beautiful gardens and old Victorian buildings it really feels like a musical get away vacation.

There is still one more this year, the Hudson Porchfest, which happens on Saturday, September 9 starting at noon. I like Hudson; it has charm and its share of speciality shops. Here's another location where parking your car is the better choice, as afternoon traffic is heavy, and crowds are large. Leave your bicycle at home as there is simply no room. Most of the performers are on the main street the distance between venues is much closer together than the other Porchfests. It's a wonderful way to spend the day wandering around town checking out good music and beautiful gardens. What a wonderful concept; I Love Porchfest





Zach Factor

Unraveling the Great Lie

Lys Chisholm & Marcus Nerenberg - Main Street

The one thing that extraterrestrial technology exchanges have (potentially) given us is the Internet technology to level the field of information access to the public on the UAP -Unidentified Aerial (or Anomalous) Phenomena, formally called UFO's. To that extent, on July 26 past, a public Congressional hearing chaired by U.S. Representative's Tim Burchett, Anna Paulina Luna, and Jared Moskowitz of the House Committee on Oversight & Accountability subcommittee on National Security, the Border, and Foreign Affairs, a bipartisan hearing took place to question the US Government secretive involvement in hiding crashed Unidentified Anomalous Phenomena (UAPs) and non-human remains discovered within the crashed craft.

Congress listened to testimony from former Lt. Major David Grusch, the past co-leader of the Unidentified Anomalous Phenomena Task Force (2021-2023) from David Fravor, the former commanding officer of the US Navy's Black Aces Squadron- witness of the famous "Tic Tac" alien craft incident and from Cpt. Ryan Graves Ret'd, a former navy fighter pilot whose squadron repeatedly encountered bizarre phenomenon and unclassifiable flying objects.

Mr. Grusch, part of the original Air Force task force, established in 2019 to 2021 looking into UAP phenomena, was given top security clearance for all related departments, and was exposed to multiple witness testimonies that revealed multi-decade UAP crash retrieval and reverse engineering programs. When he was denied access by certain hostile government and corporate bodies, he became a whistleblower, determined that pathways for establishing clear guidelines and regulations in the interests of the American population were needed.

Because Grusch is now part of two official whistleblower investigations, he was limited in what facts he could share directly with Congress. But Congressional questions dug around the edges of the issues enough to give the public a tantalizing peek into the ugly and dangerous world of the Military-Industrial Complex. Two and one half hours of questioning revealed that there has been a history of UAP crash retrieval and "unsanctioned government programs above congressional oversight" since the 1930's.

Rep-Moskowitz wanted financial facts on how these programs were funded under their noses and Rep- Burchett wanted to understand better why there has been no over-site for so long. Burchett openly lamented the billion dollar "missing" funds every year in the Government audits and asserted, "Amazon traders, off by a few dollars, get phone calls from the IRS". Clearly irritated with the idea of hidden budgets he says ordinary people "go to jail for that kind of crap".

When Congressman Biggs asked whether there was deliberate misdirection by the US Government about UAP's interfering with training, Grusch answered, "Yes". Throughout the testimony, Grusch made it clear that higher officials were unlawfully withholding knowledge.

When Rep Nancy Mace asked about biologics recovered from crash sites, Grusch affirmed them as non-human entities. When questioned as to why he used the term non-human as to extraterrestrial, Grusch, a physicist himself, said it was important to keep an open mind as to the origins of those found in the craft.

Burchett pushed as hard as he could. He asked Grusch if he had experienced any reprisals for his whistleblowing to which Grusch answered a painful yes, that there had been brutal tactics used on him personally- what he called "active planned reprisals", and on his family. Burchett asked if others had been seriously harmed by either UAP directly, UAP engineering or governing agencies and again Grusch affirmed this. Grusch explained that part of his coming forward as a whistleblower was the culture of "Administrative Terrorism" throughout the government and corporate non-elected directorship that needs to change.

Congresswoman Ocasio-Cortez and Biggs had questions about how individual citizens and pilots within corporate or government agencies can report irregularities and what steps could be taken to bring transparency. Graves answered it was time to reduce the stigma associated with the topic and Grusch wants to see a system in place to handle multiple classifications of information that encourage military and government officials to come clean. On July 13, 2023, an amendment to the annual defense policy bill was submitted to Congress by Senator Chuck Schumer to push back against Government secrecy over AUP and related technology development. With bi-partisan support, it is expected to pass in the house. The threads continue to unravel.

Follow the July 26 US Congressional subcommittee hearing here: <https://www.youtube.com/watch?v=3F-oNoD8G9o>



David Grusch, former Lt. Major USAF, Intelligence Officer, and co-leader of UAP Task Force testifies on 26 July 2023 before the U.S. House Subcommittee on National Security, the Border, and Foreign Affairs at the hearing on "Unidentified Anomalous Phenomena: Implications on National Security, Public Safety, and Government Transparency". Photo credit: Wikipedia Commons



The Story Behind

What is an open nomination, really?

by Guest Columnist, David Graham, former MP for Laurentides--Labelle and Joseph Graham's son.

The reality of an open federal nomination in Canada is not that anyone interested in running has a fair shot at becoming the candidate; it is that anyone who beats the party will then be accepted as the party's candidate.

With recent calls for Elections Canada oversight of nomination races relating to the Johnston report on foreign interference, it's worth doing a slightly deeper dive into the question of nominations in the first place. Foreign interference may well be a factor, but regulatory oversight of the process needs to go quite a bit deeper.

Most federal political parties describe their nomination processes as open. Technically, it is mostly true. Any member of the public can fill out the extensive forms required for nomination and submit them for consideration. The parties then have a process to ensure that the candidate is, essentially, morally acceptable to the party and that that any skeletons are declared in advance and manageable. The process is generally called the "green light".

Having a green light does not mean the party will do anything to give you a fair shot, and having your skeletons explored and documented reduces the chances that you will fight back or run for another party or independently if you are ultimately defeated or pushed out of the race. It is a kind of blackmail that the parties do not need to verbalize.

In order to win a nomination, candidates need to have the most supportive members show up to the nomination meetings and cast their vote for their preferred candidate. Parties use all kinds of tactics to influence the outcome of a nomination race. Often, they are looking for a demographic result - generally a candidate who isn't Yet Another White Male if they don't have a specific person in mind. The tools they use are access to membership forms and membership data, timeliness in sharing information and processing forms including the green-light application itself, the timing and location of the nomination meeting, as well as the timing of the membership cut-off date to vote, which parties reserve the right to set retroactively and thus favour the candidate they want at the moment that they are leading the membership drive. This last one is referred to as a "blind cut-off".

As an anglophone white male, I was not the Quebec Liberal organization's choice for candidate in my home riding of Laurentides—Labelle in my September 18, 2014 nomination for the 2015 federal election.

While I started selling memberships in the summer of 2013, the campaign did not officially begin until near the end of January 2014, when the party announced the nomination process and the opening of applications. I filed for my papers almost immediately, and it took more than two weeks for the Montreal office to email me the blank forms to fill out, though I had already managed to obtain a copy of them and so had the answers already prepared. I answered dozens of pages of questions, applied for police background and credit file checks, and gathered up more than a hundred of my published works, as well as the entire historical content of my blog, including posts I had removed at some point, offering it all for the close scrutiny I expected. I put all the information on a DVD and had the whole thing notarized. I submitted everything before the end of February of 2014 and waited for the call to come for an interview with the Green Light Committee, the final decision-maker on whether I met the standards to be a Liberal candidate.

To this point, I had no announced competitors, though I had heard rumours of some who were interested. During the 2014 Quebec provincial election, my principal competitor appeared on the scene, also intent on networking on the campaign. She came from the old guard.

The party organization needed female candidates, and an English white male in what was seen as an unwinnable francophone rural riding was not good for their statistics. In spite of being well-connected on the Hill, I began to realize that I was not the provincial wing of the party's preferred choice for candidate, indeed not by a longshot.

By the end of May, my patience at this time was also wearing thin as I still had not received my green light from the Party on my application to run, now three full months old. I had been interviewed on the afternoon of April 22nd over two months after submitting my papers, entering the room as François-Philippe Champagne had exited, and his nomination was now already complete.

At the last minute, the party added a requirement on nomination candidates to sign up 10 new monthly donors to qualify. Anticipating a move like this, I had people in mind ready to go and we filled this requirement very quickly. My principal opponent only filed her papers in May and received her green light in early June, with mine following on June 16th, four and a half months after my application; my first clear indication of a preference by the party.

The party having a preference is not unreasonable in a democratic system where the voters in an election vote only for the party with little consideration given to the candidate. In that environment, the candidate represents the party rather than the community. But if we want to bring relevance back to individual representatives, the party's preference should be limited entirely at the green-light stage and at that only to ensure that the candidate is philosophically in line with the party. After that, there needs to be a fair, consistent, and auditable process to select them and there is nobody more qualified than Elections Canada to perform this task.

Part two, The realpolitik of open nomination and how it unfolded, can be found on www.davidgraham.ca



Garden Talk

Garden challenges 2023: all about the weather

June Angus - Main Street

The weather is making 2023 a garden season full of challenges. Just when we think we've had too much rain, we get a few warm days and glorious sunshine. Throughout July we had a mixed bag of cooler than usual days, along with other days that were hotter and more humid with frequent thunderstorms and strong wind. Then along came smog and smoke from northern forest fires driving us indoors due to poor air quality when we really wanted to be outside weeding or just puttering in the garden.

How does this impact on our gardening routines? It demands flexibility to continually adjust one's plans! The key to staying on top of any challenge is to keep an eye on the weather forecast and then watch how your garden reacts when the weather actually occurs.

In my case, this means a lot of wandering around the garden checking on things and adjusting accordingly. I have noticed conditions are perfect for weeds this year! They pop up everywhere in copious amounts! Certain crops such as beans, tomatoes and zucchini took longer than usual to produce. Meanwhile, cooler temperature crops such as lettuce, spinach and peas lasted for weeks longer than I expected. I usually have lots of carrots but the tiny seeds seemed to float away in the heavy downpours that followed every time I tried sowing them. Some have survived but not nearly as many as in the last few years.

Earlier in the season, peonies and poppies took a beating with the heavy rains that battered their flower petals unceremoniously to the ground – despite careful staking.

But bountiful foliage, flowers and now berries on my raspberry and blackberry bushes lead me to expect a bumper crop this year. My wild roses continued to bloom from mid June right throughout July. I wonder whether there will be a second round of flowers in August? Time will tell. It also seems like my marigolds are not getting quite enough hot sun to keep the blooms coming as fast as in the past.

Long-range forecasts are calling for a potentially hotter than usual August. We'll see as the month progresses. If there is more heat and less rain, we will have to water our veggie patches more frequently than earlier this season. Most of the summer, I've hardly had to water my vegetable garden. Even my containers needed less attention because the heavy rain showers penetrated through the plants to soak the pots. However pots hanging under the eaves need more watering than usual. Sigh...

As August winds down, we still need to keep our eye on the weather and prepare to defend our gardens as frost season approaches. Covering our plants is the simple solution when there is danger of frost. But what makes the best cover? Many people mistakenly use plastic. Plastic or vinyl materials do not breathe, but rather trap moisture inside. If the temperature drops low enough, the increase in moisture is a greater threat to the plants if it should freeze. Instead try using burlap, linen (old bed sheets are handy) or newspaper as a covering to protect plants from frost. A fabric covering allows moisture to escape, but still protects plants from frost by preventing the freezing air from coming into direct contact with the moisture.

At this point, we can be grateful that extreme heat, droughts, fires or floods that have plagued so many other places in Canada and beyond, have not hit too close to our home gardens in the Laurentian region. Nevertheless, Mother Nature – and the unpredictability of climate change – has certainly kept us on our toes!

Launch of the 3rd fundraising campaign for Maison Phoenix Val-David

La Maison Phoenix's third major fundraising campaign, will take place from July 29 to August 16, 2023. The goal is to raise \$10,000 to support the organization in realization of its intergenerational activities. The Maison Phoenix is a community residence project for seniors with loss of autonomy with an intergenerational component.



Two students from Val-David, 14-year-old Damien and 12-year-old Flavie, will continue their 2021 and 2022 journey, which took them from Val-David to Toronto. This time they will cycle 450 km from Toronto (Niagara) to Detroit, accompanied by their father Dr. Alexandre Chouinard, president of Maison Phoenix. They want to help their grandmothers continue to live fully integrated into our village.

You can follow their journey in real time on the organization's Facebook page or the Facebook event. All donations collected will be used to continue the rich intergenerational program that came to life in January 2022.

To contribute to the campaign, visit www.maisonphoenix.org/2023



Word Play

In defense of the ego – part II

Louise Bloom - louisebloom@me.com

In my article last month, I consulted the personality development structure of Erik Erikson that establishes the 8 stages of a process that forms the qualities of HOPE (meaning trust vs mistrust) age 0 – 18 months, WILL (autonomy vs. shame) 1 1/2 to 3 years, PURPOSE (initiative without guilt) 3-5 years, COMPETENCE (industry vs. inferiority), FIDELITY (identity vs. confusion) school age to 18 years, LOVE (intimacy vs. isolation) 18 to 40, CARE (described as generativity or action vs. isolation) 40 to 65 years, and WISDOM (as Ego-integrity vs. despair) at 65 years +.

I became particularly attached to this list as a life-review, because among the attributes mentioned are some of those with which I have struggled throughout my life. Now that I have arrived (I reflect with some humor) at the stage of wisdom, I see clearly that Erikson has covered all the important bases.

I would suggest, as you might yourself determine, that a child who develops a seat of mistrust early on, is at a tremendous disadvantage. An insecure foundation is not solid. If guilt is over-activated early in life, a person is more likely to encounter feelings of inferiority and confusion throughout the childhood years. Once reaching adulthood, this might result in a lack confidence in all aspects of life, work and personal relationships. It might manifest as a sense of failure and at the extreme end, a kind of self-hatred.

Therapeutic models that uproot and deal with psychological patterns of damaged self-esteem have great success in the softening of a harsh and unforgiving self-view. However, a child that comes into adulthood with negative messaging has been subjected to a repetitive defeatist voice over many years. The depth and strength of these messages, enforced by repetition, is tenacious and difficult to eliminate. The ego recognizes this messaging as “home base” and fights to protect us from change. Yet change is the key. The human ego (self-view) tends to identify tenaciously with what it believes. How then, to loosen this hold?

While therapeutic interventions are critical, there is need for an antidote that is as constant and repetitive as the messaging itself. Consequently, I am addressing the positive effects of what may be referred to as spiritual input. I am referring here to what I call the “wisdom traditions”. I am not proselytizing or selling a concept of a Godhead or a spiritual savoir. I am referring more practically to the effects of repetition, as it works to unseat the beliefs that hurt us.

As an example, Buddhism relies on the efficiency of repetition. It clearly recognizes that repeating (practicing) meditation, (clearing the mind), provides a kind of solvent that begins to seep beneath the negative beliefs that hold us hostage. Buddhism sees that the mind, the tool that creates human thoughts and emotions, often building traps of self-obsession, causing suffering over consequent negative beliefs.

In parallel, it promotes a loving and compassionate environment that ensures that we are all born perfectly fine (each of us a Buddha). It asks for felicity to the Buddha (a wisdom entity), the Dharma (the teachings themselves) and the Sanga, the supportive and dedicated community. Buddhism provides rhetorical and philosophical arguments that loosen our hold on the significance of the small and diminished self and helps to build a compassionate self-reference, broadening our scope for human connection with respect for both self and other. Input is regular and repetitive and through experience and observation I know that change is inevitable.

The wisdom traditions hold keys to healing and strengthening our sense of self (ego), providing a strong and steady platform from which we can approach the more advanced stages of transcendence, necessary as we age.

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



The Night Sky

Perseids Meteor Show

The Perseids Meteor showers have returned, thrilling stargazers with their spectacular light show, which runs from July 20 to August 25. During peak activity, which occurs during the nights of August 11 – 13, the number of ‘shooting stars’ can reach 100 per hour.

The ultimate time for sky gazing is from after midnight until just before the first light of day, because at that time, we are on the side of the Earth facing the direction of its movement in the dust cloud.

However, early evening also offers a spectacular show when we can see Earth-grazing ‘shooting stars,’ which create very long trails. In reality, these are meteors that skim the atmosphere like the pebbles we bounce over water.

Here's hoping the skies will be clear and not interfere with one of nature's magnificent annual marvels.



Obituaries



ANNA WEISS

Peacefully, surrounded by her loved ones.

Predeceased by her beloved husband, Hans, she leaves

to mourn her children Dorothy (Yves Halle), Linda (Robert Ramsay), Robert

(Nathalie Nassif), and Donna Lynn (Gilles Croteau), her grandchildren Dany, Jessica and Kyle as well as her great-children Hans-Bobby and Russell.

A celebration of her life will be held at a later date.

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The other side of getting old Old friends

Florian Gaudreau

Life seems to go by so fast, from childhood to retirement, in just a thought. In-between all that are childhood memories and friends that always seem to be there, till they are not. I grew up and lived in the same area most of my life, so a lot of my childhood friends are still around. It's time that changes relationships, like how light fades to darkness. It's sad to admit that I've drifted far away from my childhood friends. Being so far away from my roots has nothing to do with conflict, but more to do with taking different paths and, the busyness of life.



I grew up during an era when hearing the church bells meant it was time to head home for dinner. Our days were spent building forts from material taken from the local dump, raiding neighbour's apple trees or eating chokecherries along the many paths. We also had aerial paths that brought us from one shed roof to another, giving us access to our neighbours' backyards. I think I learned most of my swear words during my childhood from threatening neighbours.

The biggest thrill growing up was "Ski Bootin," our made-up winter sport. We would stand around stop signs waiting for cars to start moving again. Then, only two of the group would grab on to their bumper while the rest of us caused a distraction. Crouched down behind the trunk we'd be in squatting position skiing behind the car. Not something kids could do today, as it doesn't work with plastic bumpers.

As we got older there were some pretty hardy parties with sex, drugs and rock & roll being the theme of theme of the seventies. Not that I'd like to relive those years, but it would be nice to get together to see where everyone ended up.

I was invited to a partial reunion last month... unfortunately, I had to leave early as I now have trouble driving at night, that's what getting old is.

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Main Street Money Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Keeping the cottage in the family

Create a lasting legacy with a smooth transfer of ownership.

A family cottage is a place of cherished memories, where children, and maybe even grandchildren, have grown, swum and played under the stars. As owners grow older, they may begin to think about handing it down to their loved ones. Early planning can help avoid conflict, reduce taxes and ensure the cottage remains in the family for the next generation – and possibly for generations to come.

Begin the dialogue

There's a special kind of lifestyle that goes with owning a cottage. S'mores, swimming and lounging on the deck go hand in hand with bugs, mice and never-ending repairs. There are costs for maintenance and taxes, and family schedules to consider. You might assume that your children would love to take over the cottage one day, but it's important to ensure they actually do. If you have more than one child, would they all want to share it? And if so, can they get along and handle the joint responsibility? These questions should all be raised early on, before any assets change hands.

The capital gains issue

Over the years, many cottages and vacation homes have increased significantly in value and are now worth substantially more than their purchase price. At death, 50 per cent of this increase in value, minus the cost of improvements (such as additions or decks) is subject to tax if the cottage is transferred to anyone other than your spouse – this is capital gains tax. An asset like a house qualifies as a principal residence and is exempt from this tax, but generally cottages are not. If your estate does not have enough funds, it may be forced to sell the cottage to pay the tax.

Example:

Sara and Charlie purchased a cottage in 1975 for \$60,000. Over the years, they invested \$100,000 in improvements to the property. Today the cottage is worth \$500,000. Charlie passed away last year, leaving Sara the sole owner of the property. She wants to pass on the cottage to her two children after she dies. Assuming the cottage is not her principal residence, the transfer will result in a capital gain of \$340,000, of which \$170,000 is taxable at Sara's marginal tax rate.

- Original cost \$60,000
- Capital improvements \$100,000
- Total investment \$160,000
- Market value today \$500,000
- Capital gain (\$500,000 – \$160,000) \$340,000
- 50% of capital gain taxable \$170,000

For illustration purposes only.

There are several strategies to consider that can help reduce taxes and support a smooth cottage transfer.

1. Sell the cottage to the kids now

By selling the cottage to your children today instead of transferring it at death, you can limit the tax liability and pass the responsibility for any future capital gains on to your children. In addition, because the cottage is transferred outside of your estate, the time and costs associated with settling the estate are reduced, and the cottage is protected against potential claims from creditors or other parties.

If you decide to go this route, set the sale price at least equal to the fair market value of your cottage, not a reduced or nominal price. The Canada Revenue Agency will consider the cottage to have sold at the fair market value, so reducing the price will not reduce the capital gains tax. Also, when your children eventually sell or pass on the cottage, they will be required to report the reduced purchase price as their cost base, resulting in double taxation.

The sale will trigger a capital gain tax liability, but you can structure the sale and the tax payment over five years if you take a mortgage back from your kids. You may also consider forgiving the mortgage in your will so that your kids will receive the cottage free of any debt.

Selling the cottage today can also provide you with a source of income. You'll want to ensure the additional yearly income doesn't push you into a larger tax bracket and reduce any government benefits such as Old Age Security.

One possible drawback to consider with this solution is that the children become the owners of the cottage. They could sell it, or it could become an asset at risk in the event of a marriage breakdown.

2. Leave the cottage for children in the will

If you choose to pass on the property after your death, there are two ways to do it: you can name the heirs in your will and they will become co-owners of the cottage, or you can create a trust that owns the cottage and give each heir a portion of the trust.

A trust allows you more control over what happens to the cottage. You can allocate funds for maintenance, taxes and bills. A trust also protects against marriage breakdown or bankruptcy. Keep in mind that trusts cost money – a fee of about 1 or 2 per cent of the cottage's value every year.

3. Use life insurance to cover capital gains

Life insurance can be a cost-effective way to help pay capital gains tax. Consider purchasing a policy that pays out after both you and your spouse pass on. You can also choose a plan where the death benefit increases over time to match the growing tax liability. If cost is an issue, your children could pay a share of the premiums.

4. Sell the cottage and pass the proceeds to your children

You may opt to put the cottage on the market now or specify that it be sold after your death. After paying taxes and transaction costs, any remaining proceeds will pass to your kids. They can then use the money however they want, including buying their own cottage. The downside to this option is that the cottage doesn't remain in the family, but it may be a reasonable solution to avoid potential conflict.

Sidebar:

Cottage-sharing agreement

A cottage-sharing agreement can help co-owners manage expectations and avoid conflict around many issues. Some things that should be discussed and put into writing include:

- Schedule for usage
- Rules around pets, guests and renting out the cottage
- Opening and closing the cottage, cleaning, and performing maintenance and repairs
- Maintaining a cottage budget, including paying for utilities, taxes and insurance
- Deciding on large renovations and purchases and how these should be financed
- Retaining the cottage ownership within the group

Sidebar:

Keep your receipts

You can reduce taxable capital gains by keeping financial records for any improvements you make to the property – for example, additions, bunkies, decks, landscaping, septic systems and boathouses.

Sidebar:

Did you know?

Capital gains tax came into effect December 31, 1971. Even if you owned the cottage before that date, you need to calculate the increase in value only since then.

Get professional advice

However you decide to transfer ownership of your cottage, proper planning can help ease the way and reduce the tax burden for you and your loved ones. Speak to your advisor and a legal and tax professional to determine your best course of action.

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This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

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April Sirois – Sommelier - ISG

What could go better with a glass of wine than a little cheese to nibble on? This is honestly my favorite way to enjoy two of my favorite things, wine and cheese. But, do all wines go with all cheeses? Well, let's just say that some pairings are better than others.

Soft, creamy-textured cheeses pair best with young, bright, fruity wines, such as Pinot Noir, Beaujolais, and unoaked Chardonnay, Viognier, and Champagne. Old, rich, fatty and savory cheeses go best with deep, bold, rich wines that have good tannins to help cleanse fat and protein off the palate. Salty cheeses, like blue cheeses, pair best with sweet wines. The saltiness brings out the sweetness – think Sauternes and Rochefort - both are classics and delicious.

Cabernet Sauvignon and aged cheddar are the most common wine and cheese pairings and, for good reason. Something strong and sharp like cheddar needs a wine equally as big and bold.

Pinot Noir and Camembert: The light to medium body of Pinot Noir pairs well with a bloomy cheese like Camembert, which brings a creamy body and earth tones to the Pinot Noir. A Californian Pinot Noir works best with semi-hard cheeses like Munster or Fontina.

Sauvignon Blanc and Goat Cheese is another classic pairing with the flavour of one complimenting the other.

Merlot and buttery, semi-hard Gruyère: Merlot brings out the nutty notes of the cheese while the cheese brings the wine's black fruit flavors forward.

Rosé and Feta: The Rosé's notes of raspberries and minerality will cut through the fattiness of the feta leaving you wanting more of both.

Pinot Grigio and Parmesan: Pinot Grigio is sharp and acidic and will easily stand up to the strong, dense and nutty parmesan.

Syrah and Havarti: Syrah has a distinct pepper flavor profile that can easily push up against the sharp super buttery flavor of Havarti.

Zinfandel and Gouda: Gouda is rich with a firm tang that is balanced and perfumed thanks to the jammy Zinfandel. Old vine Zinfandels spicy notes, blackberry, vanilla, and blackcurrant are especially good with smoked gouda.

Sauternes & Roquefort Cheese: Sauternes is a sweet wine made from Semillon grapes that get a Botrytis fungus that shrinks the grapes down, but renders them sweet. This is the hardest to harvest and the most expensive dessert wine in the world. What better than to match with our funky friend and his mold-induced decadence than the moldy decadence of Roquefort cheese? The sticky, honey like sweetness with the strong flavors and saltiness is a perfect balancing act.

Champagne and Brie: Champagne can handle the fat of the Brie while taking on the creaminess to add to its toasty flavor and bubbles. Champagne isn't alone in this delicious pairing either. Crémant, Prosecco and Cava can also pair exceptionally with Brie

Port and Cheese: To me, Port is the quintessential wine to pair with pretty much all cheeses. Any cheese plate with pretty much any cheese is going to go well with our fortified friend, Port.

So, go ahead and grab up some of the beautiful cheeses at the Farmers' Markets around the area and get to tasting and maybe discover some of your own favorite parings.

~ Cheers

Cheese, wine and friends must be old to be good. – Reinhold Neibuhr

I'm Just Saying Regressive progress or wreak tech

Ron Golfman - Main Street

Many years ago, and I mean decades, as a bit of humor and a subtle editorial on how technology has hypnotized people with the explosion of cell phones, my friend Dave P., a fine gentleman, used to drive a canary yellow van with a rotary telephone, once only found indoors, glued onto his dashboard. While it made the point and was a nice commentary on all the idiots who drove while distracted with a cell phone in their hands, sadly, most didn't quite get the point about the obvious danger. I include car manufacturers of the more expensive models who have cameras which produce moving distracting backgrounds to the gauges as one drives, not really concerned about the need to focus while operating a vehicle, and impossible not to gaze at.

It seems that everywhere I go, people talk about the incessant number of pop-up ads on their cell phones, how accessing a new set of twenty-five other people we know can magically appear if one does a little trick, and the constant fraud texts and messages they receive from businesses, post and Amazon packages, trying to lure people into giving up their privacy. We've gotten to the point of lost control in that if you get an automated appealing call offering money or discounts and reply to their asking if you are indeed you with a 'yes', you are cooked. I am old enough to appreciate the warnings I once read in Brave New World, 1984, and even the technology in episodes of the original Star Trek, warning us that tech is available much sooner than our grasp on or the potential side effects of so-called advancements.

Most of my friends are knocking on the second half of their centuries or close to it, and it is evident that we are almost addicted, blindfolded, and gullible enough to fall for everything new, but not proven safe. Fortunately, I know people who, like me, are dinosaurs, proving this by still sending messages in various forms in capital lettears, allowing me to reply 'stop yelling' or are you 'mad'?

I don't see technology saving us costs of food, gas, or anything essential. More so is the inconvenience of no cashier, leaving line ups of stumbling clients trying to scan a cantaloupe repeatedly until you either leave it there or get schooled by a spotter, whom I would much prefer punching in the extraordinary costs. After all and, I'm just saying, you're an employee and you're here in the store.

For more on this controversial topic, press 7, state your middle name and explain why something so instrumental as renewing one's drivers license is impossible to do at SAAQ in 2023. Please hold indefinitely and pay outside.

Road Work

Transport Quebec would like to inform the public that road work to replace a culvert will take place on Route 329 in Saint-Adolphe-d'Howard between chemin du Cap and chemin de Mont-Howard between August 7 and August 23.

During this time, there will be restrictions such as detours,alternating traffic on one lane as well as complete closure between August 7 and August 11.

The duration of the work and hindrances may by modified due to operational constraints or weather conditions.

Consult 511 for information. For the safety of road users it is essential to respect the signs in place.

14 main.street@xplornet.ca

August 2023

MAIN STREET 

Lac-des-Seize-Îles: A community mobilizes

Saturday, July 15, the municipality of Lac-des-Seize-Îles invited residents and visitors to celebrate the inauguration of new attractions in the heart of the village. Young and old alike can now enjoy their favourite sporting activity at Parc André-Tassé, in a new area designed to accommodate pickleball, basketball, soccer, badminton and tennis enthusiasts. In winter, this synthetic multisport platform is transformed into an ice rink, giving it a four-season vocation. A reconditioned softball field at the back of the municipal building will welcome local softball leagues. For the little ones, colourful, modern and safe play modules have been installed, allowing families to get together and meet friends.

As part of revitalizing the village core, two new businesses also opened thanks to a local investor and many volunteers. The new Lac-des-Seize-Îles Station general store offers the essentials, plus frozen meals and smoked products, plus fine grocery items. Right next door, La Station, a smokehouse restaurant, invites you to taste its delicious fresh sandwiches made with home-smoked products, on homemade bread along with chef Ben's famous spare ribs.

The store restaurant and post office are housed in a building belonging to the Lac-des-seize-îles citizens who several years ago invested in it to allow local businesses to thrive and continue to play a vital role in supporting the village.



* Front Page Photo: Inaugurating the new installations (from L-R) Patrick Paradis (executive assistant), Elise Latour (councillor), Louise Trottier (Directrice générale), Olivier Hamel (councillor), Corina Lupu (mayor), Michel Roch (councillor)



What's New in Real Estate

The real estate market is changing, what exactly is a brokerage contract for purchasers (BCP)?

Lucyne Farand

In fact it's one of the best tools to protect purchasers and get the most of a real estate broker's experience and knowledge, and by the same token guide you in choosing a property that meets your criteria and your budget.

- The regulator (OACIQ = Organisme d'autoréglementation du courtage immobilier du Québec) has decreed that a broker can no longer represent both the purchaser and the seller in order to avoid potential conflicts of interest.

The purchaser without a BCP must know that he cannot be represented by the listing broker but that he will nevertheless be entitled to fair treatment. The broker who takes out a promise to purchase without being under contract with the purchaser works "de facto" for the seller. This means that this broker cannot advise, guide or negotiate the price for the buyer.

The BCP is not mandatory but is advantageous for purchasers since it specifies the bases on which his broker will act with regard to his rights and interests and allows him to choose a dedicated broker who fully understands his needs and criteria and who can advise him judiciously.

For more details ask your broker or contact me Lucyne Farand: 514.952.96316 or lfarand@royallepage.ca



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110 RUE ALLEN - MORIN-HEIGHTS
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106 CH. DE L'ARDOISE - SAINT-SAUVEUR
ASKING PRICE: \$449,000.
Really nice house in one of St-Sauveur's prettiest neighborhoods. Quiet and peaceful, only 4 minutes from the heart of the village. Charming interior. 3 bedrooms upstairs, 2 bathrooms, 2 fireplaces & more. **SOLD!** [14867929]

1307 RUE GERRY-BOULET PRÉVOST
ASKING PRICE: \$649,000.
Great opportunity! Lovely cottage with 3 bedrooms, large garage, 200-amp, magnificent veranda with heated floor, 15-foot above-ground pool. Located in Prévost offering security, privacy and tranquility. A must-see! [26652470]

70 AV. DU VICOMTE - SAINT-SAUVEUR
ASKING PRICE: \$1,380,000
Splendid bungalow in the heart of the village on a most intimate lot. Filtered views of the mountains. Double garage, veranda with electric retractable screens, 4 bedrooms, 3 bathrooms. Garden level basement in the back. [10218755]

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Vendredi — 11 août — 11h-18h

Samedi — 12 août — 9h-17h

Dimanche — 13 août — 10h-16h

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