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What's On My Mind... The magic of the holidays

Susan MacDonald, Editor

The holidays are just around the corner and, over the next few weeks, we'll all be celebrating and joining with families, friends, and neighbours. Put those diets on hold, and bring on the sweet treats, meat pies, and warm mulberry wine! Truly, this is the most wonderful time of the year, particularly here, at home, in the picturesque Laurentians. With a little luck, we'll have a white Christmas and, hopefully, Mother Nature will leave the electricity on this year, at least until the turkey is out of the oven.



What I love most about this season is that everyone puts in that extra effort to attend parties and family get-togethers. Hugs, smiles and familiar faces will take the place of texts and Emojis for a short time, as we celebrate the season and reminisce over past holidays. For some, there will be new little faces to meet, and for others, heart-felt memories of those who are missing. It's a time to be together, to share love, and support one and all.

The countdown to the New Year is also on, catching many of us reflecting over the year about to pass. The year, 2017, presented many challenges to us all. Regardless of their outcomes, they will serve well as lessons for the future. Welcome the New Year with hope, expectations, and achievable goals.

This year, we welcomed new writers from 4 Korner and English Links, and new columnists, Terry Cutler, our "Ethical Hacker" and computer safety expert, and Sue Rich, who has taught us so much about the benefits of natural essential oils. We have a few new surprises in store for you, starting in the New Year, so keep your eyes peeled for the fresh voices that will be joining our pages. Other surprises are on the horizon, as well. I'll fill you in on what's coming up in the January edition.

We also said good-bye to Kim Nymark and Christopher Garbrecht, who have both moved on to pursue new challenges. Sadly, this issue will also be the final submission from our dearly-appreciated Library Addicts, Grif and Marion Hodge, but we hope that they will continue to grace our pages with occasional guest submissions in the future.

Thank you, most profoundly, to all our advertisers, writers and readers. Your loyal support has enabled Main Street to continue to publish your community news from anywhere in the Laurentian region. In our pages, you will find only information relevant to the success of our resident communities. See you all again next year!

From "our" home, to yours, Main Street wishes you a joyous holiday season and a safe, healthy and prosperous New Year.

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Observations

Be Someone – Upset the Peck- ing Order

David MacFairlane - MainStreet

Wherever we live in this world, the pecking order prevails and we all have our individual places within it. We cannot escape it. It is a social system designed to promote economic inequality, along with all the strong-arm tactics employed by the ruling classes to protect this unequal distribution of resources essential for the successful survival of humankind. This order is visible in the animal world, from the smallest to the largest primates and the denizens of the air and the oceans. For animals, it is a way to ensure the survival of the species, and has worked with infallible perfection down through the ages. The human pecking order is a corrupted system that uses selfishness, brutality and cruelty to establish its control over the weaker, less fortunate inhabitants that it dominates. We are brainwashed into believing that the pecking order is not a brutal and wicked perversion, but is simply the natural order in the human species, but that is a lie. We do not recognise the inherent evil in the system, and the fact that we are complicit in its success, because we love the benefits that accrue to us, individually, at each level within the ranks.

While we cannot escape economic and social inequality, and the selfishness that is demanded from us for support, we can recognise the myth that is the basis of the system; that power and wealth do rule the world. However, even though we can acknowledge this reality of inequality, we are free to reject the lies used to justify it. Thanks to the wisdom of Dr. Ben Hunt and Rusty Guinn, at Salient Partners, although we are captives of this system, they point out that it is possible to be IN the pecking order, without being OF the pecking order. We can BE someone, instead of being SOMEONE. The difference between those two states of being, although subtle, are immensely important for an individual's peace of mind and the capacity to live lovingly and harmoniously within society. The goal is to maximise liberty and justice for all because, like free-range chickens that produce fewer, but indubitably better eggs, free-range humans are happier, kinder, and enormously and positively, more productive.



Sign On Railbridge Over I-45 In Houston

The idea of “being someone” is a complicated statement and can be interpreted in different ways. Many will think it means becoming someone important, to make an impact, to contribute largely to one's sphere of influence, to be recognised for something. That is all largely an external identification, and dependent on the way someone is seen by others as an achiever, and which becomes a symbol of personal success. But it is a perilous journey indeed, and one, which forces an individual into competitive, and selfish behaviour, dependent on the acknowledgement, recognition and acceptance by others. This external self-image is a product of the lies upon which the pecking order depends for its existence, and which holds us captives in its thrall.

However, there is another meaning to “being someone”, which is the discovery of the authentic person within an individual. It is not dependent on a self-image or any external approbation. It is more selfless and concerned with the honest expression of the inner self, free from the demands of societal norms and rules for behaviour. The goal is authenticity in thought and actions. It is difficult to find this real identity, due to the brainwashing we have been subjected to since birth. The demands to conform and be part of the herd of humanity is unleashed on us from day one. This is not about winning and losing; it is about “doing your own thing”, being a genuine person, someone who is authentic and does not aspire to elevate oneself while demeaning and debasing others. It is about being the most independent, extraordinary and true version of who you are. If you find that person within you, then give it unfettered freedom of expression.

We are in that time of year when we celebrate the Christmas and New Year holiday seasons, when loved ones gather and gifts are exchanged, and new resolutions made. However, it's been a difficult year of violence and tragedy, of bad news and the growth of tyranny. A year of too much hate and too little kindness. It's hard to give thanks for anything but, perhaps, our own good fortune, in the light of all the misery people are suffering around the world. Author and lawyer, John Whitehead, of the Rutherford Institute expressed it best when he suggested, in an essay, that thinking good thoughts and counting blessings are fine and good, but we must do more. The world needs people who will put those good thoughts into action. Evil prevails when good people do nothing, and the indifference of bystanders makes them as guilty as the perpetrators.

The Good Samaritans of the world are not often recognised, but they are out there, pushing against the darkness. Whitehead went on to say we can bring comfort to those in need by acts of kindness that lighten their burdens. Beyond volunteering and making donations, we should pay our blessings forward, smile more, fight less. Resist the meanness of our society with conscious compassion and humanity. Simply by holding open a door, or giving up your seat, these simple acts will have huge, positive consequences.

Imagine a world in which we all lived in peace. John Lennon did. He saw a world in which there was nothing to kill or die for, no greed or hunger. Although he fell to an assassin's bullet, that dream must not die.

The choice is ours, and we must make it.

“Wherever we go we do harm, forgiving ourselves as wheels do cement for wearing each other out. We set this house on fire, forgetting that we live within.” – Jim Harrison 1936-2016. American artist and writer. From “To a Meadowlark” (2008)

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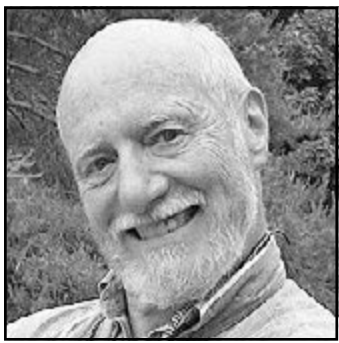
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Simply Words on Paper Let Me Think, It Will Come To Me....

Jim Warbanks - Main Street

We were joined for dinner recently by long-time friends, and we were looking at old photos. How old? They were slides. So, you can guess the era to which they belonged. We had difficulty recalling certain names, locations or particular circumstances.

I told the old joke about the two old friends, sitting and chatting. One mentioned that he and his wife had been out to dinner at a really interesting restaurant the night before. When the friend inquired about the name of this new find, he hesitated, pondered, then asked, "what is the name of that beautiful flower, usually red, that has those sharp, thorny protrusions that must be avoided?"

The reply: "you mean a rose?" "Yes, that is it!" Then, he called out to his wife, in the other room, "Rose, what was the name of that restaurant that we so enjoyed last night?"

For reasons that may elude us, we all tend to forget things that we should recall. The answer may occur to us later, and then seem so obvious. It can be quite frustrating. The problem seems to become greater as we progress in age, but it can, and does, occur to anyone, at any time.

Benign form

Now, let me be clear. I am not referring to, nor making wry comments about those who suffer the devastating consequences of Alzheimer's Disease, or related conditions, that rob victims of certain functional abilities in such a cruel progression. Anyone experiencing one of these frightful conditions, as well as their family members, friends and caregivers, have my complete sympathy and support. I am only referring to the much more benign form that manifests itself at inconvenient times.

I try to reassure anyone who makes such an understandable mis-step, by comparing the brain to a computer hard-disk drive. Youngsters among us, and I will let you define the parameters of the term, have accumulated only a limited number of acquaintances, experiences, issues of concern, and trivial items, that are consigned to memory. But, with the passing of time, the number of encounters, observations, acquaintances, historic events and assorted memories multiply. Certain associations are recalled for use or comment, then returned to memory.

If the mind were a computer hard drive, it would be filled with a great number of files over time. Access to any individual file would take longer, as the drive nears capacity, and some unimportant files take up valuable space. Consider how you might recall the lyrics of a song that was meaningful, on hearing only a simple reference, while you may fail to remember the name, or relationship, of a person who was introduced to you twenty minutes ago. Some files inevitably become corrupted, mis-filed or inadvertently wiped from the drive, as newer files are introduced.

De-fragmenting

A computer hard drive can be cleaned, files sorted, re-named, and the entire drive can be de-fragmented to make access to the memory far more efficient. The procedure can be repeated as needed. There is, unfortunately, no similar procedure that can easily be applied to an over-burdened mind.

You also have concerns and responsibilities that cannot, and should not, be neglected. I well recall that, when my son was quite young, I taught him to play Concentration. To put the timeline in proper perspective, the version of the game I am referring to used a deck of cards, with the objective being to turn over two cards each time it was your turn. If you found a matching pair, you kept the cards and took another turn. When you failed to turn up a pair, you replaced the cards in their original positions, and play passed to your opponent. It was crucial to remember which cards had been turned up, as well as their location, so you could benefit on your next turn.

Concentration

Quite soon, my son was beating me fairly consistently. On reflection, I came to understand that the undiminished focus he could apply to the game at hand was greater than mine. He had relatively few ongoing concerns to deal with, and his brain was relatively uncluttered. While I was playing to win, other thoughts would unavoidably flit through my brain. Had I paid that outstanding bill? Were the Canadiens going to maintain their winning streak? Did I need to look up a reference for the scheduled presentation tomorrow? Was the furnace making an unusual sound? I wonder what there is for a snack in the refrigerator? My lack of concentration was hampering my performance at Concentration.

So, my advice is to consider the odd memory lapse to be evidence of a life well lived, and fine memories accumulated, even though some may be less accessible at the times when you may wish to recall them..



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Protect yourself from online shopping scams

(NC) The holiday season is prime time for fraudsters, so it's important to be vigilant when hunting down deals and searching for the best gifts online. Here are some tips to keep your personal and credit card information safe:

- Shop only on secure websites. Double check that the website address begins with "https://" (the "s" stands for secure).
- Pay by credit card if you can. Never send cash.
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- Read the site's privacy policy and find out how your information will be used.
- Don't respond to an email or pop-up message that asks for financial information. Legitimate companies don't ask for this information this way.
- Read your credit card statements and check for unauthorized charges.
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About Sainte-Adèle

Chris Lance - Main Street

What a year, all over the world and up here in the Laurentians, with the snow, sleet and rain rolling in for the next six months. It's time to think about our past year. Without a doubt, the biggest news is, and continues to be, the U.S. President. Locally, and across Quebec, we saw change in political leadership in our cities and towns, and the success of women as candidates for

office throughout the province; a subtle change, after years of tough guy politicians, which seems to be coming to an end. Perhaps a more benevolent future is on the horizon up north. Perhaps less graft, less concentrated male power, allowing a different and better politics, and fairness, in towns like Sainte-Adèle.

Christmas and holiday shopping has been happening since October. It's time to trim a real tree before the butterflies, caterpillars and bugs devastate and forage in our forests over the next few years. It's time to find the snow-boots, mitts, gloves, scarves, sweaters, snow-suits, ski-wear and place them in the hall closets and on the pegs by the door. Flip-flops, snorkels, shorts, t-shirts, sweatpants and sneakers should be replaced with poles, ski boots, skis, skates and snowshoes. The golf clubs and tennis rackets should be tucked away until vacation time, or next May 2018. All the sheds and garages filled with rakes, leaf blowers, soiled garden gear, lawn mowers, hedge trimmers, electric cords, smelly gas tanks, dirt rags, assorted clippers, scissors, cords and left-over lumber from forgotten summer plans, complete with rusting saws, rulers, tape measures, screw drivers galore, and bags of nails and screws sit there, all awaiting Spring. The snow blowers and shovels are all now standing guard, and ready to clear a path to a cold car.

Soon the invitations go out to friends and relatives for the holiday week. Christmas and get-togethers bring all the party aunts and uncles, but what the heck, it is just for a few days. The nieces and nephews will be arriving via bus or Uber. The kids will be bringing all their kids, and we'll be meeting all their new wives, or girlfriends or boyfriends, and trying to get all the new names down pat for introductions to the neighbours.

There are gifts to buy for everyone, so it is time to go to the mall or shop online. Stock the pantry and fridge, check the bottom of the freezer for forgotten food, pick up cases of beer, and replenish the bar with scotch, vodka, and rum and the assorted mixes for party drinks.

It's also time to make sure the tangled lights work, before you trim the tree and house. Find the party platters, napkins, and table settings. Buy the ski pass; check the ski-bindings and the skates for you, the kids, and the lingering house-guests.

Most of all, it is a happy time, if only for a few days, provided you can escape the terror and the news. Enjoy friends and relatives as you should. It's a busy world.

Happy holidays to all my readers...all the best. Ho, ho, ho.



A Library Addict's Choice...

Grif and Marion 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.

ADULT NON-FICTION

Johnson, David - Ingenious: How Canadian Innovators Made the World Smarter, Smaller, Kinder, Safer, Healthier, Wealthier, and Happier

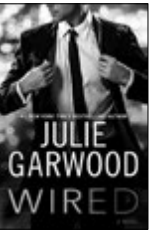
To celebrate Canada's 150th birthday, David Johnston, Governor General, and noted Canadian leader in technology, joined forces to present some of the innovations that have sprung from the imaginations of ancient peoples to today's citizens. The book provides the circumstances and the creative processes, as well as telling you why they did it and how they made the world a better place.



ADULT FICTION

Garwood, Julie - Wired

In this romantic suspense novel, a beautiful and brilliant young college student, Allison Trent, wants to write a new security program that could revolutionize the tech industry. Liam Scott is an FBI agent who wants Allison, an outsider, to find out who, in his company, is leaking information. Trouble is, she is not interested. What must Scott do to woo this fascinating woman to collaborate with him?



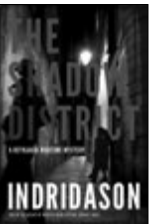
Kanon, Joseph - Defectors

This tale of espionage focuses on three weeks in the lives of a select group of defected American spies in Moscow during the height of the Cold War. It is 1961, and Stalin has been dead for eight years. Former CIA agent, Frank Weeks, is about to publish his memoirs, which will reveal shocking facts about the West. His friend Simon, a publisher in New York City, knows that the US government will never allow the Soviets to use the memoirs as a propaganda machine. But, Simon still wants to go ahead and publish the text.



Arnaldur Indridason - The Shadow District

The Shadow District begins a new cycle of tales from Iceland that folds crime into historical context, moving back and forth between the present and the 1940s. World War II brought an influx of Allied forces to Reykjavik; a young woman is murdered, and a Canadian military officer, of Icelandic origin, teams up with a local policeman to solve this crime, set against the background of the upheaval brought about by the war.



Roslund, Anders & Hellstrom, Börge - 3 Minutes

Master criminal and undercover informant, Piet Hoffmann, is now on the run from the Swedish authorities, living with his wife and two young sons in Cali, Colombia. Only one Swedish police officer knows he is a high-level enforcer for a Colombian cocaine cartel, and also an infiltrator for the DEA, working to bring the cartel down. But, when the Speaker of the House is kidnapped by the cartel, during an official visit to Colombia, everything changes - fast. Hoffman must play a harrowing balancing act between the Cartel, the American government that denies his existence, and keeping his family safe.



YOUNG ADULT

Riordan, Rick - The Trials of Apollo

Rick Riordan is a consistent writer, whose career as an author began while developing a bedtime story for his son. As a teacher of English and History, for nearly twenty years, he wanted to find a way to make the Greek classics come alive for modern children. In this novel, part of a series, Apollo is being punished by his father Zeus, by having to live like a regular teenage boy. But Apollo has many immortal enemies who would love to see the Olympian destroyed. He must seek help from modern demigods at Camp Half-Blood.



Village of Weir Newswire

Claudette Smith-Pilon

LET IT SNOW, LET IT SNOW, LET IT SNOW

NEWS FROM CITY HALL

The municipality held their annual evening for volunteers that have donated their time and effort in the past year. Mme Carole Bertrand Robitaille was honoured as "VOLUNTEER OF THE YEAR 2017."

This is a very deserving award for a lady that gives generously of her time to help in all community efforts.

Carole is hard working, always wearing a smile, is very helpful and willing to please. **Congratulation Carole!**

Community luncheons for the next 2 months are:

- December 15 (Christmas Luncheon)
- January 26, 2018.

Please call Jolaine Craig 819-687-9508 and specify name(s) and how many will attend.

Important notice:

If you are looking for a family doctor you can get in touch online at www.clinique-grandtremblant.com or by telephone at 1 844 834-4263

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next session is on Friday, December 15. Work on the quilts will be done during the morning and will be followed by our Annual Christmas Luncheon.

For your information the Laurentian branch has sent out 138 quilts as of now for this year.

As for the dates of work sessions for January we will advise you at a later date.

I would like to wish everyone a very Merry Christmas and a Happy New Year. My wishes for this season is that you spend time with your families and enjoy the warmth of happiness, the joys of laughter and for the coming year, lots of health, satisfaction in what you accomplish and peace of mind. May all your dreams come through

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

Arundel News

Janet Thomas

In time for Christmas: New books at the Arundel library

Everyone needs a good read over the holidays and the Arundel Library has one for you! We have been busy adding new books, such as: fiction, non-fiction, and children's books for all ages. Come in and browse the shelves. You can access digital e-books and magazines on-line, and order books from home. To find a list of publications recently added to the library, visit our website at www.arundel.ca, click on Library, and follow the link to Réseau Biblio des Laurentides. For more information call: 819-681-3390 Ext 5607. Open Wednesdays and Fridays: 10 am - 3 pm / Saturdays: 10 am - noon. Located in the Municipal Office Building: 2, rue du Village, Arundel.

Sat, Dec 9
Noon - 3 pm

Loisirs Christmas celebration: Free for all

Create your own Christmas gift - FREE! All supplies provided. Hot chocolate, coffee, tea served. Les Serres Arundel: 37, rue du Village.

Sun, Dec 10
11 am - 2 pm

Les guignolees food drive

Together hand-in-hand

An effort small, a gesture grand.

Volunteers will come door-to-door to collect food to share with needy families so everyone will have a happy Christmas. If you are not home when we knock, just leave your donation outside your door.

Wed, Dec 20
10 am

Arundel Elementary School Christmas concert

The students and staff have been practicing hard to make their annual Christmas Concert a success with Christmas songs and the play, "When Good Elves Go Bad." Join the fun! .





Quebec municipal leaders offer local solutions to national challenges

Municipal leaders from across Quebec converged on Parliament Hill recently with advice on how to turn Federal commitments on infrastructure, housing and cannabis into real outcomes for Canadians. They were part of a nationwide delegation, led by the Federation of Canadian Municipalities, that met with more than 200 parliamentarians from all federal parties.

The recent meetings allowed local and Federal leaders to discuss key opportunities ahead, including the \$81 billion Investing in Canada infrastructure plan, and the recent breakthrough of the National Housing Strategy. Both can bring significant economic growth and quality-of-life gains, but the Federal government still has important steps to take.

Another top issue was the legalization of recreational cannabis across Canada. Municipalities are significantly responsible for implementing, administering and enforcing this new reality, and they're seeking more engagement from Ottawa and the provinces.

Throughout four days of intensive meetings on Parliament Hill, members of FCM's Quebec Caucus met with parliamentarians from the region, along with Finance Minister, Bill Morneau, Deputy Leader of the Official Opposition, Lisa Raitt, and NDP Leader, Jagmeet Singh.

Government assistance provided to Municipality of Mille-Isles

The Government of Québec is providing up to \$433,723 in funding to the Municipality of Mille-Isles in Argenteuil County for the reconstruction of Cambria Road.

The Member for Argenteuil, Yves St-Denis, made the announcement on behalf of André Fortin, Minister of Transport, Sustainable Mobility and Transportation Electrification. For its part, the Municipality will contribute to the financing of this project an amount of \$144,574 representing 25% of the total cost. The work consists of the complete re-construction of the road, which includes the replacement of several cross culverts, profiling and ditching, reloading and paving of the shoulders. The work aims to keep the road in good condition and to ensure the safety of users. This project is part of the Rehabilitation of Local Road Network - Rehabilitation of Local Road Infrastructure Program.

The MRC d'Argenteuil awards \$4,000 to Centraide Laurentides

Once again, the MRC d'Argenteuil joins the Centraide Laurentides fundraising campaign under the theme "Let's change lives for life." The MRC council proudly presented a cheque in the amount of \$4,000 to the Director General of the organization, Suzanne M. Piché, at the meeting on November 2017. Happy to be able to count on the commitment of Centraide Laurentides in the region, the MRC wishes to underline the importance of the work done by the organization for the benefit of the citizens of Argenteuil.

In 2016 alone, Centraide Laurentides financially supported organizations, with their main addresses in the MRC, for a total of \$121,000. Several community organizations in the community count on the valuable support of Centraide Laurentides, which, through its various interventions, helps to alleviate the effects of poverty and help families and people in difficulty. For example, the Argenteuil Mutual Aid Center, the Café Partage d'Argenteuil and the Lachute Service Counter received support from Centraide in 2016.

The MRC d'Argenteuil invites the entire Argenteuil population to be open and compassionate by generously participating in the 2017 campaign of Centraide Laurentides, whose goal is \$2,400,000.

High-Speed Internet

"High-speed Internet is a tool for communication, training, and work in our modern era. It is also a way of attracting and keeping young families here, facilitating home-based work, stimulating economic development, and enabling people to stay connected to the world. Regions, such as ours, have to catch up to urban centres in terms of access to this service, which I consider essential," stated Mr. Graham.

Mr. Graham pointed out that it is in part thanks to the work of the rural federal caucus, which he founded, that two initiatives in this regard have taken shape: Connect to Innovate (CTI) and a \$2.4 billion reserve for infrastructures in rural and northern regions. During his presentation to the CRTC, he called for Internet companies that serve a community to be required to serve all households, not just those that the companies consider most profitable.

Currently, 23 local projects have been presented, demonstrating the pressing need for high-speed access in Laurentides -Labelle. Only some of the projects will be selected because the applications exceed the budget. "In order to move forward and catch up on high-speed access in our region, additional financial support will be made available through programs that will be announced in the coming months. That is why I am hopeful for the other locations in our region that do not receive grants this time," concluded the MP for Laurentides - Labelle.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Odrey Jasmin and **Julien Brisebois**, who opened **O'Lodge Café Plein Air**, 291 rue Principale, St. Sauveur on August 18. The store offers superior quality clothing for outdoor hiking and running, as well as multi-sport and technical clothing. A coffee bar is featured that serves hot coffee, delicious soups, sandwiches and scones on site. 450 227-7517/ www.olodge.ca.



Martin Gagnon, owner of the new **boutique Maison & Campagne, Meubles et Décoration**, 25 de la Gare, St. Sauveur. The boutique offers lovely home decor items, wood cabinets, TV stands, wood and steel furniture, recycled wood items, and imports from India. 450 927-2277 / www.maisonetcampagne.com. Facebook / [maisonetcampagne](https://www.facebook.com/maisonetcampagne).



Congratulations to:

Father and daughter, **Nathalie Denault** and **Pierre Denault**, owners of **La Cage Brasserie Sportif**, 75 rue de la Gare (Galerie des Monts), St. Sauveur, who celebrate the 24th anniversary of their bar/resto. They are well-known for delicious chicken and ribs, and many other tasty items on their menu. 450 227-8787 / www.cage.ca. Wishing you many more successful years!



Nathalie Gauthier, owner of **Les Trouvailles de Sylvie**, is celebrating her 30th anniversary in business. Quite a landmark! The shop is located at 15 de la Gare, St. Sauveur. Her store features unique umbrellas, jewelry, watches, men's and women's clothing and great accessories. Nathalie is proud that she features mostly items from our local artisans and also artisans from Montréal and Québec. 450 227-1122 / www.lestrouvaillesdesylvie.ca.



Groupe H2O, who recently acquired **Le Saux plumbing** store in Ste. Agathe. The two stores combined their services at one location: Groupe H2O, 4663 Route 117, Ste. Agathe. Owners are Alexandre, Fred and Alain Ayotte and Joel Renaud. 24-hour service for plumbing emergencies is available. They also have high-tech cameras to help determine and resolve difficult plumbing issues. Water testing and treatment systems are some of their specialties, as well as high quality sinks, toilets, faucets, etc... 819 424-3220 / www.groupeh2o.ca / aayotte@groupeh2o.ca.



Did you know that:

There is an exciting new facility where manufacturers can rent manufacturing space in a large building called **La Manufacture**, located at 195 Brissette, Ste. Agathe des Monts? Renters can profit from being coached on finance, legal, accounting, and business practices by the CDE MRC des Laurentides (formerly called the CLD) upon space rental. For more info: 819 774-3622 / www.manufacturelaurentides.com.

Robert (Bob) Brewster's new book, *Jacob's Story*, will be available in Kindle and audio e-books by December 1? His new, soft-cover book will also be available for \$20. Currently, Bob, a resident of St. Sauveur, is providing free audio and e-book copies of *A Moment of Clarity*, the first book of the series, if you visit his website and request a copy. The second book is called *Clarity Must Prevail*, and the third is *Jacob's Story*. For more info, call Bob at 450 227-4427, e-mail him at robert.brewster@sympatico.ca or go to www.robertcbrewster.com. The perfect gifts just in time for Christmas!

After 5 years, **Don Stewart** successfully launched his new book "**The History of Morin Heights and Surrounding Regions**" on December 1, at the Morin Heights Library? Local history has been a life-long passion of Don, since high school in Lachute. The \$35 book, published by Shoreline Press, includes more than 500 pages, with several photos. To order the book: 514 457-5733 / shoreline@videotron.ca / www.shorelinepress.ca or or contact Don directly: 450 226-6622 / dstravelmh@hotmail.com. Another great idea for Christmas!

Hypnotist, Jean Souviron, will offer sessions to those who suffer from anxiety, ADD, insomnia and PTSD? Jean also offers sessions to help others to quit smoking and to lose weight. Jean's two offices are currently in Montreal, but he will offer hypnosis sessions in a new office in Ste. Adèle. For info: 438 763-3491 / www.hypnose-jeansouviron.com.

Merry Christmas and Happy 2018 to all of you.

Laurentian Club Report

By Mary Mitchell

Our November speaker, Julie Cobb, is the warden of the Archambault Penitentiary in Ste Anne des Plaines with a staff of 500 and an offender population of 686 men. Julie, who began her career as a correctional officer in 1988, has worked in several positions in different penitentiaries and sectors of Correctional Service of Canada (CSC). She presented CSC 101: its organizational structure, five regions across Canada, 18,700 volunteers and the three types of institutional security levels. The mission of CSC is reintegration of offenders into the community upon release. A priority of the Trudeau government is intervention and reintegration support for First Nations, Metis and Inuit offenders who make up 26% of the offender population although only 4% of the general population. A second important priority is providing more services to the vulnerable 15% of offenders who arrive with mental health issues. It was an eye-opener to learn the difference between provincial jails and federal penitentiaries, what happens when you are sentenced to two years or more and the fact that offenders perform community-based volunteer work in the Laurentians. Julie gave us an insider's view of the Archambault institution with statistics on the type of crime, sentence length and offender age. When asked, Julie replied, "My job is not to judge them. I think about what they have done, but, I see them as individual men, not as their crime." What an insightful and hopeful presentation!

Please join us January 23, 2018 for our next meeting. www.laurentianclub.ca



Strings & Things Gibson

Dale Beauchamp

Although not as old as Martin (Orville Gibson started his company in 1896), no other company has had as much simultaneous success in both the acoustic and electric guitar markets. Gibson is unchallenged as the originator of stunning and iconic designs. In

the acoustic world, one has only to think of the Dove or the Hummingbird. For electrics, they gave us the Flying V, the SG, and the Les Paul. These models have been copied by dozens of makers over the decades. B.B. King was never without 'Lucille', his semi-hollow-body ES-335. Players, from Reverend Gary Davis, to Emmylou Harris, will forever be associated with the J-200 jumbo Gibsons. There are the J-45, the Firebird, the Explorer, Robert Johnson and his L-1, Doc Watson's J-35, Woody Guthrie's L-00...you get the picture.

Gibson has also garnered great success and respect in the mandolin and banjo worlds. A great luthier named Lloyd Loar, built mandolins for Gibson from 1919 to 1924. His A-5 and F-5 models (with violin style F-holes) were ground breaking. Bluegrass pioneer, Bill Monroe, played a Loar F-5 for most of his career. Surviving examples are priceless, and Loar is revered in the history books. He also developed the famed L-5 archtop guitar, made famous by Mother Maybelle Carter.

It all began in 1894, in Orville's workshop, in Kalamazoo, Michigan, where he developed and patented radical new construction methods for mandolins and guitars. He patented these designs, which produced increased volume. Soon, demand skyrocketed, and he needed to expand. Record keeping was haphazard at best, lending to the mystique of this company. The company was bought and nearly destroyed by business interests unfamiliar with the industry. From 1969 to 1985, Gibson still made money, but their reputation among players and dealers suffered terribly, until some former employees and a couple of investors bought it back and restored the quality of construction that had been so lacking. They soon embarked on a program that saw the resurrection of most of their classic models, with resounding success.

They have never been afraid to experiment and haven't always been on the money, sometimes bordering on downright eccentric, but that spirit has given us some memorable results. They invented the Tune-o-Matic bridge, and the humbucking pick-up, changing the electric guitar world for ever.

Ironically, Orville Gibson was only in the picture for six years, having sold his stake in the company to five Kalamazoo business men in 1902. He was paid a decent salary and passed away in 1918 at age 62. But the Gibson name lives on as one of the oldest, most respected names in the musical instrument business.

Christmas is coming, so if you're looking for a present for someone who loves this stuff, the book, **Gibson's Fabulous Flat-Top Guitars**, by Eldon Whitford, Dave Vinopal and Dan Erlewine, is a good choice. It covers the history of Gibson acoustics and has a lot of nice pictures of these beautiful guitars. Merry Christmas!

Terry Cutler wins prestigious International Cyber Security and Intelligence Academic and Leadership Awards

About the Academic Award: This award category recognizes the effort of the talented professionals with pedagogical skills in cyber security and intelligence.

About the Leadership Award: This category rewards professionals such as, the Chief Information Security Officers (CISO), or Chief Cyber Security Officers (CCSO), Project Managers, or Consultants who have substantially contributed to the cyber security communities through their selfless service, cyber security project management, or project coordination.



Ms. Sylvie Potvin receives the Dollard-Morin Award

On November 17, the 2017 laureate for the Laurentians, Sylvie Potvin, was awarded by the Assistant Deputy Minister of Recreation, Sport and Financial Assistance to Studies of the Department of Education and Higher Education, Mr. Robert Bédard, the Dollard-Morin Sport and Recreation Volunteer Award at a special ceremony held at the Red Room of the National Assembly of Quebec.



Essential Oils Enjoying the holidays

Susan Rich

It's that time of year again, when everything is glittery and magical: a time when we get together to enjoy the company of our loved ones. It's also the season for giving gifts, which can be stressful. However, there are some easy and inexpensive homemade ideas, using essential oils, that make amazing gifts for the loved ones in your lives.

Occasionally, these gatherings include people we might not normally choose to hang out with, and that can add stress to what should be an enjoyable experience. So, what if we prepared a lovely room spray that would make the space smell great, and provide a relaxing environment that everyone could enjoy and benefit from? Citrus oils are cheery and uplifting, while woody oils and florals are grounding and balancing.

With the stress of the holidays, who wouldn't love to receive a relaxing bath scrub to wash away the day's troubles. This is a wonderful sugar scrub that I love, but you can also find great ideas on Pinterest and Google.

Peppermint invigorating sugar scrub

Ingredients

- ¾ cup white sugar, or Epsom salt
- ½ cup fractionated coconut oil, or any oil of your choice
- 12 drops peppermint oil
- Food-grade colouring

Instructions

1. Combine sugar, fractionated coconut oil and peppermint oil in bowl.
2. Divide mixture equally into two bowls.
3. In one bowl add red food-grade colouring.
4. Layer red and white scrub in a jar to create a 'candy cane' effect.



The final consistency will be a granular mixture that you can scoop out by hand or use with a face cloth.

For the foodies: Did you know that essential oils are an amazing way to enhance the flavour of our favorite holiday dishes? When using essential oils in food, a little goes a long way, so start with a small amount. If your dish is very small, you can use a toothpick to scoop up some oil and add it to the dish. You can always add more, but you can't take it away. The flavour boost is amazing compared to fresh or dried herbs, which oftentimes have lost much of their flavour through time on the shelf, and during transport. Give them a try and you'll love what you create. Please be sure to use only 100% pure therapeutic grade essential oils in your food. It will be clearly marked on the label if the oil is safe to ingest.

For more information, or to experience the benefits of CPTG essential oils, please contact me at 819-421-2253

Steve O'Brien Foundation Initiative Community Relay For Youth

Jim Warbanks - Main Street

When Steve O'Brien is dealing with kids in school, he feels "like a school kid himself" and emphasizes that he finds it "easier than dealing with adults." The goal of the Foundation that bears his name is to encourage youth to achieve their dreams and reach their goals. His current initiative, Community Relay for Youth, seeks to mobilize the entire community to work together to help fund projects that will encourage youth perseverance in school.

24-hour non-stop

A 24-hour non-stop relay, by teams of 12 participants, covering as many kilometres as possible, will serve as an example working together for the future of our youth. Each team, consisting of 12 members formed by school groups, community organizations, parents or friends will be expected to raise \$600 participation fee.

Relay baton

The event in Argenteuil is tentatively set for September 28, 2018, to be staged at the athletic facilities adjacent to Laurentian Regional High School. Team members will pass a special relay baton equipped to measure the distance covered. As was the case on Steve O'Brien's Cross-Canada Tour, participants may walk, run, skateboard cycle, rollerblade, use a wheelchair or other means of their choice.

Ninety percent of the funds collected will be re-distributed within the community - to schools, youth groups or youth projects, based on the choice of each participating team. The remaining 10% will be earmarked for small gifts to youth at the event.

Spokesman

Local prominent singer-entertainer Brian Tyler was introduced as the new Foundation spokesman. Due to his visibility in the community and his commitment to helping youth achieve their goals, he is expected to play a large role in promoting this upcoming event and the ongoing work of the Foundation.

For additional information, or to indicate your interest in forming a relay team, contact the Foundation; www.steveobrienfoundation.com.



Singer Brian Tyler (Centre) was introduced as the spokesman for the Foundation. The relay baton pictured records the distance covered. Foundation President O'Brien is in the background.

Photo credit - Steve O'Brien Foundation

This Month's Focus on Nature

Animal tracks

Susan MacDonald - Main Street

It was 9 am when I arrived at the barns to feed the wooly animals on my hobby farm and for the first time this year, a light dusting of snow covered the ground, just barely deep enough to provide signs of who and what had passed by during the night. Short of a surveillance camera, this is as good as it gets if you want to know what animals are living unseen in your backyard.

Not far from the barns, two sets of deer tracks showed the resident doe and her fawn were still frequenting the bottom field where the little one had been born in late May. I had watched them from a distance all summer, and had wondered if the little one had survived her first vulnerable months, as we have a healthy population of coyotes living in the area. I was happy to know she had.

The wild turkeys had also just recently passed by, each footprint leaving a distinct three-toed pattern in the snow. They roost in the trees near my home and are frequent visitors to my feeding station.

Near the hay shed, dainty prints showed where mice had come and gone, most likely after dining on the un-harvested oat grains still on the straw stalks. I had previously noticed little piles on the ground, but until that morning, could not identify positively who was enjoying the easy meal. Not surprisingly, the slightly larger tracks of a weasel were also present, following those of the smaller rodents. Life in nature is all about survival, which is large part, is dependent on finding enough food.

Other than a few smaller bird prints, and the tracks of a squirrel or two, the snow was pristine and unblemished, proof that it had been a rather quiet night.

Learning to identify animal tracks is a wonderful hobby and can provide a wealth of information as to species densities, living and hunting habits, and survival patterns. It is always exciting to discover new prints, and to learn who is living just out of sight nearby.

If interested, there are several excellent books on the subject available. I suggest a printed version that you can take with you on your excursions. My personal favourite is *Animal Tracks*, written by Olaus J. Murie and Mark Elbroch, from the Peterson Field Guides series.



Improved ambulance service in Grenville

Yves Saint-Denis, Member of Parliament for Argenteuil, is pleased with the recent announcement made by his colleague and Minister of Health and Social Services, Gaétan Barrette, concerning the improvement of pre-hospital emergency services in 5 regions of Quebec, including Grenville in the MRC d'Argenteuil.



Specifically in the region, this translates into the abolition of faction schedules and the implementation of two shifts of 12 hours. This much-awaited news, will considerably improve the response time during emergency calls and will also allow dynamic coverage on the territory.

"This is great news for the citizens of the area. Since my arrival in 2014, the citizens and the Mayor of Grenville have told me that they wish to abolish the Faction Schedule and I am pleased with the announcement that corrects a major gap in the region," said Yves St-Denis.

For the mayor of Grenville, Luc Grondin, this news comes as a relief for the paramedics who work with dedication for their fellow citizens. The setting up of new schedules will soon improve the ambulance service throughout the territory.

Fire fighters Drive

On November 4, the volunteer firemen came knocking on doors to collect non-perishable foods and monetary donations. Funds weresent to help centers for their Christmas baskets. Fire-Chief Alain Charbonneau, Jessica Leonard, and fireman Francis Jasmin came by and kindly agreed to pose for Main Street. We are thankful and appreciate their commitment to this community effort. (IA)



Merry Christmas and happy holidays to our customers and friends



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Thank you for your support

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Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

Village Church, 1829, chemin du Village / 819 425-8614 ext. 2500 / villede-monttreblant.qc.ca

Sat, Dec 9: 8 pm - Nicolas Pellerin & Les Grands Hurlleurs. These three musicians play a varied array of musical instruments. \$30.



Nicolas Pellerin & Les Grands Hurlleurs

ST FAUSTIN

Maison des Arts et de la Culture

1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm

Until Jan 13, 2018: Accessible Art - over 300 pieces at \$100 each by thirty participating artists.

Until Jan 26, 2018: Mini Solo show by fifteen artists.

STE-AGATHE

Théâtre Le Patriote

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

Salle Percival-Broomfield

Fri, Dec 15: 8 pm - Gregory Charles. Young talented classical musicians aged 9 yrs. to 17 yrs. will perform with their mentor Gregory Charles on piano. \$42.

Sat, Dec 16: 8 pm - Éric Lapointe celebrates his twenty-five year career. He is an icon of Québec rock and has been a regular at Le Patriot from the beginning. Each of his concerts becomes a party; his fans sing his hits and memorable evenings are created. This is the closing concert marking fifty years of this award-winning theatre. \$50



Éric Lapointe

VAL DAVID

Val David Exhibition Centre

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

Until Jan 8: Richard Purdy's exhibition "Exultation" and Stella Pace "Autrement dit" installations, collage, paintings and sculptures

VAL MORIN

Théâtre du Marais, 1201 10è Ave, 819-322-1414 / www.theatredumarais.com

Fri, Dec 8: 8 pm - The 2nd album of 'Hay Babies' is called The 4th Dimension (long edition). It is rock from the 60s & 70s, and some ballads of the 80s. \$30.

Sat, Dec 9: 8 pm - Harry Manx, a unique musician plays a variety of instruments including sitar, banjo, harmonica, guitar and more. \$45.

Sat, Dec 16: 8 pm - Tire le Coyote: Singer/songwriter Benoit Pinette is back with a new album entitled Désherbage. Folk rock music welcomes the audience into his world. \$32.

Thurs, Jan 18: 8 pm - Bobby Bazini: Summer is Gone! Bobby Bazini reflects on his younger years when life was simple and worry-free. The last nine years have passed quickly while recording and going on tours. \$45.



Bobby Bazini

ST. ADOLPHE D'HOWARD

L'Ange Vagabond:

1818 Chemin du Village. Reservations: 819 714-0213 / www.facebook.com/langevagabond

Sat, Dec 16: 8 pm - A Christmas Evening. Free Admission.

STE. ADÈLE

Place des Citoyens (999, boul. Ste-Adèle / 450 229-2921, ext. 300 / www.ville.sainte-adele.qc.ca)

Exhibition

Thurs, Jan 11 - Sun, Jan 21: Renée Yelle "Entre l'encre et le papier."

The artist shares her pleasure of painting with Chinese ink, with its multiple possibilities from impressionism to abstract



Bobby Bazini

SAINT-SAUVEUR

Saint-SAU Pub 236, rue Principale, St-Sauveur / 450 227-0218 / www.lesaintsau.com Live music Thurs, Fri & Sat - reservations required

Mon, Dec 11: Good Hearted Women

Thurs, Dec 14: Triple Rock

Fri, Dec 22: Stephan McNicoll & GCR + DJ OLI

Sat, Dec 23: Stephan McNicoll & GCR

Sun, Dec 31: Stephan McNicoll & GRC + DJ OLI.

For full program check the website www.lesaintsau.com

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. info@artsmorinheights.com.

ARTS Morin Heights -

The project "Street Scenes" continues 450 226-3832.

Morin Heights Legion

127, Watchorn /

450-226-2213 /

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

www.legion171.com

Mon, Dec 18: 7 pm - 1st edition

of Open Mic. All

styles of music

performed by

amateur and pros.

Come and share

your passion for

music. Free Ad-

mission!



Andrée Schmekel

BROWNSBURG-CHATHAM

Restaurant Le Faim-Fino (338 Maple Street / 450-495-8022

During the month of December there

will be an exhibition of school chil-

dren's creations.

PRÉVOST

Diffusion Amal'Gamme - Salle Saint

François Xavier, 994, rue Principale / 450

436-3037 / www.diffusionsamalgamme.com.

Tickets and subscriptions to the new season

are available online.

Thurs, Dec 28: 8 pm - Quartom Christmas

Concert - A Capella vocal quartet. The

musicians are: Julien Patenaude (bari-

tone), Gaétan Sauvageau (tenor), Philippe

Martel (baritone-bass) and Benôit Le Blanc

(baritone). This Christmas concert includes

original arrangements of well-known melo-

dies. \$36.50



Quartom Christmas Concert

Sun, Jan 14: 2:30 pm - Mozaïka Quartet.

The program includes music from China,

Armenia, Hungary, Ireland, Andalusia and

more. Musicians are: Yadong Guan (pipa

- Chinese luth), François Leclerc (lute &

guitar), Andrew Wells-Oberegger (oud, bou-

zouki & percussions), David Jacques (lute &

guitar). \$31.50

ST. JÉRÔME

Laurentian Museum of Contempo-

rary Art (101, place du Curé Labelle)

450 432-7171 / www.museelaurentides.ca.

Open Tues - Sun: noon - 5 pm

Until Jan 28: Two artists, Rober Racine and

Carl Trahan are featured.

En Scène : Salle André Prévost,

535, rue Filion, 450 432-0660, enscene.ca

THE NEW THEATRE OF ST. JÉRÔME IS OPEN!

Théâtre Gilles-Vigneault, 118, rue de la

Gare, Saint-Jérôme / 450-432-0660 / <http://theatregillesvigneault.com>

Fri, Dec 8: 8 pm - Daniel Bélanger singer/

songwriter presents "Paloma en spec-

taclé." \$49.

Sat, Dec 9: 8 pm - "En cas de pluie, au-

cun remboursement" (In case of rain - no

refunds). Machiavellian humour. Also

discussion and a fifteen-minute exchange

with the actors. Jacynthe Duval, in charge

of development of Diffusion En Scène, will

moderate. \$39.

Fri, Dec 15: 8 pm - Ensemble Caprice - J.S.

Bach Christmas Oratorio - Cantatas 1,3,4,6.

This is a Baroque music concert for the holi-

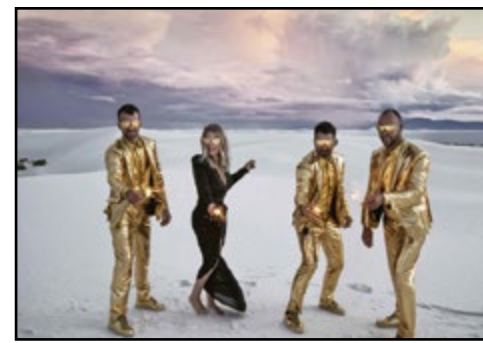
day season, performed by an orchestra and

choir. \$45.

Sat, Dec 16: 8 pm - The Lost Fingers -

Christmas Caravan. For this unique concert

there are invited guest artists, including John



The Lost Fingers

Jorgenson. \$36.

Thurs, Dec 21: 8 pm - Le Vent du Nord / De Temps Antan "Solo." Two troupes of Quebec traditional music share the stage for this concert. \$36.

Fri, Dec 22: 8 pm - Mario Pelchat & The Priests - music from two recent albums: Agnus Dei & Noël Ensemble. Invited artists join in: Sophia-Rose Boulanger (La Voix IV), Raphael Dolan-Bachand (La Voix - junior), Joe Bocan, Michael, Cindy Daniel from Mirabel, Margau from Saint-Jérôme (La Voix V) and the eight priests, an orchestra with twelve musicians, a choir and conductor Christian Turcotte! \$55.



Mario Pelchat & The Priests

Thurs, Dec 28: 8 pm - Cirque Alphonse -

Tabarnak. This is a new show inspired by

Quebec tradition and presented in a unique

way with lumberjacks and the strongmen,

and the church as the centre of social life.

The importance of religion in the life of the

Quebec people defined their identity. Many

unfathomable elements turn this piece into

a church service by Circus Alfonse. \$46



Cirque Alphonse - Tabarnak

ST. PLACIDE

The winners of the Municipality prize at

the 28th Grands Prix, Conseil de la culture

des Laurentides. The prizes were for their

outdoor concerts and for the new cultural

centre built in St. Placide. SAC is the soci-

ety of arts and culture of St. Placide.

Photo - Left to right: Richard Labonté

(mayor), Danielle Bellange (ex-city coun-

cilior), Chantal Mallen (board member of

the SAC in charge of Communications), Jo-

Anne Turnbull (member of the CCL board),

Louise Drouin (president of SAC), Anik

Leroux (Vice-president of SAC). First row:

Diane Guérin (SAC volunteer).



PLEASE NOTE: All materials for this column must be received six weeks prior to publishing. Please send to ilania@ilaniaabileah.com 450 226-3889 or 450 602-4073.



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www.monthabitant.com



A joyous and peaceful holiday season, and a happy, healthy and successful New Year 2018 to all of you!



From the members of the Municipal Council of the City of Lachute

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Please order prior to December 20th




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TREMBLANT FACTORIES et CIE

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SURPRISES ARE COMING
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TUESDAY, DECEMBER 26
10 AM - 15 PM

PROMOS
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facebook.com/factoriestremblant
factoriestremblant.ca



Lori's Lookout - Laurentian Personality

Joëlle Leduc - a pastor with heart and conviction

Lori Leonard - Main Street

Joëlle Leduc was brought up in a French Canadian, non-practicing, Catholic family, and spent most of her childhood in Montreal. Joëlle's friends noticed that she always cared for the outcast, the overweight or shy children, the boy holding a Barbie, or a child with racial issues.

Ten years ago, Joëlle Leduc went to church. The idea of learning about God and knowing more about religious studies excited her. She wanted to become a Pastor, an unusual choice for a young woman, an even more unusual choice when most local churches have transformed into community centers due to lack of attendance. This did not sway Joëlle from pursuing her dream. Neither did the serious commitment of many years of theological studies.



Joëlle's family and friends were extremely supportive. Eventually, the non-believers confided their beliefs and doubts to her, and even asked her to pray for a loved one in a crisis situation. Joëlle believes they confided in her because she lives her faith publicly, and they knew she would not ridicule their beliefs or ideas.

At 35 years old, Joëlle is a Student Minister with the United Church of Canada. She presides at nine United churches including Morin Heights, Ste-Adèle, Shawbridge, Lachute, St. Mungo's, Knox Wesley (Grenville), Arundel, Avoca and Harrington. Joëlle has her own unique style, donning a brightly colored tie for special occasions.

Joëlle's goal is to do her part by fostering a caring community by listening and providing support. She learns with and from community members.

"Messy Church" will offer a child-friendly worship experience, crafts and games related to a theme (ex: Christmas) and a short worship service with prayers and song, followed by a meal. There are no tickets or registration fees.

Joëlle will be ordained on May 26, 2018. Until then, she can lead worship, funerals, provide pastoral care, and meet with families for wedding or baptism ceremonies. She cannot yet perform the actual act of a baptism or wedding, nor preside over communion on her own.

Joëlle, we wish you the best of luck and know that you will certainly make a positive contribution to the Laurentian community.

Christmas Eve service, presided by Joëlle, will take place at the Morin Heights United Church at 3:30 pm and at Shawbridge United Church at 7:30 pm. Info: 514 432-9368 / joelleleduc@gmail.com.

<p>LE GRENIER</p>	<p>LE CHÂTEAU* OF MONTREAL</p>	<p>POINT ZERO</p>
	<p>stokes</p>	<p>souris mini</p>
<p>Opening Hours</p> <p>Mon 18 - Wed 20 Dec: 10am - 9pm Thu 21 - Fri 22 Dec: 10am - 9pm Sat 23 - Sun 24 Dec: 10am - 5pm Mon 25 Dec: Closed Tue 26 - Wed 27 Dec: 10am - 6pm Thu 28 - Fri 29 Dec: 10am - 9pm Sat 30 - Sun 31 Dec: 10am - 5pm Mon 1 Jan: Closed</p> <p>2450-2555 Rue de l'Aulnaie, Mont-Tremblant Intersection Hwy 117 & rue Latreille * Non-outlet stores</p>		
	<p>laVie en Rose</p>	<p>QUILICOT Bicycles</p>

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819 326-3482



Fit Tip #120

The Wings of Love

Lisa Mclellan - Main Street

Another year is ending ... how quickly time goes. If I slow my mind down, I can see the cinema of Lisa unwind. Balls in the air, irons in the fire; on a plane, in a boat, on a train to go higher. Juggling dreams and practicalities. Dancing with light and

shadow realities. Side-stepping difficulty, pressing through adversity, to arrive, finally, at a very alive version of Lisa. If I slowed my mind even more from this dizzying vision, I can reconnect with the feelings of hope and fear, with my sweat and tears, with perseverance and movement, peace and enjoyment, with taking a leap into the unknown, and raising my arms in the V of Victory! A great year.

I have come to terms with some limiting beliefs and habits. We all have them, of course. Self-awareness has helped me to understand that they cause the mind and body to contract. These contractions manifest as muscular tensions that hold back, or block, the flow of energy. As I reflect on this thought, the idea that the Universe is expanding pops into my mind. Our unfathomably limitless Universe is expanding! My research suggests that expansion is the natural action of vital energy, as well as the spiritual essence of our consciousness.

Contraction, resistance, fear, keep us playing small. This is neither good nor bad, intrinsically. Growth is a process. BUT, as I have experienced a lot of expansion this year, I can say that releasing those contractions, and riding my expansion into greater happiness, abundance and satisfaction, is so energizing and enlivening. Try this: make a fist, and squeeze it very tight. Observe the effort and energy required to hold onto the contraction. What it does it do to your body, your breath, your mind? Can you say uptight? Now slowly release your hand and notice the change; how much lighter, easier, more relaxed ... more expanded you feel? To expand without effort is our nature, as it is intended to open, grow and evolve. When we tune into our tendency to contract, we have a golden opportunity to interrupt this reaction by simply relaxing our minds and bodies to reconnect with the flow of life. Expansion is health and well being. I have felt the ease and fullness of expansion, and the unfolding of what makes me truly happy.

Gratitude. Loving kindness towards self and other. Acceptance and forgiveness. Choosing peace. Helping each other. These are the values that support trust and create a safe environment for releasing all types of contractions. Expansion soars on the wings of love. Beauty, grace and freedom follow. My wish is that we stand strong together, that we share the values of love, and expand into better, happier and more empowered versions of ourselves.

Peace on earth. Joy to the world. Health and prosperity. Merry Christmas to you all. Many Blessings. Love, Lisa.



Garden Talk

Pet Proofing For The Holidays

June Angus - Main Street

'Tis the season to decorate with Christmas trees, cedar garlands, poinsettias and cut flowers. For pets and their owners, this holiday plant invasion can present challenges. Even the best-behaved cats and dogs, that ignore houseplants during the rest of the year, can become curious or destructive with potentially lethal consequences.

While some favourite holiday plants can be toxic if consumed by cats and dogs, it's not necessarily the ones you might think of. For example, ingesting Poinsettia leaves and flowers is not ideal, but the results are typically mild, and not life threatening. Christmas Cacti, also known as Easter Cacti, are even more harmless, and are generally considered non-toxic to cats and dogs.

Far more dangerous are holly berries and mistletoe.

The spiny leaves of the holly plant, combined with the toxic substance saponin, results in mild to moderate intestinal upsets. While rarely fatal, the messy vomiting and diarrhoea is no fun for you or your pet.

Mistletoe is more worrisome. When ingested it can result in relatively serious side effects, including abnormal heart rate, seizures, gastrointestinal irritation and even death. Fortunately, mistletoe is one of the few plants that normally hang out of the reach of both cats and dogs.

Potted lilies are more common around Easter, but these blooms do show up in many cut flower holiday bouquets. Highly toxic and potentially fatal to cats, the petals and pollen can cause vomiting, lethargy and kidney failure.

While dogs generally leave Christmas trees alone, cats are attracted to the sparkling ornaments and the stand filled with water. Unfortunately, pine is toxic to cats, and the water at the base of live Christmas trees contains pine resin, offering a tempting but toxic drink. When ingested, pine needles can also irritate and even puncture intestines. Placing a mesh cover or other barrier on the tree base and sweeping up loose pine needles will go a long way to keeping cats safe around a tree.

As a general rule of thumb, it's best to eliminate potentially toxic holiday plants from your home. An alternative is to place the offending plants on higher surfaces, or segregate them to an area that's off limits to your pets.

However, rambunctious puppies and adult dogs alike can knock over large potted plants or tip delicate tables or stands that are displaying houseplants and bouquets. Apart from the obvious mess this creates, the fallen plants, if toxic, can still pose digestive problems or worse. Making sure display surfaces are solid is essential.

Cats are more problematic; they naturally jump or climb to surfaces that remain out of reach for dogs. Again, eliminating or segregating is the best way to keep cats safely away from toxic plants.

Even substituting plastic plants or artificial trees is not a foolproof solution. Ingesting plastic can cause intestinal blockages, resulting in distress for your animal and expensive emergency room visits.

With a better awareness of potentially toxic plants and a little advance planning, you can help your pets stay safe and healthy over the holidays. And if you are giving a plant as a gift to friends or family with pets, steer away from choices on the toxic plant hit list.

Wishing you all a Merry Christmas and Healthy Happy New Year!



Terryble Tymes

Ransomware is the latest form of online extortion

Terry Cutler

Ransomware is the latest form of online extortion that targets both businesses and individuals. It's a global cyberattack that spreads the ransomware to 150 countries. Let's have a closer look at what this entails. Picture this: You've spent the last few weeks, or months, working on a high-profile project for work, and now that you're finally done, you're ready to send it in for review. You get ready to copy your work to a USB thumb drive and this strange pop-up appears on your screen:

"Unfortunately, the files on this computer have been encrypted. You have 24 hours to submit a payment of \$500 to receive the encryption key, otherwise the price will go up every hour after that. After 72 hours, your files will be permanently destroyed." Payment must be done in bitcoin currency.

Bitcoin?? What's a bitcoin? More on that in another article.

So, you ignore the message and try to access your photos, family videos, corporate and personal documents, accounting files and notice that all the files have been renamed and encrypted, and rendered completely unusable.

You realize that you've been hit with ransomware, and your last-known, good backup of your computer was 8 months ago. What do you do now?

Next, you might try to rename your files back, or call your IT specialist to come and help you, but let me save you some trouble by telling you that you're wasting your time and there's no way out. Your data is encrypted with military grade 2048-bit encryption, and it would take the average desktop computer about 6.4 quadrillion years to crack it and get your data back.

Today, the ransomware has become so sophisticated that it can detect data on your local computer and any external USB hard drive connected to it. What's even more dangerous is that it can detect other computers in your network that don't have the latest Microsoft updates on them and can infect them remotely without ANY user interaction. When a business gets infected with ransomware, it can be offline for easily 60-100 hours, and in some cases, there's no recovery at all and the company may have to shut their doors forever.

Here's how ransomware works:

Essentially, you're duped into opening an email that has a ZIP file attached, and you run the program inside of it. Or, maybe you clicked on a link, or an infected pop-up advertisement, or you visit an infected website. It can even come in the form of an attached Word document or PDF.

This scam has earned the criminals over a billion dollars.



RELIGIOUS SERVICES

ROYAL CANADIAN LEGION
LA LÉGION ROYALE CANADIENNE

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

Branch 171 Filiale Morin Heights

Sat, Dec 9: 6 pm - Traditional Québec Dinner
Fri, Dec 15: 6 pm - TGIF Smoked Meat
Sat, Dec 16: 7 pm - Open Mic Music Evening.
Free Open Mic is open to all - come and join in on the fun!
Thursdays: 3 pm - Darts - new players welcome!
Military Whist: 1st & 3rd Monday of the month at 1pm.
Volunteers needed for the Poppy Campaign
Info: <https://www.legion171.com>

Branch 70 Filiale Lachute

Bus trip to Carleton Raceway Casino every six weeks - check for dates at the legion
Tues: 1 pm: Euchre
Every second Wed: 1 pm - shuffleboard games
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
For information call: 450 562-2952 after 3 pm

Branch 71 Filiale Brownsburg

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Fri 3 pm - closing
Everyone welcome.
Memberships: Early bird renewals for 2017 now available. \$45.
Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale Rouge River

Dec 9: 2 pm - Tasting Meeting
Dec 16: Holiday Painting Social - time TBA
Dec 22: 5 pm - Holiday Baskets Draw
YOGA: for dates & times Contact Marlene: 819-687-8566
Tuesdays: 7:30 pm - cribbage:
Wednesdays: 1 pm - Bridge
For further info: 819 687-9143 / arundellegion@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.

MORIN HEIGHTS HILLSIDE CHAPEL
755 du Village, Morin Heights

NOTRE DAME DES MONTS OFFICE
887, Chemin du Village, Morin Heights
Info: 450 226-2844

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

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

MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH
463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am: Regular worship service. Everyone welcome.

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH
94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.
Dec 10: 9:30 am - Lessons and Carols, Morning Prayer
Dec 17: 9:30 am - Holy Communion
Dec 24: 8 pm - Candlelight service and Holy Communion

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Rev Josée Lemoine
Sunday service: 9 am
Fellowship in the church hall afterwards
Christians of all denominations welcome.
Parking and elevator for handicapped

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

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

ST. MUNGO'S CHURCH, CUSHING
LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm
ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

ANGLICAN CHURCHES ALONG THE OTTAWA RIVER

Holy Trinity, Calumet, St. Matthew's, Grenville
Sundays 9:15 am - Holy Eucharist: alternating locations.

Holy Trinity, Hawkesbury
Holy Eucharist at 11 am every Sunday with Rev. Douglas Richards (613 632-2329).
Call parish office at 613 632-9910 for more info.

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Services are held at 11 am every Sunday, followed by refreshments served in the Parish Hall.
Sun, Dec 10: Service of Lessons and Carols for Christmas
Sun, Dec 24: 4:30 pm - Christmas Eve Eucharist with Carols & Blessings of the Crib
Everyone is welcome.

VALLEY GATE CHURCH
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 11 am
• Montfort 9:30 am • Weir 9 am
For Christmas masses: call 450-226-284

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

PARISHES OF THE LOWER LAURENTIANS

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Dec 17: 11 am - Lessons & Carols
Dec 24 : 7 pm - Christmas service
Dec 31: 11 am - Morning Prayer
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Dec 24: 4 pm - Family Christmas Service
Dec 24: 8 pm - Lessons & Carols
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Dec 24: 4 pm - Christmas Service & Holy Communion
Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Dec 24: 11 am - Christmas Service & Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Rev. Nick Pang - Team Leader of the Laurentian Regional Ministry
Rev. Josee Lemoine - Associate Priest
Jane Bell - Assistant Curate
The second Sunday of each month is a Family Service.
Dec 10: 9:15 am - Christmas Pageant
Dec 17: 9:15 am - Service of Lessons & Carols
Dec 24: 4 pm - Christmas Eve Family Service
Dec 24: 9:30 pm - Christmas Eve Service
Dec 31: 9:15 am - Holy Communion
All are welcome to enjoy the service and following refreshments.



FAUBOURG SUICIDE PREVENTION CENTRE

24 / 7 HOTLINE
1-866 APPELLE (227-3553)
Intervention and help for all Laurentian residents.

For info and full services visit www.cps-le-faubourg.org

LAURENTIAN CLUB NOTICE
Reminder: Starting January, we will be meeting on Tuesdays

Happy Holidays!
See you in 2018!

www.laurentianclub.ca
LAURENTIAN CLUB OF CANADA

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

You are invited to our holiday potluck luncheon for Cancer patients and their families. Join us to share food and good cheer.

SATURDAY Dec 9, 2017 at Noon

Morin Heights Library
823 Ch. du Village
For more information or to RSVP, call 450-226-3641

Meetings Winter 2018
January 20, February 17, March 17 at 1 pm
Chalet Bellevue, Morin Heights

Meetings are conducted in English and open to cancer patients, families and caregivers.
For more information call June Angus 450-226-3641
Email: cancer.laurentia@yahoo.ca
PO Box 2645, Morin Heights QC J0R 1H0



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COMMUNITY BULLETIN BOARD

December 2017



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Chartered real estate broker
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819-326-4963 Office
realtormillion@gmail.com

COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTMOUVEMENT PERSONNE D'ABORD LACHUTE

Bazar MPDA Lachute (177 Rue Bethany, Lachute). Used clothing, shoes, books and more for the whole family.
Tues - Thurs: 10 am - 3:30 pm
Fri: 10 am - 2:30 pm
We accept donations of clothes, toys and books for our bazaar. Mouvement Personne d'Abord de Lachute is a non-profit organization for people with intellectual disabilities. The Movement offers an annual program with dancing, bowling, coffee meeting etc. for all people aged 17 and older who are living with an intellectual disability. Places available for new members. Everyone welcome!
Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Tues, Dec 19: starting at noon: Christmas Social & Sing-A-Long
With Ugly Christmas Sweater Contest BYOB / &5
Sat, Jan 20: Annual Curling Funspiel at the Brownsburg Curling Club
Registration: Ruth – 819-687-3733
Sat, Feb 3: Winter Carnival, Snowman Contest & Pot-Luck Supper
Deadline for contest entries: - contact

Barrie Smith: 819-687-9487
Internet Café: Daily access from 7 am - 10 pm.
Residents can pick up their key (\$5) at administration desk.
Computer Support
Tues: 9:30 am - 11:30 am at the Internet café.
Info: Brigitte Dubuc: 819-687-2122 ext. 3203 Like LRCC on Facebook at LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
The facilities are now open and we are ready to continue our activities!
Cook's Night Out: 1st Friday of the month at 5:30 pm
Bingo: 1st & 3rd Sunday of the month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org / mhha98@hotmail.com

THEATRE MORIN HEIGHTS PLAY READING

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

COMMUNITY FACEBOOK GROUPS

Community Readers may be interested in joining one of these local Facebook public groups:

Lachute as we Remember Brownsburg QC memories
Descendants of Pioneer Families of Mille-Isles - Morin Heights
Morin Heights Historical Association
Royal Canadian Legion
Branch 171 – Morin Heights

COMMUNITY KITCHEN

L'Ami-e du Quartier -655, rue Filion Saint-Jérôme
Tuesdays: 8:30 am to 2 pm.
Open to all age groups - \$2.
Info Marie-Anne :450 431-1424

SEEKING VOLUNTEERS

Les Bons déjeuners d'Argenteuil is looking for volunteers to serve students on Tuesday and Thursday mornings for the school year 2017-2018. An urgent need is felt mainly at Dansereau and St-Martin schools in Grenville, and at L'Oasis, St-André, and St-Julien schools.
Info: 450-562-2474 ext. 2300

IMAGINE PREMIERE PRODUCTIONS

Presents Beauty and the Beast
This is a rock-n-roll version under the direction of Beryl Puddifer
Partnered with Dance Tremblant Village Church Playhouse (1829 ch du Village, Mont-Tremblant)
Dec 27: 2 pm | Dec 28 & 29: 7 pm
Adults: \$15 / children under 5 yrs. Free
Tickets: Jane: jc@creationsinc.com

CHABAD OF SAUVEUR PRESENTS

An evening of music and culture
Celebrating the Holiday of Chanukah
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Theatre Saint Sauveur (22, rue Claude)
Saturday, December 16: 6 pm
Exciting children's activities and prizes / Buffet Diner
Tickets: Adults \$36 / children \$18 (Chanukah celebration & buffet – 6 pm)
Concert: 7 pm - FREE!
Donations welcome
Sponsorships available
Info: 450 990-5213 / chabadsauveur.com

FUNDRAISING CAMPAIGN

Chef Jérôme Ferrer joins the Centre for Social Pediatrics of Argenteuil's fundraising campaign by offering meringues and chocolate bars from his signature label.
Cost of the sweets is \$10 and includes a \$10 gift voucher redeemable at his food store, The Chef's Box.
Products are available at CPSCS (79, rue Hammond), Pep prêt-à-porter (rue Principale) or at the Carrefour shopping centre (Dec 23).

BENEFIT CONCERT
Giorgia Fumanti - Noël en Lumière
Saint Sauveur Church (205 Principale)
Sat, Dec 9: 8 pm
With the youth choirs of Saint Sauveur & Sainte-Anne-des Lacs
Admission: \$45
Tickets available at the following locations:
COOP Santé: 1937, Ch. du Village#206 SADH (819-327-3534)
Yves David Optien: 200, Principale St-Sauveur (450-227-1470)
Librairie La Quinessence: 275, Principale St-Sauveur (450-227-5525)
Famiprix Danielle Gauthier: 707, Ch, du Village #104, Morin Heights (450-226-5222)
Famiprix Lucie Savard: 1937, Ch du Village #101, SADH (819-327-2322)
Or by credit card at www.coopsante.org
Proceeds will benefit the COOP of St-Adolphe-d'Howard and Morin Heights

PUBLIC SURVEY

The Municipality of the Township of Gore has taken several steps to improve its environmental performance and meet its commitments, particularly concerning the organic material landfill docket targeted by the Quebec government. Optimization measures must therefore be undertaken, considering that a third of the municipalities in the MRC already have an organic waste collection program. We wish to survey the population to better assess composting on our territory. Here is the link to the survey, which will be available until Dec 15: 9 am
<https://fr.surveymonkey.com/r/33ZQ6MF>

GUIGNOLÉE – DR. JULIEN

CPSCS (79 rue Hammond)
Sat, Dec 16: doors open to accept donations for the guignolée. Please give generously

GUIGNOLÉE – GARDE-MANGER

Sat, Dec 9
The Guignoleurs will be present in the territory of the MRC des Pays d'en Haut. They will be identified with a card and will go door-to-door in each Municipality. **They will collect non-perishable foods and cash donations**

UTA WINTER ENGLISH COURSE SCHEDULE

Place Velan Astronomy Pavilion
Domaine Saint-Bernard, Mont Tremblant
Fri: 1:30 pm - 4 pm - art courses with Erin McCarthy
Live registration:
Thurs, Jan 11: 1:30 pm - 4 pm
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www.usherbrooke.ca/uta/mont-tremblant

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Holiday Spirits

Perfect pairings

April Sirois - Sommelier - ISG

Anyone who knows me knows that I love Christmas, and that I really love Christmas party food. Let's face it; it's the only time of the year when we eat some of this food, or can even find it. Tour-

tières, anyone? Of course, when we are at parties, and nibbling the season's delights, most of us like to sip on a glass or two of wine.

Oftentimes, people ask me about wine pairings, particularly at Christmas time, when everyone seems to be hosting or attending parties. Nibbles can be tricky to pair with the high-fat, high-salt foods that can be sweet and savoury. Add to that people's tendencies to lean toward either red or white wine, and it can be overwhelming.

At parties, I almost always serve sparkling wine. It's festive, adds glitter, and who doesn't smile when they hear a cork pop? It just seems to say, "let's celebrate".

Sparkling wine will pair with almost any type of food, and seems especially suited to high-fat, high-flavour, rich, party foods.

It also makes great and glamorous cocktails. Try adding a few drops of Crème de Cassis for a Kir Royal, or a few drops of Quebec iced cider for a "Quebecois" Royal. Both are great cocktails to hand to your guests as they arrive and start to mingle.

If you are throwing a high-end party and serving delicacies, such as caviar, oysters, smoked salmon and lobster, champagne is the obvious choice. High-end, Vintage Brut, if you can afford it! However, most any champagne, or even a California sparkling from a French champagne house will work great. Taittinger and Mumms California are excellent sparkling choices and are much less costly.

The same applies to your mid-range party foods. You know, the food that is your guilty pleasure; the mini egg quiches, the cheese trays, the deep-fried yummys and puff pastry covered bites of delish. Go sparkling all the way, to cut through all that fat, and push back against all the different strong flavors and textures. Champagne works here, but a French Cremant (French sparkling, not from the Champagne region made in the champagne method), Spanish Cava, Italian Prosecco, even U.S. or Canadian sparkling wines are great choices and not too expensive.

Sparkling wine and champagne are even good paired with your basic sausage rolls, cheese dips, pub grub or potato chips. Bubbles, (demi-sec if you can find it) or sparkling cider, will also pair with your shortbread, chocolate, fruitcake, butter tarts and other holiday baking.

Sparkling is also wonderful (and at my house kind of expected), mixed with orange juice for Christmas morning or brunch. Italian Moscato D'Asti is perfect for this. Light fizz and low alcohol, is the perfect brunch wine. Cava, all on it's own, or added to juice, is also a great choice, and at such a low price, you don't mind mixing it with juices.

There are sparkling delights to compliment every food, palate and budget so, this holiday season, pop the cork on something new to bring a smile to your guests and add dazzle to your table!

Happy holidays et bon appétit...

Delicious baked vegetable and egg casserole

This is an easy dish that can be prepared the night before and just popped into the oven on a busy Christmas morning. Also can be served for brunch!

Ingredients

- | | |
|---------------------------------|----------------------------------|
| 1 tablespoon olive oil | 2 cups shredded cheese (cheddar) |
| 1 package sliced mushrooms | 1 dozen large eggs |
| 2 cups shredded carrots | 2 cups half-and-half |
| 4 cups baby spinach | 2 teaspoons salt |
| 2 cups diced potatoes | ½ teaspoon ground black pepper |
| 1 cup roasted red pepper strips | |

Directions

Place rack in middle of oven and pre-heat to 375 degrees. Coat a 9 x 13 inch baking dish with olive oil and set aside.

Heat oil in large frying pan over medium-high heat until shimmering. Add mushrooms and carrots and cook, stirring occasionally, for about 5 minutes or until tender. Add spinach and toss well until wilted and almost all of the liquid has evaporated. Remove from heat and stir in potatoes and red peppers.

Transfer to baking dish and spread in an even layer. Sprinkle with cheese. Whisk eggs, milk, salt and pepper together in a large bowl and pour over the vegetables.

Bake 50-55 minutes or until golden-brown and a knife inserted into the middle comes out clean. Let cool for 5 minutes before serving.

Tips:

The casserole can be prepared and chilled overnight and just popped in the oven on Christmas morning. It can also be wrapped tightly and frozen unbaked for up to 3 months. Thaw overnight in refrigerator and follow baking instructions.



A Favourite Family Tradition

The perfect Christmas tree

Susan MacDonald – Main Street

As a child, I can still remember the first time my dad rifled out the rusty axe and, grinning from ear to ear, belted out to “dress up and let’s go, we’re off to find our Christmas tree.” On went the mittens and off we went, resembling five little over-stuffed dwarfs, singing an off-key rendition of Jingle Bells and dragging the sleigh that would carry home our treasure. Four hours later, we arrived back, dad dragging the bedraggled tree that had bounced off every other along the way and my eldest sister hauling the sleigh with the two youngest aboard. As he passed my mom in the entry, Dad mumbled something about an entire forest without a single “blooming” tree and flopped himself down in front of the fireplace. Mothers being the saving grace for such disasters poured the man a good stiff drink and prepared hot chocolate for the rest of us and while we recuperated, somehow managed to place the tree in its stand, all by herself. Silence reigned as she stood back, cocked her head and with slow deliberation, made a tour of the tree, adjusting here and there and giving it a slight turn. Finally, she turned to the waiting group and smiling convincingly, proclaimed, “It’s the nicest Christmas tree, ever! Who wants to decorate?” I still smile remembering Dad sinking deeper into his chair in relief as his revived brood bounced up and headed boisterously for the boxes of decorations.

Today, it is still possible to enjoy this family adventure but with a much more pleasant experience, even for dads. There are now tree farms with cultivated trees in all sizes and chalets to warm up in as soon as you are done. Transportation to and from the forest is a joyous sleigh ride; what could be better?

For the past 15 years or so, Richard Hadley and his family have been offering this festive experience of an age-old Christmas tradition. Year after year, families have been heading out to his farm just outside of Lachute to choose their special tree on a perfect family outing for the holidays. Great spirits, beautiful trees and a fun time for everyone to help get the festive season off to a great start. You can find Richard’s Christmas Tree farm at 1600 chemin Vide Sac, Lachute, Tel: 450 562 9726 www.hadleyarbresdenoel.ca

This article was first published in Main Street in December 2013 but the tradition continues...



Joyeuses Fêtes!

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Une année riche en projets inspirants.
Une infinité de moments heureux.
Pour la Nouvelle Année, voici nos vœux!

Au nom du conseil municipal et de l'équipe
de la Ville de Mont-Tremblant,
je vous souhaite un joyeux temps des fêtes!

Luc Brisebois
Maire

Happy Holidays!

Our wishes for you...
A joyful Holiday Season.
A year rich in inspiring projects.
An infinity of happy times
in the new year.

On behalf of the municipal council
and the Ville de Mont-Tremblant team,
I wish you the happiest of Holidays!

Luc Brisebois
Mayor

Ville de
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Happy Holidays

From your
Main Street team

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Council members and all the employees
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May the magic of Christmas bring
you joy and happiness.

Denis Chalifoux
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The gift that keeps on giving



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Expert tips for packing and shipping holiday gifts

(NC) As the holiday season approaches, many of us are preparing to find the perfect gift for our friends and family. To ensure your carefully selected present reaches its destination in one piece, it's important to use proper packaging techniques.



"Give your gifts the care they deserve by using a suitable sized box, taping and filling," recommends Steve Moorman, senior vice president of franchise operations at, The UPS Store Canada. "Keeping your gifts cozy in the right packaging materials will ensure that they are delivered in their original condition."

Here are Moorman's top tips for packing and shipping items:

- 1. Transporting fragile items.** Choose the right-sized box and aim for two inches of space between the contents and each side of the box. Use packing materials to fill open spaces, making sure to place some on the bottom, top and sides. A minimum of 10 per cent overfill of packaging materials on the top will prevent migration of packaged items inside the box. Pack breakables tightly and protect each item individually before bundling together.
- 2. Shipping perishable items.** Protect perishables with icepacks, Styrofoam and silica gel packets. An airtight container will fill in any gaps with bubble wrap and prevent food from arriving damaged. Avoid packages tied up with string or wrapped in paper because they may tear and get caught on sorting belts.
- 3. Transporting heavy items.** Start with a new box and create an H-pattern with your tape, also known as the six-strip method, by using 2 or 3-inch-wide packing tape on the top, bottom and seams. Stay away from duct or masking tape because they lose their adhesiveness in colder temperatures.
- 4. Shipping apparel.** Lay gifts flat and separate them into small packages that will fit into a mail slot to save money. Padded envelopes are a great alternative to boxes for items such as these. Avoid folding apparel and sending it in a box.
- 5. Convenience around the corner.** Give your loved one the gift of convenience by shipping holiday gifts to a UPS Access Point location like The UPS Store. With over 1,000 locations across Canada, your friends and family will be grateful that they can pick up their gift when they want from a safe and secure location.

NOTICE OF NOMINATION



Nadia Angers is appointed Executive Director of the Caisse Desjardins de la Vallée des Pays-d'en-Haut

I am pleased to announce the appointment of Ms. Nadia Angers as Executive Director of the Caisse Desjardins de la Vallée des Pays d'en Haut as of February 5, 2018. Ms. Angers will succeed Mr. Pierre Durocher who will be taking his well-deserved retirement at that time.

Benefiting from a diverse experience acquired over the years in various business and economic development circles, Ms. Angers has been with Desjardins Group for 13 years and currently serves as Deputy Executive Director of our Caisse.

Recognized as an inspiring and team-oriented leader, Ms. Angers will take advantage of her new mandate, her knowledge of regional issues, and her keen sense of business development to serve members and clients of the region. Caisse, through its cooperative approach specific to Desjardins, actively participates in the support and well-being of our community, both at the corporate and community level.

Ms. Angers holds a Bachelor's degree in Business Administration from Laval University and a postgraduate degree in financial planning. With her academic background and professional experience, I am confident that she will embrace this new professional challenge with fortitude.

I join all the Caisse's officers and staff members in extending a warm welcome and we extend our best wishes to her in her new duties.

Jean Beauchamp
Chairman of the Board of Directors
Caisse Desjardins - Vallée des Pays d'en Haut



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

Caisse Desjardins de la Vallée des Pays-d'en-Haut, headquartered in Saint-Sauveur with service centers in Sainte-Adèle and Sainte-Marguerite-du-Lac-Masson, serves more than 19,300 members. Its assets are \$654 million and the Caisse has 65 employees and 18 executives involved in the business. Choosing Desjardins encourages local and regional initiatives.

Holiday Decorations

Simple window decorations

With a bit of festive ribbon, a few ornaments and a touch of imagination you can create new and unique ways to decorate your windows. Leave the wreaths for the front door and try small hanging baskets with presents, ornaments or elements from nature.



Decoration ideas from home

Many items tucked away in cupboards and closets make the perfect base for creating your own personal Christmas decorations. Make your own snow globes from mason jars, find new uses for antique lanterns or turn old, paint-chipped decorations into new ones with a coat of spray paint! Look around your home and let your imagination fly. Also a huge savings on over-burdened budgets!



Christmas tree in a basket

Take a break from the traditional tree skirt and try something new by placing the base of your Christmas tree in a natural woven basket. Purchase one large enough to hold the stand and trim bottom branches from the tree to the height of your basket. The neutral colour will enhance any Christmas décor. As a bonus it will also prevent pets from drinking the water in the stand, which could be a health risk, particularly for cats.



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Why MEDITATION? And what is it exactly?

Louise Bloom

Essentially there is no exact description of meditation as it is a unique experience for each of us who practice, and a continual changing landscape with time and consistent sitting.

In fact, it is sitting. And sitting in stillness and silence for increasing periods of time. To the unexperienced in our current culture of speedy sight and sound bites, this might be perceived as an invitation to slow torture. I imagine (and often observe) that many swiftly change the subject rather than investigate. Some think it's something I've heard of called 'Woo-woo', although frankly I am not sure what that refers to.

We all live in different corners of a very diverse culture. But one thing is for certain. Stress and the resulting maladies are the diseases of the 21st century, and they are experienced globally and by everyone, no matter their geographical and or socio-economic location.

The history of Meditation and various spiritual disciplines such as yoga postures and breathing exercises, tells us that these activities have always been intended to promote human well-being.

While the mystique continues, the yoga/meditation culture is on the rise. Currently, physicians and psychotherapists are more frequently prescribing yoga and meditation in lieu of drug therapy. Whereas drug therapies are effective, they are additives that eliminate symptoms, but the causes of those symptoms continue to lie beneath the surface, threatening to spring forth if we forget our pill case at home. Yoga and meditation, more specifically, address the body and mind, wherein lie the intimate recordings of destructive thoughts and behaviors that have become habitual over a lifetime.

The practice of yoga, or specific stretching movements serve efficiently to start to release what is stuck and stored in the unattended, unexplored storage closet that the body becomes over time. At the same time, the physical body enjoys a surge of wellbeing and the inner organs sing as they detoxify.

Meditation practice partners this directed action, this movement of cells and their energy, to purge, reorganize and cleanse what is no longer useful. Meditation in action, sitting quietly, in open attention, in an aware state, encourages by its very nature, the elimination process. Sitting meditation invites a peaceful, non-performative state. The actual state is more easily experienced in the presence of a practiced teacher and group of meditators. Everyone in the room carries the other towards a state of tranquil comfort. This is deep companionship without social requirements.

This one pointed observation of our thoughts and emotions leads us closer to self-compassion, gently refreshes us for our daily activities or our night's sleep.

Louise Bloom is a long-time student and teacher of spiritual disciplines, eclectic and adaptive in her approach. She hosts a 2-hour Movement and Meditation class on Mondays at 4:30 pm and an early morning 1-hour Stretch and Sit meditation session on Wednesdays at 7:30 am at the Chalet Bellevue. For more information: 450 226-5844.



Exciting things happening at 4 Korner's in Pays-d'en- Haut and des Laurentides!

This fall, 4 Korner's (4K) Family Resource Center happily welcomed Jill Grumbache-Boileau to the team! Jill works out of the Saint-Agathe-des-Monts branch office as the new Development Coordinator for the MRC Pays-d'en-Haut and des Laurentides. She brings enthusiasm and significant experience to 4K with an extensive background in non-profit-organization development, marketing, communications, fund-raising, and event planning. Jill reports to 4K Executive Director Stephanie Helmer.



As an English-speaking citizen of the Laurentians (living in La Conception), she strongly relates to the need for promoting and developing English health and wellness services in her MRCs. "When it comes to health and health maintenance through wellness practices, it's so important that unilingual English people, and people whose first language is English - even if they are bi- or multilingual - have precise comprehension of health information and services. Accurate understanding improves patient compliance, reduces stress, and improves both health and illness prevention."

A new outreach program

Jill will soon be organizing "Fireside Chats" throughout Pays-d'en-Haut and des Laurentides. "The first order of business for me is to understand the real wants and needs of the English-speaking population of my regions so we can ensure that we serve relevantly." During Fireside Chats, Jill will bring together English-speaking small groups of citizens, so they can voice their thoughts and feelings about English health services currently available or unavailable, and she can listen to their concerns, which will help to inform 4K's efforts and strategies.

Connecting and belonging is important

With many ideas in the pipeline, Jill is seeking to build a family of volunteers who will help bring them to fruition. "We're currently looking for volunteers with skills in areas such as translation, marketing, PR, social media, graphic design, event planning, office work/administration, and fundraising," Jill said. "I believe volunteerism should be great fun, and I promise there will be an abundance of interesting opportunities for our 4K volunteers to enjoy!"

In addition, a membership drive is underway. Membership to 4K is only \$10 per year. This small token of support helps our vital mission to assist youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English. You can also sign-up to receive our e-newsletter, which comes out the first week of each month. Jill added, "If you don't have the Internet, I will personally speak with you to organize a way for you to receive this information."

When asked what's most important as she assumes her role, Jill smiled and said, "If you are an English-speaking person, or a business or organization providing bilingual services in des Laurentides or Pays-d'en-Haut, I need to find you! We can best help and communicate if we understand our 'audience' and can communicate with them."

Take part in Fireside Chats, volunteer, become a member, or make yourself known to 4 Korner's Laurentides and Pays-d'un-Haut by contacting Jill Grumbache-Boileau at jill@4kornerscenter.org, calling 450-974-3940, or visiting <http://www.4korner.org>

*On this wonderful Holiday
Season, I offer you my best
Wishes of Happiness, Health
and Prosperity*



Stéphane Lauzon

Federal MP
Argenteuil-La Petite-Nation
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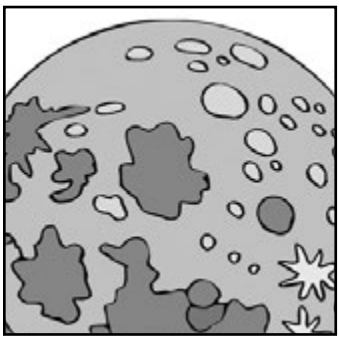
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Zach Factor Holiday Inspiration

Lys Chisholm & Marcus Nerenberg - Main Street

Christmas bells are ringing, and it's the season of mindless purchasing and purposeless gifting.

Some of us are searching hard for reasons why we continue to confuse the birth of Christ, his selflessness, and his simple message of universal love, with mounds of discarded gift wrapping, disappointed faces, and dead evergreen trees.

We fret over Uncle Harry's tendency to over-indulge in Crown Royal, or snore on the couch after turkey dinner. Meanwhile, waves of toxic radioactive water from Fukushima are lapping on our western coastlines. We still do not know what impacts this will have on the Pacific Ocean's ecosystem. Fish, shellfish, reptiles, aquatic mammals and the bald eagles that hunt the shorelines, all depend on it for survival.

Our miniscule tax rebate, and our neighbor, the "leader of the free world", in possession of the Nuclear Launch Codes; perhaps it's time to take a walk with Giovanni di Pietro di Bernardone, "the last child in the woods."

Giovanni was nicknamed Francis by his silk-trading father. He grew up a very care-free and privileged young man in Assisi, Italy. Born in 1181, Francis enjoyed the high life, and even joined in two military campaigns. During the second, Francis fell ill and had a vision that changed his life, and the lives of generations beyond. He gave up his materialistic life. In another vision, Christ asked him to repair a crumbling chapel. He sold some of his father's silks to fund the repairs. Dragged before the Bishop for judgement, Francis renounced his patrimony, stripped off his fine garments, and walked naked from Assisi, retreating to the hills. There, he rejected all forms of materialism, claiming that he only needed to trust in nature; that he would be provided for as the creator cares for the birds of the earth.

Francis was convinced that the purity of nature revealed the true path to the divine connection with Christ, if only we observed and learned to understand his teachings. Through study and meditation, his simple life evolved, and attracted many followers, including women. In 1209, Pope Innocent III granted permission for two new religious orders. The first order, Friars Minor, or The Franciscans, and the second, The Poor Clares, the female Equivalent. At forty-five, in 1226, after a renowned ascetic life, Francis died. Pope Gregory IX canonized him less than two years later. His works are studied and followed, as a model, to this day. He became the father of all modern environmentalists.

St. Francis reminds us that we are all a part of creation. He preached to animals, insects and all creatures. We might laugh at this quaint behavior, but the message is clear: As Garth B. Fletcher said in his book *Dirty Hands: Christian Ethics in a Morally Ambiguous World* "no well-adjusted person can live without a connection to nature". Today, this is what schools are denying to children. According to Richard Louv, author of *Last Child in the Woods* our institutions and cultural attitudes unconsciously associate nature with doom, while disassociating the outdoors from joy and solitude. Well-meaning public-school systems, media and parents are scaring children straight out of the woods and fields. Says Louv, "parents are conditioned, by stranger-danger and negative news coverage, to believe in rampant child-snatchings, despite evidence of a decline for years." Big pharma creates commercials with adults bashing flowers and pesticide companies vaporizing ants. Meanwhile, insects in corn fields have disappeared, as have the bees and butterflies.

Fletcher comments that we must do more than just "survive" ecocide. He believes we are "commended by our ancestors to remember the proper guidelines for choices every day." As the North American First People taught, we must "act today so that seven generations from now we are still remembered and honored for what we chose to do." The life of St. Francis has forced us into the "dirty realm" of politics to work out our differences and communicate our beliefs. The journey of St. Francis through time has challenged all religious models to move beyond the constrictions of a parochialized Christendom, challenging all of us - no matter what religion - to stand in solidarity with all of God's creatures, plants, rocks and trees - even if it means getting our hands a little dirty.



St. Francis teaching the birds. Said he to us "Preach the gospel at all times and when necessary use words"



The Story Behind The North Star and Our Night Sky

Joseph Graham - Main Street
joseph@ballyhoo.ca

Northern people know that the North Star is the only stable light in the heavens and that everything rotates around this one central point. In our time, while we theoretically know much more about the night sky and the movements of the stars, we live under roofs and even when outside we can see the sky only through a veil of reflected light that does not afford us the same clear view our ancestors had. Stories about our sky come to us from some ancient cultures, and given our country's predominantly European background, few of us know the stories that were told around the home fires of our First Nations people.

The Mi'kmaq, Passamaquoddy, Iroquois, Delaware and Fox all tell sky stories about a bear, stories that relate to the Big Dipper and the North Star. The Mistassini Cree tell how the North Star was set in place during a quarrel. The people of an earlier world had a quarrel with North Star, who was one of them. They plotted to kill him. He fled into the sky, out of their reach. When they saw where he was, and that he was out of their reach, they decided to leave him there as a marker for night travellers.

The Iroquois tell a story about three warriors from the beginning of time who chased the Great Bear, shooting an arrow into its side. They did not kill it, and it has been running across the sky ever since, circling the North Star. As the sky rotates, that constellation tilts, and every autumn, blood spills from the wound, reddening all the leaves.

The Farmer's Almanac bases its lunar calendar on Algonquin descriptions of the full moon - Algonquin months. June is the Strawberry Moon, followed by the Moon of the Buck because its antlers become apparent. It is also known as the Thunder Moon in recognition of the thunderstorms that we have all experienced during the early part of the summer. The Navaho tell of Revolving Man, the constellation of the Big Dipper, and Revolving Woman, Cassiopeia, both turning around the home fire, the North Star. Among them, the stars dictate that only one couple can live around one home fire.

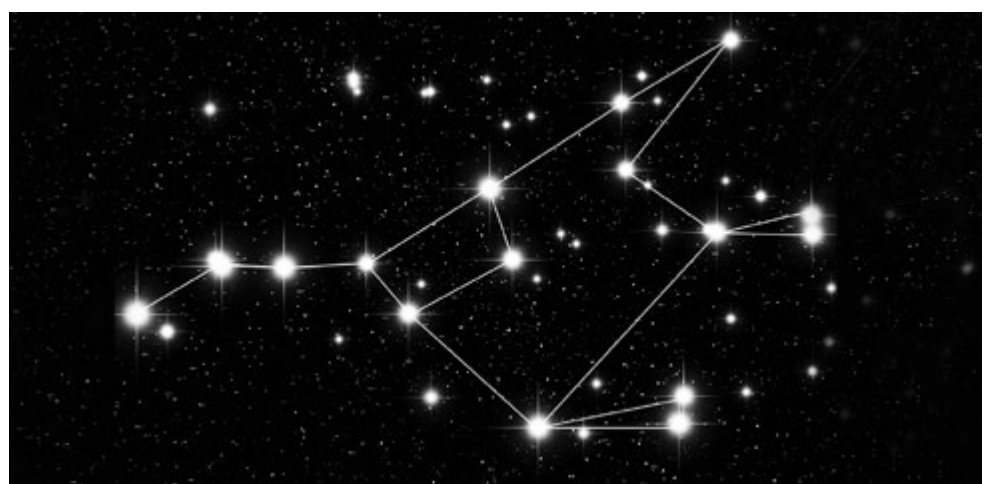
The Algonquin call the Milky Way the Pathway of the Souls and see it as the trail taken by the dead as they travel to a place that we cannot know. Each star of the Pathway of the Souls is a home fire of the departed, and each night, while they sit around it on their long pilgrimage telling stories, they look down upon us and see our home fires.

The Weskerini, like other Algonquin, told stories about the night sky in the Laurentians and shared a mythology associated with the constellations. They called the full moon of January the Wolf Moon because the wolves howled in hunger around their snowy encampments. They told stories of the wise woman Kisisok8e who explained the colours in the sunset and they tell of the bear's head in the sky that indicated the seasons.

Much of their mythology has been lost, and some of the remaining stories have been embellished with myth that has come from Europe, but even the most critical historians acknowledge that there are similarities between the European stories and the American ones. Some of these stories may even have the same origins, and the human presence in the Americas - even in the Laurentians - is so old that a story first told here could have travelled back to Europe and Asia, shared with the circumpolar peoples or in other ways beyond our memory, and inspired some of the classical myths. Evidence of the presence of ancestral Algonquin even in the northern part of our territory predate the classical cultures, dating back to the time of the building of the pyramids, a time before the creation of the alphabet.

The perspective inherited from Europe assumes that there was no exchange between the Americas and the rest of the world before the time of Columbus, or at least before the Vikings, but over thousands of years, it seems improbable that there was no contact, and, if there was contact, ideas would have moved in both directions.

I am not proposing any specific example of contact, but simply as a mental exercise to help myself understand just how old the original American cultures are. It is possible that a story first told in a winter encampment in the Laurentians was repeated and shared, slowly morphing into one of the classics of European mythology. If we can conceive that some of our oldest stories could have originated around an ancient home fire in our own Laurentian back yard, we can more easily incorporate ourselves into the long history of the Algonquian and Iroquoian cultures in these hills. By understanding that we share a common past, we can learn to respect and appreciate a mythology that might otherwise feel wholly alien. This is the land where we live and if we see it as alien, we alienate ourselves. Slowly the land will possess us, and we will come to accept that we are simply a new chapter in the long human history of the Laurentians, that the North Star, which guided Europeans across the Atlantic, has been a constant for all our peoples, and that, in a very real way, it even re-introduced us to each other.



= Obituaries =

MCMAHON, Elizabeth (Liz)

Suddenly at the Hotel Dieu Hospital, St. Jérôme, Qc. on Wednesday, November 1, 2017 at the age of sixty-three. Beloved mother of Kendra and Erin. Dear sister of Laurie, Christine, Linda (Graham) and Michael. Also survived by her nieces Maria, Jessica and Juanita, and her nephews Brandon and Michael. Predeceased by her parents Mary Gibson and Robert McMahon, and her spouse, Russell MacKenzie. A Celebration of Life ceremony was held at the Lachute Curling Club, 60 rue Harriet, Lachute, Qc. on Sunday, November 12. In lieu of flowers donations to the SPCA Laurentides Labelle Inc., 355 rue Demontigny, Ste. Agathe des Monts, Qc. J8C 3S5 would be appreciated.

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

Grenville Women's Institute **FWIC**

On November 7th Grenville Women's Institute made crosses decorated with poppies, to display front of Grenville Town Hall as a way of remembering our Veterans



The English Link Caregivers: Permission to put yourself first

By Jill Grumbache-Boileau

The holidays can bring joy, yet they can also, often, be extra demanding and stressful. The latter is especially true if you're a personal caregiver for a sick or elderly loved one. So, at this time of year, it's important that all caregivers give themselves permission to put themselves first.

Carers Canada reveals that there are 8.1 million caregivers across Canada, 6.1 million of whom are juggling careers and caregiving. In addition, The Canadian Caregiver Coalition informs us: "Family caregivers are the invisible backbone of our health care system, providing over 80 percent of the care needed by individuals with 'long term conditions' (Fast, J., Niehaus, L., Eales, J., & Keating, N. (2002). A profile of Canadian chronic care providers).

These large numbers indicate how high the risks are, not only for people being cared for, but also to our health care system if, as a caregiver, you don't care for yourself first.

No matter your age, if you're not caring for yourself properly you're at risk of becoming the one who needs to be cared for. The combination of prolonged stress, the physical demands of caregiving, and biological vulnerabilities places you at risk of significant health problems.

But, there is good news! Many types of services and support are available to help you care for your loved one and yourself.

The first step is to acknowledge that you're a caregiver. Caregivers often view what they do as simply providing 'a little help' to a loved one. You're a caregiver if you provide the following to someone on a regular basis: cook meals, do housekeeping or outdoor work, provide transportation, handle finances, provide companionship, or perform healthcare-related duties.

Next, seek and accept help. Ensure you have a trusted person to confide in - it's good to 'get things off your chest'. As well, a web-search or call to your local CLSC, CISSS, or local 4 Korner's office will inform you of much help and support available for you and your loved one. You will find support in every shape and form: cooking and delivering of meals, house cleaning, yard work, transportation services, support groups, and respite care. Remember too, there are wonderful and very helpful associations related to specific illnesses (such as Parkinsons and Alzheimers, both with branches here in the Laurentians).

A good starting point for you is provided by 4 Korner's Family Resource Center with their Guide proches aidants Laurentides (Laurentian Caregiver Guide), available in English: http://www.4kornerscenter.org/wp-content/uploads/2014/07/Guide_proches_aidants_Laurentides_EN.pdf. If you do not have access to the web, the Guide is available at all 4 Korner's offices.

There are also several things that you can do on your own on a day-to-day basis that will help reduce your stress or anxiety. Try to use proven, easy to do mind/body techniques such as meditation, prayer, deep breathing, listening to music, or journaling.

Just remember, it's important you attend to your own healthcare needs, get proper rest and nutrition, and take time off from caregiving - without feeling guilty.



Eastern Star

Lachute Chapter #56, Order of the Eastern Star held the Installation of their Officers on November 16, 2017. Lachute Chapter #56 is a benevolent organization dedicated to assisting the welfare of the citizens of Lachute and surrounding areas. This is their 45th anniversary and they still have 7 of their chartered members active in the Chapter. Pictured below are the new officers for the ensuing year.



Photo: seated are Helen Black W.G.M., Dorothy Gauley W.M. and Bryan Mitchell W.G.P. of the Grand Chapter of Quebec with their standing officers



Christmas in Heaven

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Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2

Upcoming Activities

<p>Personal Sessions to Relieve Stress Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. Call for an appointment.</p> <p>Comforting Tea Mon, Nov 13: 10 am - 11:30 am (Mont-Tremblant) Mon, Dec 11: 10 am - 11:30 am (Mont-Tremblant) Fri, Nov 24: 10:30 am - noon (Ste-Agathe)</p> <p>Coffee Meeting for the Bereaved Tue, Nov 14: 7 pm - 8:30 pm (Mont-Tremblant) Tue, Dec 12: 7 pm - 8:30 pm (Mont-Tremblant) Thurs, Nov 16: 1:30 pm - 3 pm (Ste-Agathe) Thurs, Dec 21: 1:30 pm - 3 pm (Ste-Agathe)</p>	<p>Regenerative Yoga For caregivers, people with cancer and the bereaved Mondays until Dec 11: 4:30 pm - 5:45 pm (Mont Tremblant) Wednesdays until Dec 13: 10 am - 11 am (Ste-Agathe)</p> <p>Relaxation Group Exercises to relax, promote calm and serenity. Available to caregivers, cancer patients and the bereaved. Fridays until Nov 17: 10:30 am - 11:30 am (Ste-Agathe)</p> <p>Accompanying services Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers. Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)</p>
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For information: 819 717-9646 and toll free 1 855 717-9646

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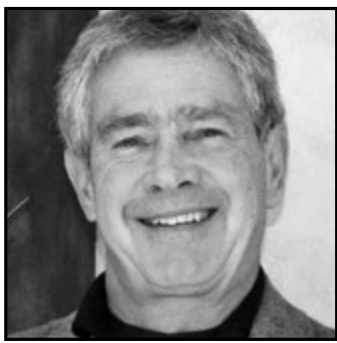


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A UNIQUE STRATEGY TO KICK-START A FINANCIAL FUTURE

How permanent life insurance can benefit a child or grandchild.

Children are full of immeasurable potential – but they often need financial resources to make their dreams come true. Aspiring professionals need to finance years of schooling. Future entrepreneurs need start-up capital. Everybody needs a home, and real estate doesn't come cheap.

There are many ways to help build a foundation for a child's or grandchild's financial future. One innovative strategy is to purchase insurance that increases in value over time. This approach uses a permanent life insurance policy to facilitate the tax-efficient transfer of wealth between generations.

Here's how it works

- Purchase a permanent life insurance policy on the life of a child or grandchild
- As the owner, choose to top up the premiums to build cash value
- Transfer ownership of the policy to the child or grandchild at or after age 18

As long as certain specific Canada Revenue Agency requirements are met (see box), the transfer can qualify as a tax-free rollover. After the transfer, the child or grandchild can name a new beneficiary and access the cash value to meet current or future cash needs, such as paying for post-secondary education or purchasing a new home. Provided that funds are withdrawn after the child or grandchild turns 18, any policy gain is taxed in that young adult's hands – not in the hands of the former owner.

Get planning flexibility

Many people accumulate money to leave their children or grandchildren by investing in a Registered Education Savings Plan (RESP) or a Tax-Free Savings Account (TFSA), or some other, taxable investment. These investments may have strict contribution limits or may not provide much flexibility. But for those with excess wealth, there is an additional option.

By purchasing a permanent life insurance policy, the parent or grandparent has more flexibility to allocate excess wealth towards the policy's cash value. And the cash value grows within a tax-deferred environment.

Set young people on the road to financial independence

For parents and grandparents who have accumulated more money than they need to finance their own lifestyle goals, building cash value within a permanent life insurance policy makes it possible to transfer wealth to a child or grandchild tax-efficiently. Even better, it allows parents and grandparents to see their gift in action – helping a loved one realize ambitions, hopes and dreams. And for the child or grandchild, after ownership transfers, the insurance can become a solid foundation for a comprehensive financial plan that protects his or her family and continues to build cash value into the future.

Your advisor can help you determine if this strategy is right for you, and how it may complement other elements of your family's financial planning. Keep in mind that it's often best to purchase a permanent life insurance policy early in a child's or grandchild's life because this gives the cash value the longest possible time to grow before it's needed.

WHEN CAN POLICY OWNERSHIP TRANSFER TAX-FREE?

For the transfer of a permanent life insurance policy's ownership to qualify as a tax-free rollover, the Canada Revenue Agency requires that:

- The life insured must be the policy owner's child, step-child, grandchild or great-grandchild
- There must be only one life insured at the time of the ownership transfer
- The transfer must take place for no consideration
- The transfer cannot happen through a will

Note that the child or grandchild who becomes the new owner does not have to be the same child or grandchild whose life is insured, which provides additional planning flexibility.

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

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I'm Just Saying All I want for Christmas

Ron Golfman - Main Street

As we approach the so-called "season of giving," a premise surely invented by vendors and ad-men, I cannot help but wonder why we have accepted

a designated time to show generosity and kindness overtly, when these acts, by their nature, are meant to be selfless and humble. Coincidentally, and ironically, this is also the earmarked moment to join together with family and friends, as opposed to the rest of the year. Aside from the fact that gasoline and airline ticket prices go up, in sharp contrast to the so-called spirit of the season, we'll all be taken for a ride, if we can afford it.

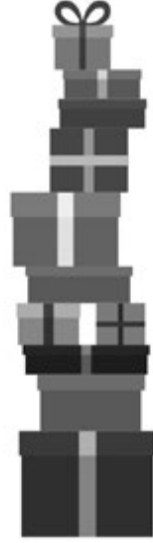
I, for one, do enjoy the lights, eggnog, and that people I care about get to string together a few days off from work to visit. I can do without the notion that the season is less successful if one doesn't overspend on items people don't really need, or want, fearing that our gifts may not compare favourably with the ones we might receive. My favorite gifts to date have been artwork from my children, knitted socks from my sweet mother-in-law, and a shared kiss with my beautiful wife. I don't need another tie, power tool, or calendar, as much as I would cherish homemade shortbread cookies, or a day swapping stories of our shared glories and foibles.

While I do accept and acknowledge joy of giving to our children, considering we never forget their wide-eyed glee opening presents on Christmas morning, as we get older, we have more, and need less. I would love to propose that we do a different type of giving. We all have dealt with the pain of illness and the passing of loved ones in our lives. Would it not enhance the spirit of the season, if we all picked a disease, or a cause, and either individually, or as a family, made a donation?

I'd sooner give to find a cure for ALS, Cystic Fibrosis or cancer, or support providing clean water, shelter and food to those in need, or send aid to the refugees

in Myanmar who face ethnic cleansing. These are not suggestions mired in some false sense of altruism; these are acts, which exemplify the true spirit of giving and sharing. I know most of us give to support the Boy Scouts bottle drive, the Poppy fund and many other worthy causes over the course of the year, but if we accept a designated holiday to be "more" generous, why not also include such donations and be globally supportive, as our world does include us, too.

By no means is this article meant to tell you what to do. The intention is to expand the spirit of giving without breaking the bank. Those of us fortunate enough to share a meal and a beverage with friends and family over the holidays might, in this way, feel as if we are also setting another place at the table for those in need. Just saying... Wishing everyone out there a safe and Happy Holidays!



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Let's Talk About It

Erin McCarthy - Main Street

***I'm changing the flavour of my column, and gearing towards all things that affect families in the Laurentians; so, if that's you - let's talk about it! Tell me what you think, ask me questions, express your concerns, and contact me at eamccarthy81@gmail.com.

Season's Greetings!

As the holidays are quickly approaching, I felt that this would be the perfect opportunity to discuss some ideas for making this year's celebrations just a little more meaningful. I'm sure I don't speak only for myself when I say that although it is "the most wonderful time of the year," the holidays are also packed with stress, like the pressure of getting the right present for the right person, living up to the expectations of serving the perfect meal on the most festive table, or the financial ball and chain money-trap, reflected in our credit card statements at the end of it all.

We do it because it's tradition and because we love it! Nothing beats the expressions on children's faces when they open the presents they have been dreaming about, and finally, when you can sit back, and kick up your feet with a (big) glass of wine, and look around at the happy chaos, you may think that it's been worth all that effort. However, this is also the time when we should consider teaching our loved ones to consider those less fortunate. Any small acts of generosity to others could inspire us to reconsider our definitions and practices



Making it Work in the Laurentians

How to negotiate as an entrepreneur

Rachel Morgenstern-Clarre

Being able to negotiate is the secret to success in business. Entrepreneurs need to be able to reach agreements with all kinds of different people: clients, employees, suppliers, vendors, members of the local community, etc. No matter who the other "negotiating party" is, the key to successful negotiations is valuing both parties' needs, listening with an open mind, and staying focused on mutually beneficial outcomes.

How to prepare

Beforehand, you'll want to find out everything you possibly can about the other party. Review each person's LinkedIn profile, and do a web search to get a sense of who they are, how their company is run, and what their key issues are. Research similar companies and deals to see what the market is like, and what your competition is up to as well. It's equally important to identify your own needs, costs, and break-even point, so you know when you're getting a good deal, and when to walk away.

If this is the first time you're meeting the other party, be sure to educate yourself about any potential cultural differences. The best negotiators are firm, while also being respectful. You don't want to accidentally derail negotiations because of an unintended insult!

At the negotiating table

Always keep the other party's "main motivators" in mind, and ask questions during your negotiations to test your assumptions. Clarify early on that the other party has the power to make a binding commitment. Be confident, but not arrogant. Studies show that whoever makes the first offer usually gets what they want so be sure to be the party that "sets the bar"!

When it comes to your initial offer, be realistic, but always ask for more than you expect the other side to give you. This will allow you to later scale back your offer to a compromise that you are both comfortable with. Make sure to include something you can "give away" without hurting your position - a bargaining chip, like getting a lower price for a later delivery date, for instance. Prioritize your goals, and don't get fixated on any specific outcome; you can never predict exactly how the conversation will go, and you will need to be sure you have considered all the possible alternatives ahead of time.

If it's a short-term relationship, you can negotiate a bit harder. However, if it's a long-term relationship, then maintaining that connection is more important than getting everything you want in that situation. Strive for an outcome that's win-win for both of you. Then write-up a Letter of Intent, or Term Sheet, that outlines the terms and conditions of your business deal, which can then be used to prepare the final agreement.

Renegotiating

Negotiation is an art that takes time to perfect. Young entrepreneurs are more likely to make mistakes, or to sign deals that are not as beneficial as they could be. Don't be afraid to take the initiative and return to the negotiating table later on, to attempt to reach a better deal for yourself.



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of giving and sharing during the holidays. Now, don't get me wrong, I'm not trying to urge you to take anything away from your families, and some might say that they have a hard enough time providing for their own, but there are endless ways to make small changes in the right direction. After all, acts of kindness to others have a ripple effect...

Here are some examples:

Food for the Hungry: Gifts for Change is a non-profit organization dedicated to ending poverty, and committed to an integrated, holistic approach to development, including priorities such as agriculture, education, health, and gender equality. They provide an extensive list of gifts you can purchase, starting as low as \$20, for items such as; a pair of chickens, a hive of honey bees, or a clean water tap to help individuals, families, and communities in need around the world. www.fhcanada.org

CanadaHelps.org: Canada's platform and database for donating and fundraising online www.canadahelps.org

Food Banks of Quebec. There are over 1.7 million requests for food assistance every month in Quebec. Pick one that helps your community ... www.banquesalimentaires.org

Explore the notion of micro-volunteering through "quick acts of kindness." Give someone a compliment, leave a larger than normal tip, buy someone in the line behind you a cup of coffee, give up a good parking spot, etc...

Games for Change. Games for Change empowers game creators and social innovators to drive real-world change using games that help people to learn, improve their communities, and contribute to making the world a better place. Especially fun for the kids, this is a really cool initiative!! www.gamesforchange.org

Merry Merry!

Great Tips for the Hostess

Gifts for the guests – keep it simple

Say goodbye to your guests by presenting them with a token gift creatively wrapped in burlap and bound by festive ribbons or bows. Great ideas include ornaments, potpourri, small candles and homemade preserves. Display them by the door and hand them out as your guests say their farewells. This little reminder will let them know you are thinking of them throughout the festive season.

Candles, candles, candles

Candles are perfect for creating ambiance and original centre-pieces for tables! If your table is large, place shallow several 3-inch trays end-to-end until you have the desired length. Seal the trays with silicon caulk before filling with water. Add a little red food colouring (optional) to the water and float holiday-shaped tealight candles in the trays. You may also add bits of spruce sprigs, birch bark, flower petals or mint leaves for a touch of added colour. Large vases, globe bowls or even jars will work just as well for smaller tables.

Make your own napkin rings.

Customize your own napkin rings with ease by merely hot-gluing a unique ornament to a 2-inch-wide ribbon. Fold over the ends of each ribbon, and secure the ring's shape by sewing or securing with glue. Keep it wide enough to display the napkin. Tuck in a hint of green for added attraction.





*wishes you a
Warm and Cozy
Christmas
and the Happiest of
New Years!*

For more information on all the events and festivities, please visit laculture.ca



Estérel • Lac-des-Seize-Îles • Morin-Heights • Piedmont • Saint-Adolphe-d'Howard • Sainte-Adèle
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*Certaines conditions s'appliquent / Certain conditions apply

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Cassie Beaven
Lucas Diamond

Cassie Beaven 5 yrs old and Lucas Diamond 6 yrs old are cousins who were thrilled with Santas visit on December 2nd at the Royal Canadian Legion Branch 192

Celebrating the season of apples - indoors

On October 12, residents of the Argenteuil Health and Social Services Multiservice Center, living in the Pavillon and La Fontaine units experienced moments of delight and magic as their large dining room was transformed into an apple orchard!

Tables filled with a variety of apple desserts, concocted by the Daughters of Isabella, were served and Germain the Magician provided amusing entertainment to all.

The activity was made possible thanks to the following sponsors: the MRC d'Argenteuil; the City of Lachute; Mr. Yves St-Denis, Member of Parliament for Argenteuil and Le Verger Legault of Saint-Joseph-du-Lac, in addition to the Daughters of Isabelle and volunteers on site.



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From the staff and employees of Dion CPA, we would like to extend our warmest wishes for a joyful holiday season and a New Year filled with health and prosperity. Thank you for your confidence and loyalty, we look forward to serving you in 2018.

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Christmas Meringue Dessert



This decadent dessert is so easy to make and is limited only to your imagination. Try adding a touch of food colouring, vary the berries, prepare large or individual wreaths, add nuts, sprinkles, or decorate with mint leaves; just let yourself be creative!

Ingredients

- 8 large egg whites (room temperature)
- 1 teaspoon cream of tartar
- 3 ½ cups confectioners' sugar
- One 10-ounce bag of fresh or frozen cranberries – thawed and drained if frozen
- 1/3 cup granulated sugar (to taste)
- Juice of ½ a lemon
- 4 cups fresh berries
- ½ cup seeds or finely chopped nuts (optional)
- Fresh mint leaves
- 1 cup heavy cream

Directions

Place oven rack in lower third of oven and preheat to 225 degrees F. Line the back of a baking sheet with parchment and draw your desired wreath size and shape – this will be your template.

Combine egg whites, cream of tartar and salt in a bowl and whisk on medium speed until frothy, then increase the speed to medium-high and beat until thick. Gradually add the confectioners' sugar and beat until stiff, shiny peaks form.



Using the template on the parchment as your guide, drop dollops of meringue onto your template. Continue until the wreath is complete. Using the back of a spoon, form designs in the meringue, being sure to leave plenty of peaks. Bake the meringue until it is dry and crisp to the touch, but still white, about 2 hours. Remove from the oven and let cool completely.

While the meringue is baking, prepare the cranberry sauce. Bring cranberries, sugar and lemon juice to a simmer in medium saucepan. Cook until the cranberries are soft and the sugar is completely dissolved, about 10 minutes. Set aside. When completely cool, fold in the raspberries (or berries of your choice), seeds or chopped nuts. Whip the heavy cream in a medium bowl until soft peaks form.

To serve: Spread whipped cream on the meringue. Spoon over the fruity sauce and sprinkle or decorate with mint leaves.

Enjoy!

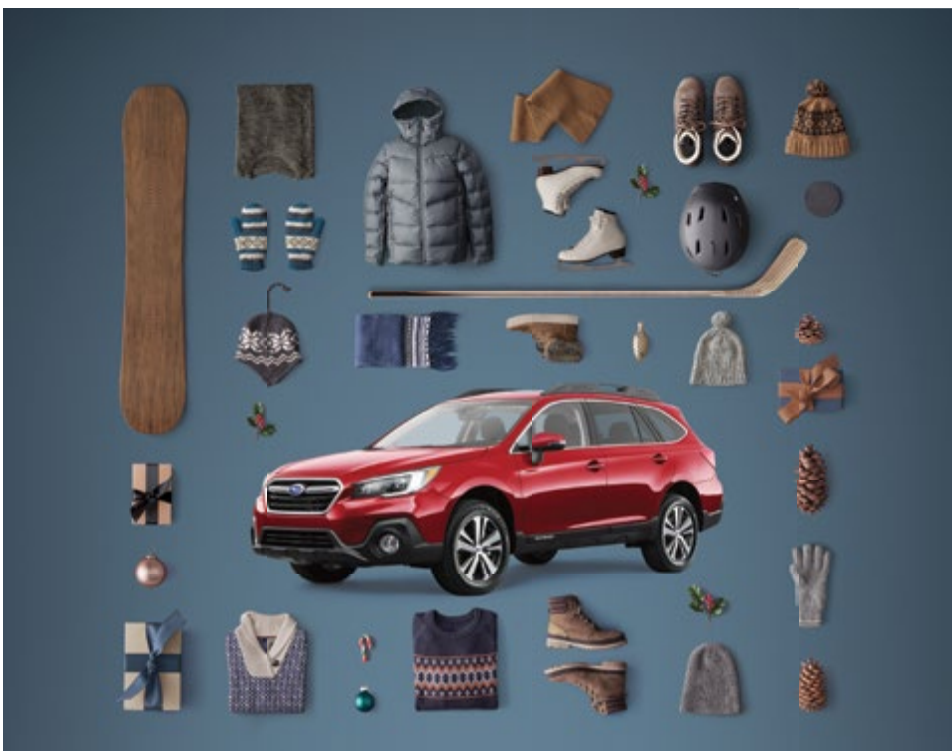


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December 16, 11 am - 3 pm


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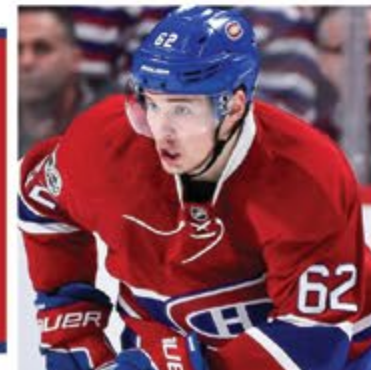
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