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# What's On My Mind... I can make a difference



Susan MacDonald, Editor

This season, people are having a difficult time finding their holiday spirits. Global turmoil and devastated economies have wrought havoc across the world this year, leaving entire countries in dire financial straits and untold populations heartbroken and homeless. Here at home, thousands are unemployed, with many more living below or near the poverty line. And the holidays, a time meant for joy and celebration, are just around the corner. For many, it will be a time of great sadness and loneliness and this is what's having an effect on us all.

If I were to remain focused on the negative, I would never find the will to crawl out of bed each morning. But, when hard-pressed, I tend to fall back on an old adage that keeps me moving, and, with a positive outlook. "You can't change a circumstance, but you can choose how to deal with it;" not the original quote, but close enough to suit me.

If I stand by a lake and throw a stone into its waters, ripples will spread in an ever-widening circumference. This represents my "sphere" and I look after all who fall within its circle. Extremely limited, it is effective, and allows me to make even a small difference to some. Imagine, now, several people standing on the shore, each throwing a stone and creating spheres of their own. Ripples from that many stones will eventually inter-mingle, spanning the entire lake in a continuous, rolling movement. And, the good news is everyone is capable of throwing a stone, no matter how big or small that could make a difference to someone else.

This holiday season will be what we make it, for ourselves and others, so when you are out shopping, pick up a "stone" and drop it in a donation box or at a food bank. Bake an extra batch of cookies, or cook a meal for a needy family. Pick up an extra gift or two and drop them off at your church, to be distributed wherever needed. Take a few minutes to visit lonely relatives, or at least pick up the phone and wish them "happy holidays." Reach out to your families, your friends, and fellow community members and share the true meaning of the holiday season - there is so much we can do! Imagine the joyous impact this rippling effect could have within and beyond our communities, if individually, we believe, "I can make a difference."

**Happy holidays and peace to us all...**

*a taste of holidays*

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# Observations Gimme Shelter

David MacFairlane - Main Street

In January 2015, I commented that this year will be one to remember, but not for anything uplifting. In fact, with each passing month, we have sunk even deeper into the morass of stinking doo-doo, and the Doomsday Clock is now at just 3 minutes to midnight, a most dangerous time in our history.

For those who don't know, the Doomsday Clock is an internationally recognised measure of how close we are to destroying our civilisation by war, technology or lifestyles, either accidentally or by intent. The situations that confront us today can lead to a final reckoning, and that outcome will not be pleasant for most of us.

In a gruesome revelation, in 2015, there have been more mass shootings in the US, when more than 4 people were killed, than days in the year so far - 355 vs 337. (To December 3rd). Read that again. Even more astonishing, 20 days had 4 or more mass shootings in a single day! Add, into this witches brew, the riots around the country over police brutality, and the murder of citizens, and you see the symptoms of a sick society slowly breaking apart. Since 9/11/2011, only six attacks, I believe, involved Jihadi-motivated terrorism, the rest were home-grown.

Most of us cannot see the dark undercurrents flowing through American society, which have been building since the 1970s, but only now coming to the surface and manifesting in such an ugly picture of a society collapsing under the weight of alienation, corruption and misdirection. These mass shootings prove that the US is not insulated from its own brand of terror, perpetrated by its own deranged citizens. Terrorism and its consequences impose high costs on societies, not just in terms of ruined lives.

Today, we vilify Muslim fundamentalists and are horrified at their acts of terrorism against us. We accuse them of depraved actions while overlooking our own in the world, where millions have died at our hands from war, occupation and brutality. Even today, Iraqi children are born with horrific deformities caused by the radiation from US bombs made from depleted uranium. (see Google Images - no, better not, they'll haunt you forever.) Millions of civilians have had their lives destroyed by the US invasions of their countries, to what gain, and what cost, I ask you? Iraq, as a country, has been shredded - its future lies in partition. Libya has been destroyed - its future is a reversion to tribalism. Afghanistan is returning to the arms of the Taliban. Now Syria is in our gun-sights. We are attempting to depose President Assad, democratically elected, in order to run our gas and oil pipelines through the country, from the UAE to Europe, which Assad has refused to allow. That's it, no other reason. But millions have died and millions more have been made refugees in this US quest for hegemony and Empire. How can Americans remain so passive in the face of evident government false narratives, lying, manipulation of reality and endless scandals? Apathy and indifference; its not in their backyard.

The moment the US and its allies began, in 2001, to pull back those rusty bolts that secured the Gates of Hell, life in this world became perilous. When those bolts finally slipped from place in 2003, the Gates flew open, and Pandora's box of pestilence and mayhem was unleashed upon the world. The invasion of Iraq began, state-sanctioned murder was freed to wreak havoc on our world - and it has. Why discuss history, when fresh blood is running in the streets of Paris and San Bernadino? This is happening because the US has cultivated religious extremism as a tool for its hegemonic goals. ISIS is a creation of the CIA, and is the Sunni successor to Al-Qaeda in Iraq, Libya, Yemen, Syria, and now in the West. It has been financed and supported by the US, Saudi Arabia and the UAE against the Shia governments in Iraq and Syria. The alliance was exposed for what it is, only after Russia joined the war to support the Syrian government. Russia has shown, without doubt, the depth of US complicity in support for ISIS, Turkey, and the terrorists that oppose the Iraqi and Syrian governments. Recent surveys suggest that if Russian President Putin were to run for election in the US, he would win the Presidency by a landslide! That's a measure of the absence of authentic leadership in America.

The cause of today's religious fanaticism has its roots in the colonisation of the Middle-East by Britain and France in the early 1900s. A tribal region, without borders for millennia, was invaded and arbitrarily given boundaries and new identities. These new countries were administrated harshly and with extreme prejudice. Is it any wonder they are a mess today? The same happened in Africa. After these colonial empires faded, the US became the new coloniser, and has imposed its will by financial and military domination and political meddling, until now, when the unifying pull of religious fundamentalism, enabled by technology, social media and massive population movements, has made this violent, bloodthirsty blowback possible.

When will the dim-witted, dissembled, irresolute US administration realise that it no longer has either the wisdom, the resources or support to control geopolitical events in the world anymore. It cannot admit that the cause of terrorism is the result of its own meddling in the affairs of weaker countries, whose only resistance was possible by guerrilla-style warfare, lacking the fire-power of their adversaries.

Blogger Dan Sanchez has an ideal solution: "More (US) boots, (EU) bombs, guns and (Saudi) money will only feed the fire that fuels ISIS and makes our cities vulnerable to terrorism. We have tolerated and enabled (these) governments' misadventures long enough. Get the West out of the Middle East now!" Fred Reed, a US forces veteran, (lewrockwell.com) says: "Terrorism by Moslems in America or Europe cannot be stopped. (Doing so) would require deportation or (other) totalitarian measures. **Or, improbably, minding our own business in the Middle East.** America is too divided to do anything about anything."

It's 11:57, three minutes to midnight, and the closest to Armageddon since 1984, when the US and Soviet Union were a mere button-push away from MAD (Mutually Assured Destruction).

And it's also Christmas. Now, pray tell me, what do we mean by "Happy Holidays?" Isn't that the kind of craven, smarmy political correctness that has got us into so much trouble and has made us hypocrites?

Let's show some intestinal fortitude (that's guts) and say, "Merry Christmas and Happy New Year, to all." It's also Hanukah. We're not afraid to say "Happy Hanukah," are we? So, what's the difference?

It's a Christian holiday. Have we all forgotten? Or has fear addled our brains and made us timid like mice? Respect our heritage, and honour our traditions!

Say it loud, say it clear ....

"Joyeux Noël et Bonne Année a tous. Dieu nous benisse tous, sans exception."

"Oh, a storm is threat'ning my very life today. If I don't get some shelter, oh yeah, I'm gonna fade away. War, children, it's just a shot away, it's just a shot away. Ooh, see the fire is sweepin' our very street today, burns like a red coal carpet, mad bull lost your way. War, children, it's just a shot away. Rape, murder, it's just a shot away, it's just a shot away. I tell you love, sister, it's just a kiss away, it's just a kiss away. Gimme shelter, or I'm gonna fade away." (paraphrased lyrics)

Rolling Stones - Jagger/Richards, 1969 - Let It Bleed Album.

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Denis Chalifoux, Mayor



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## MUNICIPAL BULLETIN DECEMBER 2015

### MAYOR'S MESSAGE

As you have probably noticed, things in the downtown area are changing. The construction of the "Résidence des Laurentides" is well underway, and with the exception of a small winter break, work will resume in March 2016. In addition, the new revitalization program of the downtown area has been established to encourage the construction of new multi-family residential housing, or condominium projects, which should deliver good results in the upcoming months.

These projects emerge from a reflection, initiated in recent months, by the City Council, and is a vision that we pursue with conviction, to have a well-populated, downtown living area.

The town is putting every effort forward to encourage new residential building projects and to restructure some specific areas, such as the intersection, which includes the Principale/Saint-Vincent region.

Fire claimed one of our important properties and damaged others in the downtown area in September but, thanks to the outstanding work of our fire department, the worst was avoided, and we now intend to work with the property owners, and the chamber of commerce, to begin rebuilding this strategic corner of our city's center.

The revitalization of downtown is an ongoing project, which requires long-term reflection, and several partners, to give daylight to these different projects. Work is already underway and, by 2016, we will be able to present to the population a model of what we wish our city centre to become in the next 15 years.

In the meantime, I invite you to visit our local businesses and download our free mobile application, "Sainte-Agathe+" to find out more about what our merchants have to offer.

On behalf of my colleagues on the municipal council, I wish you a very happy and prosperous holiday season.

Denis Chalifoux, mayor

### THE BICYCLE PATH AROUND LAC DES SABLES WILL BE INAUGURATED IN THE SPRING OF 2017

The construction of a bike path around Lac des Sables began last summer and work will continue as planned in two different stages in 2016.

Some paving work will be executed, and replacement of aqueduct pipes will take place on the Chemin Tour du Lac in the spring, and on Chemin du Lac des Sables in the fall.

Meanwhile, the Heritage Committee was mandated to create heritage interpretive signs, which will be installed in key areas around Lac des Sables. These signs are currently in the making and should be installed during the course of the upcoming summer.

If everything goes according to plans, it is expected that the Tour du Lac des Sables will be accessible by bike towards the end of 2016, and the official opening will be celebrated in great style in the spring of 2017.

### THE NEW INTERMUNICIPAL FIRE DEPARTMENT WILL BE IN PLACE BY WINTER 2016

Within a few months, the Val-David, Val-Morin, Sainte-Lucie-des-Laurentides, Lantier and Sainte-Agathe-des-Monts (which includes Ivry-sur-le-Lac) fire departments will be regrouped within an intermunicipal board of management.

This decision was taken by the municipalities, with the intention of fully assuming all of the responsibilities pertaining to fire protection, including management, intervention and prevention and, evidently, to ensure the quality of service offered to the population.

This regrouping should allow us to better address the problems of firefighter recruitment, availability of resources, and territorial coverage.

The paperwork for the new agreement has been approved by the authorities concerned with the matter and the patent letters will follow. We can therefore expect that the board of management should officially be put into place during winter 2016.

Until then, discussions will continue to sort out the workload, but we know already that no jobs will be lost, acquired advantages and competences will be maintained, and equipment belonging to each firehouse will be retained.

### THE WASTEWATER TREATMENT PLANT WILL BE OPERATIONAL BEFORE THE END OF THE YEAR.

The new wastewater treatment plant will be fully operational within the next few days. There will be some work to complete at the Rivière-du-Nord station in the spring of 2016, however the station is fully operational at this time.

With its new pumps and retention basins, the plant will meet the new government standards for the protection of the environment. The use of this new type of chain of processing system used in Sainte-Agathe is unique in Québec, and possibly also in Canada.

After having invested close to \$18 M up to now, to comply with the requirements of the Ministry of Environment, the city now has state-of-the-art installations for drinking water and wastewater treatment.



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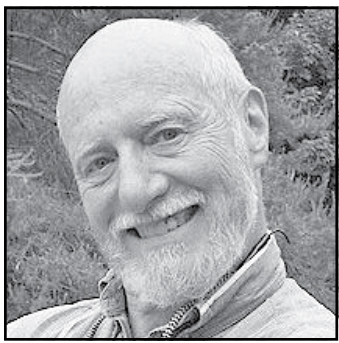


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# Simply Words on Paper Music Comes To the Aid of Alzheimer Patients



**Jim Warbanks - Main Street**

English playwright William Congreve is the author of the familiar first line in his play *The Mourning Bride* (1697) "Music has charms to soothe a savage breast." A more recent application of the concept has been shown to benefit those struggling with dementia and other chronic cognitive impairments.

Feeling alone, and being isolated in a nursing-home environment, is not a welcome prospect. Seeing someone you love become lost to Alzheimer's, or another form of dementia, can be devastating.

The Music & Memory™ program has helped thousands of individuals reconnect with family, friends and caregivers. Participants in the program are happier and more social. Their relationships with caregivers and family members improve, often markedly. A calmer and more supportive environment develops. Behavior management issues diminish. Use of a personalized music program tends to reduce reliance on anti-psychotic and other medications.

### Personalized playlist

People in nursing homes, or other care environments, who suffer from a wide range of cognitive challenges, can find renewed meaning and connection in their lives through readily-available personalized music playlists, delivered on iPods, or other digital devices.

It is a particularly fascinating development, since I recall vividly how a colleague, an avid music fan with whom I worked many years ago, would visit his rather unresponsive wife in a nursing care facility. He found that playing their favorite cassettes and 8-track tapes (music media of an earlier era) both calmed and animated her. He was well ahead of his time.

### Memory lapses

I comfort those of advancing age, who suffer minor, temporary memory losses – forgetting a familiar name, birth date, or the whereabouts of car keys / glasses, by comparing their brains to a computer hard drive. They have retained a vast number of memories over the years; some fragments are bound to have become misfiled, and harder to retrieve quickly. A youngster will have relatively few files stored during a much shorter life span, and should be expected to retrieve information more readily.

A concrete example that I repeat makes this analogy ring true: "you must have the lyrics of a thousand songs (lullabies, classics, teenage memories, favorite artists, disco era, film themes, etc.) all on file, taking up memory space." Most people readily agree. Since there is no equivalent in the brain to the defragging process, available to re-organize the files on a computer hard drive, it is only logical that memory lapses occur annoyingly, and with increasing frequency.

It appears that those who have dementia issues have also retained a treasure trove of music lyrics linked to memorable events in their lives. The Music & Memory™ project utilizes these stored memories to restore a sense of identity to the dementia sufferer, at least for a while.

### Video

A video, available online, showed how Henry, who had been in a care facility for ten years and was quite unresponsive to family members and staff, became animated with a lively facial expression as he began to listen to the music. He sang along and moved to the music. Stating that "I'm crazy about music," he could recall lyrics and the names of favorite songwriters. The effects lasted beyond the actual music experience.

The Memory & Music™ program is being launched by the Alzheimer Society in Quebec, since the magic of music can improve the quality of life and because it serves as a powerful brain stimulant and represents the treatment method of choice for those with cognitive issues. It diminishes agitation and anguish, as well as providing a calming effect.

### Quebec launch

The Quebec program has received financial support from the Fasken Martineau law firm and will be implemented by the Laurentians Alzheimer Society. Coordinator Sonia Éthier can be reached toll-free (1-800-978-7881, Ext. 228) or check the websites ([www.alzheimer-laurentides.com](http://www.alzheimer-laurentides.com) or [www.alzheimer.ca](http://www.alzheimer.ca)).

The Laurentians' affiliate provides over 10,000 hours of direct services to benefit over 6000 residents. Individual meetings have been arranged for 143 beneficiaries, in addition to 88 family meetings. Sixty-two volunteers have contributed a total of 591 hours. Information and psychosocial support accounts for over 900 hours. Respite care has been arranged for a total of 8069 hours.

There are 15 active information and support groups for caregivers, with three serving an English-speaking clientele, five held in the evening, seven daytime, accounting for a total of 196 hours of group meetings, as well as 1430 hours on a telephone help line.

If you know of a family member or friend who might benefit from this program, don't hesitate to seek additional information. It could be music to a loved one's ears.

## Coming up On Facebook this month

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



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## Welfarewell

Theatre Morin Heights presented five shows of the award-winning satire, "Welfarewell" by Cat Delaney; directed by Peter Cook, produced by Penny Rose. An inspired cast played to full houses and received standing ovations. The actors were: Corina Lupo; Dave Potter, Lois Russell, Libby Barratt, Marie-Claude Hénault, Anita Stranzl, Brigitte Simon, June Angus, Penny Rose, Katherine Weary, Doug Simon, Colleen Horan, Will Ladik and Robert Rankin.



The members of Theatre Morin Heights should be commended for their continued dedication in providing us with quality theatre right here, where we live! Bravo! (IA)







## About Sainte-Adèle

Chris Lance - Main Street

The month of December always comes as a surprise to everyone - where did the year go? How did this year slip by so quietly? Well, it is the last time, this year, that friends and family will roll into Sainte-Adèle to celebrate the holidays. It is probably one of the best times of the year to be in Sainte-Adèle, because once the snow arrives, everything will look clean, white and fresh.



All the winter gear is now stuffed into hall closets, and hanging on every available peg throughout the house. Boots litter winter mats, along with gloves, mitts and hats. The shovels are stacked by the front and back doors, and skates, snowboards, snowshoes and the rest are all ready to go. We are all just waiting for our kids and invited guests.

If you're not sure what to do with the gang, you might suggest a visit to one of the many spas in our neighbourhood: perfect for city slickers, non-sports types and uptight, over-worked spouses. There are lots to choose from: Hotel et Spa Mont Gabriel, Auberge Beaux Reves et Spa, Bagni Spa Station Sante, Centre de Sante Le Chantecler, Hotel-Spa Chateau Sainte-Adele, Relais Sainte-Adèle, Spa Relaxia and Hotel Spa Excelsior. For those who just enjoy popcorn and a soft drink, there is the Cinema Pine, where you can see all the new Christmas releases. The movies are a great place to get a break from the kids. If you enjoy an evening meal out, check out Chez Milot, Spago or Adèle Bistro.

On December 19, there is a special event at our local library, in the shopping center. M. Guillaume will be reciting "Conte de Noel," accompanied by "Le gros ragout, le monster poilu." You might need to make a reservation - call 450 229-2921 ext. 238, or drop by the library while browsing the aisles for a Christmas read.

### Other news

There is a new community housing project near the refurbished gas station at exit 68 on Highway 15 - north, called "L'Echelon des Pays d'en Haut. The construction is costing \$2.1 million and is expected to be finished in mid-2016. The 30-units will be subsidized for clients with mental health issues. Info: 1 877-840-1211, ext. 23.

The Commission Scolaire des Laurentides must be expecting a flood of newborn kids, as it is planning an extension to the existing building, currently housing the École primaire St-Joseph. The project has an estimated cost of \$3,861,500.

There is plenty to do over Christmas and the holidays here in Sainte-Adèle. Go online and check out all the events at Sainte-Adèle's website. Who knows, you might even meet Mayor Charbonneau, dressed like Santa, riding around Lac Rond in a dog sled.

I am happy to report that our Mayor is back in the saddle, working half days, running our town. Honk, and wish him continued health and a fast recovery.

That's it for this year...Happy holidays, and see you around our snowy town.



## Village of Weir Newswire

Claudette Smith-Pilon - Main Street

### NEWS FROM CITY HALL

This year, the Volunteer of the Year Award for the Municipality of Montcalm has been presented to a very deserving lady, Mrs Maida Diver Rivest - a true Weirian for over 50 years!

For all the work she does for this community she is well deserving of this honour.

Art is her forte and she is passionate in extending her knowledge to others. Quiet, reserved, smiling, pleasant with all she meets, she is a gem, and she gets the job done. Organizing a project, librarian at times, a good listener and a faithful friend of Weir.

*Where would we be without our volunteers  
Who quickly responds when a need appears?  
This is the way you have chosen to serve -  
What appreciation you deserve!  
There are very many things to do  
And your time can only be given by you!  
So, without complaint and without demands  
You offer this labour of your hands  
The world is a better place to live  
When people like you are so willing to give  
With this attitude of love, and, of care  
You will find appreciation anywhere  
You may not always know when someone  
is especially blessed by kindness you've done  
As you freely share your hours and days  
May you also be blessed in so many ways!*

### PROGRAM OF ACTIVITIES AT THE COMMUNITY HALL IN THE VILLAGE OF WEIR

- **Monday: 1 pm - 4 pm** - Art created in various mediums - Open to everyone
- **Tuesday: 1 pm - 4 pm** - Bridge- Beginners to experts- Bilingual
- **Wednesday: 1 pm - 3 pm** - Courses in country line-dancing
- Beginners & Intermediates. Info: 819 687-3767

### VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Next Victoria's Quilts Laurentian Branch workday will be on Friday, December 18. It will be our Christmas Luncheon. This will be a celebration for our volunteers and our benefactors. The day will start at 9 am and the ladies will endeavour to accomplish a day's work in 3 hours because we are celebrating Christmas in all its glory. We want to thank everyone for a most productive year of quilting. Our goal is to keep cancer patients warm while they are doing their utmost fighting this illness. We all hope that in 2016, a cure for cancer is found.

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



## A Library Addict's Choice...

Grif Hodge - Main Street

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

Grif Hodge - Main Street

With Christmas just around the corner, are you reaching into your pantry and searching through your cookbooks for the family favourites? This month's non-fiction features focus

### NON-FICTION

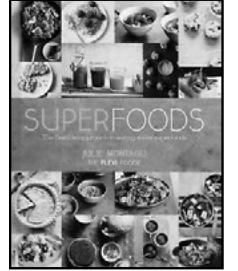
**Béliveau, Richard & Gingras, Denis - Preventing Cancer: Reducing the Risks**

Dr. Béliveau is a professor of biochemistry at the University of Quebec where he conducts research and treatment for cancer. He is a research associate at the Center for Cancer Prevention at McGill University, while Dr. Gingras, is a researcher specializing in oncology at the University of Quebec in Montreal. In the preface, the authors write "During the last 10 years, an avalanche of ... studies have shown beyond any doubt that the high incidence of several cancers in industrialized countries is closely related to the modern western lifestyle." A lot of information, some of it quite technical, is packed into this richly illustrated book that carries a compelling message for all Quebecers.



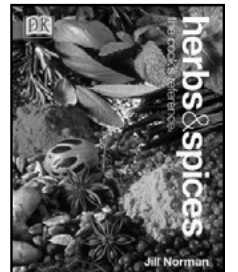
**Montagu, Julie - Superfoods**

This is a good companion piece to the reference described below, as well as a good follow-up from last month's review of Sugar Crush. The book is described as a "flexible approach to eating more superfoods. Superfoods are described as those that are nutrient-rich and contribute to overall well-being, as well as reduce inflammation and boost the immune system. The unusual, but simple, recipes are aimed mostly at creating wholesome breakfasts, lunches and snacks.



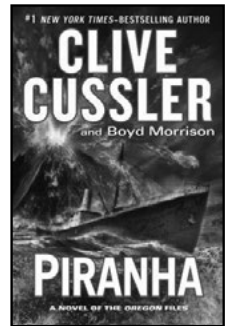
**Norman, Jill - Herbs & Spices**

This is a really fun reference book - if you love to garden and/or cook, you really should take a look at this delightful publication. The book is divided into two sections: herbs and spices. Botanical information, culinary uses, tasting notes, parts used, buying, harvesting and storing are offered.



**Johnson, Lorraine - What Plant Where Encyclopedia, Canadian Edition**

I suspect my wife is hoping to find this under the Christmas tree. This striking and well-illustrated reference book is organized into seven sections: gardens in sun or shade; plants for garden styles; seasonal interest; colour and scent; shape and texture and for garden problems.



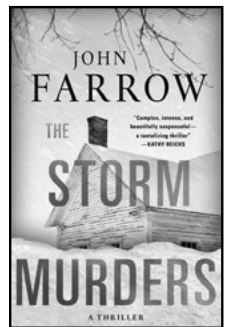
### FICTION

**Cussler, Clive - Piranha**

An adventure novel from a man who has lived many real-life adventures on the high seas, Piranha is part of the Oregon Files. There is lots of high-tech stuff as the Oregon is in a race against time to stop an attack that could lead to one man's ruling over the largest empire in the world.

**Farrow, John - The Storm Murders**

Writing as John Farrow, Trevor Ferguson is a wonderful novelist, who delivers another thriller featuring the redoubtable character of Émile Cinq-Mars, the now retired MUC Sergeant-Detective, who is trying to adjust to the new chapter in his life, but not for long though. It takes a writer of Ferguson's talent and skill to deftly weave the inner life of Cinq-Mars, even as we bear witness to his actions, in a complex and baffling series of events. Three other titles featuring Émile Cinq-Mars in the library are; River City, Ice Lake, and City of Ice.



### JUNIOR FICTION

**Barrie, J.M. - Peter Pan**

This is a reprinted version of the original entire text, published this year, but illustrated with pop-out visuals by Minalima Design, a graphic design studio, founded by Miraphora Mina and Eduardo Lima.



## Women's Institute

The Women's Institute of Grenville is proud to announce the recipient of the 2015 Frances Taylor Bursary. This year, the bursary was presented to Emma Beaudoin from Laurentian Regional High School. Photo L-R: Hannah Hoare (Education Committee Chair for Quebec's Women's Institutes - Argenteuil County) and Emma Beaudoin (recipient).





## Prudent drivers compensated

The MNA for Argenteuil, Yves St-Denis, is happy to share with the citizens of Argenteuil an announcement regarding the reduction of registration fees recently made by his colleague, Mr. Robert Poëti, Minister of Transport.

During his press conference, the minister confirmed that, as of January 2016, almost all motorists will be rewarded and will see a decrease in fees for the renewal of their driver licenses (class 5) and automobile licenses.

Drivers with no demerit points on their records will benefit from a savings of \$65 per year; \$9 on their licenses and \$56 on their registrations, for a total savings of \$195 over the next three years.

“Road safety is a concern for us all. Proper conduct of motorists in Quebec and Argenteuil will benefit everyone, and I hope that good behavior will continue and will result in a road safety record next spring,” commented Yves St-Denis.

Drivers with other classes of permits, and other categories of vehicles, will also benefit, according to certain criteria. For more information about the other classes, please visit the website of the Société de l'assurance automobile du Québec at [http://www.saaq.gouv.qc.ca/tarifs/contribution\\_assurance/](http://www.saaq.gouv.qc.ca/tarifs/contribution_assurance/)



## FCM Board gives “Action Plan” to Ministers

Mayor Scott Pearce joined over 100 elected municipal leaders in Ottawa recently for a meeting of the Federation of Canadian Municipalities' Board of Directors. The meetings focused on strengthening the capacity of municipal leaders to engage constructively with their federal counterparts. The highlight of this effort was the presentation of FCM's action plan to several key cabinet ministers.

In a series of face-to-face meetings with the Minister of Finance, the Minister of Infrastructure and Communities, the Minister of the Environment and Climate Change and the Minister of Public Safety and Emergency Preparedness, the senior leadership of FCM presented a detailed document titled Cities and Communities, Partners in Canada's Future. The document lays out a plan of action for working with the municipal sector to drive growth, create jobs and improve the quality of life for all Canadians. It lays out critical steps that need to be taken in the first 100 days of Parliament to achieve results that will be felt by Canadians from coast to coast to coast. FCM will deliver the action plan to all federal ministers including the Prime Minister.

“With our support and expertise on the ground, Prime Minister Trudeau will be able to quickly and effectively implement his plan to invest in Argenteuil's future through better infrastructure programs and understanding of rural matters. This action plan shows him how that is possible,” said Mayor Pearce.

In the meetings, FCM's President commended the ministers for their commitment to work with municipalities, as equal partners, to implement key strategies to strengthen our communities.

“I was very impressed and encouraged by the commitment of each minister to work with municipalities as partners. This is great news for Canadian families. As a former city councillor, Minister Sohi knows firsthand how, by working together, our two orders of government can effectively and efficiently bolster Canada's economy and improve the lives of our citizens,” said President Louie.

## New service to the emergency call center: 911 SMS

The 9-1-1 emergency call center of the City of Mont-Tremblant, as of 1 December 2015, will be offering text messaging services, which will allow deaf, or hearing or speech impaired residents the opportunity to communicate with the emergency services using their mobile devices via text messages.

“I am pleased to offer customers this new service, which will allow them to easily and quickly access emergency services.” Said Mayor Luc Brisebois.

To use the service, available across Canada, citizens and visitors must register, at no charge, with their wireless service providers, and not with the 9-1-1 call center.

These persons must also have telephones that are compatible with the service, which can simultaneously accommodate a call and communicate through text messaging. The population is invited to contact their cell phone providers for more information on the compatibility of devices.

In an emergency, the person should call 9-1-1 from his cell. The person does not need to talk, because the operator is automatically informed of the need to contact the person by text, according to the specified language (English or French). The 9-1-1 operator then initiates a text session with the person to respond to the emergency.

This new service adds to the tools already available such as TTY (teletypewriter), allowing the deaf, hearing or speech impaired, to communicate with the 9-1-1 emergency call center

Remember that the 9-1-1 emergency call center of the city of Mont-Tremblant serves all the municipalities of the MRC des Laurentides and the municipalities of Sainte-Adèle and Prévost.

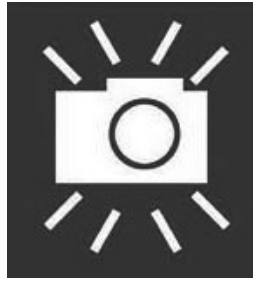
For more information, citizens may contact Ms. Patricia Gauthier, coordinator of the Emergency Call Centre of the City of Mont-Tremblant: 819-425-8614, extension 2223 or by email: [@pgauthier.villedemont-tremblant.qc.ca](mailto:pgauthier.villedemont-tremblant.qc.ca)  
For more information: [www.textoau911.ca](http://www.textoau911.ca)



## Two new photo radar systems in the Lachute sector

The Department of Transportation has announced there will be 36 new photo radar devices installed across Quebec, most to be in operation this fall. In the Laurentians, these are 6 new locations, including 2 in Argenteuil County, which will be shared with the Lanaudière and Laval regions. Photo radar devices will be present on a section of Highway 158 between the intersection of Route 329 and Bourbonnière (3.5 km), and a section of Highway 50, at the top of Côte -St Louis, a distance of 7 km westbound (towards Lachute). A signal will inform road users in advance about the possible presence of a device. Additional signage will be installed near the mobile radar image when it is in operation.

The MNA for Argenteuil, Yves St-Denis, would like to advise the population that these two new speed cameras have already been installed and are operating in the county. “The primary objective of these photo radar systems is the safety of users. I am confident they will be helpful in reducing the number of accidents. Thus, I urge motorists to be vigilant and cautious,” said Mr. St. Denis. The holiday season is quickly approaching and the MP invites citizens to exercise caution when traveling.



## One Foundation helping another for the people of Argenteuil!

On Monday November 9, the Argenteuil Hospital Foundation (AHF) received a very generous donation of \$10,000 from the Ed McFaul Foundation.

Since the foundation of the AHF in 2002, the Ed McFaul Foundation has been a staunch supporter and has participated in every fundraising campaign. However, donations to the Argenteuil Hospital began in 1993, well before the existence of the AHF. Over the past 20 years, a total of \$95,000 has been donated, not including the recent donation received on November 9.

In order to meet and respect the mission of the Ed McFaul Foundation, which is “to maintain a fund for the benefit of the elderly citizens of the County of Argenteuil, with a particular emphasis on supporting health services, recreation and adequate nourishment,” the donations have always been dedicated to projects that assist seniors. This newly-received donation will be dedicated to the purchase of electric beds for residents of the Lafontaine and the Pavilion units of our long-term care facilities (CHSLD).

About the Foundation: The Argenteuil Hospital Foundation is committed to developing ways of raising funds to support the CMSSS d'Argenteuil of the CISSS des Laurentides in its projects. This Health Centre integrates three main groups of services: a hospital, the community services (CLSC) and the long-term residential care services for people with diminished autonomy (CHSLD/ Long Term Care).

PHOTO L-R: Yves St-Onge, joint Director-General, administrative support, performance and logistics; Marie-Josée Condrain, Director-General, Argenteuil Hospital Foundation; Ralph McOuat, President of Ed McFaul Foundation; Hugh Mitchell, major gifts committee member and board member of the CISSS des Laurentides; Jane Thomson, Vice-president, Ed McFaul Foundation; Michel Campeau, Treasurer of Ed McFaul Foundation.



## Young MP hard at work

Since his election on October 19, Laurentides - Labelle Member of Parliament, David Graham, has been touring the riding, meeting mayors, community leaders, potential employees and many other citizens, to discuss a wide range of issues.

Recently hired to join Mr. Graham's staff is Chloée Alary and Hugo Paquette from Sainte-Agathe, Cristina Lapaz from Mont-Laurier, Francis Czyzowicz in Ottawa, and Luc Lefebvre, his executive assistant, who will coordinate the entire team.

The tour has taken the young MP to most of the towns across the riding, and he has started working on some major files, including recreational tourist infrastructure and rural Internet access - the two issues he hears the most often from communities and their leaders.

His offices are expected to open at the beginning of January, but his staff is already hard at work and can be reached in the local area at 819 325-0778, a number that will change once the offices are open, and 613 992-2289 in Ottawa, or by email at [david.graham@parl.gc.ca](mailto:david.graham@parl.gc.ca).

Any person, institution, or municipality in the riding interested in sponsoring Syrian refugees should contact Mr. Graham's office or visit <http://canada.ca/refugees> for additional information.



Photo: David Graham at his official swearing into Parliament on November 10, 2015.



# St Mungo's United Church, Cushing Christmas Eve Tradition Revived

For nearly 180 years, people have gathered at the charming St Mungo's church to celebrate important events. This year, the community invites you to renew a long-standing tradition, Christmas Eve, in the historic church in Cushing, 661 Route des Outaouais, east of Grenville.

Thanks to a grant from the Patrimoine religieux du Québec, and to some generous donors, the interior of the church has been repaired and restored. Plans are underway for a special anniversary on July 20-24 to celebrate local history and genealogy.

The traditional bilingual Christmas Eve celebration, with carols and readings, will take place December 24 at 7 pm. If you would like to offer music or a reading, please be in touch with Rev. Cathy Hamilton 514-347-6250 or visit the St Mungo's Facebook page and leave a message.



## Royal Winners

The Lachute 4-H senior Team competed in the square dance competition at the Royal Winter Fair in Toronto on Sunday, November 15, 2015. Being the first team ever from Lachute to compete at the Royal, this team makes history. This senior team represented their local 4-H club, as well as their home town very well, winning 1st place trophy in the youth division out of 8 other teams, and winning 3rd place in the open division out of 6 other teams. One of the judges extended an encouraging compliment to the team: "you have impeccable timing and smoothness."

The team sends a big "THANK YOU" to their caller, Roger Lyster, for agreeing to call for them at the Royal. Roger used to be the caller for the Lachute 4-H club until he moved away. "Today makes it a generational thing, I've called for the parents, aunts & uncles of this team!" Thank you as well to all who supported this team, helping to make it possible to get to the Royal. Also, to all who attended to support our team -Lachute had its own cheering entourage! All your support is greatly appreciated. "Congratulations" again to the winning team, you represent the true meaning of "team"!



Photo: Bobbi Heatlie & Jordan Godin, Katie Heatlie & Liam McAndrew, caller Roger Lyster, Brianna Elliott & Matthew Parker, Jenna Hammond & Devan Dixon-Smith.

## Lisa McLellan Proudly Launches New Fitness Book

Lori Leonard - Main Street

Lisa McLellan is well known in the Laurentian region as an expert in fitness for mature adults, 50-plus, and has spent the last 35 years teaching/coaching. Lisa uses an alternative approach to instill a sense of well-being in others by offering safe, effective and enjoyable exercise solutions. She has an easy-going, positive, "can-do" attitude, which allows her to help her clients with challenges associated with aging.

Lisa is able to work with individuals at various fitness levels, and ensures that they are comfortable with the exercises that she suggests. Whether an individual suffers from back pain, bad posture, mobility or balance issues, she enables them to find the freedom and power that they did not even know they had. People learn to move freely, thus improving their balance and posture, which lessens their pain. They feel fully energized, better about themselves and about life in general.

Lisa has written a fitness/health column in Main Street for the past 9 years, and has received much positive feedback from readers about her handy wellness tips. Lisa recently launched her first book, Age Smart Fitness, All I really need is my Health, which includes her fitness tips and more.

Now is the time to plan your New Year resolutions for 2016. So, why not purchase Lisa's book for yourself or as a holiday gift for someone whom you care about? Pre-order your signed copy for \$20 (tax included) at [www.agesmartfitness.com/book](http://www.agesmartfitness.com/book).



## Lest we forget...

On November 11, approximately 90 people gathered at the Harrington Golden Age Club to honor those soldiers who had fallen in battle. Twenty-four wreaths were laid around the memorial monument, which bears a plaque in tribute to Harry MacVicar and Evan Fox, from the Harrington and Grenville-sur-la-Rouge areas. These gentlemen and family members died overseas while serving in World War II.

M. Skippy MacVicar, Mrs. Elsie Formagie and Mrs. Stella Zimmerman laid the wreath for their brother, Harry MacVicar, and Catherine Nixon laid a wreath in honor of Evan Fox.



Photo: Donna Fox

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Happy Anniversary to ...

**Debbie, Ralph & Travis Smith** who are celebrating the 27th anniversary of **Smith Garage**, 936 Tamaracouta Rd., Mille Isles. Excellent general mechanic services, snow removal and mini-excavation. Honest, efficient garage service. 450 438-0435 / [garagesmith64@gmail.com](mailto:garagesmith64@gmail.com).

**Véronique Genest**, who is celebrating her 20th anniversary. She has a professional gardening degree, and has worked for the municipality of St. Sauveur and many residential gardens. Her services include opening/closing of gardens, design and layout, landscaping and snow removal. 450 660-2466 / [www.verogenest.com](http://www.verogenest.com).

**André Lemay**, hearing aid specialist (70, rue Principale, St. Sauveur), who is celebrating his 20th anniversary. André offers several types of audio-prosthetic devices. 450 436-1222 / [www.andrelamyaudioprothesiste.ca](http://www.andrelamyaudioprothesiste.ca).

### Welcome to:

**Iлона Fritsch, Hypnobirthing Canada**, 41 Filion St., St. Sauveur, who offers classes to inform women about painless birth. Iлона is a certified "doula" for those who need support during birth. Info: 514 592-4946 / [www.hypnobirthingcanada.com](http://www.hypnobirthingcanada.com).

**Laurent Missy**, of **Chez Suzette**, 66 de la Gare, St. Sauveur. They offer a delicious breakfast, lunch & supper and specialize in waffles, crêpes and fondues. 450 744-1430 / [www.chezsuzette.ca](http://www.chezsuzette.ca).

**Christian Huron**, who opened **Librairie L'Arlequin**, 4 rue Lafleur, St. Sauveur. They offer French books on literature, cooking and art. 450 744-3341.

**Claude, Joanne and Eric Chartrand**, and **Marie-Ève Modérie**, from **La Boîte à Surprise** de Nicolas, 6015 de la Gare, D-2, Galeries des Monts, St. Sauveur. They sell games, dolls, puzzles, educational toys, stuffed animals & NHL figurines. 450 240-0007.

### Did you know...

**Josephine Piazza** will help you with exercises to improve your mobility, stability and overall physical balance? She specializes in rehabilitative exercises for injured or aging bodies, and offers excellent yoga courses. 514 349-0775 / [jojopiazza22@gmail.com](mailto:jojopiazza22@gmail.com).

**Mont Saint-Sauveur and Bromont** have joined forces to launch a new, joint-ski season pass? This is the first time in Québec that 2 competing ski resorts offer their customers a season's pass to allow them to ski at either mountain.

**Mont Avila** features a double-sized terrain for beginners or that Ski Morin Heights offers 3 new glades trails, as well as 2 alpine climbing trails? There is also a new snow park and snowshoeing trails for Fat Bikes.

**Ski Mont Gabriel** has re-designed their beginner hill, and all level modules have been added? The balcony at the main chalet has been removed to create a large, sun-filled terrace. [www.mssi.ca](http://www.mssi.ca).

**Le Saint-Sau Pub Gourmand**, 236 rue Principale, St. Sauveur, and **La Folia**, 3 de la Gare, St. Sauveur, have undergone amazing face-lifts on the exterior/interior of the building? 450 227-0218 / [www.lesaintsau.com](http://www.lesaintsau.com), and 450 227-8252 / [www.lafolia.ca](http://www.lafolia.ca).

There will be a new **Nez Rouge** line to call if you over-indulge at a Christmas party? In service from November 27 to December 31: 7 pm to 3 am. A great incentive to ensure that our Laurentian citizens can enjoy their parties, but will arrive home safe. 1 855-317-6444 / [www.operationnezrouge.com](http://www.operationnezrouge.com).

### Congratulations to:

**Sylvain Cormier**, of **Maestro Restaurant**, 339 rue Principale, St-Sauveur, who re-opened the restaurant on October 27, after the restaurant experienced a fire last July. 450 227-2999 / [www.restaurantmaestro.com](http://www.restaurantmaestro.com).

**Stéphane Doré**, of **EROD Communications**, 443 rue Principale, St. Sauveur, who opened a new office at 18140 J.A. Bombardier St., Mirabel. They offer excellent marketing strategies, web design, graphic creation, social media and PR expertise. St. Sauveur: 450 227-0551 / Mirabel: 514 394-1022 / [www.erod.ca](http://www.erod.ca).



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Read us and like us on facebook at: [TheMainStreetNews](https://www.facebook.com/TheMainStreetNews)





## Garden Talk 'Tis the Season' for Giving

June Angus - Main Street

Whether giving a special present, or offering a hostess gift or stocking stuffer, there are lots of simple, inexpensive ways to share your love of gardening with friends and family over the holiday season.

When you go visiting, instead of chocolates, offer seeds you have collected from this year's garden; Scarlet runner beans or hollyhock seeds can be packaged up in little bags, tied with ribbon, or tucked into an envelope, that can be slipped into a Christmas card. Include some directions for planting. By next spring and summer, these gifts will keep on giving.

If you dug up tubers and bulbs, such as dahlias or gladiolas, in the fall to dry and store over the winter, pass some of them on as a gift to a friend who could be eager to try growing these gorgeous flowers that they admired in your garden, last season.

Gifts of a collection of bulbs, such as paper whites and amaryllis, that can be forced indoors is another great idea. These bulbs grow fast and their showy, fragrant blooms really help to perk up our spirits over the long, cold, dark winter.

At this time of year, many of us have cuttings on the go. By now, most of them have taken root and are ready for transplanting. Prepare a pretty pot, with a mixture of ivy and coleus, or any other combination that you know works well together. Pots full of culinary herbs are another great offering. Many kitchens have enough light, on a window-sill or under cabinets, to keep these plants producing, and spicing up winter meals, right through spring.

Many larger houseplants, that we have divided and cultured over the years, may be taking over our living spaces. Passing some of them along as gifts to a friend is a nice way to share the pleasure these plants gave you. I recently received a beautiful Cape primrose from a neighbour who had too many. I was thrilled. I now look forward to dividing the plant that I have, and passing along to others some of the new ones that thrive.

Things that you have made from your garden produce last season will also be much appreciated: dried herbs, sweet or savory jams and jellies, tomato sauce, pickles or potpourris, made from fragrant flowers and petals. And so the list goes on.

Finally, creating a "gift certificate", that offers your time to do some gardening for an elderly relative or ailing friend, has the added benefit of planning ahead to spend time with a special someone come spring or summer. A gift certificate offering your services to care for someone's houseplants, while they are on vacation, will likely be appreciated too.

With a little time and planning, you can share your gardening passion without breaking the bank this holiday season.

Merry Christmas and all the best for 2016!



## Cranberry sausage tartlettes

### INGREDIENTS

- |                       |   |
|-----------------------|---|
| 1 ½ cups cranberries  | ½ cup sugar                             |
| ½ cup orange juice    | 1 lb. mild sausage, removed from casing |
| 1 cup minced scallion | 48 prepared tart shells                 |

### PREPARATION

- Combine cranberries, sugar and juice in a saucepan and bring to a boil
- Simmer until cranberries are soft and some have "popped," about 15 minutes.
- Remove from heat and set aside.
- Sauté sausage, breaking apart any large pieces
- Add scallions/onions to sausage and cook about 1-2 minutes.
- Drain off any fat and stir in cranberry mix.
- Fill pre-cooked shells and serve.



## New Toy Store in St Sauveur

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\*\*See details in store

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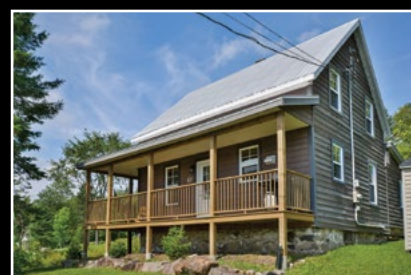
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*A joyous and peaceful holiday season, and a happy, healthy and successful New Year 2016 to all of you!*

From the Mayor, Carl Péloquin, and the councillors of the City of Lachute





# Out & About

Ilania Abileah - Main Street



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

## MONT LAURIER

### Mont Laurier Exhibition Centre

384, rue du Pont - 819 623-2441 / www.expomontlaurier.ca

**Until Dec 19:** a unique collective exhibition of local artisans showing the traditional Quebec art of mason jar preserves.

### Espace Théâtre

543, rue du Pont - 819-623-1222, ext. 1

**Tues, Dec 15: 7 pm:** Noël 1933 - Poverty-stricken French Canadians celebrate Christmas during the hard times of the post 1929 crash. The cast of fifteen actors performs harmonies of eleven traditional Christmas songs - à Capella, and dance in traditional Quebec style. \$36.



Noel 1933

## MONT TREMBLANT

### Premiere Scene

Eglise du Village, 1829 chemin du Village / 819 425-8614, ext. 2500

**Sat, Dec 19: 8 pm:** Steve Provost & les Tapeux d'pieds. Enjoy a Christmas show; an evening of hand-clapping and feet-tapping. \$25.



Steve Provost

## STE. AGATHE

### Théâtre Le Patriote

258, rue Saint-Venant / 819 326-3655 / http://theatrepatriote.com

Théâtre Le Patriote and La Boîte à Chansons will re-open on April 6, 2016 with singer / comedian, Clemence Rocher.

## VAL MORIN

### Théâtre du Marais

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

**Sat, Dec 12: 8 pm -** Mother Tongue Blues with Angel Forrest, singer / songwriter, accompanied by Paul Deslauriers and Denis Coulombe. \$35.



Mother Tongue Blues with Angel Forrest

**Sun, Dec 13: 11 am:** Sylvie d'Lire - La magie de Noël (Children 5 - 10 yrs.). Residents and Val David library subscribers are admitted for free. Tickets: Francine Paquette Library in Val Morin. Christmas stories with an enchanting story-teller. \$12.50

**Thurs, Dec 17: 7:30 pm:** Noël (see Mont Laurier). Dinner-show option at 6:30 pm. Chef Fabrice Coutanceau of Cuisine Spontanée Catering serves a selection of entrées and main dishes before the play, with desserts and cheese during intermission. \$47.50.

## ST. ADOLPHE D'HOWARD

### Atelier Culturel

1889, chemin du Village / 819 323-1878

**Open until Dec 31**

### L'Ange Vagabond

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

**Sat, Dec 12: 8 pm:** Christmas Cabaret with the Vagabond. Free admission with voluntary contribution.

## STE. ADÈLE

### Place des Citoyens

999 boul. Ste. Adele 450 229-2921 #300 / http://ville.sainte-adele.qc.ca/achatentligne-placedescitoyens.

**Open: Thurs & Fri: 1 to 4 pm; Sat: 10 am to 5 pm; Sun: noon to 5 pm.**

### Concerts:

**Sat, Dec 12: 1:30 pm -** Musical theatre for children aged 6 - 12 yrs. This is a big Christmas Ball - children are invited to participate in song creation. \$8.

### Exhibitions:

**Jan 8 - 31, 2016:** Paul Raymond exhibits a collection of birds in their natural habitat. M. Raymond is a visual artist, who, in the 80s, exchanged his brushes for the camera lens. He is a winner of the International competition of animal photography in France, and now teaches photography.

**Opera direct from the Metropolitan -** Pine Cinema, Phase 2, 1146, rue Valiquette. 855 739-7463 / www.cinemapine.com. Note: see more at Cinema St. Jérôme.

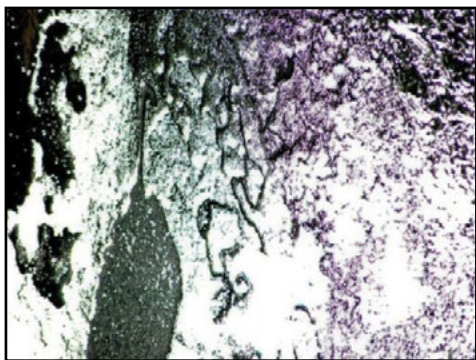
## ST. SAUVEUR

### Cozi Café -

275A, rue Principale. 450 744-3228 / cozica-fesaintsauveur@gmail.com

**Open: 8 am - 6 pm**

**Until Dec 31:** Roger Lauzon captures nature's imagery in his photographs. He targets images in nature, which inspires and leads him to revelations regarding social and environmental issues. He writes texts to accompany his photographs.



Robert Lauzon

## MORIN HEIGHTS

### Morin Heights Library

823, Village Rd.

**From Dec 5 - Mar 30,** there will be a new exhibition, "CIRCUS," presented by Arts Morin Heights, www.artsmorinheights.com

## ST. JÉRÔME

### Laurentian Museum of Contemporary Art

101, place du Curé Labelle / 450 432-7171 / www.museelaurentides.ca  
**Open: Tue - Sun: noon to 5 pm**

**Until Feb 14:** Ateliers croisés: Mariette Rousseau-Vermette & Claude Vermette from Ste-Adèle invite the public into their universe.

**Until Aug 14:** Le Plateau Laurentien - a new selection of works from the museum's collection on the theme Laurentian Lakes and Rivers.



Kittie Bruneau

### En Scène

The team of "En Scène Rivière-du-Nord," a non-profit organization, is proud to officially launch the construction site of the new Saint-Jérôme auditorium. The \$21M hall will be built close to the Place de la Gare, on land donated by the City of Saint-Jérôme. The new building will also incorporate "green" architecture and will feature 875 comfortable seats. En Scène received financial support from the Ministry of Culture and Communications of Quebec and the City of St. Jérôme.

En Scène has been providing live performances in St. Jérôme for the past 27 years and will continue to do so in the two halls, Salle André-Prévost and Salle Anthony Lessard, until the new hall is ready. En Scène features nearly one hundred shows per year with musicians, singers, comedians and live theatre. They also present educational programs for schools. En Scène attracts over 57,000 spectators each year.



New theatre hall

### Salle André-Prévost

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

**Sun, Dec 13: 3 pm -** Tocadéo Noël - the four singers perform holiday seasonal songs in nostalgic harmonies. \$40.



Tocadeo

**Thurs, Dec 17: 8 pm:** Sugar Sammy, "En français, SVP." Sugar Sammy has become an important Quebecois comedian as well as being renowned on the International stage. He performs on five continents, ten months of the year. He is a proud Quebecois who usually performs in English, but has long-dreamed of having a French show. Very funny! \$50.



Sugar Sammy

**Sun, Dec 20: 3:30 pm:** This is a special performance. The Nutcracker - Ballet Eddy Toussaint of Montreal, in associations with the Conservatoire de ballet classique des Laurentides. This is a contemporary production that starts with a ballet class... and the Nutcracker turns into a prince who brings Clara to another planet. The music and narrative are still Tchaikovsky and Hoffman. Adults \$40 / children \$30.



Nutcracker

### Salle Anthony Lessard

101, Place du Curé Labelle / 450 432-0660 / enscene.ca.

**Sat, Dec 12: 8 pm -** Christian Marc (Gendron) is a composer / singer / songwriter / pianist and multi-instrumentalist who will perform songs from his new album, "Irreversible." \$36.

### Cinema Carrefour du nord

900 Boulevard Gringo, St. Jérôme 450 436-5944 / www.cinemastjerome.com/horaire

**Sun, Dec 13: 12:55 pm -** Opera - direct from the Metropolitan. Special 10-year anniversary - The Magic Flute, by Mozart. This is another annual holiday presentation for audiences of all ages. A fairy tale about a prince who falls in love with the picture of the Queen's daughter, Pamina, and embarks on a journey to save her. The prince, Tamino, receives a magic flute, and his friend, Papageno, the bird catcher, receives silver bells to protect them on their journey. 112 minutes. \$10.



Magic Flute

### Dance from the Royal Opera House

**Sun, Dec 20: 12:55 pm -** The Royal Ballet performs The Nutcracker with music by Tchaikovsky. On Christmas Eve, Uncle Drosselmeyer presents Clara with a beautiful nutcracker. After the party, everyone retires, but Clara returns to the Christmas tree and falls asleep with her nutcracker. Her dreams carry her into a series of magical adventures in the land of snow and the kingdom of sweets and in this special land, there is always a series of beautiful dances. There is a battle between the King of the Rats and the army of toy soldiers. 185 minutes. \$20.



Royal Ballet

Due date for next edition: December 20 -  
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Ville de  
Saint-Sauveur



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send their Season's Greetings  
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happiness in the New Year*

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[www.ville.saint-sauveur.qc.ca](http://www.ville.saint-sauveur.qc.ca)



Ville de  
MONT-TREMBLANT

La période des Fêtes nous offre une occasion unique de se rapprocher des personnes avec qui nous partageons des valeurs et des amitiés. Je souhaite, à vous ainsi qu'à votre famille, que vous profitiez de ces doux moments.

*Mes meilleurs vœux pour cette période  
des Fêtes et Bonne Année 2016!*

The Holiday Season provides us with a unique opportunity to be closer to the people with whom we share friendship and values. I hope that you, and your family, can take full advantage of these special moments.

*Very best wishes of the Season, and  
Happy New Year 2016!*

**Luc Brisebois, Maire / Mayor**



Les  
**Pays-d'en-Haut**  
au cœur des  
**Laurentides**



Wishing you a warm and wonderful holiday season filled with festivities and plenty of merry enjoyment and much health and happiness in the New Year!

Estérel, Lac-des-Seize-Îles, Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson, Saint-Sauveur, Wentworth-Nord



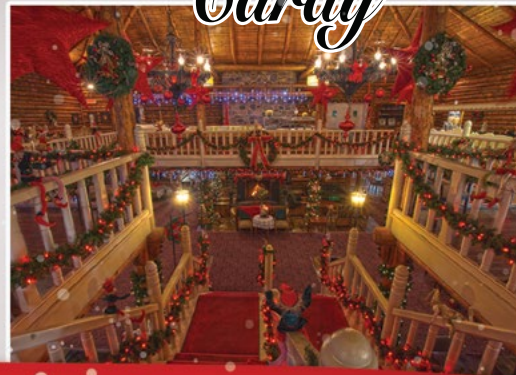
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The Mayor Scott Pearce, the municipal councillors and employees would like to wish you a most heart felt Merry Christmas, Happy Chanukah and Happy Holidays.  
 Le Maire Scott Pearce, les conseillers municipaux et les employés tiennent à vous souhaiter un Joyeux Noël, Heureuse Hanoukka et de Joyeuses Fêtes.



**MORIN-HIGHTS 1855**

Le Conseil municipal de Morin-Heights vous souhaite de Joyeuses Fêtes et une heureuse année 2016!  
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*Happy Holidays*

From your Main Street team

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## Lori's Lookout - Laurentian Personality

Suzanne Legault, Zootherapist

### Pets making a difference

Lori Leonard - Main Street

Thirteen years ago, Suzanne Legault was on disability leave from her job.

Each day, she jotted notes in her journal. Upon reviewing her notes, Suzanne realized that she enjoyed the warmth and companionship of her 2 year-old Yorky, Aki, who was always cuddled up close. Suzanne became interested in the relationships of people and pets and followed her passion.



Suzanne completed zootherapy courses at Zoothérapie Québec, and Centre de Florès, and Société de l'autistes des Laurentides, to learn about patient's needs. She read every book and watched every video about zootherapy. Back then, zootherapy was a novel concept. In 2002, Suzanne started her own zootherapy organization. Initially, she borrowed dogs to visit patients, but eventually used her own pets. They were a great way to build bridges with patients, as the animals were non-judgemental, non-threatening and, of course, lovable and friendly.

Suzanne and her pets have helped literally hundreds of patients. Alice, an elderly patient, moved into a long-term facility and completely isolated herself. Suzanne slowly introduced Aki. Alice became fond of the visits with Suzanne and her adorable Aki. Soon, Alice dressed each day to wait patiently at her door for their visit. Eventually, Alice walked the dog in the corridor.

Lucie, a young, autistic patient with intellectual disabilities, could not tolerate anyone, or anything, being close to her. She threw everything on the ground. In time, Lucie allowed the playful Nibi to get close to her. After multiple visits, Lucie actually pitched the ball to Nibi, and he brought it back to her, and later, she brushed Nibi. This gave Suzanne the shivers.

Stroking and talking to a pet can provide comfort. It is a unique, special relationship. It takes many years of experience to know which animals are most compatible with people. Suzanne noted that older people were afraid of black dogs, because they represented sadness or anger, and that teenagers enjoyed larger breeds. She learned that she must respect the character and natural behavior of each breed. Suzanne taught zootherapy courses to many individuals. Since her organization is non-profit, she has found it expensive to pay the veterinary bills, food, insurance and gas.

Currently, Suzanne works on a volunteer basis, and enjoys her Schnauzer, Shelby, and her 3 cats, Nabis, Sassy and Persia. Suzanne provides an information day on zootherapy for those who are interested. For information, she may be reached at 450 240-1371 / www.zootherapia.com.

Thank you Suzanne for all your dedicated work to help others!

## Deirdre Shipton recipient of the Seniors' Achievement Award 2015 for the Laurentians region

On November 4, local Harrington resident, Deirdre Shipton, was presented the Seniors' Achievement Award 2015 for the Laurentian region, at a ceremony held on November 4 at the Parliament building. Several ministers responsible for social programs were on hand during the ceremony. Ms. Shipton is an active member of the community and has been instrumental in organizing several community projects for seniors and local residents. She was also responsible for bringing the live theatrical performance of the play, Grandpa's Not a Cash Cow and Grandma Won't Take Any Bull, to her community. Over 100 local resident's attended the play, depicting abuse against seniors.



Photo: L-R: Ministre Mme. Francine Charbonneau, award recipient, Deirdre Shipton, and M. Maurice Rivet, president of the Table régionale des aînés des Laurentides.

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We wish you all a joyous Holiday Season! The Entire Team

562, rue du Village, Morin Heights  
Tél.: 450-226.6638 • Fax: 450.226.7805



# Christmas Ornaments

## TWINE CHRISTMAS BALLS

Wrap jute twine around a blown-up balloon leaving plenty of open space and set with Mod Podge. When completely dry, pop the balloon and remove it. Leave natural or lightly glue sparkles or small decorations to the outside. Place small birds or animals inside the globe. Tie a string and hang from branches.



## FROZEN BIRDSEED ORNAMENT

Attract a variety of backyard birds to your feeder this winter. Place a greased, bird or holiday-shaped metal cookie cutter on top of two layers of aluminum foil. Tightly wrap the foil up to cover the cutter's sides. In a pot on medium heat, melt 1 of cup coconut oil. Stir in ¼ cup chopped nuts (any variety will do), chopped dry fruit and ¼ cup birdseed. Let cool to a thick but pourable consistency. Place a length of twine string into the cutter, so that most of the twine sticks out from the very top of the ornament. Slowly pour the seed mixture into the cutter until it almost reaches the top. Let harden at room temperature. Place in freezer overnight. Remove from cutter and hang outside.



## PINE CONE WREATHS

Decorative wreaths on the front door offer a warm greeting to holiday visitors. Making your own is so easy to do and adds a special touch of personal charm. The list of possibilities is endless; here is a wreath that anyone can make. Once the wreath is complete, add your own additional touches.



## MATERIALS

Many pine cones of similar size  
Wire coat hanger or stiff wire  
Hot glue (or any fast-drying craft glue)  
Pony beads  
Ribbon or large bow  
Spray paint (white, silver or fake snow)  
Any additional touches – dried fruit, pine boughs, craft birds, ornaments, bells, welcome sign, etc.

## DIRECTIONS

Glue the pony beads on the flat end of the pine cones and let dry  
Open the coat hanger and string the “beaded” pine cones until the wreath is complete, trying not to leave any open gaps.  
Re-fasten the coat hanger at the top and bend over to make a loop for hanging, or to attach a wreath hanger to.  
Spray to desired appeal  
Add large bow at top and add any other personal touches.  
Hang on door with wreath hanger.  
As an alternative, use pine or spruce branches to wrap the coat hanger and use pine cones and other items as the decorations.



## HOLIDAY ENTERTAINING MADE EASY!

- Tourtière, Ragout, Beef Bourignon, Chicken Pies & much more...
- Variety of Quebec and Imported Cheese
- Our famous Brie en Croute
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The lunch counter will close on December 12th for the holiday season and re-open on January 5th

**254 Bethany, Lachute**  
**450 566-0660**

 Follow us on Facebook to find out about holiday specials and discounts

### Merry Christmas and Happy New Year

This period of rejoicing is the perfect time to gather with those we deeply care for and with whom we share affinities, friendship and love. I wish you all peace, health, prosperity and serenity for this holiday season and the year to come. Thank you for your trust and support! Merry Christmas and Happy New Year!

**Yves St-Denis**  
M.N.A for Argenteuil

Riding Office:  
512, rue Principale, Lachute (Québec) J8H 1Y3  
Phone : 450 562-0785  
Toll free : 1 800 870-7964  
yves.st-denis.arge@assnat.qc.ca  
www.facebook.com/stdenis.yves

Whatever is beautiful.

Whatever is meaningful.

Whatever brings you happiness.

May it be yours this holiday season and throughout the coming year.

## Happy Holidays

From all of us here at SADC Laurentides

1 888 229-3001 | sadclarentides.org

Canada Economic Development offers a financial support to the SADC des Laurentides.





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restaurants traiteur événements

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and  
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December  
24, 25 and 31  
and  
January 1, 2016

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Morin Heights  
450 644-0056



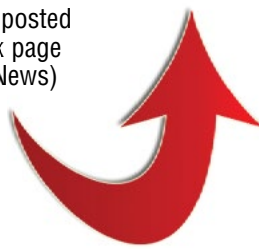
BISTRO  
VINO

50 ave de la Gare  
Saint-Sauveur  
450 227-6436

**SUDOKU**

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

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



Answers for  
the November  
edition sudoku



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

**WARM WISHES FOR THE  
HOLIDAYS FROM OUR WHOLE TEAM!**

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¹ None of the features we describe are intended to replace the driver's responsibility to exercise due care while driving. Drivers should not use handheld devices or operate certain vehicle features unless it is safe and legal to do so. Some features have technological limitations. For additional feature information, limitations and restrictions, please visit [www.honda.ca/disclaimers](http://www.honda.ca/disclaimers) or refer to the vehicle's owner's manual. \*The gas consumption quotes for the Civic EX-T and Touring are 7.6 L/100km in the city, as low as 5.5 L/100km on the highway and 6.7 L/100km combined. Estimated fuel economy based on Government of Canada's 5-cycle testing method. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only. For more information on 5-cycle testing, visit <http://vehicles.nrcan.gc.ca>.

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**RELIGIOUS SERVICES**



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

**Branch 171 Filiale Morin Heights**

Fri, Dec 11: 6 pm - TGIF Smoked Meat  
Fri, Jan 22: 6 pm - TGIF Smoked Meat  
1st & 3rd Monday of the month: Military Whist  
Wed: 7 pm - Darts  
For information on any event call 450 226-2213 (after noon)

**Branch 70 Filiale Lachute**

Sat, Dec 19 - Saturday Children's Christmas  
Tues: 1 pm: Euchre  
Alternating Thursdays: cribbage & shuffleboard  
Sat afternoon: 1:30 pm: Darts  
For information call: 450 562-2952 after 2 pm!

**Branch 71 Filiale Brownsburg**

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

**Branch 192 Filiale Rouge River**

Another month - another beautiful season  
Dec 11: 6 pm - TGIF  
Dec 12: 2 pm - Children's Christmas Party  
Dec 19: 2 pm - General Meeting  
Dec 31: 8 pm - New Year's Eve Party & dancing. \$20  
Jan 8: 6 pm - TGIF  
Jan 9: 2 pm - President's Levee  
Weds: 1 pm - Bridge  
Cribbage every Tuesday night at 7:30 pm  
Yoga classes on Mon, Tue, Wed & Sat  
Info: Marlene: 819-687-8665  
For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com

**MORIN HEIGHTS UNITED CHURCH**  
831, Village, Morin Heights  
Dec 24: 5 pm - Christmas Eve Choral Service  
All are welcome  
Sundays: 10:30 am - Weekly services  
Join us and enjoy coffee and conversation following the service.

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

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

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

**MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH**  
463 Principale, Lachute / www.pccweb.ca/mrmpc  
Rev. Dr. Douglas Robinson: 450 562-6797  
Sun, Dec 20: 7: pm - Ecumenical Christmas Concert  
Refreshments and fellowship after the concert  
Dec 24: 7:30 pm - Christmas Eve Service  
Sundays: 10:30 am: Regular worship service.  
Everyone welcome.

**DALESVILLE BAPTIST CHURCH**  
245 Dalesville Rd, Brownsburg-Chatham  
Pastor Eddie Buchanan - 450 533-6729  
Dec 24: 7 - 8 pm: Annual Christmas Eve Candlelight Service  
There will be special music and carol singing.  
Special freewill offerings accepted for Syrian refugees.

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

**TRINITY ANGLICAN CHURCH - MORIN HEIGHTS**  
757, Village, Morin Heights (450-226-3845)  
Dec 13: 11 am - Lessons and carols  
Dec 24: 10:30 pm - Christmas Eve Service  
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.  
Sun, Dec 13: 6 pm: Christmas Service. Members of Aeternal will be performing several Christmas hymns.  
Light refreshments to follow. Please come and celebrate Christmas in the country  
Everyone welcome

**ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH**  
94 Ave. St. Denis, St. Sauveur 450 227-2180  
Dec 24: 8 pm - Christmas Eve Service  
Sundays: 9:30 - Worship services.

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

**KNOX-WESLEY CHURCH**  
13 Queen Street, Grenville  
Dec 24: 7 pm - Christmas Eve Service  
Sundays: 9:15 am - Weekly Sunday Worship and Sunday School

**ST. MUNGO'S CHURCH, CUSHING**  
Dec 24: 7 pm - Traditional bilingual Christmas Eve Celebration with carols and readings.

**LACHUTE UNITED CHURCH**  
Hamford Chapel, 232 Hamford Street, Lachute  
Dec 17: 7 pm - Blue Christmas  
Dec 24: 4:30 pm - Christmas Eve Service  
Sundays: 11 am - Weekly Sunday Worship

**HARRINGTON UNITED CHURCH**  
Last Sunday of each month: 1 pm

**ST ANDREWS CHURCH, AVOCA**  
Dec 24: Christmas Eve Service - call for time  
Please call Rev. Cathy Hamilton for dates

**ANGLICAN CHURCHES ALONG THE OTTAWA RIVER**  
Holy Trinity, Calumet, St. Matthew's, Grenville  
Sundays 9:15 am - Holy Eucharist: alternating locations.

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

**HOLY TRINITY ANGLICAN CHURCH**  
12, Préfontaine St. West, St. Agathe  
The Ven. Ralph Leavitt: 819 326-2146  
Dec 24: 2 pm - Family Christmas Service  
Dec 24: 8:30 pm - Christmas Candlelight Service  
Sunday service: 9 am  
Fellowship in the church hall afterwards  
Christians of all denominations welcome.  
\*Parking and elevator for handicapped\*

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

**ANGLICAN PARISH OF ARUNDEL & WEIR**  
Grace Church  
Thurs, Dec 24: 4:30 pm - Christmas Eve Eucharist with carols & blessing of the crib.  
All are most welcome to join our celebration  
Services are held at 11 am every week, followed by refreshments served in the Parish Hall.  
Everyone is welcome.

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

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

**ARUNDEL UNITED CHURCH**  
17, du Village, Arundel, 819-687-3331  
Rev. Georgia Copland  
Sundays: 10 am: Worship service.  
All are welcome - bienvenue à tous & toutes!

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

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

**PARISHES OF THE LOWER LAURENTIANS**  
Everyone welcome and we look forward to seeing you and your family.  
December 27 - NO SERVICES

**ST. AIDAN'S WENTWORTH**  
86, Louisa Rd - Louisa  
Dec 24: 7 pm - Holy Communion  
Services with gospel/bluegrass music

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

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
Dec 13: 11 am - Morning Prayer  
Dec 24: 4 pm - Holy Communion  
Bilingual services with gospel/bluegrass music  
\*Special services: Soaking Time \*  
7:30 - 8:30 pm: A time of quiet reflection with classical music. These special times of quietude are offered on Sundays in addition to regular services

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
Dec 20: 11 am - Holy Communion

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
with Rev. Paul Tidman: 450 562-2917  
Dec 13: 9:15 am - Family Service  
Dec 20: 9:15 am - Communion  
Dec 24: 3 pm - Christmas Service  
Dec 24: 9:30 pm - Christmas Eve Service  
Dec 27: 9:30 - Morning Prayer  
Everyone welcome! Refreshments follow most services

**ÉGLISE LAC MAROIS UNION CHURCH**  
802, Ch. Sainte Anne-des-Lacs (SADL)  
Dec 24: 7 pm - Christmas Eve service

**EGLISE SAINTE ANNE DES LACS**  
1, chemin Fournel, SADL  
Dec 19: 7 pm - Chanter / Sing Noël au Village.  
Junior and adult choirs  
Dec 24: 7 pm - Christmas Eve Mass with the choirs.  
All are welcome / Bienvenue à tous.

**ENGLISH COMMUNITY NEWS**

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

**Laurentian Club Notice**

Holy Trinity Church Hall, 12, Préfontaine West  
Saint-Agathe-des-Monts

**Winter 2016 Speaker Series**

The Laurentian Club is pleased to present a wonderful line-up of speakers in the New Year.  
January 25: 1:30 pm - Tim Weed, author  
February 22: 1:30 pm - Katie Ritchie, 911 operator  
March 21: 1:30 pm - Paul William Roberts, author  
April 25: 1:30 pm - Louise Bloom, visual artist

Full program details available at [www.laurentianclub.ca](http://www.laurentianclub.ca)

Annual membership: \$25 / Guests \$10 per event

**Until we meet again, Happy Holidays to all and best wishes for 2016!**

**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 gathering for Cancer patients and their families. Join us to share food and good cheer.



**SATURDAY Dec. 12, 2015 at Noon**

**St-Eugene Hall (rear entrance)**  
148 Watchorn, Morin Heights  
For more information or to RSVP, please call June at 450-226-3641

Next meeting January 16, 2016 at 1 pm  
Speaker: Jason Stewart  
Paramedic & Wilderness First Aid Instructor

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



**COMMUNITY NEWS**

**AMI-QUEBEC PROGRAMS  
ACROSS QUEBEC**

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

**SOUPE POPULAIRE**

(205 rue Principale, St. Sauveur)  
Lunch schedule: **Mon, Tues & Thurs:**  
**11:30 am - 12:45 pm.**  
Everyone is welcome!

We are seeking volunteers to help pre-  
pare meals. Info: 450-227-2423, ext. 26.

**VICTORY SOUP KITCHEN / SOUPE  
POPULAIRE DE LA VICTOIRE**

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

**BAZAAR MPDA LACHUTE**

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

**BADMINTON – WHO'S UP NEXT?**

St. Adolphe d'Howard Community  
Centre, rue du College  
**Mondays: 9:15 am / Fridays: 10:15 am**  
**FUN AND FITNESS** – no experience  
necessary, everyone welcome.  
Info: Betty 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.

**ASSOCIATION ALPHA  
LAURENTIDES**

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

**SEEKING MEMORABILIA  
OF ARUNDEL**

Looking for information on the earliest  
period of colonization (1850's era)  
First Nations peoples and settlers.  
Original documents, letters, bills,  
artifacts etc.  
Call Julia Stuart: 819 687-2382 or email  
juliamstuart@yahoo.ca

**THANK YOU**

The Lakefield / Mille Isles Women's Insti-  
tute wish to thank  
Brulerie des Monts, Gourmet du Village,  
Avenue B Restaurant, Coq au Bec Res-  
taurant and Salon le Nomade,  
for their generosity in supporting us for  
our Bazaar.

**COMMUNITY EVENTS**

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

**Sat, Jan 23:** 20th Annual Curling Funspiel  
Brownsburg Curling Club.  
Info: Ruth: 819 687-3733

**Sat, Feb 6:** Winter Carnival with snowman  
contest and pot-luck supper.

**Sat, Feb 14:** 9 am – noon: Valentine's  
Breakfast – everyone welcome.  
Basket draw donations will go to the  
Heart & Stroke Foundation  
Like LRCC on Facebook at LRCC-  
Lost River Community Centre

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

The staff and members of the Har-  
rington Golden Age Club would like to  
extend their warmest wishes for a warm  
and wonderful holiday season. All the  
best of health, happiness and prosperity  
for the New Year!

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

**SCOUTS MORIN HEIGHTS**

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

**EXPO-SALE AND CHRISTMAS  
MARKET**

City Hall, 1145, rue de Saint Jovite,  
Mont-Tremblant  
**Dec 11 & 12:** Craft sale & exhibition  
**Dec 12:** Christmas market with  
local producers

**CHRISTMAS MARKET**

2580, rue de l'Église, Val David  
**Dec 12 & 13**

**CHRISTMAS CRAFT MARKET –  
WENTWORTH NORTH**

Library – 3470, rue Principale, Laurel  
**Dec 12: 1:30 pm – 5 pm**

**ARUNDEL "CHRISTMAS SPIRIT"  
CELEBRATION**

Les Serres, Arundel  
**Sun, Dec 13: 1:30 pm**  
Decorate your wheelbarrow and parade  
through the centre of the village while  
collecting non-perishable food items  
and donations on behalf of  
Les Guignolees.  
Music, treats and good cheer for the  
whole family will follow as  
we decorate the community  
Christmas Tree.

**CHRISTMAS DINNER**

Soupe compagnie des Pays-d'en-Haut  
Presbyterian Church, St-Sauveur (   
back entrance)  
**Thurs, Dec 17 - 3 sittings:**  
**11 am - 12 & noon - 1 pm &  
1 pm - 2 pm**  
Full Christmas turkey dinner with  
all the trimmings.  
\$10 per person  
Info: 450 227-2423

**MARCHE FERMIER  
MORIN HEIGHTS**

4th Annual Solstice Market  
647, ch du Village, Morin Heights  
**Dec 19: 9 am - 3 pm**  
Featuring all the summer market favou-  
rites with many new seasonal additions.  
Perfect chance to purchase unique,  
handmade gifts, meals and treats  
for the holidays.

**FESTI-NEIGE  
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Don Stewart, President of the Morin  
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sented Benjamin Lawson with the  
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**MORIN-HEIGHTS VIKING LOPPET:  
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## Fit Tip #100 Dream a little dream

Lisa McLellan – Main Street

It all started with Don Stewart. He is the one who planted the seed. And there it lay dormant inside of me until, unexpectedly, a year and a half ago, the seed started to sprout. Who would have thought that I would embark on such an odyssey? That seed has now grown into a book! It wasn't always easy. In fact, I came to a dead stop for ten months. I swept it under a rug, but that left me feeling unsatisfied and disappointed in myself. So, I faced my demons and completed it. I am so glad I did.

A dream that you cherish does not just fall out of the sky. You and I both know that. You have to give it attention and nurture it. You have to stay the course, despite your many excuses, and keep your nose to the grind stone in the face of your doubts and fears. It's too easy to give up and to pretend that you are not up to the task. How sad is that? I hitched my wagon to a star. So can you.

### 8 tips for following through on a dream:

1. Find your idea. Choose something you truly enjoy doing that will keep you motivated.
2. Do it for yourself, even if it is a gift for someone else.
3. Plan and structure. Work with an outline. This will be key in guiding your process.
4. Schedule a specific time for your project every day, or week. Choose the same time, if possible, and give yourself tight deadlines.
5. Be patient and stay focused. This is a process which involves many steps, requires adjustments and changes, and includes obstacles and unexpected difficulties. For every problem there is always a solution. Stick to it. That is what my father taught me, so it must be true.
6. Be persevering. You cannot get to the end without perseverance. Expert opinion can be invaluable when faced with an impasse. It made all the difference for me.
7. Let go of your fear of failure, or success, and take one manageable step, task or deadline at a time. Talk with someone about your fears. Talk to yourself. Go with the 80% rule - this is for the perfectionist who wants it to be so perfect that it will never get done.
8. Finish it. The experience you will gain will be as worthy as the project itself. And then you can do another one.

If you have a dream, or something you would love to do, I encourage you to Go For It! Keep your neurotic mind at bay (the voice that keeps telling you that you can't do it) and embrace the process. Start small and build upon your experiences. In truth, the book I wrote was 9 years, or maybe even a lifetime, in the making ... dream a little dream and see what happens for you.

Merry, merry Christmas to you all.

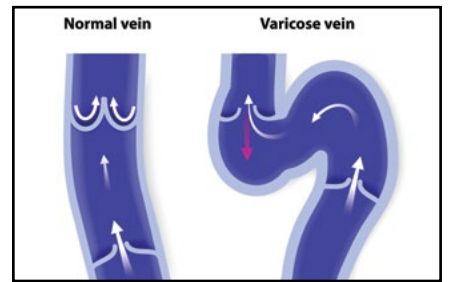


## Healthy Channels Varicose Veins and Acupuncture

Christopher Garbrecht, Ac. – Main Street

I have had a few patients ask me recently whether acupuncture can help, or treat, varicose veins. The majority of cases that I have seen involve an early-stage form of varicose veins, which is commonly called spider veins. Spider veins result from dilated capillaries, near the skin's surface, due to the blood in the veins not being pumped efficiently and effectively back to the heart. This stage is more displeasing aesthetically, rather than painful or life threatening.

Varicose veins are veins that have become enlarged and twisted. Varicose veins most commonly occur on the legs, but they can occur also elsewhere on the body. Veins have pairs of leaflet valves to prevent blood from flowing backwards. Leg muscles pump the veins to return the blood back to the heart, against the effects of gravity. Varicose veins occur when the leaflet valves no longer meet properly and the veins do not function well, thus allowing blood to flow backwards and enlarging the veins. This condition is most common in the superficial veins of the legs.



Symptoms of varicose veins can include aching and heavy legs, appearance of spider veins, ankle swelling, venous eczema, cramps when making a sudden move or standing up, restless leg syndrome, and minor injuries to the affected areas may bleed more than normal, or take a long time to heal.

Varicose veins are more common in women than in men, and are linked with heredity. Other factors are pregnancy, obesity, menopause, aging, prolonged standing, leg injuries and abdominal straining.

For severe varicose veins, surgery is obviously the fastest option. This involves removal of all, or part, of the saphenous vein in the leg. What I like about Chinese Medicine and acupuncture is that typically it goes deeper into exploring the cause of the problem and not just getting rid of the most obvious symptom.

Why do varicose veins occur? From the Chinese Medicine perspective, varicose veins are a reflection of not only local blood stagnation in the legs, but more importantly, widespread systemic blood-flow compromise. The most common factors being diet, long-term standing positions, weight and age.

It is important to realize that the majority of people will show some form of venous collateral damage, usually around the ankles, after a certain age. These are thin dilations and should not bother most people. Varicose veins become a problem when they become engorged and pop out of the leg, usually reaching up to the knee area, and looking like purplish-blue colored and tortuous pipes. In Chinese Medicine, we see this problem as a reflection of overall blood-flow impairment, which can manifest as various types of ailments. The more worrisome complications, and co-existing conditions, include blood-pressure problems, blood-lipid abnormalities, chronic inflammation, auto-immune diseases and diabetes.

It is important to realize that treatment of this condition with acupuncture takes time, with consideration of how severe and chronic the case is, but it works on total-body wellness and the prevention of future problems arising from blood-flow compromises at the same time.

If you have any questions about acupuncture or would like to schedule an appointment in Val-David, you can call me at: 819-322-3081 #2.

Happy Holidays to you all!

**Happy Holidays to you and yours**

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## Laurentian Club Report

Dave Merrett – Main Street

On Monday, November 23, the Laurentian Club welcomed Mr. Bruno St. Hilaire, a consultant in nutritional and sports medicine, who spoke to us on the topic: Understanding Nutrition and Food in Today's World.

He presented a holistic approach to a healthier lifestyle that is focused on disease prevention, rather than a cure, and was careful to caution against those who claim to have a magic pill, or solution to achieve this. His discussion centered on a model that outlines six important areas of healthy living, including the eating of wholesome foods, physical activities, proper use of nutritional supplements, emotional relationships, spirituality, and investments in physiological care.

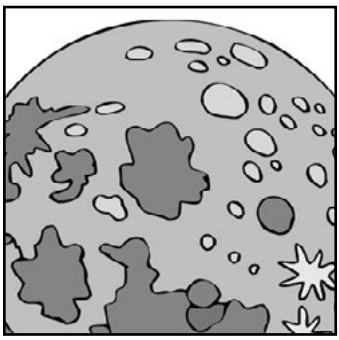


Using the example of a cut apple exposed to air, St. Hilaire explained oxidative stress, the root cause of most health problems in North America, which results in inflammation and high blood pressure. He discussed the glycemic index of various foods, pointing out that a diet consisting mostly of those within the high glycemic index category leads to weight gain, and its many health complications. Of great interest to the audience were his many tips on better ways to prepare and consume common foods in order to optimize their nutritional value. St. Hilaire suggested, myhealthyhome.com, and the "Harvard Food Pyramid" as good resources for continued learning.

There was a very active question period at the end of his presentation, and also during informal discussions as part of the social time afterwards, and his patient and thorough answers to the many questions he received certainly gave everyone much food for thought!

Please join us for the next meeting of the Laurentian Club on Monday, January 25, when the speaker will be Tim Weed, discussing his new book, Will Poole's Island. For more information, see our ad on page 20 or visit the webpage: [www.laurentianclub.ca](http://www.laurentianclub.ca).





## Zach Factor Santa's anti-gravity sleigh

Lys Chisholm & Marcus Nerenberg - Main Street

Although dismissed as folly or flight of imagination, there is a perfectly excellent way to explain how Santa's sleigh flies, using our understanding of modern physics. Let us first look at demystifying Albert Einstein's Theory of Relativity. All we need, dear readers, is a slight paradigm shift in how we perceive the world around us.

In 1916, Einstein proposed in his famous Principle of Equivalence that gravity (which causes an apple to fall) and inertia (which causes an apple to resist a change in its state of motion) are but one and the same. He used an example which we will take liberties with, for the sake of the season. Say Santa is in an elevator, in deep space, away from large objects. If the elevator is moving, at a constant speed, Santa will experience weightlessness. He senses no motion or gravity. But, if the elevator accelerates upwards, if it is pulled on its cosmic cable in a vertical direction at an increasing speed, Santa will begin to feel the action of gravity upon him. When a certain rate of acceleration is reached, equivalent to 32 feet per second, Santa would think he is on Earth, with the full weight of the Earth's gravity, but he is not. It is an illusion. Einstein illustrates the fact that inertia and gravity have the same effects, and cannot be viewed separately through direct observation.

Einstein went further. He explained gravity and inertia in the same physical terms. While the weight of objects, such as a falling apple, is caused by the Earth's gravitational attraction, the inertial behavior of objects, such as an apple sitting still on a table, is explained by the gravitational attraction of all matter everywhere in the universe. The apple sits on the table because all the stars and nebulae in the cosmos are pulling on the apple in a myriad of directions, like billions of tiny wires pulling it equally in all directions at the same time.

But how does this explain Santa's sleigh? If Santa's engineer elves devised a revolutionary means of anti-gravity, as in an electro-magnetic screen, which he puts around the sleigh, it would mean that as he overcomes Earth's gravitational forces, so does he overcome all the gravity and inertia in the rest of the universe. If the gravitons are screened out, the gravitational effect of the rest of the universe is screened out also. Thus the sleigh, with its anti-gravity screen, will be able to fly above the Earth and ignore the physical laws of inertia. His sleigh will be, literally, floating in a little bubble where neither gravity nor inertia play any role. According to Einstein, if the Elves have mastered gravity, they must have overcome inertia too.

The key to understanding how Santa's sleigh works is to look at how an atom or molecule behave if there is no gravity. The apple, at the slightest touch, would fly across the room - thus the reindeer would find it a simple task to lift and move Santa and his load forward. All atoms and molecules that are in an inertia-free environment would move freely in any direction that a slight force or intention would urge them.

This may also explain how Santa can accelerate to thousands of miles an hour, and slow down just as quickly. It explains why the sleigh does not burn up as it speeds through the atmosphere. A single loose molecule, pulled into the anti-gravity-inertia screen, would enter, bullet-like, but impact the sleigh like a feather. As Santa rushes on through the night, this same molecule may pop out into the inertial world, bumping once again into other agitated molecules. The result of the friction would cause a release of energy - thus perhaps explaining the luminosity seen around his sleigh at night, and illustrated by so many who have seen the sleigh, silhouetted against the moon.

So, now you know how Santa qualifies as a Christmas Eve UFO, and why NORAD tracks him when he comes down from the North Pole each year. It may be that, someday, finally, we will know all the holiday mysteries. Until then, rest assured, if this year you're asked how Santa's sleigh flies, we hope this theory will suffice.

Otherwise if, perhaps, asked why elves have pointy ears, the answer is more observable. We suggest they are Vulcans. Live long and prosper, Zachians!

Happy Holidays too!



NORAD - Canada - Santa Radar Tracking by Cpl Pierre Theriault, Canadian Forces



## The Story Behind Looking Further Back

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Writing a series on how different people came to live in the Laurentians makes me think about the people who are here, were here, to receive us all, the people whose culture, deities and language were formed by the woodlands, the rivers and the lakes. Their numbers are small today, concentrated in Maniwaki and scattered through the territory north of us, with neither a reserve nor recognition, living in the bush, illegals in their own home, having fallen through the cracks of our bureaucracy. It seems that much of their culture and mythology is centered on their children and maintaining this is an unimaginable challenge, under the difficult circumstances in which some of them live. Our arrival in their historic homelands was like an explosion that almost destroyed them. Thankfully, they are still with us, still there to help us, when we are ready to interpret the numinous forces of these woodlands and lakes, and to make peace with ourselves and with them.



Some years ago, a British guest came to spend a week with us. She had also stayed for a week with an elderly couple in the St. Hippolyte region. She repeated a story one of her hosts shared with her about his own childhood in St. Hippolyte. His grandfather had taken him for a walk in the woods, to a natural cave that contained an almost forgotten Algonquin burial site, including artifacts that awed the boy who visited. His grandfather told him he should never come back, that it was sacred and must remain hidden to protect it. He never did return. The moments he was there, though, impressed the site indelibly on his mind.

From the first time I read and understood the meaning of the word "numinous," it also impressed itself indelibly on my mind, and so I felt I could recognize a little of what that long-ago boy must have experienced. I first found a reference to the term in a book about Mesopotamian religions called *The Treasures of Darkness* in which the author, Thorkild Jacobsen, described it: "Basic to all religions [...] is, we believe, a unique experience of confrontation with power not of this world. Rudolph Otto [author of *The Idea of the Holy*] called this confrontation 'Numinous' and analyzed it as the experience of a *mysterium tremendum et fascinans*, a confrontation with a 'Wholly Other' outside of normal experience and indescribable in its terms; terrifying, ranging from sheer demonic dread, through awe, to sublime majesty; and fascinating, with irresistible attraction, demanding unconditional allegiance." Learning the word and the concept, I came to realize that the numinous experience is possibly universal, but also intensely personal. Organised religion was driven by this very personal experience. It offered wise men, priests and shamans, an opportunity to interpret it. Some exploited and possessed it, while others, like that long-ago grandfather, respected it, encouraging his grandson to take away his own indescribable experience.

Each and every people, in the long history of the world, has developed a characteristic response to the numinous in their environment and that response defines the people. In his book, Jacobsen describes the shared mythology, the response, that developed in Sumerian communities 6000 years ago. Each response inspired a religious metaphor that, in a unique way, captured the environment and defined a people. Their mythology included major gods and minor ones. There were the goddesses of the swamp reeds and the god of the moon, the god of running water and the goddess of the earth.

Over time, a hierarchy developed among the priests and the militarily powerful, leading to a partnership - sort of a mom and dad control - that developed into the great religions and kingdoms, absorbing the mythologies of other small nations. For better or for worse, we are a part of that hierarchy today, with the powerful duos, mutated into modern forms, controlling the icons that symbolize the numinous experiences and the resulting mythologies. The Algonquin peoples still have a connection to the ancient mythology that their environment inspired, their world view. Many of them are seeking out and giving new life to their traditions and culture, so well adapted to the world we see ourselves facing as we become a part of here. We can learn from them. Their deities, their mythology, inspired by the very woodlands we walk in, seem in some ways more modern than the hierarchical religions that have evolved from equally ancient Eurasian mythologies. Their most familiar deity is Gitchie Manitou, described as a benevolent spirit, the uncreated creator. In local mythologies, he threatened to shake the great mountain, still called Mont Tremblant, if humans upset the natural order. Better known today in many forms is Nokomis, Grandmother, the sacred earth mother who nurtures all living things. There are also the Pukwudgy, the little people who live in our woodlands. Generally harmless, they live near the water's edge and are not above playing tricks. They become dangerous only when they or their nature is not shown proper respect. Tiny, they are said to show themselves to children and shamans, but are otherwise rarely visible. You can see their effects on the waves near the shoreline and, sometimes, you can find their artifacts. Learning about them, I felt they offer children lessons of respect for nature, while commanding the respect of the most knowledgeable elders. I imagine a grandmother telling their stories in a wigwam long ago, a way to pass the long winter months and to teach the children. A part of the magic of their societies was in letting the children grow up free, disciplining with no more than example and opprobrium.

This is perhaps the most important lesson we can learn from them as the Laurentian numinous inspires us to listen. Exploring their presence and asking for their help will be necessary to complete any history of families in the Laurentians.



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- Arundel School Breakfast Fund: \$500
- Victoria's Quilts Canada: \$500
- Salvation Army: \$200
- Ste-Agathe Hospital: \$1,500



# Obituaries

## BROSSARD, Denis

Denis passed away peacefully with family at his side on November 10, 2015, at the age of 92. Beloved husband of the late Mary Lasher for over 65 years. Dear father of Gerard (Sandy), Michael and Susan (son-in-law Louis Fendle). Dear grandfather to Lissa Marie, Melanie, Gerard, Charles, Julien, Bryn, Holly, Benjamin and Daniel. Great-grandfather to Tanner, Emma, Logan and Ailee Marie. A special thank you to all the caregivers at the Residence Lachute for their compassion and attention that made the last three years of Denis's life less difficult.



Lisa (Steve Bles) and Corrie (Aldrina). Loving grandfather of Derrik, Tyler, Sarah, Cory, Izzy, Cassielle, Cameron, Alex and Caitlin. Also survived by his brothers Don (Florence) and Brent (Gale), and his stepfather, Lloyd Kennedy. Pre-deceased by his parents, Sidney Maidens and Norma MacRae. A funeral service was held on Friday, November 6, 2015 at St. Aidan's Church, Louisa, Qc. In lieu of flowers donations to Diabetes Quebec, 8550 boul. Pie IX, Bureau 300, Montreal, Qc. H1Z 4G2 would be appreciated by the family. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

## RIDDELL, Charlotte Joan (nee: Seale)

Passed away in her sleep on November 19, 2015 at the age of eighty-four. Charlotte was the youngest child of the late William John and Mabel Seale. She was pre-deceased by her husband and best friend Hazen and many brothers and sisters. She is survived by her children; Susan (Rick) and David (Michelle), and, her sister Marjorie. Charlotte was a talented woman and her love of crafts, decorating and gardening showed that. She was a devoted daughter, sister, wife and mother who provided strength in her own quiet way. Her children feel they were truly blessed to have had Charlotte as their mother. A memorial service was held on Friday, November 27, 2015, in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc. In lieu of flowers donations to the Alzheimer Society or the Quebec Lung Association would be appreciated by the family.



## DAVIS, Freda

Peacefully at the CISSS des Laurentides, Ste. Agathe-des-Monts, Quebec on Saturday, October 31, 2015, at the age of seventy-five. Dear mother of Scott (Kimberly), Kimberley, Tammy and Todd (Martine). Loving grandmother "Mamoo" of Cody, William, Zachary, Jason, Adam, Erika, Matthew and Annabelle. A graveside service was held on Saturday, November 7, 2015 at the Arundel Cemetery, (Arundel, Qc.). In lieu of flowers, donations to Fondation Médicale des Laurentides et des Pays-D'En-Haut, 50 rue Corbeil, Ste. Agathe-des-Monts, Qc. J8C 1X2 would be appreciated by the family. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

## MAIDENS, Douglas Norman

Passed peacefully at the CISSS des Laurentides, St. Jérôme, Quebec, on Saturday, October 31, 2015, at the age of sixty-nine. Beloved husband of Karen Morrison. Dear father of Greg (Lisa),



### MEMORIUM\_Mary Lasher

In memory of  
**Mary Lasher Brossard**  
We miss you and will remember  
you forever.

## Glenn Albert Blair

2 March 1928 - 2 October 2015

Rowena Lummis Blair, widow of Glenn Albert Blair who passed away October 2, 2015 in Lachute, Quebec after a happy marriage lasting over 62 years, wishes to express her heartfelt thanks to all those who demonstrated their kindness and friendship during this difficult time.

The devotion of the medical, nursing and social services staff at the Centre multiservices de santé et de services sociaux d'Argenteuil (Argenteuil Hospital) is deeply appreciated.

Reverend Nicholas Pang, Saint Simeon's Anglican Church pastor, Lachute Quebec, officiated at the October 29, 2015 funeral service where congregation members and treasured friends gathered to commemorate Glenn's life and offer their support.

*Eternal rest grant unto him, O Lord. May his soul rest in peace.*



# Condolences from the Municipality of Grenville

It is with great sadness that we announce the death of M. Ronald Tittlit of Grenville, on December 8, 2015, after a long battle with cancer. He leaves to mourn, his wife, Madame Johanne Tittlit.

M. Tittlit was mayor of the Village of Grenville since 1994, and had previously served as a councilor for six years, in total, providing service to the community for twenty-seven years. Over his seventy years of life, he was also a Prefect for the MRC d'Argenteuil, President of Tricentris and served on several inter-municipal and regional committees. He was an honest and dedicated gentleman who will be deeply missed by the community. The family will receive condolences on December 12 between 9 am and 11 am at the Church of Our Lady of Sorrows in Grenville. A religious service will follow at 11 am. Condolences can be sent to the family through the Desforges Funeral Home website or by email to the municipality at info@grenville.ca.

In lieu of flowers, donations may be made in M Tittlit's memory to the Residence Le Monarque, 532, rue Notre Dame, Montebello Qc, J0V 1L0.

The municipality has lowered its flags to half-mast in his honour.

The council and municipal employees join together to offer their sincere condolences to the family, relatives and friends of Mr. Tittlit.



## Alzheimer Society

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- Know more about the disease in order to develop new attitudes and new communication skills;
- Learn how to take care of oneself to prevent the inevitable exhaustion that affects our physical and mental health;
- Answer to other needs...

### English group meeting

Residence Lachute,  
377, rue Principale, Lachute

**Tuesday, December 15**

These meetings are totally free for caregivers.

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**Société Alzheimer des Laurentides** (819) 326-7136 or toll free 1-800-978-7881  
Web site: www.alzheimerlaurentides.com E-mail: communications@salaurentides.ca

## NOTICE OF INVENTORY CLOSURE, MARY FRASER MACDONALD

Notice is hereby given that, following the death of Mary FRASER MACDONALD, on October 5th, 2015, then residing at 74 Rue Chartier, Saint-Sauveur, Province of Quebec, an inventory of the deceased's property has been made by the liquidator of the Estate, Gail MacDonald Wallace on November 26th, 2015, in accordance with the law.

It can be consulted by interested parties by contacting Gail MacDonald Wallace,  
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## I'm Just Saying OH. Q. L. F.

Ron Golfman - Main Street

I was sitting outside my son's house in Montreal yesterday, waiting for him to

come out when a Green Onion, you know, the parking police, pulled up and sat in front of me. The agent sat in his little red car eating pistachio nuts and tossing them onto my son's walkway while using his electronic ticket-issuing machine. I approached him and asked him why he would be littering on the same streets he was allegedly representing, and he laughed and replied, "mind your business," they are biodegradable, so what's your problem?" After explaining to him that he was simply lazy and littering, I suggested that he write himself a ticket for littering, to which he said, "if you don't like it, make a complaint" and rolled up his window. Being a citizen, I gathered up his shells and put them on the trunk of his vehicle, prompting him to drive away, glaring at me.

Welcome to the real bureaucratic entitlement attitude, which is so pervasive in this province. Only one city block away, teachers were exercising their right to demonstrate on education issues. It immediately reminded me of another glaring example of the contradictions we live with in this society, no better representative of this than the OQLF.

I do absolutely agree with the teachers' position, which rejects the government's proposal to, again, enlarge classroom sizes to the point where no child will get proper attention. No teacher is able to serve 35-40 children in a class. As well, having worked with special needs students for more than 35 years myself, the notion of putting them into this overcrowded mix is reprehensible and cruel. I cannot say I agree with the teachers' union demands for upwards of 13% pay increases in a time of belt tightening, but something struck me, which might just be a solution focused on many fronts.

This province has throngs of OQLF agents who, at a decent wage, run around chasing what is written on restaurant menus, to determine if ordering an English muffin is in violation of the language laws. As language police, whoa, let's stop there; "language police," by its own definition, is a contemptible premise, and these harassment agents serve a dated purpose. The law states that French needs to be predominant on signs, which is fine with everyone, yet these minions enforce the notion that having English on signs, in a hospital, for example, where citizens are usually there because of health concerns, is somehow weakening the French language. Give me a break!

I am acutely aware, as are those who promote this type of xenophobia, that the rest of the "free" world, the one where many Quebecers vacation, like Cuba and France, have both English and French signs, and often a third or fourth language, to help people get to where they are going. My sense, based on talking to many other Quebecois, is that they, too, see this unilingual zealotry as overkill. So, here's my solution to two problems, which moves us from complaining and divisiveness to problem solving and economic sense.

Why not, and I'm Just Saying, abolish the OQLF, as it is redundant, counter-productive, and costly, and take that 17-25 million dollars annually, and invest it in our education system? As well, with some of that money, re-train the language police to teach the French language to new Quebecois, at minimal cost, thus protecting the richness of the French culture. In this innovative way, we could improve the situation for students and teachers, respect the austerity program the government has in place, and actually join the twenty-first century socially.

Otherwise, like the Green Onion who littered the sidewalk, we'll continue to accept garbage and refuse, due to indifference, and then wonder why the place where we live is in such a pitiful mess.



## The English Link The SADC Supports our Local Entrepreneurs

By Kim Nymark - Main Street

I recently sat down with two members of the staff of Société d'aide au développement des collectivités (SADC) des Laurentides to discuss how they could reach the English community and offer them the vast array of services available. I felt that sharing this information through Main Street would trigger some action. The SADC has special funding to invest in businesses operated by the English-speaking community in the Laurentians.



The SADC des Laurentides is a non-profit organization supported by Canada Economic Development for the past 30 years. Its mission is to promote and foster, through its initiatives and implication, the well-being and social and economic prosperity of the community. The SADC offers its clientele a wide range of services, including technical support, corporate financing, business mentorship, sustainable development coaching, as well as participation in local development projects. Guided by values of professionalism, responsibility and efficiency, the SADC favours a personalized approach in its client and partner relationships, responding to both the individual and the collective needs of the community.

The financial services team, supported by members of the Investment Committee, is extremely strong and draws upon solid experience. They offer assistance and coaching to businesses and organizations. The support covers all stages of a project, from the initial start-up through to successful operations: business creation, acquisition, expansion, consolidation, recovery, etc. All projects financed by the SADC des Laurentides include a personalized follow-up by one of their experienced consultants. "Now, more than ever, our approach focuses on management counselling. We believe in our clients and they believe in us," explains Sylvie Bolduc, general manager at the SADC.

In an effort to solidify the Laurentians as a green region while, above all, satisfying societal needs and values increasingly oriented towards sustainable development, the SADC offers sustainable development consulting. Another service worth mentioning is the Mentor Unit which has a team of 17 mentors with a variety of expertise. Mentoring is undoubtedly one of the most effective ways to ensure the success of a business: 73% of businesses that are mentored survive their first 5 years of operations, compared to only 37% of businesses that are not mentored.

The SADC participates in a number of decision-making bodies and works continuously to collaborate with and strengthen ties to their partners. They see their active contribution and commitment to local development as a driving force in regional economic growth. "At the SADC, we firmly believe that citizen involvement is a critical building block in the organization's sustainable and democratic development," states Sylvie Bolduc. "The time and energy volunteered by the members of our Board of Directors, Investment Committee and Mentor Unit ensures strong leadership and makes up the very DNA of the organization that serves businesses and the community."

The SADC des Laurentides offers many services, all available in English, as well as lots of interesting English tools and documents on their website at: [www.sadclaurentides.org/en/](http://www.sadclaurentides.org/en/). Entrepreneurs wanting more information can contact a member of their team at 450-229-3001 or 888-229-3001.

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



## Making it Work in the Laurentians Do You Have a Personal Career Profile?

Liz Ulin, MBA - Main Street

Looking for a job? Or, looking for a better job? You may have your CV in hand and your interview skills polished, but that's not all you'll need to launch a meaningful job search. To land a job you'll really love, you need to take a good hard look at what you actually want and what you actually have to offer. That's where the Personal Career Profile (PCP) comes in.

The PCP is simply a self-assessment tool that allows you to identify relevant skills, values, interests and experiences to help direct your efforts. Often, this exercise reveals traits you may have never before considered significant, but in fact explains a lot about why you've succeeded or failed, and why you've been happy or miserable at a job.

Have a look at the following questions. Don't rush through them - some may take hours to ponder, while others will be easy. To develop a useful PCP you'll need to put your answers in writing and keep them handy for review. Here goes:

1. What's **important** to you in your work life? (i.e. challenges, work-life balance, flexibility, recognition, salary, security, etc.) List all that apply, in order if possible.
2. What are your main **passions and interests**? These can be revealed in how you spend your leisure time or by thinking about your favourite work or school projects.

3. List 5 -10 of your **top skills** (i.e. communication, research, organisation, creative thinking, accounting, teaching, etc.) Again, you can use your work or social life as a reference.
4. What are you **knowledgeable** about? (i.e. budgeting, bargaining, auto repair, environmental science, etc.). Think beyond work related subjects to reveal important transferable skills.
5. Describe your **personality and working style**. Are you outgoing, practical, laid back, ambitious, organized? Do you like working with a team or alone? It might help to ask a few friends or associates about their perspectives on this one.
6. What **education, training and certifications** do you have? (i.e. college, night courses, workshops, licences, etc.) You can add more than what's on your CV.
7. List your last 10 years of related **experience** (i.e. job titles, volunteer work, awards, community recognition, etc.). Once again, go beyond the CV format. There may be other types of experience that reveal aptitudes you've been ignoring.
8. Set your **goals**. What do you want to be doing in 5 years? In 10? Take some time with this one. Use the information you've developed in the questions above to paint a realistic picture of where you want to be.

Creating a PCP is an excellent step to meaningful employment, and there are lots of other tools that can help too. Youth Employment Services (YES), for instance, is an organization dedicated to employment assistance. As part of its Community Talks Employment Project, YES would like to hear about your experiences and stories on seeking employment in the Laurentians. Visit their website at [www.yesmontreal.ca](http://www.yesmontreal.ca) or check out their Facebook page to see what others are saying about employment across the province.







## Ramble On Guess what's on the holiday menu?

Barry Young – Main Street

*This Christmas, if you are not in the mood for the traditional turkey dinner, a prime rib roast makes an excellent alternative for a delicious holiday meal.*

Buy a good quality piece of meat, (AA quality or better) and ask the butcher to cut off 75% at the bone and then tie it back on- doing this will allow a more even heat to cook all around the roast.

### MARINADE FOR 6 LB ROAST (marinade roast overnight)

- 2 tbls of melted butter
- 4 cloves finely chopped garlic
- 1 tablespoon of mustard
- 1/4 cup balsamic vinegar
- 2 tbls vegetable oil
- 1 tbls pepper
- 1 tbls steak spice
- 1/2 cup red wine

### COOKING INSTRUCTIONS

- Preheat oven to 495° F
- Remove roast from marinade (save for later) and bring roast to room temperature (2 hours)
- Sear roast in oven in raised roaster with 3 cups of water in bottom of pan. The lower pan will catch drippings that you will later use for your gravy and the steam will help cook evenly and keep the roast moist.
- Lower temperature to 240° F, brush some marinade over roast and put back in oven, adding water if necessary to maintain the 3 cups of water.
- Using a meat thermometer cook your roast to 135° Fahrenheit for medium-rare. Remove roast from oven, tent with aluminum foil and let rest for 20 – 30 minutes prior to carving. This will raise temperature to 140°.
- For your gravy, prepare and add “Knorr au Jus” gravy mix to your drippings, add left-over marinade and stir until ready.



## Duchess potatoes Recipe courtesy of Ree Drummond

### INGREDIENTS

- 5 pounds russet potatoes, peeled and diced and boiled until fork-tender
- 8 egg yolks
- 1/4 pound softened butter
- Salt and freshly ground black pepper
- Nutmeg
- 1 1/4 cup heavy cream
- 1 whole egg



### PREPARATION

- Preheat oven to 375°.
- Lay the boiled potatoes on a baking sheet and place in oven until slightly dried on the surface, approximately, 10 – 15 minutes.
- Remove the potatoes from the oven and mash. Cool in bowl for 5 minutes.
- Add the egg yolks, butter, salt, pepper, a pinch of nutmeg and 3/4 cup of cream. Combine using a rubber spatula.
- Transfer potatoes to a large pastry bag and pipe through a large star tip in a circular / upward spiral motion onto a baking sheet lined with parchment. Chill for 30 minutes.
- Make an egg wash mixing the whole egg with the remaining cream and lightly brush the piped potatoes.
- Bake until golden brown around the edges and serve on a decorative platter.

## Mulled Christmas wine

A warm and elegant beverage to serve to your guests

### INGREDIENTS

- 2 clementines or 1 orange
- 1 lime
- 6 whole cloves
- 1 bay leaf
- 1 vanilla pod, halved lengthways
- 2 bottles of your favourite red wine
- \* ground nutmeg may also be used – start with small a amount and adjust to taste.
- 1 lemon
- 200 grams caster sugar (super-fine ground)
- 2 sticks cinnamon
- \*1 whole nutmeg, for grating
- 2 star anise

### PREPARATION

- Peel large sections of peel from the citrus fruit.
- Put sugar in a large saucepan over medium heat and add the peelings plus juice from the clementines or orange.
- Add the cloves, cinnamon stick, bay leaf and about 10 gratings of nutmeg. Add vanilla pod and stir in just enough red wine to cover the sugar.
- Simmer until sugar has completely dissolved and bring to the boil.
- Boil for 4 – 5 minutes or until ingredients blend into a thick syrup.
- Reduced heat to low and add star anise and the rest of the wine.
- Gently heat for 5 minutes.
- Ladle into holiday glasses, garnish with slices of fruit and serve.



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## Strings & Things Bone for Tone?

Dale Beauchamp – Main Street

One of the most common questions a stringed instrument repair person is asked is, “How can I improve my tone? I’ve changed strings, but the guitar still sounds dull and muffled.” While the

old adage “You can’t make a silk purse out of a sow’s ear” certainly applies, replacing plastics nuts and saddles with a much harder material like cow bone, will always result in some degree of improvement in tone and sustain, even on a “sow’s ear” instrument. Often, the difference is quite obvious, making for a pleasant surprise.

It stands to reason that softer materials will absorb vibrations more than harder, denser materials. In general, better quality instruments will respond to this type of upgrade. While bone is the traditionally preferred substance, there are a few other big players here, the most popular being “Tusq,” made by the Graph-Tech company. Many very successful manufacturers use it extensively. It is marketed as synthetic ivory, as the name suggests, and although technically plastic, it is very hard and produces great results. It also allows for a bit of flex, making it a good choice for a saddle in an acoustic instrument that has an under-the-saddle transducer pickup. This ability to flex a little helps to compensate for the distortion the bridge and guitar top undergo when strung to pitch, allowing more even contacts with the pickup strip under each string, so that some strings aren’t louder than the others when played through an amplifier. A pro installation of this sort of pickup can be done with bone, by routing the bottom of the saddle slot flat under simulated string tension, for those of us who prefer it. Unbleached bone, in particular, is very hard, and has a nice and natural vintage look. Bone will tend to chip and break more readily than synthetics, if the instrument falls over, or takes a hit in the right spot. Synthetics tend to wear out faster though.

Before the ban took effect, C.F. Martin & Company used ivory for its nuts and saddles. The tone produced was woodier and warmer, and not as bright as bone – often the choice for bluegrass flat-pickers. In 1973, Martin switched to plastic, and finally, in 1975, to micarta, a hard synthetic used for countertops. Gibson has pretty much always used bone throughout their history, at least on their better models, except during the infamous ‘Norlin’ years (late 1960s through mid 1980s), when this legendary company was nearly extinguished by disastrous management decisions. Quality plummeted under the stewardship of business executives who applied cost-cutting measures not suited to this industry. The guitars were heavy, and over-built, in an attempt to reduce warranty claims. This, combined with cheap, plastic nuts and saddles, and even some plastic bridges (gasp!), which were traditionally made of ebony or rosewood, was the perfect recipe for bad tone and a long-term decline in sales and market credibility. Thankfully, around 1984, some former Gibson employees, with the help of a few investors who understood this business, bought the company back and resurrected it, even taking it to new heights.

Today, both Gibson and Martin favour bone for their higher-end models, as do the majority of independent builders, many of whom see it as sacrilege to use synthetics in acoustic instrument construction. That being said, many industry heavyweights use Graph-Tech Tusq extensively; Taylor makes great-sounding guitars that are now second only to Martin in worldwide sales, bumping Gibson down to the third spot.

So which is better? You have to decide for yourself. The debate continues...

Note: Don’t forget to humidify your instrument, now that the furnace is coming on again.



## The Naked Truth: why fur is a faux pas

Gabriel Wildgen - Humane Society  
International/Canada

For the past four years, Lachute-area residents have selflessly set aside countless hours, days and weeks to volunteer at Humane Society International/Canada’s emergency animal shelter. Hundreds more have provided generous donations to care for the animals rescued from abusive situations around the province. Thousands of rescue animals who have come through our shelter have benefited from the tremendous compassion the Laurentian community has shown for them, helping them come back from lives of sickness, injury and fear.



But there is even more that people can do to help animals during the holiday season, especially when it comes to their consumer purchases.

More than two million animals in Canada, and tens of millions more around the world, suffer and die each year simply so that their fur can be used in luxury clothing and accessories that nobody needs. Typically, the fur is obtained from fur farms, which keep thousands of animals, such as minks and foxes, in tiny, barren wire cages, most often with little or no veterinary care to treat any infections or wounds. These wild animals are prevented from engaging in some of their most basic natural behaviours for their entire existence, which causes them immense psychological distress. Their short, miserable lives end before they are even a year old, when they are most commonly slaughtered by means of gassing, neck-breaking or anal electrocution.

The other source of animal fur is from trapping, which is itself inherently inhumane, and irresponsible. Animals caught in traps often suffer for hours, or even days, with their legs, necks or bodies clamped in steel or wire traps, before the trapper finally returns to finish them off. The traps also kill or injure many non-target species —including endangered animals and domestic dogs and cats.

This holiday season, you can avoid contributing to this needless suffering by refusing to buy or wear anything that has animal fur on it, and by asking your loved ones to take the same pledge. If you like the look and feel of fur but don’t want to support the cruelty that goes into making it, then you’re in luck. That’s because new technologies now enable faux-fur companies to make synthetic fur trim that looks and feels as good or better than the real thing, with none of the suffering. With so many warm, fashionable options to choose from these days, saying no to fur isn’t a sacrifice; it’s just the right thing to do.

Showing compassion towards animals is a good thing to do at any time of the year. Choosing to celebrate a fur-free holiday this year is a simple step to extend that compassion to millions of animals who feel the same pain, fear and love that other creatures do.

## News from Holy Trinity Church, Lakefield

### Christmas Baskets

A fund-raising dinner to pay for the food for the Christmas Baskets was held at the Dunany Golf Course in October and all the objectives were met; the dinner was sold out, the steaks were delicious, the music from the 1960’s and 70’s was joyous and the money needed was raised. A fun time was had by all.

### Christmas Eve Service

The Christmas Eve service will be Thursday, December 24 at 4 pm and will be accompanied by a four-voice choir of professional singers, singing both carols and sacred Christmas music. Over the course of a decade, our Christmas music has become one of the joys of our Christmas service.

### Christmas Eve Dinner

At 6 pm on Christmas Eve, a supper, open to all, will be served in the Trinity Community Centre (picture attached.) Meats, desserts and all the other delicious delicacies of a Christmas Dinner will be available free of charge, courtesy of a generous donor. Over the past years, 60 - 70 people have attended this magnificent dinner, and we expect this year to be no exception!

### Cemetery

Major work was carried out this summer to restore the cemetery, after a lapse of some years. The hedges were cut back and the ground leveled out where needed. Most important, some of the fallen headstones were put back up and secured, and the process of cleaning headstones has begun.. The grass has been well maintained and the cemetery adds significantly to the overall look of the site.

### Concert Season 2015

Three very different groups rounded out the 2015 concert season, filling the church each time. Sherman & Lee, accompanied by members of the Stephen Barry Blues Band, offered a lively evening of music and banter, MG3 put on an awesome display of guitar skills, and Katie Moore, with her angelic voice and able accompaniment, delighted those in attendance. Sponsorship from the Municipality of Gore and the MRC is much appreciated and helps to make such cultural

events possible. Part of the proceeds of the concert series goes to support Holy Trinity’s outreach projects, such as the distribution of the School Supplies, the Christmas Food Basket initiative, donations to the Gore Seniors’ Lunch program, and the administration of the Prayer Shawl Ministry.

### Church Building

Over the course of the summer, the exterior restoration work on the windows was completed, and, before Christmas, the furnace room will be insulated. Next year, we will paint the Church doors and roof - a red door and roof will always attract attention!

### Laurentian Regional Ministry

The new Laurentian Regional Ministry, composed of 10 churches between Lachute and Ste. Agathe, is now operational. The 10 churches have pooled their resources and their organization, so that there are two full-time priests: Ralph Leavitt, residing in Ste. Agathe and Nick Pang in Lachute. In conjunction with the Lay Readers and the Worship Leaders, they will provide all ministerial services to the region. Organizationally, there will be a Lay Committee that will provide oversight and vision for our future, a Communications Committee that will co-ordinate news, the Facebook page and the website in the region, a Finance Committee, which will oversee finances, and finally, a Worship Committee, which will look into bilingual services for both Holy Communion and Morning Prayer.







# Main Street Money: Ladies' Investment and Financial Education

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

## LONG-TERM HEALTH

Planning ahead can help to give you more financial flexibility.

WE ALL WANT TO LIVE long, healthy lives and enjoy a full and energetic retirement. A balanced lifestyle, including eating well and staying active, can help to achieve that goal. However, lifestyle is only one part of the story. A complete retirement plan involves considering what might happen down the road in order to be ready to face any challenges.

One of the most difficult things to predict is how healthy you will be in retirement. Statistics tell one side of the story. Between the ages of 65 and 74, 12% of seniors say they have some limitations to "functional capacity," which means their ability to manage the basic and instrumental activities of daily living. (Basic activities of daily living include walking, bathing, toileting, eating and dressing. Instrumental activities of daily living include shopping, housekeeping and food preparation.) Between the ages of 75 and 84, that number rises to 27%. At age 85 and over, it accounts for the majority – 57% of seniors.

What statistics can't say is whether you, personally, will need assistance, either at home or in a long-term care facility. They do indicate, however, the importance of appropriate planning. With your advisor, you can estimate your potential health-related costs and make arrangements to help cover them, just in case.

### Plan for potential costs

You can take steps to help ensure you will have the financial flexibility to get the care you need, if you need it.

One option is to earmark a portion of your nest egg for health care expenses. This money should be accessible without much notice, and it should not be used for any other purpose. You may want to specify that whatever is left, after you pass away, be part of your legacy to loved ones.

Another option is long-term care insurance. This insurance can help you to pay for extended care not covered by government health plans, such as accommodations in a long-term care facility, or in-home services, like nursing care, physiotherapy or meal deliveries. Types of plans vary, so work with your advisor to choose the option that makes the most sense for you and your family.

### It's all about being prepared

The fact is that health-related costs may end up being one of your biggest budget items in retirement – or they may not. What is important is to determine the best strategy for your personal situation. In other words, be prepared.

For further information regarding the topic of this article, please feel free to contact me at 514 788-4883; my mobile is 514 949-9058 or by email at Christopher.collyer@manulifesecurities.ca

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

## Amaryllis Choir

The Amaryllis choir is delighted to announce that once again Handel's "Messiah" will be performed in Vankleek Hill to celebrate the Christmas season.

George Frideric Handel was born in 1685 in Germany to a family that did not share his passion for music. Although his father forbade him to play or study any musical instrument, Handel learned and practiced music on his own. He was an organist for a reformed evangelical church before accepting a position playing violin and harpsichord for the Hamburg Opera. Although trained as a lawyer, once he secured these music positions he never returned to the law. He moved permanently to England in 1712 where he composed the score of "Messiah," inspired by the libretto of Charles Jennens.

While audiences have grown used to experiencing "Messiah" performed by choirs and orchestras of hundreds of musicians, Handel's original score was actually composed for a more modest performance. The debut in Dublin, in 1742, featured a choir of 16 men and 16 boy choristers, a few women soloists and an orchestra of strings, two trumpets and one timpani. Following his death, there were many adaptations of his original score leading to performances on a much larger scale. More recently, there has been a trend towards productions that more closely reflect what Handel had envisioned when he first composed "Messiah."

In 2013 and 2014 Amaryllis choirs delighted audiences with sold-out performances on the more grand scale. This year they will present this beautiful oratorio while more closely respecting Handel's original idea of scale. There will be one performance on Sunday, December 20 at 4 pm at Knox Presbyterian Church in Vankleek Hill. Seating is limited, tickets are by advance purchase only: \$25 for adults / free for children under 12. Available at the Scotiabank in Vankleek Hill.



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