

Walky, Wishes

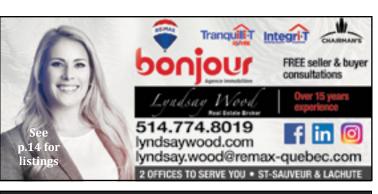
From the Main Street team



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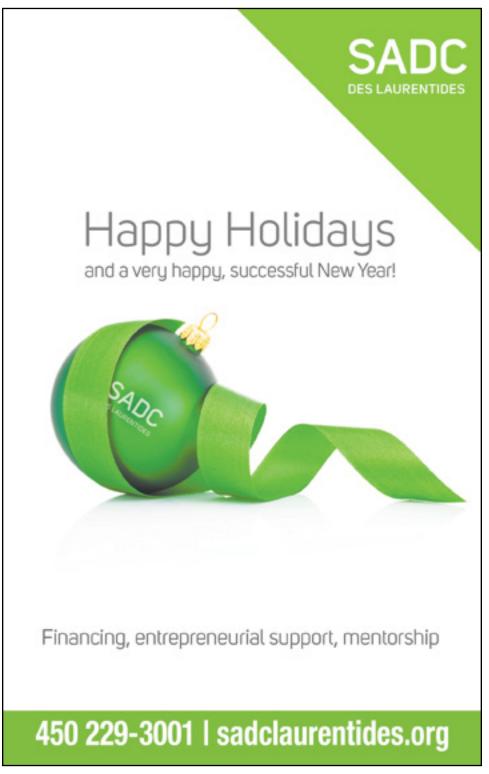














Christmas Meringue Dessert

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

Ingredients

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

Directions

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

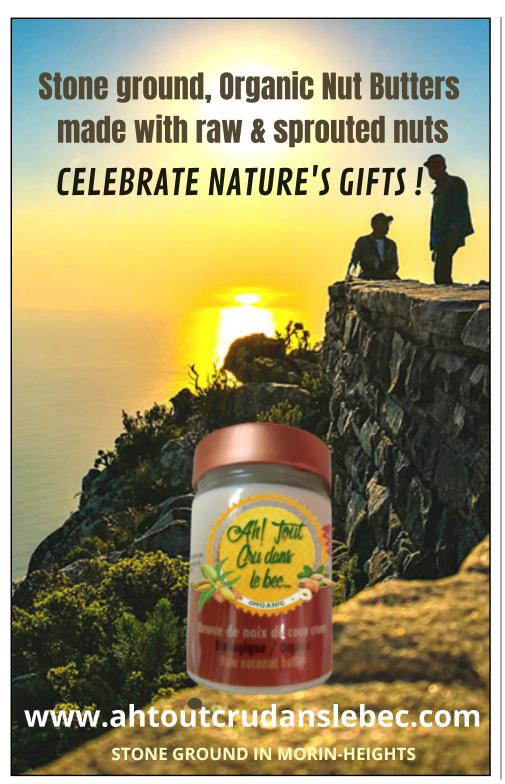
Combine egg whites, cream of tartar and salt in a bowl and whisk on medium speed until frothy, then increase the speed to medium-high and beat until thick. Gradually add the confectioners' sugar and beat until stiff, shiny peaks form.

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

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

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

Enjoy!



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

Susan MacDonald, Editor

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



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

The countdown to the New Year is also on, catching many of us reflecting over the year about to pass. The year, 2022, presented many challenges to us all. Regardless of their outcomes, they will serve well as lessons for the future. Welcome the New Year with hope, expectations, and achievable goals.

This holiday season will be what we make it, for others, and ourselves so when you are out shopping, pick up an extra item 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!

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

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





3



December 23:

January 2 and 3:

December 26 and 27:

December 28, 29 and 30: regular hours

regular hours

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Desjardins

Caisse de la Vallée

des Pays-d en-Haut





Making it Work in the Laurentians

The importance of goal-setting in your job search

Maya Khamala

As with almost anything worthwhile in life, a career search that leads you to the job you want is best accomplished through a systematic process of setting goals.

Clearly outlining your goals (i.e., in the form of career milestones), not only helps to make advancement more tangible, but it's also the best way to ensure that the choices you make are the ones that will lead to professional happiness, rather than down a divergent path. Goals are what set you in the direction of the definitive tasks you'll need to complete, as well as the motivation to see them through!

While it may seem silly to focus on goal-setting, particularly if looking for a job feels urgent, identifying your goals is sure to affect every aspect of your search: your daily job search goals, your goals for a particular interview, the way you frame your goals on your CV or professional platforms like LinkedIn and, your overall career trajectory.

Setting SMART goals

Many experts agree that the most important element of goal-setting is writing out SMART goals. SMART stands for Specific, Measurable, Achievable, Realistic, and Timely.

Specific: Your goal should be clear and specific, answering the five "Ws": What do I want to accomplish? Why is it important? Who is involved? Where is it happening? Which resources/limitations do I need to keep in mind?

Measurable: Your goal should be measurable so you can monitor your progress and stay focused and motivated. A measurable goal answers questions like: How much? How many? How will I know when I've succeeded?

Achievable: It should go without saying that your goal should be attainable. While it may test your abilities, it still needs to be possible. To examine if your goal is achievable, look at how specifically you would accomplish it, and if it is feasible based on your constraints and available resources.

Realistic: Realistic goals are closely related to achievable ones, but there is a distinction. For instance, although a goal may be technically achievable, getting there may require you to work overtime every day for six weeks straight. Such scenarios may not be realistic, particularly if you've already experienced the health effects of burnout.

Timely: Every goal requires a deadline, so you have something precise to work toward, and so your daily tasks don't totally overshadow your longer-term goals. A timely goal tends to answer these questions: When? What can I do right now? What can I do six weeks from today? What can I do six months from today?

Goals are integral to every aspect of work, life, and job searches. Linking your goals to a well-managed plan can provide a strong sense of direction, motivation, and focus, all while helping you to better articulate the importance of what you wish to accomplish. Goals work because understanding what you're working for inevitably gets you closer to your desired result!

Join us today to learn more about mapping your career goals, managing expectations, and identifying concrete priorities! Visit yesmontreal.ca for more information.







Laurentian Personality

Porfirio (René) Lopes - a special kind of butcher

Lori Leonard - Main Street

These days, it's extremely difficult to find a dedicated butcher who loves what he does, excels at his trade, takes pride in his work, and enjoys pleasing others.... Enter Porfirio Lopes! Porfirio, or "René", as he is fondly called by his patrons, is butcher at Vaillancourt's General Store, Morin Heights.

In 1972, Porfirio travelled alone to Canada from France. He arrived in Montreal, not knowing a soul. He came here as he was promised a job as butcher. Upon his arrival, the person told him he no longer needed a butcher. What was he going to do? Well, Porfirio was hungry



and noticed Étoile de l'Océan, a Portuguese restaurant nearby. The owner was also Portuguese and found René a job at Harvey's, Longueil. He worked there a couple of months, then found work as a "real butcher" at various places including Jean Talon market. He worked there with 7 fellow butchers for 17 years. French cuts were René's specialty, but paupiettes de veau, sausages, beef bavettes and steaks were also popular items. He treasured working there as the owners treated him as family.

In 1982, René married his sweetheart Carole Briggs. They have been married 49 years and have a daughter Stephanie who lives in Ste. Marguerite.

Later, René worked at other butcher shops and spent 9 years as Manager/Butcher at Da Giovanni's in Cartierville. In 2001 René and Carole opened their own butcher shop/charcuterie on Gouin Boulevard and worked there until 2007.

In 2004, they sold their home in Montreal and moved to Morin Heights as they had friends who lived there. They kept the butcher shop in Montreal and finally sold it in 2007. In February, 2007, René became butcher at Vaillancourt's. The rest is history.... Now René treats his customers like family. He is the only butcher around who still offers corned beef and supplies the Legion Morin Heights with 100 lbs of it for St. Patrick's Day. He says it used to cost \$14 per kg and is now \$28/kg. I have bought delicious corned beef there for years.

René is a Master Butcher and says "butchery is truly an art". A Master Butcher must possess an excellent knowledge of cuts of meat, provide outstanding customer care and ensure that meat is presented attractively. Not only does René master butchery, he masters languages and is fluent in Portuguese, Spanish, French, English and Italian (with a little Greek thrown in for good measure!)

When asked about the best cuts of meat, René disclosed that filet mignon is still "topnotch", then rib steaks and strip loin. René also offers a variety of tasty homemade sausages. He makes them with care, using authentic old-fashioned casing, not synthetic casing. He also offers Portuguese style chicken and confided to me that his Cornish hens are also popular.

In his spare time, René enjoys golf, biking, walking, cooking (of course!) and karate. Family time is of utmost importance. He has 4 grandchildren, 2 boys and 2 girls who he and Carole adore.

René has managed some unusual requests during his tenure at Vaillancourt's. One customer requested a 30 lb turkey. René searched hard and finally found one for him. The bird barely fit in the oven. Another customer requested a boneless turkey stuffed with pheasant, stuffed with a Cornish hen. Once again he filled this unusual request.

René disclosed that he is extremely pleased to have such wonderful customers and that it is always his pleasure to serve them. He continued, "I will serve my customers the best way possible so that each customer is served in a unique, personalized way." René, thank you for being so dedicated and for providing such excellent butcher services to our community.

Classique Jackrabbit Classic returns for the 3rd 'live' edition Parc nationale de Mont-**Tremblant** Sunday, January 22, 2023

Ski Touring with optional distances of 60 km; 40 km; 30 km and 20 km. Details and registration available at: www.inscriptionenligne.ca... click on the link for jackrabbit or call Leigh at 818-425-2154 for more information.







In the Anglosphere

Books and Beyond. Part I: Our regional libraries

Kathleen Hugessen | Penny Rose

Once upon a time, libraries contained books, encyclopedias, newspapers, periodicals and, librarians who said, "Shhhhh." Then DVDs, CDs, audiobooks and e-books were added to the list. Today, across our region, libraries great and small continue to offer the written and spoken word in a variety of formats, together with a range of activities and programs.



A superb resource for our libraries is the Réseau BIBLIO des Laurentides (RBL), located in Ste-Agathe. The RBL provides its services to more than 60 libraries in the region. It oversees interlibrary loans, which its website describes as "Free borrowing of any document available in any of the Network's libraries or even across Quebec and Canada"; and has more than 100,000 books available through book exchange (a library selects books to add to their collection for a time, then returns them and chooses a new batch). The RBL also offers staff training and tech support. On its website, you can find a listing of all the libraries it serves, including opening times and activities offered: https://www.mabiblioamoi.ca

Librarian Frances Jones of the Arundel Library says it offers English books only for adults, and French and English books for children. Adult French readers can find books in nearby Huberdeau or Montcalm. Brenda Cater, a long time library volunteer, says that the library has its own collection, due for expansion thanks to a generous \$700 donation given to several libraries by the Caisse Populaire Desjardins. It also relies on the RBL to keep new books rotating through. As with most local libraries, volunteers are always welcome.

The Gore Library recently reopened on the ground floor of the Lakefield Community Centre on Cambria. It has a small collection of French and English books, and a children's story hour at 10 am on Saturdays. It is also open on Tuesdays from 6 pm to 8 pm, and on Thursdays from 11 am to 1 pm.

Morin Heights Library has a collection that is about 50% English-language books, according to Sandrine Gamache, head librarian and coordinator. Gamache says there is a story hour for children at 10:30 am on Saturdays, and on Wednesdays for the children in the Val des Neiges daycare just down the street.

The Samuel-Ouimet Library in the Ville de Mont-Tremblant has quite extensive offerings for adults. For children, there is an English story hour with Tina roughly once a month, board games, a colouring table and puzzles.

There are other ways to get your written (or spoken) word "fix". If you live in an area where there are book boxes—little houses on stilts, usually—you'll find books inside. The operating principle is: take one, leave one.

Book clubs have members read a book over a designated period, usually a month, and then get together to discuss. Problems can arise in finding enough copies of a given book for the group. French groups get around this by having members each read a different book. Another issue is size—too many members make meetings and discussions cumbersome. If you'd like to join a book club and there is none in your area they are full, it's easy enough to start one.

And do, please, think about volunteering at your local library.

Best Gift Wrapping Ideas

Tea Towel Wrap

Choose a gift wrap idea that also doubles as a gift a tea towel. Bundle a bottle of wine, olive oil or balsamic vinegar for a present that will go straight to the kitchen.



Baked Goods Boxes

Use empty cardboard boxes from rolls of parchment paper, aluminum or plastic wrap. Paint them with festive colours and designs for decorative baked good gift boxes or other food gift ideas.

Silver Designs

Wrap your gift in plain brown paper and use a silver pen to add details. Draw holiday shapes, snowflakes or simple lines to add a personal touch to your package.

Choose solid-coloured paper and add sprigs of evergreen branches, pine cones or holly twigs secured with decorative cord or twine. You can incorporate the outdoors without defaulting to holly and pine trees, too. Preserved moss, wheat and thistles also add an earthy element, and their color looks great against neutral gold and silver paper.

Cookie Tags

Bake up a batch of tasty gingerbread cookies making sure to leave a small hole for attaching and pipe on your gift recipient's name. Attach the cookie to present with colourful ribbon or twine.

Peppermint Sleds

For small gifts, use 2 candy canes as sled runners beneath a wrapped box to enhance your gift.

Arundel News

Janet Thomas

ARUNDEL CHRISTMAS MARKET Sat & Sun, Dec 10 &11: 11 am - 4 pm 115 Crystal Falls Road, Rte. 327

Need a Christmas gift or something tasty for the holidays? You will find it at the Arundel Christmas Market. Beautiful hand-made treasures along with delicious homemade goodies are yours for the taking. Sixteen vendors will convene each day inside the greenhouse at Bettina and Pascal's farm on the road to Mont Tremblant. Enjoy the live music while you select something special.

ARUNDEL CHRISTMAS CELEBRATIONS Sat, Dec 10: 11 am Beaven Creek Park

Come celebrate Christmas at the Beaven Creek Park! Help us to make decorations for the Christmas tree, meet Santa Claus and the Star Fairy, play some games and have your face painted; all this fun and more set to the beat of live music. Feast on a bowl of chili washed down with a cup of hot chocolate or mulled wine, then toast marshmallows over the bonfire. This community fun event should not be missed! Come share the festive spirit.

ARUNDEL ELEMENTARY SCHOOL STUDENTS SING CHRISTMAS SONGS

Tues, Dec.13: 10:45 am - 11:30 am **Arundel United Church**

Join us for a delightful Christmas concert presented by the students of the Arundel Elementary School under the direction of teacher Susan Cunningham. The children will sing popular and traditional Christmas music. After the concert, please stay for a light lunch of hearty soup and buns. There is no charge for admission or for lunch but donations are gratefully accepted.

MONTCALM COMMUNITY CHRISTMAS DINNER Fri, Dec 16: 11:30 am

Montcalm Community Centre

A traditional Christmas turkey dinner with all the fixings will be served to seniors over age 55. \$10 per person. This is a popular event. You need to reserve a place by calling 819-681-3383 ext. 5811.

A THOUGHT FOR THE NEW YEAR

"Love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and, optimistic. And we can change the world." - Jack Layton











About Sainte-Adèle

Chris Lance - Main Street

There is an action, seeking \$15 million in punitive damages, against some CHSLDs in

the Laurentians, by 5 families seeking \$3 million each during the initial 2020

COVID pandemic era sighting "deplorable" conditions at various CHSLDs. The action is against la Maison Wilfrid-Grignon in Saint-Adèle, le Groupe Sante Arbec, CHSLD Pavillon Philippe-Lapointe in Sainte-Agathe, the CISSS des Laurentides and the Quebec Government. The families are also seeking changes in living conditions at Quebec CHSLDs.

A group, LIVE Immobilier, has approached townhall with a project of building 82 horizontal triplexes on a 5.7 million square foot forested area bounded by Seraphin Street and wedged between Autoroute 15 and Route 117. The builders of the 246 household project have hopes of developing over 5 years, with the first stage expected to be completed by autumn 2023. The concept of this development was initially approved by City Council in September. The promoter and spokesperson, Alexandre Blanchard, envisioned 85% of the forested land will be preserved as is and has been in discussion with our town planners. The promoter has also had discussions with Plein Air Sainte-Adèle. The space preserved as a park will contain a network of paths open to all. When it comes to the development of the trails, this will be in collaboration with PASA. Nevertheless, the promoters of the project still have to get the okay to start digging through the forest. Hopefully, these housing units are not the beginning of similar developments that we see in Mirabel – miles of endless cloning of the same model unit.

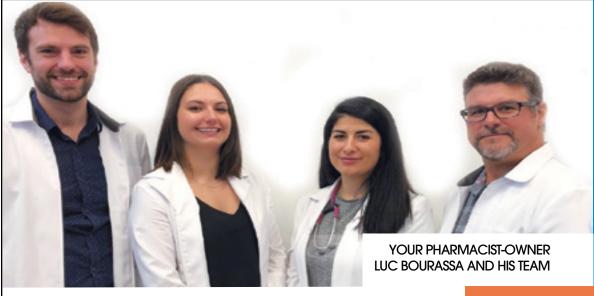
Our Centre Sportif Pays-d'en-Haut is off to a splashing start. Lots of new members: registration for swimming lessons started on December 4, so you might want to do that online or in person. The programs start January 9 to March 19; a 10-week program and, January 9 to April 2; a 12-week program.

The snow is here and ski centers are up and running with a few hills open. Sauveur, Mont Habitant and Tremblant have been partially running since November 26. You can't skate on water, but you might get out on the X-country trails, the P'tit Train du Nord or the Corridor. There is a shortage of snow so sticks on the trail will cross you up. Take a walk in the woods anyway on the trails that are open to the public and try to respect the land and forest that belong to private landowners by staying off their land.

The 4:30 pm nights have started now and the Christmas displays in the neighborhood are beginning to light up. I saw Christmas trees for sale over at the Metro, so it looks like a "go" for family gatherings this season. Keep masking to avoid the flu, RSV or COVID. I must admit every time I hear a throaty deep cough in a lunch-time or breakfast restaurant, I cringe thinking, where is my mask and why are people not staying at home with that cough or, not wearing a mask? The CAQ message says you can go out in public, even with COVID, so it's up to us to police our symptoms and act accordingly.

The good news is, if you are reading this column you are still with us and, hopefully will enjoy this Christmas season with friends and family.

All the best to you, stay healthy and spread good cheer towards your neighbours, friends and family. Merry Christmas and hope you have a great 2023.





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the Laurentian community at large.

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AJRQ ISSN 1718-0457 MAIN STREET **II**



Lost man rescued by Sûreté du Québec

On October 30, police officers from the Sûreté du Québec, from the MRC Pays-d'en-Haut station, were informed around 11 pm that a 67-year-old person was lost in the forest in the Wentworth-Nord sector. Quickly, several police officers went to the residence of the person in order to carry out the first steps of investigation.

The man had gone on a "fatbike" in the area. Following foot patrols in different areas, officers Duchesne and Morneau heard responses to their calls in the wooded area connected to the cross-country ski trail, near 400 ch Jackson in Morin-Heights. They walked almost a kilometer in the woods when they located the man lying on the ground, drenched, shivering and dressed very scantily for this 4 degree Celsius temperature. He had abandoned his bike a few kilometers away.

Officers then brought him back to the patrol vehicle and took care to warm him up with emergency blankets and brought him a bottle of water and some snacks to rehydrate him.

The collection of clues and investigation techniques (location of hiking sectors by the ALLTRAIL Application) and the rapid deployment of resources were part of the success of this intervention. His son-in-law, who assisted in the localization process, was very happy with the turn of events. The teamwork and leadership of the relief sergeant made it possible to save the lost man lost who would most likely be in very bad shape or worse without this rapid intervention by the police and the Wentworth-Nord fire department.



Photo: Lieutenant Alexandre Boucher from the MRC Pays d'en Haut station, agent Alex Duchesne and agent Cédric Morneau who received certificates of merit for their rapid response and professionalism

Grants for Historic Laurentians cemetery announced by QAHN

The Quebec Anglophone Heritage Network (QAHN), with funding from the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA), has partnered with a Montreal-based heritage organization with roots in the Lower Laurentians, to support its conservation and heritage research project.

The Canadian Irish Migration Preservation Network's (CIMPN) project called "The St-Columban Cemetery and Restoration Project," has received funding to preserve and maintain the historical integrity of the St. Columban Cemetery, in the Lower Laurentians.

The CIMPN is a not-for-profit Irish historical collaborative association dedicated to the preservation, conservation and promotion of Irish heritage within the Irish diaspora. One of the main objectives of the CIMPN is the preservation and protection of Canadian Irish burial grounds. "These are our living history books, our primary sources of the lives of individuals, of families and communities from the past," said spokesperson Laurie McKeown.

The CIMPN has taken over the restoration project at the old St. Columban cemetery and this new funding will allow the CIMPN to clean and repair existing headstones and to chronicle and preserve the names and narratives of those buried there. One key aspect of the project will be to locate the earliest graves and to identify the Irish people who are buried in this graveyard by connecting the stones to the records and histories of these pre-famine Irish migrants to Quebec. Many of the oldest headstones were removed and along with the lack of church records, many of the graves are not marked. With the technology of Ground Penetrating Radar along with local documentation, the hope is to locate unmarked graves. Through research, the CIMPN can then create an interactive map of the cemetery and create a genealogical profile of the early Irish families.

McKeown explained that the project could become the model for the restoration and documentation of other Irish cemeteries throughout Quebec and Canada. "Our past is an inheritance, a past that is bequeathed to us," she said "and we feel that we are obligated to protect and preserve it for our future generations."

QAHN's Belonging and Identity in English-speaking Quebec project will support the development of the heritage organization's project until the spring of 2023. "This is the third year that QAHN has partnered with local heritage organizations to support projects and activities that engage and connect Quebec's diverse Anglophone population across the province," said Heather Darch, director of QAHN's Belonging and Identity project. "This SRQEA-funded initiative is enabling us to provide grants of up to \$5,000 to heritage and cultural organizations that are core organizational members of our Network."

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to

Valérie Savage, who recently opened the new restaurant Miel et So'ya, 92 ave. de la Gare, St. Sauveur. This new resto opened in August 2022 and is located beside Luna Rossa Pizzeria. Miel et So'ya offers a variety of Asian foods including delicious egg rolls, spring rolls, chicken/shrimp dumplings, ceviche, nori tacos and grilled veggies. Other specialty dishes include grilled king oyster mushrooms, crispy cauliflower, crispy tofu and kimchi. Tasty Ramen and Korean bowls and sandwiches are also on the menu.



If you would like to have your food delivered, please contact Livro for delivery. Best of luck Valerie! 450 227-3340 / Facebook: MieletSova, mieletsova.com.

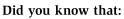
Charline Vaillancourt Bergeron, owner and founder of Boutique Vert Piqué, 453 chemin Pierre-Péladeau, Ste. Adèle. Previously an elementary school teacher, Charline decided to follow her passion to create and sew quilts. Charline met other artists in the region and found this space to set up a studio as it offered many opportunities to bring the community together, exchange knowledge and promote crafts. There is a veranda out back where artists can tinker and create their own artwork. It is a wonderful place to meet other like-minded creative individuals. Crafts and wellness workshops are popular.



Charline has offered 2 different watercolor workshops as well as classes to learn macramé, crocheting (carpet technique) and Brazilian bracelets. Other classes include reiki, hypnosis discovery sessions, dream catcher creations, soap and shampoo creation. Quilting classes will be available soon. To date, classes have been offered in French only, but Charline is open to teach in English also. She is currently seeking craft trainers/teachers to help provide workshops. For now, Charline is focused on selling artisans' creations. However, when you attend a workshop, you leave with your creation and materials to continue your own learning at home. Open Tuesday and Wednesday, 10 am to 5 pm, Thursday and Friday 10 am to 5:30 pm, and Saturday 10 am to 4 pm. Wishing you much luck Charline! 514 692-9643 / Facebook: Vert Piqué / Instagram: vertpique.boutique

Congratulations to:

Tom Fermanian and his family who are celebrating the 75th anniversary of Cinema Pine, Ste. Adèle. Quite a landmark! Congratulations Tom and family. We wish you many more years of cinema success!



Mélissa Bédard, certified Physiotherapist who works at Action Sports Physio Piedmont, 692 chemin Avila, #201. Piedmont specializes in perineal physiotherapy? This means that Melissa helps people who are experiencing uncomfortable symptoms from urinary incontinence. Other specialty areas that Melissa helps her clients with are painful sexual relations, issues related to a fallen bladder (cystocele), a small intestine (enterocele) or a fallen rectum (rectocele). Melissa also assists pregnant women during pre-partum to post-partum problems. Her office operates Monday through Friday and opens at 8 am. See website for closing hours as they differ each day. For more info, call 450 227-0778, or see actionsportphysio.com.





Ho, ho, ho! I would like to take this opportunity to wish everyone a Merry Christmas and all the best for 2023!



Cancer Support Group Holiday Gathering Dec 10

The next monthly meeting of the Laurentian Region Cancer Support Group will be an informal holiday gathering set for Saturday, December 10 at 1 pm at Chalet Bellevue, Morin Heights.

Here is a great chance to mix and mingle in-person while sharing some refreshments. Option also to "drop in" via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place for our December gathering or to receive the Zoom link, or to receive more information about this non-profit peer support group, call 450-226-3641 or email cancer.laurentia@yahoo.ca.







■ MAIN STREET December 2022 main.street@xplornet.ca





4korners

4Korners brings community together to celebrate early childhood

Jude Hussain

4Korners mixed fun with learning for kids during Early Childhood Week, November 14 to November 20 – a week dedicated to the lives and rights of children of all backgrounds. To kick it off, 4Korners partnered with Educazoo to host a petting zoo for young children. Educazoo showcased a chinchilla, a dove, a snake, a rat and some stick bugs to the young audience. The presentation of these unique



animals inspired the attendees' curiosity and fired their imaginations, filling up the room with young smiles and laughter.

There are approximately 38,000 children aged five and under in the Laurentian region, comprising six per cent of the region's population. 4Korners is passionate about ensuring positive connections and creative activities that strengthen Laurentian culture and community for children and families.

On November 15, 4Korners was part of an organizing committee that coordinated a large-scale assembly and discussion forum at the Place des Citoyens in Sainte-Adèle. Aligned with the spirit of Early Childhood Week, this gathering united municipalities and communities toward the common cause of improving the lives of children. Over 100 peoples - community, school, municipal, recreational, health and social services representatives – attended the event. Attendees made important connections and strategized on how children and families may continue to benefit from the support of community resources going into the future.

Outside of Early Childhood Week, 4Korners' mission continues to focus on helping young children and their families. 4Korners' Individual, Family and Youth programs offer a wide variety of classes and events to benefit children and their families. For example, Baby Sensory is a 4K program that gives newer parents a chance to get out and meet other moms and dads. New parents can share experiences and learn easy activities to do for their babies to help with early-age development. The Community Kitchen program is another great initiative appreciated by parents with young children. Parents can come and learn how to cook efficient and delicious meals while their children play near by. Families can cook meals that can last the week, while their children have fun by connecting and making friends with other kids. The recipes the parents create and the friendships the children make at Community Kitchen are things that may last a lifetime.

These are just two of the many Individual, Family and Youth programs that 4Korners offers with the goal of helping children and their families. For a full list of 4K activities, visit our website at 4korners.org/programs or follow us on Facebook www.facebook.com/4KornersCenter under the Events tab. Registration is currently open for Baby Sensory, Community Kitchen, and many other activities. To register, email info@4korners.org or call 1-888-974-3940|450-974-3940 ext.601.

Mulled Wine

Ingredients

- 1 (750-ml.) bottle red wine
- 1 orange, sliced into rounds, plus more for garnish
- 6 whole cloves
- 3 cinnamon sticks, plus more for garnish
- 3 star anise
 - 1/4 c. honey
- 1/2 c. brandy

Directions

Step 1: In a medium saucepan over medium heat, combine all ingredients. Bring to a simmer not a boil, then reduce heat to medium-low. Simmer gently over low heat for 10 minutes.

Step 2: Serve warm and garnish with more citrus slices and cinnamon sticks.



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SPECIAL YOGA CLASSES

Santovas Foundation offers free, trauma-sensitive, mindfulness-based programs on a weekly, ongoing basis to youth in the Laurentians at government facilities, schools, and community service locations. If you would like more information, visit our website www.santovas. org or email us at info@santovas.org You can also follow us on social media @santovasfondation on Instagram and Fondation Santovas Foundation on Facebook.



L'Art en Fête 2022 Until 24 Dec

Visit this exciting virtual art exhibition on www. AteliersMuz.com and discover beautiful artworks by talented artists and artisans from the Laurentians and the surrounding regions at affordable prices! This holiday season delight someone special with a gift of ART and support local artists and artisans!





MUSIC CIRCLE

Morin Heights Legion, Branch #171, 127 rue Watchorn Sun, Dec 18: 2:30 - 6 pm

Calling all musicians for a music circle, a venue where we can play, listen & celebrate life. Music menu would be folk, blues, pop, bluegrass and country. For more information and to confirm your attendance please call 514 942-2284.







ROYAL CANADIAN LEGION LA LÉGION ROYALE CANADIENNE



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

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MORIN-HEIGHTS BRANCH 171 Open Wed – Sat: 3 pm – 6pm 127, Rue Watchorn, (450-226-2213)



The music scene in Arundel

What is happening on the music scene in Arundel these days? Lots of magic! This summer, the music scene blossomed from the Saturday market into Sunday 6-hour garden parties and now has taken up winter quarters at the Arundel legion every other Thursday evening.

A strange hybrid of jam sessions and open mic have attracted up to 20 musicians, all taking turns to play or, more often, simply joining in together for a "rag-tag" sing-along. Jazz, blues, folk, country and old time rock 'n roll all get their moment in the spotlight depending on who shows up for the evening. Somehow, the chaos all comes together to create a flow that captures perfectly the true original feeling of a community jam sing-along.

The last couple of weeks have seen people dancing in the legion; sometimes country line dancing, or, good old-fashioned rock and roll depending on where the music goes on any particular evening. The magic hits a high note when the seasoned pros lend their experience to a simple 3-chord folk song; one everyone knows the next line to.

The fun at the Arundel legion will continue through winter until the weather allows for us all to be outside again for the garden parties at the P'tit Folies, on the corner of "Downtown Arundel".

Keep an eye out for the "January Blues" event at the legion as well as the Leonard Cohen/Cat Steven's tribute performance at the United Church in February.

Come join us and bring your bagpipes or flute, all are welcome".

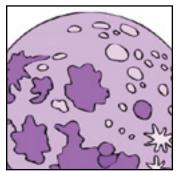


Historical awards at Morin Heights

Three of Morin Heights' best-known citizens were honoured by the Morin Heights Historical Association at a gala dinner on November 4. Lifetime Achievement awards went to Barbara Brown Traill, Shirley Dey Captain and, Chief Ernie Woods, for the years 2020, 2021 and 2022. (The two earlier ceremonies were postponed due to COVID restrictions.) All three are descendants of the earliest settlers in Morin Heights. Barbara and Shirley, amongst many achievements, were important organizers of the association, formed in 1997. Ernie was the town's well-loved chief of police for over 30 years.



Photo: left to right: MHHA president Doug Simon, honouree Shirley Captain, director James Jackson, Chief Ernie Woods, Mayor Tim Watchorn, town Councillor Leigh McLeod, honouree Barbara Traill, and MHHA director Don Stewart.



Zach Factor

The solstice womb: Newgrange

Lys Chisholm & Marcus Nerenberg - Main Street

As the Winter Solstice approaches, Wednesday, Dec 21, pilgrims, astronomers and tourists will gather again at the UNESCO World Heritage Site called Newgrange, in the County Meath, Ireland. They come to witness the ancient phenomenon of the birth of the new year and the 'Return of the Light'. Surely as we string our little decorative multicolor holiday lights in weak defiance to the growing darkness each day, we look to the spectacular moment that we can know, if not see, that the Sun's strength will begin to return to our Northern lands.

In ancient times, the Solstice was a sacred moment. The mystical power of the heavens and, its connections to human life on the mundane level, were honored events, which affirmed our connection to the Divine. The light of the returning Sun brought hope to farmers and hope to souls who had yet to endure the harshest part of winter. It became cause for great celebration, so seared into our consciousness that early Roman Popes could not compete. The birth of Jesus, which many scholars believe happened in March, was the lambing season in Israel reflected in biblical pageant with shepherds, and lambs. Around 5 AD, we astronomically ushered in the 2000-year 'Age of Pisces', symbolized by the fishes and loaves, the emblems of the Christian era. Christ's birth aligned with The Pisces-Virgo axis, not the Capricorn-Cancer axis of the Zodiac. Around Constantine's conversion, religious authorities also converted the celebration of the popular Winter Solstice, the return of light, to the birth of the "Lord of Light".

Newgrange was uncovered in the 1600's but excavated around 1967. Lying northwest of Dublin, along with several other earthen mounds and complex stone structures, it is at least 5200 years old. Newgrange is linked with a pre-Celtic mysterious people known as the Tuatha de Dannon. The classical interpretation has been that these earthen mounds were tombs of leaders or high-ranking priests. Recent studies show Newgrange has very precise astronomical alignments. Each Winter Solstice, at dawn, light from the rising sun enters a rectangular opening above the entrance, travels down the long 19m corridor through this massive 1-acre circular structure and, lights up the spiral symbols carved at the farthest wall of the sanctuary. It is an amazing amount of precision work to catch the light of one sunrise each year for a few minutes.

Most of the stones used in the construction are megalithic, originally thought to have come from the nearby river Brú na Bóinne but with modern geological science we are aware they came from much further away. These massive stones were moved, perhaps with methods we are just rediscovering, such as acoustic levitation.

Yet Newgrange and its sister mounds hold many more functions apart from the obvious use to mark the Winter Solstice. It has a mythology that takes us to a time before time; The Tuatha de Dannon famously came to the land of Eyre to find prehistoric or ice age survivors. They taught these primitive humans how to grow food, how to work and smelt metals. They were a race believed to have come from Attica, near Greece with advanced astronomical knowledge, construction techniques and art all evident at Newgrange.

With the help of computers, archeoastronomers are not only able to see when these puzzling builders erected Newgrange, but perhaps why. Archeoastronomer Frank Prendergast states that Newgrange also functioned as a calendar. These ancients followed the rising of Sirius, the 8-year cycle of Venus, as well as lunar and solar eclipses and it has been recently calculated that the builders also marked the summer 'standstill' of the star Deneb in the constellation of Cygnus, the Swan, an event that happens only every few centuries!

Later, astronomers in Persia recorded observations of Deneb. One modern interpretation is that the nova that took place in the Constellation of Cygnus in 5 AD conjoined the strong light of Deneb at the feet of the Northern Cross and was in essence, the famous "Christmas Star" observed by the visiting wisemen of biblical renown.

The Tuatha de Dannon mysteriously disappeared. Some say they still live in Ireland in a parallel dimension called the 'Land of the Mists', the home of wizards, fairies, and elves. This land is also the source of many unexplainable events, myths, and children's fables from which we still draw inspiration. This too is the homeland of the fabled Elvin man who rides the jingly sleigh with reindeer and leaves Solstice gifts for children.

Happy Holidays Zachians!



An aerial view of the 5200 year-old megalithic earthen work called Newgrange. Advances in computer technology are making more discoveries about its function as a stellar observatory suggesting the builders were far from primitive. Photo credit: https://www.authenticvacations.com/newgrange-20-intriguing-facts You can follow more about the Newgrange spiral symbols here: https://www.youtube.com/watch?v=5Rz9dC_U5lo



The Story Behind

A Conversation at Intermission

Joseph Graham - Main Street joseph@ballyhoo.ca

Sheila and I were at the Theatre Morin Heights play and, arriving early, we found a table right up-front – a table for four. Who would join us? We remarked that, while we knew a lot of people doing the organizing, there were few other familiar faces. Soon, though, we were joined by the two other members of the audience that we knew best, Shirley Adelson and Brenda Burridge. The play, **Perfect Timing** by Kristi Kane, was a romp, just entertainment, with nothing to think about after. Adding to the humour of the playwright's craft, the play featured some local talent, retired or close to it, portraying much younger people in a comedy of romantic misunderstanding. There were two notable young actors too, portraying women in their late teens and early twenties. Both were naturals, but astonishingly, they were also portraying ages that were not their own: They were both 14. The story's throw-away lines and the acting made it all work.

It is relaxing to go to a show for the pure entertainment of it, without any other agenda. Somehow, though, one always takes something away from such an event, and for us that day it was conversations during the intermission. Sheila got things going looking for Adelson family news. Sheila has known the Adelsons since her high school days.

The conversation touched on our son's return from England, where he had lived for 18 years, and some of his impressions. Shirley mentioned her arrival in Canada, also from England. Brenda knew Shirley had come from England, but Sheila was taken by surprise and asked her when she came.

"It was 1939 or 1940. I was nine years old and we came on a ship, part of a convoy, just after the declaration of war with Germany." This was significant to me. I know people do not like to see themselves as a part of history, but I was suddenly listening with greater intensity. The ship, I learned, was filled with children and some parents, evacuated from Great Britain to Canada for their protection.

In September 1939, the Duchess of Atholl brought 997 passengers here from Britain, before being commandeered the next year for the transport of Canadian troops to England, and it certainly did not return empty. In the face of the war, the spirit of cooperation was so great that, shortly after their arrival in Montreal, another family offered Shirley's family their own house in Outremont for the summer months, while they went away to the country.

Brenda mentioned that her grandfather, the captain of some of the earliest icebreakers, came out of retirement at the beginning of the war to advise the navy on navigating in the North Atlantic. He was Captain John O'Hearn, with many stories to tell, passed on to her family, about the early icebreakers. For example, in the earliest days, icebreaking on parts of the St. Lawrence had to wait until farmers had finished transporting their produce across the river on the same ice that the ships broke.

What fascinated me was seeing that these two women's families were connected through international events well before they ever met. We rarely think about these things while they are happening, but they are etched into our history, recoverable to eventually give events life again. You rarely know that something you are living will prove significant to future generations. Listening to Shirley, Brenda and Sheila talk, I could see those times, how knowledge was being shared and where it wasn't. Shirley and Brenda both have a deep awareness of those events, Shirley because she lived them and Brenda through the stories of her family's service to the military. Everyone alive in Canada at that time was affected by the war, lived in that reality and saw their lives change. Aside from her grandfather, Brenda had two uncles who served. Shirley's own father served with the RAF, and one of her uncles was transferred to Canada as a flight instructor.

War was something every young man assumed he would experience first-hand. In the 1800s and earlier, there was a pride, a sense of honour in that. My great-grandfather served in 1885, and his record shows how celebrated the soldiers were, and describes the efforts his leader, General Strange, and their opponent, Big Bear's young chiefs, took to assure that no-one was hurt unnecessarily. Upon the company's return, there was a fanfare and celebration. Yes, there are vicious wars, but not all wars were vicious.

Then came World War One, the first industrialized, mechanized war. People still volunteered to serve with pride and honour – my own grandfather served on horseback. They were celebrated as heroes upon their departure, but many returned broken, disillusioned and often abandoned by their own society. Even so, the pride of service still was apparent when World War Two began, and again people volunteered. My own father served, also in aviation, but he died when I was a child. When I was a young man, I asked an elderly neighbour what military service had been like. Others I had asked just went silent. After a moment of nervous reflection he said, "When your war starts, join up fast so you can learn how to survive."

Shirley's father, Joseph Bender, already in his mid-thirties at the outbreak of the war, fought the Battle of Britain as a firefighter and later joined the air force as a navigator. He flew 33 missions and was more than ready for retirement when he was called up for one last mission at the time of D-Day. That close to the end, he died when his plane was shot down. He was buried in the Netherlands. Brenda's grandfather, in his retirement, advised the naval convoys crossing the North Atlantic, contracting pneumonia while at sea. He was flown home from Greenland, but he did not survive the flight.

A play may entertain you, but stick around for the intermission.

Special thanks to Shirley Adelson and Brenda Burridge



Garden Talk Houseplants in their natural habitat

June Angus - Main Street

Many years ago while visiting Barbados, I was astonished to see an 8-foot tall hedge growing along the side of the road with brilliant red blooms or leaves that strongly resembled Christmas poinsettias. It turned out that's exactly what it was – a poinsettia hedge.

The traditional potted plant version, popular at this time of year, is merely a small rooted cutting of this plant. But as I saw in Barbados, a poinsettia can develop into a full-grown tree given the right conditions. The poinsettia hedge got some direct sun, but the row of palms growing in the background provided shelter from the wind and diffused the light for most of the day.



We need to apply the same principles for a poinsettia at home. Place it near a bright window out of direct sunlight and away from drafts. Water it thoroughly when the surface soil is dry to the touch.

Like poinsettias, many of our common houseplants are actually tropicals. I am always amazed while travelling in different climactic zones to see specimens of familiar houseplants growing outdoors in their natural habitat year round. A closer look shows us the conditions we need to imitate to help our houseplants thrive indoors.

For example, a favourite hanging houseplant technically called "Tradescantia zebrina" or silver inch plant is a fleshy-leaved creeping plant with attractive zebrapatterned leaves. It is native to Mexico, Central America, and Colombia and some Caribbean islands where it grows as a ground cover. The plant needs a lot of light to maintain its bright purple, green and white striped foliage, but direct sun will burn it. At home, an east- or west-facing window is best. Note that this plant used to be commonly referred to as "Wandering Jew" but that has been adapted in recent years to become "wandering dude."

Pothos, native to India, China, Japan, Australia, and Indonesia, does well as a houseplant when given the right carae. This vining plant has lush green leaves with variegated white markings. In the wild, it attaches itself to trees and branches through aerial roots, but can grow as a groundcover too. Either way it is protected from strong, direct sunlight by surrounding trees. In the home environment, Pothos plants thrive in bright, indirect light but will tolerate medium to low indirect light such as in a north-facing window. Direct sun will burn and brown its leaves. Providing a small trellis will satisfy the Pothos's urge to climb.

Philodendron is one of the most popular houseplants because it is extremely tolerant and durable in a variety of environments. It hails from the tropical jungles of the Americas and West Indies, where its leaves can grow incredibly large. While a philodendron will tolerate low light as a houseplant, it prefers medium light and adores humidity. Regularly spritz the leaves of your houseplant with water, and it will grow lush, shiny foliage. It loves to climb trees and walls so makes an ideal hanging plant.

Sansevieria, also known as snake plant or mother-in-law's tongue, is native to West and Southern Africa. It has striking, tall, slim, sturdy foliage with variegated markings and grows in the wild under fairly dry conditions. It's a great houseplant for beginners because it tolerates everything from direct sun to low light and irregular access to water, This also makes the plant ideal in offices and other indoor public spaces such as hotel lobbies.

The plants mentioned here are but a small sample of the tropical plants we invite into our homes. Checking out how they thrive in their natural habitat goes a long way towards figuring out how to treat them as houseplants.

By the way, your seasonal poinsettia can easily thrive and survive this winter indoors. By next spring it will be ready for a vacation on your patio or deck. Just remember to bring it back indoors next fall before the first frost. Happy Holidays!



Word Play Nest, nesting, nestle

Louise Bloom - louisebloom@me.com

It's Sunday evening and the sky is darkened at 4:50, a tiny splash of orange, a winter flare, is sinking low on the horizon. The wailing wind is sounding its call, having joyfully played lifting snow squalls all day. Winter is fully upon us, and fireside reading beckons in the nest. The inviting warmth of the indoors speaks of a safe and attractive escape from the frigid landscape.

Winter is, or seems to be, somewhat interminable here in the Laurentians. It is here in the nest that we winter over, where we must thrive and survive, where we are challenged to build our activity and keep ourselves patiently content. Following my previous article about ways to care for our mental well-being, I turn to the possibilities of lifting our spirits while confined to the nest.

Nesting is akin to hibernation, a time of descent and rest. As the year comes to a close, we consider the fatigue in our limbs and, our minds.

I think about nesting as the act of preparing and inhabiting. I like to hold a vision of the robins in summer, sitting with infinite patience on their nest. I think of this cold and sometimes hostile period as an opportunity to go inward, to enjoy the luxury of the unfettered imagination. Can we awaken our creative spirit during the quiet and internal time known as winter? What may we bring forth? I suggest this as more of a mind-set, and less of a challenge to be spectacular. Small, creative efforts can be extremely satisfying.

The nesting period gives us an opportunity to attend to the living space itself, improving our surroundings, by organizing drawers, moving furniture, perhaps changing the artwork. We can ritualize preparation for winter, switching up the environment to serve the season. We have moments to remember others in their nests whom we have lost touch with, bringing them to mind and heart. How are they faring? Would they not enjoy a call or a visit?

Added to the familiar advent of the winter season, for many, there is the traumaladen memory of the pandemic, which still hangs on here and there in many parts of the country. Isolation and loneliness for those who are less mobile, or aging, is a real threat, exacerbated by weather's restrictions and the less social climate. It is time to nestle.

According to the Oxford dictionary, to nestle is "to sit or lie down in a nice warm place, to hold someone in a nice soft place, or to be located in a position that is protected, sheltered or partly hidden". Nestling with a pet or a person offers the benefits of physical contact. We might forget that physical contact is as important as eating and sleeping. It is a sacred expression of loving kindness that we might remember to give ourselves. How?

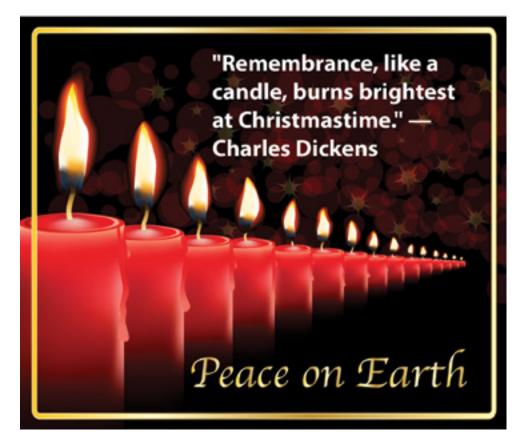
Those who live alone might hug and receive hugs from their friends at every opportunity. As one friend reminded me, sitting close on the couch, bodies touching, allows one to experience the warmth of other beings, an act of grounding that is required by all humans for optimal survival. Interpersonal touch is a fundamental but undervalued aspect of human nature.

In closing, I would ask that you remember that at this time of the year, our culture teaches maximum avoidance; "alcohol, lights, shopping, overworking, overspending, exhaustion by celebration."

I invite you to sink comfortably into the peaceful reflective possibilities of this season of the "nest", wishing you all a very sweet time and a very warm night!

Louise Bloom is a visual artist and writer interested in the power of narrative and images to transform consciousness and awaken us to well-being.





A record-breaking number of Smiles

Restaurant owners from Mont-Tremblant are donating 100% of proceeds from sales of Smile Cookies to Fondation La Traversée this fall

Tim Hortons restaurant owners and millions of generous Canadians across the country combined broke a new Smile Cookie record by raising \$15 million for local charities across the country.

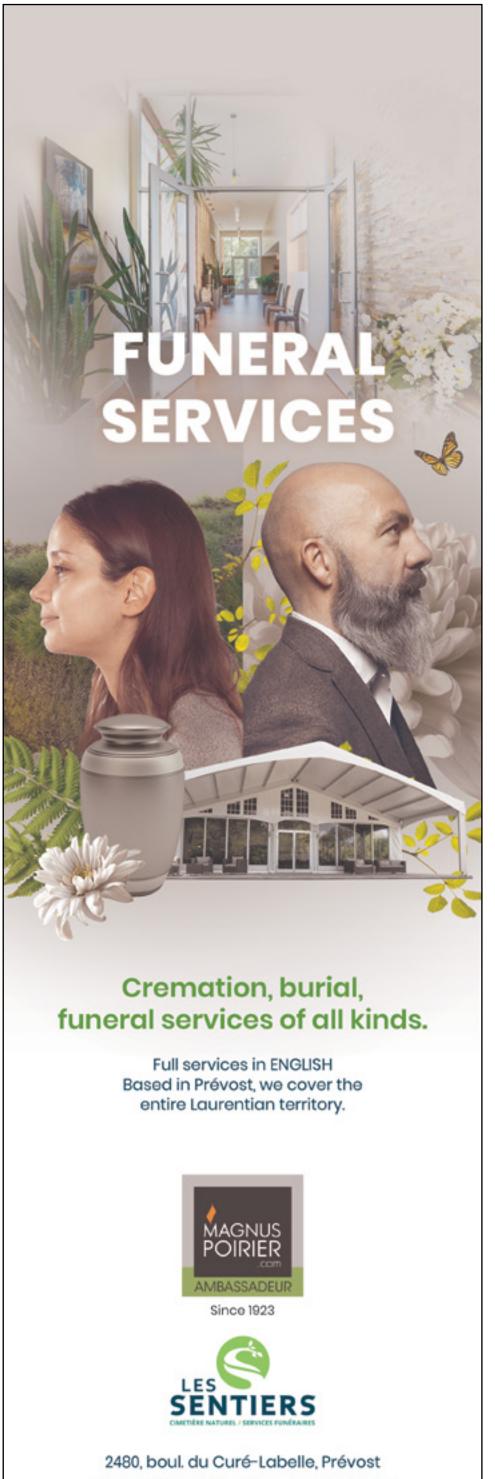
This year in Mont-Tremblant, local Tim Hortons restaurant owners ANN BRAYLEY and PETER ARZENSHEK and guests helped raise \$7644 to support Fondation La Traversée. It was a first experience with this foundation, which welcomes people at the end of their lives free of charge. With the help of volunteers from the Foundation, more than 7000 cookies were decorated and sold to the community who contributed to make this event a great success. The funds raised will be used to maintain the care and services offered to its precious clientele.

"La Traversée Foundation is extremely grateful to have been chosen by Tim Hortons Mont-Tremblant as a beneficiary of the Smile Cookie campaign. The funds raised will be carefully used to help and support our residents and their loved ones in a caring and dignified environment. "

"We were thrilled last year to set a new Smile Cookie record by raising more than \$12 million during the week-long campaign. And thanks to the dedication and passion of the Tim Hortons community, we were able to raise over \$15 million this year with 100 per cent of all proceeds donated to local charities and community groups right in your neighbourhoods," said Axel Schwan, President of Tim Hortons. Tim Hortons restaurant owners across Canada will be presenting their local charity partners with Smile Cookie cheques throughout the next month.







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Main Street Money **Investment and Financial Education**

Developed by Christopher Collyer, BA, CFP

Get organized

Ensure loved ones can find your important information in case of an emergency.

No one likes to think about it, but if something happened to you, would someone else be able to find your important documents? If you're injured - or worse you'll want a family member or an executor to be able to locate your financial and personal information, such as estate paperwork or health information, quickly and with the least amount of hassle possible.

Being prepared can help avoid potential delays or confusion during stressful times. Having important paperwork in order simplifies things for your loved ones or your executor, and can help ensure that nothing gets overlooked.

The best part is that it doesn't take much work to organize your documents. Simply creating special binders or folders and keeping it in a safe place will do the trick. You just have to make sure you tell your loved ones or your executor where they can find it.

Here's a list of information you might want to include.

Personal information (each member of your household)

Full legal name and birth date Health card number Driver's licence and passport numbers Blood type

Legal documents

Powers of attorney (including directions on how to manage your financial, health care and end of life decisions)

Banking information

Mortgage(s) Lines of credit

Investment account information

Non-registered accounts Registered Retirement Savings Plans (RRSPs) Registered retirement Income

Insurance policy contracts

Life insurance Disability insurance Critical illness insurance

Additional information

Notices of assessment for recent tax years Business documents if you own or co-own a business Real estate deeds List of jewellery, art, collectibles and other valuables

Contact information

Advisor Accountant

Storing your documents Once you've organized your

information, you'll want to keep it in a safe place. Consider the following:

Medications Allergies Health care provider contact information Other important contacts (daycare, school, specialist, in case of emergency,

Trusts Birth certificate Marriage certificate Divorce certificate

Loans Credit cards

Safety deposit box number and key

Funds (RRIFs)

Tax-Free Savings Accounts (TFSAs) Registered Education Savings Plans

Pension accounts

Long-term care insurance Health and dental insurance Home and auto insurance

List of digital assets (social media accounts, data or digital files, websites, subscriptions, etc.) *consider providing passwords to a trusted individual and/or executor

Lawyer Executor / Power of Attorney

Safety deposit box (accessible by a joint owner or executor) Filing cabinet Home safe

Christopher Collver, BA, CFP Investment Advisor, Manulife Securities Incorporated Financial Security Advisor, Manulife Securities Insurance Inc. 200 - 9800 Cavendish Boulevard Saint-Laurent, Quebec H4M 2V9

If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-

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Drowning Prevention Mont-Tremblant makes swimming lessons free for 0-5 year olds

An inexhaustible source of activities and pleasure, water is not without danger, however, especially for young children. In order to prevent drowning, the City of Mont-Tremblant is proud to announce the introduction of free classes in the Lifesaving Society's Swim for Life program, for little Tremblantois and Tremblantoises from 0 to 5 years old. .



This measure, applicable to children holding a valid Accès Mont-Tremblant card, will come

into effect on December 5, the opening date for registration for the winter 2023 program. Note this date in your diary: the number of places is limit! To view the Aquatic Complex program and register your child, visit villedemonttremblant.qc.ca/sportplus.

This measure is part of the second orientation of the 2019-2023 Strategic Plan Destination 2030 which aims to promote the attraction and retention of young people, families and seniors, and to encourage a healthy and active lifestyle.

Access card

People who do not have an Accès Mont-Tremblant card must go to the counter of the Culture and Recreation Department located in the Aquatic Complex (635, rue Cadieux), at the Samuel-Ouimet library or at the reception of the town hall (1145, rue de Saint-Jovite), during opening hours.

For details on how to obtain, renew or benefit from the Accès Mont-Tremblant card, visit villedemont-tremblant.qc.ca/acces. For more information, contact the Culture and Recreation Department at 819 425-8614 or by email at cultureetloisirs@villedemont-tremblant.qc.ca.r



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Real Wine for Real People Your sommelier's Christmas wine selections

April Sirois - Sommelier - ISG

Well, it's that time of year again; the lights, music, family and friends, food and, of course wine.

This is the time of year when I am most often asked to suggest wines for people. When we feel like splurging on a nice gift bottle, oftentimes we don't know what to choose that will make the splurge worth it. Standing in the SAQ staring at a wall of wine can be overwhelming.

Well, friends and faithful readers let me help out by suggesting some of my own personal favorites for you to try this holiday season. These include wines that I drink myself, have in my wine rack at home and, highly recommend. I have included a higher price range for those who want something special, a mid-range for gifts and dinner parties where you want to bring something interesting and, a lower range for weekday sipping. Here are some lovely wines for you to try.

As sparkling wines are my favorite, this was a hard list to narrow down to just 3. It took some doing but here they are: The Codorniu Cava is especially good mixed with cranberry or orange juice.

Champagne GH Martel Victoire Brut

SAQ# 13097091 - Rosé champagne (Champagne) \$41.75

Vignoble Côte de Vaudreuil Lolou

SAQ# 13952852 - Sparkling rosé (Quebec) \$21.00

Codorniu Clasico Cava Brut

SAQ#14848088 - Sparkling wine (Spain) \$15.45

White

The Kung Fu Girl is slightly sweet and delicious for sipping all on its own or with any kind of bacon related appetizer.

Bachelder Willms Vineyard Chardonnay Vieilles Vignes Four Mile Creek 2019 SAQ# 14555445 - (Ontario) \$50

Charles Smith Wines Kung Fu Girl Washington State

SAQ# 11629787 - (Washington) \$18.20

Ciù Ciù Oris Falerio 2021

SAQ# 13575815 - (Italy) \$13.85

All 3 of these red wines are beautifully, well-crafted wines but the Bonny Doon, Le Cigare Volant is definitely worth the splurge. Also Primitivo in Italy is Zinfandel in North America.

Bonny Doon Vineyard Le Cigare Volant 2012

SAQ# 10253386 - (California) \$40

Alessandro Berselli Signature Collection Salento Primitivo 2018

SAQ# 13487188 - (Italy) \$20.80

Cabral Reserva Douro

SAQ# 12185647 (Portugal) \$14.95

Tokaji Aszú is a very special, labour intensive, kind of sweet wine that is made only in Hungary. The "5 Puttonyos" is the most luscious and the sweetest of this

Royal Tokaji Aszú 5 Puttonyos Blue Label 2017

SAQ# 10274312 (Hungary) Dessert wine \$54.50

Ferreira Dona Antonia Reserva Tawny Port

SAQ# 865311 (Portugal) Port \$21.60

Errazuriz Late Harvest Sauvignon Blanc 2019 SAQ# 519850 (Chile) Dessert wine \$15.45

I would like to take this opportunity to wish all my readers Happy Holidays filled with laughter, love, good wine and maybe even a little magic.

~ Ho, Ho, Ho, pour the Merlot



I'm Just Saying Children's gifts & northern exposure

Ron Golfman - Main Street

Life never ceases to amaze me. When I sat down to write my entry for the holiday issue of our newspaper, I was visited by Jim Lawson, a great buddy and, as he and his wonderful wife Anita have been so generous, homemade, delicious pea soup and fresh bread were in his hand, exemplifying the spirit of giving. Being fortunate enough to know many folks who don't wait for the holidays to do so, I am motivated to do likewise. A jar of soup has yummy ingredients and, with a measured splash of humility, is more appreciated than a bottle of lightning or a box of chocolates. If you know what you are good at, be it offering a helping hand or a plate of your best dish, do so, as the action is both a gift and a reward.

I am disturbed with the exposure of incessant ads to bet or gamble polluting our television screens. Both are risky and unhealthy hypnotic messages narrated from folk heroes like Wayne Gretzky and Payton Manning. There's a subliminal dangerous game afoot. Pick any sport to watch and teach your kids about the activity. I used to look forward to hanging out with my dad as a youth to watch games, the ads being Buick or Gillette. In today's presentation, it is Bet, Bet, Bet! Commercial time was once the three minutes to go to the bathroom or make a snack, still leaving time to discuss the tennis or ball game being watched; a good practice now. Before too long, kids won't be asking to go to summer camp or to the lake. Soon they'll be requesting trips to Las Vegas or Atlantic City if they have a choice in the matter and a dollar in their pockets.

It won't be long before the ritualistic holiday planning to visit or host family and friends begins. I recommend a fun solution if participants are willing. If you host, ask all joining to write their bias, political or otherwise and then toss them into a hat as topics, like cell phones, they are not permitted at the table. If you can convince your guests to focus on eat and drink activities coupled with adding car keys to the hat, staying overnight and assigning breakfast prep roles, the safe and pleasant gift-opening morning can be safe and trouble-free.

Caring for and loving each other is the best gift we can give or receive, along with free griping about the weather. This holiday season, COVID and isolation will be replaced by an atmosphere of congregation and warmth so enjoy it fully with friends and family.

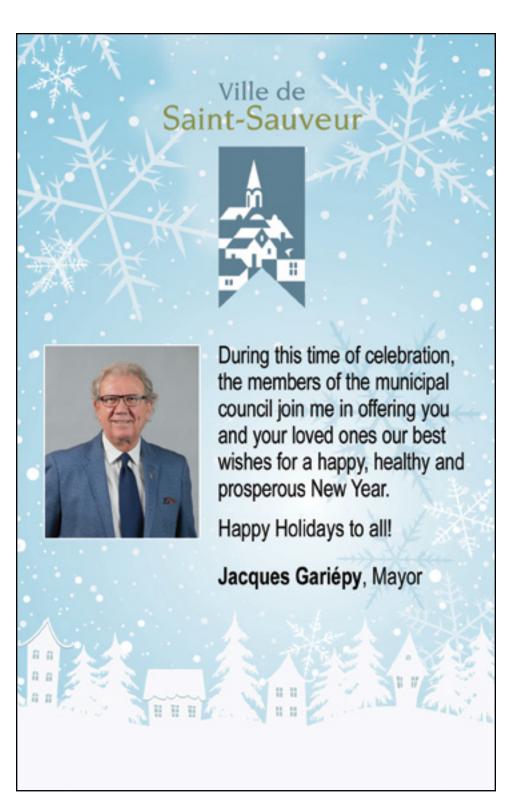
Happy holidays to all! Regardless of your faith, just have faith in each other and the company you are fortunate enough to keep.

Cheers!

Let's celebrate our volunteers!

Today is International Volunteer Day. We take this opportunity to warmly thank each of the volunteers for having so generously given their time and good humor during the Festival des Arts de Saint-Sauveur! We are grateful that so many good people have supported our organization for over 30 years because they share our mission to promote dance and culture in the Laurentians region.













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